



JOB DESCRIPTION

1. Job Details:

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| Position Title: | Strength & Conditioning Coach – Team India (Senior Women) | Department: | Strength and Conditioning |
| Reports to: | Head Sports Science and Medicine, Centre of Excellence, Bengaluru (“COE”) & Head Coach – Team India (Senior Women) | Working Hours | Full-time |
| Location: | Team India (Senior Women) and Centre of Excellence, Bengaluru (COE). The selected candidate when not travelling with Team India (Senior Women) will have to be based out of COE, Bengaluru. | Number of Openings: | 1 |

2. Job Dimensions:

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| Term | 2 years |
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3. Role Purpose:

The Board of Control for Cricket in India (BCCI) is committed to provide a high-performance environment for its athletes. As a part of a developing Sports Science & Medicine (SSM) team the S&C Coach will play a key role in contributing and providing support to players both on and off the field to enhance their performance. The candidate will be an integral part of a multidisciplinary team providing optimal injury management & injury prevention services to athletes contracted with BCCI as National team representatives or select members from State Associations sent to NCA. This candidate is expected to deliver highest standards of professional care in a confidential manner. The candidate should also display highest levels of integrity, discipline and motivation to help the athletes.

4. Key Accountabilities:

Work within the BCCI Sports Science & Medicine team to provide match day S&C services, lead warm-up and pre-game preparations and implement appropriate recovery strategies to the fixtures designated for the respective team or provision of day-to-day injury management, prevention, and performance enhancement services

To design, plan and deliver S&C programs as part of a multidisciplinary team providing customized fitness programs

To plan and implement regular fitness testing programs, in keeping with the physical fitness standards devised by the SSM department

Appropriate record keeping of all interventions on the central athlete management database



To proactively liaise with professionals to ensure that injured players are managed promptly with best evidence-based fitness practice

Work in collaboration with the Head Sports Science & Medicine and physio professionals to deliver injury management, injury prevention and performance enhancement programs

Design and develop appropriate injury prevention strategies in accordance with the Head Sports Science & Medicine

Work closely with the physio professionals to monitor, record, and review individual athletes' skill and training workloads on a regular basis

Provide player fitness status reports for training, practice, or match days

Develop and undertake regular musculoskeletal screening and injury risk profiling programs as part of injury prevention strategies

Work closely with the physio professionals in the development and implementation of effective recovery strategies to enhance player performance

Contribute to the improvement, maintenance of healthcare infrastructure including stock keeping

To assist the SSM team in conducting education programs for other professionals to enhance their standards of care

To be actively involved as part of the SSM team for research and development in the field of injury management, injury prevention and performance enhancement

Undertake appropriate professional development programs to enhance and develop knowledge of best practices

Assist the SSM team in any other assignments that they might be entrusted on the candidate

Performance Measures

Effective injury prevention and performance enhancement programs meeting the organisational and individual goals

Efficiency, clarity and transparency in communication of information to relevant stakeholders in a credible manner

Reduced injury incidence and prevalence rates

Improved fitness standards across the organisation

Fitness programs with clear objectives, evidence-based, measurable outcomes, and suitable time frames



Contribution in multidisciplinary team meetings and overall development of the SSM department and its protocols

Contribution in player and professional education

Support provided in Long-term vision plans of the organisation

5. Operating Environment:

A challenging multidisciplinary team working environment where the candidate will have to prioritise workload and display effective time management skills to the demands of different players, professionals, and other stakeholders

Setting and managing the expectations of players, coaching staff, and administrators regarding the results of injury management, injury prevention, and performance enhancement programs

Dealing with advice that players receive from other practitioners regarding their fitness and management of their injuries

Dealing with players who may be non-compliant or non-motivated regarding injury prevention and performance enhancement programs

Ensuring best practices by regular professional development and close work with other fellow professionals

Maintaining effective lines of communication with all key stakeholders under the guidance of the Head SSM

The effective transfer of information and guidelines of fitness protocols to state team S&C coaches to ensure continuity of care of athletes

Working within a network of Sports Science and Medicine professionals to assist performance enhancement, injury prevention and injury management

6. Communication & Working Relationships:

Head Sports Science & Sports Medicine

Sports Science & Medicine team members

Panel of Medical experts, BCCI

Head of Cricket, COE

Coaching staff, Team India

Captains of respective teams

Cricket Operations General Manager, BCCI

Administrative team, COE

Coaching staff, COE



7. Decision Making:

Medium

8. Qualifications, Experience, Knowledge & Skills:

Essential:

A qualification specializing in S&C and/or Sports Physiology/Science

Minimum of **7 years** of experience in the provision of S&C services

Experience of working with elite athletes/teams, preferably including high performance squads

Experience in the design, implementation and monitoring of S&C programs for elite athletes

Experience of working along with rehab specialists in early and end stage management of musculoskeletal and sports injuries

Basic Life Support & Trauma Management training within the past 2 years (needs to be in place prior to starting the role)

Desirable:

Experience of working with a high-performance Cricket team/cricket players

Research and development experience in S&C, injury prevention, and performance enhancement

A postgraduate qualification in S&C and/or Sports Physiology/Science

9. Personal Attitudes, Aptitudes, Abilities:

Highest levels of integrity, discipline, and motivation

A positive intent, attitude, focus and drive to serve as a true team member

Good understanding of a high-performance environment and demands of elite athletes

Patient and structured approach to problem solving and decision making under pressure situations

A proven ability to manage and interact with people from different backgrounds and cultures

Excellent communication and inter-personal skills, both written and verbal



A team centred approach to all facets of work

Ability to work efficiently under pressure with minimal level of support

Ability to work alone and at the same time be an integral part of a multidisciplinary team

Ability to positively contribute towards a mutually supportive yet a healthy competitive environment

Flexibility to work at unsocial hours

Commitment to work towards Team India (Senior Women) & BCCI SSM department's standards, policies, and rules and regulations

Applications should be submitted by 5 pm on 30th April '25 via google form link - <https://forms.gle/agJxaNu6NfikEENo7>

After screening/shortlisting of applications, the candidates may be called for personal interviews for further evaluation.