
MEET THE COACH



SAM HUNT

CRICFIT FOUNDER/COACH

Sam started Cricfit in March 2020 just as lockdown began with the simple goal of educating Cricketers about the physical side of the game. Sam became a Certified Strength & Conditioning Specialist (NSCA CSCS) in 2021 alongside being a ECB Core Coach and having Sport & Exercise Science undergraduate & Sport Business Management Masters degrees behind him.

Having played Cricket to a high level during his youth for the likes of Northamptonshire CCC Academy & 2nd XI, Derbyshire CCC 2nd XI and Durham CCC 2nd XI and still playing in the South Yorkshire Premier League, Cricfit is the combination of his two main passions in life, Cricket & fitness.

