

QUINNS ROCKS JUNIOR CRICKET CLUB



PLAYER 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.

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

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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.

PLAYER'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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CRICKET TIPS BATTING

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 balls

Or back and across (short ball).

Play Straight

Through the line of the ball.



**SIDE
VIEW**

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CRICKET TIPS BOWLING

Bowl Over the Wicket

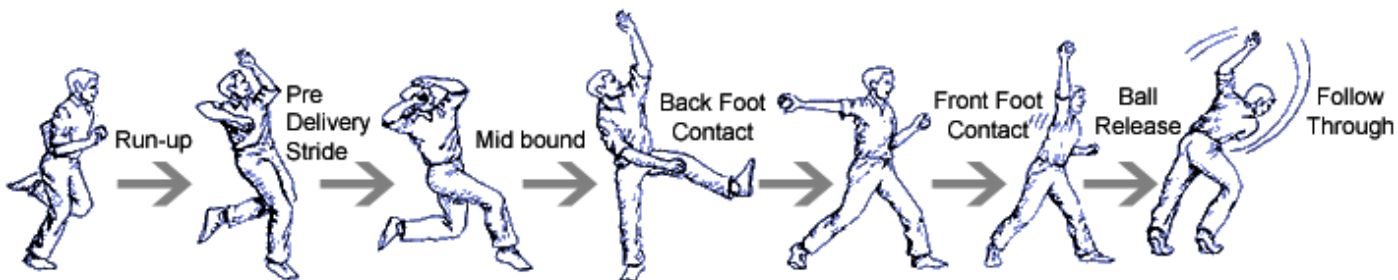
This means your bowling arm is closest to the stumps.

Run Up

Measure it and mark it.

Approach

Same steps every time.



Delivery Stride

Push off with your back foot, front arm up high.

Deliver

Pull front arm down hard.

Bend your back.

Follow Through

Towards the batsman.

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CRICKET TIPS

FIELDING

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.

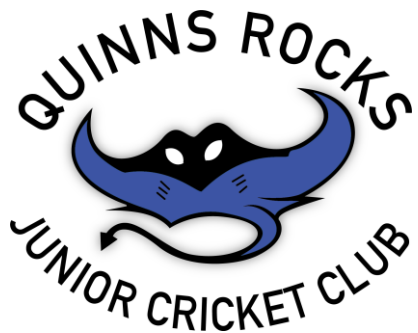
Relay Ball to Bowler

If needed.

Encourage Teammates

Say something positive.





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



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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.

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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

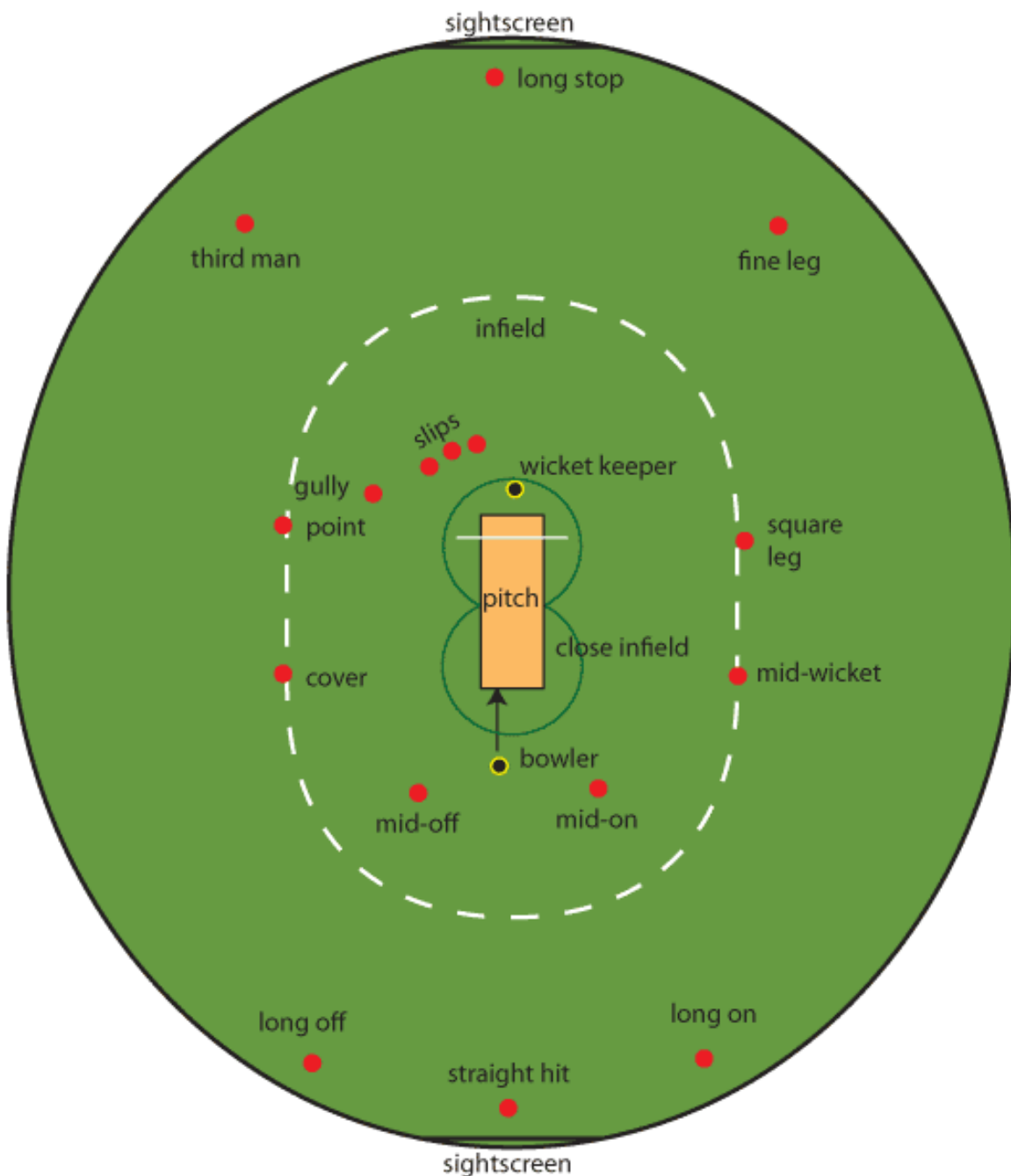
WHAT TO TAKE TO EACH GAME

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

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FIELDING POSITIONS



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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/>

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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

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

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.



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