



## **Practice Policy**

1. The Club Coaching Staff and Selectors recommend players that are in the 1<sup>st</sup> and 2<sup>nd</sup> Grade and Under21's squads should train twice a week. If you're unable to meet the requirement please talk with the Club Coach, all of players are encouraged to do so if you wish.
2. Official Practice Days are Tuesday and Thursday at Erina Oval.
3. Player's shall remain till the end of Practice unless excused by the Club Coach or Practice Captain.
4. Training Times are :
  - Before Daylight saving\* times*
    - From 4:30pm to 6:00pm
  - During Daylight Saving\**
    - From 5:00pm to 7:00pm

\*EDST begins 04/10/09
5. If players are unable to attend Practice they must advise Team Captain or Club Coach your unavailability.
6. The Club Coach shall appoint a Practice Captain.
7. Each Player is to report to the Practice Captain on arrival at practice and have their name recorded in the register. Each player then will be directed to batting, bowling, fielding or warm up exercise as seen fit by the coach or Practice Captain.
8. Players shall wear cricket boots and joggers, never bare-footed.
9. Players shall Bat or Bowl as directed by the practice Captain
10. Unless determined by the Coach or Practice Captain 4 bowlers max per net at any one time
11. Participation in fielding practice is compulsory for all players this will be the last 30min of training and will commence at the direction of the practice Captain
12. Players will be awarded Player of the year points, (3 Points) per training session attended and completing mandatory components in the session this could be a main contributor to determine the end of season award.

[29/09/09](#)