

# QUINNS ROCKS JUNIOR CRICKET CLUB



# PARENT HANDBOOK

# QUINNS ROCKS JUNIOR CRICKET CLUB



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# QUINNS ROCKS JUNIOR CRICKET CLUB



## WELCOME

Thank you for registering your child with the Quinns Rocks Junior Cricket Club.

Our Club is committed ensuring that every individual feels included and valued. Whether your child has played cricket before is not important. What is important is that your child will be encouraged to develop their potential, by positive and supportive coaches, in an environment that places the emphasis on fun and skill.

This handbook contains information that you will find useful in helping your child to prepare for and play junior cricket. As well as a section containing 'Frequently Asked Questions', in this handbook you will also find important information about what happens on Match Day, a Sun Protection Guide and how we can all work together to help ensure that cricket is played safely.

And since we want to ensure that our Club's reputation is built on a culture of inclusion and a commitment to the continuous development of all our members, you will also find a Dispute Resolution Policy in this handbook. If you ever have an issue or a concern, following this policy will help us to ensure that your concern is heard and addressed as quickly as possible.

Our Club's active promotion of the 'Spirit of Cricket' means that we believe every individual has a valuable contribution to make to the team. This includes parents. Our Club is run entirely by volunteers, who are essential to helping players and teams reach their full potential. We encourage you to become directly involved in your child's sporting pursuits by volunteering at our Club. Your child's Coach, Team Manager or any member of the Junior Committee can provide more information.

Thanks again for choosing to register your child with the Quinns Rocks Junior Cricket Club.

Best wishes for the coming season.

# QUINNS ROCKS JUNIOR CRICKET CLUB



# COMMITTEE CONTACTS

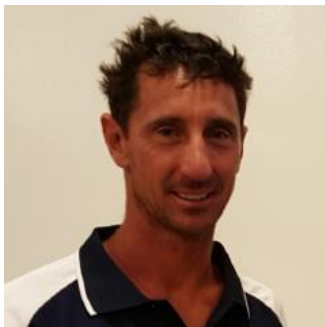
TITLE	NAME	EMAIL ADDRESS	PHONE
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<b>Treasurer</b>	Geoff Hendry	<a href="mailto:gricc.treasurer@gmail.com">gricc.treasurer@gmail.com</a>	0413 007 001
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<b>Website &amp; Database Administrator</b>	Phillipe Sjoland	<a href="mailto:gricc.it@gmail.com">gricc.it@gmail.com</a>	0414 989 590
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<b>Team Manager Liaison</b>	Lisa Stewart	<a href="mailto:gricc.tml2@gmail.com">gricc.tml2@gmail.com</a>	0404 141 068
<b>Child Safety Officer</b>	Sarah Clancy	<a href="mailto:sarahclancy@live.com.au">sarahclancy@live.com.au</a>	0403 825 233
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<b>Uniform Coordinator</b>	Michelle Hendry	<a href="mailto:gricc.uniforms@gmail.com">gricc.uniforms@gmail.com</a>	0421 086 374
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<b>Senior Club Liaison Officer</b>	Daniel Shortill	<a href="mailto:gricc.president@gmail.com">gricc.president@gmail.com</a>	0410 455 292
<b>Trophies Coordinator</b>	Toby Morrell	<a href="mailto:gricc.doc@gmail.com">gricc.doc@gmail.com</a>	0406 526 088
<b>General Committee</b>	Stewart O'Connor	<a href="mailto:stewieoc@yahoo.com">stewieoc@yahoo.com</a>	0414 473 747

# QUINNS ROCKS JUNIOR CRICKET CLUB



## KEY CONTACTS

### Coaching



If you would like to ask questions about coaching, sign up to coaching courses or volunteer to be a coach or an assistant, please contact our Director of Coaching.

Toby Morrell

0406 526 088

[qrjcc.doc@gmail.com](mailto:qrjcc.doc@gmail.com)

### Team Management



If you have questions or concerns about team management, please get in contact with our Team Manager Liaisons.



Linelle Peacock  
[Qrjcc.tml1@gmail.com](mailto:Qrjcc.tml1@gmail.com)  
0406 553 630

Lisa Stewart  
[Qrjcc.tml2@gmail.com](mailto:Qrjcc.tml2@gmail.com)  
0404 141 068



## 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.

## 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.

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.

# QUINNS ROCKS JUNIOR CRICKET CLUB



## 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

# QUINNS ROCKS JUNIOR CRICKET CLUB



## CODE OF CONDUCT PARENTS

### 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 parent must;

- not force an unwilling child to participate in cricket;
- remember, children are involved in cricket for their enjoyment, not yours;
- encourage your child to play by the rules;
- focus on the child's efforts and performance rather than winning or losing;
- never ridicule or yell at a child for making a mistake or losing a game;
- remember that children learn best by example. Appreciate good performances and skilful plays by all participants;
- support all efforts to remove verbal and physical abuse from sporting activities;
- respect officials' decisions and teach children to do likewise;
- show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate;
- respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion;
- abide by Clubs/Associations/Councils Healthy Club Policies at Junior Cricket Matches.

With thanks to the Community Junior Cricket Council [www.cjcc.wa.cricket.com.au](http://www.cjcc.wa.cricket.com.au)



# QUINNS ROCKS JUNIOR CRICKET CLUB



## FAQs

### ***What equipment does my child need for cricket?***

In Under 10 and Under 13 Girls, the Club supplies all of the equipment that is needed for cricket training and matches. If you play in other age groups the Club offers a no-cost Equipment Hire Scheme that you can access (details included in this handbook). It is probably best to hold off on purchasing expensive personal gear for your child until you are sure that they are happy in the sport and likely to continue on with it for some time. It is a good idea to purchase a box (protector) for your child as this is a piece of equipment that it's best not to share (and it is well worth the \$10 that it will cost you in a shop).

### ***Will my child be playing matches this year?***

Players enrolled in Junior Blasters or Master Blasters will take part in structured training sessions under the guidance of club coaches, but do not play matches against other Clubs. Once your child enters Under 10's, competitive matches are played against other Clubs on a home and away basis.

### ***What should my child wear to cricket training?***

For training, the boys can be more casually dressed, but it is best if they get into the habit of wearing a light coloured shirt (this makes it easier for batsmen to see the ball). Comfortable shorts and sneakers are also the way to go. Players should also bring a drink bottle and a hat.

### ***When and where is training and what day are matches played?***

Training will take place either once or twice a week at a local oval at a day/time determined by the Team Coach. All junior matches are played on either Saturday or Sunday mornings, concluding at 12 noon or before. The Club will notify you of training times, usually via the Team Coach or Team Manager.

### ***What should my child wear on match days?***

Players are expected to wear a club shirt, club hat and white shorts/trousers during games. Footwear should be sneakers/trainers/runners, and while cricket shoes are preferred, they are not essential – regulation sneakers will be fine!

### ***What does my child need to bring to matches?***

Cricket is a long game and it is important that your child has everything they need – the Player's Checklist in the 'Match Day' section of this handbook will help you to get them prepared.

# QUINNS ROCKS JUNIOR CRICKET CLUB



## FAQs

### ***What rules will be used in the matches?***

Junior cricket matches are conducted according to modified rules. These rules encourage equal participation and create a structure where every child is given an equal go every game. This is an age-appropriate approach. The rules require the Team Coach to rotate players through batting and bowling positions on a game by game basis. As parents, you can rest assured that your child is going to be given a fair and equal go, and that no child, however gifted, will dominate.

### ***What about finals?***

Finals are only played in Under 13's and above. In younger age groups, although scores are recorded, there are no ladders or finals.

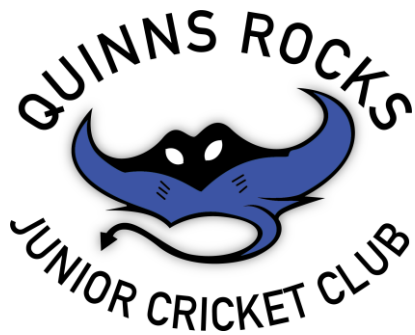
### ***How can I help out?***

During matches, you can volunteer to take on the role of Umpire – officiating the game and, at the same time, helping players to learn the skills that are required. On the sidelines, we need parents to score. Scorers always work in pairs (with one scorer provided by each club) so there is always someone else to work with. All parents should also be prepared to be involved in the sideline supervision of the players within the team, particularly when we are batting. Parents are also welcome to volunteer to assist at training – your help to run a drill, supervise a net or to hit some catches will be very much appreciated.

### ***What happens if my child is sick or can't make training or a match?***

Your child's Team Coach would really appreciate knowing if your child can't make training or a game. This is particularly important on match days, and early notification is appreciated. A simple text message to your child's coach is the way to go.





# 2019 – 20 SEASON CALENDAR

Junior, Master & Star Blast	
Sat 26 Oct	Session 1
Sat 2 Nov	Session 2
Sat 9 Nov	Session 3
Sat 16 Nov	Session 4
Sat 23 Nov	Session 5
Sat 30 Nov	Session 6
Sat 7 Dec	Session 7
Sat 14 Dec	Session 8
Sat 8 Feb	Session 9
Sat 15 Feb	Session 10
Sat 22 Feb	Session 11
Sat 7 Mar	Session 12
Sat 14 Mar	Session 13
Sat 21 Mar	Session 14

Under 10 and Under 11		
Sun 20 Oct	1 Day	Round 1
Sun 27 Oct	1 Day	Round 2
Sun 3 Nov	1 Day	Round 3
Sun 10 Nov	1 Day	Round 4
Sun 17 Nov	1 Day	Round 5
Sun 24 Nov	1 Day	Round 6
Sun 1 Dec	1 Day	Round 7
Sun 8 Dec	1 Day	Round 8
Sun 15 Dec	1 Day	Round 9
Sun 2 Feb	1 Day	Round 10
Sun 9 Feb	1 Day	Round 11
Sun 16 Feb	1 Day	Round 12
Sun 23 Feb	1 Day	Round 13
Sun 8 Mar	1 Day	Round 14
Sun 15 Mar	1 Day	Round 15

Under 12		
Sat 19 Oct	1 Day	Round 1
Sat 26 Oct	1 Day	Round 2
Sat 2 Nov	1 Day	Round 3
Sat 9 Nov	1 Day	Round 4
Sat 16 Nov	1 Day	Round 5
Sat 23 Nov	1 Day	Round 6
Sat 30 Nov	1 Day	Round 7
Sat 7 Dec	1 Day	Round 8
Sat 14 Dec	1 Day	Round 9
Sat 1 Feb	1 Day	Round 10
Sat 8 Feb	1 Day	Round 11
Sat 15 Feb	1 Day	Round 12
Sat 22 Feb	1 Day	Round 13
Sat 7 Mar	1 Day	Round 14
Sat 14 Mar	1 Day	Round 15

Under 13		
Sat 19 Oct	1 Day	Round 1
Sat 26 Oct	1 Day	Round 2
Sat 2 Nov	1 Day	Round 3
Sat 9 Nov	1 Day	Round 4
Sat 16 Nov	1 Day	Round 5
Sat 23 Nov	1 Day	Round 6
Sat 30 Nov	1 Day	Round 7
Sat 7 Dec	1 Day	Round 8
Sat 14 Dec	1 Day	Round 9
Sat 1 Feb	1 Day	Round 10
Sat 8 Feb	1 Day	Round 11
Sat 15 Feb	1 Day	Round 12
Sat 22 Feb	1 Day	Round 13
Sat 7 Mar	1 Day	Round 14
Sat 14 Mar	1 Day	Round 15
Sat 21 Mar	1 Day	Round 16 / SF
Sat 28 Mar	1 Day	GF

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

Under 15		
T20 Competition		
Sun 13 Oct	T20	Round 1/2
Sun 20 Oct	T20	Round 3/4
2 Day Cricket Season		
Sun 27 Oct/3 Nov	2 Day	Round 1
Sun 10/17 Nov	2 Day	Round 2
Sun 24 Nov/1 Dec	2 Day	Round 3
Sun 8/15 Dec	2 Day	Round 4
Sun 2/9 Feb	2 Day	Round 5
Sun 16/23 Feb	2 Day	Round 6
Sun 8/15 Mar	2 Day	Semi
Sun 22/29 Mar	2 Day	GF

Under 14		
T20 Competition		
Sat 12 Oct	1 Day	Round 1
Sat 19 Oct	1 Day	Round 2
Sat 26 Oct	1 Day	Round 3
Sat 2 Nov	1 Day	Round 4
2 Day Cricket Season		
Sat 9/16 Nov	2 Day	Round 1
Sat 23/30	2 Day	Round 2
Sat 7/14 Dec	2 Day	Round 3
Sat 1/8 Feb	2 Day	Round 4
Sat 15/22 Feb	2 Day	Round 5
Sat 7/14 Mar	2 Day	Semis
Sat 21/28 Mar	2 Day	GF

Under 17		
T20 Competition		
Sun 13 Oct	T20	Round 1/2
Sun 20 Oct	T20	Round 3/4
2 Day Cricket Season		
Sun 27 Oct/3 Nov	2 Day	Round 1
Sun 10/17 Nov	2 Day	Round 2
Sun 24 Nov/1 Dec	2 Day	Round 3
Sun 8/15 Dec	2 Day	Round 4
Sun 2/9 Feb	2 Day	Round 5
Sun 16/23 Feb	2 Day	Round 6
Sun 8/15 Mar	2 Day	Semi
Sun 22/29 Mar	2 Day	GF



# QUINNS ROCKS JUNIOR CRICKET CLUB



## MATCH DAY/TIMES

AGE GROUP	MATCH DAY	TIME
Junior Blasters	Saturday	8.30 am – 9.30 am
Master Blasters	Saturday	9:00 pm – 10:30 am
UNDER 10	Sunday	8:30 am – 10:30 am
UNDER 11	Sunday	8:30 am – 10:30 am
UNDER 12	Saturday	8:00 am – 12:00 noon
UNDER 13	Saturday	8:00 am – 12:00 noon
UNDER 11 GIRLS	Sunday	8:30 am – 10:30 am
UNDER 13 GIRLS	Saturday	8:30 am – 10:30 am
UNDER 14	Saturday	8:00 am – 12:00 noon
UNDER 15	Sunday	8:00 am – 12:00 noon
UNDER 16/17	Sunday	8:00 am – 12:00 noon

Please note – match days are fixed but times are subject to change based on fixturing.

# QUINNS ROCKS JUNIOR CRICKET CLUB



## MATCH DAY PLAYER 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

- Club shirt
- White pants/shorts
- Club hat
- Trainers/runners/sneakers
- White socks

### WHAT TO TAKE TO EACH GAME

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

# QUINNS ROCKS JUNIOR CRICKET CLUB



## EQUIPMENT HIRE

### **IN WHAT AGE GROUPS IS EQUIPMENT PROVIDED?**

All equipment necessary for cricket is provided by the Club in the following age groups;

- Junior Blasters
- Master Blasters
- Under 10's
- Under 11's, 13's, 15's Perth Scorchers Girls League

### **WHAT ABOUT OTHER AGE GROUPS?**

In the remaining age groups, the Club offers its players the chance to hire equipment for use throughout the cricket season. Equipment can be hired by players **AT NO COST** (although the Club will require a deposit).

### **WHY WOULD WE HIRE CRICKET EQUIPMENT?**

Cricket equipment can be expensive to purchase. In some cases, parents may be unsure about whether their child will play cricket in the longer term, and may be reluctant to buy equipment which may only be used for a limited period of time. The Club is keen to support players and parents by offering hire equipment at no cost. The Club can supply players with bats, gloves, pad and thigh pads. We do not hire helmets – but a helmet will be found in the team kit that your coach will bring to games and training.

## HOW DOES EQUIPMENT HIRE WORK?

1. Simply let the Club know that you are interested in hiring cricket gear by sending an email to [qrjcc.equipment@gmail.com](mailto:qrjcc.equipment@gmail.com).
2. The Club will let you know the details of when the equipment can be collected from our storerooms at Kingsbridge Reserve in Butler. This will be before the start of the season and players will be fitted for equipment in the correct size.
3. Sign an agreement to return the equipment at the end of the season and leave a \$50 Deposit with the Club.
4. Return the equipment on the day of the Club Wind Up at the end of the season to receive back your \$50 Deposit.

It couldn't be easier. The equipment hire scheme has worked well for the Club and its players in the past – you are also helping reduce the load on Team Coaches as they no longer have to carry large bags of cricket kit around with them all season.

## WHERE CAN I GET MORE DETAILS?

A copy of the Equipment Rental Agreement is included on the following pages. It sets out the Terms and Conditions of hiring equipment from the Club.





# QUINNS ROCKS JUNIOR CRICKET CLUB

## EQUIPMENT RENTAL AGREEMENT



**OWNER:** Quinns Rocks Junior Cricket Club Inc.

### RENTER DETAILS

<b>Player Name:</b>		<b>Team:</b>	
<b>Parent Name:</b>		<b>PH:</b>	

### EQUIPMENT RENTED:

ITEM	DESCRIPTION
<b>Bat</b>	
<b>Batting Pads</b>	
<b>Thigh Pad</b>	
<b>Gloves</b>	

### RENTAL PERIOD AND RATE:

The equipment is rented for the during of the current cricket season. The above equipment can be rented for \$50.00 which will be fully refunded following the return of the equipment in line with the following terms and conditions;

#### RENTAL TERMS AND CONDITIONS:

1. The RENTER shall keep and maintain the rented equipment during the terms of the rental at his own cost and expense. He/she shall keep the equipment in a good state of repair, normal wear and tear excepted.
2. The RENTER shall pay the OWNER full compensation for replacement and/or repair of any equipment which is not returned because it is lost, stolen, or damaged and in need of repair to put it into the same condition it was in at the time of rental, normal wear and tear excepted. The OWNER's invoice for replacement or repair is conclusive as to the amount RENTER shall pay.
3. The RENTER shall not remove the equipment from the address of the RENTER or the location shown herein as the place of use of the equipment without prior written approval of the OWNER. The RENTER shall inform the OWNER upon demand of the exact location of the equipment while it is in the RENTERS's possession.
4. The equipment shall be delivered to RENTER and returned to OWNER at the RENTER's risk, cost and expense. If a term rental rate is charged by OWNER, rental charges are billed to the RENTER for the full term even if the equipment is returned before the end of the term. If the equipment is not returned during or at the end of the term, then the rental charges shall continue on a full term basis for any additional term or portion thereof until the equipment is returned.
5. No allowance will be made for any rented equipment or portion thereof which is claimed not to have been used. Acceptance of returned equipment by OWNER does not constitute a waiver of any of the rights OWNER has under the rental agreement.
6. The OWNER makes no warranty of any kind regarding the rented equipment, except that OWNER shall replace the equipment with identical or similar equipment if the equipment fails to operate in accordance with the manufacturer's specifications. Such replacement shall be made as soon as practicable after RENTER returns the non-conforming equipment.
7. The RENTER acknowledges that there are inherent dangers associated with the sport which may result in the child being injured. To the extent permitted by law, the RENTER agrees to ABSOLVE AND INDEMNIFY Association/Club, Member Clubs, Coaches, Umpires and all associated sponsors from any and all liability for injury, loss or damage however caused arising out of the child's participation in the sport and the use of this hired equipment.

<b>Owner's Signature</b>	
<b>Renter's Signature</b>	
<b>Date</b>	

# QUINNS ROCKS JUNIOR CRICKET CLUB



# CRICKET SAFETY

## Ground and Weather Conditions

Ground and weather conditions can have a significant impact on the safety and enjoyment of cricket at both junior and senior levels. Sometimes, as is the case with weather, these conditions are somewhat unpredictable and uncontrollable and appropriate care should be taken to avoid weather-related injuries. Umpires, coaches and team managers should exercise a conservative approach to continuing play in the rain, where lightning is present or where the field conditions have reached a point where they pose danger to participants. If you notice that the facilities are not up to standard, let someone on the Committee know and they will address this with the City of Wanneroo.

## Boundaries

All boundaries must be designated by a series of cones. Where appropriate the cones should be a required minimum distance of 3 yards (2.74 metres) inside the perimeter fencing or advertising signs.

## Facilities

Sometimes, you might arrive at a ground and find that there is an issue with the facilities that is beyond your control to address. An example might be a large amount of broken glass, a vandalised pitch or a toilet block that won't open. If safety is a concern and the issue needs immediate attention, you can make a call to the Wanneroo Ranger Hotline. Their response is usually very good and very fast. It might be a good idea to put this number into your phone right now!

**WANNEROO RANGER HOTLINE**

**1300 138 393**

# QUINNS ROCKS JUNIOR CRICKET CLUB



# CRICKET SAFETY

## Helmets

Players will not be allowed to bat, field within 10m of the bat or wicket-keep up to the stumps, during a match or at practice where a hard ball is being used, without wearing a cricket helmet with a face guard. Any individual taking responsibility for players should take all reasonable steps to ensure that the above recommendation is followed. Players are recommended to wear a specifically designed proper-fitting cricket helmet with a face guard. It is also in the players' best interests for the helmet to comply with relevant Australian standard (currently AS/NZS4499: 1997 'Protective Headgear for Cricket').

## First Aid

Within each Team Kit Bag you will find a First Aid Kit. This has been designed to carry essential items that are most used by cricketers. If you run out of any items, please get in touch with our Equipment Coordinator who will organise replacement items for you. Simply send an email to [qrjcc.equipment@gmail.com](mailto:qrjcc.equipment@gmail.com) and arrangements will be made to deliver items to you at an appropriate time.

## Heat

Players' health must always be considered in the scheduling of matches. Climatic conditions vary throughout Australia and individuals' tolerance of heat and humidity varies significantly. Cricket Australia recommends that clubs, schools and associations apply common-sense guidelines to climatic conditions that exist within their respective regions and consult with the respective Sport Medicine Australia or health promotion organisation within their state or territory to assist in the development of local policies. Sports Medicine Australia recommends that for children and adolescents, activities should be postponed or cancelled if the temperature reaches the temperature designated by the local or state association. Action should be taken promptly by umpires to cease play under any conditions that may be dangerous to the players and officials.

# QUINNS ROCKS JUNIOR CRICKET CLUB



# CRICKET SAFETY

## Hydration

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.

*With thanks to Cricket Australia*

<http://www.e-brochures.com.au/cricketaustralia/wellplayed2012/>

# QUINNS ROCKS JUNIOR CRICKET CLUB



# 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.

# QUINNS ROCKS JUNIOR CRICKET CLUB



# 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

Eyes can also be damaged by UV radiation. Damage includes degenerative changes, cataracts and pterygia. Cataracts cloud the lens of the eye and are one of the most common types of eye damage in Australia, mostly due to sun exposure. Untreated cataracts can lead to blindness.

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.

All sunglasses must have a protection category label. Look for category two, three or four and/or a lens description that states "good UV protection". Category zero and one are fashion glasses and provide only some UV protection. Polarised lenses reduce glare.

With thanks to The Cancer Council [www.cancersa.org.au](http://www.cancersa.org.au)

# QUINNS ROCKS JUNIOR CRICKET CLUB



## 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!





## SEASON PERFORMANCE BASED AWARDS

In each age group from Under 13's and above, the following trophies will be presented;

Batting Award = The player with the highest aggregate runs.

Bowling Award = The player with the highest aggregate wickets.

Coaches Award = As determined by the Team Coach.



## **BRIAN O'CONNOR AWARD**

This award is presented at the End-of-Season Presentation in memory of Brian O'Connor, who was tragically killed at just 12. Brian was a real trier who put everything into cricket and simply loved to play the game. This award recognises an U/12 who displays these attributes and sets an example for others.



## **GORDON WATSON AWARD**

This award is presented to the Junior Club Champion at the End-of-Season Presentation. It is named in recognition of Gordon Watson – for his achievements and his wonderful service to cricket over many years. All players from U13 up are eligible to receive this award and it is calculated on a points-based system.

## QRJCC 50 and 100 GAME MILESTONE MEDALS

Playing 50 or 100 games for the a Junior Club is a very significant achievement in any sport. At the Quinns Rocks Junior Cricket Club we recognise these important milestones with specially engraved medallions which are presented to the player on the day of their milestone match.



## QRJCC JUNIOR LIFE MEMBERSHIP

This award is presented to those Juniors who play 80 or more games for the Quinns Rocks Junior Cricket Club. This is a highly prestigious award given in recognition of the many years of dedicated service and commitment given by those players who attain this milestone.



## QRJCC VOLUNTEER AWARDS

Each season we make sure that we recognise the efforts of the many volunteers who help out. Our 'Coach of the Year', 'Team Manager of the Year' and 'Club Person of the Year' are awarded each year at our Season Wind-Up. The efforts of these people are reflective of the team effort that it takes to run our Club.



## QRJCC LIFE MEMBERSHIP

From time to time our Club also bestows Life Membership upon volunteers who have made a significant contribution over a long period of time. Given our close links with the Senior Club, and thanks to a long-standing tradition, a Life Member of either Club instantly becomes a Life Member of both Clubs.

# QUINNS ROCKS JUNIOR CRICKET CLUB



# TALENT PATHWAY

For those talented players who are interested in taking their cricket to the next level, a development pathway is available. District Cricket Trials become available once players turn 12. District matches are played on the alternate day of the weekend to community cricket matches.



## COMMUNITY CRICKET

Quinns Rocks Junior Cricket Club  
(North West Metropolitan Cricket Association)



## DISTRICT CRICKET

Joondalup Districts Cricket Club  
(Western Australian District Cricket Council)



**WADCC**  
WESTERN AUSTRALIAN  
DISTRICT CRICKET COUNCIL (INC.)

## STATE CRICKET

Western Australian Cricket Association  
(Western Warriors, Perth Scorchers)



## NATIONAL REPRESENTATION

Cricket Australia

# QUINNS ROCKS JUNIOR CRICKET CLUB



## UNIFORM ITEMS


**COMPULSORY** – Choose one of the following items;

Short Sleeved Match Shirt	Long Sleeved Match Shirt	Girls League Match Shirt
		
\$30.00	\$40.00	\$45.00


**COMPULSORY** – Choose one of the following items;

Club Cap	Broad Brimmed Hat	Baggy Blue
		
\$20.00	\$25.00	\$35.00

**COMPULSORY** – Add a pair of cricket pants to your order;

<p><b>Cricket Pants</b></p>	<p style="text-align: center;"><b>Please note:</b></p> <p>The cricket pants are the only uniform item <i>without</i> the Club logo embroidered onto them. This is to allow parents to purchase their cricket pants at other stores if they would like to do so.</p> <p>Parents should also purchase <b>protector</b> for their child. These can be purchased from Rebel Sports/Jim Kidd.</p>
	
<p style="text-align: center;">\$30.00</p>	

**OPTIONAL ITEMS** – For training or wearing before/after games;

Singlet	Shorts	T-Shirt	Dress Shirt
			
<p style="text-align: center;">\$15.00</p>	<p style="text-align: center;">\$25.00</p>	<p style="text-align: center;">\$20.00</p>	<p style="text-align: center;">\$35.00</p>
Track Pants	Hoodie	Jacket	Helmet
			<p style="text-align: center;">SPECIAL</p>  <p style="text-align: center;">ORDER</p>
<p style="text-align: center;">\$40.00</p>	<p style="text-align: center;">\$55.00</p>	<p style="text-align: center;">\$50.00</p>	<p style="text-align: center;">\$100.00</p>

# QUINNS ROCKS JUNIOR CRICKET CLUB



## UNIFORM ORDER FORM

Player's Name		Team	
Parent's Name		Phone	

UNIFORM ITEM	SIZE (Please circle one)	CODE	COST	SUB TOTAL
Short Sleeved Match Shirt	Kids: 8, 10, 12, 14, 16 Adult: S, M, L, XL, 2XL, 3XL	PS73K PS73	\$30.00	
Long Sleeved Match Shirt	Kids: 8, 10, 12, 14, 16 Adult: S, M, L, XL, 2XL, 3XL	PS69K PS69	\$40.00	
Girls League Match Shirt	Kids: 8, 10, 12, 14, 16 Adult: S, M, L, XL, 2XL, 3XL		\$45.00	
Cricket Pants	Kids: 8, 10, 12, 14 Adult: S, M, L, XL, 2XL	7CPWK 7CPW	\$30.00	
Club Cap	One size fits most	4046	\$20.00	
Girls League Cap	One size fits most			
Broad Brimmed Hat	S M L XL		\$25.00	
Baggy Blue	Try on for size in the store.		\$35.00	
Training Singlet	Kids: 8, 10, 12, 14 Adult: S, M, L, XL, 2XL	TS19K TS19A	\$20.00	
Training Shorts	Kids: 6, 8, 10, 12, 14 Adult: S, M, L, XL, 2XL	7NPSSK 7NPSS	\$25.00	
Club T-Shirt	Kids: 8, 10, 12, 14, 16 Adult: S, M, L, XL, 2XL	TS12K TS12A	\$20.00	
Club Polo Dress Shirt	Kids: 8, 10, 12, 14, 16 Adult: S, M, L, XL, 2XL	7PPK 7PP	\$35.00	
Tracksuit Pants	Kids: 6, 8, 10, 12, 14 Adult: S, M, L, XL, 2XL	7WUZPNK 7WUZPN	\$40.00	
Club Hoodie	Kids: 8, 10, 12, 14 Adult: S, M, L, XL, 2XL		\$55.00	
Club Jacket	Kids: 8, 10, 12, 14 Adult: S, M, L, XL, 2XL, 3XL	7CWUJK 7CWUJ	\$50.00	
Club Helmet	Please email <a href="mailto:qrjcc.uniforms@gmail.com">qrjcc.uniforms@gmail.com</a> to arrange a Special Order			

**TOTAL COST**

Either order ONLINE when you register, OR after 1<sup>st</sup> Sept at:  
Cloe's Workwear, Unit 2/10 Hughie Edwards Drive, Merriwa. T: 9305 0837



# QUINNS ROCKS JUNIOR CRICKET CLUB



# DISPUTE RESOLUTION

- The grievance procedure set out in this rule applies to disputes under these rules between;
  - a member and another member; or
  - a member and the Association; or
  - if the Association provides services to non-members, those non-members who receive services from the Association, and the Association.
- The parties to the dispute must meet and discuss the matter in dispute, and, if possible, resolve the dispute within 14 days after the dispute comes to the attention of all of the parties.
- If the parties are unable to resolve the dispute at the meeting, or if a party fails to attend that meeting, then the parties must, within 10 days, hold a meeting in the presence of a mediator.
- The mediator must be;
  - a person chosen by agreement between the parties; or in the absence of agreement;
    - (i) in the case of a dispute between a member and another member, a person appointed by the Committee of the Association;
    - (ii) in the case of a dispute between a member or relevant non-member (as defined by sub-rule (1) (c)) and the Association, a person who is a mediator appointed to, or employed with, a not for profit organisation.
- A member of the Association can be a mediator.
- The mediator cannot be a member who is a party to the dispute.
- The parties to the dispute must, in good faith, attempt to settle the dispute by mediation.
- The mediator, in conducting the mediation, must;
  - give the parties to the mediation process every opportunity to be heard;
  - allow due consideration by all parties of any written statement submitted by any party; and
  - ensure that natural justice is accorded to the parties to the dispute throughout the mediation process.
- The mediator must not determine the dispute.
- The mediation must be confidential and without prejudice.
- If the mediation process does not result in the dispute being resolved, the parties may seek to resolve the dispute in accordance with the Act or otherwise at law.

# QUINNS ROCKS JUNIOR CRICKET CLUB



# RECORD OF DISCUSSION

## IMPORTANT DETAILS

DATE		
TIME		
PLACE		
NAMES OF THOSE PRESENT		
DETAILS OF DISCUSSION		
WAS THE ISSUE RESOLVED?	IF 'YES' THEN;	IF 'NO' THEN;
	Maintain a copy of this Record of Discussion.	Approach a Committee Member. Ask the Club to appoint a Mediator to help resolve the dispute.