

UTS North Sydney District Cricket Club



2024/25 Men's Players' Handbook



UTS
SPORT

Welcome to Season 2024/25

Welcome and congratulations on being selected to be a part of the UTS North Sydney District Cricket Club (UTS NSDCC) for the 2024/25 season. UTS North Sydney is among the five oldest clubs in the NSW 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 international matches while our other grounds, Bon Andrews Oval and Tunks Park, have regularly featured highly in the ratings for lower grade Sydney venues.

As a club, our players possess levels of skills that are ample to improve on our standing position of 10th place in the Club Championship last season, and with this in mind, we will need to increase effort levels in all aspects of our training and matches to ensure that the club reaches its goals and potential.

This handbook sets out the key people, standards and policies covering the 2024/25 men's season.



Training

Unless otherwise informed, official club training takes place on Tuesdays and Thursdays at Bon Andrews Oval from 5pm to 7.30pm and all players are expected to attend both nights during this time.

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.

Don't be surprised by the results you don't have because of the work you didn't do!

Training is meant to be competitive. If the training isn't more competitive than the game itself, you are doing the wrong thing. You show up and you work, in training. So that when games roll around, you are going to be prepared.

If you only take games seriously and you don't take training seriously, then you won't be the player you are capable of. And you certainly won't be the team that you are capable of.

Amateurs practise until they get it right. Professionals practise until they can't get it wrong. Practise until you can't get it wrong!

Your coaching staff

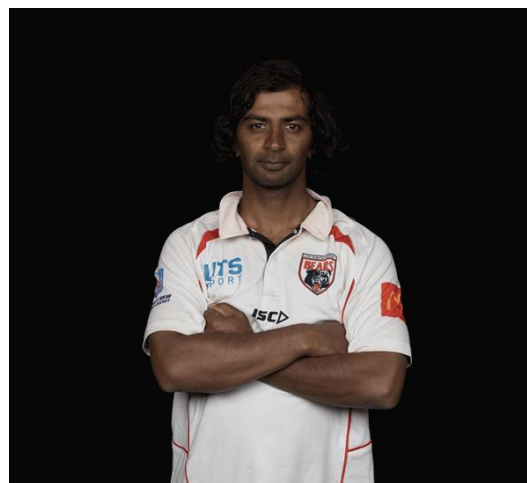
Nic Bills, Club Coach



Nic first started playing for the Bears in 2007, making his First Grade debut in 2008 and was part of the club's First Grade Limited Overs Premiership side in 2012/13. Nic returned to play for the club in 2023/24, having been involved in coaching in the NSW Pathways program and after completing his Level 3 Coaching Accreditation. Nic has taken on the role of Club Coach for 2024/25 and has responsibility for the coaching and training program across the whole men's program, but with a key focus on improving the results of the Men's First Grade side, looking to capitalise on the Premiership-winning performance of the Poidevin-Gray Shield team in 2023/24.

Angelo Joseph, Assistant Club Coach

Angelo has a Bachelor's Degree in Coaching and currently works as a High Performance Coach. He has over two decades of Grade/Premier Cricket experience and a vast library of knowledge established from years representing the Bears. Angelo also has extensive experience within 'The Darren Lehmann Cricket Academy', which provided exposure to International and First-Class athletes. This experience has helped him develop 'Conscious Cricket' mindsets by using strategies learned from world-class players. Ange is focused on our Third to Fifth Grade player development.



Liam Whitaker, Assistant Club Coach



Liam has been playing grade cricket for more than 10 years, playing every grade all the way to First Grade. Liam was captain of the Bears' Third Grade team in 2023/24, winning the SCA award for Third Grade Captain of the Year. Liam's goal is to make everyone into the best fielder they can be by bringing passion, energy and knowledge to this very important part of the game. His philosophy is that fielding should be fun and something people look forward to. Liam is focusing on making sure the clubs fielding sessions are enjoyable and dynamic as he strives to take the club to the level of being the best fielding club in Premier Cricket.

Dylan Marshall, Assistant Club Coach

Dylan Marshall has joined the Bears coaching group this year and brings a wealth of knowledge and experience to the club. Debuting in First Grade as a 16-year-old, Dylan has played every grade in the SCA competition and will be tasked with developing the current group of Bears, focusing on spin bowling for the club. Dylan has previously been involved with coaching in the Bears Winter Academy training program and other pathway programs. It is great to have Dylan as part of the Bears' grade setup for the 2024/25 season and he is excited to see the progression of the up and coming spin bowlers at the club.

Tim Reynolds, AW Green Shield Head Coach

Tim has been with the Bears since his own first season of Green Shield, was a State age-group representative and has become a key member of the Bears' First Grade team. Tim took on the role as Head Coach for the Green Shield team in season 2023/24 after being involved as Assistant Coach prior to that. Tim brings significant cricket expertise and experience to the group and is passionate about developing our junior club members into Grade players of the future. Tim also runs our Bears Winter Academy training program for various age groups.



Lachlan Dodd, Strength & Conditioning



Lachlan Dodd is Head of Strength & Conditioning at UTS. Lachlan completed his BA in Sport and Exercise Science at UTS and has experience as a Sports Scientist and Strength & Conditioning coach with the NRL. Lachlan works closely with our coaching staff in developing tailored S&C programs for each of our players as well as assisting with group S&C work with our playing group at preseason and during the season.

Training expectations

When it comes to running a net session, all instructions and decisions are based purely on mathematics. That is, the number of nets in use, number of attendees, and the minutes available. With this in mind, the focus of 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, and those who have been identified as needing extra work on their batting. There will also be discretionary decisions by the coaches as needed.

Key training behaviours:

- Arrive at training ready to train. You control your effort and your attitude. You have to go as hard as you can for as long as you can. That's how you train. If you train hard, it makes the game easier.
- Make sure your presence is known but do not ask to bat. You will be called when required. Bowlers don't walk out during a set. Ideally four bowlers per net provides balance.
- Never leave a session without informing the 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 practising 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 with 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 messaging Angelo Joseph (0401 737 055).



Match day

All members of UTS North Sydney are expected to arrive on game 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. This includes being correctly attired in current season training and playing gear. Players should arrive at, and leave, the game in the club polo shirt.

Warm-up program

At discretion of captains, but a guide for the key elements to be incorporated is outlined below.

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 / soccer / touch football (no spikes)

- As determined by captain and team preference.

Stretches / team chat - general (put spikes on):

- Major muscle groups
- Quads
- Hamstrings



- Glutes
- Lower back
- Chest
- Lats

Catching:

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

Throwing:

- 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



Selection policy

Selection Committee

Men's Grade and Poidevin-Gray Teams: A Grading Committee is elected at the AGM each year. In accordance with the club's constitution, the Grading Committee, together with the relevant captain, form the Selection Committee for each grade for each round. For each team being selected, the captains of the grades above and below (where applicable) provide input. For the 2024/25 season, the Grading Committee is Craig Tomko (chairman) and Nic Bills.

AW Green Shield: The team for each round is selected by the coach.

All players are considered to be available for selection in any grade, unless otherwise notified by the player. This includes those selected to represent our Shires affiliate, Roseville.

Notification of selections

Those players who are changing teams in any given round 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 at Thursday training, and then published on PlayHQ and the club's social media. In the event a player is unhappy or wishes to discuss his grading, he should engage the Chairman of Selectors or relevant team 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 formats and circumstances, and/or to apply pressure consistently with the ball, and contributing 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 always demonstrate a commitment to their own performance and that of the team. Players are to always act in a positive fashion. 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 Grading Committee if they are unavailable for a match. Players are encouraged to provide a minimum of 4 weeks' notice. Should a player become unavailable for one or more weeks, the selection panel will determine which grade that player will return in at the relevant time. Players should understand that unavailability for a single or multiple rounds (whether that be related to injury or other factors) will give other players opportunities to perform in their absence and there is no guarantee the return to play will be in the same grade as prior to the absence. Performance will be key in all decisions. This will remain at the discretion of the Grading Committee. 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.

Club Committee

President: Ashley Perrott

Senior Vice President: Pat Lindsay

Honorary Secretary: Sarah Berman

Assistant Honorary Secretary: Cameron Herbert

Honorary Treasurer: Adam Wayling

Assistant Honorary Treasurer: Alex MacGill

General Committee

Kathy Campbell (cricket operations and events)

Dale Quartey (UTS partnership)

Jimmy Greenslade (men's player representative and past players liaison)

Callum Hill (media and communications)

Michael Lloyd (junior club and past players liaison)

Bernadette Robson (women's cricket operations)

Chloe Blackwell (women's cricket operations)



Your club captains

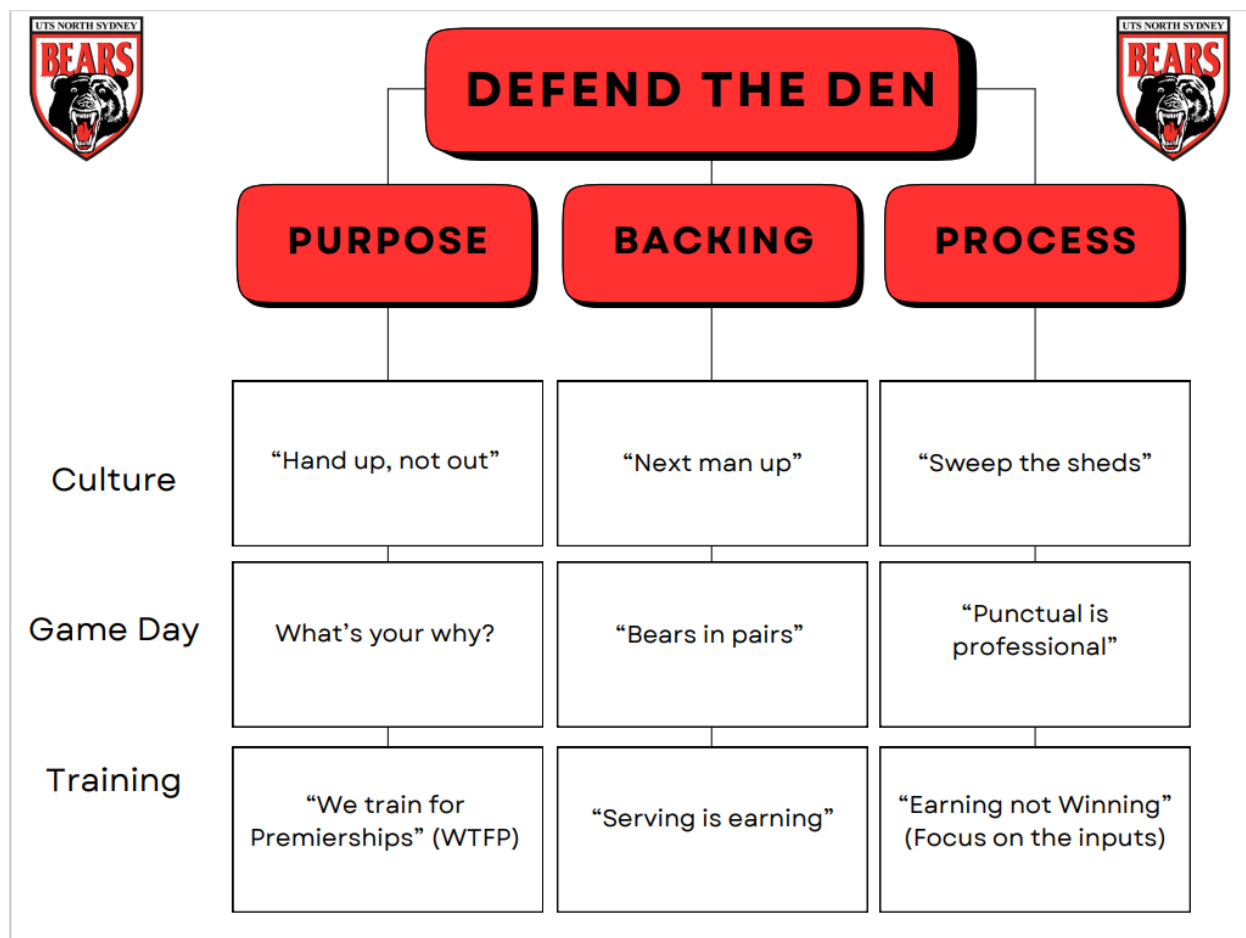
The role of the club captains is to improve club life for all players over the course of the season. The club captains help organise the club's social events, welcome new players, and operate as a hub for players both on and off the field.

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' men's club captains for 2024/25 are Jack Feilen and Harry Davis.



Our values



Our sponsors

Our Club relies on the generous support of our sponsors. Please ensure you are familiar with all our sponsors, and take the opportunity to support and promote them among family and friends wherever possible.

Access Grants (formerly Access RnD) has been the naming sponsor, and driving force behind, the Bradman Medal - the round-by-round award for the First Grade player of the year since 2017/18. Access Grants is a boutique, independent specialist tax consultancy on the R&D Tax Incentive program as well as Export Market Development Grant, and other Federal Government funding programmes, including the AusIndustry Commercialisation Australia grants programme. Through these funding programs, the firm seeks to foster excellence and professionalism for small and emerging Australian business entrepreneurs. Rod Campbell, Dave Sammut and the team at Access Grants work with their clients individually, and with the clients' existing tax agents, in a collaborative fashion to deliver quality outcomes and maximised financial entitlements from government funding programs.





Kieser Cammeray is extremely proud to be part of the UTS NSDCC community. The Kieser team have a strong and long-term commitment to the North Sydney area and enjoy helping all of the junior, senior, male and female teams. Back, shoulder and leg injuries are far too common for cricketers of all ages -

so as a Physiotherapy + Strength Training clinic, Kieser is here to help keep the Bears on the field for as many overs as possible and look forward to helping out the parents and players alike - just ask the Campbell family how strength training is beneficial for senior cricketers and their mums too!

Hartford Partners is an accountancy practice focussed on delivering constructive, proactive, and personalised solutions for its clients.

The firm's principals, Peter and Chris, backed by an exceptional team, are highly experienced in delivering a wide range of superior quality accountancy services. These services can prove invaluable when operating a business, managing wealth, and/or navigating the complexities of the Australian taxation system. They have an extensive and diverse client base ranging from multinational organisations to small and medium sized businesses, high-net-worth family groups, and "mums and dads" seeking the best possible guidance for their financial and taxation affairs. They are committed to building strong and enduring client relationships with integrity, quality, and service at the forefront of everything they do.



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Norths Collective is a profit-for-purpose, membership based, community focussed hospitality group located primarily on Sydney's North Shore. Comprised of eight dynamic hospitality venues and two state of the art fitness centres Norths Collective continues to drive meaningful connections within our community. Norths Collective venues include The Greens North Sydney, Norths Cammeray, The Alcott Lane Cove, The Glasshouse Artarmon, The Verandah Beecroft & Molly's Pavilion Cheltenham.

If you are a member of any Norths venue, please [choose the club as your community partner](#) each quarter so we get cash for every dollar you spend!

MOD Commerce delivers world-class workflow and revenue generating solutions for all modern, omni-channel retailers, and supports the Bears through free hosting of our website.



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