

## PHYSICAL TRAINER FOR HIGH PERFORMANCE CENTRE

Here's an excellent opportunity for you to be a part of Sri Lanka Cricket

### » Reporting to:

- Head of High Performance Centre

### » Main Roles and Responsibilities

- Complete physical fitness profiling on assigned players, create appropriate exercise plans, and monitor their improvement.
- Develop athletic qualities and physical performance of individual players to prepare them for the demands of the modern game across multiple game formats.
- Modify exercise plans based on needs, potential injuries or health issues and conduct individual and group fitness training sessions.
- Support the Sports Science & Medicine Department in improving athlete robustness through injury prevention and workload management strategies
- Support the Physical Performance Manager to further develop the department's working identity, determined by the department's key performance pillars, principles and philosophies

### » Required Qualifications & Experience

- A Degree/Diploma in Sports Science
- Previous work experience as a Physical Trainer or similar role
- Experience within high performing team environment providing and managing strength and conditioning services to professional athletes
- Strong understanding of the principles of rehabilitation, reconditioning and exercise modification for cricket performance
- Effective communication skills, with the ability to promote idea sharing and collaboration
- Experience of working in professional cricket
- Significant experience of working with high performance athletes
- Proven experience of CPR and First Aid
- Excellent practical knowledge of IT
- Exposure and understanding of current 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 within 7 days from the date of this advertisement.

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

\*Please ensure all employment criteria is met prior to applying