JOB DESCRIPTION

Academy Strength & Conditioning Coach

Role:	**Academy Strength & Conditioning Coach**
Salary:	£24k
Hours:	35 hours per week, 5 days per week.
Location:	**Uptonsteel Grace Road, Leicester LE2 8AD**
Responsible to:	Head of Strength and Conditioning

Job Purpose:

- The Academy Strength and Conditioning Coach will lead the programming and delivery of physical preparation and provide sports science support for the Club's Men's Academy.
- The role will oversee and deliver strength and conditioning sessions for the Men's Age Group squads within Leicestershire County Cricket Club's player pathway.
- The successful candidate will be highly motivated to develop a career in strength and conditioning. As an important member of the Sports Science and Medicine Department, they will contribute to improving the quality and consistency of the Club's physical preparation provision.

Main Duties and Responsibilities

- To ensure that the provision of Strength & Conditioning (S&C) within the Men's Academy and Men's Age Group Pathway is delivered in line with the key values of LCCC.
- To lead, plan and deliver S&C as part of an interdisciplinary support team, providing individualised programmes for each member of the Club's Academy and programme support to the Age Group Pathway based on an outlined athletic development plan in accordance with the direction of the Head of S&C.
- To plan and lead regular pre-season and in-season testing and monitoring, in keeping with the physical benchmarks for Academy cricketers, as identified by the Head of S&C and England and Wales Cricket Board (ECB).
- Maintain a comprehensive database of work for each Academy player in order to formally monitor and review individual workloads using a variety of different monitoring methods.
- Lead warm up and pre-game preparation for Academy Home games and where appropriate.

- Develop in accordance with LCCC Sport Science Department, appropriate injury mitigation strategies for the academy based on individual athletic and medical profiles.
- Alongside the physiotherapy team, to be available and willing to contribute to the management, conditioning and rehabilitation of any injured player at any time.
- To contribute towards the annual S&C and medical team objectives, as agreed and identified by the annual Academy ECB Cricket Audit.
- To undertake appropriate continued professional development (CPD) to keep in touch with world's best practice as well as taking an active role in LCCC's CPD seminars/ programme.
- To contribute, alongside Head S&C, the development and mentorship of placement students.
- To be responsible for maintaining the training facilities at LCCC, ensuring equipment and facilities are kept in good working order and in a state expected of a high-performance environment.
- To represent LCCC appropriately & projecting the right image at all times and to be available to assist the promotion and marketing of LCCC as requested.

Other duties:

- To establish effective working relationships with external bodies as necessary
- There is scope within the role to progress into working with 2nd XI match and training days as well as Women's Squads.
- To contribute to the overall ethos, work and aims of Leicestershire County Cricket Club
- Actively demonstrate commitment to own CPD and increase knowledge and adoption of 'best practice'.

Health and Safety

It is an employee's responsibility to take reasonable care of themselves and others and anybody affected by their undertaking including any act(s) or omissions.

Whilst every effort has been made to explain the main duties and responsibilities of the post, each individual task undertaken may not be identified. This job description is current at the date shown, but in consultation with you, may be changed by your Line Manager and/or HR to reflect or anticipate changes in the job commensurate with the grade and job title.

Safeguarding

Leicestershire County Cricket Club is committed to safeguarding children, young people and vulnerable adults. As such, all posts are subject to a safer recruitment process, references will be sought upon offer of employment, and background checks will be required where appropriate. Upon commencement of employment, all new starters are required to undertake ECB and Club safeguarding training.

Why Join Us?

At Leicestershire County Cricket Club, you'll be joining one of the country's leading first-class cricket clubs during an exciting period of growth and development. This is a fantastic opportunity to play a key role in delivering memorable experiences for members, supporters, corporate guests and partners.

Working at LCCC means being part of a passionate team that prides itself on excellence, collaboration and creating a welcoming environment for everyone who visits the Club.

Whether you're looking to further your career in sport, LCCC offers a unique and rewarding environment in which to develop your skills and make a real impact.

Employee Benefits

- Competitive salary.
- 25 days annual leave plus bank holidays plus day off for your Birthday.
- Company pension scheme.
- Employee Assistance Programme providing confidential advice and support.
- Complimentary tickets to selected Leicestershire CCC fixtures.
- Staff social events and Club networking opportunities.
- Free on-site parking.
- Opportunity to work within a professional sporting environment and contribute to the future success of the Club.
- Bike to Work Scheme.

If you have the necessary skills and characteristics to meet the challenge, then please apply with the following link:

Apply

Please attach your CV and 250 word covering letter outlining your philosophy on physical training in a cricket Academy environment.

Closing Date: 5.00pm 19th October 2026.

Interviews w/c 2nd November 2026.

Unless otherwise stated, if we have not contacted you within 4 weeks of the closing date, you may assume that your application has been unsuccessful.

Equal Opportunities in Employment Policy Statement

Leicestershire County Cricket Club will ensure that all existing and potential employees receive equal consideration, and is committed to the elimination of unlawful or unfair discrimination on the grounds of

gender, race, disability, colour, ethnic and national origin, nationality, sexuality, marital status, responsibility for dependents, religion, trade union activity and age.

PERSONAL SPECIFICATION

Academy Strength & Conditioning Coach

Attributes	Requirements:	Essential or desirable
A. Qualifications	Educated to A Level or above, including a minimum of GCSE (or equivalent) grade C in Math's and English	**Essential**
	Educated to degree level 2:1 or above in Sport & Exercise Science	**Essential**
	A postgraduate qualification in S&C and/or related subject.	**Desirable**
	UKSCA full accreditation or ability to gain within six months	**Desirable**
	ISAK Accreditation: Level 1	**Desirable**
	Full UK Driving Licence	**Essential**
B. Experience	Minimum 1 year working and/or placement in Academy and/or Sport environment.	**Essential**
	Excellent IT skills including the use of: Outlook and Microsoft Word.	**Essential**
C. Knowledge	Detailed understanding of core principles of training concepts at performance and athletic development level.	**Essential**
	A good understanding of athlete development initiatives and the implications they have on coaching.	**Essential**
	Thorough understanding of sport science and medicine disciplines.	**Essential**
	Cricket specific knowledge including the unique physical demands of the sport.	**Desirable**
	Understanding of the use of GPS, VBT, and Forceplate technologies.	**Desirable**
	Understanding of core nutrition concepts at performance and development levels.	**Desirable**
D. Personal Attributes	Excellent interpersonal and communications skills (including presentation skills)	**Essential**
	The ability to achieve the ECB accredited advance life support training	**Essential**
	Ability to evaluate, review, revise and implement new coaching ideas and methods of working.	**Essential**

	Ability to work effectively within a team environment, understanding roles and responsibilities.	**Essential**
	Willingness to participate in relevant training and development opportunities.	**Essential**
	Ability to work unsupervised on a variety of tasks.	**Essential**
	Ability to build effective working relationships with colleagues and to perform and maintain appropriate professional relationships and boundaries with colleagues.	**Essential**
	Ability to motivate, persuade, support and influence individuals and organisations.	**Essential**
	Commitment to work to LCCC's standards and within formalised rules, regulations, policies and procedures.	**Essential**
E. Equal Opportunity	Must be able to recognise discrimination in its many forms and willing to put the LCCC Equality Policies into practice.	**Essential**
	Willing and able to deal with people professionally at all levels and from a variety of backgrounds.	**Essential**
F. Other Conditions	This post will involve contact with vulnerable groups (children, young people and/or adults) and is therefore, exempt from the Rehabilitation of Offenders Act 1974 and subject to an Enhanced Disclosure and Barring Service (DBS) Disclosure check. This exemption means that shortlisted applicants for this post will be required to declare all criminal convictions, cautions, reprimands, and bind- overs both spent and unspent in their application, before interview and regardless of the passage of time.	**Essential**