



WINTER CRICKET PROGRAMME



The 2026 Winter Programme at Cricket HQ is a structured cricket coaching course that runs through the months of June and July. The programme commences on the King’s Birthday Weekend of June 6 and 7 and the format is a combination of one-on-one coaching sessions and group net sessions.

Using the latest technology including BOLA bowling machines and video analysis, the coaches aim to deliver a practical and purposeful training experience. Our guarantee is that every player walks away a more skilled and smarter cricketer. All of our coaches are Cricket Australia accredited and they simulate match day situations with a variety of drills and scenarios. They provide both technical and tactical advice to help players make better decisions under pressure.

A sound technique produces more consistent results and when you train with purpose, you walk to the batting crease with belief and confidence. Bowlers bowl with confidence and clarity. Most importantly, the Weekend Winter 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. The only pre-requisite to attend the Winter Programme is a passion for the game and a desire to improve your skills and develop your overall game.

As we progress through the programme, we explore ways to help you turn the strike over and manipulate the field by working the ball into gaps. We also help players generate more bat speed and power plus score runs to all parts of the ground. Bowlers will get technical feedback to improve pace, spin, swing or seam plus control and the coaches will put bowling actions under the microscope with a focus on injury prevention

Given families can have other weekend commitments, the Winter Programme operates on both Saturdays and Sundays so players can have their training session on either day to work around their sporting, social and school pursuits.

Over the last 9 years we have seen a number of Weekend Winter Programme 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 SECA (South East Cricket Association), ECA (Eastern Cricket Association), DDCA, MPCA, Under 15 Craig Shield teams as well as the Under 16 Dowling Shield and Under 15 Marg Jennings Cup. Dozens of our graduates are now playing Premier Cricket at various Melbourne clubs.

LOCATION	Cricket HQ : 51-53 Levanswell Rd, Moorabbin 3189
WHO	The programme caters for boys, girls and senior men and women
AGES	All ages - we have players aged 7 to 50+ participating. The vast majority of participants are playing under-age cricket (Rookies through to Under 16A Grade).
Cost:	\$695 for the 8 Week Winter Programme
When:	Saturdays - June 6, 13, 20 & 27 plus July 4, 11, 18 & 25 Sundays - June 7, 14, 21 & 28 plus July 5, 12, 19 & 26
Bring:	Your Batting Gear, Water Bottle and Game Day Attitude!
Safety:	Helmets are compulsory when batting in the nets.

FEATURES & CONDITIONS


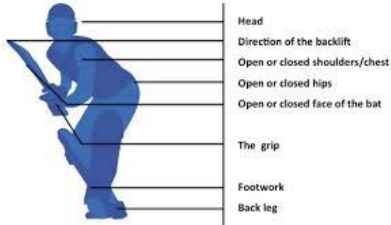


- 8 Weekly Structured Training Sessions in a Professional Environment
- High Quality Indoor Training Centre with World Class Lighting & Bowling Machines
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Practical, Technical and Tactical Game Sense Tuition

51-53 LEVANSWELL RD, MOORABBIN 3189
Phone 9018 9733

E: cricket@cricket-hq.com.au
W: www.cricket-hq.com.au

- Participants will face 1,000+ balls over the course of the Winter Programme
- Parent Friendly Environment - Stay and Watch the Development!
- The Winter Programme runs on a very tight schedule. If you are late, we cannot extend your session because it will impact the remainder of the day's schedule.
- If a player can't attend any of the weekend sessions (due to sickness, holidays or other commitments) we **CANNOT** offer a replacement or 'make up' session. However, if you know you will be away on a specific weekend simply mark the dates on the registration form and we will reduce the registration fee on a pro-rata basis.

THE TRAINING SCHEDULE

	<p>In June and continuing through early July, we put your batting technique under the microscope. We examine your set up including your stance, grip, head and hands position and balance that lay the foundations for batting success.</p>  <p>In early June, we work on the front foot shots - the forward defence, off-drive, on-drive, the leg glance and leg side flick. The batting focus includes helping you generate more power, score runs on both sides of the wicket, turn the strike over and improve your running between wickets.</p> <p>Players spend time with coaches one-one-one using the bowling machines plus also participate in group net sessions. Over the course of the Programme participants will hit more than 1,000 cricket balls so they build muscle memory and hit their club pre-season period full of confidence.</p>
	<p>Later in the programme we shift the focus to back foot shots including the back foot punch, the pull shot and square cut. We also include a session dedicated to playing spin bowling with a focus on footwork and decision making.</p> <p>Players continue to spend time on the bowling machines and participate in group net sessions. In the group training sessions, players will bat for around 10-12 minutes in the nets and face bowlers of a similar age or skill level. Some players will spend more time with a coach or on a bowling machine to work on a particular weakness the coaches have identified. In these one-hour group sessions, players will bowl for around 30 minutes and the coaches will provide bowlers with technical feedback.</p>  <p>The group sessions are designed to make sure the batters execute the skills they learned in the early weeks of the programme. By the end of August, players will be totally ready for their club pre-season training.</p>

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



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2026 REGISTRATION FORM

PLAYER'S NAME		AGE:
PARENT NAME(S) - If a Junior		
PARENT MOBILE PHONE(S) - If a Junior		
EMAIL ADDRESS		
PLAYER'S CLUB		
GRADE PLAYED in 2025/26	(e.g. Under 12B)	
PLAYED REP CRICKET in 2025/26?	YES	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
2	BOWLING	<input type="checkbox"/> FAST BOWLER	<input type="checkbox"/> MEDIUM PACE	<input type="checkbox"/> SPIN BOWLER	<input type="checkbox"/> ROOKIE
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 ⇨ (We must know the dates you are unavailable <i>prior</i> to registration. Your registration fee will be adjusted on a pro-rata basis. Note, there are no make-up, replacement or double sessions available with the Winter Programme)			LIST UNAVAILABLE DATES:		

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 2026 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 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 Cricket 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 or has a temperature.

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 enrol my child _____ in the 2026 Winter Cricket Training Program at Cricket HQ.

Parent/Guardian Name: _____

Signature: _____ Date: ____/____/2026

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

2026

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WINTER CRICKET PROGRAMME (8 Week Programme)	Complete the Registration Form and return to cricket@cricket-hq.com.au Once we receive your registration form we will send you a link to our on-line booking system so you can book your first 2 sessions in June. Forward bookings are restricted to 4 weeks in advance.
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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)	\$695
B <input type="checkbox"/>	Cash	Payable at First Session	\$650
C <input type="checkbox"/>	 	Complete Details Below: ↓	\$695
Please Charge My: <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD			
Card Number: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			
Expiry Date: <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/>			
Cardholder Name: _____			
Signature: _____			