

# Warwickshire Cricket Board

## Coaching Camp & Test Match Experience 2011

Monday 8th August—Friday 12th August

Courses 8—14 years

£100 for the week

10:00—3:00pm



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# 10.08.11

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# Warwickshire Cricket Board

Warwickshire  
Cricket Board



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EXPERIENCE EXCELLENCE



## Players and Parents Handbook

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## Parental / Guardian Permission Form for the Use of Photographs and Recorded Images

This form is to be signed by the Legal Guardian of a Child or Young Person under the age of 18. Please note that if you have more than one Child under the age of 18 registered with the Cricket Board you will need to complete separate forms for each Young Person.

Warwickshire Cricket Board recognises the need to ensure the welfare and safety of all Young People in Cricket. As part of our commitment to ensure the safety of Young People we will not permit photographs, video images or other images of Young People to be taken or used without the consent of the Parents/Carers and the Young Person.

The Warwickshire Cricket Board will follow the guidance for the use of images of Young People, as detailed within the ECB *Welfare of Young People Policy*.

The Warwickshire Cricket Board will take steps to ensure these images are used solely for the purposes they are intended, which is the promotion and celebration of the activities of the Warwickshire Cricket Board.

If you become aware that these images are being used inappropriately, you should inform the Warwickshire Cricket Board immediately.

**Please be aware that this consent will cover your child whilst he or she is part of the Development of Excellence programme. If at any stage you wish to withdraw your consent please contact the Warwickshire Cricket Board as soon as possible.**



### **Parental / Carer and Young Person Permission Form for the Use of Photographs and Recorded Images**

#### **To be completed by Parent/Guardian**

I \_\_\_\_\_ (*parent/guardian full name*) consents / does not consent (*delete as appropriate*) to Warwickshire Cricket Board photographing or videoing \_\_\_\_\_ (*name of child*) under the stated rules and conditions and I confirm I have legal parental responsibility for this child and am entitled to give this consent. I also confirm that there are no restrictions related to taking photos.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**(Please return to your Manger)**

(e) Please outline special dietary requirements of your child (incl. allergies)

\_\_\_\_\_  
\_\_\_\_\_

**2. Please provide any further information that you think may be relevant:**

\_\_\_\_\_  
\_\_\_\_\_

**3. Contact telephone numbers:**

(W): \_\_\_\_\_ (H): \_\_\_\_\_

Home address: \_\_\_\_\_

Alternative emergency contact:

Name: \_\_\_\_\_ No: \_\_\_\_\_

Address: \_\_\_\_\_

Name of family doctor \_\_\_\_\_ No: \_\_\_\_\_

Address: \_\_\_\_\_

**4. Declaration:**

I agree to my son/daughter receiving medication as instructed and any emergency dental, medical or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.

I agree to fitness testing and videos being taken involving my son/daughter during coaching sessions.

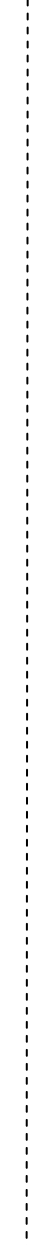
I agree to my son/daughter being transported in an appropriately insured vehicle of an WCB member of staff or WCB coach transportation, as necessary.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Full Name: \_\_\_\_\_

Player's Name: \_\_\_\_\_

**(Please return to your Manager)**



## Welcome and Introduction

Many congratulations on your selection for your County squad and I trust you are looking forward to the programme.

The WCB programme aims to identify and select the most talented cricketers, and develop them through excellent coaching and support services in quality facilities in order for them to achieve their potential.

This statement should leave you in no doubt as to the position you find yourself in and the opportunity that is being presented to you. In a selection process that has involved a number of influential people, including your County Coach and Team Managers, you are being asked to realise your potential and develop the talent you have to reach the highest levels of the game. We expect you to be ambassadors for Warwickshire Cricket on and off the field.

During the programme you will be given an ideal opportunity to develop as cricketers and individuals. Expect to work hard and be prepared to strive for excellence in all that you do. Remember that by the end of the programme you will not have reached the end, but merely the end of the beginning, as you pursue the goal of becoming a high quality cricketer.

The aim of this handbook is to provide information that will assist you, your parents and relatives to prepare for the programme. Please take time to read it and make sure they do too!!!

Finally, on behalf of the Warwickshire Cricket Board I wish you well for an important stage in your cricket development and a dry summer!

Gary Steer  
Cricket Performance Manager  
*Warwickshire Cricket Board*  
*The County Ground*  
*Edgbaston*  
*Birmingham*  
*B5 7QU*  
*0121 446 3653*  
garysteer@edgbaston.com



## **WCB Managers & Coach Contacts**

### **Boys County Managers & Coaches 2011**

<b>Under 10 Manager</b> Richard Phillips	19 Blackthorn Grove, Nuneaton, Warks, CV11 6UX	07813977484	richphil53@yahoo.co.uk
<b>Under 10 Coach</b> Kelly Evenson	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748338890	kellyevenson@edgbaston.com
<b>Under 11 Manager</b> Bill Iles	3 Oak Close, Bedworth, Warwickshire, CV12 9AJ	07817021277	No Email
<b>Under 11 Coach</b> Kelly Evenson	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748338890	kellyevenson@edgbaston.com
<b>Under 12 Manager</b> John Griffiths	17 Hawthorn Rd, Wylde Green, Sutton Coldfield, B72 1ES	07980975688	jwg6225@sky.com
<b>Under 12 Coach</b> Ed McCabe	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748338880	edmcabe@edgbaston.com
<b>Under 13 Manager</b> David Woakes	49 Scott Rd, Great Barr, Birmingham, B43 6LE	07870830090	david.woakes@sky.com
<b>Under 13 Coach</b> Mark Evenson	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07719597658	markevenson@edgbaston.com
<b>Under 14 Manager</b> Russell Knight	20 Fords Road, Shirley, Solihull, B90 1DU	01214744749	RussK1982@aol.com
<b>Under 14 Coach</b> Paul Greetham	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07818430563	greethers@btopenworld.com
<b>Under 15 Manager</b> Terry Patchett	36 Delaware Rd, Styvechale, Coventry, CV3 6LX	02476-413408	twp@bablake.coventry.sch.uk
<b>Under 15 Coach</b> Errol Simms	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07813715932	errolsimms@edgbaston.com
<b>Under 16 Manager</b> Terry Patchett	36 Delaware Rd, Styvechale, Coventry, CV3 6LX	02476-413408	twp@bablake.coventry.sch.uk
<b>Under 16 Coach</b> Steve Perryman	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07769338898	carolperryman281@btinternet.com
<b>Under 17 Manager/Coach</b> Gary Steer	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748337879	garysteer@edgbaston.com
<b>Under 17 Coach</b> Steve Perryman	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07769338898	carolperryman281@btinternet.com
<b>Under 19 Manager</b> Hugh Cherry	19 Raddington Drive, Solihull, West Midlands, B92 7DU	0121-707-4285	hughcherry@talktalk.net
<b>Under 19 Coach</b> Gary Steer	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748337879	garysteer@edgbaston.com
<b>Under 11 'B' Manager</b> Alan Hyatt	21 Featherstone Rd, Kings Heath, Birmingham, B14 6BA	07816 574805	alan_hyatt@blueyonder.co.uk
<b>Under 11 'B' Coach</b> Matthew Phillips	19 Blackthorne Grove, Nuneaton, Warwickshire, CV11 6UX	07810763865	villain18@excite.com
<b>Under 13 'B' Manager</b> George Mathieson	46a Goldieslie Rd, Boldmere, Sutton Coldfield, West Mids, B73 5PG	07875385399	george@mathiesonconsulting.co.uk
<b>Under 15 'B' Manager</b> Paul Rogers	16 Grayswood Rd, Birmingham, B31 4QR	07840 154 037	paulrogers373@hotmail.com
<b>Under 15 'B' Coach</b> Will Kitchen	c/o ECB, County Ground, Edgbaston, Birmingham, B5 7QU	07827 449 207	will.kitchen@ecb.co.uk

### **Girls County Managers & Coaches 2011**

<b>Under 11 Manager</b> Michelle Cole	7 Bunbury Road, Northfield, Birmingham, B31 2DR	07948 565703	michelle_cole55@hotmail.com
<b>Under 11 Coach</b> Eaton Gordon	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07956423111	eaton.gordon@birmingham.gov.uk
<b>Under 13 Manager</b> Carol Hughes	15 Pembridge Road, Dorridge, Solihull, B93 8SA	07971 243939	carol.hughes@msdigital.co.uk
<b>Under 13 Coach</b> Malcolm Handy	3 Meadow Close, Streetly, Sutton Coldfield, B74 3JE	07747863606	malcandjen3@hotmail.com
<b>Under 15 Manager</b> Bob Walpole	34 Cherry Orchard Road, Handsworth Wood, B'ham, B20 2LB	07799 405 272	rwlpole@blueyonder.co.uk
<b>Under 17 Manager</b> Kelly Evenson	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07748338890	kellyevenson@edgbaston.com
<b>Under 17 Coach</b> Mark Evenson	WCB, County Ground, Edgbaston, B'ham, B5 7QU	07719597658	markevenson@edgbaston.com
<b>Senior Women's Manager</b> Jackie Devonish	11 Vine Lane, Acocks Green, Birmingham, B27 6SY	07813 713193	jaxidevonish@btinternet.com
<b>Senior Women's Coach</b> Errol Simms	c/o WCB, County Ground, Edgbaston, B'ham, B5 7QU	07813715932	errolsimms@edgbaston.com

## **Warwickshire Cricket Board** **Medical Details/Parental Consent Form**

For players aged under 18, the form should be completed by the parent/guardian.  
For players aged 18+ please complete and sign the form, no parental consent is required.

I agree to \_\_\_\_\_ (player's name)  
taking part in WCB events and have read the information booklet.

I agree to his/her participation in the activities described. I acknowledge the need for him/her to behave responsibly.

### **1. Medical information about your child**

(a) Any conditions requiring medical treatment including medication? YES/NO  
If YES, please give brief details including how the medication is administered (players are required to provide their own medication)

\_\_\_\_\_

(b) To the best of your knowledge, has your son/daughter been in contact with any contagious or infectious diseases or suffered from anything in the last four weeks that may be contagious or infectious? YES/NO

If YES, please give brief details:

\_\_\_\_\_

(c) Is your son/daughter allergic to any medication? YES/NO

If YES, please specify:

\_\_\_\_\_

(d) When did your son/daughter last have a tetanus injection?

\_\_\_\_\_

I will inform the WCB Administrator as soon as possible of any changes in the medical or other circumstances between now and the commencement of the event.

**Continues overleaf**

# Consent Forms



**Please read the Consent pages carefully. Once completed, please sign and post or hand to your manager unless stated otherwise**

It is **Warwickshire Cricket Board/Warwickshire CCC** policy to only disclose information to third parties if explicitly required to do so by United Kingdom Law.

**Warwickshire Cricket Board/Warwickshire CCC** will obtain your consent before passing on any information to any third parties.

**Warwickshire Cricket Board/Warwickshire CCC** does not collect or compile personally identifying information for dissemination or sale to external parties for marketing purposes or host mailings on behalf of third parties."

## **Academy**

### **Background**

The WCCC Academy has now been in situ since 2001 and has seen 28 players pass through the programme in the 6 year period to date. Notable graduates of the scheme include Navdeep Poonia, Naqqash Tahir, Nick James, Chris Woakes, James Ord and Ateeq Javid.

The Academy programme is essentially a Winter based scheme where the players are subjected to a regime of training 3 times per week in all aspects of learning to become a professional cricketer. In the summer they work to an Individual Playing Programme across the season at County, Club and Educational Institutions together with twice weekly coaching on cricket specifics.

Many of the players aspire to play Regional and International junior cricket under the ECB programme whilst making the stepping stone to professional cricket. This may also include exposure to overseas cricket in other academy environments in the alien environments such as asia/africa/australasia.

Players	
Name	Position
Jack Cornick	Right Hand Bat
Peter McKay	Left Hand Bat/Wicket Keeper
Tom Payne	Right Hand Bat/Right Arm Fast Medium
Usman Shabir	Right Hand Bat/Leg Spin
Jonathan Webb	Right Hand Bat/Right Arm Med
Basit Zaman	Right Leg Spin/ Right Hand Bat
Shozair Ali	Right Arm Fast Medium/Left Hand Bat
Ben Williams	Right Hand Bat/Right Arm Medium
Tom Burton	Right Hand Bat/Right Arm Medium
Freddie Coleman	Right Hand Bat/Off Spin
Sam Hain	Right Hand Bat/Right Arm Medium

Part Time Staff	
Name	Position
Dougie Brown	Academy Director
Gary Steer	Assistant Academy Director
Chris Armstrong	Fitness and Conditioning Coach
Gerhard Mostert	Physiotherapist
Lynsey Williams	Performance Lifestyle Advisor
Lee-Ann Sharp	Mental Skills Coach

### **Programme**

The programme at Warwickshire is based on the five key areas of:

Technical, Tactical, Physical, Mental, Lifestyle

And these are addressed in three modules:

Assessment September —December	Preparation January—April	Performance May—August
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## Emerging Players & Women's Academy

In recent times the Cricket Board has introduced an Emerging Players Programme as a "buffer" between the Development of Excellence Programme and the Academy. Already 9 players have signed "E P Agreements" for the 2007 season as follows:

<u>Players</u>	
<b>Female</b>	
Amy Jones	
Lizzie Russell	
Mina Zahoor	
<b>Male</b>	
Asim Shoaib	Jamie Klapper
Matthew Lamb	George Findlay
Mark Best	Jack Grundy
Lewis Harrison	James Clifford

The aim of the programme is to:

- Provide players with skills/knowledge to progress to the Academy.
- Development talent in an exclusive environment for 13-15 year olds, although other players may be included.
- Build on existing DoE programmes but align players towards the Academy and First Class Cricket.
- Incorporate Long Term Athlete Development Principles.
- Provide individualised "coaching" and to identify talent in the 5 key areas of the game—technical, tactical, fitness and conditioning, mental skills and lifestyle.

<u>Staff</u>	
<b>Name</b>	<b>Position</b>
Gary Steer	Head Coach
Kelly Evenson	Assistant Coach
Mark Evenson	Fielding Coach
Errol Simms	Bowling Coach
Graeme Welch	Bowling Coach
Tony Frost	Wicket Keeping
Steve Rouse	Bowling/Batting Coach
Chris Armstrong	Fitness & Conditioning Coach
Lee-Ann Sharp	Sports Psychology



## Warwickshire Cricket Board County Code of Conduct



We the undersigned, agree to the Warwickshire Cricket Board Code of Conduct

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ (WCB)

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ (Player)

Name : \_\_\_\_\_

Signature: \_\_\_\_\_ (Parent)

(Please retain one copy and sign and return second copy to manager)

## Players Code of Conduct

### **The Parents/Guardians Agree to:**

- encourage and help the player meet targets, including abiding by this Code of Conduct
- support the player without pressure, praise good work and refrain from criticising lapses
- set a good example to the player
- respect the opportunity given to the player
- communicate with the ECB/WCB staff, keeping them informed about matters affect the player

Please note that failure of a player to abide by this Code of Conduct will mean the player may be stopped from participating in the event and/or sent home.

## Players Charter

In an attempt to formalise the expectations that the Board and parents should have on each other, the following Charter is issued for your attention.

1. Players must pay full attention to all safety aspects, both on and off the field.
2. Players should always listen and put into action the instructions given by any member of the coaching and management staff of the Cricket Board.
3. Players must ensure they always have the correct kit, including own box, bat, pads and gloves where appropriate. Please check with the coach/manager as a youth cricketer will not be allowed to take part if a helmet is not worn, unless parents have provided written consent for this. For clarity, this is whilst batting and when wicket keepers stand up to the stumps.
4. Youth cricketers are dropped off and collected from the Board matches/sessions by parents/guardians at the times confirmed by the Board or the players coach/manager.
5. Players selected for games must confirm to the relevant coach/manager if they are unable to play at the earliest possible moment.
6. Players must demonstrate proper personal behaviour and conduct at all times, both on and off the cricket field.
7. The Board carries adequate levels of Public Liability Insurance. The ECB strongly recommends that all those involved with young players ensure they have appropriate individual insurance cover. The ECB Insurance Policy does not cover those young cricketers involved in County Cricket.

## Player Information

### **Before and After Matches**

- You must ensure you inform your school/club and take a copy of the fixture list to your Cricket Coach/Head Teacher. If you have finished school, post it or remember to take it in September. Speak to your Cricket Club/Head of PE/Games and your school team manager about your selection.
- Your parents must complete and return the enclosed slips as soon as possible.
- Check your kit meticulously before you set out for a match. Make sure your kit is clean and in good order including t-shirts, headgear, socks and especially spikes. All players are expected to be smartly turned out on the field of play. (see page 7- dress code)
- Check arrangements for each match and if in doubt contact your manager immediately. **IT IS THE PLAYERS RESPONSIBILITY TO CHECK ON HOURS OF PLAY, FITNESS ETC. AND REPORT TO THE MANAGER ANY AREAS OF CONCERN.**
- Arrive at least an hour before the start of play. Wear smart clothing as agreed with your manager/coach to travel to and from matches, unless instructed otherwise by the manager/coach.
- Entry to the Dressing Room for non-players is by permission of the Manager or Head Coach. For your assistance, the only person who will be permitted to enter the Dressing Room area, except at the invitation of the above are: *Committee Members, Director of Cricket, Cricket Development Officers, Groundsman, Club Officials.*

### **Overnight Fixtures**

- Players are responsible for papers, telephone calls, drinks and any in-house videos or TV film channels.
  - A meal allowance will be paid for all nights staying away from home.
- ### **General Information**
- Please follow the directions of the Coach regarding training and fitness.
  - All players shall participate in training and practice as directed by the Coach and Manager.
  - In the event of sickness or accidents, please advise the Manager and Coach at once. Medical certificate will be needed for sickness or accidents lasting longer than three consecutive days.
  - If you sustain an injury at any time, it must be reported to the Manager and Coach.
  - All players are expected to follow sensible medical precautions.
  - Practice dress codes (including non match days/Nets and Fielding): Training Shirt (with collar), Trousers/Tracksuit bottoms, Shorts (when appropriate)

## General Information continued

- The Cricket Performance Manager, Manager and Coach shall be responsible for discipline in the first instance. Any serious breaches of discipline would be referred to the Discipline Committee which consists of those listed above. An appeals procedure in line with the ECB's Disciplinary Code is also in place where required.
- Please inform the Manager/Coach of any alteration to your private address/email and telephone number, and also advise them of out-of-season contact details (email addresses are also useful to keep parents informed).
- Players are reminded that at all times they are regarded as representatives of the Warwickshire Cricket Board and as such should always conduct themselves in a proper and dignified manner.
- Players are reminded that should they seek to move clubs it would be advisable to contact the Development Team at the Cricket Board. Players should NOT move clubs in season unless in exceptional circumstances. DoE managers should direct players to the WCB, should players be seeking a move, rather than advising them personally.

## And finally .....

We hope that much of what is written here is common sense. As good cricketers we know that you will not only follow the advice and requirements in this document, but also accept the need for them.

- All of us have the obligation of conducting themselves in a way which reflects the spirit of the game and the traditions of the Cricket Board.



## Players Code of Conduct

### The Player Agrees to:

- work towards the attainment of his/her full potential
- attend the ECB/WCB events regularly and punctually, behave with self-discipline and give notice of and reasons for any absence
- abide by instructions given by the Team Coach and/or Manager
- listen to and take on board guidance given by coaching and other ECB/WCB staff
- practice the techniques and skills taught by the coaching and other ECB/WCB staff and attempt to apply them in matches
- abide by the Spirit, as well as the letter, of the Laws of Cricket (see attachment)
- accept the umpire's decision at all times and not to show any dissent
- behave and dress in an appropriate manner (both on and off the field) when participating in WCB activities
- not to abuse alcohol or tobacco, or any other stimulant or harmful substance
- neither possess nor use any prohibited drugs
- not to take unnecessary risks
- play cricket in a competitive manner but maintain the highest standards of sportsmanship
- to accept victory and defeat with dignity and grace
- not to use foul or abusive language on or off the field
- not to attempt to intimidate or deliberately distract opponents by acts of gamesmanship or aggressive behaviour
- treat all players as you would like to be treated
- co-operate with coaches, team-mates and opponents—remember without them there would be no game
- follow a lifestyle appropriate to development and sporting excellence—for example by spending leisure time positively; eating, drinking, relaxing and sleeping sensibly
- remember playing cricket is fun—don't do it simply to please parents and coaches
- remain at his club unless he has formal communication from the WCB indicating a change of club. Neither a player or a parent should ever utilise the WCB as a reason for moving clubs unless formal paperwork is in place providing evidence to the clubs concerned
- Notify the WCB in writing requesting permission to transfer to another County Board programme before engaging in communication with another county

## **Players Code of Conduct**

Each player involved in the WCB/ECB County programme has the potential to become a cricketer at the highest level.

Both the player and the player's parents/guardians understand that the WCB/ECB is committed to the player's well being, future development and realisation of potential, but that the level of achievement ultimately reached cannot be guaranteed. However, achievement will be more likely with co-operation from all parties involved.

The principles that underpin the ECB Child Protection Policy that relate to this Code of Conduct are:

The child's welfare is paramount  
All children, whatever their age, culture, disability, gender, language, racial origin, religious belief or sexual identity have the right to protection from abuse  
All children have the right to be safe and treated with dignity and respect

In registering the player in the County programme, the WCB, the player and the parents/guardians agree to the following Code of Conduct.

Any breach of the Code may lead to the player being warned as to his/her future conduct or in more serious cases being suspended or barred from participation in WCB activities.

### **The WCB Agrees to Provide:**

- a safe environment in which the player can learn and develop without fear of abuse
- physical screening, monitoring and support for the player
- a structured cricket learning programme, appropriate to the age, ability and growth of the player
- Participation in cricket matches arranged or approved by the ECB/WCB trained and qualified coaching and other staff and facilities
- guidelines to the player and parents/guardians on the best ways for them to contribute to the player's cricketing and personal development
- regular communication and reports to the player and parents/guardians on the player's progress
- comprehensive insurance cover

## **Dress Code**

### **Basic Principles**

- All members of the County squad must recognise that high standards of dress are an essential outward and visible sign of the image, morale and reputation of the Team and Region.
  - When ON DUTY, official County clothing specifically available for the programme must be worn. Examples of periods ON DUTY include:
    - ◇ Initial arrival/final departure from venues
    - ◇ Travel from accommodation to the ground on match and non-match days
    - ◇ At the ground on match days and non-match days
    - ◇ At match presentations
    - ◇ All functions and official hospitality
    - ◇ Other occasions as nominated by the Manager and Coach
  - Precise order of dress for all these activities will be specified in good time by the Manager in consultation with the Coach. Occasionally he may declare variations on the established order of dress depending on the weather, time of day/night, the formality of the event etc.
  - All members of the County squad must wear identical clothing when ON DUTY and to abide by the dress ruling.
- ### **Other Reminders**
- Branded clothing unrelated to the County team is not to be on public view at any time whilst on duty.
  - For events at the ground, either playing or training wear should be worn; but all members of the Team must be uniformly dressed. County branded caps are encouraged except for indoors. The wearing of branded clothing unrelated to the County team is not permitted.

### **Kit**

All selected players will be written to in due course.

## **Physiotherapy Policy**

In order to brief parents and players on the occurrence and treatment of injury the following policy guidelines should be adhered to:

### **Doctors Diagnosis**

At the outset of the injury the youngsters / and his parent / guardian should seek immediate guidance from their GP at the earliest opportunity. It is important that all sickness and injury follows medical protocol and as Warwickshire do not have access to personal medical files and past history's it is therefore vital the GP is contacted in the first instance not a physio. A second opinion will only be sought after ineffective treatment/rehabilitation has occurred. Outcomes of this should be relayed to the Manager as soon as is practical.

### **Local Physiotherapy**

Should a GP's prognosis/diagnosis indicate there is a need for treatment then he/she should refer the parent/guardian to a designated local physiotherapist/specialist practitioner to take the matter one step further. It is important that at this stage the parent/guardian notify the WCB Youth Manager and Coach of the developing situation with regard to the players availability and fitness. The local physio may prescribe a series of treatments, rest and or special exercises to relieve the pain in order that the player may return to the game at the earliest opportunity. A second opinion will only be sought after ineffective treatment/rehabilitation has occurred.

### **Referral to Coach**

The WCB coach should note when occurrence of injury was first indicated. Only upon persistent pain and a lack of physical improvement in the players condition should further guidance be sought with the WCB coach of the appropriate age group team. This should be supported by suitable evidence/documentation of the procedures in 1-3 above. The coach may then take the matter further dependent on circumstances and length of lay-off.

### **Referral to WCB**

At this stage the coach i/c team may then contact the office to gain further guidance and a ruling as to whether physiotherapy is available to the player concerned including an injury report and confirmation with the Director of Cricket. At no stage should a parent/guardian contact the WCB for physiotherapy. This will always be dealt with by the coach in the first instance and suitable liaison thereafter.

### **Referral to Physio**

Upon receipt of the injury report and coaches recommendations the player may/may not be referred to the WCB physio for further specialist diagnosis and possible treatment although it is likely at this stage that the severity of injury would command such action. A return to the game and the WCB squads would only then be allowed subject to confirmation of the physio via communication with the age/group coach. The situation of recurrence should then be monitored by player/parent/manager, coach and physio to ensure corrective therapy has been successful.

### **WCCC Physiotherapist**

Head Physiotherapist Gerhardt Mostert will monitor various situations as proceedings "pan out". An example of this may be with regard to severe "lower back injuries" in young quick bowlers which is of fundamental concern to all involved in youth cricket. In the event of physiotherapy being required, referral to the Nuffield Hospital will take place only via the Director of Cricket.

### **Exceptions to the Policy**

All of the above applies to DoE squads per season, including the players currently highlighted as being part of the Academy. They should be able to receive specialist support immediately. This would not necessarily lead to abuse of system but would ensure that our top players are looked after at an early stage preventing time delays and, worse, inaccurate/inappropriate treatment.

*For further information please contact Gary Steer on  
0121-446-3653 or [garysteer@edgbaston.com](mailto:garysteer@edgbaston.com)*

## **Parents/Guardians Code of Conduct**

1. Do not force an unwilling Junior to participate in cricket.
2. Remember Juniors are involved in organised sports for their enjoyment, not yours.
3. Encourage your child to play by the rules.
4. Teach your child that honest effort is as important as victory.
5. Turn defeat into victory by encouraging your child to work towards further improvement and good sportsmanship.
6. Positive comments and encouragement are welcome but please refrain from audibly commenting or visually gesturing on mistakes or decisions made from players. At no time should parents approach players with their opinions of a negative nature. Any parent or guardian violating this rule will be asked to leave the immediate vicinity. Further violation may result in your son/daughters omission from the squad.
7. Remember that Juniors learn best by example. Equally applaud good play for both teams.
8. Do not publicly question the umpire's judgement and never their honesty.
9. Support all efforts to remove verbal and physical abuse from Juniors' sporting activities and adhere to the ECB Codes of Practice.
10. Recognise the value and importance of volunteer coaches and managers.
11. Remember that Juniors are students; so be reasonable in your demands on their energy, time and enthusiasm for cricket.
12. Make Juniors aware of the physical fitness value of cricket and also its life long value both recreationally and in personal relationships.
13. Insist that your child uses protective equipment such as a helmet, protector and thigh pad, in order to enjoy cricket with safety.
14. Do not pack your child off to cricket. Go along also and volunteer your services.
15. Any questions regarding training or matches should be directed to the Team Manager or Coach/(es).
16. Your son/daughters welfare is very important to us so please advise us of any injuries/illness as soon as possible as this may affect selection.
17. If, for any reason, your son/daughter has any specific dietary needs please inform the Team Manager.
18. The decision of Match Officials must not be questioned. If you have a query/problem your Team Manager/Coach should be approached.
19. Punctuality is important and players are expected to arrive at sessions/matches ahead of all pre-arranged times. Please endeavour to help your son/daughter to be on time. If for any valid reason you will be late please inform the appropriate person.
20. Due to Child Protection issues please gain permission from the Team Manager before using any video or camera equipment.
21. **Notify the WCB in writing requesting permission to transfer to another County Board programme before engaging in communication with another County.**

## Code of Conduct

### **5. It is against the Spirit of the Game:**

- To dispute an Umpire's decision by word, action or gesture
- To direct abusive language towards an opponent or Umpire
- To indulge in cheating or any sharp practice, for instance
  - a) appeal knowing the batsman is not out
  - b) advance towards an Umpire in an aggressive manner when appealing
  - c) seek to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation on one's own side.

### **6. Violence**

There is no place for any act of violence on the field of play.

### **7. Players**

Captains and Umpires together set the tone for the conduct of a cricket match. Every Player is expected to make an important contribution to this.



## Playing Format

### Fast Bowling Directives

The Fast Bowling Directives are designed to raise awareness of the need to nurture and protect our young fast bowlers through their formative years, and have been warmly welcomed by a significant number of coaches and managers. Statistics clearly show that fast bowlers regularly win International matches and if England is to achieve the vision of becoming the most successful and respected cricket nation, we must make every effort to produce bowlers to reach the goal.

I would like to thank those involved in the development of talented fast bowlers for their observations and constructive feedback regarding the initiative. Most of the concerns surrounded the policy of the regulations and the legal implications. The process of monitoring the Directives was always likely to be a challenge, but as coaches we should consider the welfare of the individuals under our supervision, the regulations are designed to minimise the possibility of injury. The more coaches, managers, captains, players, umpires and parents we can enrol in the principles, the more chance we have of successfully implementing the proposals. As regards the legal implications, in age of increasing litigation coaches should ensure they are fully insured. Compliance with the Directives will reduce any chance of legal action.

The regulations are specifically aimed at the long term development of fast bowlers from the play ground to the "Test" arena, so it would be unfair to claim a significant impact upon injury prevention after two seasons, however, one County which followed the Directives closely reported no incidents of spinal injury to their fast bowlers in Junior squads last season, after several years of chronic back complaints.

The Directives will again relate to all competitions under the auspices of the ECB at Under 19 level and below as well as all Premier League matches. It should be emphasised that the age of the player is the key criteria, and not the level of cricket being played. The restrictions will be reviewed annually.

I look forward to your continued support of this initiative, and your contributions to the development of talented young fast bowlers.

## Playing Format

### Injury Prevention for Fast Bowlers

These directives apply to girls and boys, and any reference to he/his should be interpreted to include she/her.

*For the purpose of these Directives a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would in **normal circumstances** stand back to take the ball.*

*All coaches are urged to identify those players with the potential to bowl fast and to ensure they follow the Directives in all cricket throughout the season.*

There are four main areas to be aware of when assessing injury risk to fast bowlers:

- |                                |                     |
|--------------------------------|---------------------|
| <b>1. Overbowling</b>          | <b>2. Technique</b> |
| <b>3. Physical Preparation</b> | <b>4. Equipment</b> |

#### **Over bowling**

This is an important consideration especially for young bowlers whose bodies are not fully developed. Recent studies have revealed that over bowling is the most common cause of back injuries in this country. Evidence suggests that much of the damage occurs early in the playing career, and especially during growth spurts, though the effects do not often show themselves until the late teens. The more talented and more physically mature youngsters are generally most at risk, as they tend to play at more than one age group level.

To ensure that young fast bowlers do not place undue stress on their bodies, every attempt must be made to keep the amount of bowling within reasonable limits. The following Directives provide sensible playing and training levels.

## WCB Code of Conduct

### **SPIRIT OF CRICKET**

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself. The major responsibility for ensuring the spirit of fair play rests with the Captains.

1. There are two Laws which place the responsibility for the team's conduct firmly on the Captain.

### **Responsibility of Captains**

The Captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws.

### **Player's Conduct**

In the event of any Player failing to comply with the instructions of an Umpire, criticising his decision by words or action, showing dissent, or generally behaving in a manner which might bring the game into disrepute, the Umpire concerned shall in the first place report the matter to the other Umpire and to the Player's Captain, requesting the latter to take action.

### **2. Fair and Unfair Play**

According to the Laws the Umpires are the sole judges of fair and unfair play. The Umpires may intervene at any time, and it's the responsibility of the Captain to take action where required.

### **3. The Umpires are authorised to intervene in cases of:**

- Time wasting
- Damaging the pitch
- Dangerous or unfair bowling
- Tampering with the ball
- Any other action that they consider to be unfair

### **4. The Spirit of the Game involves RESPECT for:**

- Your opponents
- Your own Captain and team
- The role of the Umpires
- The game's traditional values

**ECB**  
**Junior Cricketers playing in Adult Matches**

**Introduction**

The ECB has issued the following guidance covering the participation of young cricketers in adult matches. This guidance applies to boys and girls and any reference to he/his should be interpreted to include she/her. Age groups are based on the age of the player at midnight on 31st August in the year preceding the current season.

**Guidance for Clubs and Leagues**

All clubs must recognise that they have a duty of care towards all young players who are representing the club. This duty of care also extends to Leagues that allow the participation of young players in adult teams in their League. The duty of care should be interpreted in two ways:

- Not to place a young player in a position that involves an unreasonable risk to that young player, taking account of the circumstances of the match and the relative skills of the player.
- Not to create a situation that places members of the opposing side in a position whereby they cannot play cricket as they would normally do against adult players.

In addition the following specific requirements apply to young players in adult matches:

- All young players who have not reached their 18<sup>th</sup> birthday must wear a helmet with a faceguard when batting and when standing up to the stumps when keeping wicket. Parental consent not to wear a helmet should not be accepted in adult matches. A young player acting as a runner must also wear a helmet even if the player he is running for is not doing so.
- The current ECB fielding regulations must be adhered to and enforced by the umpires and captain. The umpires are empowered by these fielding regulations to stop the game immediately if a young player comes within the restricted distance.
- The umpires and the opposing captain must be notified of the age group of all players participating in an adult match who are in the Under 19 age group or younger even if the player is not a fast bowler. This requirement also covers any young player taking the field as a substitute fielder. The ECB Team Sheet cards are freely available to facilitate this.
- Any player in the Under 13 age group and younger must have explicit written consent from a parent or guardian before participating in adult matches. Clubs must ensure that their player registration procedures ensure that consent is obtained. The guidance related to changing and showering (see 'Safe Hands' – Cricket's Policy for Safe-guarding Young People) must be adhered to.
- Any club wishing to play a player in the Under 11 age group in an adult League or Cup match must obtain the explicit prior approval of the League or Cup management before the player can play. Approval should only be given to exceptionally talented players. It is recommended that advice is sought from the County Age Group Coach or other ECB Level 3 coach as appropriate.

Clubs and Leagues can apply more strict restrictions on the participation of young players in adult matches at their discretion. It is strongly recommended that a parent, guardian or other identified responsible adult is present whenever a player in the Under 13 age group or younger plays in an adult match. This could include the captain or other identified adult player taking responsibility for the young player.

This guidance applies to all cricket in England and Wales from the beginning of the 2007 season.

**Playing Format**

**Injury Prevention for Fast Bowlers continued**

Age	(Match) Max overs per spell	(Match) Max overs per day
Up to 13	4 overs per spell	8 overs per day
U14, U15	5 overs per spell	10 overs per day
U16, U17	6 overs per spell	18 overs per day
U18, U19	7 overs per spell	21 overs per day

Age	(Practice)Max balls per session	(Practice) Max sessions per week
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week

**Playing Format**

If the spell is not continued after the interruption the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell before the interruption have been bowled from the same end. If the interruption is of 40 minutes or more, whether scheduled or not, the bowler can commence a new spell immediately.

Once a bowler covered by these Directives has bowled in a match he cannot exceed the maximum number of overs per day for his age group even if he subsequently bowls spin. He can exceed the maximum overs per spell if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the maximum number of overs in a spell the maximum will apply as soon as he reverts to bowling fast.

**Nets**

**Outdoor:**

The emphasis on all nets should be quality rather than quantity. These Directives will encourage young fast bowlers to focus on their efforts on shorter, more intensive spells. Consequently young fast bowlers should be made aware of the importance of warming up and warming down as part of their preparation.

**Indoor:**

In the period between the end of the cricket season and Christmas, indoor practice for fast bowlers should be kept to an ABSOLUTE MINIMUM. The following highlights the risk of playing/practising on hard surfaces such as solid concrete and shows how these forces can be reduced by using appropriate mats or indeed by practising on grass. Concrete offers 0% force absorption whereas grass can offer up to 75%. The 34% offered by natural turf was measured at Trent Bridge on a rock hard Test Match pitch. These figures have major implications for limiting indoor work in the winter, particularly for seamers, and for ensuring that length and intensity of sessions are considered when working on the harder surfaces.

**Force Absorption and Surfaces**

Concrete:	0% force reduction
Uniturf on concrete:	7% force reduction
Uniturf + mat:	15% force reduction
Uniturf + 2 mats:	31% force reduction
Natural turf:	34% force reduction
Synthetic + underlay:	49% force reduction

### Technique

It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should either have a SIDE-ON, a FRONT-ON or a "MIDWAY/NEUTRAL" action, but SHOULD NEVER MIX THE ACTIONS. The mixed actions (of which there are two main types) are a major cause of back injuries, because they cause an unnecessary spinal twist. Excessive hyperextension of the back during the delivery stride is also a contributing factor.

For further clarification of mixed actions consult the "Rover Cricket Coaches Manual" pages 3-9-22, or an appropriately qualified cricket coach.

### Physical Preparation

A well structured, cricket specific training programme is essential to develop and maintain the strength, endurance and flexibility required for fast bowling. It is one of the most injury -liable non-contract activities in sport and the need for the fast bowlers to be amongst the fittest and best prepared players in the team cannot be over emphasised. Bowlers should WARM UP and STRETCH thoroughly before bowling and training, and should WARM DOWN and STRETCH afterwards. A good warm up helps to encourage a more professional approach, helps team spirit and can actually improve performance. It also helps to reduce the chance of an injury occurring.

### Equipment

Impact forces of up to 8 times body weight can be experienced during the delivery stride. Without the appropriate footwear, these forces must be absorbed by the feet, ankles, knees and lower back of the bowler. It is therefore essential that bowlers minimise these effects by absorbing them with the use of efficient, well-fitting, cushioned boots or shoes and if required, absorbent insoles. The use of running shoes, basketball-type boots or good cross trainers is also essential as they are designed to cope with the types of forces experienced when bowling on hard surfaces. The year starting date of midnight on the previous 31st August is assumed throughout these Directives.

### Fielding regulations

The ECB also has regulations covering the minimum fielding distances for young players in all matches where a hard ball is used.

No young player in the Under 15 age group or younger shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball.

For players in the Under 13 age group and below the distance is 11 yards (10 metres). These minimum distances apply even if the player is wearing a helmet.

Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back.

In addition any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5 metres) of the bat, except behind the wicket on the off side. Players should wear appropriate protective equipment whenever they are fielding in a position where they feel at risk.

These fielding regulations are applicable to all cricket in England and Wales. Age groups are based on the age of the player at midnight on 31<sup>st</sup> August in the year preceding the current season.

### ECB

#### SAFETY GUIDANCE ON THE WEARING OF CRICKET HELMETS BY YOUNG PLAYERS

In February 2000 the England and Wales Cricket Board (ECB) issued safety guidance on the wearing of helmets by young players up to the age of 18. This original guidance document can be found at [www.play-cricket.com/helmets](http://www.play-cricket.com/helmets). In brief, the guidance recommends that:

- helmets with a faceguard or grille should be worn when batting against a hard cricket ball in matches and in practice sessions
  - young players should regard a helmet with a faceguard as a normal item of protective equipment when batting, together with pads, gloves and, for boys, an abdominal protector (box)
- young wicket-keepers should wear a helmet with a faceguard when standing up to the stumps.

With the assistance of schools, cricket clubs and leagues, the wearing of helmets by young players is now standard practice in cricket throughout England and Wales. Helmets are widely available and are covered by a British Standard (BS7928:1998).

The original guidance allowed parents or guardians to give their written consent to allow a young player not to wear a helmet. However most clubs, schools and leagues have decided not to accept this parental consent and require all young players to wear a helmet in all junior matches. If a club or school does agree, in exceptional circumstances\*, that a young player need not wear a helmet they must ensure that an ECB Team Card is completed and given to the umpires before the start of play whenever the young player takes part in a junior match.

At the beginning of 2007 the ECB clarified the guidance relating to young players in adult matches and confirmed that all young players who have not reached their 18<sup>th</sup> birthday must wear a helmet with a faceguard when batting and when standing up to the stumps when keeping wicket in adult matches. Parental consent not to wear a helmet should not be accepted in adult cricket.

This guidance applies to all players up to the age of 18, both in adult cricket and in all junior cricket played with a hard cricket ball. The guidance also applies during all practice sessions. Any individual taking responsibility for players should take all reasonable steps to ensure that this guidance is followed at all times.

The ECB asks that the guidance is communicated to the parents or guardians of all young players through clubs and schools, and that young players are not allowed to bat or stand up to the stumps when keeping wicket against a hard ball without wearing a helmet.

**\* Additional guidance on what constitutes 'exceptional circumstances' can be obtained from the ECB Cricket Department.**