



Job Description

1. Job Details:

Position Title:	NCA Strength & Conditioning Coach	Job Code:	N/A
Reports to:	Functionally to Head S & C Coach & overall to COO , NCA	Department:	Strength and Conditioning

2. Job Dimensions:

Annual Operating Budget/Project Budget:		
Number of Staff Supervised: 0	Direct Reports & Total: 0	
Employment		
Regular Employment	Age limit: Below 45 years	

3. Role Purpose:

Helping in all activities of Strength & Conditioning Department of the NCA, while assisting in setting up the vision and pathway to provide gold standard Strength & Conditioning services to all cricket athletes in BCCI.

4. Key Accountabilities:

<p>Main job duties/responsibilities:</p> <ul style="list-style-type: none">• Co-ordinating with the Head Strength & Conditioning (S & C) and assigned Physiotherapist with respect to the High Performance Training of assigned, contracted/India A / India U19 players and Return To Play plans of injured contracted/India A / India U19 players.• Designing and implementing Strength & Conditioning based programs as part of Return To Play protocols of injured players at the NCA.• Maintaining open communication channels between assigned India A and India U 19 players, and state Strength & Conditioning coaches and ensuring that the follow-up training status is updated.• Following standard practices for Fitness Testing and Movement Assessments and providing regular inputs to the Head S&C.• Reporting current fitness status and providing updated follow-up programs of all assigned players to the Head S&C.• Assisting in all S&C activities in NCA camps, while providing scientific inputs to coaches in overall camp structure.



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- Assisting the Head S & C Coach for all India, India A and U19 players and liaising with Sports Medicine, Sports Science, Nutritionists and Sports Psychology to address the athlete's requirements.
- Helping in conceptualizing and implementing all professional upgradation activities with regards to the S&C education.
- Helping in formulating policies and plans for research and development in the field Strength & Conditioning.
- Assisting the Head S&C, S&C Coach and Women S&C Coach in any other assignments that they might be entrusted with.
- Maybe assigned to various Teams by operations and run same processes as desired by Head coach

Player Responsibilities

- Designing high performance training plans for all assigned players.
- Designing training programs as part of the RTP protocols of assigned injured players.

Financial Responsibilities

- In co-ordination with the Head S&C, assisting admin/ purchase department to obtain quotations for various consumables or equipment at NCA
- Assisting Head S&C in providing inputs for Strength & Conditioning budgets of NCA

Process Responsibilities

- Ensure daily, weekly, monthly, periodic MIS is generated.
- Run programs as set by the Head S & C on a daily basis
- Run training programs as set at various camps and provide feedback.
- Run all return to Play protocols and fitness tests as devised and set
- Closely coordinate with NCA Physiotherapists for Return To Play programs for individual athletes

5. Operating Environment:

Challenging working environment. The position is based at the National Cricket Academy Bangalore. Every day you will be required to do your best and set standards of excellence such that various Team India players are able to be fit and perform at their best and be dominant champions. Hence the key job requirement is effective communication and delivery of excellence, without regard to personal time or the effort required.

6. Communication & Working Relationships:



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Strong and effective communication is key to success in the role. The building of strong working relationships with stakeholders directly involved in Strength and Conditioning (Various Cricket Coaches including Team India coaches , other S & C coaches , players, state association coaches, Operation Managers, Physiotherapists at the NCA and with various Team India's,) but also with other S& C coaches in other sports and experts in academia , is required.

7. Decision Making:

Medium

8. Qualifications, Experience, Knowledge & Skills:

The candidate, male or female, should be a CSCS/ ASCA Level 2 or / UKSCA qualified and a graduate
Or a Graduate with a fitness certification like ACE-FT/ACSM/NASM
Should have a minimum of 2 years of experience with a sports team or individual sportsmen/women
Must be an Indian Citizen.

9. Competencies:

- The highest levels of integrity, discipline and motivation
- Must be himself physically fit to be able to train and meet the fitness standards required at NCA
- A proven ability to manage and interact with people from different backgrounds and cultures
- Computer literate with excellent written and oral communication skills
- Must be a quick learner and be an excellent trainer.

All applicants are hereby instructed to mention the specific post in the subject of the email. For example, if you are applying for the post of NCA Strength & Conditioning Coach, your subject of the email should be "NCA Strength & Conditioning Coach".

Applications should be submitted to **recruitment@bcci.tv** by should be 18th of May, 2019 by 6PM IST and the Interview date for **selected** candidates will be on 20th of May 2019 at BCCI headquarters Mumbai starting at 1000 hours