

STRENGTH & CONDITIONING COACH - MEN'S NATIONAL TEAM

Sri Lanka Cricket invites applications from highly qualified and motivated professionals for the position of Strength & Conditioning Coach for the Men's National Team. This role carries the responsibility of leading the strength and conditioning department, overseeing all physical performance programs, and ensuring the highest standards of fitness, injury prevention, and player conditioning for the Men's National Team.

» Reporting to:

- Director of Cricket - National

» Main Roles and Responsibilities

- Design, implement, and monitor strength and conditioning programs for the Men's National Team
- Develop individualized and team-based physical performance plans aligned with international cricket standards
- Monitor player fitness, workload, recovery, and injury prevention programs
- Work closely with coaches, physiotherapists, sports scientists, and medical staff to ensure integrated player management
- Conduct fitness testing, performance analysis, and provide regular reports on player conditioning and progress
- Support rehabilitation and return-to-play programs in coordination with the medical team
- Manage gym and conditioning facilities at the High Performance Centre
- Travel with the national team for international tours, training camps, and tournaments when required
- Ensure compliance with international sports science and safety standards
- Contribute to long-term athlete development and high-performance planning for Sri Lanka Cricket

» The Successful Candidate Should Demonstrate

- Experience within a high-performance team environment providing and managing Strength & Conditioning (S&C) services to professional athletes.
- Ability to identify strategic areas of focus in Strength & Conditioning to enhance cricket performance.
- Strong understanding of the principles of rehabilitation, reconditioning, and exercise modification.
- Ability to critically analyse subjective information and objective data to make informed performance decisions.
- Effective communication skills with the ability to promote idea sharing and collaboration within a multidisciplinary team.

» Essential Requirements

- BSc in Sports Science, Strength & Conditioning (S&C), or an appropriate equivalent postgraduate qualification.
- S&C accreditation with a recognized national governing body (e.g., UKSCA or ASCA – minimum Level 3).
- Evidence of ongoing professional development.
- Significant experience working with high-performance athletes.
- Excellent practical knowledge of IT, specifically Microsoft Excel and PowerPoint.
- Experience in the use of online information-sharing systems.
- Proficiency in multiple forms of physical testing and monitoring, including GPS technology.
- Valid First Aid qualification.

» Desirable Requirements

- MSc in Sports Science, Strength & Conditioning (S&C), or an appropriate equivalent postgraduate qualification
- ISAK Level 1 certification.
- Experience working in professional cricket.
- Exposure to and understanding of current research and theories in cricket-specific sports science and medicine.

» General Information

In addition to working within the team environment, the Strength & Conditioning Coach should be prepared to work independently and during irregular hours. If you are a team player with the drive and initiative to perform with minimal supervision and willingness to work in a team-oriented environment, you could be the person we are looking for.

An attractive and negotiable remuneration package, along with other fringe benefits and excellent career prospects, awaits the selected candidate.

All applications should be forwarded to vacancies@srilankacricket.lk along with the names of two non-related referees who are not employed by Sri Lanka Cricket, 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 are met prior to applying*

**Canvassing in any form will be a definite disqualification.*