



VICTORIAN CRICKET SCHOOL

PLAYER INFORMATION BOOKLET



2015

Located at:

**57 Waterview Close
Dandenong South Vic**



Welcome

The Victorian Cricket School for 2015 commences on **2nd August 2015** and concludes on **4th October 2015**.

The fees for the 2015 program will be **\$795.00* per student**.

The fees include:

- full tuition for 9 week program
- DVD analysis
- school polo shirt.

*All payments to be paid by 2nd August **2015**.

The Victorian Cricket School is led by former Australian Test Captain, Graham Yallop, who has a wealth of cricketing knowledge to impart to the students.

Each year we start the year off with video analysis of each individual student capturing both their batting and bowling skill level at the commencement of the program.

An edited DVD of each student's individual session will be provided along with a written report outlining strengths and weaknesses identified.

Each student's DVD will then be viewed together with the coach, player and a parent to identify specific areas to work on throughout the 2015 season.

At the end of the season, each student (and parent) will meet with their coach to review progress and receive guidelines to allow for continuous improvement over the summer.

We provide an intensive and comprehensive pre-season training program that has been designed to cover a wide range of cricket skills and techniques including:

- *Batting techniques – On Drive, hook/pull shot to short ball, when to leave, best way to avoid*
- *Net training – fielding, concentration, field placement, returning the ball*
- *Bowling – how to bowl an effective bouncer, where to aim, spin, fast, medium pace*
- *Building a bigger score – how do you put together an innings to reach high score, when bowling, how to attack a batsman who's settling in*
- *Wicket keeping – what's involved? / Coaches lecture*
- *Batting – aggressive vs defensive including 20/20, 5 day and 1 day techniques*
- *The short ball.....*
- *Bowling in a longer format of the game*
- *Swing bowling – traditional swing, contrast swing and reverse swing*
- *Hand/Eye Reflex training*
- *Spin – how to bat, bowl, field and keep to spin bowling*



The Victorian Cricket School program is committed to making a positive contribution to the betterment of the game of cricket in Victoria, by providing a structured skill development program for young cricketers.

The Victorian Cricket School program will assist cricket players to enhance their participation in, and enjoyment of, the game of cricket through the improvement of their cricket skills.

The School is open to anyone who has a desire to make it to the top level or who just wants to improve their overall game skills.

All theoretical classes and practical sessions are taken by qualified instructors and experts in the sport of cricket.

The current program is designed to ensure cricketers can still represent their regular Clubs, Schools or Pathway Regions whilst receiving the unique opportunities provided by the cricket school.

Always remember to enjoy the healthy competition and friendship that develops when you're involved in the game of cricket.

Learn, play well, endeavour to push your own boundaries so that you can become the best player you can be.

Luck is what happens when
preparation meets opportunity.

Seneca



*To assist with your personal training, each VCS students may hire lanes at the centre for personal training at a special VCS price of **\$20.00** for 1 hour (includes bowling machine). This offer is dependent on availability of lanes at the time you request.*

- *Students can book Monday through Friday and weekends during opening hours.*
- *The booking must be made on the day and is dependent on availability.*
- *No advance bookings will be accepted.*

This option is available to VCS students from 2nd August until 4th October 2015.



Session Details 2015

Session #	Day, Date	Time	Session		
1	Sunday 2 nd August 2015	5- 7pm	Video analysis		Net session
2	Sunday 9 th August 2015	5-7pm	Video review	Batting w-machines	Bowling skills
3	Sunday 16 th August 2015	5-7pm	Batting skills	Bowling skills	Fitness Testing
4	Sunday 23 rd August 2015	5-7pm	Theory session		Net session
5	Sunday 30 th August 2015	5-7pm	Fielding/Throwing		Batting skills
6	Sunday 6 th September 2015	5-7pm	Bowling skills		Net session
7	Sunday 13 th September 2015	5-7pm	Theory session – Cricket history		Net session
8	Sunday 20 th September 2015	5-7pm	Limited over cricket (theory)		One day batting & bowling techniques
TERM 3 SCHOOL HOLIDAYS – 27th September – break for holiday					
9	Sunday 4 th October 2015	5-7pm	Video analysis/review		Net session



Calendar 2015

	AUGUST	SEPTEMBER	OCTOBER
MON			
TUE		1	
WED		2	
THU		3	1 School Hols
FRI		4	2 School Hols
SAT	1	5	3 School Hols
SUN	2 VCS - #1	6 VCS - #6	4 VCS - #9
MON	3	7	5
TUE	4	8	6
WED	5	9	7
THU	6	10	8
FRI	7	11	9
SAT	8	12	10
SUN	9 VCS - #2	13 VCS - #7	11
MON	10	14	12
TUE	11	15	13
WED	12	16	14
THU	13	17	15
FRI	14	18	16
SAT	15	19	17
SUN	16 VCS - #3	20 VCS - #8	18
MON	17	21 School Hols	19
TUE	18	22 School Hols	20
WED	19	23 School Hols	21
THU	20	24 School Hols	22
FRI	21	25 School Hols	23
SAT	22	26 School Hols	24
SUN	23 VCS - #4	27 School Hols	25
MON	24	28 School Hols	26
TUE	25	29 School Hols	27
WED	26	30 School Hols	28
THU	27		29
FRI	28		30
SAT	29		31
SUN	30 VCS - #5		
MON	31		
TUE			



PLAYER REGISTRATION FORM 2015

PLAYERS NAME: _____

AGE: _____

DOB: _____

ADDRESS: _____

SUBURB _____

POSTCODE _____

PARENTS FIRST NAMES:

_____	_____
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Or GUARDIAN: _____

PREFERRED CONTACT:

TEL NO: _____

MOBILE: _____

EMAIL:

1. _____

2. _____

JUNIOR CLUB OF ORIGIN: _____

CRICKET ASSOCIATION: _____

CURRENT SCHOOL NAME: _____

CURRENT LEVEL OF EDUCATION: _____

PREFERRED CRICKET SKILL: (please tick for 2015)

Batting:

Spin Bowling:

Medium Pace:

Fast Bowling:

All Rounder:

Wicket Keeper: