

St Kilda Cricket Club

Pre-Season 2010/2011

Welcome to Season 2010/2011. Please read and diarise the calendar of events for the upcoming pre-season.

Each Fitness session is geared for improving fitness levels for cricket so you are required to dress appropriately. Please bring your running gear (shorts/track pants, t-shirt/long or short, socks and runners). **You are also required to bring a drink bottle and towel.** In addition to this, the Spin sessions will have a dress theme to them.

1. Footy – Players to wear a football jumper, shorts and football socks!
2. Macho – Players to wear a singlet to show off their muscles!
3. Sexy – Players are to wear lycra pants and tight fitting tops!
4. Saints – Players must wear 3 different STKCC logo garments!

For training sessions at Junction Oval please bring both your cricket and running gear.

Venues – Melbourne Sports Stadium – 13 Duerdin Street, Clayton. Mel 70 J10.
Flipping Fit – Gate 3, Punt Rd Entrance, Wesley College, Prahran Campus. Mel 2L C11.(\$10- per session)
Genesis Fitness – 441 St Kilda Rd, Melbourne, 3004. Mel 2L A5

Buddy Session – You need to do one session on your day/night of choice between August 25th and 29th. You must arrange to spend 1 hour with one or more team-mates with the purpose of improving your cricket. A selected member of your group must text or email me, before the Sunday indoor session on August 29th, who was in the group and what activity that the group performed.

Yellow and Orange jacket. After each session you will award one vote to the person who you believe was committed to their best effort. That person will wear the Orange jacket at the next session. The Yellow jacket will be worn by the overall leader of votes.

We expect all players to attend the sessions, even if injured, to offer support or help where ever possible. If you cannot attend any session you **MUST** contact the Coach, Adrian Jones on 0433 574 865 / email - ajones@cricketvictoria.com.au .

Oh we do like to be beside the seaside.....!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Training Option	2	3 Training Option	4 Training Option
5	6 Training Option	7	8 Training Option	9	10 Training Option	11 Training Option
12	13 Flipping Fit Wesley College Via Punt Rd, Gate 3 8.15pm – 9.30pm \$10- per person	14	15 Training Option	16	17 Training Option	18 Training Option
19	20 Flipping Fit Wesley College Via Punt Rd, Gate 3 8.15pm – 9.30pm \$10- per person	21	22 Training Option	23	24 Training Option	25 Training Option
26	27 Flipping Fit Wesley College Via Punt Rd, Gate 3 8.15pm – 9.30pm \$10- per person	28 Spin / Cycle Genesis Fitness St Kilda Rd 7.15pm – 8.30pm Theme - Footy	29 Training Option	30	31 Training Option	

July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Training Option
2	3 Flipping Fit Wesley College Via Punt Rd, Gate 3 8.15pm – 9.30pm \$10- per person	4 Spin / Cycle Genesis Fitness St Kilda Rd 7.15pm – 8.30pm Theme - Macho	5	6	7 Training Option	8 Training Option
9	10 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm	11 Spin / Cycle Genesis Fitness St Kilda Rd 7.15pm – 8.30pm Theme - Sexy	12	13	14	15 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 10.45am – 1pm
16	17 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm	18 Spin / Cycle Genesis Fitness St Kilda Rd 7.15pm – 8.30pm Theme - Saints	19	20	21	22 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 10.45am – 1pm
23	24 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm	25 <i>Buddy Session</i>	26 <i>Buddy Session</i>	27 <i>Buddy Session</i>	28 <i>Buddy Session</i>	29 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 10.45am – 1pm
30	31 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm					

August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Fielding/Fitness Melbourne Grammar Flack Park – Todd Rd, Port Melbourne. 6pm – 7.30pm	3	4 SAINTS SUPER SESSION Practice / Planning 10am – 7pm Venue TBA	5 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 10.45am – 1pm
6	7 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm	8	9 Fielding/Fitness Melbourne Grammar Flack Park – Todd Rd, Port Melbourne. 6pm – 7.30pm	10	11 Training Junction Oval 9.30am – 11.30am/ Practice Match TBA	12
13	14 Indoor nets Melbourne Sports Stadium – 13 Duerdin St. Clayton 7.45pm – 10pm	15	16 Training Junction Oval 5pm – 7.30pm	17	18 Practice Match Intra Club Wesley College High Street Road Glen Waverley	19 Practice Match VS Northcote Wesley College High Street Road Glen Waverley
20	21 Training Junction Oval 5pm – 7.30pm	22	23 Training Junction Oval 5pm – 7.30pm	24	25 Training Junction Oval 9.30am – 11.30am AFL GRAND FINAL	26
27	28 Training Junction Oval 5pm – 7.30pm	29	30 Training Junction Oval 5pm – 7.30pm Season Launch 7.30pm – 9pm			

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Round One One Day Match VS Richmond	3
4	5 Training Junction Oval 6pm – 8pm	6	7 Training Junction Oval 6pm – 8pm	8	9 Round Two One Day Match VS Geelong	10
11	12 Training Junction Oval 6pm – 8pm	13	14 Training Junction Oval 6pm – 8pm	15	16 Round Three One Day Match VS Carlton	17
18	19 Training Junction Oval 6pm – 8pm	20	21 Training Junction Oval 6pm – 8pm	22	23 Round Four One Day Match VS Camberwell Magpies	24
25	26 Training Junction Oval 6pm – 8pm	27	28 Training Junction Oval 6pm – 8pm	29	30 Round Five One Day Match VS Casey – South Melbourne	31

October 2010

STKCC

Pre-Season Conditioning Options

Running – All options begin with 5 minute warm up jog.

Option 1 –

Fartlek Session – 5 x (1 min jog/3 min hard/1min walk)

3 x Maximum Push Ups (90 second rest)

3 x 15 V-Sit Ups (60 second rest)

Option 2 -

2 x 15 min runs / 5 mins rest (Try to beat time back)

3 x 15 double leg bounds (walk back to start position)

3 x 30 walking lunges (jog back to start position)

Option 3 –

10 x 100m sprint (jog back recovery)

10 x 50m sprint (30 sec recovery)

1 x 1km (hard)

3 x Maximum Push Ups (90 second rest)

2 x 1min prone hold / plank

Option 4 – (ideal at beach)

6 x 2 min run (1 min walk recovery)

10 x 50m sprint (45 sec recovery)

3 x Maximum Dips (90 second rest)

2 x prone hold / plank and side bridge (45 sec each hold)

Swimming

100m – Warm Up – Own choice

200m – 4 x 50m Freestyle on 75sec

200m – 4 x 25m Hard / 25m easy

200m – 2 x (50m kickboard / 50m Breaststroke) – (no kickboard use backstroke)

450m – Freestyle pyramid hard (50m,100m,150m,100m,50m) / 40 sec rest between efforts

50m – Cool Down