



Top tips for pursuing a career in cricket -

Participation and Performance count!

- Play in the garden or with friends
- Play at school
- Play for your club
- Have FUN and concentrate on speed, agility and balance
- Play kwik cricket up to age 11 and at Primary school
- Join holiday coaching courses – Hills Road in Cambridge do some very good ones
- Play for your village or club
- Receive coaching at SWCC and play for your village
- If you enjoy numbers, learn how to score
- Junior cricket ends at age 16 at SWCC
- Join the committee of your club
- Offer to maintain the ground especially if you enjoy gardening!
- Be Treasurer or Secretary
- Represent your district or County at u11. This is the usual starting age for representative cricket
- Remember you could choose Cambridgeshire or Essex because of where we live. You could even choose the County you were born in if it is different. Join their excellence programmes
- Get invited to join the Essex Academy
- For school, go for the Essex Schools Cup
- For your club go for league honours or look to progress through to the national stages of the u13 and u15 cups
- Learn about cricket statistics
- Apply to join the Excellence classes at Lords
- Play league cricket
- Set yourself targets and try to beat club records or beat your own averages
- Play cricket overseas – SWCC has links with the Kensington Oval Cricket Club in Adelaide.
- Get involved with the Club Conference sides
- Go to University and play there – but come back at weekends or during vacations and play for a top club like SWCC
- If you are really keen, go to one of the Universities which is a Cricketing Centre of Excellence - Durham, Cambridge, Cardiff, Leeds-Bradford or Loughborough
- try Anglia Ruskin in Chelmsford or Cambridge or Oxford Brookes if you are not suited to a full degree course
- Play for the over 50's and 60's
- Get involved with one of the commercial academies such as the Ace Academy www.aceacademy.co.uk
- Choose a career as a physiotherapist, or in leisure and recreation. Take up coaching
- If you want to work with young people get yourself cleared by the DBS
- Offer to maintain the club statistics
- Get a coach assistant qualification with a first aid and Child Protection course built in
- Become chairman or club President!