

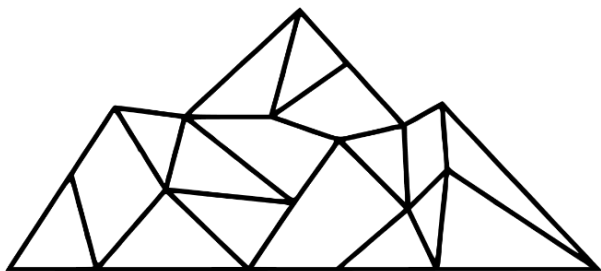
Penrith Junior Cricket Association Representative Players Manual 2022 / 2023

Developing players to their full potential



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A message from the President

Dear Player,

Representing the Penrith district is a huge honour and many great Penrith players (current and former) have gone before you. Being selected to represent Penrith also carries with it several obligations which are outlined in this handbook.

As a representative player upon selection, you have been identified as a player with the potential to succeed at a high level. We want you to feel confident that we are providing you with a platform for you to develop and play to your full potential.

Importantly, do not be frightened or hesitate to ask the selection committee or your Coach if there is something you do not understand. Please remember that they are here to help you, the PJCA are investing time and effort in you and want to see you improve. Each Coach has the Association's utmost respect and support. They are certainly worthy of your respect also.

In this booklet are sections detailing what is expected from you both on and off the field and advice on a range of valuable topics including training, pre-match preparation, health and nutrition, and how to deal with injuries.

Also inside this booklet is an important section for Parents and Guardians informing them of the processes in place for dealing with questions or concerns that you or they may have, along with tips that you can use to support your child and team throughout the season.

We wish you all the best of luck for the season and look forward to playing a part in your development as an elite cricketer over many years.

Again, congratulations on your selection. All your Coaches and the Committee of Penrith Junior Cricket Association wish you every success.

PENRITH
JUNIOR CRICKET
ASSOCIATION

PJCA Representative Selection Policy

The aim of this policy is to produce local cricketers within the PJCA representative system as a pathway to progress to the Penrith Grade Club system in future years. This aim aligns with the key objective of the PJCA under its Constitution (Clause 2.1 (a)) to manage and promote the game of cricket in the district.

The minimum following criteria (but not limited to) must be met by players to qualify for selection in Penrith Junior Cricket Association (PJCA) for all ages.

Prospective representative players must:

1. Be registered with and playing for a club in the Penrith Junior Cricket Association (PJCA) at the commencement of each season, coinciding with the representative season; as well as any qualification requirements stipulated by CNSW
2. Attend PJCA representative team trials. It is expected that if a player is injured that they will still attend the selection trials
3. Confirm their 100% commitment and availability for the full representative season and training program at the time of registering for the representative trials, or if a new addition to the area, at the time of requesting consideration for inclusion in the representative squad

Any player requesting an exemption of this policy must apply in writing to the PJCA Representative Coordinator or the Executive Committee clearly explaining the reasons why an exemption should be granted.

The PJCA recognises that at times player circumstances change or may fall outside of what is outlined in this policy and reserve the right to make case by case decisions in the best interest of the representative program including but not limited to changing this policy at any time.

PJCA Representative Code of Conduct

The opportunity to play representative cricket for Penrith must be recognised as both a privilege and responsibility. It is a privilege to wear and/or support the *baggy black* and everyone has a responsibility to foster an enjoyable and supportive environment.

The PJCA representative code of conduct applies to all players, coaches, managers, scorers, parents, guardians, and spectators

- All players, coaches, managers, scorers, umpires and any other club representatives, parents, guardians, and spectators must demonstrate exemplary sporting standards, conduct and behaviour at all times
- All players, coaches, managers, scorers, umpires and any other club representatives, parents, guardians, and spectators shall not engage at any time in disorderly or improper conduct, which could bring them or the game into disrepute
- Disorderly or improper conduct or behaviour includes, but is not restricted to;
 - ❖ Intimidating, assaulting, abusing, or attempting to intimidate, assault or abuse either verbally or physically an umpire, player, coach, official or spectator
 - ❖ Not accepting an umpire's decision
 - ❖ Disputing (as distinct from questioning), showing dissent or acting in a provocative manner towards an umpire
 - ❖ Using crude or abusive language (known as sledging) or making offensive gestures
- All uniform shall be maintained, clean and worn in a respectable fashion
- Players, parents, and guardians shall accept the decisions of the coach, manager and the PJCA gracefully and without criticism
- The wearing of PJCA representative uniform at club games is not permitted
- All players, coaches, managers, scorers, umpires and any other club representatives, parents, guardians, and spectators must always adhere to the regulation that smoking and/or consumption of alcohol is not permitted at junior sporting events

The PJCA Executive Committee has the authority to take an appropriate course of action considered necessary to ensure this code of conduct is upheld. This may include the imposition of fines, penalties, suspensions, or exclusions as appropriate. Such action/s will be determined after consideration of the merits of each individual situation.

Player Expectations

Training

- Players are expected to wear current season training uniform to all training sessions
- Players are required to arrive at training sessions on time
- Be prepared to assist the Coach in moving training equipment when requested to do so
- Players who are unavailable to attend scheduled training sessions are to inform the Manager or Coach as soon as possible prior to the training session

Game Day

- Players are required to arrive no later than the scheduled time as advised by your Coach or Manager
- Players are to attend all games wearing their training uniform
- Be prepared to assist the Coach in setting up any warm-up equipment
- Player shirts must be tucked in throughout the match. Baggy Caps are recommended to be worn for the first session when fielding. Players can then revert to the alternate wide brimmed cricket hat
- At the conclusion of the match, players are required to congratulate the opposition and thank the umpires before changing into their training shirt and shorts (*subject to appropriate facilities any COVID-19 related safety measures*)
- No mobile phones are to be used during game time unless permission sought from Coach or Manager

Recommendations

- Check that you have everything ready before the game
- Go to bed early the night before you go to training and a match
- Be focused and turn up ready to play or train to your fullest capacity
- Make sure you eat properly the day of the game
- Rehydrate and hydrate before, during and after games as this can aid recovery
- Make sure you have warmed up and stretched before and after an activity
- Look after your kit and ensure you have everything required for training and on match days.

Player Attitude & Behaviour

All players must bring to the team attitudes and behaviour to enhance everyone's enjoyment.

The Right Attitude

- I will try my best and NEVER GIVE UP! I want to improve my cricket skills and know I must practice and play with the right attitude to do so.
- I will always encourage my teammates and enjoy everyone's success. I will never ridicule or mock my teammates when they are trying their best.
- We work together as a team to the highest standard possible
- I will be coached to play hard and tough cricket, but I must always play by the rules and never challenge umpires or officials. I will always congratulate the opposition and umpires at the end of the game

Willingness to Learn

- I will listen to the Coach and practice hard. Training is compulsory and I will use it to get better at playing cricket

Punctuality

- I must arrive at training before the scheduled start and be prepared to start exactly on time
- On game day, I must be ready to play well before the official start. Missing these times may result in me losing opportunities in the team

Attire

- I will look like a cricketer and will always turn up to practice and matches in the right cricket attire

Healthy Habits

Hydration

Experts believe that as little as a 1-2% decrease in the body's fluid levels can be enough to negatively affect performance through a drop in energy levels, decision-making and your body's ability to cool-down. Prolonged dehydration in hot and/or humid conditions may increase risk of heat stress. For more detailed advice it is recommended that athletes speak to a medical expert or sport scientist.

Adequate hydration can have a massive impact on performance! Drinking plenty of fluids on match day helps to prevent high body temperature and increase the duration of concentration and overall skill level.

The recommended daily water intake is about 2 litres per person; however, this amount can increase significantly!

These factors should be taken into account when considering adequate hydration include: the temperature, energy exerted, sweat loss

Begin each training session or match in fluid balance. This requires drinking regularly throughout the day leading up to training or competition.

Develop a plan for fluid intake for all exercise sessions longer than 30 minutes. Typically, athletes replace 30-70% of sweat losses during exercise!

Begin drinking early in the exercise session and continue to drink small amounts regularly. Sports drinks or water are the best options.

Note: Some athletes find consuming fluid in excess may cause discomfort. It's important to learn how much fluid is required for your optimum performance.

Days leading up to game day

- Aim for 3L of water on each of the 2 days prior to the game
- Consider adding salt to food and electrolyte formula to drinks if it is very hot / humid
- Use urine colour to check hydration status. Clear urine = good hydration, Dark yellow urine = dehydration

Game day

- Upon waking have 1-2 glasses of water
- Over the course of the morning aim to drink 4-6 glasses of fluid (water or sports drink best). If you suffer badly from cramps add some salt or electrolyte formula to drinks

During the game

- Look for all opportunities to ingest fluids
- Water or sports drinks are recommended.
- Look for every opportunity to cool down
- Use of ice vests/cooling fans where possible.
- Recover in shade where possible.
- Be aware of heat stress

Balanced nutrition

Cricket is a long game with various requirements: explosive power, speed, agility, strength, and recovery speed. All these factors are heavily influenced by what you eat!!!!

A balanced diet of all the food groups should be consumed daily: low GI Carbohydrates, fruit and vegetables, lean Proteins, good fats and dairy, vitamins, minerals and plenty of water. Limit foods such as: saturated fats, salt alcohol and sugar.

Food is fuel and if you fuel your body right it will keep you at the optimum level for playing cricket.

General Nutrition

Eat smaller meals and eat more often to encourage stable energy and blood sugar levels. Eat mostly natural, unprocessed foods. These foods contain more nutritional substances than processed foods which often contain excess sugar, fats, and preservatives. Eat Low GI carbohydrates three hours before a competition or hard training session. E.g., apples, porridge, oats, and lentils.

Protein

Athletes who want to increase or maintain muscle mass while following a demanding conditioning program require up to 2.0 grams of protein per kilogram of body weight in their diet each day. Because it is difficult to take in enough meat, dairy products, and other protein-rich foods to meet that requirement in a day, many players use protein drinks to help them reach this level of intake.

Game Day Nutrition

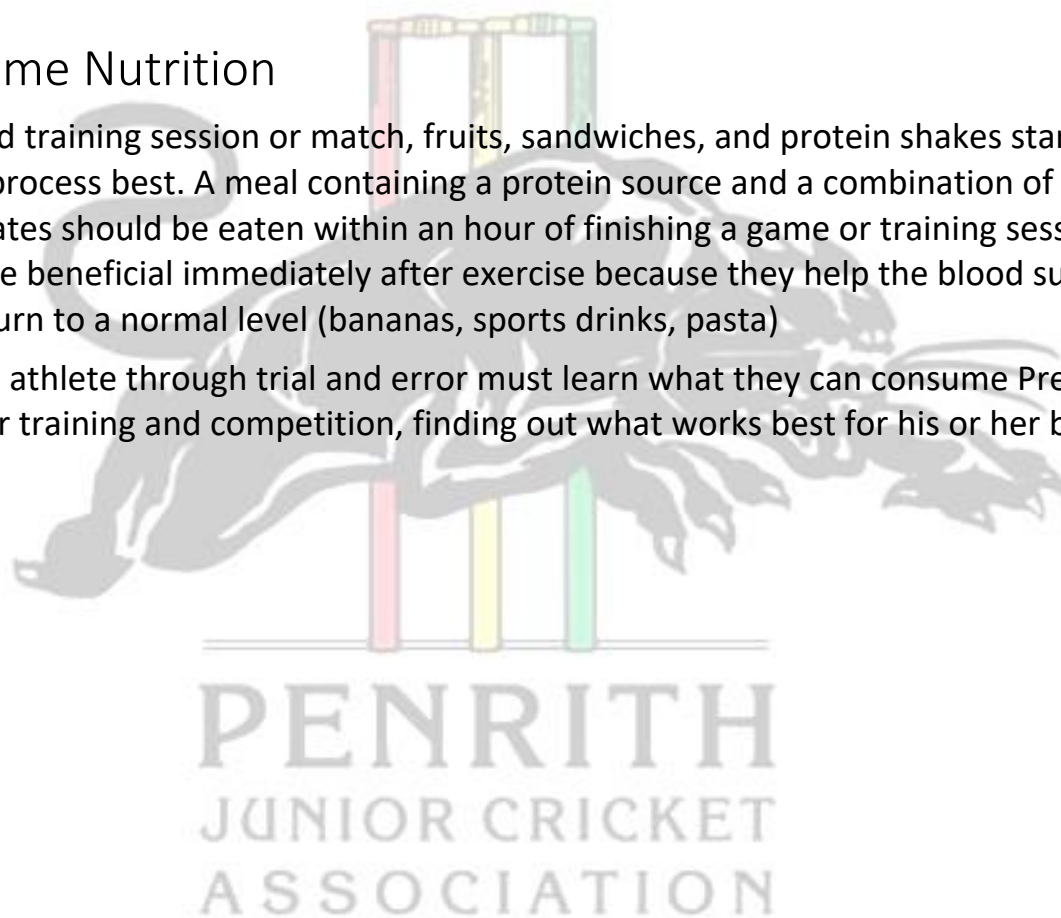
Eat a main meal at least 2 hours prior to the start of the match, focussing on carbohydrate rich food with a small protein source. Eat a small snack such as an apple 1 hour before the match starts.

- Avoid very high protein and fat foods (these take a long time to digest)
- Drink plenty of fluid throughout the day
- Eat fruits, sandwiches, muesli bars and other energy foods and drinks
- Experiment with foods during training to find what suits you best. Fuel up on these foods throughout the match.

Post-Game Nutrition

After a hard training session or match, fruits, sandwiches, and protein shakes start the refuelling process best. A meal containing a protein source and a combination of carbohydrates should be eaten within an hour of finishing a game or training session. High GI foods are beneficial immediately after exercise because they help the blood sugar quickly return to a normal level (bananas, sports drinks, pasta)

Note! Each athlete through trial and error must learn what they can consume Pre and Post exercise for training and competition, finding out what works best for his or her body.



Injury Management

Rest

No more than 2 days – Start weight bearing ASAP. There is a very common misconception that pain will go away by itself. Normal muscular, tendon or ligament pain shouldn't last longer than 2 days – if it does there is either something structural underlying the soft tissue injury that is contributing to it, or there is moderate to severe soft tissue damage. So, if pain or symptoms are still present after 2 days you should seek advice from a health practitioner.

Ice

Apply 15 mins on 45 minutes off. Start on the hour for ease and continue for at least the first 6 hours. No more than 15 minutes because warming of the area will occur; this is the body's normal response to cold and this will not help the healing process. NEVER use heat on an acute injury.

Compression

Bandage, but not too tightly. Check circulation of the toes or fingers by squeezing them – if blood doesn't rush to the area, then it is too tight. NEVER leave the bandage on for more than a few hours at a time, remove it occasionally to let the skin breathe and then re-apply after about 30 minutes to an hour.

Elevation

Keep the injured limb above the level of the heart as this helps with the removal of swelling and bruising. The R.I.C.E. method should be used in conjunction with the following; No Heat No Alcohol, No Running (for lower limb injury) and No Massage (until injury is diagnosed)

Injury Management Process

All significant injuries incurred on or off the field that affects your cricket should be reported to the Representative Coordinator

1. Any player missing a game or more due to injury should ensure this has been reported to the Representative Coordinator with the full details of the injury included any medical reports
2. Before any player who has missed a game can return to the field, they must provide an appropriate clearance from a medical practitioner that confirms the injury is fully recovered and the player is fit to play

Information for Parents & Guardians

Representative cricket is the best standard of age specific cricket which can be played in Sydney.

This is not club cricket, where everything is shared, batting orders are rotated, and everyone gets a bowl. Not every player will get an equal go in Representative Cricket. Do not expect batting orders to be rotated or that bowling will be shared equally.

Whilst the aim of representative cricket is to develop players, it is done so in a competitive environment. Players have been selected to fulfil certain roles within the team. Players will learn about their role within the team and the roles of other players within the team.

The batting order will be decided by the selectors with input from the Coach and this may be the same order for every game. Players who are selected as bowlers will not necessarily bowl in the same order each match, nor bowl an equal number of overs. However good performances are generally rewarded.

Cricket is a game where the strategies change as the game progresses. The state of the match will have a bearing on who does what and when.

The opportunities for each player will depend on the state of the game. When the time does come players need to be prepared and ready to take their opportunity.

Training is the perfect time for players to work hard, develop their game and demonstrate to the Coach their match day capabilities. Positive attitude, teamwork, and a willingness to learn all helps.

Parents and Guardians should acknowledge and accept all contact with the Coach regarding team decisions are to be made through the PJCA Representative Coordinator. Please do not question the Coach, Manager or Captain regarding batting, bowling or match decisions.

Your child is required to arrive at matches as requested by the Coach and Manager prior to the start of the match and should remain with the team until dismissed by the Coach. Be aware that your child may be required to sit with the Coach or support staff during the game.

While we encourage you to support your child and his team during the match, the Coach may request that direct communication is kept to a minimum to ensure that there is no misunderstanding of what role your child has been asked to do within the team environment. It is imperative you do not offer instructions to your child at any time throughout the day's play.

Creating a healthy positive environment

- Be positive in your encouragement at all times
- Leave the Coaching to the Coach
- A happy, committed and well supported team makes a strong team. Please do your very best to cultivate this
- Any concerns you may have should be dealt with immediately. Please speak to the Representative Coordinator. The Coach is there to coach. The Manager is there to manage including liaison between the Coach, Parents and Guardians, and the PJCA administration
- Do not abuse the umpires, opposing players, officials or supporters. Please treat them with the respect you would like to be given yourself
- Respecting other parents, being pleasant and polite makes a better environment for all. Do not criticise the performance of other players.
- Accept the decisions of the PJCA and be supportive, they are making decisions in the best interest of the program and all players.

Listen to your child

- Give me a chance to make my own decisions both on and off the field.
- Please don't criticize me whilst the match is being played. Give me a chance to relax and play my best.
- Try not to keep offering me advice going to, during and returning from the games. Let me relax, concentrate, unwind and reflect. It helps me learn
- Listen to me when I come to you with a problem. Sometimes I just need someone to talk to
- Remember I am a young person not a small adult. Sometimes I do not see things in the same way you do or understand what you are saying
- Come and enjoy the game as I will always try my best

The Cricket Pathway

The Penrith Junior Cricket Association in conjunction with Penrith Cricket Club, are working together to provide a unique cricket pathway to enable players achieve the highest level that they possibly can.

Below is a pyramid of progress for local players.

- International cricket
- Domestic cricket (*NSW, BBL & WBBL*)
- Sydney Grade cricket (*Penrith Cricket Club*)
- Local community cricket (*Nepean District Association*)
- PJCA Representative cricket
- PJCA Saturday morning club cricket

