

Job Title: Female Strength and Conditioning Coach – UAE National Cricket Team (Women's Program)

Location: Dubai, United Arab Emirates

Full-time | Travel Required | Contract-Based

Application Deadline: 15/07/2025

Start Date: 01/09/2025

Position Summary:

We are seeking a dynamic and experienced Female Strength and Conditioning Coach to lead the physical preparation and performance development of the UAE National Women's cricket Team. The coach will work closely with the head coach, sports science team, medical staff, and support personnel to enhance athletic performance, reduce injury risk, and support long-term athlete development.

Key Responsibilities:

- Design and implement evidence-based strength and conditioning programs tailored to the needs of elite female athletes and under-age category athletes (u16 & u19) boys and girls.
- Conduct fitness assessments, performance testing, and monitoring to guide training loads and progression.
- Deliver individualized rehabilitation and return-to-play conditioning in collaboration with physios and medical staff.
- Periodize training in accordance with the international competition calendar and tapering requirements.
- Integrate mobility, stability, recovery, and nutritional strategies within the overall plan.
- Educate athletes on training techniques, recovery protocols, and injury prevention best practices.
- Maintain accurate documentation of all athlete training data and progress reports.
- Travel with the team during camps, tournaments, and international tours as needed.
- Promote a high-performance culture and foster a safe, respectful environment for female athletes.
- Liaise with regional S&C and talent development coaches to ensure pathway alignment from youth to senior levels.

Qualifications and Experience:

- Bachelor's degree (minimum) in Exercise Science, Kinesiology, Sports Performance, or related field or MSc in sports science, CSCS, UKSCA, ASCA Level 2, or equivalent.
- Minimum 3–5 years of experience working with elite or national-level female athletes.
- Proven experience in injury prevention, functional training, and rehabilitative conditioning.
- Familiarity with menstrual cycle-based training and female physiology.
- Previous experience in Middle Eastern or multicultural environments preferred.
- CPR, AED, and First Aid certified.

Reporting To:

- Head Coach - UAE National Women's Team
- Cricket Ops Manager - UAE National Women's Team

Application Process:

To apply, please submit the following to strengthconditioning@emiratescricket.com

- CV/Resume
- Cover Letter outlining relevant experience and motivation
- Two professional references
- Any relevant portfolios (if applicable)