



**CRICKET  
IRELAND**



**Strength and Conditioning Coach**  
**- Women & Girls' Programme**  
**Candidate Brief**

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## BACKGROUND

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. Cricket Ireland was awarded ICC Full Membership in 2017.

The Ireland Men's team compete in the World Cup Super League (2020 to 2023) and reached the Super 12's of the 2022 Men's T20 World Cup in Australia and are currently playing Test cricket. The Ireland Women's team has recently been to the 2023 Women's T20 World Cup in South Africa and compete in the ICC Women's Championship.

Underpinning both these teams is our First-Class men's Inter-Provincial & Women's Super 3's structures; our Talent Pathway Programme and International Youth teams from under 15 to 19 both boys and girls; and a men's and women's Academy Programme.

## JOB PURPOSE

Cricket Ireland is seeking a **full-time permanent 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. It will at times demand a national brief across both sides of the border as well as time travelling overseas with the Women's team and when deemed appropriate by the National Lead S&C Coach.

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 5 months.

The successful candidate will coordinate and deliver high quality physical preparation services to the Ireland Women's Performance squad as well as work around the Men's and Women's academy and pathway programmes, whilst working closely with other science and medicine national leads and disciplines.

## REPORTING and MANAGEMENT

The successful candidate will be line-managed by the Performance Services Manager/National Lead Strength and Conditioning Coach, though the nature of the role will also report into the Head of Physiotherapy and Medical services.

## KEY OBJECTIVES

- 🌱 Minimise the impact of injury and illness and increase availability and performance.
- 🌱 Ensuring that players reach their optimal physical conditioning and maintaining that level throughout the year.
- 🌱 Developing and maintaining key working relationship with science and medicine discipline partners to ensure an efficient approach to performance.
- 🌱 Conducting and facilitating CPD opportunities for science and medicine staff.

## KEY RESPONSIBILITIES

- Lead the Strength and Conditioning strategic planning across the Women's high performance squad, women's Academy and youth talent pathways for the boys and girls game.
- Deliver direct support to players whilst at home, on camps and during overseas tours.
- Work closely with SSSM Team, Lead S&C Coach, Head of Physiotherapy and Science and Medicine disciplines to deliver a high quality, interdisciplinary approach to improve performance.
- Work closely with all national coaches to deliver integrated support programmes.
- Deliver programming as required to support injury risk management and deliver exercise-based rehabilitation and return to performance programmes in collaboration with the Head of Physiotherapy.
- Attend and contribute to strategic planning meetings, SSSM discipline meetings and individual player case conference meeting.
- Other duties as required by your line-manager to ensure the professional S&C delivery to our national teams.

**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.**

## 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 full time or part time equivalent experience working within high performance 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 on overseas tours or major competitions.
- Experience of working in female sporting environments.
- Higher degree specialising in the physical preparation of performance athletes.
- ISAK level 1 accreditation.
- Experience of managing and implementing various Sport Science support tools including GPS, HR monitoring, strength diagnostics tools and 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. Please note due to the expected volume of applicants, only shortlisted candidates will be notified.*

## WORKING RELATIONSHIPS

- National Lead Strength & Conditioning Coach/Performance Services Manager
- Head of Physiotherapy & Medical Services
- High Performance Director
- National Women's Head coach
- Support staff: Team Operations Managers; Assistant Coaches; Performance Analysts; Physiotherapists
- Inter-Provincial Head Coaches
- National Academy and Performance Manager
- Talent Pathway Manager and Coach
- Performance Operations Executive

## REMUNERATION

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

## PROCESS

- The closing date for applications will be **Sunday 14<sup>th</sup> May**.
- Covering letter and full CVs should be sent by email to [recruitment@cricketireland.ie](mailto:recruitment@cricketireland.ie), with the title S&C Coach.
- For a confidential discussion about the role, please contact Brendan Connor on +44 (0)7775337813 or by email on [brendan.connor@cricketireland.ie](mailto:brendan.connor@cricketireland.ie)
- Preliminary interviews will be held as soon as possible after the closing date.