



# NORTHERN DISTRICTS CRICKET

<b>Position Title</b>	Strength and Conditioning Coach
<b>Employer</b>	Northern Districts Cricket Association
<b>Full-time / Part-time</b>	0.5 part time
<b>Date Updated</b>	October 2019
<b>Reports to</b>	Head of Athletic Development and GM Pathway
<b>Key Internal Relationships</b>	ND Cricket Staff
<b>Key External Relationships</b>	NZC
<b>Primary Objectives</b>	Assist in the design, implementation and delivery of the athletic development plan in line with the Northern Districts Cricket Association high-performance strategy, focusing primarily on pathway athletes and their development.
<b>Location (office)</b>	Hamilton, New Zealand
<b>Remuneration</b>	Agreed with the employee
<b>Start Date</b>	January 2020

## 1. Technical and Personal Competencies

### (a) 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
- Good communication
- An ability to work flexible hours
- Adaptable to ever changing environments and requirements
- Confidentiality
- High capacity for large workloads and the ebbs and flows in and out of season

### (b) Highly desirable

- Postgraduate degree in sports science or similar
- Prior involvement in high performance sporting environments
- Understanding of current cricket structures
- An ability to multi-task
- Prioritising urgent and operation critical tasks

## 2. Key Challenges / Performance Indicators

- Develop and implement the athletic development plan as part of the HP strategy for pathway athletes
- Build strong working relationships across all District Associations and their staff to ensure the collaborative deliver of services to pathway athletes.

- Educate and coordinate players and coaches on the holistic development of the cricket athlete.

### **3. Key Responsibilities and Accountabilities**

- (a) Northern Districts Cricket Athletic Development
  - Design and implement strength and conditioning programs for individual athletes within Northern District Cricket pathway programmes with a focus on both short- and long-term goals
  - Develop and deliver (where applicable) education sessions for athletes and coaches as part of player and coach development within the pathway program
  - Provide support as required across the Northern District region in relation to the delivery of the athletic development plan.
- (b) Injury Management
  - Take a lead role in the implementation of the Northern District Cricket Association return to play process for pathway athletes
  - Engage in active communication with relevant Northern Districts and District Association staff in relation to return to play process
- (c) Other
  - Utilise the AMS as it relates to athletic development
  - Other duties as directed by the CEO/GM Pathway/Head of Athletic Development