

## St Mary's Cricket Club

### *Club Script*

#### **OUR MISSION**

##### Executive:

- To voluntarily co-ordinate and assist in all activities of the Club and ensure proper, efficient and successful running and representation of the club at Senior and Junior level, both on and off the field.
- To actively encourage all members of the club to play and enjoy cricket, attend social functions and generally support the Club.
- To encourage greater family participation by Juniors and Seniors in all activities of the Club.
- To provide a safe environment in which to play cricket
- To promote a healthy and safe environment for all members, their families and visitors so that they enjoy the ever improving facilities and friendships of our Club.

##### Playing:

Represent St.Mary's Cricket Club in Season 2004/05 with continued dedication, application and determination, thus maintaining and improving on our efforts in 2003/04 as a club, team and individual.

#### **WELFARE**

##### Sunsmart

We are again a Sunsmart Club in 2004/05 and have a policy that encourages all players and members to use the preventative measures necessary to ensure we minimise our exposure to skin cancer.

Sunscreen will be available for use from containers in the Social Rooms.

Coaches, Managers, Parents and Captains are encouraged to remind all players to "Slip, Slop, Slap" before play and during intervals.

All members are also encouraged to utilise any additional 'sunshade' provided by the Club.

##### Smoke Free

In keeping with Government and Council policy and for the consideration of the majority of members and their families, our rooms will again be "smoke free" without exception.

Outside smoking areas away from entrances to the rooms will be provided for those who do enjoy a "puff".

##### Responsible Drinking

The Club will again exercise a responsible approach to consumption of alcohol whereby the sale of alcohol will be refused to a person on the grounds of either "no proof" or if that person is considered to have had "too much".

##### First Aid

Kits are provided for all teams and should be used as necessary. Emergency Phone Numbers have also been posted near the phone in the kitchen.

##### Welfare Policies

The Welfare Policies adopted are reflective of the healthy environment your Club is trying to promote on behalf of all members and visitors

## MATCH PREPARATION AND RECOVERY

**Pre-Match:** Plenty of Fluids and a thorough warm-up

**During Break:** Eat Glucose and Carbohydrate Foods, Drink (not gulp) sufficient fluids and Stretch.

**Post Match:** Team Stretch and Shower (separately), Soft Drink (Caffeine Free) – within 30 mins High Carbohydrate Meal – within 2 Hours

**Next Day:** Light jog, bike and / or swim

**During The Week:** Try Yoga or a Gym Exercise Class

We also have a sponsor, Southern Rehabilitation & Sports Physiotherapy Centre, who should also be able to assist with any recovery or injury issues you may have. Contact Tony or Brendan on 9792 4238

## SMCC APPAREL

Traditional Cap	\$35.00	75 <sup>th</sup> Polo Shirt	\$25.00
Playing Shirt	\$25.00	75 <sup>th</sup> Training Cap	\$10.00
Jacket	\$65.00	Shorts	TBA

*Note: Only SMCC Caps (Traditional or Training) or White Floppy Hats will be worn on Match days. Traditional Caps or White Floppy Hats (with a Saints Badge) only will be worn by players representing our 1<sup>st</sup> XI.*

*All requests for apparel and suggestions for “new” items should be made with Richard Smith.*

## EQUIPMENT

Our recommended supplier is Knight Sport, who also sponsor the DDCA. See Richard Smith for pricing and ordering information.

*‘The only place success comes before work is in the dictionary’*

## SUBSCRIPTIONS

**Seniors:** \$275\* if paid in full prior to start of Round 5.  
If paying by instalments:  
\$150 must be paid prior to start of Round 5  
\$150\* must be paid prior to start of Round 8

**Students:** \$150\* if paid in full by Round 5  
If paying by instalments:  
\$90 must be paid prior to start of Round 5  
\$80\* must be paid prior to start of Round 8

\* Includes Ticket for One Person to Presentation Night

**Juniors:** \$85 (for one child) if paid prior to start of Round 5  
\$90 (for one child) if paid prior to start of Round 8

Under 11’s \$130 / \$140 for two children  
\$160 / \$170 for three children or more

**Milo:** \$70 – Includes Milo Have-A-Go Program  
\$40 – Payable on Registration Day

**Over 35’s:** \$50 and automatic Golden Saints Membership.

**Golden Saints:** \$50 for the season, which includes ‘free’ first drink and ‘free’ breakfast.

## LADIES

Hopefully, your wife, girlfriend, sister, mother, aunt, grandmother and any lady will also be able to enjoy the hospitality of our Club this season.

## MILO

The Milo Have-A-Go Program is back again and will be conducted on Friday nights over the duration of the Season. All Senior players are encouraged to attend and assist with the development of our future.

## SOCIAL

**Match Reports:**

Juniors – 11:45am at clubrooms following completion of each match  
 Seniors – 6:45pm at clubrooms following completion of each match

**Monthly Sausage Sizzles at Rooms**

Open to all Members, Senior, Junior and non-playing to attend and held mostly on last Thursday of the month during the season. Refer below for dates. Cost per sausage is only \$1 and includes free slice of bread!!!

**SMCC Golf Open:**

It's on again with the prestigious Green Jacket to the victor. Dates and venue to be confirmed. No licence, no cart!!! Must be over 5'6" to play!!!

**The Calendar:**

Oct	23	The President's 40 <sup>th</sup> Birthday Bash
	28	Junior & Senior Sausage Sizzle
Nov	27	International Food Extravaganza
Dec	2	Junior & Senior Sausage Sizzle
	19	Reverse Raffle / Christmas Party
	26	35 <sup>th</sup> Annual Mildura Mid Season Trip Away
Jan	27	Junior & Senior Sausage Sizzle
	29	Sponsors' Breakfast
Feb	5	"The Big Band" In The Basement @ Kimba's
	24	Junior & Senior Sausage Sizzle
Mar	6	Boy's Night Out – Post Season Analysis
Apr	2	Trip Away – Bendigo
	9	Presentation Night – Dandenong Club

All dates and functions are subject to change at discretion of VP – Social, so check the noticeboard or our web site regularly for updates.

All players (juniors and seniors), their families and friends are welcome to attend the above functions and enjoy the friendships and improving facilities on offer.