



We expect players to maintain a good level of general fitness

For the Academy this will form part of the winter training programme. Whilst every care is taken to offer the right advice in terms of technique and fitness, parents should be aware that injuries can arise from playing cricket, especially for fast bowlers. For instance, parents should take advice if ever their child is a bowler and feels pain in the lower left back (for a right handed bowler). With this in mind we are able to recommend a variety of sports physiotherapists based both locally and further afield.

An academy is much more than practising cricket in nets. It is about you, the player, as an athlete. The Academy is committed to the principles of long term athlete development (LTAD) which helps ensure young athletes achieve their full potential. This means providing opportunities for training, practice and fitness as well as competition. The club is committed to ensuring that our growing number of coaches are kept up-to-date and are able to give you appropriate advice.

Diet and Nutrition

Have a good breakfast with high-energy carbohydrates like fresh fruit and fresh juice.

Eat regularly, with three meals a day and snacks mid-morning and/or mid-afternoon.

Make good choices – dairy products for calcium and strong bones but reduce fat where you can. (ie. semi-skimmed milk) grill or bake food rather than fry it.

Get familiar with the complex carbohydrates; bread, pasta, rice and potatoes, which are good sources of slow release energy.

Toast and fruit juice is a good 'energy' breakfast to have before a match but if you add an egg the protein slows down the energy release more, making it last longer.

Eat more when you train or play more.

Replace fluids before they are lost – drink well 2 hours before activity as well as during

Replace energy within 20-30 minutes of a match or training session

Of course eating other things is fine but the best rule is "consume them in moderation"

Fitness

For those of you who did the Pilates fitness sessions during the Academy winter training remember the importance of core stability.

When warming up make sure you get your blood flowing with a jog or some other activity before doing stretches.

Use the stairs rather than a lift, walk to school if this is appropriate.

Respect your injuries. Talk to your manager, coach or parents if you have any unusual aches and pains. Fast bowlers should always be alert to any pain in the lower left back, for a right hander.

Smoking, alcohol and drugs should be avoided. They are not only illegal for Academy members but also prohibited by the Club.

Pilates is a recommended fitness regime for cricketers especially bowlers. Remember the following principles the next time you get your gym ball out;

1. Neutral spine
2. Pelvis and hips level
3. No movement of neutral spine or pelvis
4. Switch on your deep abdominals – 3 holes on your belt, flatten or hollow your tummy
5. Work at a level you can do correctly and efficiently

There may be medical or other reasons why some of this advice is not appropriate and you should always discuss this with your parents