



t +27 (0) 11 340 1500
f +27 (0) 11 880 6229
w www.cglcricket.org.za
e lions@cricket.co.za

CENTRAL GAUTENG
LIONS
CRICKET BOARD

Imperial Wanderers Stadium,
Corlett Drive, Illovo,
Johannesburg
PO Box 55309, Northlands, 2116

Strength and Conditioning Coach (Amateur & Professional)

About Central Gauteng Lions

Central Gauteng Lions is a registered Non-Profit Company that serves as the custodian of all professional and amateur cricket activities within the Gauteng province's Central Region. Its primary focus includes administering, promoting, developing and co-ordinating the sport to make the Lions Cricket the most successful in professional and amateur cricket.

Purpose of the Role:

The successful candidate will be required to assist the Central Gauteng Lions Professional and Amateur Cricket Teams, for both Men and Women, to reach and maintain a pre-determined fitness and strength level set by the team management to meet expectations on the field of play. This position also plays a key role in delivering wider CGL strategy and goals.

Key Accountabilities:

- Development of standardised strength, conditioning and assessment protocols for the Central Gauteng Lions Professional and Amateur Cricket Teams, both Men and Women;
- Regularly testing the fitness status of all players using the established protocols;
- Plan and implement training programs to achieve optimal fitness and minimize the risk of injury; pre-season and post season;
- Creating and maintaining a database of relevant information relating to the Central Gauteng Lions Professional and Amateur Cricket Teams (both Men and Women) with a view of sharing such information with the Team Management and the Medical Committee. This includes keeping the relevant conditioning segment of Central Gauteng Lions Professional and Amateur Cricket Teams' (Men and Women) performance monitoring information system up to date;
- Interacting and providing relevant and regular information and reports of Team management, Gauteng Cricket Board & Lions Cricket sub-committees;
- Working together with the Team's physiotherapist in the rehabilitation of all player injuries including during non-playing periods and support injury risk reduction, injury management and return to performance.
- Working with the Central Gauteng Lions Professional and Amateur coaching staff in team preparation.
- Interacting closely with Medical Committee;
- Initiating and assisting in research activity undertaken on behalf of Central Gauteng Lions;
- Preparing and delivering group coaching sessions for all Central Gauteng Lions players (Professional and Amateur, Men and Women); And
- Prescribe and deliver individualised programmes to targeted players for the National Team.

Required Qualifications

- A diploma/degree or equivalent in Sports Science or Human Movement Studies
- A post-graduate qualification in Sports/Exercise Science, or Biokinetic is an advantage

Required Experience (*relevant or in a similar role*)

- At least 4 years' experience in a similar role

Directors: N. A Vilas (***) [President], E.M Glennistor (**) [Vice President], J.N Leaf-Wright (Chief Executive Officer), M.S Patterson (**), Y.A Manack (**), B.F Lesele (**), Z.F Ngcobo (*) [Lead I.D], V. Mathura (*), S. Firer (*), D.R Laing (***), M.S Sacher (***),

* Independent director ** Non-Independent director *** Alternate director



t +27 (0) 11 340 1500
f +27 (0) 11 880 6229
w www.cglcricket.org.za
e lions@cricket.co.za

CENTRAL GAUTENG
LIONS
CRICKET BOARD

Imperial Wanderers Stadium,
Corlett Drive, Illovo,
Johannesburg
PO Box 55309, Northlands, 2116

- Demonstrated knowledge and experience of local and global Sporting environment
- Experience with a performance monitoring information system would be an advantage
- Understand and support the transformation objectives of CSA

Required Behavioural & Technical Competence

Knowledge & Skills:

- Understand current best practice and scientific strengthening and conditioning methods and be familiar with the published literature
- Ability to execute and deliver as per agreed KPI's and timelines
- A good understanding of integrated selection processes
- Strategic Thinker and Analyst
- Effective verbal and written communications skills
- Growth Mindset and Performance Orientated
- Highly organised individual who can work under pressure
- Working knowledge of all related legislation (including but not limited to the OHS Act, Safety at Sports and Recreational Act, etc.)
- Budget Planning, Expense Management & Control
- Proficient in MS Office
- Basic Project Management Skills

Behavioural Skills:

- Good judgement and decision-making abilities
- Emotional intelligent, resilient and good interpersonal skills
- Ability to influence and collaborate with others
- Development & nurturing focus
- Conscientious, Self-motivated & high work ethic
- Honesty, Integrity & Confidentiality
- A Team Player and Deadline driven (critical)
- Takes Accountability

Competencies:

- **Value Mindset** – approach (all) work and deliverables with a value mindset (creating and adding value)
- **Sense of Urgency** – act promptly, decisively and without delay
- **Initiates Action** – proactively addresses problems, looks for ways to avert crises, anticipates and grasps opportunities to provide value add
- **Deliver Results** – takes accountability for achieving CGL, team and own objectives, ensures completion and follow through
- **Collaboration** – build and maintain collaborative relationships, seeks mutually beneficial solutions, meaningful engagement with all stakeholders
- **Business Acumen** – understands revenue generation, budget management and costs containment in carrying out duties and responsibilities

Directors: N. A Vilas (**) [President], E.M Glennistor (**) [Vice President], J.N Leaf-Wright (Chief Executive Officer), M.S Patterson (**), Y.A Manack (**), B.F Lesele (**), Z.F Ngcobo (*) [Lead I.D], V. Mathura (*), S. Firer (*), D.R Laing (***), M.S Sacher (***),

* Independent director ** Non-Independent director *** Alternate director



t +27 (0) 11 340 1500
f +27 (0) 11 880 6229
w www.cglcricket.org.za
e lions@cricket.co.za

CENTRAL GAUTENG
LIONS
CRICKET BOARD

Imperial Wanderers Stadium,
Corlett Drive, Illovo,
Johannesburg
PO Box 55309, Northlands, 2116

Other

- Ability to work flexible hours

Application Procedure:

Closing Date: 22 March 2021

Comprehensive CV to be sent to: gcbvancancies@cricket.co.za

Unfortunately, no late applications will be accepted

Directors: N. A Vilas (**) [President], E.M Glennistor (**) [Vice President], J.N Leaf-Wright (Chief Executive Officer), M.S Patterson (**), Y.A Manack (**), B.F Lesele (**), Z.F Ngcobo (*) [Lead I.D], V. Mathura (*), S. Firer (*), D.R Laing (***), M.S Sacher (***),

* Independent director ** Non-Independent director *** Alternate director

Gauteng Cricket Board operating as Central Gauteng Lions (Non Profit Company in terms of the Companies Act 71, 2008, as amended)
Reg. No. 1977/002554/08