

This version: 26 June 2022

YPCC SENIOR PRESEASON TRAINING SCHEDULE 2022

All welcome. Training is open to U16 and 14 juniors playing in mixed and girls teams.

CONTACTS

Senior Men's Head Coach: Kenroy Peters 0451 174 921
Senior Men's Assistant Coach: Mike Cardiff 0404 439 222
Senior Women's Head Coach Derek Dewey 0412 613 618
Senior Women's Assistant Coach: Ryan Wandal 0484 008 108

NEW PLAYER CONTACT

Club President: Paul Sinclair 0409004651

OBJECTIVES

- Support players improve their conditioning and flexibility
- Teach players activities they can use in their own time to avoid injury
- Being physically prepared for the first practice match
- Consolidate and expand basic cricket skills
- Have fun

HOW WE DO IT

- Short , sharp sessions
- Game based fitness and skill activities
- Great communication between coaches and players

PRESEASON SCHEDULE			
DATE	VENUE	TEAMS	TIME
SAT 23 JULY	RYDER OVAL/NETS	MENS 12&3	9am - 10am
		MENS 456&7	10am - 11am
SAT30 JULY	RYDER OVAL/NETS	MENS 12&3	9am - 10am

		MENS 456&7	10am - 11am
THURS 4 AUG	NORTHCOTE INDOOR NETS	MENS (all teams)	6.30 - 8pm
SAT 6 AUG	RYDER OVAL/NETS	MENS 12&3	9am - 10am
		MENS 456&7	10am - 11am
THURS 11 AUG	NORTHCOTE INDOOR NETS	MENS (all teams)	6.30 - 8pm
SAT 13 AUG	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	BRUNSWICK SECONDARY COLLEGE GYM	WOMEN	9am - 10am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
THURS 18 AUG	NORTHCOTE INDOOR NETS	MENS (all teams)	6.30 - 8pm
SAT 20 AUG	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	BRUNSWICK SECONDARY COLLEGE GYM	WOMEN	9am - 11am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
THURS 25 AUG	NORTHCOTE INDOOR NETS	MENS (all teams)	6.30 - 8pm
SAT 27 AUG	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	BRUNSWICK SECONDARY COLLEGE GYM	WOMEN	9 - 11am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
SAT 3 SEP	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	RYDER OVAL/NETS	WOMEN	10am - 11am

	BRUNSWICK SECONDARY COLLEGE GYM	Option if its bad weather	9am-11am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
WED 7 SEP	NORTHCOTE INDOOR NETS	MENS (all teams)	7.45pm - 9pm
SAT 10 SEP	RYDER OVAL/NETS	MENS (all teams)	10am -11.30am
	BRUNSWICK SECONDARY COLLEGE GYM	Option if its bad weather	9am-11am
	BRUNSWICK SECONDARY COLLEGE GYM	WOMEN	9am-10am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
SUN 11 SEP	POPLAR OVAL PRACTICE GAME	MEN	TBC
WED 14 SEP	NORTHCOTE INDOOR NETS	MENS (all teams)	7.45pm - 9pm
SAT 17 SEP	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	RYDER OVAL/NETS	WOMEN	10am - 11am
	RYDER OR BRUNSWICK SECONDARY (TBC)	SPRING VIBES GIRLS CRICKET	3pm - 4pm
SAT 24 SEP	RYDER OVAL/NETS	MENS (all teams)	9.15am - 10.15am
	RYDER OVAL/NETS	WOMEN	TBC
SUN 25 SEP	POLAR OVAL PRACTICE GAME	WOMEN	TBC