

Strength & Conditioning Coach

Job Description

Pakistan Cricket Board is looking for an enthusiastic and energetic individual who will be responsible for the programming and delivery of physical preparation as well as providing Sports Science support to the Pakistan Women Cricket Team. The Strength & Conditioning Coach will work closely with the Pakistan Women Cricket Team Management and National High Performance Center / Cricket Association Coaches and Pakistan Women Cricket team Physiotherapist to co-ordinate the delivery of strength and conditioning services. The National Strength & Conditioning Coach will work to ensure that individualized training programs are developed, implemented and monitored.

Requirements:

- Minimum requirement Bachelor's degree in Sports sciences or Physical Education/Sports and Exercise Technology.
- At least (3) years working experience with reputed sports organizations /International Cricket Teams.
- Possessing specialist skills to support all aspects of strength & conditioning practices to players with reference to EPPD (*Elite Player Physical Development*)
- Develop individualized physical conditioning programs and 'delivery strategies' to assist players to achieve personal development goals.
- Work load management as per season(Pre-Mid and Off).Fitness networking to work on grey areas
- Create, and maintain, records / database of relevant information relating to national and regional players with a view to sharing this information with all interested parties.
- Interact, and provide relevant information /reports, on a regular basis with team management and any relevant committees.
- Ability to work with fellow support staff in order to co-ordinate and launch skill specific fitness as per required standard.
- Provide on and off field support for players through nutrition, and recovery strategies.
- Strong written and oral communication skills
- Proven experience in monitoring and evaluating systems and processes currently in vogue at international sports horizon
- Strong leadership and management skills.
- Proven ability to effectively work with individuals from varied backgrounds.
- Superior persuasion skills combined with integrity, prudence and professionalism.
- Provide and promote recovery strategies consistent with international competition.
- Computer literacy (Microsoft Office Suite)