



Randwick Petersham Cricket Club

PRE-SEASON TRAINING PROGRAM 2017-18





Club Structure: Operations

Cricket Operations RPC

Director of Cricket
Head Coach
Grade Advisor
Chairman of Selectors

Selectors

Chairman of Selectors
Non-playing Selector
Grade Captains
Grade Advisors

Training Staff

Head Coach
Assistant Coaches
Practice Captain
Specialist Coaches

Grade Captains

1st – 5th Grade
Metropolitan Cup
Metro Cup Facilitator

Junior Development

Head Coach
PG Coach/Manager
GS Coach/Manager
Director of Cricket
Chairman of Selectors



Pre-Season: Fitness Dates

- **Saturday June 24th Club Fitness: Daniel Sams**
- **Saturday July 1st Club Fitness: Daniel Sams**
- **Saturday July 8th Club Fitness: Daniel Sams**
- **Saturday July 15th Club Fitness: Daniel Sams**

Please Note:

Venues & Times for fitness sessions with Daniel Sams will be confirmed prior to the dates listed. An email reminder will be circulated or please refer to the clubs Facebook/twitter or website pages prior to the scheduled session.

2017-18 Club Preseason “ ALL GRADES”

- **Saturday July 22nd 8.30am Snape Park Maroubra: Fitness/Skills**
- **Saturday July 29th 8.30am Snape Park Maroubra: Fitness/Skills**



Pre-Season: Specialist Skills

- **Thu: Aug 3rd** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat Aug 5th** **Club Training/All Grades 8.30am Snape Park Maroubra**
- **Thu: Aug 10th** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Aug 12th** **Club Training/All Grades 8.30am Snape Park Maroubra**
- **Thu: Aug 17th** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Aug 19th** **Club training/All grades 8.30am Snape Park Maroubra**
- **Thu: Aug 24th** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Aug 26th** **Club training/All grades 8.30am Snape Park Maroubra**
- **Thu: Aug 31st** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Sep 2nd** **Club training/All grades 8.30am Snape Park Maroubra**
- **Thu: Sep 7th** **RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Sep 9th** **Club training/All grades 8.30am Snape Park Maroubra**



Pre-Season: Trial Dates

- **Thu: Sep 14th RPC Pathway, Academy & Senior grades 7pm/9pm SCG**
- **Sat: Sept 16th Club Training/All Grades 9am Snape Park Maroubra**
- **Tuesday 19th September Grade training Snape Park Maroubra 4pm**
- **Thursday 21st September Grade training Snape Park Maroubra 4pm**

September Trial Games:

RPC v Stockton (Newcastle) Dates/TBC

RPC v Wallsend (Newcastle) Dates/TBC

ALL Grades: Internal trial Games Saturday 16th & Sunday 17th

Please Note:

Additional training and trial dates will be added to this agenda. Any relevant changes to the preseason program will be updated on the clubs website, Twitter and/or Facebook pages please ensure you stay updated via this network.



Important Information:

- **Always advise of any injury or problems prior to all specialist skills & fitness sessions**
- **Bring cricket spikes & running shoes to every session (Without exception – Preseason & In season)**
- **Advise Head Coach (Greg Small: 0488 16 16 15) & Chairman of Selectors (Alan Wright: 0414 93 95 76) via SMS if you are unable to make training or preseason sessions.**
- **Be prepared to work hard at all sessions**
- **Remember “WE NOT ME” and help our “Club” achieve its goals for the 2017/18 season**