



**Job Title:** Central Sparks & Birmingham Phoenix (Women) Strength & Conditioning Coach (Part-time)  
**Reports to:** Regional Director of Women's Cricket  
**Location:** Birmingham predominantly, with frequent regional travel  
**Salary & Benefits:** £22-25k pro rata, 25 days holiday pro rata, non-contributory pension, healthcare scheme, laptop  
**Term:** 0.6 FTE, fixed contract until 31st January 2022

## Overview

Women's and girls' cricket is set to be transformed as part of an exciting strategy to Inspire Generations by connecting communities and improving lives through cricket, ensuring cricket is a game for all. Central Sparks (West Midlands Women's Cricket Ltd) are one of eight Regions within the new Women's Elite Domestic Structure.

The introduction of the new Women's Elite Domestic Structure will increase the number of professional female players, provide year-round development programmes, and inspire more females to become involved in cricket.

With the ECB's new wider game strategy to *Transform Women's and Girls Cricket*, this key appointment represents a substantial and exciting opportunity to play your part in driving both Central Sparks and Birmingham Phoenix forward.

The successful candidate will lead the strength & conditioning provision for Central Sparks and work with the Birmingham Phoenix Women in what is a highly exciting chapter for the Women's game. The successful candidate will be seconded to Birmingham Phoenix for the duration of The Hundred competition and a separate remuneration package exists for this.

## Purpose of the Job:

Reporting to the Regional Director of Women's Cricket, the successful candidate will be a key member of the Science & Medicine team, leading the planning and implementation of strength and conditioning services for the Central Sparks Senior and Academy squads, as well as fulfilling the role of S&C coach for the Birmingham Phoenix Women's team in The Hundred. They will shape and implement their delivery to ensure both performance impact to Central Sparks & Birmingham Phoenix.

The successful candidate will work within a wider Science & Medicine team including the sports doctor and physiotherapist, to prepare the team for domestic women's 50-over and T20 competitions.

## 1. Principle Responsibilities:

- Lead the delivery of all areas of physical preparation for Central Sparks & Birmingham Phoenix players. Including programme design and delivery and any other day to day tasks as directed by the Head Coach/Director of Women's Cricket.
- Collect, analyse, interpret, and share workload data as appropriate with players and coaches.



- Complete regular player profiling in line with ECB protocols to inform programme design and subsequently share with relevant parties.
- Work collaboratively with the physiotherapist to deliver injury prevention and rehabilitation programmes.
- Work with coaches and support staff to deliver an interdisciplinary approach to performance development.
- Provide player education sessions to support athletic development and contribute to the long-term success of Central Sparks and the wider pathway.
- Liaise with the ECB's S&C Coach regarding support and management for England Women's Pathway players at Central Sparks.
- Within the rules of professional confidentiality liaise with athletes, parents, coaches, and other support staff as appropriate.
- Undertake appropriate professional development to keep abreast of world's best practice and current evidence-based research.
- Liaise with the relevant regional hosts and international cricket boards regarding players from outside of the Central Sparks region who will be part of Birmingham Phoenix.

*Note: The Job Description summarises the major role and responsibilities of the job. It is not intended to exclude the job holder being asked to undertake any other activities as required from time to time by the Regional Director of Women's Cricket or Regional Head Coach, nor future changes to the job holder's responsibilities. The precise duties and responsibilities of any job may be expected to change over time. Job holders will be consulted over any proposed changes to this job description before implementation.*

### **Nature and Scope of Job:**

The successful candidate will deliver comprehensive physical preparation programmes, based on sound strength and conditioning principles to both developing and senior athletes. Ideally, the candidate will have experience working in a team environment with elite/high performance teams. Previous experience working in cricket is not essential.

The role does require extended hours and can include weekends and bank holidays. There may be requirement to attend overseas tours during the off-season and travel within the region will be required.

### **A. Working Relationships:**

- Regional Director of Women's Cricket
- Central Sparks Head Coach
- Central Sparks Physiotherapist
- Central Sparks Senior Regional Talent Manager
- Central Sparks Sports Doctor



- The Hundred – Medical Staff (all teams)
- Birmingham Phoenix Head Coach and support staff
- ECB Head of Sport Science and Medicine – Women's Cricket
- ECB Strength & Conditioning Coach

## 2. Skills, Knowledge and Experience:

### Essential

- Sports Science/S&C degree minimum 2:1.
- UKSCA Accreditation (or ability to achieve within 6 months).
- Appropriate professional indemnity insurance.
- Up to date first aid qualification.
- Experience working with athletes (2 years minimum).
- Full Driving License.

### Desirable

- ISAK Level 1 Accreditation.
- Experience working in cricket.

## 3. Personal Attributes:

- Ability to motivate, support and influence individuals and organisations.
- Excellent communication and inter-personal skills, both written and verbal.
- A positive attitude with initiative, focus and drive.
- Patience with an orderly approach to problem solving.
- Ability to work independently and effectively under pressure.
- Ability to work within a team and contribute to the overall success of the team.
- Ability to interact effectively with all departments and personnel at the Regional Host.
- Passionate to be part of the development of women's cricket.

Central Sparks are committed to safeguarding and protecting the children and young people that we work with. As such, all posts are subject to a safer recruitment process, including the disclosure of criminal records and vetting checks. We ensure that we have a range of policies and procedures in place which promote safeguarding and safer working practice across our services.

Due to the nature of this role and the substantial travel requirements for the region, a full, clean driving licence is essential. The successful applicant will also appreciate the varied working hours for this post which will include evenings and weekends in line with fixtures and coaching requirements.

### To Apply:

Your application should include a covering letter (specific to the job description and no longer than one A4 page) and CV outlining why you should be considered for the role.

Please send applications to: [info@wmwcricket.com](mailto:info@wmwcricket.com)

The closing date for applications is 19<sup>th</sup> Feb 12pm with 1<sup>st</sup> stage virtual interviews to be held on Wednesday 24<sup>th</sup> Feb and 2<sup>nd</sup> stage interviews Friday 26<sup>th</sup> Feb.

