



WINTER CRICKET PROGRAMME

The 2021 Winter Programme is a structured cricket coaching programme that runs for 10 weeks through the months of June, July and August. This year's programme commences on the weekend of June 5 & 6 and because school-aged children can have other weekend sporting commitments, we operate on both Saturdays and Sundays. Participants can attend either day to work around their other sporting pursuits.

The programme focuses on the technical and tactical aspects of cricket to deliver a purposeful training experience. Our accredited coaches simulate match day pressure situations with a wide variety of skill drills and use the latest technology including BOLA bowling machines and video analysis.

The only pre-requisite to attend the Winter Programme is participants must be passionate about the game of cricket. They must be prepared to work hard to take their game to the next level and achieve their full potential. It's certainly NOT just for elite junior players, it's for players (young and old) who want to improve their game and build confidence.

Over the last 5 years we have seen a number of participants (both boys and girls) go on to represent Victoria and Australia in under-age teams. We have also seen numerous participants progress to play representative cricket for their association including the South East Cricket Association (SECA), Eastern Cricket Association (ECA), the South East Bayside Breakers as well as the Scorpions and Emus. Dozens of our graduates are now playing Premier cricket for various clubs in Melbourne.

Location:	Cricket HQ - 51 to 53 Levanswell Rd, Moorabbin 3189
Who:	The programme caters for boys and girls plus senior cricketers
Age:	All ages but as a guide, the majority of participants are playing under-age cricket (Under 12 Rookies through to Under 16A Grade)
Cost:	10 Week Winter Programme \$ 550
When:	Saturdays – June 5, 12/6, 19/6, 26/6, 3/7, 10/7, 17/7, 24/7, 31/7 and August 7 Sundays – June 6, 13/6, 20/6, 27/6, 4/7, 11/7, 18/7, 25/7, 1/8 and August 8
Bring:	Your Cricket Kit and Water Bottle
Safety:	Helmets are compulsory when batting in the nets. Social distancing and hygiene rules may apply


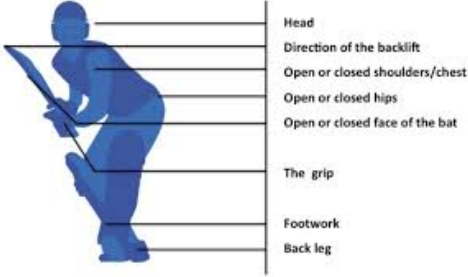




FEATURES & CONDITIONS

- High Quality Indoor Cricket Training Centre with World Class Lighting
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Structured Training Sessions in a Professional Environment
- Practical, Technical and Tactical Game Sense Tuition
- Participants will face around 1,000 cricket balls over the Winter Period
- Parent Friendly Environment – Stay and Watch – Drinks & Snacks available
- Cost of the 10 week programme is \$550
- The Winter Programme runs on a very tight schedule with 20 minute weekend appointments in the first 7 weeks. If you are late, we cannot extend your session beyond the allocated finish time as it would impact every other session on that day.
- If a player can't attend any of the weekend sessions due to sickness, holidays or other commitments, we CANNOT offer replacement or make up sessions.



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THE SCHEDULE

 <p>June</p>	<p>In the first weekend (June 5 or 6) and through June and continuing through July, we put your batting technique under the microscope in our Batting Lab. We work through your set up to lay the foundations to score runs across the entire batting 'wagon wheel' and our analysis also explores ways to help players generate more power.</p> <p>In your weekly 20 minute sessions we work through the full range of shots starting with the forward defence and then front foot drives before moving to back foot pull and cut shots later in the programme. The schedule also includes some variation by bowling over and around the wicket. We do not want players bowling in the first 6 weeks of the programme.</p>	
 <p>July</p>	<p>In July, we continue with 20 minute weekly coaching sessions in the Batting Lab and we shift the focus to T20 power hitting drills and players also undergo a batting spin class with a focus on footwork and decision making.</p> <p>In the back end of July, we introduce group net sessions where players of similar ability are grouped together for a weekly 45 minute net session. As a guide, each player in the group will bat for an additional 10 minutes facing bowlers and players will be expected to bowl for around 20 to 30 minutes.</p>	
 <p>August</p>	<p>Similar to the July agenda, in August we shift the batting emphasis to competitive game day scenarios to challenge players. Group net sessions continue and we increase bowling loads so players hit the ground running at the start of their club pre-season. If we detect a batting weakness in the group net sessions we revert back to the bowling machines to work on the issue.</p>	

If you have any queries in relation to the Winter Programme please call us on (03) 9018 9733 or email pat@cricket-hq.com.au



WINTER CRICKET PROGRAMME

2021 REGISTRATION FORM

PLAYER'S NAME	AGE :
PARENT NAME(S)	
PARENT PHONE(S)	
EMAIL ADDRESS	
PLAYER'S CLUB	
GRADE PLAYED LAST SEASON	(e.g. U12B)
PLAYED REP CRICKET?	Yes or No
Season & Team:	

SKILL LEVEL Please all that apply

①	BATTING	<input type="checkbox"/> A GRADE	<input type="checkbox"/> B GRADE	<input type="checkbox"/> C GRADE	<input type="checkbox"/> ROOKIE
	BATTING	Right or Left hand?	<input type="checkbox"/> Right	<input type="checkbox"/> Left	
②	BOWLING	<input type="checkbox"/> FAST BOWLER	<input type="checkbox"/> MEDIUM PACE	<input type="checkbox"/> SPIN BOWLER	<input type="checkbox"/> ROOKIE
	BOWLING	Right or Left hand?	<input type="checkbox"/> Right	<input type="checkbox"/> Left	
③	WICKET KEEPING	<input type="checkbox"/> A GRADE	<input type="checkbox"/> B GRADE	<input type="checkbox"/> C GRADE	<input type="checkbox"/> ROOKIE
					<input type="checkbox"/> N/A
SESSION PREFERENCES?			<input type="checkbox"/> Saturdays	<input type="checkbox"/> Sundays	<input type="checkbox"/> Varies

ANY RELEVANT MEDICAL CONDITION WE NEED TO BE AWARE OF (e.g. asthma, allergies, epilepsy, etc.)



WINTER CRICKET PROGRAMME

PARENT OR GUARDIAN CONSENT – INDEMNITY AND RELEASE

I agree to allow my child to participate in the 2021 Winter Cricket Training Programme and associated activities organised and/or supervised by Cricket HQ.

I acknowledge, agree and confirm the following:

- (a) There are inherent risks associated with cricket training activities which may result in injury. I fully accept and agree to bear those risks on behalf of the player.
- (b) To the full extent permitted by law, I agree to absolve, indemnify, release and discharge Cricket HQ, its officers, employees, representatives and agents (“indemnities”) from any and all liability for any injury, loss, cost, charge, expense or damage suffered by me or the player, however caused, arising from or incurred directly or indirectly as a result of participation in the Winter Programme activities, including without limitation, as a result of any act, default, omission or negligence of the indemnities.
- (c) Should my child require medical attention, I authorise the staff of Cricket HQ to arrange medical or hospital treatment (including ambulance transportation) if I am not available to do so and I indemnify Cricket HQ and its staff or coaches for all costs.
- (d) I undertake to not send my child to any session if he/she is feeling unwell, has a temperature or has been exposed to a COVID-19 source in the previous 14 days

I have read, understood, acknowledge and agree to all the matters referred to in the statement, including the warning, release and indemnity.

I agree to send my child _____ to the Winter Cricket Training Programme at Cricket HQ at 51-53 Levanswell Road, Moorabbin 3189.

Parent/Guardian Name: _____

Signature: _____ Date: ____/____/2021

Consent to Disclosure Under Privacy Act

I hereby agree and consent to the provision of the personal information as set out in this form to Cricket HQ for use as is deemed necessary. I also give Cricket HQ permission to photograph and video my child during the coaching sessions for technical analysis plus use in future promotions.

Signature: _____ Date: ____/____/2021



WINTER CRICKET PROGRAMME

WINTER CRICKET PROGRAMME (10 Week Programme)	COST \$ 550	Complete the Registration Form and return to cricket@cricket-hq.com.au Once received we will contact you regarding how you can book your first 7 sessions using our online booking system.
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PAYMENT DETAILS

<i>Please select</i>		
A <input type="checkbox"/>	Pay with Bank transfer	Bank Account: BSB: 033-047 Account Number: 150 111 Account Name: P.J. Camm & Associates Reference: Winter (Name of Player)
B <input type="checkbox"/>		Complete Details Below:

Please Charge My: VISA MASTERCARD \$.00

Card Number:

Expiry Date: /

Cardholder Name: _____

Signature: _____