



# WINTER CRICKET PROGRAMME



The 2024 Winter Programme is a structured cricket coaching programme that runs through the months of June and July 2024. The programme commences on the weekend of June 1 and 2 and because school-aged children can have other weekend sporting commitments, we operate on both Saturdays and Sundays. Players can attend on Saturday OR Sunday each weekend to work around their other sporting pursuits.

The programme focuses on both the technical and tactical aspects of the game 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 pre-requisite 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, male and female) who want to upskill, build confidence and achieve their full potential.

Over the last 8 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 Under 16 Dowling Shield. Dozens of our graduates are now playing Premier Cricket at various clubs across Melbourne.

<b>LOCATION</b>	Cricket HQ : 51-53 Levanswell Rd, Moorabbin 3189
<b>WHO</b>	The programme caters for boys and girls plus senior players
<b>AGES</b>	All ages - we have players 7 to 50+ participating. The vast majority of participants are playing under-age cricket (Under 12 Rookies through to Under 16A Grade).
<b>Cost:</b>	\$594 for the 9 Week Winter Programme
<b>When:</b>	Saturdays – June 1, 8, 15, 22 & 29 plus July 6,13, 20 & 27 Sundays – June 2, 9, 16, 23 & 30 plus July 7, 14, 21 & 28
<b>Bring:</b>	Your Cricket Kit, Water Bottle and Game Day Attitude!
<b>Safety:</b>	Helmets are compulsory when batting in the nets.

## FEATURES & CONDITIONS

- Weekly Structured Training Sessions in a Professional Environment
- High Quality Indoor Training Centre with World Class Lighting & Bowling Machines
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Practical, Technical and Tactical Game Sense Tuition
- Participants will face 1,000+ balls over the course of the Programme
- Parent Friendly Environment - Stay and Watch the Development!
- The Winter Programme runs on a very tight schedule - 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 busy 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'. However, if you know you will be away for a weekend or school holidays and mark the dates on the registration form, we will reduce the fees on a pro-rata basis.


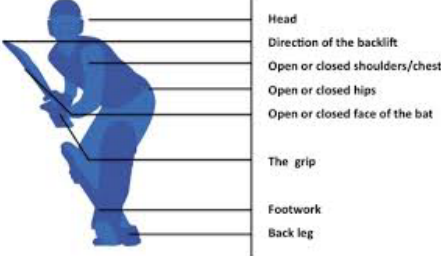





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## TRAINING SCHEDULE

	<p>In June and continuing through early July, we put your batting technique under the microscope in our Batting Lab. Your weekly one on one 20 minute batting session with the coach will analyse your set up, stance and balance to lay the foundations for batting success. The June sessions in the programme will work through your front foot shots including the forward defence, the off-drive and the on-drive.</p>  <p>As we progress through the programme we explore ways to turn the strike over and manipulate the field by working the ball into gaps. We will also look to help players generate more bat speed and power plus score runs to all parts of the ground.</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. We will also teach some players to ramp and switch hit.</p>  <p>The schedule includes some variation by bowling over and around the wicket plus we include a session devoted to playing spin bowling (Spin Class) with a focus on footwork and decision making.</p> <p>Note that players do not bowl in the first 5 to 6 weeks of the Winter Programme.</p> <p>In the middle of July, we introduce group net sessions where we group players of similar age and ability 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 their 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](mailto:pat@cricket-hq.com.au)



# WINTER CRICKET PROGRAMME



## FAQs

In case you had concerns, here are some frequently asked questions and answers to clear things up.

### **WHAT DAYS ARE THE WINTER PROGRAMME SESSIONS HELD?**

Because families can have other weekend sporting commitments, we operate on both Saturdays and Sundays. You will be able to choose your individual timeslots using our online booking page and you can alternate between Saturdays and Sundays from week to week (subject to availability).

### **IF I MISS A SESSION ON A WEEKEND THROUGH ILLNESS OR HOLIDAYS CAN I CATCH UP WITH A DOUBLE SESSION LATER IN THE PROGRAMME?**

The short answer is a definite NO. Every weekend is fully booked and there are no gaps for replacement or make up sessions. We have a limited number of coaches available on week nights and they are generally heavily booked doing regular 30 and 60 minute one-on-one coaching sessions which are not compatible with the 20 minute Winter Program sessions. If you know you are unavailable on a weekend during the winter programme you must specify the dates on the registration form and your fee will be adjusted pro-rata for the number of sessions you will miss.

### **WILL I GET THE SAME COACH EVERY WEEK FOR THE 9 WEEKS?**

Highly unlikely. The coaches make notes on each player and the coaches share the information internally. Players might get the same coach a few weeks in a row, however, we are advocates of having a fresh pair of eyes look at players.

### **DO PLAYERS GET ANY BOWLING COACHING AS PART OF THE SESSIONS?**

Not in the first 7 weeks as these sessions are focused on batting. We want young bowlers to rest in June and the start of July but we do build up the bowling workloads as we move into the group net sessions 8 and 9 in mid to late July.

### **ARE THERE ANY PRE-REQUISITES TO BE PART OF THE PROGRAMME?**

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

### **WHAT DOES THE WINTER PROGRAMME COST?**

The cost of the 9 week programme is \$594

### **WHY IS THE COST HIGHER THAN MID WEEK SESSIONS?**

The Winter Programme is on Saturdays and Sundays so the coaches and staff are paid penalty rates which increases the cost

### **CAN I GET MORE TRAINING/COACHING ON TOP OF THE WINTER PROGRAMME?**

Yes, we run mid week one-on-one coaching sessions. In addition, we run the Victorian Junior Cricket Academy for very talented juniors. The details of the winter academies will be released later in the year also (normally around June)



# WINTER CRICKET PROGRAMME



## 2024 REGISTRATION FORM

PLAYER'S NAME	AGE :
PARENT NAME(S) - If a Junior	
PARENT PHONE(S) – If a Junior	
EMAIL ADDRESS	
PLAYER'S CLUB	
GRADE PLAYED in 2023/24	(e.g. Under 12B)
PLAYED REP CRICKET in 2023/24?	Yes or No
	If Yes What Team:

### SKILL LEVEL - Please Tick

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
PREFERRED TRAINING DAY			<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 <i>prior</i> to registration. There are no make-up, replacement or double sessions available with the Winter Program)			LIST DATES		

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

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# WINTER CRICKET PROGRAMME



## PARENT OR GUARDIAN CONSENT – INDEMNITY AND RELEASE

I agree to allow my child to participate in the 2024 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 coaches (“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 2024 Winter Cricket Training Program at Cricket HQ at 51-53 Levanswell Road, Moorabbin 3189.

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2024

### 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: \_\_\_\_/\_\_\_\_/2024





# WINTER CRICKET PROGRAMME



<b>WINTER CRICKET PROGRAMME</b> <b>(9 Week Programme)</b>	<p>Complete the Registration Form and return to <a href="mailto:cricket@cricket-hq.com.au">cricket@cricket-hq.com.au</a></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.</p>
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## PAYMENT DETAILS

<i>Please select</i> <b>A</b> <input type="checkbox"/>	Pay with <b>Bank transfer</b>	Bank Account: BSB: 033-047 Account Number: 150 111 Account Name: P.J. Camm & Associates <b>Reference: Winter (Name of Player)</b>	<b>\$594</b>
<input type="checkbox"/>	<b>Cash</b>		<b>\$594</b>
<b>C</b> <input type="checkbox"/>	 	Complete Details Below:	<b>\$594</b>

Please Charge My:     VISA                       MASTERCARD

Card Number:                        

Expiry Date:      /

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_