



PARK ORCHARDS CRICKET CLUB PLAYERS HANDBOOK

Introduction

The purpose of this manual is to provide all players and officials with an understanding of the club, its operational requirements and general culture.

It also aims to provide guidelines for all players in respect of required standards and conduct when representing the Club on and off the field.

All players, members and parents are encouraged to read the enclosed information thoroughly and to ensure that this document is considered as part of your playing/practice gear and remains in your possession at all times for ready referral.

This hand book has been prepared by the Park Orchards Cricket Club Committee to give you a ready reference to information for each cricket season.

It is broken up into 2 sections: -

1. Administrative
2. Cricket

Players are to read the contents enclosed and refer to them on a regular basis.

This handbook should be referenced regularly by all players.

Finally, congratulations on being a part of this club!

Club Mission Statement

Values

We are ONE club. This means we hold the following values and are constantly guided by them.

We are relentless in our pursuit of improvement and success.

We strive to develop an atmosphere that is conducive to cricket success.

We aim to be a club that promotes and supports the aspirations of players aiming to play at a higher level, and to support those returning from a higher standard of cricket.

We have a strong focus on developing local cricket for mutual benefits. We base recognition and promotion on consistent performance. We value open and honest communication.

Vision

We will:

Be renowned as the most consistently competitive cricket club in the competitions in which we're represented.

Be recognised as the preferred senior cricket club in our area.

Excel in the way we go about

- Playing cricket on and off the field.
- Preparing to play cricket
- Socialising through cricket.

Be perceived by our competitors as a worthy opponent whenever we play.

Develop a strong junior section of the club to ensure ongoing club development and success.

Provide first class social facilities for all players, families, visiting clubs and the community in general

Bar Operations

The bar is being run by committee members & nominated people (i.e. paid staff). Under no circumstances are unauthorized persons permitted behind the bar. Access to the fridge, cash register and stock cupboard is restricted to authorised people only.

Hours of operation are as stated under the Liquor Licensing section of this document.

Product prices are advertised at the point of sale.

The club holds a restricted liquor license, allowing alcohol to be served and consumed within certain time frames. Bar operating times are as follows:

- Monday to Friday 5.30 pm to 10.00 pm
- Saturday 8.30 am to 11.00 pm
- Sunday 1.00 pm to 8.30 pm

License extensions may be obtained for some social functions.

The rules and regulations as stipulated by the Liquor Licensing Act now bind the club. Any complaints of noise from neighbours or a drink served outside of the agreed operating hours may result in the suspension of the club's license. Some simple rules to follow are:

- Leave the premises quietly
- No alcohol is to be consumed outside of the social rooms
- Minors (people under 18 years of age) are not permitted to purchase alcohol

Respect Your Environment

As the premises are shared by a large number of people, please be considerate of others by acknowledging the following:

- Indoor areas of the club are strictly NON SMOKING. This includes the toilets and change rooms. As we lease the building from council, we are bound by their non-smoking policies. Under no circumstance is anyone to smoke in the rooms. *The club is currently considering appropriate penalties for this offence.* A copy of the Club's Smoke Free policy is located in the appendix of this document.
- Do not litter. There are plenty of bins placed inside the rooms and around the ground. Clean up your own mess!

Rubbish Bins

Please observe the signs above the waste & recycle bins. Placing rubbish in the correct bin saves the inconvenience of having to sort through waste to retrieve recyclable objects, and visa versa.

Cleaning Roster

Although professional cleaners will be employed on a weekly basis to ensure that rooms are kept hygienic and clean, a cleaning roster maybe implemented if deemed necessary to maintain the standard throughout the week. In the event that a cleaning roster is implemented, all players who are rostered for cleaning duty will be expected to attend at the allocated time.

Our club rooms are for the enjoyment of all members– and all members should play a role in the upkeep. We thank you in advance for your cooperation.

The Kitchen

The kitchen is used to assist in the preparation of food on training nights and weekend nights. Players are asked to co-operate in ensuring that it is left in a state to do so. This is very important as the club has a Food License for which certain standards of hygiene and cleanliness must be adhered to. At times, to ensure this, the Kitchen maybe locked and unavailable to members. At other times when there is access, we ask all members to leave the kitchen in the state they found it. In particular, no food or scraps are to be left lying around, no used cups are to be left in the sink, tea towels and rags should be folded neatly after use.

How can I help out?

The club relies heavily on volunteers to ensure its operation. If you would like to assist in any area, please don't hesitate to offer your help. There are several areas in which the committee is currently seeking assistance. These range from assisting senior sides on match days to coaching or managing junior teams to entering results and keeping the Club website up to date.

Social Activities

Social Committee

The Club social committee will be organising a number of functions during the coming season. Details of upcoming social activities will be posted in the social rooms and on the club website

Selection Night and Match Day BBQ

The social committee will be organising the preparation & serving of food on Thursday nights & after most matches. Food will be varied & the cost will be minimal. We invite you to stay for dinner on these nights!

Club Culture

To play at any club is a privilege and one that you all deserve. We have included a number of "Golden Rules", the contents of which are totally endorsed by the

club.

1. Do your very best at all times and never criticise your team mates.
2. Present the best Park Orchards Cricket Club image possible, incorporating a hard attitude and mental toughness clearly evident to others.
3. Always feel that you are an integral part of the club.
4. Be strong and reliable in pressure situations.
5. Plan to succeed leaving nothing undone in terms of preparation.
6. Be willing to learn from others.
7. Give 100% support to your captains and teammates, both on and off the field.
8. Look for reasons rather than excuses and seek out your coaches in an endeavour to correct any weaknesses or problems.
9. Provide 100% support to your club in off-field activities.
10. Take some responsibility in making your team and the club the most enjoyable you have played in or with.
11. The clubrooms are a smoke free area!
12. Players and friends are to treat the clubrooms and fellow visitors with a courteous, respectful manner i.e. noting appropriate dress codes, language and behaviour in general.
13. Players are to monitor the safety of visitors and particularly children and take appropriate action to avoid matters of concern.
14. Players are asked and expected to assist in the running/maintenance of the club in an ongoing basis (i.e. cleaning, glass pick-ups, kitchen, grounds and litter in general.)
15. Players are to assist with bringing in chairs, scoreboards, table and particularly equipment (kits.) after practice and game days.

Cricket Etiquette

Park Orchards Cricket Club supports the traditions of the game as follows:-

1. No player is to publicly or privately criticize a teammate on the field.
2. The club culture of private and dignified mediation in the event of dispute or concern will be rigorously encouraged.
3. No player may racially vilify another on or off the field of play at anytime.
4. No player other than the Captain is to challenge the umpire when on the field. The bowler and the Captain can request interpretations on decisions only.
5. On dismissal all batsmen are to depart immediately and walk quickly and directly from the field.
6. In times of disappointment, players are expected to control their language and behaviour.
7. The opposition batsmen leave the field before we do at any interval or at the close of play.
8. The Captain is to lead the side out at the beginning of the day and after each break. This may change under the direction of the Captain in the event of a special achievement or milestone.
9. When viewing the game when we are batting, appropriate team apparel is to be worn as dictated by the Captain.
10. When viewing the game during your team's batting innings, all players should attempt to sit together as a team.

Training

Training Attire:

The following are standard requirements in ensuring that you are always well presented:

- You may purchase official club clothing – including training tops. Catalogues and order forms will be available on the Club website or at the bar.
- Players are requested to wear the following “uniform” whilst training:

- Club Shirts or White Shirt
- Tracksuit Pants or Cricket Whites
- Cricket Shoes.

Themes:

During the season a considerable part of training sees the Club using the nets. It is imperative that net time is valuable, varied and interesting. To ensure this happens each net session will have a different focus or theme.

- Cobwebs – first sessions of the season – reminding the body of how to do it.
- Discipline – bowling in the right channel concentrating on bowling full and straight, on or just outside off stump. No wides or no balls. Batters focus on correct shot selection and positive and decisive feet movement. Batters may be videoed in these sessions and feedback provided.
- Pairs – batters work on running between wickets – looking for singles and loud clear calling. Bowlers trying to prevent singles, (including in follow through) build pressure by bowling dot balls and wicket taking balls.
- Your Choice – Players choose and their own focus for session.
- Dot 'em up – Bowlers aiming to bowl balls that cannot be scored from – Yorkers, bouncers, slower balls. Batters looking to score from such deliveries.
- Stealing ones – batters working on soft hands and stealing singles. Bowlers aim to prevent singles being scored
- New pills – New balls are introduced, try getting opening bats and other top order players facing opening bowlers!
- First 15/Last 10 – practice as though playing in last first 15 and last 10 over's of a one-day game, batters looking for one a ball and bad balls to go, bowler to restrict and get wickets.
- 4s & 1s – Batters aim to take a single the ball after hitting a four (or even attempting to) Bowlers aim to not bowl 4 balls and/or not get scored off after being hit for 4.
- Proof – During sessions bowlers will write down target before delivery allowing for self analysis, batsmen to write down aims before starting net. Shots played and balls left will be recorded and feedback given.

- Lines – Bowlers to bowl 10 balls without a batsman at a 4th stump outside off, must bowl 9 out of 10 very very close to the 4th stump before being allowed to bowl to any batsman. Should bowler during net time bowl 2 ball in a row as wides or on legs then they must repeat the 'lines' challenge.
- Over each – bowlers work in pairs bowling an over each.
- Spin it – during the night all players are to bowl spin for at least 20 minutes.
- Swing it – Bowlers focus on reverse swing, batting focus playing against it.
- After tea – Playing when tired, a sprint session can be included in the warm - up, and batsmen must run 3 X 4 before net.
- Power Plays –Attacking batting, attacking bowling, taking the calculated risk to put the opposition off their game. Leave the nets feeling confident
- Freestyler – Bat/Bowl as you feel, work on whatever you feel you need to work own.

All players are expected to attend training. Should you be unable to attend training for any reason, it is important you notify your coach prior to the commencement of training. All the coaches are reasonable people& understand there are often circumstances beyond your control! Please remember your coaches will only be aware of your particular situation if you tell them!

The DOMEney facilities are to be shared amongst all teams. There is not one team that is more important than another is. Please bear this in mind when you are training.

Injuries at Training

Ice packs and first aid kits are readily available in the change rooms. The ice is located in the kitchen freezer & readily made ice packs are also in the freezer or fridge freezer in the kitchen. First aid kits are stowed in the storage room in the social rooms & also in the kitchen.

Matches and Match Day

Player Responsibility

Etiquette

If you are unable to play, please advise your captain & coach as early as is possible. Equally, if you are going to be late to a game, let your captain know. Make sure you have a contact number for your captain.

When selected in a team, you are representing everyone associated with the Park Orchards Cricket Club. As a courtesy to your Captains, teammates, other players and club associates, we urge you to act responsibly & to observe the “Spirit of the Game” code.

Did you know if you are reported, so is your captain? Captains are fully responsible for each member of their team & often suffer the same penalties as the offending player. Please be mindful of how your actions may impact others.

Afternoon Tea

Each home team is required to provide afternoon tea. Each team should coordinate amongst its members to provide a wide variety of foods. Ideally a good afternoon tea should consist of an array of sandwiches, fruit and cakes/loaves. The quality of afternoon tea provided by POCC will go a long way to reflect back on the club & how others (our opposition teams) view our club. Service station & supermarket-packaged biscuits are not an acceptable contribution to afternoon tea. Please make an effort to follow these guidelines – afternoon tea may be the only food you will consume all day.

Be Sun Smart

Most people will be aware of the current dangers of exposure to the elements—particularly the sun. The club encourages all players to wear long sleeve shirts, broad brimmed hats and plenty of sunscreen for protection. Sunscreen and/or zinc creams are as vital as your bats and pads! Please ensure you are well stocked from week to week. There will be sunscreen in the first aid kits (captains will have first aid kits with them for away matches)