



Volume 3, March 2013

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Wheatsheaf World

The new e-newsletter from Cheshire Cricket Board Limited ...

CHESHIRE TUTORS ARE 'BEST OF BRITISH' AT SKY AWARDS

CHESHIRE Cricket Board were the toast of the ECB Coaches Association National Conference last month after scooping the prestigious "Tutor Team of the Year" Award.

England batsman Jonathan Trott presented the award to Cheshire's Coach Education Manager Graeme Rickman at a black tie dinner to mark the 2012 Sky Sports Awards.

Graeme was later interviewed by Sky Sports broadcaster Charles Colville on the challenges of inspiring the next generation of coaches.

"It was an absolute honour and a privilege to receive this award on behalf of our inspirational team of tutors and support staff," revealed a delighted Graeme.

"We are committed to providing the best possible climate for new coaches to learn and for current coaches to



CLASS ACT: England batsman Jonathan Trott (centre), flanked by Cheshire staff (from left) Dave Burrows, Pete Hancock, Graeme Rickman and Gavin Colebourn at the Sky Sports Awards

enhance their skills and progress along the ECB Coaches pathway.

"To be recognised by Sky Sports and the ECB gives a real sense of purpose to the work we do, and I would like to thank all of our tutors and our wonderful administrator

Michele Alder for their tireless efforts."

He added: "I hope this will raise the profile of coach education in our county and benefit new and existing coaches for years to come."

Full story : Page 6

Harry and James win pro Academy places

CHESHIRE youngsters Harry Killoran and James Drummond are the latest to win places on First Class Academies following successful trials this winter.

Chester Boughton Hall all-rounder Harry (right), who was named Cheshire Youth Cricket Player of the Year in

2012, has been accepted onto the Derbyshire Academy while his county teammate and Toft opening batsman James has been snapped up by neighbours Lancashire.

For exclusive interviews with both Cheshire players, turn to **Page 5**.



Multi-talented Dan is new man in the middle



PROMISING Bowdon youngster Daniel Kupasarevic has proved himself an “all-rounder” in every sense of the word after qualifying as a Level One umpire at the age of 13.

Daniel, who currently attends the Cheshire North District Course in Warrington, gained his Association of Cricket Officials (ACO) Grade One badge at Hale Barns CC between September and November last year.

Now 14, the talented off-spinner and top order batsmen proved equally adept with bails and counters in hand as he breezed through the assessment process to become one of the youngest qualified umpires in the country.

Daniel is now considering taking the more advanced Level 1A qualification, and has urged other young cricketers to follow him and don the white jacket.

“I think it’s important for young players to understand all the laws,” Daniel told *Wheatsheaf World*. “I knew a fair bit before, but there are always things you’re not sure of and that’s why having qualified umpires is so important.

“The ECB are trying to encourage people to progress from the playground to the Test Arena, and that’s not just playing the game but officiating too.”

As well as playing regularly for the Bowdon junior sides, Daniel spends his weekend afternoons scoring for the senior teams at South Downs Road.

Following a conversation with Bowdon member and senior Cheshire official Clive Heylin, Daniel decided to try

his hand at umpiring.

He revealed: “Clive told me about the course at Hale Barns and said he was happy to make an introduction for me and to get me involved.

“He spoke to the Bowdon committee, and they kindly agreed to sponsor me and pay the course fees. I have been scoring for the senior teams for a couple of years now and I think they saw this as a natural progression.”

The ACO Level One in Umpiring covers the basic laws and how they are applied. The course is mainly theory, but linked to practical examples using video footage and concludes with a multiple choice assessment paper.

The Hale Barns course was organised

“I enjoy umpiring and scoring, but if I had to choose I would definitely still rather play.”

Daniel Kupasarevic

by Dave Lawson, Geoff Young and Phil Greasley, and Daniel had nothing but praise for the tutors.

He said: “It was good to mix with people who were much older and from different backgrounds, because they had a lot of experience both playing the game and officiating.

“They all told me about things they

have seen happen in matches and it helps to get some background knowledge on what you are going into.”

Daniel hopes to put his new qualification to good use this summer, and will be assessed by a fellow umpire in at least one match during the season.

He plans to officiate in school

matches at Altrincham Boys, and also to take charge of some junior fixtures at his home club Bowdon.

Yet despite his new found passion for the laws of the game, Daniel admits he would still much rather score runs and take wickets than signal them.

He said: “I enjoy umpiring and scoring, but if I had to choose I would definitely still rather play myself. But playing the game is not for everyone, and people can still get lots of enjoyment from watching, scoring or umpiring.”

Next on the agenda for the multi-talented Daniel could be the Level 1 ACO Scorers Course, scheduled to be held at Toft CC in March. In the meantime, he is focussed on developing his spin bowling under the watchful eye of the Cheshire coaches at Bridgewater High School in Warrington.

“I really enjoy the Cheshire courses because the level of coaching is much higher than we are used to at club and school level,” Daniel said.

He added: “It’s good to meet new people and test yourself against the best players from other clubs. I am enjoying the District Course and hope I can improve my game over the remaining weeks.”

*** To find out about becoming an umpire in Cheshire, contact Dave Lawson on 01606 76587.**



PASSING THE BAILS ON: Record breaking umpire Charlie Fenton, 92, retired after more than 60 years in the middle to make way for umpires like 14-year-old Daniel, top left

Chance to Shine gets 'teenage kicks' in Cheshire



CRICKET has been placed firmly on the front foot in secondary schools throughout Cheshire thanks to increased funding and support from Chance to Shine.

The nationwide schools' coaching programme, which previously targeted mainly primary-aged children, received a massive boost earlier this year when The Cricket Foundation announced it had secured major financial backing from Sport England.

Following the enormous success of its Creating the Future (primary-based) project, Cheshire were the first county board in the country selected to deliver the new secondary initiative, which is already well under way.

More than 50 secondary schools will receive support in 2013, with more set to come on board in the final two years of the three-year programme.

The aim is to increase participation in cricket among 14-18 year olds, and specifically the 14-16 years age group as statistics show players of this age are leaving the game.

In an effort to halt this decline and increase migration to clubs, Cheshire Cricket Board will deliver a series of 'community sports club' sessions at the chosen schools, with a focus on 'extra curricular' activity.

Cheshire underlined their renewed commitment to the Chance to Shine programme by recently employing four new members of staff, with for-

mer Glamorgan professional Chris Ashling joining Rick Halkon, Toby Mullins and Ben Tomlinson on the Board.

There is also a vastly increased schools competition framework in the county with more matches for boys and girls both indoors and out.



Howzat! Cricket is back on the agenda in secondary schools

Performance and Participation Manager Gavin Colebourn is responsible for coordinating the delivery of the scheme in Cheshire, and he is excited about the future prospects.

He said: "Chance to Shine is a superb initiative with a proven track record of engaging young people in sport and encouraging them to pursue their passion beyond the school gates.

"We are still heavily involved in delivering the 'Creating the Future' programme, but this new secondary scheme will prove a timely and much-needed kick for the teenage market.

"We have done a player survey and all the figures suggest there is an increasing 'drop off' among young people aged 14-16, and we are doing all that we can in Cheshire to address this.

"The ECB recognise this as a major issue affecting clubs, and are fully behind Chance to Shine and the fantastic package they offer.

Gavin added: "I am proud of the work our Development and Coaching Officers do on the Chance to Shine programme and we look forward to being a major driving force in the next phase of delivery.

"The CCB staff are excited by this new venture and the opportunity to develop young people's transferable skills using cricket as the tool.

"Coaching in schools is just the start of the pathway and we are very keen to develop various exit routes depending on individuals needs and interests."

In addition to the community coaching sessions, Cheshire have committed to delivering more than 30 Cricket Young Leaders Courses this year, with an anticipated 350 candidates.

Each young leader will receive mentoring support from Cheshire staff to increase their opportunities to both play and volunteer within the game.

THE current financial climate has created some major challenges for clubs and organisations across the sporting spectrum.

In a bid to overcome these challenges and empower clubs to thrive in difficult times, the *Club Leaders* programme has been developed.

Backed by funding from Sport England and the National Lottery, Club Leaders is a FREE resource for community sports organisations uniquely focussed on the business aspects of

club management.

Part of the *Places People Play* Olympic and Paralympic Legacy Programme, Club Leaders is delivered by PriceWaterHouse Coopers and is available to ALL CLUBS across the country.

A series of helpful online business modules and local seminars are just two of the benefits of this fantastic scheme. To register your club for FREE, visit www.sportenglandclubleaders.com



Top juniors tune up for the start of the season

MUCH has happened since the last edition of *Wheatsheaf World* as Cheshire's talented junior performers continue their preparations for the 2013 season, writes *Performance Manager Gavin Colebourn*.

You will have read the fantastic news about Harry Killoran and James Drummond winning Academy places at Derbyshire and Lancashire.

Our other Emerging Players (featured in the last issue) are currently training twice a week at Old Trafford with their Lancashire counterparts, as they bid to impress the first class coaching staff there.

It's a fantastic working environment and there has been great camaraderie between the players of both counties, thanks chiefly to the advice and guidance of Academy Director John Stanworth and Steve Titchard.

The Cheshire Junior Academy (U10-U14) is also up and running now, with regular sessions at Wilmslow High

School on Saturday mornings.

We are now a third of the way through our Excellence and District Level Coaching Programme, from which we will select our county age group players for the season ahead.

As coaches we have been looking to build on the positives of the previous few seasons, while also addressing some areas of perceived weakness such as batting against spin and fielding as a unit. The standard and commitment has once again been exceptionally high, and the age group coaches and managers will have a tough time selecting their final squads.

Running alongside the Excellence and District Programme has been a series of specialist sessions focussing on skills such as batting, pace bowling, spin bowling and wicket-keeping, with selected participants from last year's Cheshire sides invited to attend.

Many thanks to Lancashire Assistant Coach Gary Yates for his input with

the spin bowlers recently, and we look forward to welcoming Gary back for future sessions.

It promises to be an exciting few months ahead for our junior cricketers and you will be able to read all about right here in *Wheatsheaf World*.



Red Rose: Lancashire's Gary Yates

Chester's Harry is First Class

CHESHIRE Youth Cricket Player of the Year Harry Killoran says he already feels part of the 'Derbyshire family' after earning an Academy contract with the first class county.

Off-spinning all-rounder Harry, who plays for Chester Boughton Hall and Cheshire U16/U17s, has been training at Derby twice a week following a series of trials which took place at the County Ground before Christmas.

"The trial process was a really good experience," said Harry. "I think it helped that Derbyshire ran it over eight weeks, and not just a one-off event when anybody can have a good or bad day.

"It was really competitive, but it somehow felt quite relaxed as well. They wanted to get to know you as people, and not just as cricketers, and straight away we all felt part of something. There were 12 of us on

the trials and all 12 were offered Academy places, so we must have done something right."

Harry first caught the eye of Academy coach Howard Dytham in a practice match arranged between the Cheshire Emerging Players and Derbyshire last summer.

He took two wickets in 10 economical overs, including the prize scalp of Cheshire teammate Matt Hughes (playing for Derbyshire), to put himself in the frame for a winter trial at the County Ground. The rest, as they say, is history.

Despite his regular commitments across the border with Derbyshire, Harry remains in close contact with the Cheshire staff, including EP coach Graeme Rickman.

He revealed: "There a really good mix of group work, one-to-ones and strength and conditioning work, which really keeps everyone

CHESHIRE PLAYER PATHWAY



Spin king Killoran answers the Derbyshire call

Continued from Page 5 ...

on their toes.

“All our sessions are uploaded onto a file sharing site called Drop-Box, so we can keep track of where we’re up to. It’s really useful because it also allows me to share the work I’m doing at Derby with my Cheshire coaches.

“Howard can take some footage of me batting or bowling, make some notes, and then upload them for Graeme and the Cheshire coaches to see - the communication is really good.”

Harry’s stellar performances for club and county last summer made the Bishops High School pupil realise he could have a future in the game, but he is determined to take things one step at a time.

“Of course I would love to be a

pro cricketer, but I realise that my exams are important too. I’m just taking it one session, one week at a time, like baby steps.

“I still plan to play for Chester in the summer, as well as Derbyshire Academy on Sundays. I also have all Cheshire junior fixtures including the Jersey Festival. It’s going to be an exciting year all round.”

Harry has been attending the Cheshire U16/U17 Excellence programme at Brine Leas High School on Sundays, but he can still remember the first time he attended a CCB coaching course.

“I picked up a Cheshire leaflet the other day, and on the back was a diagram of the Player Pathway. It was weird to think that I started right at the bottom, having fun on the summer courses, and went up each rung of the ladder to the very

top in just a few years.

“I couldn’t have done that without all the help of my family and the Cheshire and club coaches.

“To anyone just starting, it’s a great scheme to be involved with and you’ll get chance to really improve your skills. I would recommend it to anybody.”



All roads lead to Old Trafford for starlet James

TALENTED opening batsman James Drummond has joined his Toft teammate Rob Jones on the Lancashire Academy. After moving one step closer to his dream of becoming a professional, James spoke to *Wheatsheaf World*.

How did it feel to discover you had been selected for the Academy?

I was really pleased as being selected for the Lancashire Academy has always been a long term goal of mine.

What are you most looking forward to following your selection?

I am looking forward to developing my skills over the winter and having the opportunity to work with the coaches at Lancashire.

Do you have an ambition to be a professional? What are you willing to sacrifice to get there?

I have always wanted to be a cricketer and it would take a lot of hard work and dedication to achieve that goal. But I think that it’s important to concentrate on school work in order to have something to fall back on if



things don’t go to plan.

You are following in the footsteps of several Cheshire juniors who have won Academy places recently- why do you think so many players are starting to win recognition with First class counties?

I think that many players are gaining recognition due to the Cheshire Youth Academy and the links with other counties (e.g. Cheshire EPP training

with Lancs EPP). It’s also down to the quality of coaching at the Cheshire net sessions that help emerging players make the step from the EPP to First Class Academies.

What did you enjoy most about the Cheshire coaching?

I have always enjoyed working with the Cheshire coaches as they have helped mould me into the player I am today. But it was the Festivals in Taunton that I enjoyed the most.

In what ways did it benefit you?

The coaching made me think more about how I approach all aspects of cricket. It also helped the development of my game as the coaching has helped me identify weaknesses in my game. The Taunton Festivals taught us all the value of team work and team spirit.

What advice would you give to other young players just starting on the player pathway?

As a young player I think it’s important to set long-term and short-term goals throughout your cricketing life and work smartly in order to achieve those goals.

Coach's Corner: The future of cricket in high definition

After guiding Cheshire to the Sky Sports "Tutor Team of the Year" Award, Coach Education Manager Graeme Rickman brings you the second instalment of his popular new feature 'Coach's Corner'. This month, Graeme looks at the benefits of video analysis in coaching.

WHENEVER we watch cricket on television I'm sure we've all been mesmerised by the level of video analysis being used in the game.

Coupled with expert opinion from the studio we're now able to see the most intricate of detail in a player's technique. I am always fascinated to see when comparisons are made be-



SPLIT SCREEN: Front and side

tween a player's technique before and after interventions have been made.

Whilst I am a firm believer that a coach should be confident with his own observations and analysis with the naked eye, there is no doubt that in the right hands video analysis is a powerful tool. With the development of tablets, smart phones and a whole host of new coaching Apps, it has never been easier to capture data and provide immediate feedback to players.

The benefits of using video analysis in coaching are numerous. There's an old saying that "the camera never lies" and this is certainly the case when it comes to capturing footage of a player's technique.

You are left with a permanent record of a player which can be saved, stored and shared with other coaches at the

click of a button, eliminating the need for making pages of notes or spending ages discussing what you've witnessed.

Some of the technology being used today is mind-blowing, but even some of the cheaper coaching Apps utilise features such as slow motion or freeze frame which can really assist in the observation process.

The challenge for coaches isn't necessarily getting the right footage, but what you do with that footage and how you provide the feedback that will ultimately make the difference to that player. I have come up with a step by step guide for coaches (see bottom right) to help you get the best out of using video analysis.

Once you have footage of your player, you then need to decide how best to provide some feedback. The first thing to do is consider the player and what might work best for him.

There's a tendency for coaches and players to look at the negatives first which can only be de-motivating and result in a loss of confidence from the player. Use the praise burger approach, highlight the positives first and then you can start the process of focusing on areas for improvement. Look to ask questions rather than 'tell' the player, as this will allow him to develop some self-awareness.



HOT SPOT: Win, Lose or 'Draw'

You may to decide analyse the player yourself at a later date and share selected information gradually over a period of time rather overloading player immediately.

Whichever method you adopt, it is crucial for the player to understand and agree on an area that you are looking to improve. Consider including a benchmarking process so that those comparisons can be gradual and you can work towards a shared goal.

There are a range of apps available on the market, including Cricket Coach Plus HD, Video Coach, Ubersense and Siliconcoach Live (for PCs). Why not have a go yourself and see the benefits for your player.



Video analysis made easy: A Guide

- 1) Ensure a consent form has been signed by the parent/guardian
- 2) Consider the age, maturity and ability of the player before filming
- 3) Check your recording equipment is fit for purpose and consider your own safety before recording
- 4) Record several times to provide an overall picture of the body movements and check they are consistent.
- 5) Record from side-on (open side), at the bowlers end and behind the net if it is safe for you to do so.
- 6) Capture footage during training sessions **and** in matches, as movements may differ under pressure.
- 7) You'll find it easier to break the footage down into separate phases. For example, for batters you may use set up, position at point of release (any trigger movements?), step & back-swing, base and strike. For bowlers it would be run up, jump & gather, delivery stride, point of release and follow through.

Happy filming everyone!

Tutor team hailed at Sky Sports Awards



CHESHIRE Cricket Board were one of the night's big winners at a star studded ceremony to mark the 2012 Sky Sports Coach Awards.

More than 400 coaches were in attendance at the ECB CA's National Conference at Warwick University to witness Cheshire win the prestigious 'Tutor Team of the Year' category for the first time in the county's history.

Coach Education Manager Graeme Rickman and Performance Manager Gavin Colebourn were on hand to collect the award, accompanied by County Under 14s Coach Dave Burrows and Pete Hancock - who last year won the ECB Sky Sports Outstanding Contribution to Cricket award.

The Sky Sports Coach Awards recognise the efforts of teams or individuals for their outstanding achieve-

ments in cricket. They form part of a national awards process, with the overall winners selected from a pool of 120 nominees from around the country.

The four main categories presented at this year's National Conference were: Tutor Team of the Year (Cheshire), Young Coach of the Year, Coach of the Year and Outstanding Contribution.

Upon winning, Cheshire were praised for their high course completion rates, setting a positive learning climate and providing support from course to club environments.

"I was delighted to accept the Award on behalf of the Cheshire Cricket Board," said Graeme.

"I would personally like to thank all



In the spotlight: Charles Colville interviews Coach Ed manager Graeme Rickman at the ECB Conference

our tutors and assessors for making this possible. The board is fortunate to have such a dedicated and committed tutor workforce and we look forward to providing continual support to all our Cheshire coaches".

The ECB CA Conference is a bi-annual event which brings together some of the top coaches from the world stage to pass on their knowledge and expertise.

This year's event in Warwick was attended by more than 400 coaches from around the country, with a series of lectures and workshops designed to share best practice with those delivering cricket from grass roots level right through to the international game.

The key note speakers were Matthew Syed, the former international table tennis star turned broadcaster, Gordon Lord (ECB Head of the Elite Coach Development) and Peter Moores.

Workshops were delivered by Richard Johnson (Fast Bowling), Mark Garaway (Batting) and Simon Guy (Wicket Keeping).

What our customers say about us ...

"Thank you to Graeme Rickman and Gareth Moorhouse for their support and guidance over the past few months. I have thoroughly enjoyed the whole experience and would recommend it to anybody. I have got so much from the process and have nothing but positive thoughts." SMC - coach

"Thank you to Graeme Rickman and Gavin Colebourn for fantastic mentoring throughout the UKCC2 Course. It was a really good experience and it will stay with me. I know

the others I spoke to felt exactly the same too." VS - coach

"I enjoyed all of it. Learning from two excellent coaches (Gareth Moorhouse and Graeme Rickman) has meant that the course has been superb in terms of its content and great fun to be a part of." Will Chalk

"All the UKCC2 course has been excellent, and both the tutors (Gareth and Graeme) were fantastic. I particularly got benefit from how to coach sessions," David Otway

DON'T MISS THE LAST TWO COURSES THIS WINTER, BOOK AT www.cheshirecricketboard.co.uk/coachedcoursebooking.html

COURSE	VENUE	DATES	TIMES	PRICE
Working in Schools	Wilmslow High School	Saturday, March 2	9am-2pm	£35
Coach Development Workshops	Queen's Park High School, Chester	Sundays, March 3-17	9am-3pm	£200 Member £325 Non-member

New sponsors for Cheshire leagues



EXCITING sponsorship opportunities have arisen within the Cheshire Cricket family following the recruitment of new backers for the county's leading cricket leagues.

Chester-based telecommunications company **VIVIO** were last month unveiled as the main sponsor of the flagship Cheshire County League, while Stockport tax advisory firm **The TACS Partnership** have agreed a three-year deal with the Cheshire Cricket League.

With the top two tiers of the Cheshire pyramid receiving a timely financial boost ahead of the 2013 season, Cheshire officials are encouraging other local businesses to lend their support to the game within the county.

Registered charity the Cheshire Cricket Trust recently announced its backing of the County Under 13 and Under 15 Club Knockout, but there are still several competitions and organisations who would welcome a principal partner.

Sponsorship opportunities for 2013 and beyond are available with the following:

- Cheshire Cup & Shield
- Cheshire Cricket Alliance
- Cheshire County Cricket Club
- Cheshire Youth Cricket
- Cheshire Women's Cricket

Cheshire Cricket Board Chairman Peter Davies hopes the commitment made by VIVIO and TACS will encourage other leading businesses in the county to follow suit.

He said: "Everyone connected with the Cheshire Cricket Board has enjoyed a life-long passion for the game and without exception we all want cricket to thrive within our county.

"We are proud of the league structure in Cheshire and it is extremely encouraging to see the top two leagues of the pyramid attract major new sponsorship deals.

"In these troubling financial times every bit of support is welcome and this goes a long way when coupled with the tireless efforts of the many volunteers who run our game.

"I would encourage any business, no matter how large or small, to consider a sponsorship package with one of the other branches of the Cheshire Cricket family tree."

VIVIO's backing of the County League takes the total number of sponsors to six, including **RedInsure** (T20), **Reader's** (balls) **TailorMade Group** (Over 40s), **Canterbury Sports** (monthly performance awards) and handbook printers **Delmar Press**.

After its 24-year association with estate agents Meller Braggins ended in 2012, the Cheshire Cricket League wasted little time in attracting a new principal sponsor.

The TACS Partnership is an independent tax advisory firm based in Stockport and will carry the banner for the league which boasts 36 member clubs and six divisions.

Peter Davies, in his capacity as Cheshire Cricket League chairman, added: "The League Executive are delighted to welcome The TACS Partnership as the League's title sponsors from 2013 and look forward to a long and mutually beneficial association with them".

Ian Roberts, partner at The TACS Partnership, added; "We are delighted to be associated with the Cheshire Cricket League. It is an excellently run league which allows community-based cricket clubs to play competitive sport across the county."



The TACS Partnership

Watch out boys ... here come the Girls!

NEW players are invited to a **FREE** taster session with the Cheshire Women's squad on Friday, March 8 to mark International Women's Day.

Female cricketers of all ages are encouraged to attend the special practice at Stretford Sports Village in Manchester between 7-8pm, with no previous playing experience necessary.

Cheshire Women will continue their build up to the Liverpool Victoria County Championship Division Two season between 8-9pm at the same venue, and then every Friday until March 22 when they break for Easter.

After the holidays, the squad will

turn their attention to outdoor practice at Bowdon Cricket Club under the watchful eye of head coach Alex Blake and his assistant Raffaella Rodighiero.

Senior county practice sessions will be open to all members of Cheshire Women's Cricket League clubs and any Cheshire representative age group players who wish to be considered for selection in 2013.

Any enquiries ahead of the sessions can be made to captain Jenny Halstead (dustybin03@hotmail.com/ 07759 711654) or coach Alex Blake (alex1231@hotmail.com/ 07887 551527).



Taking Aim: Cheshire Women are preparing for the 2013 season

Yo Yo Test: The Ups and Downs of Cheshire Cricket



DETERMINED youngsters pushed through the pain barrier earlier this month to complete the gruelling “Yo Yo Test” in a bid to raise funds for two excellent causes.

Registered charities Children With Cancer and the Cheshire Cricket Trust are the joint beneficiaries of the now annual fundraiser, which this year included players from 19 Excellence and District Courses around the county.

Boys and Girls aged 11 to 18 took part in the progressive running test,

which measures an athlete’s aerobic capacity and endurance levels.

Twelve-year-old Bowdon wicket-keeper Archie Phillips proved the star of the show, achieving an incredible **Level 19.7**, a score that proved unrivalled across all age groups.

Archie (left), who represented Cheshire Under 11s in 2012, epitomised the athleticism, courage and commitment showed by all the young cricketers who took part in what proved to be a hugely popular event.

Cheshire Cricket Board Performance Manager Gavin Colebourn was on hand at South Cheshire College to witness what he described as some “outstanding individual feats of physical prowess” among our most talent junior players.

Gavin said: “We ran the Yo Yo Test as a pilot in 2012 with the County U13 Boys team and it worked really well, with the added bonus of raising some funds for the Cheshire Cricket Trust.

“This year we decided to extend the test to all age groups across our elite coaching programme, and some of the

results were fantastic.

He added: “We won’t know how much has been raised until the conclusion of the course, and I would encourage all players to boast about their achievements to family and friends.”

Registered with the Charities Commission in 2012, Cheshire Cricket Trust seeks to attract support to facilitate the playing and development of cricket for everyone in Cheshire on a recreational basis to improve their conditions of life.

Children with Cancer UK is the leading children’s charity dedicated to the fight against all childhood cancers, and its workers have raised over £150 million since its inception in 1988.



ON YOUR MARKS: Competitors (and coaches!) relax before the Test

PULLING THE ‘WOOL’ OVER YOUR EYES ...

Cheshire’s Club Development Manager Mike Woollard brings you the latest news

ANTICIPATION is building throughout the county for the start of the new season, with everyone praying for just one thing – a dry summer!

Recognising the need for clubs to “bounce back” following a damp and depressing 2012, the ECB have produced a National Club Strategy, its overarching aim “to inspire the nation to choose cricket”. I attended a regional seminar at Neston CC recently, and believe this shot in the arm from the game’s governing body is a welcome boost for all club sides in the county. One premise of the Strategy is to encourage clubs to invest resources into developing their playing facilities and volunteer base, over and above the payment of players – a notion which can only lead to a more vibrant and progressive club environment moving forwards.

For clubs planning any structural work ahead of the new season, please take advantage of the fantastic offer from leading building material supplier Jewson – who have pledged to provide £400 of materials to any clubs opening a Privilege Account. To qualify for the scheme, clubs need only sign up to Natwest Cricket Force and pay an initial £100 into a Jewson Account. The company will then add an extra £400 for you to spend in store – and believe it or not cricketers, there’s “no catch”.

It would be remiss of me to sign off without issuing a timely reminder to clubs about the importance of CRB (now called DBS) checks. Our County Welfare Officer Andy Margeson will be visiting clubs to ensure the correct vetting practices are in place, and you will receive dedicated support from your local Development and Coaching Officer to get everyone up to speed.

For those coaches and officials needing to renew First Aid and Safeguarding qualifications, the CCB have put on some additional courses ahead of the summer – check out our website for more details.

Mike



CCB Advanced Course Players of the Month

<u>COURSE</u>	<u>PLAYER</u>	<u>CLUB</u>	<u>HEAD COACH'S COMMENTS</u>
Bridgewater A	James Mazarelo	Bowdon	James always listens intently to the coaches, working hard to improve all aspects of his game. His pace bowling and batting has really impressed - <i>Mark Greaves</i>
Bridgewater B	Ryan Blackie	Davenham	Ryan has been the stand out bowler, his bowling has really come on over the last few weeks, bowling with some really good pace - <i>Mark Greaves</i>
Bridgewater C	Charlotte Cross	Appleton	Charlotte has been improving throughout the course with a very focused approach to all the sessions. She has also produced one of the best detailed diaries that any of the coaches have seen before! <i>Bob Milne</i>
Bridgewater D	Shaneil Patel	Northwich	Consistent left arm spin that has helped him go on to another level. - <i>Colin Grindey</i>
Birkenhead A	James Clarke	New Brighton	James shows a fantastic attitude and a will to improve which has driven the recent development in his game. Most impressive has been his bowling, in particular his slower ball which has become a very useful weapon. - <i>Owen Williamson</i>
Birkenhead B	Max Shah	Neston	Max has found a good level of consistency in the last few weeks. Together with his pace and bounce he is developing into an attacking bowler and we have high hopes for him this year- <i>Graeme Rickman</i>
Birkenhead C	Seb Botes	New Brighton	Seb held his own against the older boys and girls in his net showing excellent attacking shots and real potential with the ball - <i>Chris Edwards</i>
Brine Leas A	Max Lindsey	Nantwich	Max bowls with great pace for his age and over the last few weeks has really learned how to control the swinging ball, moving it away from the right hander to become a genuine threat. - <i>Owen Williamson</i>
Brine Leas B	James Burnett	Bunbury	James's swing bowling caused constant problems for the best batters on the course, and he continues to work hard at all aspects of his game. - <i>Stewart Macleod</i>
Queen's Park A	Hansaj Singh	Chester Boughton Hall	Hansaj earned his place on the Excellence Course with some consistent slow left arm bowling which shows real potential - <i>Stewart Macleod</i>
Queen's Park B	James Cottrell	Alvanley	James has a very mature approach to his development and is keen to ask questions in an effort to enhance his technique, which is progressing nicely - <i>Bob Milne</i>
South Cheshire A	Callum Pearson	Nantwich	Callum's attitude and willingness to learn is starting to shine in his bowling, he is now controlling his leg-spin more consistently and looks like a real threat. - <i>Owen Williamson</i>
South Cheshire B	James Holt	Elworth	James works hard in every session he attends, and plays with a smile on his face, which is just what the coaches want to see - <i>Stewart Macleod</i>
Tytherington A	James Nicholl	Prestbury	James won this award for his batting in a dismissal net, where he batted the full net session and didn't get out. <i>Colin Grindey</i>
Tytherington B	Ian Neumann	Bollington	Consistent bowling enhanced by a repeatable bowling action- <i>Colin Grindey</i>
Werneth A	Ed Saxelby	Romiley	Excellent use of his diary that has helped him identify areas of work and then quickly improved those areas during the sessions. Well done. - <i>Gavin Colebourn</i>
Werneth B	Josh Edwards	<i>New to the Area</i>	Josh has demonstrated an excellent attitude throughout the course and strong batting performances in the nets - <i>Gavin Colebourn</i>
Wilmslow B	Ashray Bhamidipati	Alderley Edge	Ashray has demonstrated superb control of line and length when bowling and really worked hard to develop his batting in the closing few sessions, well done - <i>Gareth Moorhouse</i>
Wilmslow C	Ben Murphy	Alderley Edge	Ben's attitude over the course has been superb, his bowling has been excellent, getting the ball to swing both ways and causing problems for the batters. - <i>Mark Greaves</i>
Wilmslow D	Ellie Mason	Bramhall	Ellie has been on top form and has really started to strike the ball almost 360 degrees around the wicket, against all kinds of bowling. She does this with a fantastic attitude and application to improve. - <i>Owen Williamson</i>
Wilmslow E	Dan Osborne	Sale	Dan worked very hard on his wicket keeping, standing up to any of the quick bowlers in the nets. He has a great attitude towards the sessions and is always keen to listen and learn from any ideas or advice given - <i>Bob Milne</i>
Wilmslow F	David Cunliffe	Brooklands	David's Batting continues to improve, playing shots all round the ground with his ability to gap the ball so well. - <i>Mark Greaves</i>
Wilmslow Girls	Hannah Bratt	Wistaston	Hannah's action continues to develop, making her into a consistent wicket to wicket bowler. She has been working very hard on her batting also and has now learnt to control the shots when attacking, enabling her to punish any bad ball. - <i>Owen Williamson</i>

Former pro Chris and new starter Ben join CCB

PACE bowler Chris Ashling has returned to his roots and secured a coaching role with Cheshire Cricket Board following his release from first class county Glamorgan.

Chris (below), is a former England junior international who spent five years on the playing staff at the Swalec Stadium, making several first class appearances for the Welsh Dragons.

After his release at the end of the 2012 season, Chris wasted little time qualifying as a cricket coach, a move which helped pave the way for his new



role as Coaching Officer with CCB.

“I am really looking forward to my new job with Cheshire,” revealed the 24-year-old, who has signed for home club Bowdon for 2013.

“It will be great to pass on my experiences to the young cricketers in the county, which I hope will have a positive effect on their development.”

Chris represented Cheshire Youth Cricket from Under 11 to Under 17, playing several matches for Lancashire second eleven in that period. He moved to South Wales in 2007, earning a place on the Glamorgan Academy, before making his first class debut against Leicestershire in 2009.

Joining Chris on the CCB staff is former Cheshire junior Ben Tomlinson, who plays for Oulton Park in the Cheshire County League.

Ben (in action top right) is a playing member of the MCC, having trialled previously for The MCC Young Cricketers and Yorkshire CCC.

He joins the CCB as a Coaching Officer, having worked previously in a



schools coaching environment covering PPA sessions for teachers.

He said: “Cricket and sport is my passion, and I would like to inspire children to get involved and have fun. Hopefully my enthusiasm for the game will rub off on them.

“Working for the CCB on the ‘Chance to Shine’ scheme means I will be able to work with young people of different ages and abilities, and educating them through cricket, which is really exciting.”

Support the Cheshire Cricket Trust



The Cheshire Cricket Trust was established in 2012 and is Registered (No. 1147271) with the Charity Commission.

The Trust is proud of its association with Cheshire Cricket Board but is run separately by its four Trustees - David Sharp, Sarah McCann, Mike Guest and Karl Bamford.

The Trust seeks to attract support and donations to facilitate the playing and development of cricket for everyone in Cheshire on a recreational basis to improve their conditions of life.

Trustee David Sharp explained why lovers of Cheshire Cricket should consider supporting the

Trust. He said: “This is a fantastic initiative, which allows people to make a significant and lasting contribution to the game in this county.

“We are all extremely passionate about cricket and want to preserve our game for many generations to come. We have already received several extremely generous donations and any contribution is gratefully received by all.”

Donations by cheque payable ‘Cheshire Cricket Trust’ may be sent to: Cheshire Cricket Trust, c/o Cheshire Cricket Board, 2 Moss Farm Cottages Moss Farm Leisure Complex, Winnington, Northwich CW8 4BG

If you are a UK Tax payer, to help us maximise the value of your donation please complete a [Gift Aid declaration](#) with your payment.

* For information or to learn more about making a donation please email us at cheshirecricket-trust@cheshirecricketboard.co.uk

Fit for cricket - Talent will only take you so far



Cheshire Cricket Board's Strength and Conditioning Consultant Angela Jackson, of Alderley Edge based-PhysioFit, writes

exclusively for Wheatsheaf World.

IN the last edition of this newsletter I spoke about the importance of the Long Term Athlete Development (LTAD) model for young sportsmen and women.

Research tells us that if youngsters are served a healthy dose of the ABCS (agility, balance, coordination and speed) from an early age, their bodies will stand up to the rigours of playing competitive sport for the rest of their lives.

As the Cheshire Player Pathway reaches the Excellence and District Course stage, the coaches will be paying very close attention to the physical performance of all the players.

For those harbouring ambitions of playing representative cricket in 2013 being 'talented' is not always enough, and I know many youngsters are working extremely hard to improve their physical condition.

To point them in the right direction in the build up to the season, I will be holding my annual strength and conditioning presentation for parents and guardians of those still involved in the player pathway.

The presentation will take place at **Warrington Sports Club, on Thursday March 7 between 7-8.30pm.**

The main thrust of the evening will be how to prepare the body properly for cricket, giving parents some practi-



A GOOD OLD KNEES UP: Screening tests are vital for young athletes

cal advice on strength and conditioning, growth related injuries, posture, footwear, nutrition and fast bowling directives.

“Good preparation is key – failing to prepare is to preparing to fail – hard work now will give you a body that you can rely on without the risk of injury during the season.”

Angela Jackson, S&C Consultant, Cheshire Cricket

I will discuss how a balanced programme of pre-season activity should include cardio work with some cricket specific drills to get faster off the mark for fielding and taking quick runs.

It should also include balance drills for more accurate bowling; flexibility for growing muscles and vital core exercises to strengthen abs and gluts.

All this and more will be covered in the parent talk with lots of ideas about nutrition, posture on and of the field and other key facts about fitness to ensure you have the best season possible.

Good preparation is key – failing to prepare is to preparing to fail as they say – and hard work now will promote a body that you can rely on without

the risk of injury during the season.

Too often we wait until we are injured to begin a stretching and core programme. Children especially have no concept of how devastating an injury can be just before a big game or tour and so a focus on pre season training will reduce the risks.

Individual screenings are part of the England team programme to identify risk areas and create individual programmes for each player. I regularly screen Cheshire's Emerging Players and will again be offering this facility to all Cheshire Juniors at a massively discounted rate in 2013.

***To book your place at Angela's annual presentation email michelle.alder@cheshirecricketboard.co.uk**



Look out for W heatsheaf 4!

AS the 2013 outdoor season draws ever closer, *W heatsheaf World* will cover all the stories that matter to you and your cricket club.

In the next edition of WW we will preview the junior county season, bring you all the latest news from the Cheshire club scene and much, much more besides.

If you have a story you think our readers should hear about, email newsletter editor Gareth Moorhouse with the details and some pictures to garethcheshirecricket@gmail.com.

Thanks again for reading and best wishes to you and your club for the 2013 season and beyond.

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