

### General notes for players & parents:

- The courses outlined in this brochure form part of the Cumbria Cricket Board's annual winter coaching programme for Boys AND Girls (Age restrictions, based on School years apply for safety reasons, and are specified as part of each course description)
- New and existing players are equally welcome to attend these courses.
- Courses will be staffed only by ECB qualified cricket coaches. Every qualified coach used will have undergone a Criminal Records Bureau Enhanced Disclosure check which will have been processed through the ECB within the last 3 years, in accordance with ECB policy.
- In addition to the above, at least one cricket coach present at every session will have attended a "Safeguarding & Protecting Children" course and a "First Aid Appointed Person" course within the last 3 years and they will be in possession of a First Aid kit, accident book and player registration forms.
- The Lead Coach will plan and run each course pitched at the level of the participants. This may mean that variations to that published in this brochure may on occasion be necessary.
- Coaching will be by group instruction, and for most of the activities tennis balls / incrediballs etc will be used to maximise player safety. Hard leather cricket balls will only be used for net coaching sessions and some fielding drills, and where these are used players will be required to wear the appropriate protective equipment for the activity concerned.
- Where possible players should bring their own cricket equipment, however players who do not have their own gear need not worry as they will be able to use equipment provided by the Coaches.
- ALL PLAYERS ARE ASKED TO BRING CLEAN SPORTS FOOTWEAR IN A CARRIER BAG, and put them on once they have entered the sports hall. (This enables us to keep the sports-hall floor clean and dry, and it is an ESSENTIAL request for all players to please take notice of.)
- Whilst "Cricket Whites" do not need to be worn, players should try to wear something along the lines of tracksuit bottoms / sweatshirt / T shirt. (Jeans are not suitable.)

### Important notes about bookings, confirmations & cancellations:

- **Upon receipt of your booking & payment, we will send a booking confirmation to you by email, if one is supplied.**
- **Courses may be cancelled if they are not adequately subscribed. If this is necessary you will be informed as soon as possible.**

# Cumbria Cricket Board



## Open Cricket Courses

to be held at

The Sports Hall, Nelson Thomlinson School, High Street, Wigton

## Winter 2009 / Spring 2010

### How to book to attend ....

- Places to attend each course will be limited, and a "first come first served" booking system will operate.
- Please post your completed booking form, with a cheque payable to The Cumbria Cricket Board to:  
CCB Open Courses. Unit 22 Summerlands Trading Estate,  
Endmoor, Kendal. LA8 0ED
- **Please book as early as possible to avoid disappointment.**

## Winter 2009 / Spring 2010 Cricket Courses available.....

### For those in School Years 4, 5 & 6

#### **“Stepping Stones” at Wigton**

This 6 week action packed course is designed as a stepping stone for those who are new to cricket, or in their first few years of playing the game. **Stepping Stones** will help players to learn and practice the best possible batting, bowling & fielding techniques to help them to play with success and confidence.

**Those attending can expect to learn something and get better at playing cricket each week.**

Players will be split into groups based on skill levels, which means that the coaches can better cater for everyone’s needs. (Those who have played before will work on more advanced skills and will use hard cricket balls in certain activities, while those who are less experienced will use soft kwik cricket type balls throughout the entire course.)

Sundays, from 12.30pm to 2.30pm on: 10<sup>th</sup> & 24<sup>th</sup> January, 7<sup>th</sup> & 21<sup>st</sup> February, 7<sup>th</sup> & 21<sup>st</sup> March.  
Max number of places: 24 - - - - Cost per person: £27.00

### For those in School Years 7 & 8

#### **“Head Start” at Wigton**

The demands of “Under 13” age group cricket can be very different to those of Under 11 cricket - e.g. when you’re out - you’re out! / Bowling can be faster because players are bigger & stronger / Pitches are longer which makes bowling harder - and makes quick singles further to run! / New game formats such as Ten10 start to be played.....it can be a whole new world!

Year 7 players need to get their heads round all these new things when they join the U13’s – while Year 8 players have to get to grips with being catapulted into being the backbone for their U13 team now their older team mates have moved off into the Under 15’s!

**Head Start** is an 8 week technical cricket skills course designed to help both these groups of players to master the batting, bowling & fielding skills which their individual and team successes will depend on once the cricket season arrives. **Head Start** also covers all the new things that year 7 & 8 players need to get their heads around which they might not have previously experienced.

Masses of fun, masses to learn – and expected to be very popular - so please book early!

Sundays, from 3pm – 5pm on:  
29<sup>th</sup> November, 13<sup>th</sup> December, 10<sup>th</sup> & 24<sup>th</sup> January, 7<sup>th</sup> & 21<sup>st</sup> February, 7<sup>th</sup> & 21<sup>st</sup> March  
Max number of places: 28 - - - - Cost per person: £36

### For those in School Years 9 & 10

#### **“Serious Cricket” at Wigton**

By the time players reach year 9 & 10, they know if they like cricket and they’ve often already been to a lot of coaching over the years. Coaching for these players therefore needs to be just a little bit different to what’s been done before!

**Serious Cricket** is just that – it’s a technical and tactical coaching course, designed for those who really want to attend winter coaching sessions in order to **become a better player**.

It includes group coaching activities, together with a high level of INDIVIDUAL skill analysis, INDIVIDUAL coaching advice, and new HINTS AND TIPS to try out.

We are expecting this course to FILL UP FAST – so please book early to avoid disappointment.  
Sundays, from 5.30pm – 7.30pm on:

29<sup>th</sup> November, 13<sup>th</sup> December, 10<sup>th</sup> & 24<sup>th</sup> January, 7<sup>th</sup> & 21<sup>st</sup> February, 7<sup>th</sup> & 21<sup>st</sup> March  
Max number of places: 28 - - - - Cost per person: £36.00

## 2009/10 Cricket Course Booking Form

(Please use one form for each young person attending. You may photocopy this form if necessary)

### 1. Personal details for young player & their parent / legal guardian.

Players surname	Players forename	Players date of birth
Home address		
Postcode		
Name of Parent or Guardian	Home Telephone number	Mobile telephone number for parent / guardian
Email Address:		
This is requested, so we can send you a confirmation of your booking.		

### 2. Emergency contact details

In the event of an emergency situation, where a parent / guardian above cannot be contacted, please provide details of an alternative adult who can be contacted whilst the course is taking place:

Name of an <u>alternative</u> adult	Phone number for alternative named adult	Who this person is (e.g. Aunt, Grandad, Neighbour, etc.)
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### 3. Medical information:

Please outline any medical information / illnesses / injuries / medication / allergies / which you feel that our Cricket Coaches need to know:

### 4. Choice of Course:

Please indicate which course you would like to attend:

<b>“Stepping Stones” at Wigton</b> Year 4 / 5 / 6 - £27.00  Yes / No	<b>“Head Start” at Wigton</b> Year 7 / 8 - £36  Yes / No
<b>“Serious Cricket” at Wigton</b> Year 9 / 10 - £36  Yes / No	

### 5. Consent of parent / legal guardian: (please tick boxes below to indicate your agreement)

- I agree to the child / young person named above taking part in the above course(s).
- I give my consent that in an emergency situation; the Coach running the course may act *in loco parentis*, if the need arises for the administration of emergency first aid and / or other medical treatment, which in the opinion of a qualified medical practitioner may be necessary. I also understand that in such an occurrence that all reasonable steps will be taken to contact me, or the alternative adult which I have named on this form.
- I enclose £..... payment. (Cheques payable to The Cumbria Cricket Board please.)

Signed..... (Parent / Legal Guardian) Date .....

Please post your booking form, and cheque (payable to The Cumbria Cricket Board) to:  
CCB Open Courses. Unit22 Summerlands Trading Estate, Endmoor, Kendal LA8 0ED