

## Physical Performance Manager for High Performance Centre

Sri Lanka Cricket is recruiting a full-time Strength & Conditioning (S&C) Coach to take up the role as Physical Performance Manager. This senior position within Sri Lanka Cricket's Sports Science and Medicine Department will be based at the High Performance Centre, R. Premadasa Stadium, Colombo

### Reporting to:

- Head of High Performance Centre

### Main roles and responsibilities:

- Manage and deliver sport science and S&C services to contracted players
- Oversee the development and education for players and staff across Sri Lanka Cricket's national and pathway structure
- Develop athletic qualities and physical performance of players to optimally prepare them for the demands of cricket in extreme and high pressure environments
- Support the Sports Science & Medicine Department in improving athlete robustness through injury prevention and physical sustainability strategies
- Support the Sports Science & Medicine Manager to further develop the department's working identity, determined by the department's key performance pillars, principles and philosophies
- Line manage a team of training/S&C staff and ensure objectives are met and effective delivery is evident, by achieving departmental KPI's as set by the Sports Science & Medicine Manager

### The successful candidate should demonstrate:

- A wealth of experience in providing and managing S&C services to professional athletes
- Balanced approach to theoretical and practical application of sports science and S&C philosophy and delivery
- Flexible and pragmatic approach of the day to day running of an integrated interdisciplinary and multidisciplinary team. This including skills coaches; senior managers; and key stake holders
- Ability to identify strategic areas of focus regarding S&C for cricket performance and translate into effective operational delivery in terms of planning, programming and coaching
- Highly effective at delivering high impact S&C that is underpinned by sound scientific evidence and practice-based rationale
- Understanding of the principles of rehabilitation, reconditioning and exercise modification
- Excellent understanding of growth & maturation and its implications on the development of athletes, injury risk and training load modifications / requirements
- Knowledgeable of other support services and their interplay with S&C within an interdisciplinary team
- Flexible and approachable management style
- Highly motivated, intellectually robust and charismatic, with the ability to influence others through flexible leadership and professional conviction
- Ability to critically analyse subjective information and objective data to inform S&C practice
- High emotional intelligence and ability to operate effectively under pressure and debate on a highly professional level
- Strong and effective communication skills
- Natural ability to foster professional relationships with relevant parties to promote idea sharing and collaboration with all areas of the multidisciplinary team

### Essential requirements:

- BSc In Sports Science, S&C or an appropriate equivalent post-graduate degree
- S&C Accreditation with an established national governing body e.g UKSCA / ASCA (minimum Level 3)
- Evidence of ongoing professional development
- Significant experience of working with high performance athletes
- Excellent practical knowledge of IT, specifically Excel and Power Point
- Experienced in the use of online information sharing systems
- Proficient with multiple forms of physical testing and monitoring, including GPS
- First Aid qualification
- Child protection training and valid clearance certificate
- Fluent in spoken and written English

### Desirable requirements:

- MSc In Sports Science, S&C or an appropriate equivalent post-graduate qualification
- ISAK Level 1
- Experience of working in professional cricket
- Exposure and understanding of current research and theories of cricket specific sports science and medicine

An attractive and negotiable remuneration package with other benefits await the right candidate. All applications should be forwarded to [vacancies@srilankacricket.lk](mailto:vacancies@srilankacricket.lk) along with the names of two non-related referees on or before 26<sup>th</sup> November 2022

*\*Please mention the post applied for on the subject line of the email*