



BILLY'S BRIEFS

Hi All,

Hope you're all safe and well as we work our way through Lockdown 2.0. Although this can be frustrating, it is a good time to get all the chores, bits and pieces done around the house before cricket season comes arrives.

That way, when restrictions are lifted, we can all enjoy each other's company and have a drink or 2. We have no idea when the season will start as yet, but I'm sure as soon as restrictions are lifted, we will be into the preseason and season 20/21 very quickly. We are doing all the planning and preparation we can, in readiness for the year, but obviously planning anything is difficult in 2020.

As well as welcoming back Glyn James, we have another newcomer to the club. Sameet Singh has joined us at the kennel and we look forward to getting to know him and watching Sameet help us push forward to the ultimate success.

The Cheong Park re development is going well and plans are very nearly finalised. Many thanks to our Sub Committee for all the work and time they have committed to this project.

The most recent info we've received tells us that construction will hopefully begin February 2021 and will take up to 12months. This will cause us some disruption across 2 seasons, with the result being a magnificent facility and the envy of many in the eastern suburbs. This will be well worth the small sacrifice and we will still be able to use all the facilities of Cheong Park apart from the building site itself.

Please make every effort to check on your mates and look after each other as times are tough for all of us however please remember all of us in the SCCC community are here to help.

Stay tuned, stay connected and stay safe, Billy

Chores done around the House? Yeah sure, Billy!



MEET WAYNE 'BILLY' BARRETT OUR NEW PRESIDENT

Family Life: married , 2 kids absolutely blessed, the kids are awesome.

Profession: Locksmith - no we don't do automotive!

Describe yourself in 5 words. - determined, competitive, self aware, empathetic and personable

How would your wife describe you in 5 words: loyal, supportive, patient, tolerant, bald

Cricket Clubs played for; Heathmont juniors, Ringwood , Croydon, East Ringwood and South Croydon.

Describe what sort of cricketer you were; selfless

Cricketing Highlight: Premiership win with my son Lachie

Interests apart from Cricket: Golf and family

Hero: Muhammad Ali

If you could travel to anywhere for a holiday, where would you go? Maldives

Favourite Movie/TV Series - Snatch (Guy Ritchie movie)

What advice would you give to your 20 year old self? core strength and posture are extremely important and don't go on the 92/93 end of season trip to Albury





WELCOME SAMEET

Lockdown 2.0 has yielded some more great news for SCCC.

We are pleased to announce the signing of Sameet Singh for season 20/21.

Sameet is a classy right hand bat and a medium pace swing bowler and will add to an already strong and very determined group. South Croydon CC are delighted to welcome Sameet to the kennel and look forward to seeing him help us push toward the ultimate success

Sameet knows a few of our boys already and also works for one of the club's favourite sons, Phil Cross at Mode Landscaping.

Welcome to the South Croydon family, Sameet

Go doggies

FROM THE COACH....

SCCC : Pre – Season Covid Style

In these lockdown times we are all going to have to get creative to make sure we are in as good a shape as we can for the upcoming season. As soon as we know when we can have some joint sessions we will hit the ground running and try and maximize our time together.

At this point we have another 5 weeks of isolation so we need to be disciplined and accountable for getting some exercise into our bodies and using cricket muscles that haven't been used for a few months.

Some of what you will read shortly will sound very basic but it is all stuff that has been done before and served plenty back in the day of being resourceful. Keep an open mind to it and think outside the square to ready yourself for the upcoming season. Our mindset from today is that the season will start on time and we must prepare in this fashion.



EXERCISE

We are all different in this department in regards to what we can do and achieve. As our game is based around the concept of "Interval" running I suggest you go for walks and while doing this try and run for 20 meters then walk repeating this often. What this does is raises and lowers the heart rate which is a great way to build fitness. Think about how you approach this and try and run a little bit further at different times to simulate running a two or a three for you batsmen. Bowlers think about it in terms of bowling an over. Run, walk back to your mark, then go again repeating this to bowl an over. Rest for 3 or 4 minutes then start your next over.

All this can be done over a 2 to 3 km circuit in your neighborhood, think outside the square. Take the dog with you or get your partner out for company, remember we are not out to break records but to build a base.

BOWLERS

Get a ball in your hand whether it be a tennis ball or cricket ball and utilize the space you have at home to roll the arm over and get the body used to bowling. Again this is conditioning so we don't need to be pushing off the back fence killing ourselves at home. Work on your bowling technique, grip, wrist position, arm extension and follow through, all these can be simulated without putting the body through stress.



SOUTH CROYDON CRICKET CLUB

The Bulldogs est. 1952



BATSMAN

For the lads that like a bit of me time this is right up your alley. Get in front of the mirror and do a bit of shadow batting, paying particular attention to feet, head, hands.

Utilize the old stocking on the clothesline also, predominantly used for knocking bats in, this is also a great exercise for timing in that you can really work on playing the ball with your head over it. Batting tees are useful also if the back yard is big enough.

Bouncing the cricket ball on the bat to yourself is a good focus exercise also and then progressing to using the edge of the bat to do the same drill, try it and see how far you can go with it.

FIELDING

Get creative here lads, buy a catching net, use a brick wall or take a ball with you on your run and throw the ball in the air to simulate outfield catches, utilize some open space.

WICKETKEEPERS

As per the fielding information above, work on your footwork drills from side to side, simulate at a set of stumps at home, use a golf ball against a wall also.

SUMMARY

We all need to get creative and get moving. For those who are on top of things that is great, for those who aren't you need to awaken from your slumber and get moving. Be open to any exercise or drill that will help your game.

For those of you with siblings in the house regardless of whether you both play at the same club, you are in the box seat here as you have a training partner that you can legitimately work with.

This is actually a really good time for all of you to look within and analyze your own game over the last couple of seasons and think about if you are happy with it and if not where you can apply yourself better to improve yourself and your contribution to the team.

We don't need marathons run, we need smart quality exercise to ready us. Let's all find a way to be ready for the start of the season.

BOWLERS

Please see table below. My aim is that you all bowl the amount of balls designated per night with a gradual increase to an 8 over block. These don't have to be bowled continually, break it up as if you are bowling in a spell.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
21/7/20	18					
23/7/20	18					
28/7/20		24				
30/7/20		24				
4/8/20			30			
6/8/20			30			
11/8/20				36		
13/8/20				36		
18/8/20					42	
20/8/20					42	
25/8/20						48



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For those young bowlers or anyone coming back from injury the maximum you can bowl is 36 balls so when you reach this then week 5 and 6 are 36 balls for you.

If anyone is sore or injured let me know and we will work out a plan to get you to the starting line.

SUMMARY

I know this is basic but we can intensify when we get the green light. No football means we can get at the nets and the ground sooner. Stay tuned and we will update you as things unfold.

Staggy

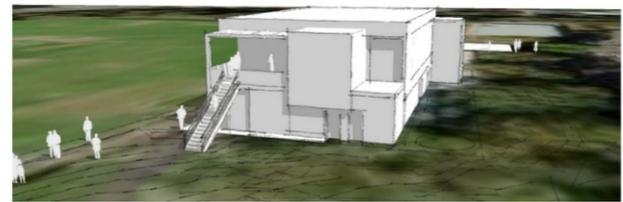
Cheong Park Pavilion Redevelopment.

Since then, State and Local Government have boosted this project budget to an incredible \$3.5 Million.

These funds will see a full redevelopment and the demolition of the existing rooms.

The full project details are in the link below but some highlights include

- Female Friendly Changerooms
- 200m2 Upstairs Social Space
- Viewing Balcony
- Formal Entry & Access Lift
- Undercover Spectator Viewing plus much much more.





SOUTH CROYDON CRICKET CLUB

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CLUB RELEASE REGARDING CHEONG PAVILION REDEVELOPMENT



South Croydon Bulldogs
working together
to redevelop Cheong Park



You may be aware the current Cheong Park sport/social pavilion is to be demolished and a new, two storey building is to be constructed in its place. The new building will include four changerooms at ground level and a social room on the first floor. The building will cater for male and female sport whilst the social room will cater for club and community use.

Funding for the redevelopment has generously been provided by the Federal and State Governments with considerable financial support from Maroondah Council. We thank them all for their significant contributions which will result in a marvellous community complex in South Croydon. Whilst the capital works will be funded by the various government contributions, the tenant clubs need to fund the provision of a considerable amount of the interior fittings and equipment. These include kitchen and bar equipment, a new cool room, audio visual items and additional furniture.

For all this to happen, considerable fund raising needs to be undertaken. Our club, in conjunction with our colleagues and friends at the football club have set up a joint fundraising committee. One of the first actions is to set up a joint club fundraising process through the **Australian Sports Foundation (ASF) where donations of \$2 or more are tax deductible for the donor.** The ASF collects and administers donations and forwards funds to the clubs to pay for the goods and equipment that the clubs have identified a need for. The ASF then provides a Tax Receipt direct to the donor who can then include it in their taxation return. The funds received by the clubs will be held in a joint bank account until expenditure is agreed. The clubs must account for project expenditure to the ASF to ensure that funds raised are spent correctly.

So, we ask you to consider donating to the fund so that we can ensure that the new pavilion will be equipped and furnished appropriately for us to gain maximum benefit of what will be a first class facility when it is completed. To make a donation of any amount simply go to <https://asf.org.au/donate/cheong-park-redevelopment/>. Note that your Tax Receipt will issue by email direct to you from the ASF approximately 5 days after the date of your donation. You will have the choice of anonymity if you choose but the detail of your donation will be known to selected club personnel.

The clubs intend to recognise substantial donors (donations above \$1,000) on a special display board located in the redeveloped social room. Platinum level donations have been set at \$3,000 or above, Gold at \$2,000 to \$3,000 and Silver at \$1,000 to \$2,000 however any amount donated will be greatly appreciated.

NOTE: Donations for this Financial Year need to be made as follows if you wish to claim a Tax Deduction for this Financial Year:

Friday 26/6/2020 is the last day to donate by EFT

Tuesday 30/6/2020 is the last day to donate by Credit Card