



Season 2019/20

Welcome to season 2019/20 with Parkdale Cricket Club. As players at the club, we expect to get the best out of ourselves, strive to improve and be the best players that we can be. The only way to keep improving and have more success is to work hard, improve in all aspects of our games, have fun, whilst we challenge and support each other.

Pre-season is our opportunity to establish a solid base for us to build on for a successful year. We have some great activities planned; fitness sessions, indoor and outdoor skill development, practice games and fun social activities, which will help make everyone a better player and give us the best opportunity for individual and team success.

If you haven't done so yet, now is the time to start to increase your base fitness level so you can better enjoy pre-season training and focus more on the skill development. In order to be physically ready for the big season you need to be doing some extra work now.

Find over the page the pre-season schedule. This program has been developed to encourage all players in all the grades to join in, improve your overall health and fitness, and improve as cricket players. This program may be updated over the pre-season as some more plans get locked in and other opportunities are confirmed. Any changes will be communicated through the players Facebook group chat so please ensure you are joined in.

Please remember that the coaches are here to help and support you. If there is anything that we can do please just let us know. If you want extra coaching, or additional training sessions, advice or help, please reach out.

Go Parky!

David Nankervis

(Ph 0407 834 595)





Date	Time	Activity	Location	Details
Saturday 6 July	9am – 9:45am	Fitness	Excite	Fitness session
Thursday 11 July	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning Dinner 8pm
Saturday 13 July	9am – 9:45am	Fitness	Excite	Fitness session
Thursday 18 July	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning
Saturday 20 July	9am – 9:45am	Fitness	Excite	Fitness session
Thursday 25 July	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning
Saturday 27 July	9am – 9:45am	Fitness	Excite	Fitness session
Tuesday 30 July	6pm – 7pm	Indoor Skills	Young Gun	Indoor training
Thursday 1 August	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning Dinner 8pm
<i>Saturday 3 August</i>	<i>Social activity</i>	<i>Tbc</i>	<i>Tbc</i>	<i>Social activity Dinner 8pm</i>
Tuesday 6 August	6pm – 7pm	Indoor Skills	Young Gun	Indoor Training
Saturday 10 August	9am – 9:45am	Fitness	Excite	Fitness session
Tuesday 13 August	6pm – 7pm	Indoor Skills	Young Gun	Indoor training
Thursday 15 August	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning Dinner 8pm
Saturday 17 August	9am – 9:45am	Fitness	Excite	Fitness session
Tuesday 20 August	6pm – 7pm	Indoor Skills	Young Gun	Indoor training
Thursday 22 August	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning Dinner 8pm
Tuesday 27 August	6pm – 7pm	Indoor Skills	Young Gun	Indoor training
Saturday 31 August	9am – 11am	Activity Meeting Meal	TBC	Activity Meeting Meal
Tuesday 3 September	6pm – 6:45pm	Indoor skills	Young Gun	Indoor training
Thursday 5 September	7pm – 7:45pm	Conditioning	Excite	Cricket specific conditioning Dinner 8pm
Saturday 7 September	10am – 11:30am	Outdoor skills	Gerry Green	Outdoor training Fielding
Tuesday 10 September	6pm – 7pm	Indoor skills	Young Gun	Indoor training
Thursday 12 September	5pm – 8pm	Gerry Green	Gerry Green	Training, Social Activity & Meal
<i>Saturday 14 September</i> <i>Sunday 15 September</i>	<i>tbc</i>	<i>Practice Games</i>	<i>tbc</i>	<i>Practice Games (potential weekend away)</i>
Tuesday 17 September	5pm – 7pm	Outdoor skills	Gerry Green	Cricket specific skills
Thursday 19 September	5pm – 7pm	Outdoor skills	Gerry Green	Cricket specific skills
<i>Saturday 21 September</i> <i>Sunday 22 September</i>	<i>TBC</i>	<i>Practice Games</i>	<i>TBC</i>	<i>Practice Games (potential weekend away)</i>
Tuesday 24 September	5pm – 7pm	Outdoor skills	Gerry Green	Cricket specific skills
<i>Friday 27 September</i>	<i>10:30am – 11:30am</i>	<i>Outdoor training</i>	<i>Gerry Green</i>	<i>Fun activities</i>
<i>Saturday 28 September</i>	<i>2pm – 6pm</i>	<i>Social Activity</i>	<i>TBC</i>	<i>AFL Grand Final</i>
Tuesday 1 October	5pm – 7pm	Outdoor skills	Gerry Green	Cricket specific skills
Thursday 3 October	5pm – 8pm	Outdoor skills Selection Meal	Gerry Green	Cricket specific skills Selection Meal
Saturday 5 October	Round 1	Round 1	Round 1	Round 1



Session details

Indoor training – YoungGun Cricket – 32 Levanswell Road, Moorabbin.

Each session \$10 per person. Our booking starts at 6pm, so please be ready by 5:45pm.

Fitness and Conditioning sessions – Meet at Excite Health and Fitness, 517 Main Street Mordialloc.

Sessions tailored to each individual and your own current fitness levels, you will have your own program so you are looked after and notice the improvements in your health and wellbeing.

Cricket Specific Conditioning sessions – Thursdays - \$10 per session (existing Excite Members are FREE). Sessions start at 7pm, so be ready to go before that.

Fitness sessions – Saturday mornings - Running and other activities – Free of charge. Sessions start at 9am, so be ready to go before that. Coffee and / or breakfast after the morning run.

Join up now at Excite for the great cricket training program which will mean the club training sessions are free for members. See Chris Mutimer at Excite.

What to Bring:

Fitness and conditioning sessions – Running shoes, exercise clothes, towel, drink bottle, change of clothes

All Indoor and outdoor skills training – full cricket training and playing kit

What to wear: club clothing attire at each session