

Cricket Handbook 2017





Welcome to MBBC Cricket 2016

I would like to welcome all students, parents and coaching staff to the 2017 post-Christmas cricket season. Should you require further information regarding the Cricket program I invite you to contact the coaches and managers as detailed within this booklet. Please contact me if you need additional details regarding other sports activities within MBBC.

Best wishes for the upcoming cricket season.

Kind regards,

Mr Scott Emblen
Head of Sport and HPE

Coach and Managers contact details

Name	Position	Contact Number	Email address
Mr Scott Emblen	Head of Sport and HPE	39069444	emblens@mbbc.qld.edu.au
Lincoln Stuchbery	Division 6 Team	39069444	maintenance@bartons.net.au
Julie Wheatley	U12 manager	39069444	emblens@mbbc.qld.edu.au
Stuart Gregory	U11 coach	39069444	emblens@mbbc.qld.edu.au

Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
PM			U12 3:00pm to 4:15pm U11 4:15pm to 5:45pm	Division 6 Team 3:15pm to 4:45pm	

On Wednesdays U11 players may go to the Senior School study lab between 3:10pm and 4:10pm if required.

Club Cricket Competition

All teams play through Wynnum Manly Districts Junior Cricket Club.

Under 11 and Under 12 teams will play in the Eastern Districts Junior Cricket competition. Refer to the following link for rules of competition:

[U11 Abridged Rules](#)

[U12 Abridged Rules](#)

Divisional teams will play in the Bears competition (Bayside East and Redlands Association). Refer to the following link for rules of competition: [Divisional cricket rules](#)

Games will commence on Saturday 28th January and will conclude on Saturday 18th March.

Fees

- \$190 per player for a half season (1 term of cricket). \$260 for a full season (2 terms of cricket).

All fees to be paid directly to Wynnum Manly Districts Junior Cricket Club



Registration

All players must be registered through the Wynnum Manly Juniors District Cricket Club.

Click on the following link to access the club's registration page.

[Click here to access WMJDCC registration details](#)

On this page click on the link for the registration form 2016 17. Complete the form and return it directly to Wynnum Manly Junior Cricket club as directed.

Important: Registration must be done before the start of competition.

Selection and Commitment

Teams will be selected based on performance and skill level at both training and games.

Your selection into the MBBC Cricket squad means that you as a student are required to meet certain expectations.

- Attend all Saturday morning competitions. Game times may vary slightly due to scheduling.
- Attend all training sessions
- Seek permission from your Coach if you cannot meet the above commitments
- Support your team mates
- Represent your school at all times with integrity.

Player expectations

- It is unacceptable to abuse or curse any other player, or the umpire, on or off the field. Players not heeding this rule will be immediately removed from the match.
- Should you be unable to attend a training session or match, you are to inform your coach as soon as possible via phone and email. Passing a message on through a team mate is unacceptable
- Wear the appropriate Cricket uniform to training and competition games
- Show good sportsmanship on and off the field, whether you win, draw or otherwise
- Respect school property.

Playing uniform

- Cricket 'white' pants
- MBBC cricket 'white' shirt
- Wynnum Manly Junior District Cricket Club hat. **(All players are to wear this hat)**
- Sport or cricket shoes
- Protective box (you are recommended to purchase your own)
- MBBC sport socks

MBBC cricket shirts are available at the Moreton Bay College Uniform Shop, Wondall Road, Manly West

The Wynnum Manly Junior Cricket Club hat may be purchased directly from the Club.

Playing equipment

Each team will be provided with a cricket kit including all gear needed to play. This will include wickets, bats, balls, helmets, gloves, pads and protective boxes. Boys may choose to bring their own playing equipment if they wish.

Training cancellations

Parents will be notified by text if training needs to be cancelled due to wet weather.

Game cancellations

Make sure you familiarise yourself with the wet weather rules relevant to competition in which your son's team competes. MBBC staff will not be involved in cancelling matches due to wet weather on the day of the game. This decision will be made by the two coaches at the match venue on the morning of the match.

Transport

It is the responsibility of boys, through parents or carers, to organise their own transportation to and from Competition and training venues.

Please ensure you have adequately anticipated the time required to reach each venue well in advance of your games.

Photographs

Managers and coaches may take photographs of the athletes throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR. Parents and spectators are also encouraged to take photographs and submit these to the Head of Sport and HPE. Please ensure you provide a caption of the people in the photograph or details of the subject (eg. The 7B's first wicket of the season).



Sports Awards Night

Each team is recognised annually at the MBBC Sports Awards Night. Categories are as follows:

- *Best and Fairest* – selected based a 3, 2, 1 scoring system allocated at the end of each round to the top three players from each team.
- *Most Improved* – selected by the coaches based on their abilities at the start of the season compared to those at the end of the season

Weekly Newsletter

A brief match report will be submitted by team coaches for the weekend's round and will be included in the MBBC Newsletter.

Code of Behaviour

PLAYERS

- You should play your sports for the good health they promote, the enjoyment of being involved in sporting activities with your friends, and for the satisfaction that comes from doing your best, which will mean accepting victory and defeat in the same, well-balanced manner.
- You should learn the rules of your sport as best you can. Regardless of whether you agree or not, decisions by officials, umpires, referees and selectors should be accepted with equal and due respect.
- Remember that any poor sporting behaviour reflects badly on you, your parents, your coaches and your school. Copy only the good behaviour of well-known sporting figures.
- There is never any excuse for bad language whether at training or when playing.
- Give your teachers, coaches, parents, spectators and officials the respect and thanks they deserve for training you, supporting you, transporting you and generally making your sport possible.

TEACHERS AND COACHES

- Each student should not be expected to give more than a reasonable time each week to training so that a proper balance is maintained in respect of time allocated to study, religious activities, boarding school or home duties, cultural enjoyment and social activities.
- Every opportunity afforded by competitive games should be grasped to encourage the social growth of competitors. In this respect all the courtesies should be observed: teams must be punctual and well turned out; the home team should receive the visiting teams in a warm and helpful manner and the courtesies of the particular sport should apply.
- Create opportunities to teach good sporting behaviour and the concept of fair play. Developing an awareness in players of the responsibilities and the implications of the freedom to choose between fair and unfair play is essential. Breaches of good sporting behaviour should never be ignored.

- The awareness of the rules of the games, and their observance, is vital for the good order of games.
- Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
- Encourage the development of a sense of achievement that comes from an increasing degree of mastery of complex skills and tactics.
- Remember that competitive games are for enjoyment and that winning is only part of the process.
- Ensure that efforts for both skill improvement and good sporting behaviour are rewarded by praise. Players need a coach they can respect, so set a good example.
- Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of students of all ages. The scheduling and length of practice times and competitions should take into account the maturity level of players.
- Encourage awareness of the physical fitness value of sports and their life-long recreational benefit.
- Support all efforts to ensure that there is no verbal or physical abuse in sporting activities.
- Control comments made in moments of high tension.

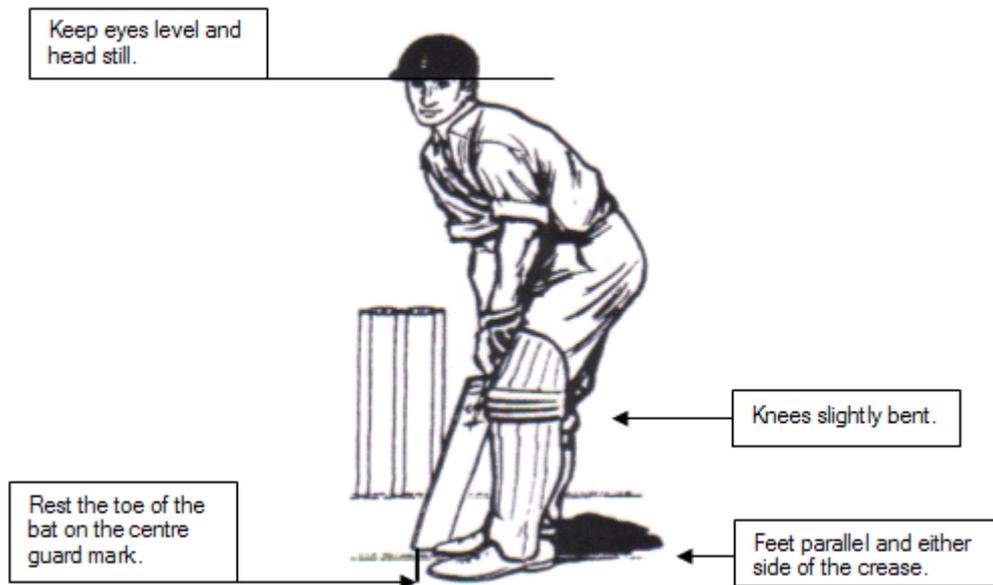
PARENTS AND SPECTATORS

- MBBC warmly encourages the full and wholehearted support of parents and other supporters, however you are reminded that the competitive games the children play are organised for their benefit and enjoyment.
- Encourage children always to play by the rules and their interpretation. The good example you set by respecting the decisions of officials can do much to support this. The use of profane language or the harassment of players, coaches and officials does nothing to support the spirit of games.
- Inculcate in children the virtue of honest effort as being as important as winning so that the result of each game is accepted without undue disappointment.
- Your promotion of the ideals of good sporting behaviour and a sense of fair play will only maximise the enjoyment the children derive from playing competitive games. Applaud good play by the team you support and by members of the opposing team.
- Recognise and support the value and importance of coaches. They give of their time and resources to provide recreational activities for your child. Vindictive criticism of coaches damages the player/coach relationship and may destroy the good we seek to achieve.
- Any breach of good sporting behaviour by, or apparent complaint against any official of another school or team should only be voiced through your school administration on a Principal to Principal basis.



Coaching for Batting

PART NO.1 – Grip & Stance



1. Take **CENTRE** guard from umpire and mark it clearly on the pitch with chalk.
2. Correct **GRIP** on bat with the V between thumb and first finger on the top hand should point to the front shoulder, and the V on the bottom hand should point to the back shoulder. Both hands together in the middle of the handle.
3. The **FEET** should be shoulder width apart either side of, and parallel to the batting crease. With the knees slightly bent and the head and eyes level and still. The player should be relaxed and comfortable.
4. Place **BAT** behind the back foot (allows for straight back lift), with the handle resting on the thigh and place the toe of the bat on the centre guard mark.

PART NO.2 – Preparing to face the bowler

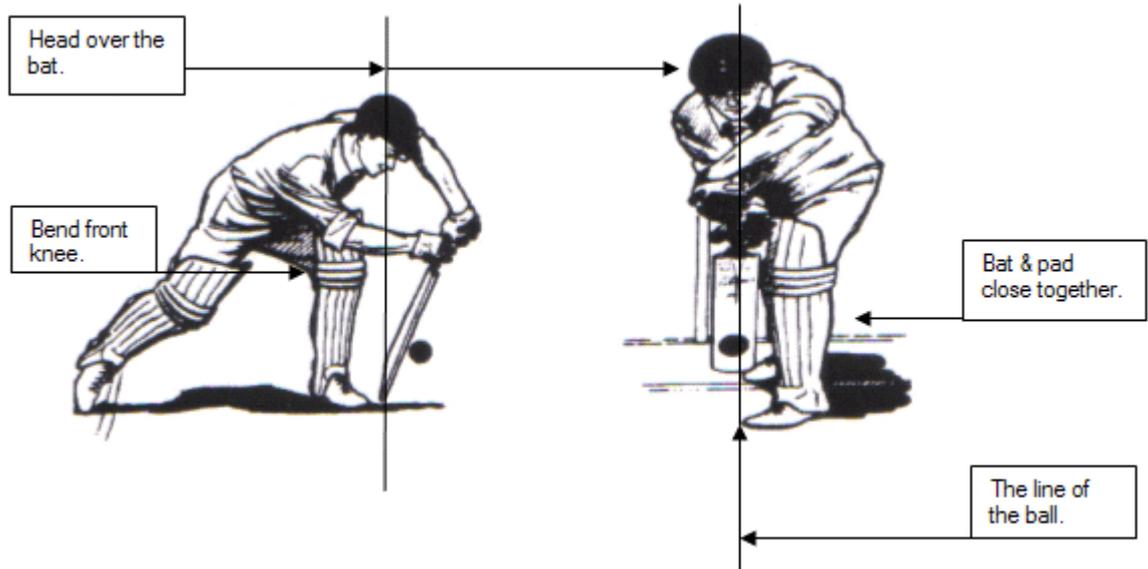
1. **FINE FOCUS** on the ball, this will give you a greater period of time to determine and be in position to play your shot.
2. Focus on the ball in the hand of the bowler as he runs in to bowl. As the ball leaves the bowlers hand start your **BACK LIFT**. The back lift should be towards 1st slip and about stump high.

PART NO.3 – Determining which shot to play

1. When batting you will have **FIVE DECISIONS** to make: -
 - o Forward defence
 - o Forward attack – Drive

- Backward defence
 - Backward attack – Hook, pull & cut
 - Leave the ball
2. The **LINE & LENGTH** of the ball will determine the shot you will need to play. Full deliveries play forward, short deliveries play back.

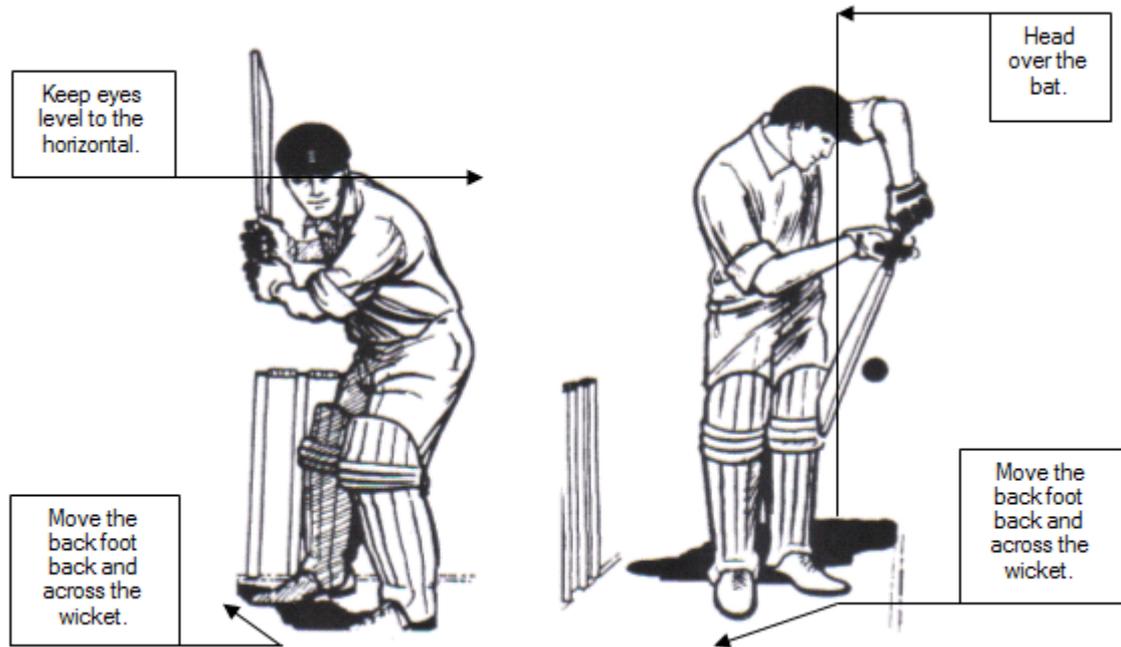
PART NO.4 – Front foot or forward defence



1. Watch the ball onto the bat.
2. Keep the head steady and over the bat.
3. Front elbow bent and high, pointing back towards the bowler. Arms and bat form a figure 9
4. Front foot near to the line of the ball, knee slightly bent and weight transferring to the front foot as the body moves forward.
5. The bat is moved towards the ball, close to the front pad, with the blade slightly behind the handle.



PART NO.5 – Back foot or backward defence



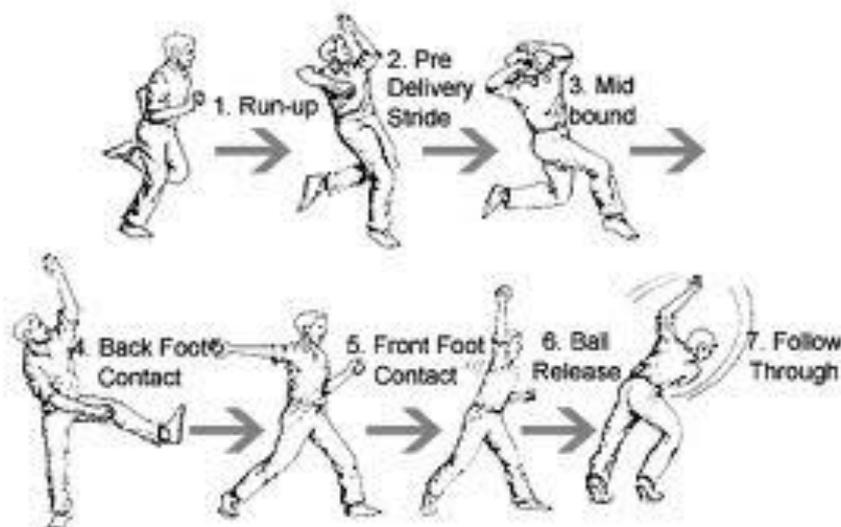
1. The back foot moves back and across the wicket, the weight resting on the back foot as the shot is played.
2. The bat is kept close to the pad on the back foot, leaving no gap for the ball.
3. The eyes are kept level to the horizontal.
4. The front elbow is kept bent and high. The top is controlling the grip, while the bottom hand, thumb and index finger some support and control. Releasing the grip of the bottom hand enables you to make the ball drop at your feet.

PART NO.6 BATTING

Once you are padded up waiting for your turn to bat, get a teammate to throw some full balls to you for a warm up. Then sit down to rest and relax your mind by taking notice of what the bowlers are doing.

Once it is your turn to bat, take centre, middle stump to right-hand bowlers of pace and off-spin.

Bowling Techniques



- The basic grip to hold the ball is to keep the seam vertical and to hold the ball with your index finger and middle finger either side of the seam with the side of your thumb resting on the seam underneath the ball.
- In your approach/run in, try to stay Smooth, Balanced, Economical, Rhythmical and Consistent and stay relaxed and try not to tense up.
- During your approach and action, your head position is very important. Make sure that as you approach the wicket you are running at a steady, consistent speed, and increase strides. Aim to keep your head as steady and level as possible, looking towards your target.
- Pull your front arm down and through the target area, making sure you complete the delivery with a full follow through.
- Try to keep everything in the same direction, towards your target, keep your hips and shoulders parallel/in-line, and follow through the delivery in the direction where you intend the ball to go.