



Season 2019/2020

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 K, dated 31 August 2019

Download from the WRCC website: 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, I would like to welcome you to another season of junior 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 efficiently 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	Deanne Hutt	0416 183 482	president@wakehurstredbacks.com.au
Secretary / MWJCA Delegate	Bernadette Chang	0421 568 745	secretary@wakehurstredbacks.com.au
Treasurer	Julian Humphrey	0406 534 935	treasurer@wakehurstredbacks.com.au
Vice President – Blasters / MWJCA Delegate	Matt White	0423 151 210	blasters@wakehurstredbacks.com.au
Vice President – Juniors / MWJCA Delegate	Kevin Wesson	0418 727 622	juniors@wakehurstredbacks.com.au
Vice President – Girls	Karen Judson	0418 443 809	girls@wakehurstredbacks.com.au
Vice President – Seniors / MWCA Delegate	Blake Gregory	0425 202 442	seniors@wakehurstredbacks.com.au
Registrar / MWCA Delegate	Matthew Murray	0425 280 321	rego@wakehurstredbacks.com.au
Gear Steward	Warren Staples (acting)	0419 600 093	gear@wakehurstredbacks.com.au
Web News / Publicity	Blake Gregory	0425 202 442	webnews@wakehurstredbacks.com.au
Sponsorship	Laurie Zanella	0412 401 348	sponsorship@wakehurstredbacks.com.au

Club Nights

Friday evenings between **6:30pm and 7:30pm** is the time to collect balls and any extra **gear or clothing** that your team may require. The next clubhouse pick-up night will be **18th October** followed then every second Friday thereafter excluding school holidays.



A full list of club open nights for the season can be found on the WRCC website at www.wakehurstredbacks.com.au/our-club/club-house-open-nights.

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 (including spectators)!
— REMEMBER we are all representing the Wakehurst Redbacks
- **Scoring I 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.**
- **MWJCA Stage 1 scoring evening** will be held on Wednesday 16th October from 7.30 – 9pm at the Master Builders Club, Dee Why. A representative from each Stage 1 team needs to attend the evening.
- **Net/Centre wicket practice bookings** — Please ensure that Kevin Wesson, Vice President Juniors, is advised of your team's training time and location. Due to the training needs of older teams and Seniors, it is expected that U10 and U11 teams will train at Bambara Oval, Macfarlane Oval etc. Please contact Kevin with any queries and to check ground availabilities. Note that one net at Lionel Watts needs to be available for public use as per Northern Beaches Cricket Council guidelines.

ENJOY YOUR SEASON!

Deanne Hutt
President, WRCC



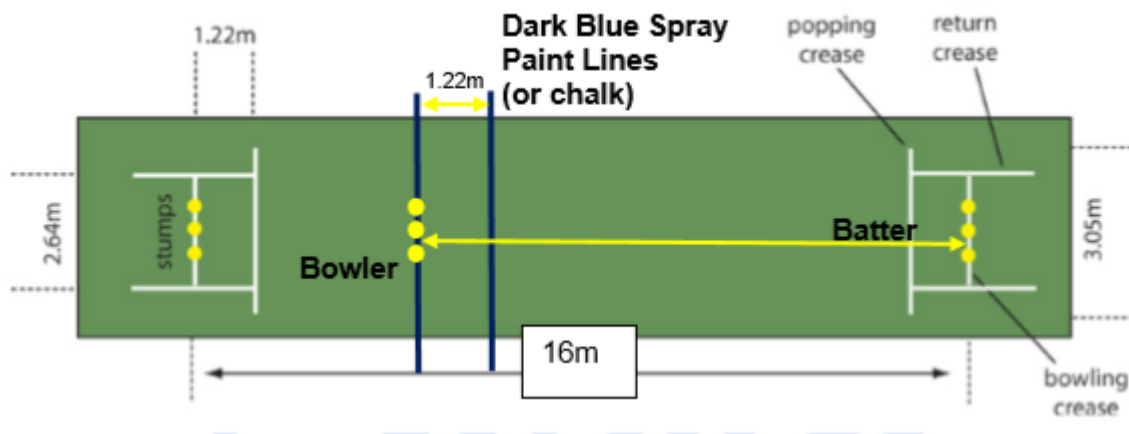
Stage 1 Summary

Teams

- Seven players per team. No more than seven players from the bowling side on the field. Batting and bowling can be distributed among up to nine players
- A team shall have a minimum of five players on match day. Note that playing with less than seven players mean more batting and bowling per player.

Pitch and Boundary

- Pitch length is 16m stumps to stumps with the popping crease 1.22m from the stumps.
- Bowling is from one end only, with the end to be agreed before the boundary is set.
- Normal wooden stumps should be used at the batting end and spring-loaded stumps at the bowler's end.
- The boundary shall be no more than 30m for U10s and 35m for U11s in a circle measured from the batting end stumps. The straight boundary is therefore only 14m/19m behind the bowler.
- At the bowling end, dark blue spray paint lines (or chalk line) are to be marked 16m from the batter's stumps and a popping crease marked 1.22m from the bowling end stumps.



Ball

- For both U10s and U11s the Red Kookaburra Rookie or Red Kookaburra Star ball shall be used and provided by the bowling side.
- It is not necessary to use a new ball every game – a new ball should last at least two innings. New balls are available for collection at clubhouse open nights.
- Used match balls are to be retained as team training balls and then returned to the club at the end of the season.



Time and Overs

- All games are 20 overs per innings played over a maximum of two hours. Each team has one hour to complete their innings with a 5-minute break between innings.
- Umpires are to ensure that no time wasting occurs during the match. There may be another game on that ground shortly after.

Batting

- Batters bat as individuals rather than in pairs and retire after 17 balls or pro-rata (7 x 17 = 119 balls), the last player faces the extra 18th ball.
- Batters have unlimited dismissals. Batters are to swap ends after fall of a wicket.
- A wicket results in four penalty runs awarded to the bowling team.
- There are no LBW dismissals for U10/U11s but a batter deliberately using their pads to protect his wicket can be dismissed if they do so after being warned by the umpire.

Bowling

- Each player bowls at least one over (including wicket-keepers) but not more than four overs per innings.
- A ball that lands off the pitch is a no-ball and can be scored off until it comes to a stop and becomes dead.
- A ball that bounces twice before the batter is a no-ball. A second bounce between batter and stumps is legal.
- The front foot no-ball rule applies.
- No-balls and wides are not to be re-bowled. An over only consists of six deliveries, legal or otherwise and count towards the batter's balls faced.

Fielding

- There shall be no more than seven players from the bowling/fielding side on the field at one time.
- Rotation of fielders is recommended to ensure all players experience all positions. If more than nine players are present at a match, they should rotate onto the field after each over.
- No fielders other than wicket-keeper and slip can be within 15m of the batter. Encroachment before the ball is hit by or passes the batter results in a dead ball which is re-bowled.



Age Group Contacts

Age Group	Contact	Phone	Email
Girls Cricket	Karen Judson	0418 443 809	girls@wakehurstredbacks.com.au
Junior Blaster/ Master Blaster	Matt White	0423 151 210	blasters@wakehurstredbacks.com.au
Under 10	Sean Moran	0410 879 286	under10@wakehurstredbacks.com.au
Under 11	Madhura Bhagwat	0430 172 000	under11@wakehurstredbacks.com.au
Under 12	Kevin Wesson	0418 727 622	under12@wakehurstredbacks.com.au
Under 13	Brett McLennan	0488 939 500	under13@wakehurstredbacks.com.au
Under 14	Laurie Zanella	0412 401 348	under14@wakehurstredbacks.com.au
Under 15	Deanne Hutt	0416 183 482	under15@wakehurstredbacks.com.au
Seniors	Blake Gregory Matthew Murray	0425 202 442 0425 280 321	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 and U13	Kookaburra Red King 142g	As required
U14 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 are available at clubhouse open Fridays if required.

5) Left-handed Gloves:

Left-handed gloves are available from the clubhouse if required.

6) Shirts and Hats:

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



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.