

Mordialloc Cricket Club

Established 1885

Premiers: 1892/93, 1924/25, 1929/30, 1946/47, 1963/63, 1979/80, 1991/92, 2001/02, 2003/04, 2005/06, 2008/09, 2014/15, 2016/17, 2017/18

Part of the Mordialloc Sporting Club Inc. Reg No: A0027737R, Affiliated: DDCA, SECA

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THE BLOODHOUNDS

Dear Player,

Welcome to Season 2018-19. I look forward to building on our good work from last season.

This document will outline the pre-season and the requirements in getting ready for a successful season. Please keep this information on hand and refer to it as necessary.

Training

The pre-season training schedule is attached. It is expected that players would attend all sessions in order to prepare properly for the season but also to help create the right environment to improve and enjoy your cricket. Should you be unable to attend training simply call, text or email before the session to assist with preparation. Adrian Jones – ajones@cricketvictoria.com.au or 0433 574 865. This method of communication is preferred throughout the season.

Commitment

In order to make Mordialloc CC as successful as it can be we require a level of commitment from all players in order to achieve our best performances. We will assume that players are available for every game unless told otherwise by the player in person. For transparency at selection as well as readiness for each game we would like as much notice as possible about games you may be unavailable for. This greatly assists your team and club mates as well.

Change

Embrace change and work with it to our advantage. We would love to see every player return from last year. We should also look to recruit and welcome new players to the club across all grades. We also move back into the brand new facilities at Ben Kavanagh Reserve – we hope you enjoy them. Let's embrace these changes and use them to our advantage. When done properly change creates better results.

Support

Mordialloc is a large and proud club. Be involved and embrace it into your cricket and social life. Playing for and supporting a club like Mordialloc with 100% commitment will make your time here the most enjoyable it can be. You will get out what you put in. Remember – You play FOR the Mordialloc Cricket Club NOT at the Mordialloc Cricket Club.

Match Day

Prepare as best you can for every day of cricket in order to get your best results. Be respectful of the officials and opposition teams but play with passion and enthusiasm for the Mordialloc Cricket Club. Support and back your captain and fellow team mates at all times. This will enable you and your team to play with the strength and skill required in a strong competition.

Enjoyment

The key to enjoying your cricket is to be bound together with a group of friends and like-minded people in pursuit of achieving your best. Enjoy each other's company, not only within your team but also within the whole club inclusive of all players, committee, club officials and supporters. Cricket is a challenging game so embrace and enjoy the challenges that come your way.

Back to Back to Back.....

We achieved excellent results last year in our 1st XI (Premiers) and 4th XI (Runners Up) in making the grand finals. The DDCA is a strong community competition where a 'Three Peat' has NEVER been achieved in 1st XI history. To achieve it would be historic but we would only give ourselves a chance of this if we follow the directions above with our most enthusiastic approach.

Pre-Season Dates

Monday 6th August – 6pm to 7pm – Fitness – Berry Fitness – AFL Theme - \$10
Monday 13th August – 6pm to 7pm – Fitness – Berry Fitness – Arctic Theme - \$10
Wednesday 15th August – 6.45pm to 8pm – Mordy HQ Indoor Sports
Monday 20th August – 6pm to 7pm – Fitness – Berry Fitness – Fluro Theme - \$10
Wednesday 22nd August – 6.45pm to 8pm – Mordy HQ Indoor Sports
Saturday 25th August – 9am to 1pm – Paintball – Delta Force Dingley - \$10
Wednesday 29th August – 6.45pm to 8pm – Mordy HQ Indoor Sports
Saturday 1st September – 7.30am to 9am – Biathlon – Ben Kavanagh Reserve - \$5
Wednesday 5th September – 6.45pm to 8pm – Mordy HQ Indoor Sports
Saturday 8th September – 10am to 11.30am – Mordialloc Cricket Ground (Nets)
Wednesday 12th September – 6.45pm to 8pm – Mordy HQ Indoor Sports
Saturday 15th September – Practice Match/Training – Details TBA
Wednesday 19th September – 6.45pm to 8pm – Mordy HQ Indoor Sports
Saturday 22nd September – Practice Match – Details TBA
Tuesday 25th September – 5pm – 7pm – Mordialloc Cricket Ground (Nets)
Thursday 27th September – 5pm to 7pm – Mordialloc Cricket Ground (Nets)
Saturday 29th September – 9am to 11.30am – Doug Denyer T20 Match – AFL Grand Final
Tuesday 2nd October – 5.30pm to 7.30pm – Mordialloc Cricket Ground
Thursday 4th October – 5.30pm to 8.30pm – Round 1 Team Selections – Mordialloc CG
Saturday 6th October – ROUND 1 – Game On!

Each Fitness session is geared for improving fitness levels so you are required to dress appropriately. Please bring your running gear (shorts/track pants, t-shirt/long or short, socks and runners). **You are also required to bring a drink bottle and towel.** In addition to this the fitness session will have a dress theme to it.

1. Footy – Players to wear a football jumper, shorts and football socks!
2. Arctic – Players to wear a long sleeves, long pants and a beanie – you will get sweat up!
3. Fluro – Players to wear clothing that can be seen for miles!

Wednesday sessions are Mordy HQ Indoor Sports. You will need all your cricket gear to have a bat, bowl and field. Berry Fitness is located at 218 Nepean Hwy in Edithvale.

In order to be physically ready for the season ahead will require additional fitness training. If you are not playing any winter sports here are some ideas of programs to follow 2-3 times a week from NOW.

Option 1 –

Fartlek Session – 15 mins (30 sec jog – run - walk)

3 x 10 Push Ups (60 second rest)

3 x 10 Box Jumps (60 seconds rest)

2 x 1min plank hold (1 min rest)

Option 2 –

6 x 2 min run (60 second walk recovery)

8 x 80 metre sprint (start every 40 seconds)

3 x 12 Bench Dips (60 sec rest)

2 x 1min plank hold (1 min rest)

I look forward to working with all players for the upcoming season. We will look to appoint team captains, leaders and other important roles during the pre-season so if you are interested or have any questions or queries please do not hesitate to contact me on 0433 574 865 or at ajones@cricketvictoria.com.au

Go Bloodhounds,

Adrian Jones

Coach – Mordialloc Cricket Club

