

The UTS North Sydney District Cricket Club

2019/20 Players' Handbook

www.northsydneycc.com.au



UTS
SPORT



Season 2019/20

Welcome and congratulations on being selected to be a part of the UTS North Sydney District Cricket Club for the season 2019/20. UTS North Sydney is among the five oldest clubs in the Sydney premier cricket competition, with a long history, and many First Class and Test players have represented The Bears, going all the way back to the 1800s. North Sydney Oval has long been regarded as a top class venue for both state and international matches while our other two grounds, Bon Andrews Oval and Tunks Park have regularly featured highly in the ratings for lower grade Sydney venues

Season 2018/19 saw a marked improvement in the club's performance as a whole, compared with recent years, most notably the First Grade side that finished the regular season in third position.

Now is the time to capitalise on those results and focus on driving success across the board, from Green Shield to the top grade. As a club, our players possess varying levels of skills that are ample enough to improve on our standing position of 12th place in the Club Championship, and with this in mind, we will need to increase effort levels in all aspects of our endeavours to ensure that the momentum we have as a club, is enhanced.



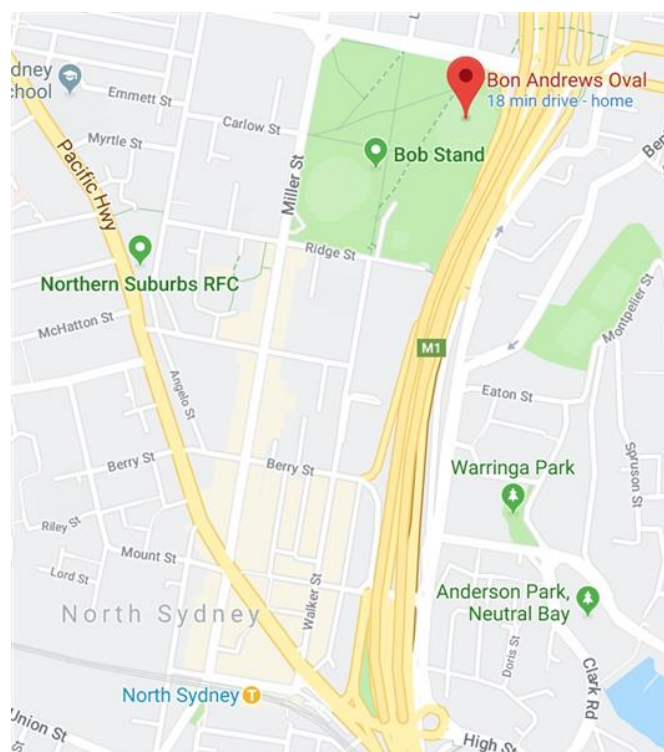
Training

Unless otherwise informed, official club training takes place on Tuesdays and Thursdays at Bon Andrews Oval from 5pm to 7pm and all players are expected to attend both nights.

Last season saw the introduction of “Lower order” batting sessions commencing at 4pm on both days. These proved productive and presented the opportunity for certain players to focus on an area of their game that, in the past, had received less attention than their main skill. These sessions will continue this season.

Mid-season and onwards the extra daylight will also enable training to go on longer than the 7pm completion time so this will allow players the added opportunity to work on their game.

Our success over the season will be directly attributable to our efforts at training, and these efforts will be monitored and recorded and referred to when it comes to selection of teams.



Your Coaching Staff

Gary Whitaker, Director of Cricket – Men's

Gary comes to UTS North Sydney with a wealth of coaching experience and a swag of achievements, notably 2013/14's SCA Coach of the Year award. Gary manages the men's cricket program at UTS NSDCC, including player development and preparation and engaging experienced professionals to assist Norths players improve their cricket.

Todd Harper, Training Co-ordinator

Todd has been heavily involved with grade cricket, first with Manly-Warringah, and now at UTS North Sydney. Todd wears many hats, including managing the two weekly training sessions at Bon Andrews, managing the Poidevin-Gray team, providing match-day support for first grade.

Jason Krejza, Junior Development Manager

Jason brings international playing experience and extensive coaching acumen to the development of UTS North Sydney's U21 players. Jason coaches UTS North Sydney's AW Green Shield side and provides match-week assistance to Poidevin-Gray squad members to help them prepare for games.

Ray Beattie, Sprint Coach

Ray has a formidable resume, including playing first grade rugby league, sprinting professionally, holding a directorship at the AIS and being a black belt in karate. Physical movement all comes back to sprinting technique, and the Bears are fortunate to have Ray's leadership in this area.

Ashley Perrott, Fielding Coach

Ashley is also an accomplished sportsman, having played first grade rugby and competitive athletics. Ashley joins the Bears to assist Ray with sprint coaching and to facilitate fielding sessions.

Training Expectations

When it comes to running a net session all instructions and decisions are based purely on mathematics. That is, number of nets in use, number of attendees, and the minutes available. With this in mind, the focus for preference will be based on:

**CLUB FIRST
TEAM SECOND
PLAYER THIRD**

The objective of limited net time is **PRODUCTIVITY**, and this can only be achieved by **BALANCE**. Therefore batters will be called according to standard, and matched as near as possible, to bowling of a similar level. Preference will also go to those who are batting on the second day of a two day game, top order batsmen across the grades, those who have been identified as needing extra work on their batting and discretionary decisions by the coaches.

Key training behaviours:

- Arrive at training ready to train. Too much time last season was lost to chat, eating, and adjusting spikes before commencing.
- Make sure your presence is known but do not ask to bat. You will be called when required.

Bowlers, do not walk out during a set. Ideally four bowlers per net provides balance.

- Never leave a session without informing coaching staff.
- Always assist with tasks such as erecting and dismantling nets. We are a club...work as one, and when we do work as one the job is completed promptly.
- Nets are for players and coaches **ONLY**. Everyone else can watch from behind the fence.
- When practicing bowling on the field, please do so as near to the fence as possible so as to not damage the area around the square.
- Wear the correct club attire to training at all times, not that from seasons past. Our training attire promotes our sponsors who are essential to the club's operation.
- At any time you may be asked to assist or conduct a fielding drill. Please do so willingly and with purpose.
- If you cannot make it to a training session please make the club aware by texting Todd on 0451 390 840.



Game Day

All members of UTS North Sydney are expected to arrive on games days and be on the field, ready to prepare the ground or warm-up, by the time notified by the team's captain. The match day standards are the same for all players, from first grade to those playing with our Shires affiliate, Roseville.

Warm Up Program

3 minute quick stretch, 30 seconds each exercise

- Alternating knee hug, quick pull up; quad stretch, quick alternating pulls; high knees on spot/ankle jumps; leg swings, holding onto a partner 15 secs each side; lunge with twist; upper body, arm flys, standing arm circles

Warm Up Game – Ultimate Vortex (no spikes)

- Rectangle field with 2 end-zones.
- Team to catch the vortex in the opposition's end zone wins.
- The person in possession of the vortex is not allowed to move while they are in possession of the vortex.
- The vortex can be thrown in any direction **AFTER** the first pass which must be backwards!

If the vortex touches the ground it is an instant turn over from where the vortex lands.

- If the vortex is knocked down by an opposition player, the team originally with possession of the vortex will retain possession of the vortex from where the throw originated and they must make their first throw backward again.

Stretches/Team Chat – General (put spikes on)

- Major muscle groups
 - Quads
 - Hamstrings
 - Glutes
 - Lower back
 - Chest
 - Lats

Catch

- Pair up with a ball between 2 into some short catching.

Throw

- With your partner have a throw at the stump in the middle
- Keep it simple, but make it competitive.

Fielding Drill

- Captain's choice.

Batting/Bowling

- After the toss has happened and you know if you're batting or bowling split up to prepare how they need to,



Selection Policy

Selection Panel

Men's Grade & Poidevin-Gray Teams – A selection panel is elected at the AGM each year. In accordance with the club's constitution, the panel, in conjunction with the relevant grade captain, select each grade team for each round. For each team being selected, the captains of the grades above and below (where applicable) provide input. For the 2019/20 season the selectors are Craig Tomko (chairman) and Patrick Lindsay. The AW Green Shield team is selected by the relevant coach.

All players are considered to be available for selection in any grade. This includes those selected to represent our Shires affiliate, Roseville.

Notification of Selections

Those players that are dropped will be contacted by a member of the selection committee or a captain prior to publication of the teams for the next round.

Teams will be announced as soon as possible before the start of a new round and then published on the club website. In the event a player is unhappy or wishes to discuss their grading they should engage the relevant team's captain.

Selection Criteria

Team balance and requirements to win

All selections will be made with a view to securing a win. UTS NSDCC seeks to select the best 11 players in each grade to secure victory. The team balance will vary depending on the opposition and wicket.

Performance

A player's performance in previous rounds will be the main determinant of their grading. Runs scored,

wickets taken and consistency and the quality of their fielding will be primary, however other factors will also play a part. These include, but are not limited to: the ability to score runs under pressure and in different game circumstances, can apply pressure consistently with the ball and contributes positively to team spirit and motivation in the field

Attitude

A player is actively encouraged to share in and celebrate the success of others, compete to the final delivery and demonstrate at all times a commitment to their own performance and that of the team.

Players are to act in a positive fashion at all times. Consistently attending training, being punctual on match days, appearance and presentation at these games and contribution to club events is expected from all club members. A player is expected to behave in a manner that reflects well on himself and the club at all times. This applies both on and off the field

Commitment

A player is expected to come to training and actively work hard. He should seek to develop his physical and mental skills, address weaknesses and develop strengths. He should also seek the assistance of the coach and senior players to further his abilities.

Availability

Players must inform the selection panel if they are unavailable for a match. Players are encouraged to provide a minimum of 4 weeks' notice. Should a player become unavailable, the selection panel will determine if the unavailability should render the player to return in a lower grade. This will remain at the discretion of the panel. It is not in the best interests of the club for players to make themselves unavailable for anything other than a key work or study commitment.

Your Committee

UTS NSDCC is run by volunteers with the primary aim of achieving the best outcomes for the greatest number of players. The committee is appointed each year at the Annual General Meeting by the club's members

Each committee member performs a range of functions and assists other committee members with their primary roles and responsibilities.

Your committee in 2019/20 is:

Rob Lavery – President

Key functions

- Administrative co-ordination
- Key stakeholder engagement, including government and UTS
- Manage and support women's cricket program

Michael Lloyd – Senior Vice President

Key functions

- Deputise for the president when required
- Key sponsor engagement
- Strategic planning

Patrick Lindsay – Honorary Secretary

Key functions

- Record keeping and maintenance
- Liaise with CNSW and SCA
- Manage and distribute correspondence

Oliver Knight – Assistant Honorary Secretary

Key functions

- Deputise for honorary secretary when required

- Liaise and manage relationship with junior club
- Player engagement with committee

Adam Wayling – Honorary Treasurer

Key functions

- Manage, balance and report on club accounts
- Manage annual audit
- Approve and record payments and receipts

Simon Jagot – Assistant Honorary Treasurer

Key functions

- Deputise for the honorary treasurer when required
- Sponsor engagement and fundraising, including sub-committee
- Key relationship management

Kathy Campbell – Committee Member

Key functions

- Event management and co-ordination, including sub-committee
- Logistics and game-day operations
- Key relationship management

Sarah Berman – Committee Member

Key functions

- Strategic planning
- Volunteer engagement, including sub-committee
- Communications and media, including sub-committee

Glenn Aitken – Committee Member

Key functions

- Cricket operations management
- Player engagement with committee
- Player development

Nicole James – Committee Member

Key functions

- Communications and media, including sub-committee
- Sponsorship and fundraising, including sub-committee
- Key stakeholder engagement

Samuel Colless – Committee Member

Key functions

- Oversee relationship with UTS
- Assist with scholarship and Elite Athlete Program
- Resource and facility engagement and management

Your Club Captains

The role of the club captains is to improve club life for all players over the course of the season. The club captains help organise the club's social events, welcome new players to the club and operate as a hub for players both on and off the field.

The club captains are also there to support the playing group and represent their views to club leadership. While players can always approach coaches and volunteers, the club captains offer another avenue for players to discuss any issues or suggest improvements on how the club may be run. The Bears' club captains for 2019/20 are **Sam Alexander** and **Cam New**.



FIXTURES 2019/20

#BEWARETHEBEAR



Round 1	Bankstown	A	28 Sep (L/O)
Round 2	Hawkesbury	H	5 & 12 Oct
Round 3	Mosman	A	19 & 26 Oct
Round 4	Sydney University	A	2 & 9 Nov
Round 5	Sydney	H	16 Nov (L/O)
Round 6	Western Suburbs	H	23 Nov (L/O)
Round 7	Parramatta	A	30 Nov & 7 Dec
Round 8	Fairfield-Liverpool	A	14 & 21 Dec
Round 9	Penrith	H	11 Jan (L/O)
Round 10	Manly -Warringah	A	18 Jan (L/O)
Round 11	St George	H	25 & 26 Jan*
Round 12	UNSW	A	1 & 8 Feb
Round 13	Sutherland	A	15 & 22 Feb
Round 14	Eastern Suburbs	H	29 Feb & 7 Mar
Round 15	Blacktown	H	14 Mar (L/O)

L/O denotes a 50-over fixture, other matches are 2-day

H/A denotes venue for 1st, 3rd and 5th Grade

* Round 11 is a 50-over fixture on 25 Jan for 2nd, 3rd, 4th and 5th Grade

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