



WINTER CRICKET PROGRAMME

The Winter Programme is a structured cricket coaching program that runs for 12 weeks through June, July and August. The programme commences on the weekend of June 1, 2019 and because 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 the game to deliver a purposeful training experience. Our accredited coaches simulate pressure match 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 should be prepared to work hard to take their game to the next level and achieve their full potential. It's NOT just for elite junior players, it's for young players who want to build confidence and self belief.

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) and the South East Bayside Breakers. Dozens of our graduates are now playing Premier cricket.

Location	Cricket HQ – 51 to 53 Levanswell Rd, Moorabbin 3189
Who	The programme caters for boys and girls aged 9 to 16
Cost	12 Week Winter Programme \$ 385
Bring	Your Cricket Kit and Water Bottle
Safety	Helmets are compulsory when batting in the nets

	SATURDAYS	SUNDAYS
JUNE	1, 8, 15, 22 & 29	2,9, 16, 23 & 30
JULY	6, 13, 20 & 27	7, 14,21 & 28
AUGUST	3, 10 & 17	4, 11 & 18

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KEY FEATURES

- High Quality Indoor Training Centre with World Class Lighting
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Professional Environment with Structured Training Sessions
- Practical, Technical and Tactical Game Sense Sessions
- Participants will face around 1,000 balls over Winter
- Parent Friendly Environment – Stay and Watch - Coffee Machine & Snacks Available
- Cost of the 12 week programme is \$385



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THE SCHEDULE

<p>JUNE</p>	<p>In June we put your batting technique under the microscope in our Batting Lab. We work through your set up and lay the foundations to score runs across the entire batting 'wagon wheel'. Our analysis also explores ways to help players generate more power.</p> <p>We use state of the art BOLA bowling machines during your weekly 20 minute one-on-one batting sessions and work through the full array of shots. We start with front foot drives then move to back foot pull and cut shots later in the month. The schedule also includes some variation by bowling over and around the wicket.</p> <p>Players are asked to do very little bowling in June.</p> <div data-bbox="794 600 1361 768" style="text-align: right;">  <p>CRICKET HQ BATting LAB</p> </div>
<p>JULY</p>	<p>In July we continue with the 20 minute weekly batting sessions in the Lab but we shift the focus to competitive game day scenarios to challenge players.</p> <p>In July we also introduce group net sessions where players of similar ages and ability are grouped together for a 30 minute net session each week. As a guide, each player in the group will bat for an additional 7 to 10 minutes in a net and each bowler will bowl for around 20 minutes.</p> <div data-bbox="938 1149 1385 1469" style="text-align: right;">  <p>CRICKET HQ BATting LAB</p> <p>WWW.CRICKET-HQ.COM.AU</p> </div>
<p>AUGUST</p>	<p>Similar to the July agenda, however, we shift the batting emphasis to T20 power hitting drills. Players also undergo a batting spin class in August with a focus on footwork and decision making.</p> <p>In August we extend the group net sessions and increase bowling loads so players hit the ground running with the start of their club pre-season training. Where appropriate, we introduce some cricket specific strength and conditioning activities in the HQ gym.</p> <div data-bbox="1161 1585 1374 1854" style="text-align: right;">  </div>

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



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WANT MORE CRICKET?

THE VICTORIAN JUNIOR CRICKET ACADEMY

Additional one-on-one coaching sessions are available upon request at our standard one-on-one coaching rates, however, we also offer aspiring young cricketers the opportunity to join the Victorian Junior Cricket Academy.

The Academy incorporates all the benefits of our Winter Programme PLUS players get an additional 10 x 30 minute one-on-one coaching sessions during the week.

These 10 additional one-on-one coaching sessions on weekdays are generally in the late afternoon or early evening between 4.30pm and 7pm.



Winter Cricket Programme - Value	\$ 385
10 Additional Mid-Week One-on-one coaching sessions - Value	\$ 550
Total Value	\$ 935

PRICE \$800



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2019 REGISTRATION FORM

PLAYER'S NAME	AGE :
PARENT NAME(S)	
PARENT PHONE(S)	
EMAIL ADDRESS	
JUNIOR CLUB	
GRADE PLAYED LAST SEASON	
PLAYED REP CRICKET?	Yes/No
	When & Team:

SKILL LEVEL (Please Select)

1	BATTING	<input type="checkbox"/> A GRADE	<input type="checkbox"/> B GRADE	<input type="checkbox"/> C GRADE
2	BOWLING	<input type="checkbox"/> FAST BOWLER	<input type="checkbox"/> MEDIUM PACE	<input type="checkbox"/> SPIN BOWLER
3	WICKET KEEPING (If Applicable)	<input type="checkbox"/> A GRADE	<input type="checkbox"/> B GRADE	<input type="checkbox"/> C GRADE <input type="checkbox"/> N/A

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



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PARENT OR GUARDIAN CONSENT – INDEMNITY AND RELEASE

I agree to allow my child to participate in the 2019 Winter Cricket Training Program 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 program 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 authorize 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.

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 Program at Cricket HQ at 51-53 Levanswell Road, Moorabbin 3189.

Parent/Guardian Name: _____

Signature: _____ Date: ____/____/2019

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 their use in future promotions.

Signature: _____ Date: ____/____/2019




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COST

WINTER CRICKET PROGRAMME	\$ 385
	\$ 800

Complete the Registration Form and return to cricket@cricket-hq.com.au
Once received and processed you can book your 12 sessions with our 10to8 online booking site specifically for the Winter Programme

PAYMENT DETAILS

A	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		

Please Charge My: VISA MASTERCARD

Card Number: □□□□ □□□□ □□□□ □□□□

Expiry Date: □□/□□

Cardholder Name:

Signature: _____