



**QUINNS ROCKS
STINGERS**

**GIRL'S CRICKET
HANDBOOK**

quinns rocks junior cricket club



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our mission

We work with Junior Cricketers, their families and the wider community to foster a positive, supportive and engaging sporting environment.



Every person involved with our Club will feel included and valued. Each individual, whether player, parent or coach, will be encouraged to develop their potential, with the emphasis always placed on fun and skill.

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our vision

Our Club is built upon a culture of inclusion and a strong commitment to the continuous holistic development of our Players and Members.

Quinns Rocks Junior Cricket Club GIRLS LEAGUE



Our reputation as the Club of Choice in the northern suburbs will be based upon our active promotion of the Spirit of Cricket and a belief that every individual has a valuable contribution to make to the team.

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the stingray way

PLAYERS

- Listening to and supporting the Team Coach
- Playing because you love the game
- Putting the team before the individual

PARENTS

- Abiding by the code of behaviour
- Helping out around the Club
- Supporting the Umpires

COACHES

- Encouraging participants
- Displaying control, respect and professionalism
- Communicating clearly to Players and Parents

COMMITTEE

- Giving all young players a fair go
- Communicating clearly to Members
- Leading by example

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code of conduct players

THE SPIRIT OF CRICKET

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself.

PARENT'S CODE OF CONDUCT

A player must;

- play by the rules;
- never argue with an umpire. If you disagree, have your captain, coach or manager approach the umpire during a break or after the game;
- control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in cricket;
- work equally hard for yourself and your teammates. Your team's performance will benefit and so will you;
- be a good sport. Applaud all good plays whether they are made by your team or the opposition;
- treat all participants in cricket, as you like to be treated. Do not bully or take unfair advantage of another competitor;
- cooperate with your coach, teammates and opponents. Without them there would be no competition;
- participate for your own enjoyment and benefit, not just to please parents and coaches;
- respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion;
- not smoke at Junior Cricket Matches.

With thanks to the Community Junior Cricket Council www.cjcc.wa.cricket.com.au

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goal setting

| skill area | my goals for this season |
|------------|--------------------------|
| batting | |
| bowling | |
| catches | |
| run outs | |

| steps i can take to improve my cricket |
|--|
| 1. |
| 2. |
| 3. |



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personal best

| skill area | best game | opponent | season |
|------------|----------------------------|----------|--------|
| batting | Highest Score in a Game | | |
| bowling | Best Figures in an Innings | | |
| catches | Most Catches in a Game | | |
| run outs | Most Run Outs in a Game | | |

| skill area | best season | season |
|------------|----------------------------|--------|
| batting | Total Runs in a Season | |
| bowling | Total Wickets in a Season | |
| catches | Total Catches in a Season | |
| run outs | Total Run Outs in a Season | |

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batting tips

get your feet right

Either side of the crease.

Toes touching the centre line.

place your bat

On centre behind your feet.

into ready position

Knees slightly bent, and elbow.

watch the ball

From the bowler's hand.

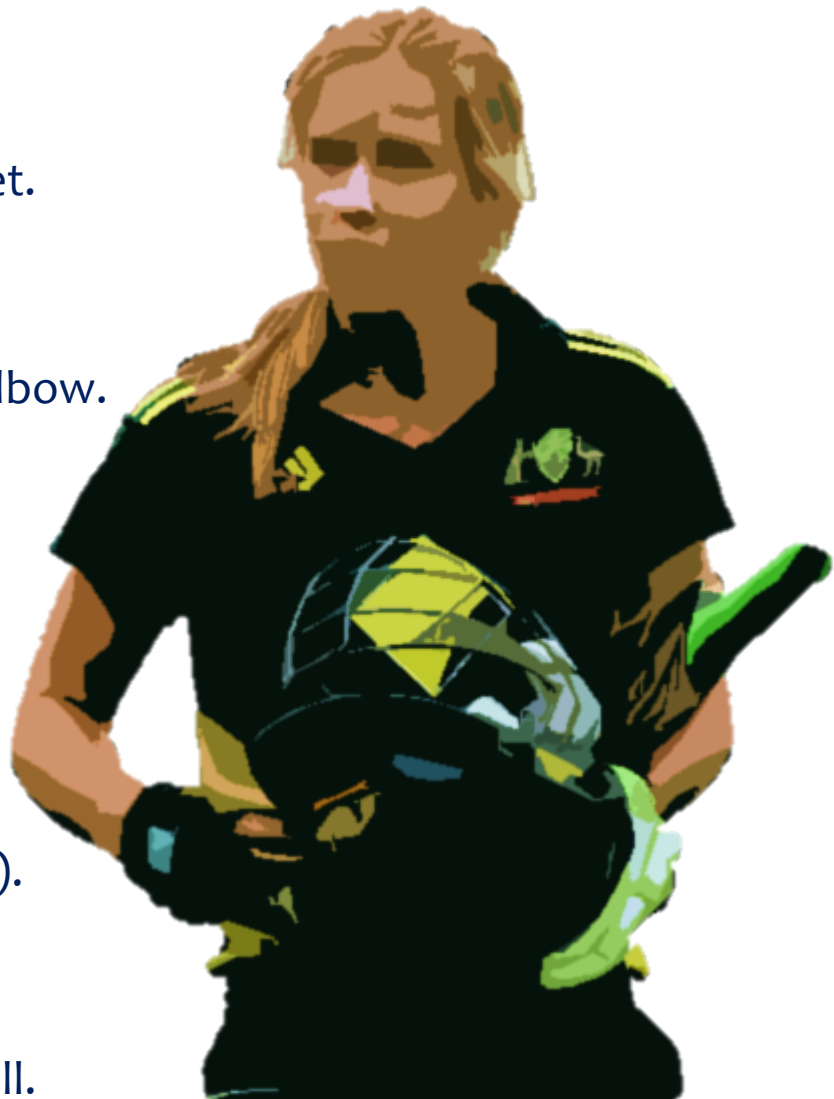
move your feet

Front foot forward (full).

Or back and across (short).

play straight

Through the line of the ball.



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bowling tips

bowl over the wicket

This means your bowling arm is closest to the stumps.

run up

Measure it and mark it.

approach

Same steps every time.



delivery stride

Push off with back foot.

Front arm up high.

deliver

Pull front arm down hard.

Bend your back.

follow through

Towards the batsman.

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fielding tips

mark your fielding position

Use your shoe.

walk in with the bowler

Nice steady pace.

be ready to field/back up

If you are not fielding the ball then you need to back up the stumps.

walk back out

Return to your fielding position.

relay ball to bowler

If needed.

encourage teammates

Say something positive.



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season calendar

| Perth Scorchers Girls League | | | |
|------------------------------|------------|-----|----------|
| U13 | U11 | | |
| Sat 19 Oct | Sun 20 Oct | T20 | Spring 1 |
| Sat 26 Oct | Sun 27 Oct | T20 | Spring 2 |
| Sat 2 Nov | Sun 3 Nov | T20 | Spring 3 |
| Sat 9 Nov | Sun 10 Nov | T20 | Spring 4 |
| Sat 16 Nov | Sun 17 Nov | T20 | Spring 5 |
| Sat 23 Nov | Sun 24 Nov | T20 | Spring 6 |
| Sat 30 Nov | Sun 1 Dec | T20 | Spring 7 |
| Sat 7 Dec | Sun 8 Dec | T20 | Spring 8 |
| Sat 14 Dec | Sun 15 Dec | T20 | Spring 9 |
| Sat 1 Feb | Sun 2 Feb | T20 | Summer 1 |
| Sat 8 Feb | Sun 9 Feb | T20 | Summer 2 |
| Sat 15 Feb | Sun 16 Feb | T20 | Summer 3 |
| Sat 22 Feb | Sun 23 Feb | T20 | Summer 4 |
| Sat 7 Mar | Sun 8 Mar | T20 | Summer 5 |
| Sat 14 Mar | Sun 15 Mar | T20 | Summer 6 |

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match day checklist



Cricket can be a long game compared to other sports, so it is important that you prepare properly for each game. You can use this checklist to help make sure you are organised.

what to wear to each game

- Girls League Shirt
- White pants/shorts
- Girls League Cap
- Trainers/runners/sneakers
- White socks

what to take to each game

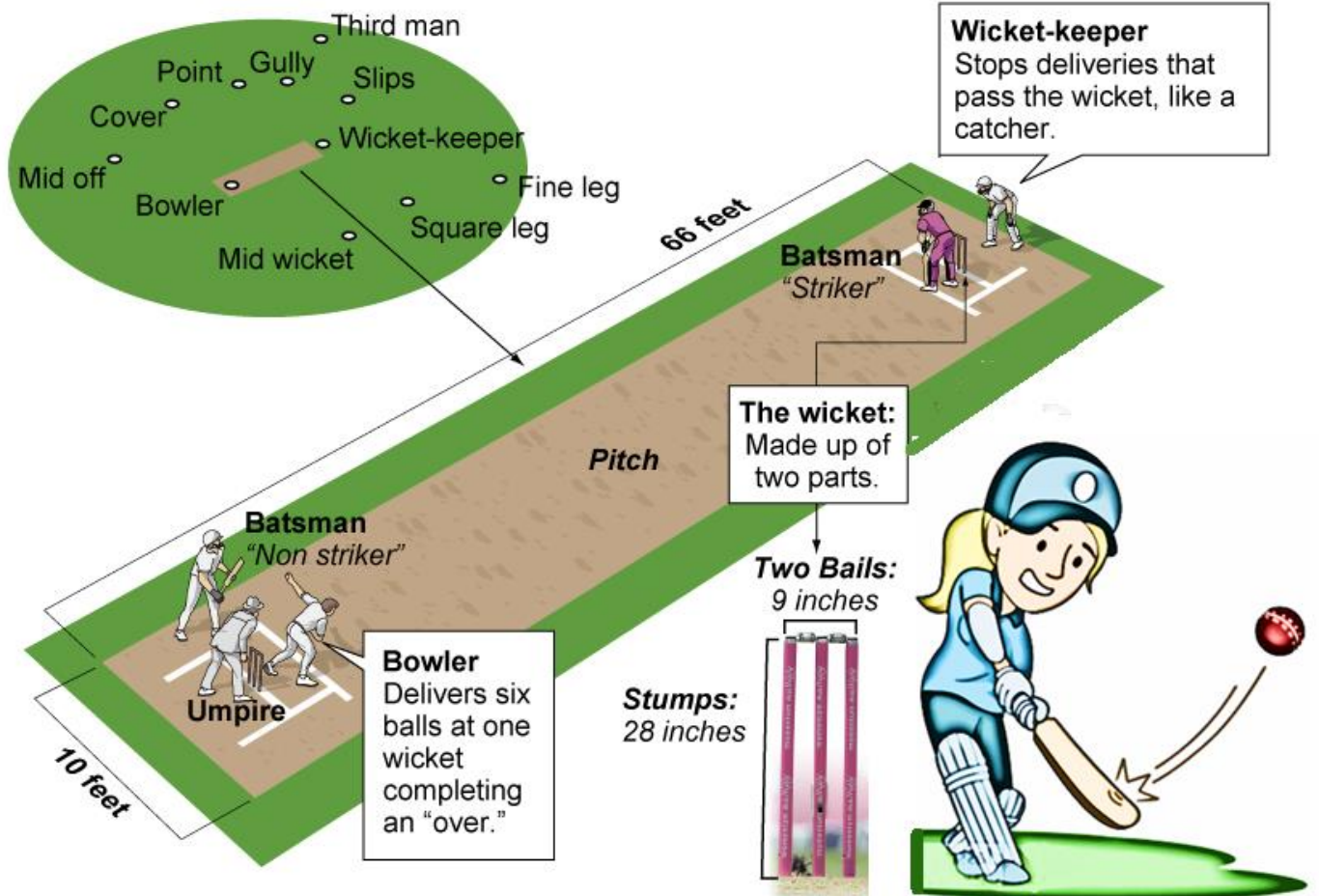
- Cricket bag (if you have one)
- Protector
- Sunscreen and sunglasses
- Large drink bottle
- Snacks



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fielding positions



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hydration

drinking enough water

Due to the vast range of body composition, fitness, and states of acclimatisation represented in childhood and adolescence, no single recommendation on the volume of fluid to be consumed is appropriate. More fluid appears to be consumed by young people when the drinks offered are perceived as palatable to them. Regular and effective drinking practices should become habitual to young athletes before, during, and after activity.



Guidelines for fluid replacement are:

- Drinks breaks occur every 60 minutes (every 30 minutes in conditions of extreme temperature);
- Water is the most appropriate drink for re-hydration. However, diluted cordial or sports drinks may be supplied;
- Drinks should be available for individual players between drinks breaks. Umpires should be advised that additional drinks are sought and players should make every effort to ensure no time is wasted;
- Players should be encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of fluid replacement and reduces the risk of contamination.

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sun protection

1. slip on clothing

To protect your skin from over exposure to UV radiation, wearing clothing that covers as much skin as possible is recommended. It is important to consider both the weave of the fabric and the style of the clothing when choosing appropriate protection. Shirts with collars and long sleeves and long trousers or skirts give you the most protection. Look for clothing made of a closely woven material - the tighter the weave of the material, the better protection from UV radiation. Darker colours give slightly more protection than lighter colours, but can be hotter to wear during warmer weather. Some clothes are labelled with an Ultraviolet Protection Factor (UPF). The UPF number is a guide to how much protection the fabric provides from UV radiation. Look for a UPF 50+ for maximum protection.

2. slop on sunscreen

Sunscreen should always be used with other forms of skin protection. Sunscreen contains chemicals that either absorb or reflect UV radiation before it damages the skin. SPF 50+ sunscreens filter out about 98 per cent of UV rays. Those labelled broad spectrum filter both UVB and UVA radiation. The Sun Protection Factor (SPF) label on a sunscreen is only a guide to the strength of the product, not how much time you can safely spend in the sun.

choosing sunscreen

It is important to choose a maximum protection sunscreen, so look for one that is labelled SPF 30 or higher and broad spectrum. Sunscreen comes in a variety of different formulas (milk, lotion, cream), so choose one that suits you best. Check the use by date on the sunscreen and don't use a sunscreen that is out of date. Always store your sunscreen under 25°C.

applying sunscreen

- Always apply sunscreen liberally to clean dry skin 20 minutes before going outside. Use at least a teaspoonful for each arm and leg and half a teaspoonful for your face, neck and ears.
- Reapply every two hours, or more regularly if you are perspiring or involved in water activities.
- You do not need to rub sunscreen into your skin until it disappears. The cream will be absorbed into your skin over the 20 minutes before you go out into the sun.
- No sunscreen – even if it is reapplied regularly - offers complete protection against UV radiation. Always use sunscreen in conjunction with other forms of sun protection.

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sun protection

3. slap on a hat

Wear a hat that provides plenty of shade to your face, neck and ears; these are common sites for skin cancer. Choose a hat with closely woven fabric in one of the recommended styles for good protection.

Cancer Council recommends three styles of hats for good protection.

- A broad brimmed hat with a brim width of at least 7.5 cm.
- A legionnaire style hat where the back flap meets the side of the front peak.
- A bucket hat with a deep crown that sits low on the head and has an angled brim, which is at least 6 cm wide.

4. seek shade

Using shade as much as possible when you are outdoors is an important strategy in protecting your skin. Shade from trees and man made structures (pergolas, buildings) provide protection from UV radiation, but do not totally block it out. UV radiation can still be reflected off the ground and buildings around you even under dense shade. Always use shade as well as clothing, hats, sunglasses and sunscreen for maximum protection from UV radiation.

5. slide on sunglasses

Choose sunglasses that wrap around the eyes and don't let light in around the frames, especially at the sides, and make sure the frames fit close to the face. Sunglasses are given an Eye Protection Factor (EPF), which is a guide to how much UV protection they provide. The EPF is rated on a scale from one to 10. Sunglasses labelled EPF 10 provide almost 100 per cent UV protection.



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player awards

player of the match award

At the conclusion of each match, the Team Coach or Team Manager will present a Player of the Match Award in recognition of an excellent effort. This award can be used to recognise effort, improvement, demonstrating the Spirit of Cricket, or it could be given for an outstanding individual performance.



match incentive awards

Light Blue Club Caps are given to players who achieve;

- Under 13s = 3 wickets or 30 runs in one innings.
- Under 14s = 3 wickets or 35 runs in one innings.
- Under 15s = 4 wickets or 40 runs in one innings.
- Under 17s = 5 wickets or 50 runs in one innings.



season participation awards

Every playing member of the QRJCC will receive a Participation Award at the End of Season Presentation Evening in recognition of their efforts throughout the cricket season. This award is typically a medallion or a small trophy and is given to remind players that cricket is a team game and everyone's efforts count!

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female cricket pathway



FEMALE CRICKET PATHWAY



MILD IN2CRICKET

Learn the skills

MILD IN2CRICKET is a fun, fast & active program that teaches basic cricket skills through fun game based activities.

- For 5-8 year olds.
- Sessions last up to 60 minutes.
- All equipment is provided.
- For kids still learning the basic skills of the game.
- 8-12 week program.
- It's safe - we use plastic bats and a rubber ball.
- Inclusive of children with a disability.



MILD T20 BLAST

Fun, first games

MILD T20 Blast gives children their first experience of playing modified games of cricket in a fun, social setting.

- For 7-12 year olds.
- All games last up to 90 minutes.
- For kids who have basic cricket skills.
- Facilitated by accredited deliverers.
- 8 week program.
- All equipment is provided.
- It's safe - we use modified equipment including a rubber ball.
- Exciting atmosphere complete with music and dancing just like the KFC T20 Big Bash League.
- Everyone gets a chance to bat, bowl and field.
- Girls only teams, as well as mixed teams are available.
- Inclusive of children with a disability.



JUNIOR CRICKET STAGE 1

At stage 1 cricketers continue to develop their skills in fun action packed matches.

- Games can be completed in 2 hours.
- Shorter pitch and boundaries ensure all players are always involved in the game.
- Lighter bats and softer balls help achieve success.
- Everybody gets to bat, bowl and field.
- Play in all girls competitions as well as a mixed team.



JUNIOR CRICKET STAGE 2

For 2nd and 3rd year junior cricketers stage 2 will further develop their skills and game sense.

- Games can be completed in 3 hours.
- Pitch and boundaries are modified to ensure all players are involved in the game.
- Everybody gets to bat, bowl and field.
- Play in all girls competitions as well as a mixed team.
- Regional and State or Territory representative opportunities.



JUNIOR CRICKET STAGE 3

For cricketers ready for the full dimensions of the game, with minimal modifications.

- Games can be completed in 3 hours.
- Full length wicket, 11 a side.
- Play in all girls competitions as well as a mixed team.
- Regional and State or Territory representative opportunities.



CLUB CRICKET

There are a wide range of playing opportunities for female cricketers after junior cricket.

- Community competitions nurture and further develop talent.
- Social cricket offers short, fun, friendly games.
- Premier Cricket is the top level club competition.
- Indoor cricket is fun, fast and played all year.
- State and Territory representative opportunities.



WBBL

The rebel Women's Big Bash League is the domestic Twenty20 (T20) competition.

- Eight teams around the country.
- Matches are fun, fast, colourful and packed with excitement.
- Australia's best cricketers and top international.
- Women's National Cricket League (WNCL) is the domestic 50 over competition.
- Teams from all States and the ACT.



AUSTRALIA

Representing Australia on the world stage is the dream of many, with opportunities for the very best to wear the baggy green.

- All formats, T20, One Day Internationals (ODI) and Test.
- Australia is number 1 in the world in all three formats.
- Australia A and National Performance Squad provide the first step for talented players.

TO FIND OUT MORE VISIT PLAYCRICKET.COM.AU

#allgirlscan



visit our club web site to find out more
www.qrjcc.wa.cricket.com.au