



President: Dean McCartney
Secretary: Melinda Dwyer
Jnr President: Ian Faulkner

MACKAY/WHITSUNDAY CRICKET INC.

A.B.N. 47 194 252 238 Incorporation number: IA30567
E-mail: mackaywhitsundaycricket@gmail.com
Post Office Box 8999 Mt Pleasant Qld 4740

Vice President: Matt Doolan
Treasurer: Col Morris

MACKAY WHITSUNDAY JUNIOR REPRESENTATIVE COACH EXPECTATIONS

Pre Carnival:

- Assist in delivery of Development Program
- Run Age Group Trials with assistance from MW & QC.
- Liaise with selection committee to select side.
- Run minimum **6** skill training sessions before NQCA Carnival.
- Run minimum **2** practice matches before NQCA Carnival (QC to organise).
- Communicate to players (individually) their role within team.
- Set Individual and Team Goals for the carnival (Process Led Goals).

*MW & QC will run the following in the lead up to carnivals:

1. S&C/Fielding Sessions on top of team sessions.

During Carnival:

- Lead pre-game stretching and warm up activities.
- Run pre-game team meeting.
 - o Focusing on Team Goals, Opposition, Conditions
- Run post-game stretching and warm down activities.
- Run post-game team meeting to review/reflect on game.
 - o Focusing on Team Goals, Performances, Opposition

Post Carnival:

- Give each player individual feedback utilising MW documents.
- Complete MW Representative Season review

Player Development:

- Mackay Whitsunday wants to create holistic players who can problem solve and perform under fatigue and pressure.
 - o Coaches are expected to develop players across the following areas:
 - Skills (Batting, Bowling & Fielding)
 - Mind (Concentration, Mental Toughness, Positive Mindset)
 - Tactics (Player Roles, Game Situations)
 - Body (Endurance, Speed, Power & Strength)

MW & QC will support coaches to be upskilled across the above areas (Skills, Mind, Tactics & Body)



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MACKAY WHITSUNDAY JUNIOR REPRESENTATIVE COACH CODE OF BEHAVIOUR

- » Remember that young people participate for pleasure and winning are only part of the fun.
- » Never ridicule or yell at a young player for making a mistake or not coming first.
- » Be reasonable in your demands on players' time, energy, and enthusiasm.
- » Operate within the rules and spirit of your sport and teach your players to do the same.
- » Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- » Avoid overplaying the talented players; the just average need and deserve equal time.
- » Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- » Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your players to do the same.
- » Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- » Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- » Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- » Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.

QUEENSLAND CRICKET'S ATHLETE FRAMEWORK

Queensland Cricket has developed a new resource for coaches, Athlete Framework.

The purpose of these documents is to provide a progressive development framework to support clubs and coaches across Queensland in creating effective learning environments for players.

Mackay Whitsunday encourages our coaches to utilise these documents as a resource to assist the development of our players.

The documents can be found here: <https://www.qldcricket.com.au/support/coaching/athlete-framework>



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MACKAY WHITSUNDAY JUNIOR REPRESENTATIVE COACH TIPS AND MESSAGES

10 Things that require Zero Talent

1. *Being on Time*
2. *Work Ethic*
3. *Effort*
4. *Body Language*
5. *Energy*
6. *Attitude*
7. *Passion*
8. *Being Coachable*
9. *Doing Extra*
10. *Being Prepared*

10 Things Successful Athletes Do:

1. *They Set Goals & Follow Plans to achieve them*
2. *They are consistent*
3. *They take responsibility for their careers & lives*
4. *They work harder, smarter and longer than others*
5. *They make sacrifices*
6. *They see failure as a chance to learn and improve*
7. *They back themselves*
8. *They find a way to enjoy hard work*
9. *They have experienced mentors to learn from*
10. *They have a deep belief in themselves*

Mindset Poem – Worst Day Ever?

**Read forwards, then backwards*

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be attained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that

**The reality
Creates**

Coaching Tips

1. Plan your sessions
2. Never stop learning/developing as a coach
3. Observe other coaches
4. Get to know your players
5. Keep messaging simple
6. Be aware of different learning styles
7. Be yourself
8. Make it fun



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My attitude
It's all beyond my control
And you'll never in a million years hear me say
Today was a very good day