

## Philip Steffan Jones

- Cricketer, ECB Level 3 Coach, UKSCA Accredited
- **Major Teams:** Derbyshire CCC, Somerset CCC, Kent CCC, Northamptonshire CCC, Glamorgan CCC
- **Wickets:** 387 (First-Class); 256 (List A); 48 (T20)

Website: [www.sjenhancingperformance.com](http://www.sjenhancingperformance.com)

Cricinfo: [www.espncricinfo.com/ci/content/player/15552.html](http://www.espncricinfo.com/ci/content/player/15552.html)



# Steffan Jones

## Cricketer, Bowling Coach, Strength & Conditioning Expert



*"I would have no hesitation following and trusting any of his training programs because I know he would never ask me to do anything he wouldn't or hasn't already done himself. This is great leadership" – Justin Langer*

*"It's no coincidence that during the best period in my career I was trained by Steffan Jones" - Marcus Trescothick*

## Major Representations:

- Derbyshire, Somerset, Northamptonshire, Kent & Dorset
- Glamorgan 2nd XI, Somerset 2nd XI, Northamptonshire 2nd XI
- British Universities, Cambridge University, Wales Minor Counties

## Career History:

### Professional Athlete - Cricket

- |  |                                   |
|--|-----------------------------------|
| ➤ Derbyshire County Cricket Club       | 2010 – 2011 [Retired post season] |
| ➤ Somerset County Cricket Club         | 2007 – 2009                       |
| ➤ Derbyshire County Cricket Club       | 2006 – 2007                       |
| ➤ Northamptonshire County Cricket Club | 2004 – 2006                       |
| ➤ Somerset County Cricket Club         | 1997 – 2004                       |
| ➤ Glamorgan County Cricket Club        | 1990 - 1996                       |

### Professional Athlete - Rugby

- |                      |             |
|----------------------|-------------|
| ➤ Moseley Rugby Club | 1998 – 1999 |
| ➤ Exeter Rugby Club  | 1997 – 1998 |
| ➤ Bristol Rugby Club | 1997 – 1998 |
| ➤ Swansea Rugby Club | 1996 – 1997 |



*"A pioneer in changing the attitude towards training and playing; exploring every opportunity to gain an advantage and to push the boundaries of performance." - Jason Kerr, Somerset CCC Academy Director*

## **Professional Summary:**

**Head of Cricket and Head of Strength & Conditioning, Wellington School, Somerset** **2011 – Present**

- In charge of all aspects of school cricket.
- Introduced fast bowling clinic for all selected pupils.
- Introduced Elite and emerging athletes program within the school.
- Responsible for Planning and conducting programs for selected pupils from various sports.

**Cricket Performance Coach, SJ enhancing performance.com** **2011-Present**

- Developed an online cricket clinic to assist cricketers of all levels.
- Designing programs tailored to the individual with the aim of helping them achieve their individual goals. Technical, physical or tactical.

**Academy Squad Bowling Coach, Somerset County Cricket Club** **2011 – Present**

- Responsible for Planning and running entire bowling training programme for selected bowlers.

**Strength & Conditioning Trainer, Somerset County Cricket Club** **1997 - Present**

- Running Speed, Agility and Quickness (SAQ) training sessions for 1st Team squad
- Work with the Academy and EPP .Both on technical and Physical attributes.
- SAQ training at Millfield for Somerset County Cricket associated students.
- Assisted a number of players in improving their physical performance. Marcus Trescothick, Justin Langer, Ben Phillips and James Hildreth to name a few.

**County Squad Bowling Coach [Player/Coach] Derbyshire County Cricket Club** **2010 – 2011**

- Planned and conducted bowling training programme both for the 1st team squad and the Academy. Including all aspects of performance. Fitness, technical and tactical.
- Assistant 1st team coach during 2011 season

**Strength and Conditioning Trainer, Derbyshire County Cricket Club** **2006 – 2007**

- Planned and ran entire pre-season training programme

**Northamptonshire County Cricket Club** **2004 - 2006**

- Ran fielding sessions during pre-season
- Took cricket sessions at various primary schools around the county

**Teaching, Ivybridge Community College** **1997 – 1998**  
• Ran 1st team rugby training sessions

**Teaching Practice (PGCE: PE), Chesterton Community College** **1996 – 1997**  
• Basildon Comprehensive School

**Educational Qualifications:**

- **12 GCSE's** **1985-1992**  
3 A level's, Ysgol Gyfun y Strade, Llanelli
- **1 A level** **1992-1993**  
Neath tertiary college
- **BSC hons in Physical Education and Sport Science** **1993-1996**  
**Loughborough University**
- **PGCE: Physical Education** **1996-1997**  
Homerton College, Cambridge University

**Training Courses Attended:**

- Paul Check Lifestyle and Nutrition
- Level 2 ECB Cricket coach
- Level 3 ECB Cricket coach
- UKSCA; Level 1 weightlifting certificate
- UKSCA; Accreditation
- SAQ; Level 1 Accreditation
- Phil Richards Strength & Nutrition for team sports Internship
- Phil Richards program design Internship

**Additional Information:**

- DOB: 09/02/1974, Country: Carmarthenshire, Wales
- Hobbies: Fitness training. Eating out with friends and family

**In the Media:**

<http://blog.thecricketer.com/?p=26788>

[www.espncricinfo.com/ci/content/player/15552.html](http://www.espncricinfo.com/ci/content/player/15552.html)