



Junior Representative Players Manual

Developing players to their full potential

Updated 2021



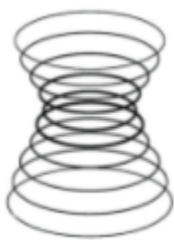
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A Message from the Association

Dear Player,

Congratulations on being selected in a Manly Warringah Junior Cricket Association Representative Team. Representing Manly Warringah is a huge honour and many great Manly players (current and former) have gone before you. Being selected to represent Manly Warringah also carries with it several obligations which are outlined in this handbook.

MWJCA enters teams into both boys and girls representative competitions in the NSW Youth Championships, the IDCA and DCA age group competitions from u11 to u17.

You have been identified as a player with the potential to succeed at the highest level. We want you to feel confident that we are providing you with a platform for you to develop and play to your full potential.

Importantly, do not be frightened or hesitate to ask your Coach or Manager if there is something you do not understand. Please remember that they are here to help YOU, they are investing time and effort in you and want to see you improve. Each Coach has the Association's utmost respect and support. They are certainly worthy of your respect also.

In this booklet are sections detailing what is expected from you both on and off the field and advice on a range of valuable topics including training, pre-match preparation, health and nutrition, how to deal with minor injuries, just to name a few.

Also inside this booklet is an important section for Parents informing them of the processes in place for dealing with questions or concerns that you may have, along with tips that you can use to support your son/daughter and team throughout the season.

Please note the Player & Parent sections are very important and should be read by players together with their parents or guardians regardless of the player's age group.

The final page in this document must be signed by both the player and the parent(s) to acknowledge that the relevant codes of conducts and the handbook have been read. Please remove the page and return it to your team manager before the commencement of the competition.

Manly Warringah Junior Cricket Association offers you some of the best facilities in junior cricket. Couple this with excellent coaches and YOUR dedication and commitment we should see your team excel.

Please refer to mwjca.com.au under the play cricket, rep cricket tab for the current Rep Committee, Coaching and Support Staff personal.

All Rep Cricket administration correspondence can occur via reps@mwjca.com.au

We wish you all the best of luck for the coming season and look forward to playing a part in your development as an elite cricketer.

Again, congratulations on your selection. All your Coaches and the Committee of Manly Warringah Junior Cricket Association wish you every success.

MWJCA Rep Chairman and Committee

Player Code of Conduct

The Association insists that the following code be observed:

- Players and families of players shall accept that one of the aims of Representative Cricket is to learn and display sportsmanship in all aspects of the game.
- Players are to accept the Umpire's decision immediately and not show dissent.
- Players and their parents shall show respect for decisions of and actions taken by Umpires, Captains, Vice-Captains and opposition players during the course of the game. Abusive, insulting language and behaviour will NOT be tolerated.
- Players and their families shall accept all decisions of the Coach or Manager gracefully and without criticism.
- MWJCA representative players must wear the official uniform (playing shirt, cap, etc.) applicable to that season. Cricket attire, including long pants and cricket shoes must be maintained in a clean and respectable fashion.
- You will also be expected to attend ALL formal MWJCA functions when called upon.
- Please note that wearing MWJCA representative shirts, caps, etc. for club games is not permitted.

Training

- You are expected to wear current season training gear to ALL training sessions.
- You are required to arrive at training sessions 10 minutes early to prepare and start exactly on time.
- Be prepared to assist the coach moving training equipment to and from the training area.
- Players unavailable to attend scheduled training sessions are to inform the Team Manager or Coach as soon as possible prior to the training session.

Match Day

- You are required to arrive no later than 1 hour before the scheduled start of play.
- MWJCA representative players are to attend all games wearing the Association's training shirt, shorts & cap. Playing clothing should be brought in the player's personal MWJCA Rep back pack or carry bag. Please note this is mandatory. All teams are to be identical and part of a strong disciplined organisation.
- Be prepared to assist the coach in setting up any warm-up equipment.
- Player shirts MUST be tucked in throughout the match. Baggy Caps are to be worn for the first session when fielding. Players can then revert to the alternate MWJCA cap or a wide brimmed white/cream cricket hat.
- At the conclusion of the match, players are required to congratulate the opposition and thank the umpires before changing into their Training shirt and shorts.

Code of Conduct - Youth Championships & IDCA Competitions

The following guidelines determine the Code of Conduct and appropriate behaviours for players, umpires, parents, spectators and team officials involved in any Youth Championships & IDCA competitions.

(a) No person bound by this Code of Conduct shall engage in disorderly or improper conduct or behaviour.

(b) A person who engages in disorderly or improper conduct or behaviour breaches this Code of Conduct.

(c) Disorderly or improper conduct or behaviour includes, but is not restricted to, a person:

- (i) assaulting or attempting to assault, or abusing, either orally or physically, an umpire, player or spectator;
- (ii) disputing, as distinct from questioning, an umpire's decision, or reacting in an obviously provocative manner towards an umpire;
- (iii) using crude or abusive language, or hand signals or other gestures (including but not limited to ridicule or discouragement from spectators or coaches);
- (iv) engaging in any form of conduct or behaviour (including posting comments or other material on social media) detrimental to the spirit of the game or likely to bring the game into disrepute; or
- (v) refusing to supply that person's name and that person's address when required by another person who is lodging a report; or

(d) The coach or manager of a team shall ensure that the players comply with the Code of Conduct.

(e) The coach or manager of a team breaches the Code of Conduct if a player in that team engages in continuing disorderly or improper conduct or behaviour.

(f) No person officiating, participating in, or spectating Youth Championships competitions shall engage in any conduct, act towards or speak to any other person in a manner which offends, insults, humiliates or vilifies such person on the basis of that person's race, religion, colour, descent, ethnic origin, or ability.

(g) All Youth Championships competitions are strictly alcohol-free events. No person officiating, participating in, or spectating any Youth Championships fixtures shall consume alcohol during travel to and from matches, at matches, or in accommodation in the presence of underage persons.

(h) Australian Cricket is committed to ensuring that safeguarding Children and Young People is central to its development of the game and requires that all Affiliated Associations and Clubs adopt and implement the 'Australian Cricket's Policy for Safeguarding Children and Young People'. All organisations associated with Australian Cricket that work or interact with Children and Young People in our sport must adopt and implement child safe practices consistent with this policy.

This Code does not restrict any other action which may be taken in relation to the conduct covered by this Code under the Cricket Australia Code of Conduct.

Advice to Parents

For both players and parents, please remember this is **representative cricket**. This is the best standard of age specific cricket which these boys and girls can play in Sydney.

This is not Saturday morning cricket, where everything is shared and batting orders are rotated. By definition, not every player will get an equal go in Representative Cricket.

While the ultimate aim of Rep Cricket is to develop players, this is done in a competitive environment, where the aim is also to teach players about competitive cricket and the different roles which each member of the team may have.

While Saturday morning roles may be as a leading batter and leading bowler, in a Rep team a player's role may be required to do more of one than the other, depending on the make-up and balance of the team.

Do not expect that batting orders will be rotated. Do not expect that players will bat in a position, or the position players bat for the Saturday morning club team.

The batting order will be decided by the Coach and this may be the same order for every game. Be prepared for change, but don't expect it.

Don't expect to bowl in the same order each match, or in the same position as a player bowls for the Saturday morning club team.

Bowling restrictions mean that most bowlers will get a few overs each match, however don't expect to bowl a set number of overs. Bowlers may be replaced at any time.

Cricket is a game where the strategies change as the game progresses. The state of the match will have a bearing on who does what, at any particular time.

The opportunities for each player will depend on the state of the game.

Parents should acknowledge & accept all contact with the Coach regarding team decisions are to be made through the Manager. If they do not believe they have received an adequate answer to their question the matter should be referred to the Association's Representative Chairman.

The main thing is that when a player gets a chance to do something, they do it to the best of their ability.

Your son/daughter is required to arrive at matches at least 1 hour prior to the start of the match and should remain with the team until dismissed by the coach. Be aware that your son/daughter may be required to sit with the coach or support staff during the game.

While we encourage you to support your son/daughter and their team during the match, the coach may request that direct communication is kept to a minimum to ensure that there is no misunderstanding of what role your son/daughter has been asked to do within the team environment.

It is imperative you do not offer instructions to your son/daughter at any time throughout the day's play. Parents should acknowledge & accept the gathering of team members is off limits when the Coach & Players are involved in team discussions.

We offer these suggestions to ensure a healthy positive environment:

- Be positive in your encouragement at all times.
- Leave the coaching to the coaches and support staff.

- A happy, committed and well supported team makes a strong team. Please do your very best to cultivate this.
- Any concerns you may have should be dealt with immediately. Please speak to your team manager and NOT the coach. The coach is there to coach. The manager is there to manage including liaison between the coach, parents and the association administration.
- Do not abuse the umpires, opposing players, officials or supporters. Please treat them with the respect you would like be given yourself.

The safety, well-being, and control of all players at all practice and match situations is the responsibility of the Coach and Manager in attendance. When both are in attendance, the responsibility shall be shared

All parents of representative players who volunteer in an official capacity, will be required to complete a Working With Children Check (WWCC). This is a COMPULSORY requirement and can be completed online on the services NSW website.

<https://www.service.nsw.gov.au/transaction/apply-working-children-check>

ALL players, parents, spectators, officials, etc. are at all times expected to abide by the relevant Codes of Conduct (eg the association and the competition organisers).

If a player or family member of a player is adjudged in the opinion of the Coach/Manager to have contravened this code, a warning shall be issued to the player or family. In the event of a further breach of this code, the player may be dropped from the team, following consultation with the Representative Chairman. Should a player or parent not be happy with the action of a team official, the matter should in the first instance be brought to the attention of the Team Manager. Should the Team Manager not resolve the issue to the player or parent's satisfaction, the matter may be referred to the Association's Representative Chairman.

When playing a home game, families of players are to provide afternoon tea for the visiting team, home team and all officials and parents.

Things Players can do for parents/coaches

- Check that you have everything ready before to the game
- Go to bed early the night before you go to training and a match
- Make sure you eat properly the day of the game
- Re-Hydrate and hydrate before, during and after games. It aids recovery.
- Make sure you have warmed up and stretched before and after an activity.
- Look after your kit and ensure you have everything required for training and on match days.

Guide to Parents – Listen to your child

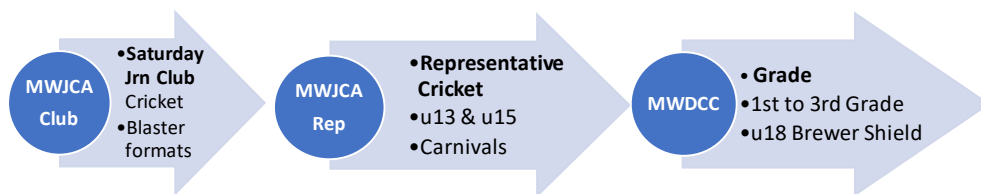
- “Give me a chance to make my own decisions both on and off the field. I need to learn the consequences of getting things right and wrong.”
- “Try not to criticize me whilst the match is being played. Give me a chance to relax and play my best. Mistakes are part of the learning progress.”
- “Try not to keep offering me advice going to, during and returning from the games. Let me relax, concentrate, unwind and reflect. It helps me learn.”
- “Listen to me when I come to you with a problem. Sometimes I just need someone to talk to.”
- “Remember I am a young person not a small adult. Sometimes I do not see things in the same way you do or understand what you are saying.”
- “Come and enjoy the game as I will always try my best.”
- “Respect my coach as they also want me to do well.”
- “Encourage me and my teammates with positive comments.”

The Cricket Pathway in Manly Warringah

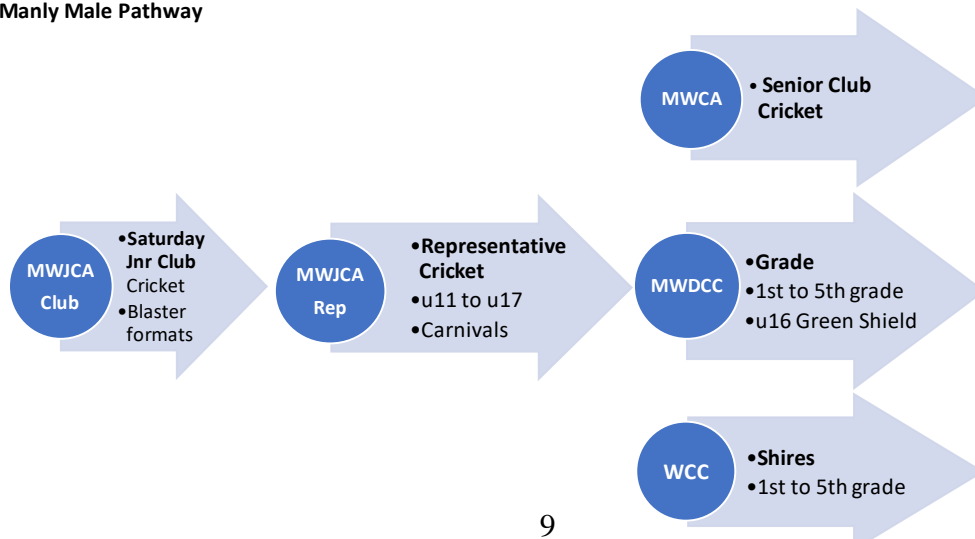
Manly Warringah Junior Cricket Association (MWJCA) in conjunction with Manly Warringah Cricket Association (MWCA, Warringah Cricket Club (WCC) and Manly Warringah District Cricket Club (MWDCC) all work together to provide a unique cricket pathway to enable your son/daughter to achieve whatever level they possibly can.

The below pyramids show the pathway for local players. We are one of the very few Junior organisations in the country, let alone the Sydney area that have such a close working relationship with the senior clubs.

Manly Female Pathway



Manly Male Pathway



MWJCA Rep Team Objectives

Team Attitude.....always be POSITIVE!

Your Overall Game

- Trust yourself. Focus on your goals & let your ability do the rest.
- Believe you can! Imagine good performances and think positive thoughts ... eliminate every negative thought between your ears!
- Mental toughness ("MT") – fight not flight
- Do not fear failure, mistakes can happen when you try new things. It is the best way to learn, do not worry, always have a go!
- Be determined and committed to play hard and to your best ability at both training and during the match. Train the way you want to play the match.
- Enjoy winning, but know it's not everything!
- Respect the game, play hard but fair.
- Remember, "Cricket is a 1 ball game". It only revolves around 1 delivery at a time. Forget the past and concentrate on the next delivery to face or bowl.
- Pressure is only in a person's mind. It is mental thoughts and images based on the situation at hand. We will learn to take pressure situations and use it to our advantage. Against any opposition we will:
 - maintain our individual and team performance; and
 - remain calm and confident of our abilities

Team Policies & Goals

- We will out think the opposition and put pressure on every facet of their game.
- We will win the critical stages of the game by our mental toughness, scoring runs under pressure, take wickets or restrict the opposition run-making, make outstanding catches or critical run-outs & limit sundries.
- Enjoy team spirit. We will always be positive to our team mates & within our team. Always giving encouragement, NO negative thoughts or comments.
- Our process of winning will involve the following steps in every facet of the game:
 - ❖ Challenge – face up and confront
 - ❖ Battle – never give up
 - ❖ Dominate – never let the opposition back in the game
- Mateship is important, enjoy the ups and downs of both personal and team performances, have fun with your mates and enjoy the game.
- We will never "spit the dummy" over a disputed decision or dis-respectively challenge anyone in the game, umpires, team-mates or opposition.
- Remember that no player is bigger than the team.
- We will be a "Star Team", not necessarily a "Team of Stars".
- We will never give up and will try our best to the last ball of the game.

Player Attitude & Behaviour

All players must bring to the team attitudes and behaviour to enhance everyone's enjoyment -

- *The Right Attitude*
 - I will try my best and NEVER GIVE UP! I want to improve my cricket skills and know I have to practice and play with the right attitude to do so.
 - I will always encourage my team mates and enjoy everyone's success. I will never ridicule or mock my team mates when they are trying their best.
 - We work together as a team to the highest standard possible
- *Willingness to Learn*
 - I will listen to the Coach and practice hard. Training is compulsory and I will use it to get better at playing cricket.
- *Be a Good Sport*
 - I will be coached to play hard and tough cricket, but I must always play by the rules and never challenge umpires or officials. I will always congratulate the opposition and umpires at the end of the game.
- *PUNCTUALITY is compulsory*
 - I must arrive at training before the scheduled start and be prepared to start exactly on time
 - On game day, I must be READY TO PLAY 60 MINUTES before the official start. Missing these times may result in me losing opportunities in the team.
- *Attire*
 - I will look like a Cricketer and will always turn up to practice and matches in the correct MWJCA Rep cricket attire.
- *Training sessions are compulsory*

Batting

- Have a routine batting preparation and apply it all the time, both training and on match day.
- Set goals, achieve and then reset new goals – number of balls faced or next 10 runs or next 10 overs.
- Train the brain, think of how to score run/s off every ball without thinking boundaries. Boundaries will come naturally if the batter is in a positive run-scoring mindset.
- Know your batting strengths and weaknesses. Choose the right opportunity (delivery) to engage the appropriate stroke.
- Remember to look at the gaps, not the fielders, as this will be the last place in your mind as you play your stroke.
- Almost impossible to be run out if both batters run positively.
- Think that there's a run nearly every time the ball hits your pads.
- Aggressive running between the wickets turns over the strike, changes field settings and puts pressure on the opposition.

Bowling

- Have a routine preparation and apply it all the time, both training and on match day.
- Set goals, achieve and then reset new goals. Number of balls in correct zone or next 3 overs or next 2 wickets.
- Train the brain. Think positively before every ball how you are going to get the player out or restrict runs.
- Know your bowling strengths and weaknesses, Choose the right opportunity (delivery) to pressure the batter and obtain a wicket.
- Out think the batter, identify their weaknesses and exploit these to get their wicket or tie them down.
- Only start to bowl once you've decided what you want to bowl and make sure your fielders are in their correct positions.
- Take your time and think about the delivery. Never rush under pressure.
- Forget a bad ball. The only important ball is the one about to be bowled.
- Know your field placing and bowl to it. Discuss any questions or changes about the field with the captain.

Fielding

- Be positive and want the ball to come to you.
- Set high goals for your fielding. Think of the runs saved or catches taken by your great fielding.
- Soft hands, soft hands, soft hands. You will always catch it with soft hands.
- Eyes always focused HARD on the ball. Watch it right into your soft hands.
- Pick-up and throw with confidence and PATIENCE, steady head, eye and body before release.
- Remember, soft focus on a large area but HARD FOCUS on the ball and your target.
- LISTEN to your captain and THINK about your fielding position / location. Outfield locations (on the boundary) are stopping 4's whilst infield locations are stopping singles. In between these is called NO MAN'S LAND, we don't generally field there!
- **Wicket keepers** set the standard. You must keep everyone on their toes and never stop talking positives to both bowlers and fielders. The opposition must be sick of hearing your voice by the end of their innings!
- **Wicket Keepers** must always be first to your position to start the next over. YOU set the standard for your team mates to follow.
- Always encourage and talk up the fielding. Keep the noise up from ball 1 until the last ball of the innings.
- Field for each other, back up, relay throw and talk it up.
- Always be walking in with the bowler, it will keep the batter wary of the moving field and assist our fielding agility.

REMEMBER – Sun Protection

- Wear a broad brimmed hat when possible.
- Take shelter in the shade when possible.
- Apply sunscreen with a SPF of at least 30+ throughout the course of the day.
- Consider the use of appropriate sports eyewear.

Hydration / Fluids

BACKGROUND

- Adequate hydration can have a significant impact on performance.
- A 1-2% decrease in the body's fluid levels can be enough to negatively affect performance through a drop in energy levels, decision-making and your body's ability to cool-down.
- Rule of thumb: Increased thirst pre-exercise is a sign of dehydration.

DAYS LEADING UP TO GAME DAY

- Begin each training session or match in fluid balance. This requires drinking regularly throughout the day leading up to training or competition.
- Aim for 2-3 litres of water on each of the 2 days prior to the game. This will need to be increased if particularly high temperatures.
- Also consider adding electrolyte formula (i.e. "gastrolyte" or "hydralyte") to drinks 2 days prior to a game.
- The amount of fluid needed to stay hydrated varies between individuals, therefore urine colour is best used to check hydration status.
 - Clear urine = good hydration
 - Dark yellow urine = dehydration

GAME DAY

- Upon waking have 1-2 glasses of water.
- Over the course of the morning aim to drink 4-6 glasses of fluid (water or sports drink best). If you experience regular cramping add electrolyte formula to drinks.

The following factors should be taken into account when considering adequate hydration:

- The temperature
- Energy exerted
- Sweat loss

Participation on game day can vary dramatically between individuals and thus fluid intake will also vary. For instance, a player wearing a helmet batting or wicket keeping for a long period of time on a hot day will need regular intake of fluids compared to a player who sits in the shade most of the day and does not get to bat. Fielding and bowling in hot, humid conditions can also cause a lot of sweat and fluid loss and regular drinks breaks and good hydration preparation prior to taking the field is vital.

DURING THE GAME

- Look for all opportunities to ingest fluids, sipping regularly is preferred over guzzling large amounts quickly.
- Water and/ or electrolyte (ie. hydrolyte) drinks are recommended. However, if your child is not drinking enough fluids, then trying sports drinks like Gatorade and Powerade may be more palatable to them and thus keep them more hydrated.
- Avoid energy drinks ie. monster, red bull as they contain caffeine and are a diuretic.
- Look for every opportunity to cool down.
- Use of ice, ice vests even cooling fans where possible.
- Recover in shade where possible.
- If an athlete shows signs of heat stress and cooling does not relieve symptoms it is advisable to go straight to hospital. (signs of heat stress could be one or a combination of any of the following - exhaustion, cramps, dizziness or collapse, confusion, cold, pale and clammy skin, fast, weak pulse, nausea or vomiting, headaches)

Food

Guidelines & Benefits of healthy balanced nutrition:

Cricket is a long game with various requirements: explosive power, speed, agility, strength, stamina and recovery speed. All these factors are heavily influenced by what you eat.

A balanced diet of all the food groups should be consumed daily: low GI Carbohydrates, fruit and vegetables, lean Proteins, good fats and dairy, vitamins, minerals and plenty of water. Limit foods such as: saturated fats, salt and sugar.

FOOD is FUEL and if you fuel your body right it will keep you at the optimum performance level.

General Nutrition:

Eat smaller meals and eat more often to encourage stable energy and blood sugar levels.

Eat mostly natural, unprocessed foods. These foods contain more nutritional substances than processed foods which often contain excess sugar, fats and preservatives.

Eat Low GI carbohydrates three hours before a competition or hard training session.

E.g. apples, porridge, oats

Protein:

Athletes who want to increase or maintain muscle mass while following a demanding conditioning program require up to 2.0 grams of protein per kilogram of body weight in their diet each day. Because it is difficult to take in enough meat, dairy products and other protein-rich foods to meet that requirement in a day, many players use protein drinks to help them reach this level of intake.

Match Day Nutrition:

Eat a main meal at least 3 hours prior to the start of the match, focussing on carbohydrate rich food with a small protein source.

Eat a small snack such as an apple 1 hour before the match starts.

- Avoid extremely high protein and fat foods (these take a long time to digest).
- Drink plenty of fluid throughout the day.
- Eat fruits, sandwiches, muesli bars and other energy foods and drinks.
- Experiment with foods during training to find what suits you best. Fuel up on these foods throughout the match.
- Avoid high sugary snacks during the match, save the snakes and brownie after the game.
- Be sensible about intake of food- this will be determined by your role in the game- e.g. if the team is bowling after lunch, the bowlers should have a lighter lunch than a batter who has just batted for one and a half hours.
- If a player/batter has had a big involvement in the game, don't wait till lunch to refuel, start immediately.

Post-Match Nutrition:

If your child has a big involvement in the game, then it is a good idea to refuel immediately to restore muscle glycogen. Food such as fruits, sandwiches and protein shakes start this refuelling process best.

A meal containing a protein source and a combination of carbohydrates should be eaten within an hour of finishing a game or training session.

High GI foods are beneficial immediately after exercise because they help the blood sugar quickly return to a normal level (bananas, sports drinks, pasta)

Note! Each athlete through trial and error has to learn what they can consume Pre and Post exercise for training and competition, finding out what works best for his or her body.

Injury Management: always seek the advice from a general practitioner or physiotherapist, below are just guidelines.

**For soft tissue injuries; follow RICER:
Rest, Ice, Compression, Elevation and Referral**

REST

The first 48 hours are vital in the effective management of soft tissue injuries in reducing time spent on the sidelines. Initially, immobilising and supporting the injured area should be undertaken. If any concerns that there is a fracture, then imaging of the affected area is recommended. Once cleared, then moving the injured part as soon as tolerated is recommended and if pain persists seek advice from a health practitioner.

ICE

To assist with pain relief, ice can be administered for 20 minutes every 2 hours whilst awake in the first 48 hours. This can be in the form of ice cubes or crushed ice in wet tea towel or plastic bag, commercial cold packs, or immersion in icy water.

Do not apply ice directly to skin as ice burns can occur.
NEVER use heat on an acute injury.

COMPRESSION

To assist with reducing bleeding and swelling, use a firm, wide bandage over the injured area and above and below the area. Make sure it is not too tight. Check circulation of the relevant extremities ie. toes or fingers by squeezing them – if blood doesn't rush to the area then it is too tight. Remove the bandage for short periods of time to let the skin breathe and reapply.

ELEVATION

Keep the injured limb above the level of the heart as this helps with the removal of swelling and bleeding whilst assisting in pain relief.

REFERRAL

Refer to a doctor or sports physiotherapist for a definitive diagnosis and ongoing care/rehabilitation. Early referral will achieve the best results.

R.I.C.E.R should be used in conjunction with the following:

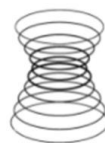
NO Heat
NO Running (for lower limb injury)
NO Massage (in the first 48-72 hours)

OVERUSE INJURIES:

Overuse injuries are also common and are often associated with back injuries to fast bowlers, particularly at the elite level and in young cricketers. It is very important to listen to your child when it comes to pain. If complaints of back pain are voiced after a period of bowling and/or an increase in training and playing load, it is best to seek advice from a health practitioner to rule out stress reactions in bones around the back. A delayed diagnosis can lead to a longer time on the sidelines, so it is important to ACT EARLY.

Bowling workload guidelines for your child's age group as outlined in Australia's Cricket Playing guidelines should always be adhered to.

During the growth years and beyond, to minimise injuries, it is vital your child performs a regular routine of stretching and core stability exercises such as Pilates. Additionally, a good warm up and a good recovery post training and games will assist the body to be ready for the next days play.



Pilates Physio Style





Code of Conduct acknowledgement (Please return to team manager)

DECLARATION: I have read and understand the –

- Player Code of Conduct - Association
- Code of Conduct/Behaviour for the Youth Championship and IDCA competitions
- Advice to Parents

I agree at all times to conduct myself in an appropriate manner (please sign)

Player

Print Name	Signature	Date
------------	-----------	------

Parent/Guardian

Print Name	Signature	Date
------------	-----------	------

Team Official (Manager)

Print Name	Signature	Team
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