

NORTHERN DISTRICTS CRICKET ASSOCIATION (INC)

JOB DESCRIPTION

JOB TITLE

Strength & Conditioning Coordinator

PURPOSE

- Develop and implement the athletic development plan for our female high performance programme as part of the HP strategy
- Provide targeted support for key identified players as a priority
- Build strong working relationships across our performance & talent environments, and work closely with our Athletic Development Lead, to ensure the collaborative delivery of services to athletes across a decentralised model
- Support the design of the athletic development plan for our ND Regional Academy and provide education and support to assist in its delivery and education
- Educate and coordinate players and coaches on the holistic development of the cricket athlete

SPECIFIC DUTIES & RESPONSIBILITIES

Northern Districts Cricket Athletic Development

- Design and implement strength and conditioning programs for individual athletes within Northern District Cricket programmes with a focus on both short- and long-term goals within the professional game
- Develop and deliver (where applicable) education sessions for athletes and coaches as part of player and coach development within the performance & talent programme
- Provide support as required across the Northern District region in relation to the delivery of the athletic development plan

Injury Management

- Take a lead role in the implementation of the Northern District Cricket Association return to train and return to play processes for our female performance athletes
- Engage in active communication with relevant Northern Districts and District Association staff in relation to return to play process

White Ferns and NZC identified athletes

- Provide targeted support for White Fern and NZC POI (Players of Interest) athletes that are based within the ND area
- Delivery of programs as set out by White Fern and NZC HP staff for those identified athletes within the ND area
- Maintain a good working relationship with the NZC HP athletic development staff
- Support and lead communication with NZC on White Fern and NZC identified athletes within the ND area

Other

- Utilise the AMS as it relates to athletic development
- Other duties as directed by the GM Performance & Talent or Head of Athletic Development

GENERAL DUTIES & RESPONSIBILITIES

- Be punctual and work the hours and times specified.
- Prioritize workload to ensure work of the greatest importance to the business is undertaken with urgency and to a high standard.
- Support and help develop a positive workplace culture.
- Demonstrate excellent interpersonal communication skills.
- Responsibly manage all business resources within accountability levels.

- Undertake all duties and responsibilities outlined in this job description and all other duties as required by the business.
- Comply with all employment obligations.
- Promptly undertake to complete all reasonable and lawful instructions and directions given.
- Serve the business in good faith, promoting and protecting the business's best interests.
- During work time, and such other times as may be reasonably required, dedicate all effort to the execution and fulfillment of the duties, responsibilities, obligations, and instructions related to employment.
- Demonstrate through own actions a commitment to Health and Safety at work when undertaking work or observing others in the workplace.

SKILLS, EXPERIENCE & EDUCATION

Mandatory

- A undergraduate degree in sports science or similar
- Sound knowledge of athletic development principles
- Able to demonstrate a progressive professional development plan
- Sound administrative skills
- Excellent communication
- An ability to work flexible hours
- Adaptable to ever changing environments and requirements
- Confidentiality
- Capability to manage the workload of supporting squads of athletes and the ebbs and flows in and out of season

Highly desirable

- Postgraduate degree in sports science or similar
- Prior involvement in high performance sporting environments
- Demonstrate understanding of best practice when developing and implementing strength and conditioning protocols
- Understanding of current cricket structures
- An ability to multi-task
- Prioritising urgent and operation critical tasks