



Post Title	Regional Strength and Conditioning Coach
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Main Purpose	<p>The primary focus of the role will be to integrate athletic development into the existing skills development programmes alongside the Regional Head Coach and skills coaches, and to provide additional physical preparation support to targeted athletes</p> <p>Core duties will include preparation and delivery of group coaching sessions throughout the winter, prescription and delivery of specific programmes to targeted athletes in collaboration with the National Lead S&C Coach and skills coaches, and in-season training/matchday support</p>
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Reporting To	National Lead S&C Coach
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Based	<p>Warriors – Glasgow Knights – Edinburgh Highlanders – Dundee/Aberdeen</p>
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Hours	Part-time; will include evenings and weekends
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Key Areas of Work

1 Strategic Management	<p>Assist Cricket Scotland Sport Science and Medicine Team in developing physical preparation policies and plans aligned with <i>Winning Our Way</i></p> <p>Assist Regional Head Coach, Performance Pathway Manager and National Lead S&C Coach in reviewing and implementing world's best practice in performance development</p> <p>Observe and analyse world's best practice in physical preparation, and drive continuous improvement of the region's on-field performance through implementation of leading S&C innovation</p>
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2 Operational Responsibilities	<p>Prepare and deliver group coaching sessions with all non-contracted athletes within the regional programme</p> <p>Prescribe and deliver individualised programmes to targeted athletes within the regional programme</p> <p>Monitor and evaluate athletes' fitness aligned with <i>Winning Our Way</i> and Cricket Scotland standards</p> <p>Lead the education of all non-contracted athletes within the regional programme regarding nutrition, recovery, and the physical capacities necessary to thrive at international level</p> <p>Assist National Lead S&C Coach in informing Scotland's coaching community of latest information and best practice in physical preparation</p>
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Support the ongoing development and implementation of Cricket Scotland's Athlete Management System

Drive *Winning Our Way* within the region, and be directly responsible for the assessment and monitoring of the Physical attributes within each athlete's Individual Development Plan

Prepare and deliver reports and presentations when necessary

3 Reporting	Meet with Regional Head Coach and National Lead S&C Coach every two months to report on progress and set targets going forward
4 Targets	To be agreed with Regional Head Coach and National Lead S&C Coach, and monitored against the agreed strategic and operational plans
5 Line Management	The post will support the management of athletes in the regional programme in partnership with the Regional Head Coach, specifically around physical and behavioural aspects
Key Partnerships	
1 External	Work with key external agencies as appropriate; these may include: <ul style="list-style-type: none">• ICC Sport Science Consultant• sportscotland institute of sport• Relevant ECB County S&C Coaches• AMS by Catapult• Other external service providers
2 Internal	Work in partnership with the Regional Head Coach, National Lead S&C Coach, Performance Pathway Manager, National Performance Coach and Women's Performance Manager, to support the work of the Performance Team in delivering <i>Winning Our Way</i> Work closely with the Lead Physiotherapist to support injury risk reduction, injury management, rehabilitation and return to performance Assist in the development of the Cricket Scotland Sport Science and Medicine Team Liaise with Head of Participation when relevant to contribute to the work of the Coach Development Group
Projects	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 according to the changing needs of the organisation; this may include undertaking projects approved by the CEO, which may be within or out with the key areas of work