



Season 2018/2019

Coaches and Managers Handbook

**Stage 1
Under 10 and Under 11**



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Other documents:

Download from the MWJCA website <http://manlyjuniorcricket.nsw.cricket.com.au/>:

- MWJCA Safety Policy
- Competition Rules and Guidelines – Revision J, dated 31 August 2018

Download from the WRCC website <http://www.wakehurstredbacks.com.au/coaches-managers/> :

- Game Day Procedures and Checklist
- Scoring Tips and Sheets
- MWJCA Safety Policy
- MyCricket Help

Working with Children check

Done online with Office of the Children's Guardian – only required if you don't have a child in the team you are coaching or managing: <http://www.kidsguardian.nsw.gov.au>

"PLEASE TAKE TIME OUT TO SIT DOWN AND SHARE WITH YOUR TEAM"



Welcome

On behalf of the Wakehurst Redbacks Committee, we would like to welcome you to another season of kids' cricket, and to thank you for the time and effort you will be contributing to our kids' sporting and social development.

As Club officials, we all bear a considerable responsibility not only to the safety, welfare and success of our children, but also to the standing of our Club in the community.

This Coaches and Managers Handbook will hopefully help you to run your team efficiency and with confidence. Please take the time to familiarise yourselves with the contents of this Handbook, and feel free to contact any Committee member with any questions or comments you may have.

Club Office Bearers

Position	Bearer	Phone	Email
President	Vacant		president@wakehurstredbacks.com.au
Secretary / MWJCA Delegate	Deanne Hutt	0416 183 482	secretary@wakehurstredbacks.com.au
Treasurer	Jenny Pittar	0416 215 783	treasurer@wakehurstredbacks.com.au
Vice President – Juniors / MWJCA Delegate	Laurie Zanella	0412 401 348	juniors@wakehurstredbacks.com.au
Vice President – Seniors / MWCA Delegate	Kevin Hume	0433 570 385	seniors@wakehurstredbacks.com.au
Registrar / MWCA Delegate	Matthew Murray	0425 280 321	rego@wakehurstredbacks.com.au
Gear Steward	Kieran Young	0419 403 776	gear@wakehurstredbacks.com.au
Web News / Publicity	Blake Gregory		webnews@wakehurstredbacks.com.au
Sponsorship	Laurie Zanella	0412 401 348	sponsorship@wakehurstredbacks.com.au
Coaching Coordinator	Ross Denny	0415 039 320	coaching@wakehurstredbacks.com.au

Club Nights

Friday evenings between **6:30 and 7:30 pm** is the time to collect any extra **gear or clothing** that your team may require. The next clubhouse pick-up night will be **7th September**. The clubhouse will then be open every second Friday, excluding school holidays.

A full list of club open nights for the season can be found on the WRCC website.



Handy Hints

- **Consider how the game should be played and ensure that your team always plays in the spirit of the game.**
Promote good **SPORTSMANSHIP** — encourage players to compliment the opposition on good play, clap the batsmen off when out and
NO SLEDGING — ON or OFF the field! (spectators) — Spirit of Cricket Award
— **REMEMBER we are all representing the Wakehurst Redbacks**
- **Scoring | Score Books** — maintain on a weekly, match-by-match basis. Don't let it build up, or even worse, leave to the end of the season.
- **Results and statistics** — **submit** on MYCRICKET website — link via WRCC website.
LOGINS will be provided to Managers by the club.
Enter results from the **Score Book ONLY.**
Select your team in MyCricket Friday night before each game – for Electronic scoring
- **Wet weather** — All players must arrive at the ground at normal time (i.e. 20-30 minutes before the game). The two coaches will then decide on whether the game will proceed.
- **Coaches to introduce themselves** — confirm and agree on rules before game — prevent unnecessary/embarrassing situations during game.
- **Warm-up** should consist of a light run and stretching exercises.
- **Lightning** — 30/30 rule to apply — If there are less than 30 seconds between the flash of lightning and the thunder — leave the field. Stay off until 30 minutes has passed once gap is longer than 30 seconds, but above all **USE COMMON SENSE.**
- **Coaching courses** — The club promotes skills development – Cricket Australia Community Coaching Accreditation course will be held on Sunday 9th September at North Sydney Oval (no cost). Information can be found via the Community Cricket website: www.community.cricket.com.au
- **Net/Centre wicket practice bookings** — U10s and U11s gain more benefit with centre wicket practices than nets. Please ensure that the club is advised of your team's training time and location.

ENJOY YOUR SEASON!

Wakehurst Redbacks Committee



Stage 1 Key Points

Under 10

- Saturday mornings, game duration of 2 hours.
- Games expected to be 8-10am or 10.15am-12.15pm.
- Various grounds around Manly-Warringah.
- Competition start date Saturday 8th September.
- Semi-hard (Kookaburra Rookie) ball, real bats, pads etc.
- 7 players per side, 6 balls max per over.
- 16m pitch, 30m boundary.
- Batter faces 17 deliveries (dependent on team numbers).
- Loss of wicket is 4 runs to bowling team.
- All players bowl at least 1 over, max of 4 overs each.
- Played on astro-turf cricket pitches.
- Helmets must be worn at all times when batting or wicket-keeping.

Under 11

- Saturday mornings, game duration of 2 hours.
- Games expected to be 8-10am or 10.15am-12.15pm.
- Various grounds around Manly-Warringah.
- Competition start date Saturday 8th September.
- Semi-hard (Kookaburra Rookie) ball, real bats, pads etc.
- 7 players per side, 6 balls max per over.
- 16m pitch, 35m boundary.
- Batter faces 17 deliveries (dependent on team numbers).
- Loss of wicket is 4 runs to bowling team.
- All players bowl at least 1 over, max of 4 overs each.
- Played on astro-turf cricket pitches.
- Helmets must be worn at all times when batting or wicket-keeping.



Age Group Contacts

Age Group	Contact	Phone	Email
Girls Cricket	Deanne Hutt	0416 183 482	girls@wakehurstredbacks.com.au
Junior Blaster (4-6 yrs)	Matt White	0423 151 210	juniorblaster@wakehurstredbacks.com.au
Master Blaster (7-8 yrs)	Graeme Turner	0414 329 106	masterblaster@wakehurstredbacks.com.au
Under 10	Madhura Bhagwat	0430 172 000	under10@wakehurstredbacks.com.au
Under 11	Kevin Wesson	0418 727 622	under11@wakehurstredbacks.com.au
Under 12	Brett McLennan	0488 939 500	under12@wakehurstredbacks.com.au
Under 13	Laurie Zanella	0412 401 348	under13@wakehurstredbacks.com.au
Under 14	Brett Curry	0414 776 697	under14@wakehurstredbacks.com.au
Under 15	Ian Bassett	0415 473 182	under15@wakehurstredbacks.com.au
Under 16 to 18	Deb Kasmar	0431 106 110	under18@wakehurstredbacks.com.au
Seniors	Kev Hume	0433 570 385	seniors@wakehurstredbacks.com.au

Check out our website for Teams, Fixtures, Match Results and Scores, Match Reports and News of Club and Association events.

www.wakehurstredbacks.com.au



Kit and Clothing

1) Basic Kit Issue (guideline only):

Item	U10	U11	U12	U13 to U16-18
Kit Bag	1	1	1	1
Bats	4	4	4	3
Batting Pads (Pair)	4	4	4	3
Batting Gloves (Pair)	4 RH, 1 LH	4 RH, 1 LH	4 RH, 1 LH	3 RH, 1 LH
Keeper's Gloves	1	1	1	1
Keeper's Inners	1	1	1	1
Keeper's Pads	1	1	1	1
Helmets	2	2	2	2
Thigh Pads	1	1	1	2
Protectors	4	4	4	4
Stumps	4	4	4	4
Bails	3	3	3	3
Mallet	1	1	1	1
Cones	20	20	20	20
Measure	1	1	1	1
First Aid Kit	1	1	1	1
Boundary Measure	30m max	40m	40m	50m

2) Lost or Damaged Gear:

Coaches are responsible for gear and should ensure that it is kept in good condition and, within reason, prevent damage to their kit. Any lost or damaged gear is to be reported or returned to the Gear Steward on Club Fridays.

3) Match Balls

Age Group	Ball Type	Ball Issue
Junior/Master Blaster	Soft Yellow ball	N/A
U10 and U11	Kookaburra Rookie	As Required
U12	Kookaburra Red King 142g	As Required
U13 to Seniors	Kookaburra Red King 156g or Tuff Pitch 156g	Each Match

Used match balls are to be used for training and as such are kept in the kit and returned at the end of the season.



Kit and Clothing (contd)

4) Other Kit items:

Chalk and replacement bat grips will be available on Club Fridays at the clubhouse from the Gear Steward.

5) Left Hand Gloves:

Any coach requiring left-hand batting gloves should contact the Gear Stewart and these will be made available for pick up on the next Club Friday.

6) Shirts and Hats:

These will be available for sale on Club Fridays from the Gear Stewart.



Codes of Behaviour

Coaches

- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented players; the just-average need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician when determining an injured player is ready to recommence training and competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials

- Modify rules and regulations to match the skill levels and need of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes that will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.



Codes of Behaviour (contd)

Players

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging of other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rule and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decision and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.