

THE AUTUMN GAP PROGRAMME

2026 APPLICATION FORM

The Autumn GAP Programme is a component of the Victorian Junior Cricket Academy.

It is an intensive 7 week structured cricket programme that caters for junior cricketers (boys and girls) aged 8 to 14 and is designed to bridge the gap between the end of the junior summer cricket season in late March and the start of our Weekend Winter Program at the beginning of June.

The 2026 programme offers players a 90-minute coaching/training session each week for 7 weeks through April and May. The weekly sessions provide a combination of one-on-one batting coaching plus a group net session where players both bat and bowl against other members of the squad who are of a similar age and skill level. The maximum number of players in each training squad is 10 and there are separate programmes for Under 12 and Under 14 boys while the girls programme is a combination of Under 12 and 14 players. For the 2026 Autumn Gap Programme, participants will be grouped based on the age level they played in the 2025/26 cricket season at their club.

The Autumn GAP Programme operates on Monday and Thursday evenings for the boys and Tuesday evenings for the girls. It runs for 7 consecutive weeks and the registration fee is \$385. Note, for the boys, players must nominate which night you want to attend (Monday OR Thursday) but players can enrol and train on both nights for a concessional fee of \$715.

UNDER 12 Groups – 4.30pm to 6pm – Mondays or Thursdays

Monday Group - April 6, 13, 20 & 27 plus May 4, 11 & 18
Thursday Group – April 2, 9, 16, 23 & 30 plus May 7 & 14



With the Under 12 Programme, players can choose to participate in the Monday OR the Thursday session that starts at 4.30pm and finishes at 6pm. You cannot change the training night you nominate, however, players can enrol in both nights for the discounted price of \$715. Please note, two of the scheduled sessions fall within the school holiday period and no discount or concession is offered if you are unable to attend any of the 7 sessions.

UNDER 14 Groups – 5pm to 6.30pm – Mondays or Thursdays

Monday Group - April 6, 13, 20 & 27 plus May 4, 11 & 18
Thursday Group - April 2, 9, 16, 23 & 30 plus May 7 & 14



Just like the Under 12 Group, Under 14 players can choose to participate in the Monday OR the Thursday session. The Under 14 sessions start a bit later at 5pm and run through to 6.30pm. You cannot change the training night you nominate, however, players can enrol in both nights for the discounted price of \$715. Please note, two of the scheduled sessions fall within the school holiday period and no discount or concession is offered if you are unable to attend any of the 7 sessions.

GIRLS UNDER 12 & 14 (Combined) Group – 5pm to 6.30pm – Tuesdays

Tuesday - April 7, 14, 21 & 28 plus May 5, 12 & 19

Please note, two of the scheduled sessions fall within the school holiday period and no discount or concession is offered if you are unable to attend any of the 7 sessions.



51-53 Levanswell Road, Moorabbin 3189
Phone: 9018 9733
www.cricket-hq.com.au
Email: cricket@cricket-hq.com.au



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We use the latest technology including the BOLA brand bowling machines and video analysis so our accredited coaches can identify weaknesses and rectify technical flaws. We examine player's set-up including the stance, grip, position of the player's head and hands at ball release point plus balance because these are the foundations for batting success.

Players will learn how to execute all the front foot and back foot shots plus get a dedicated session on how to play spin. The ramp and switch hit are also taught with a focus on how to turn the strike over and score to all parts of the ground. It is a complete cricket masterclass and players hit more than 1,000 balls over the 7-week programme. They will build muscle memory and we guarantee every player will improve the technical and tactical aspects of their game.

In the group net sessions (bat versus ball), calling and running between the wickets is put under the microscope. Coaches simulate match day situations to challenge players and help them deal with pressure situations. While the Autumn GAP Programme does have a batting focus, the group net sessions allow the coaches to review bowling actions to generate more pace, spin or swing and most importantly, avoid injury. Ultimately, the objective of the Autumn (GAP) Programme is to deliver a purposeful training experience in a high performance environment and make sure every player walks away a better cricketer.

The training groups are aged based (Under 12 & 14 players) so in the group net sessions the players bat and bowl against players of a similar age and skill level. Each group or squad is limited to 10 players (with 2 coaches) and we expect the program to be a complete sellout, so we urge you to book early to avoid disappointment.

The Autumn (GAP) Programme caters for ambitious and fanatical young cricketers. The only pre-requisite to register is a commitment to work hard and be coachable. Our mission is to build player confidence, improve their technique and equip participants with more power and passion for the game.

Historically, the vast majority of players who participate in our high end programs as part of the Victorian Junior Cricket Academy go on to play representative cricket for their association like the South-East Cricket Association (SECA), Eastern Cricket Association (ECA), Dandenong District Cricket Association (DDCA) or an Under 15 J. G. Craig team.

KEY FEATURES & CONDITIONS OF THE AUTUMN (GAP) PROGRAMME

- Structured 7 Week Cricket Training Programme
- High Performance Training Environment
- High Quality Indoor Training Centre in Moorabbin with World Class Lighting
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Practical, Technical and Tactical Game Sense Tuition
- Participants will face around 1,000 cricket balls over the Autumn Period
- Parent Friendly Environment – Stay and Watch Your Child and Monitor their Development - Drinks & Snacks available onsite

To register, complete & return the form (pages 3 and 4) below to cricket@cricket-hq.com.au



The graphic features a central image of a cricketer in white gear batting. To the right, four circular icons represent: a high performance training environment, a 5:1 player to coach ratio, age groups U12 & U14, and an off-season from April to May. A red starburst on the left indicates a price of \$385 for 7 sessions. At the bottom, a table lists the schedule for U12s, U14s, and Girls, and contact information for Cricket HQ.

U12s	U14s	Girls
Mondays or Thursdays	Mondays or Thursdays	Tuesdays
4.30pm to 6pm	5pm to 6.30pm	5pm to 6.30pm

Cricket HQ 51-53 Levanswell Road Moorabbin Vic 3189
Contact cricket@cricket-hq.com.au or Ph 9018 9733



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PLAYER'S NAME					
AGE AT 01/04/2026			DOB: / /		
PARENT NAME(S)					
PARENT MOBILE PHONE(S)					
EMAIL ADDRESS					
PLAYER'S CLUB & GRADE IN 2025/26 SEASON <small>(e.g. Ormond Under 12B)</small>					
PLAYED ANY REP CRICKET? <small>If so, Details:</small>					
PREFERRED GROUP? <small>(Please tick)</small>		<input type="checkbox"/> Mondays	<input type="checkbox"/> Thursdays	<input type="checkbox"/> Tuesdays (Girls)	<input type="checkbox"/> Both (Specify)
Any relevant MEDICAL CONDITION we need to be aware of (e.g. Asthma, Allergies, Epilepsy, etc.)					

PARENT OR GUARDIAN CONSENT – INDEMNITY AND RELEASE

I agree to allow my child to participate in the 2026 Victorian Junior Cricket Academy (VJCA) Autumn GAP 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 Victorian Junior Cricket Academy 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 not to send my child to any session if he/she is feeling unwell.



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 VJCA Autumn GAP Programme at Cricket HQ at 51-53 Levanswell Road, Moorabbin 3189.

Parent/Guardian Name: _____

Signature: _____ Date: _____ / _____ /2026



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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: _____ / _____ /2026

FEES	EFT / Credit Card	Cash	
One Group	\$ 385 (One Night)	\$ 370 (One Night)	Complete the Registration Form and return to cricket@cricket-hq.com.au
Two Groups	\$ 715 (Two Nights)	\$ 690 (Two Nights)	Complete the Registration Form and return to cricket@cricket-hq.com.au

PAYMENT DETAILS

<i>Please select</i>				
<input type="checkbox"/> A	Pay with Bank transfer	Bank Account: BSB: 033-047 Account Number: 150 111 Account Name: P.J. Camm & Associates Reference: GAP (Name of Player) PLEASE DO NOT PAY UNTIL ADVISED OF ACCEPTANCE	\$ 385 (One Night) or \$ 715 (Two Nights)	
<input type="checkbox"/> B	Cash	Payable in person on or before 1 st session	\$ 370 (One Night)	\$ 690 (Two Nights)
<input type="checkbox"/> C		Complete Details Below:	\$ 385 (One Night)	\$ 715 (Two Nights)

Please Charge My: VISA MASTERCARD AMEX

Card Number:

Expiry Date: /

Cardholder Name: _____

Signature: _____

If you have any queries in relation to the Autumn (GAP) Programme please contact us on (03) 9018 9733 or cricket@cricket-hq.com.au



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