

2023

WINTER CRICKET PROGRAMME



The 2023 Winter Programme is a structured cricket coaching programme that runs through the months of June and July, 2023. The programme commences on the weekend of June 3 and 4 and because school-aged children can have other weekend sporting commitments, we operate on both Saturdays and Sundays. Participants can attend on Saturday OR Sunday each weekend 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 situations with a variety of scenarios and skill drills using the latest technology including BOLA bowling machines and video analysis. The only prerequisite to attend the Winter Programme is a passion for the game and a desire to improve and develop your skills. The Programme is NOT just for elite or A Grade players, it's for players (young and old – boys and girls) who want to upskill, build confidence and achieve their full potential.

Over the last 7 years we have seen a number of participants (both boys and girls) go on to represent Victoria and Australia in under-age cricket teams. We have also seen numerous participants progress to play representative cricket for the South-East Cricket Association (SECA), Eastern Cricket Association (ECA), DDCA, Under 15 J. G. Craig teams as well as the Youth Premier League (South-East Bayside Breakers, Scorpions, Emus etc.). Dozens of our graduates are now playing Premier Cricket at various clubs in Melbourne.

Location:	Cricket HQ - 51 to 53 Levanswell Rd, Moorabbin 3189
Who:	The programme caters for boys and girls plus senior players
Age:	All ages - we have players 7 to 50+ participating. The majority of participants are playing under-age cricket (Under 12 Rookies through to Under 16A Grade).
Cost:	\$650 for the 9 Week Winter Programme
When:	Saturdays – June 3, 10, 17 & 24 + July 1, 8, 15, 22 & 29 Sundays – June 4, 11, 18 & 25 + July 3, 10, 17, 24 & 31
Bring:	Your Cricket Kit, Water Bottle and Game Day Attitude!
Safety:	Helmets are compulsory when batting in the nets.

FEATURES & CONDITIONS


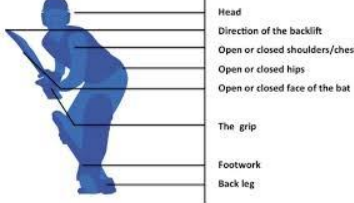



- Structured Training Sessions in a Professional Environment
- High Quality Indoor Training Centre with World Class Lighting & Machines
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Practical, Technical and Tactical Game Sense Tuition
- Participants will face around 1,000 cricket balls over the Winter Period
- Parent Friendly Environment - Stay and Watch the Development!
- The Winter Programme runs on a very tight schedule of 20 minute weekend appointments in the first 7 weeks. If you are late, we cannot extend your session time as it will impact on the remainder of the day's timetable
- 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'
- If you know you will be away for a weekend and advise us on the registration form, your fee will be reduced pro-rata.

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THE TRAINING SCHEDULE

	<p>In June and continuing through early July, we put your batting technique under the microscope in our Batting Lab.</p> <p>In your 20 minute weekly batting sessions we work through your set up, stance and balance to lay the foundations to score runs to all parts of the ground. We explore ways to generate more power.</p> <p>The Winter Programme commences with an analysis of your front foot shots including the forward defence, the off-drive and the on-drive. In June we also look at how to turn the strike over and manipulate the field by working the ball into gaps in the field.</p> 
	<p>In July, the 20 minute weekly coaching sessions shift the focus to back foot shots – the punch, the pull and the square cut. The schedule includes some variation by bowling over and around the wicket plus we include a session devoted to playing spin bowling with a focus on footwork and decision making.</p> <p>Note that players do not bowl in the first 7 weeks of the Winter Programme.</p> <p>In the back end of July, we introduce group net sessions where players of similar age and ability are grouped together for a weekly 45 minute net session. As a guide, each player will bat for 15 minutes facing other players in the group so players will commence to bowl for around 30 minutes in these group net sessions.</p> <p>These sessions are designed to assist bowlers with their technique and avoid injury plus develop variation, swing, more speed or extra spin. The batters get to execute their skills under various game day scenarios plus improve their running between wickets and general fitness. If we detect a batting weakness in the group net sessions we revert back to the bowling machines and one-on-one coaching to address the issue. The mission is to prepare players for the pre-season at their club with each participant hitting more than 1,000 balls over the winter months. .</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

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2023 REGISTRATION FORM

PLAYER'S NAME	AGE :
PARENT NAME(S)	
PARENT PHONE(S)	
EMAIL ADDRESS	
PLAYER'S CLUB	
GRADE PLAYED in 2022/23	(e.g. Under 12B)
PLAYED REP CRICKET in 2022/23?	(Yes or No) YES NO
	If Yes What Team:

SKILL LEVEL - Please

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
TRAINING SESSION PREFERENCE			<input type="checkbox"/> Saturdays	<input type="checkbox"/> Sundays	<input type="checkbox"/> Either
WEEKENDS NOT AVAILABLE (The registration fee will be adjusted pro-rata but we must know the dates prior to registration. There are no make up or double sessions available with the Winter Program)					

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 2023 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 and will ensure the player wears a helmet at all times in the net area.
- (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 agree to not send my child to any session if he/she is feeling unwell, has a temperature or has COVID-19 symptoms.

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 2023 Winter Cricket Training Program at Cricket HQ at 51-53 Levanswell Road, Moorabbin 3189.

Parent/Guardian Name: _____

Signature: _____ Date: ____/____/2023

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: ____/____/2023


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<h2>WINTER CRICKET PROGRAMME</h2> <p>(9 Week Programme)</p> 	<p>Complete the Registration Form and return to cricket@cricket-hq.com.au</p> <p>Once we receive your registration form we will send you a link to our on-line booking system so you can book your first 4 sessions in June. In the last week of June we send you another link to book the remaining 5 sessions in July.</p>
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PAYMENT DETAILS

<i>Please select</i>		
A <input type="checkbox"/>	<small>Pay with</small> 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"/>	Cash	
C <input type="checkbox"/>		Complete Details Below:

Please Charge My:

VISA

MASTERCARD

\$650

Card Number:

Expiry Date:

Cardholder Name:

Signature: