

# HIGH RODING CRICKET CLUB

## 125 Years NOT OUT

INFORMATION FOR PARENTS AND GUARDIANS – 2019 SEASON

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## INTRODUCTION

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The Colts section at High Roding Cricket Club was established by Richard Clarke and Terry Owers in 1983, and has gone from strength to strength since. Richard is still on the committee of the Club, and is currently our President.

Many people are involved to ensure that the club is run in a professional manner, and work on a volunteer basis, with the provision of some external ECB qualified coaching to ensure we maintain our coaching standards for all.

However a Colts section cannot function without support from the parents and other members of the committee, all of whom contribute to the overall running of the Club.

We have been successfully accredited as a Clubmark club by Essex County Cricket Board, which demonstrates that the club takes issues like Child Welfare seriously.

As a club we continue to go from strength to strength, and both our Colt and Senior sections aim to be successful. We play two adult sides – our First team is in the T. Rippon Mid-Essex Cricket League. The Second team play's in the Herts and Essex Cricket League, Divisions Two . The Club also takes part in the National Village Cricket Competition, the Herts and Essex League Cup and Boardmans Davies Cup. Our older Colts regularly participate in all levels of senior cricket at the Club.

We do not support Colts playing in Senior games just to make up the numbers i.e. not bowling or batting – our Colts play an active part in any adult matches for which they are selected and play in.

High Roding CC colts feature in many county and district representative teams, and we maintain an honours board to capture individual achievements, on the club website:

<http://highroding.hitsports.com>

## WHAT WE OFFER

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We offer cricket training to children from the age of 7 to 16. From the age of 14 training can be with the senior members in addition

We train outside from the end of April to the middle of August and we run an indoor winter programme from October to March– Subject to interest.

We enter a teams from under 9's into the West Essex District Cricket Board (WEDCB) league. The teams are selected on a rotational basis, depending upon availability, ensuring that, as many Colts as possible experience regular competitive cricket.

At High Roding we try to ensure we are playing friendly cricket as early as possible so that our Colts can experience game situations and develop their knowledge of Cricket. We have developed strong relationships with a few local sides that allow us to hold friendly fixtures at U8 level.

The U9 & U10 Cricket played at High Roding is always based on the terrier format of the game, allowing all Colts to participate and develop their individual ability and team working ethic.

**Girls Participation** -- Girls are allowed to play down a year in the league and so we can provide girls cricket in the junior section as demand requires. Tom Shrager will also endeavor to generate some all girls fixtures as well.

The U11 team is also entered into the WEDCB League Cup competition. We also aim to play in the annual end of season Mini-Matchplay competition and the winter indoor league both held at the Ford County Ground at Chelmsford but entry is not guaranteed year on year due to the restriction on numbers.

We have entered two teams into the WEDCB U13 League and cup. The team is selected on a rotational basis, depending upon availability, ensuring that, as above, as many Colts in this age group are able to gain experience in competitive cricket.

Occasionally younger players may be selected if it is felt that it is in the interests of their cricketing development. We try to enter a side into the Mini Matchplay competition - the final of which is played at the County Ground. We also aim to enter at least one team into the winter indoor league held at the County Ground, Chelmsford, but entry is not guaranteed year on year due to the restriction on numbers.

Over and above the league and cup fixtures as above, we organize as many friendly matches as possible across the different age groups.

We encourage as much involvement in the club as possible. We aim to run Barbecues each Friday and our Colts and families are always welcome at senior matches.

We are an inclusive club, and encourage girls to join and participate in cricket across the age groups.

## OUR VIEW OF YOUTH CRICKET

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We believe that our younger members are an essential part of our club and are vital to both our present and future success. We aim to do all we can to encourage and include younger players and make them feel a valued part of the Club, irrespective of their age, gender or level of ability or length of time with the Club. We also expect that youngsters should be able to enjoy their cricket and develop their abilities to their full potential in a safe environment, free from harassment, bullying or other risks.

Our priorities for all aspects of youth cricket, including coaching, youth matches and adult matches involving youngsters, center on the safety and welfare of the individual.

We therefore aim to:-

- Enable youngsters to enjoy the game;
- Coach and encouraging younger players to help them develop their cricketing skills;
- Help children to establish self-confidence, both on and off the field, and develop enthusiasm for the game of cricket.
- Encourage the older players to broaden their horizons by qualifying first as Coaching Young Leaders and then as coaches

## OUR EXPECTATIONS

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We expect our members and their families to behave in a reasonable and sociable way towards their peers, our coaching staff and other youth and adult members. We also expect all children and parents to train, play and support within the Spirit of Cricket

<http://www.lords.org/laws-and-spirit/spirit>

When joining High Roding Cricket Club we expect members to sign up to and behave within the High Roding Colts Code of Conduct – included in this document and available to view on the web site – Please take the time to read through this document with your child to help us bring the code of conduct to life.

Likewise, all who have any responsibility for youth cricket in any way at our club are expected to respect individuals and conduct themselves appropriately.

All coaches work within the Coaches Code of Conduct (available to view on the web site). In line with ECB policy, all coaches will hold a valid CRB check, First Aid certificate and will be trained in the Safeguarding and Protection of children. Other members of the club who have regular contact with youth members will also hold a valid CRB check.

Parents/guardians are asked to ensure that coaches are made aware before coaching sessions or matches of any medical condition which might affect their child's performance or which might require specific attention (e.g. asthma), or of any injury which may prevent a child from taking part in elements of coaching (e.g. sprain).

The social aspect to our club is very important to us and we encourage parents to remain at the club during training session and matches. The bar is open during training sessions. Profits from the bar are an important contribution to club funds. There are a range of social activities held throughout the year to raise money for club funds, check the website for details.

Parents of children under the age of 11 **must** stay on site with their child during matches and training or nominate a responsible adult, informing the coach or manager of this arrangement.

When playing in matches children must wear cricket whites. Club kit can be purchased from the Club.

As members of our club, our facilities are available for your use. This does extend to the nets.

The nets need to be treated with care as they represent a large investment and full safety equipment should be used at all times.

- Children must not be in the nets unaccompanied – parents must be present at all times
- Spikes must **not** be worn in the nets

There are rules for when using the nets:-

- When using the nets outside club training times High Roding CC take no responsibility for your safety.
- Coaches have first call on the lanes – if they arrive and want to coach you must vacate the net.
- An ECB coach qualified to at least level 2 should be in attendance for hard ball practice.

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## OUR COACHING PROGRAMME

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### COACHING ETHOS

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Coaching sessions will incorporate a mixture of technique demonstration and practice, skill and fitness games and practice matches based on and following the principles of the Long Term Athlete Development (LTAD) program.

Some coaching will be done using the nets and hard ball (although net sessions may only account for a portion of time spent training). It is important to cover all aspects of cricket such as:

- Fielding – techniques of retrieving, intercept and throwing, and fielding positions
- Batting – repertoire of defensive and attacking strokes
- Bowling – bowling action plus introduction to spin and swing bowling
- General cricket knowledge – umpire signals, laws of the game incorporating the spirit of cricket.

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### COACHING TIMES

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Our training is on Friday evenings for all our colts teams. Coaching commences at 6.30 p.m. – 8.00 p.m initially and will extend to 8.30pm when light allows later.

2019 outdoor training will begin on **Friday 26th April**.

Children who have registered and subscriptions paid will be able to commence playing from the first week.

Should poor weather result in the need to cancel training the message board on our web site <http://highroding.hitsports.com> will be updated. We shall also endeavor to e-mail all Colts, according to our registered list.



## INSTRUCTIONS FOR JOINING – 2019

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The Club reserves the right to restrict numbers within age groups to ensure that the coach to children ratio is adhered to and the club reserves the right to refuse admission to new members at any point during the season based on coach availability.

All forms and payment in full must be received before the first training session of 27<sup>th</sup> April 2018.

### **2019 membership fees are as follows**

#### **Colts aged up to and playing in the under 15 age group.**

Membership fees are listed on the Colts membership application form.

PLEASE NOTE OUR BACS DETAILS HAVE CHANGED

Sort Code 30 92 76  
A/c 19129960  
A/c High Roding Cricket Club  
(please reference child's name)

In an effort to encourage the crossover between colts and senior cricket and in recognition of the contribution that this age group currently makes to our senior teams. The student age limit has been reduced to 16 to include the more senior players in the Matchplay side. This now means that these colts will pay our reduced student rate of £40.

Where Colts play in senior matches the match fee payable is £5.

Our club wishes to ensure that the cost of membership is not a bar to anyone who wishes to play cricket. If you have any difficulty with the financial aspect of becoming a member please speak to Paul Welland in confidence.

Colts membership includes free social membership for parents or guardians.

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## SAFETY

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Safety during coaching sessions and matches is paramount. We ask all parents to ensure their children have with them the necessary protective equipment.

We use a mix of soft balls (e.g. tennis ball, Incrediball, etc.) and junior cricket balls for coaching the Colts.

In the older age groups both soft and hard balls will be used and net sessions involve the use of standard hard balls. Some matches for the younger Colts (8-9 year olds) will be played with incrediballs but all other league matches may be played with a standard cricket ball.

To play in any hard ball match or to take part in training involving hard balls all Colts must have the following:-

- Abdominal protector ("box") plus briefs / designated cricket shorts or jock -strap;
- Batting Gloves
- Sturdy trainers with a good grip (cricket spikes are useful but not essential as these cannot be used in the nets)
- Cricket Helmet
- Batting Pads
- Leg guards if keeping wicket (wicket or batting pads)

Please note that our nets cannot be used by anyone wearing spikes. Those Colts who use cricket spikes should therefore bring trainers within them for all matches and training sessions to avoid being barred from the nets.

For matches using incrediballs all Colts will need:-

- Abdominal protector ("box") plus briefs or jock -strap;
- Batting Gloves

The club does have a small number of helmets, pads and gloves available to loan should you need them.

The Club adheres to the safety guidance issued by the ECB as detailed below.

### **Helmets**

The ECB provides the following safety guidance on the wearing of cricket helmets by young players

- 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:

There is a British standard (BS7928:2013) for cricket helmets and it is in the best interests of players to ensure that their helmet conforms to this standard.

Any young player who has not reached their 18th birthday must wear a helmet with a faceguard when batting and when standing up to the stumps when keeping wicket in all matches – youth and senior. Umpires, coaches and managers can refuse to coach or allow players to play in matches if they do not wear a helmet – parents cannot override this requirement.

### **Fielding**

The ECB has also extended the existing 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.

### **Fast Bowling Regulations**

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 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, every effort must be taken to produce bowlers to reach the goal.

The regulations for the number of overs to be bowled by a pace bowler in a spell and in a day (regardless of how many matches are played) are as follows:-

- Up to Age 13. Maximum of 5 overs per spell, maximum of 10 overs per day (regardless of how many matches played)
- Ages U14 and U15. Maximum of 6 overs per spell, maximum of 12 overs per day (regardless of how many matches played)
- Ages U16, U17, U18 and U19. Maximum of 7 overs per spell, maximum of 18 overs per day (regardless of how many matches played)

For the purposes of these Directives a fast bowler is defined as a bowler to whom a wicket keeper in the same age group would in normal circumstances stand back to take the ball. Having completed a spell the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of his spell have been bowled from the same end.

A bowler can change ends without ending his current spell provided that he bowls the next over that he legally can from the other end. If this does not happen his spell is deemed to be concluded

If play is interrupted, for any reason, for less than 40 minutes any spell in progress at the time of the interruption can be continued after the interruption up to the maximum number of overs per spell for the appropriate age group. 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.

It is incumbent on players or parents to ensure that the manager, captain and umpire of the match is aware of any overs you/your child have already bowled on that day. Players who exceed these Directives will be exposed to higher risk of injury.

### **Junior Cricketers playing in Adult Matches**

All clubs 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.

The umpires and the opposing captain must be notified of the age group of all players participating in an adult match who are 18 or under 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.

Children under the age of 13 are not able to play in senior games.

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 junior age groups plays in an adult match. This could include the captain or other identified adult player taking responsibility for the young player.

High Roding Cricket Club abides by ECB and adult league rules regarding Colts playing adult cricket and it is generally unlikely that any Colt under the age of 14 will play adult cricket. Exceptions can be made if the player is of county standard and a letter by the country is presented to the captain and qualified umpires prior to the start of the game.

## MEMBERS CODE OF CONDUCT

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As a member of High Roding Cricket Club you are expected to abide by the following code of conduct. Failure to do so may result in membership being withdrawn without refund of any subscription fees:

- Members (players and family members) must respect officials (league, board and club) and their decisions
- Members must play within the rules of the game
- Members must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Members should keep to agreed timings for match participation or inform their coach or team manager in good time if they are going to be late or are unable to attend.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club
- Parents of children under the age of 11 are expected to stay on site during Colts training or nominate another responsible adult (notifying coaches of this)
- Parents of children under the age of 11 are expected to accompany their children to matches or nominate another responsible adult (notifying the manager of this , whether they are at home or away)
- Parents of children under the age of 8 are expected to remain close to the area where their children are being coached.
- Children should treat their coaches with respect and expect to behave responsibly during training and matches
- Parents are responsible for arranging lifts for their children should they be necessary.
- Exterior equipment is not to be played on at any time (i.e. sight screens, mobile nets, outdoor nets).
- Family members are very welcome at the ground during matches and training but young children not participating in training are the responsibility of parents and are expected to abide by the same rules while on club premises.
- Car parking is only available on club premises when you are attending the club on cricket business (i.e. training or matches).
- Please ensure you and the colt are fully conversant with club policies on social media.
- Please also be conversant with all Club rules and policies as required by ECB Clubmark. These can be found on the notice board and club website.

## 2019 TEAMS AND MANAGERS

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|                                  |                 |   |
|----------------------------------|-----------------|---|
| <u>U9's</u><br>Terrier friendly  | George Matthews | email:george@peterhugh.co.uk<br>Phone 07747846888       |
| <u>U10's</u><br>Terrier friendly | Andy Duke       | email:aduke@btig.com<br>Phone 07747604379               |
| <u>U11's</u><br>Terrier format   | Paul Welland    | email:paulwelland2@googlemail.com<br>Phone 07866627656  |
| <u>U11's</u> League              | Paul Welland    | email:paulwelland2@googlemail.com<br>Phone 07866627656  |
| <u>Girls</u>                     | Tom Shrager     | email:tom.shrager@bluepodmedia.com<br>Phone 07734556408 |
| <u>U12's</u><br>Brain Taylor Cup | Tom Shrager     | email:tom.shrager@bluepodmedia.com<br>Phone 07734556408 |
| <u>U13A</u><br>League            | Mark Anders     | email:anders110@btinternet.com<br>Phone 07467064572     |
| <u>U13B</u><br>League            | Jonathan Smith  | email:jonathan@greatgarnetts.co.uk<br>Phone 07957861725 |
| <u>U13</u><br>Cup                | Mark Anders     | email:anders110@btinternet.com<br>Phone 07467064572     |
| <u>U15</u><br>League             | Braden Howarth  | email:bhowarth1974@gmail.com<br>Phone 07860335556       |
| <u>U15</u><br>League Cup         | Braden Howarth  | email:bhowarth1974@gmail.com<br>Phone 07860335556       |

### Other contact:

Paul Welland - Colts Chairman

Sally Welland - Membership Secretary

Paul Townsend - Child Welfare Officer

Sam Shrager - Child Welfare Officer

## INTERESTED IN HELPING US?

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### **Coaching or running youth matches**

We always welcome additional help in running our youth coaching and youth matches. Coaching assistants (who will be supervised by qualified coaches) do not need to be qualified ECB coaches in the first instance although we will support those wishing to gain qualification through their ECB coaching assessments. As detailed already anyone helping with youth coaching must receive Criminal Records Bureau clearance – this is straightforward and the Club's Child Welfare Officer can give advice on this.

### **Helpful spectating**

During matches parental assistance with scoring (someone can show you how to do it!), preparing the boundaries/scoreboard and supporting the provision of drinks/snacks for the players is greatly appreciated. Parents of many of the teams arrange responsibilities for drinks and snacks for home games, and kitchen facilities are available.

### **Friday night support**

We frequently need volunteers on Friday evening's to assist with barbecue duty or running the bar. Please offer your services to Paul Welland if you are able to assist.

### **Fundraising ideas or support**

Similarly, anyone with experience or ideas with regard to fundraising should approach Paul Welland.

### **National Lottery Bonus Ball**

Another way in which the Club raises money is the "Be Innit to Winnit" National Lottery Bonus Ball draw. Please contact any club official in regards to joining.