



CRICKET
IRELAND



**Strength and Conditioning Coach
Candidate Brief**

BACKGROUND

The future of Irish Cricket is incredibly bright following the recent awarding of ICC Full Membership and Test status to Cricket Ireland. The strategic vision of the organisation is to become a Test nation, not just in name (now achieved) but in the broader sense of what it means to be a 'Test' playing country - our Strategic Plan 2016-20 defines this in great detail.

Cricket Ireland is the governing body for the game at both performance and participation levels throughout All-Ireland, representing the interests of both the men's and women's game. Our success over the last decade has resulted in the rapid growth of the organisation while our growth in playing strength has attracted some of the top teams in the world to play Ireland, with teams such as England, Australia, Pakistan, Sri Lanka, New Zealand and Bangladesh all playing ODI's on these shores in the last few years.

Ireland now has an opportunity to compete against the full member countries in the men's game on a regular basis, and more opportunities for the women's squad to play an increased fixture list, as well as world cup events. The pathway to the senior squads is supported by a first-class men's Inter-Provincial structure in all three formats, whilst the Women's Super 3's plays in both white-ball formats. The Shapoorji Pallonji national academy programme for men and women, and International Youth programme from U/15 to U/19 in both boys and girls, both help develop players leading into these structures.

Cricket Ireland is seeking a **full-time strength and conditioning coach**, in order to support these environments and help develop the players into leading international cricketers.

The position is based in North Dublin, but the nature of the role will work mainly from the Sport Ireland Institute in Abbottstown and Dublin City University Sport. It will at times demand a national brief across both sides of the border as well as time travelling overseas when deemed appropriate by the National Lead S&C Coach. This role will report directly to National Lead for Strength and Conditioning.

The successful candidate must be eligible to work in the European Economic Area (EEA) and, if not currently in possession of one, will need to apply for an appropriate employment permit, which can take up to 3 months.

KEY RESPONSIBILITIES

- Work closely with Lead S&C Coach and Head of Physiotherapy to design, deliver and monitor strength and conditioning support services across Ireland cricket pathways.
- Work closely with Lead S&C Coach and Head of Physiotherapy to formulate and deliver pre-play preparation and post-game recovery guidelines.
- Work closely with Lead S&C Coach and Head of Physiotherapy to develop and deliver world-leading physical preparation support services in areas such as recovery, sleep management, jet lag management, and basic nutrition services,
- Assist/lead where appropriate on physical performance testing across Cricket Ireland's programmes.

- 🌐 Attend and contribute towards Cricket Ireland's sports science and sports medicine meetings where appropriate.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.

PERSONAL SPEC – KNOWLEDGE AND EXPERIENCE

ESSENTIAL

- 🌐 Degree (or equivalent) in sport science or related subject, specialising in physical preparation of athletes.
- 🌐 UKSCA accreditation or internationally recognised equivalent, or ability to obtain within six months.
- 🌐 Minimum of 3 years working within professional sport.
- 🌐 Experience of working within a multidisciplinary team in the delivery of strength and conditioning services to performance teams.
- 🌐 A track record of success in developing physical qualities of teams and athletes within performance sport.
- 🌐 Excellent physiological and anatomical knowledge.
- 🌐 Excellent communication and interpersonal skills.
- 🌐 Strong programming and coaching skills.
- 🌐 Strong IT skills, including use of Microsoft excel.
- 🌐 Current basic life support training and first aid qualifications.

DESIRABLE

- 🌐 Experience of working in S&C in cricket.
- 🌐 Experience of travelling with teams to a variety of locations including overseas.
- 🌐 Higher degree specialising in the physical preparation of performance athletes.
- 🌐 ISAK level 1 accreditation.
- 🌐 Experience of using sport science equipment including heart rate systems and GPS systems.
- 🌐 Experience of using athlete management systems.

The selection panel reserves the right to consider Desirable Criteria during the short-listing process should candidates remain on an equal footing using simply Essential Criteria

WORKING RELATIONSHIPS

- 🌐 National Lead Strength & Conditioning Coach
- 🌐 Performance Director
- 🌐 National Men's and Women's head coach
- 🌐 Performance Services Manager
- 🌐 Head of Physiotherapy & Medical Coordinator

- ④ Support staff: Team Operations Managers; Assistant Coach/Fast Bowling Lead; Performance Analysts; Physiotherapists
- ④ Inter-Provincial Head Coaches
- ④ National Academy and Performance Manager

REMUNERATION

- ④ The package will include a competitive salary commensurate with qualifications and experience, and include a laptop and mobile phone.

PROCESS

- ④ The closing date for applications will be **close of business Friday 2nd February.**
- ④ Covering letter and full CVs should be sent by email to brendan.connor@cricketireland.ie and will be confidential.
- ④ For a confidential discussion about the role, please contact Brendan Connor on +44 (0)7775337813 or by email on brendan.connor@cricketireland.ie
- ④ Preliminary interviews will be held on **Thursday 8th February.**



CRICKET IRELAND

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