



**Interested?**

Please complete the application form overleaf and return to:

**CRICKET VICTORIA**

86 Jolimont Street, Jolimont, Vic., 3002  
Tel: (03) 9653 1100 • Fax: (03) 9653 1196

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

- S**CREEN FOR RISK FACTORS
- P**HYSICAL PREPARATION
- O**VERBOWLING
- T**ECHNIQUE

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## PACE BOWLING PROGRAM CRICKET VICTORIA



**Pace Bowling Injury Prevention Program**

An initiative of

**CRICKET VICTORIA**

# PACE BOWLING PROGRAM

CRICKET VICTORIA

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.

Pace Bowling Program cost:  
**\$80**

# APPLICATION FORM

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

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

**CONTACT NUMBERS:**

**WORK:** \_\_\_\_\_ **MOBILE:** \_\_\_\_\_

**HOME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

(minimum age 13 years)

**CLUB:** \_\_\_\_\_

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

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

**PROGRAM PAYMENT: \$80 (incl. GST)**

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

Diners Club  Visa  MasterCard  American Express  EXPIRY DATE: \_\_\_\_/\_\_\_\_/20\_\_\_\_

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

The Pace Bowling Program is scheduled to run from August 2008 – April 2009 (on specific Thursday afternoons) at the Cricket Victoria / Bill Lawry Indoor Centre, MCG.

Cricket Victoria will forward appointment confirmation details to you.