



# News of the City



## ***From the President (with VP TD)***

It is with great anticipation that we look forward to the upcoming season 2010/11. A great new coach in Graeme Beaumont has been appointed and Adam Pitts finally takes the reigns as First XI skipper after many years as vice-captain.

After much hard-work you will notice the turf practice nets are starting to take shape and will be a fantastic asset for the club for many years to come.

We have some new blood on the committee this season including Trevor Elliot and Russ Treble and a new Treasurer, David Cameron and Secretary, Kent Agg.

For those interested in a Friday night drink support the Elephant and Castle between 6.30 and 7 where the club raffles a meat pack.

## ***Nets Take Shape***

Mark Grant and Tim Down should be congratulated for their fine design and construction skills. Mark and Tim put many hours into the job and along with a band of willing helpers the facility should be ready for the upcoming season.

## ***Coach's Message (with Graeme Beaumont)***

I am really pleased to be involved again with the City Cricket Club and am looking forward to the coming season and working closely with Adam and all the teams to set the benchmark in the GCA 2 competition.

It goes without saying that a well prepared preseason program will put us in the best possible position from round 1 to achieve success.

There are always areas of your game to work on; you will need to cover more than just working on your strengths by making sure that you TRY! new ideas to help your cricket.

Now is the time to clean out your cricket bag, check the state of your gear and air out and/or replace your old gear. Plan and set goals for the preseason in relation to last season and areas you want to improve on. Get moving with long walks, sprints, stretching, some simple abdominal exercises and push-ups.

I am looking forward to working with you all and challenging ourselves over the coming season.

To kick off the season we will be holding a lawn bowls afternoon at Geelong West Bowls Club on Sunday August 1<sup>st</sup> at 12:30pm. Lunch will be supplied and drinks will be available from the bar. Come along, meet the new coach and fine tune your in-swingers and out-swingers on the green. RSVP to

[kent@geelongcitycricketclub.com.au](mailto:kent@geelongcitycricketclub.com.au) or phone Kent Agg on 0400 569148



## ***Ball Man is Back***

Englishman Jonathan Ball will be returning to our shores this season to bring some refined culture from the mother country. Please make him feel welcome and try not to mention the Poms poor showing in the world cup.

## ***Go Green and win!!!***

Email [admin@geelongcitycricketclub.com.au](mailto:admin@geelongcitycricketclub.com.au) to get the newsletter via email and win great prizes.



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## *Fitness Sessions*

Non-compulsory fitness sessions will commence on Tuesday 13<sup>th</sup> July and run until the beginning of indoor sessions. Players are to meet at the bottom Eastern Beach car park by the beach volleyball courts at 5:45pm. Sessions will cater for all fitness levels and will run for approx. 45 minutes.

## *Indoor Session Schedule*

Indoor training sessions will be held at **Barwon Valley Activity Centre**. Sunday sessions will be held during market time. We are therefore required to park at the front left (High St. bridge side of the building). Please note, the first two midweek sessions will be held on Wednesday, all following midweek sessions to be Thursday.

Date	Time
Sunday 8 <sup>th</sup> August	9:15am – 11:30am
Wednesday 11 <sup>th</sup> August	5:45pm – 7:30pm
Sunday 15 <sup>th</sup> August	9:15am – 11:30am
Wednesday 18 <sup>th</sup> August	5:45pm – 7:30pm
Sunday 22 <sup>th</sup> August	9:15am – 11:30am
Thursday 26 <sup>th</sup> August	5:45pm – 7:30pm
Sunday 29 <sup>th</sup> August	9:15am – 11:30am
Thursday 2 <sup>nd</sup> September	5:45pm – 7:30pm
Sunday 5 <sup>th</sup> September	9:15am – 11:30am
Thursday 9 <sup>th</sup> September	5:45pm – 7:30pm
Sunday 12 <sup>th</sup> September	9:15am – 11:30am
Thursday 16 <sup>th</sup> September	5:45pm – 7:30pm

## *Outdoor Session Schedule*

Outdoor training will commence Sunday 19<sup>th</sup> September. Midweek sessions will revert to Tuesday / Thursday evenings. Midweek sessions during non-daylight savings time will commence at 5:00pm to make the most of the available light. Players are encouraged to get there as early as work commitments permit them.

Date	Time
Sunday 19 <sup>th</sup> September	9:15am – 11:30am
Tuesday 21 <sup>th</sup> September	5:00pm
Thursday 23 <sup>th</sup> September	5:00pm
Grand Final Weekend	No Training
Tuesday 28 <sup>th</sup> September	5:00pm
Thursday 30 <sup>th</sup> September	5:00pm
Saturday 2 <sup>nd</sup> October	Practice Match
Tuesday 5 <sup>th</sup> October	5:45pm
Thursday 7 <sup>th</sup> October	5:45pm
Saturday 9 <sup>th</sup> October	1 <sup>st</sup> Game

Don't forget the club website for all the information you need [www.geelongcitycricketclub.com.au](http://www.geelongcitycricketclub.com.au)