

WANNEROO DISTRICTS

CRICKET CLUB INC.

www.wanneroodcc.com.au

Training Information

"The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights."

Muhammad Ali

Preseason

Commencing on Monday 7th August and finishing on Wednesday 27th September, preseason training will be held at Kingsway Cricket Ground:

- Every Monday and Wednesday from 5pm to 8pm;
- Every Sunday from 9:30am to 11am

Any changes to the above schedule will be posted at <http://www.wanneroodcc.com.au/training-info/>

The first four weeks of preseason training will involve a combination of aerobic fitness and strength exercises. Once this fitness program is complete, a skills program will commence in the Kingsway shed which will include batting, bowling, fielding and fitness.

While pre-season is hard, it is also a chance to get yourself in a condition that allows you to be 'the best player you can be' and we need everyone to engage and embrace what we are doing.

Train hard with intent, get yourself in shape and who knows where it will take you!

Regular Season

Regular training is held at Kingsway Cricket Ground:

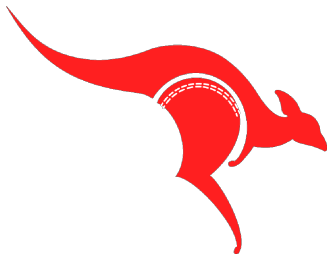
- Every Tuesday and Thursday at 5pm.

Remember that the coaching staff are here to help you become better and successful in everything you do, so please if you need anything just ask.

Results are driven by effort and intent! If we can bring both to all our training sessions then you will get the results you deserve!



Proudly affiliated with the Western Australian Cricket Association



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Coaching Staff

- Head Senior Coach: Joel Charles: 0408 953 707
- Assistant Coach: Brendan Danaher : 0411 115 715
- Fitness Coach/Net Captain: Sean King: 0439 935 669
- Senior Bowling Coaches: Mitchell Johnson
- Senior Batting Coach: HD Ackerman
- Junior Coordinator: Darrell Kelsey: 0411 158 879
- Under 17's Coach: Brendan Danaher: 0411 115 715
- Under 15's Coach: Ryan Santich: 0409 129 023
- Under 14's Coach: Darren Thorn: 0418 947 620
- Under 13's Coach: Steve Johnston: 0400 246 340

Player Training Responsibilities

Player expectations regarding training is detailed in the Player Responsibilities.

Any inability to attend any training session must be conveyed directly to the head coach.

Finally, remember our Club Culture: **Respect. Leadership. Discipline. Passion.**

