



SOUTH WESTERN DISTRICTS CRICKET

Non Profit Company
Company Registration : 2015/136676/08

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Website : www.swdcricket.co.za

VACANCY:

STRENGTH & CONDITIONING: GARDEN ROUTE BADGERS SENIOR PROFESSIONAL MEN'S TEAM

CONTRACT PERIOD: 1 AUGUST 2026 – 30 APRIL 2028

South Western Districts Cricket (Non-Profit Company), with its headquarters situated in Oudtshoorn, who subscribes to the principles of the Employment Equity, hereby invites an ambitious and motivated coach to apply for this vacancy.

PURPOSE OF THE JOB

The successful candidate will be employed primarily to the Garden Route Badgers professional men's team secondarily the Colts team, 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 South Western Districts Cricket strategy and goals.

KEY ACCOUNTABILITIES

- Development of standardised strength, conditioning and assessment protocols for the Garden Route Badgers professional men's team and Colts team;
- 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 maintain a database of relevant information relating to the Garden Route Badgers professional men's and Colts team with a view of sharing such information with the Team Management and the Medical Committee. This includes keeping the relevant conditioning segment of Garden Route Badgers men's team performance monitoring information system up to date;

- Interacting and providing relevant and regular information and reports of team management and where applicable to the governance structures of South Western Districts Cricket.
- 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 Garden Route Badgers coaching staff in team preparation.
- Interacting closely with medical team;
- Initiating and assisting in research activity undertaken on behalf of South Western Districts Cricket;
- Prescribe and deliver individualised programmes to target players for the National Team.

KEY JOB COMPETENCIES

Knowledge & Skills:

- Understanding 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 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 responsibility for achieving SWDC, 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

KEY QUALIFICATIONS AND REQUIREMENTS

- A diploma (NQF 6 qualification) in Sports Science or Biokinetics
- A B-Degree (NQF 7) qualification in Sports Science or Biokinetics will be an added advantage.
- A CSA accredited Level 2 coaching certificate
At least three years of fitness, strengthening or equivalent experience
- Valid driver's license
- Be familiar with the latest coaching techniques and methods
- Strong written and oral communication skills

KEY ATTRIBUTES

- Development & nurturing focus
- Conscientious
- Integrity
- Self-motivated and high work ethic
- Confidentiality
- Reliable

REMUNERATION

The remuneration package for this position will be negotiated with the successful applicant.

APPLICATIONS

A Comprehensive curriculum vitae (CV) with references and certified copies of academic and other qualifications must be submitted to SWD Cricket via e-mail to zenobian@cricket.co.za.

Closing date for applications is Wednesday 15 July 2026 at 12:00.

Commencement Date: 1 August 2026.

Should you receive no response from the employer by 20 July 2026 regard your application as unsuccessful. SWD Cricket reserves the right to not appoint any of the applicants but to approach any other person for the position.