



**Interested?**

Please complete the application form and return to:

**Jarrad Loughman**  
**Education & Training Manager**  
**Cricket Victoria**

86 Jolimont Street, Jolimont, Vic., 3002  
 Tel: (03) 9653 1153 • Fax: (03) 9653 1185

Victorian Cricket Association now trading as Cricket Victoria

## RECOMMENDED BOWLING WORKLOAD

MAXIMUM BOWLING GUIDELINES		U13	U15	U17	U19
MATCH	Overs per innings	8	10	16	20
	Overs per spell	4	5	6	8
PRACTICE	Sessions per week	2	2	3	3
	Balls per session	30	36	36	42

**SCREEN FOR RISK FACTORS**

**PHYSICAL PREPARATION**

**OVERBOWLING**

**TECHNIQUE**



CRICKET VICTORIA

86 Jolimont Street, Jolimont, Vic., 3002  
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## Pace Bowling Injury Prevention Program





# APPLICATION FORM

For many years, pace bowlers throughout the cricket community have been unavailable due to various forms of injury. With greater knowledge and a better screening process of both physical condition and bowling technique, many of these injuries may have been prevented.

At Cricket Victoria we recognise the importance of **injury prevention** for pace bowlers. A commitment has been made to provide a top quality program accessible to all pace bowlers in Victoria.

If you have experienced an injury, don't intend becoming injured or would just like to bowl with a more efficient bowling action, then the Pace Bowling Program is for you.

Cricket Victoria bowling mechanic specialists will conduct a comprehensive analysis of your bowling mechanics from video tape using various filming positions. Prioritised attention areas will then be detailed. Participants can take away a copy of their individual footage on the day of their assessment. This will also be followed-up by a written report.

## PERSONAL DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Home Number: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

(minimum age 13 years)

Club: \_\_\_\_\_

Please outline any back injuries or back soreness you have experienced:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PROGRAM PAYMENT: \$80 per person (incl. GST)

I enclose my cheque / money order for \$\_\_\_\_\_ (made payable to **Cricket Victoria**) or charge my:

Visa

MasterCard

EXPIRY DATE: \_\_\_\_/20\_\_\_\_

Card Number

CARD HOLDER: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

**Pace Bowling Program**  
**\$80pp**

The Pace Bowling Program is conducted during business hours only and strictly by appointment. Assessments are conducted in the Bill Lawry Indoor Centre at the MCG.

Cricket Victoria will liaise re appointment details once application is received.