

The Junior Talbot



End of season
BBQ

Outdoor Training Sessions

The outdoor training sessions start on Monday 14th April till 14th July.

Under 7/8/9/10/11/12 to first session - 5.00 til 6.15pm
Under 13/14/15 to second session - 6.30 til 8.00pm

Under 16 and above should go to the senior net sessions instead of these sessions on Tuesday & Thursday evenings 6.00 til 8.00pm.

There will be NO sessions on Bank Holiday Mondays but a session will be held on the Tuesday after for all those who would normally go to the first session on a Monday.

'Don't dream of winning, train for it.'

Mo Farah

A View from the coach

So far so good, we seem to have hit the ground running at our indoor sessions so far this season.

I have been very impressed with the attitude and commitment of the juniors, they seem to be looking forward to the coaching we have to offer.

As some of you may have noticed, we are concentrating a little more on fitness this year, this is a very big part of playing the game these days. Fitness will help with agility in the field, concentration levels when batting or fielding for long periods and of course general fitness.

We can coach the appropriate skills and techniques for the player to improve, but it is also down to the individual to have the drive and ambition to learn. Thank you to all the coaches that have helped out so far and to Alec Siegert and James Clark, two of our older juniors who have assisted with the early session.

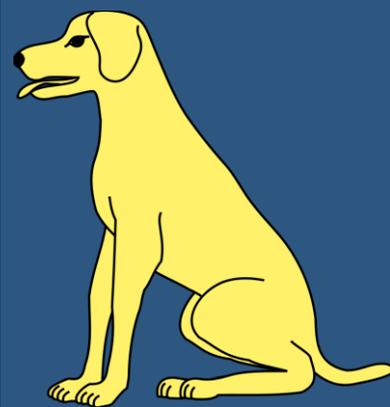
Phil

Please Remember:

You will need the correct practice gear when playing hard ball cricket. This includes a personal abdo protector (box) for all male players

Good luck Ed!

In the last edition we reported that Ed Rainsford would be joining the club as professional coach but fortunately Ed has been told that he still has a possible chance of international honors with Zimbabwe. Consequently he has had to decline our offer in the hope of selection for his country. We wish Ed all the best and hope to see him succeed in the rest of his career.



**Sudbury & District
Cricket Club.**

Age Group Managers

Kwik Cricket

Martin Waterfall
07929796434

Under 11

Carl Waldock
07950397303

Under 12

Matthew Griffith
07730381002

Under 13

Simon Smith
07825772282 or
01787 461403

Under 14

Paul Edwards
07771575374 or
01787 466046

Under 15

Matthew Griffith
07730381002

Fixtures for 2014

Here are the first fixtures for each of the age groups.
The full fixture list is published on the SCC website

| | |
|---------------------|--|
| Kwik cricket | TBA |
| Under 11 | Wednesday 7 th May – Kelvedon (home) 6pm |
| Under 12 | Sunday 4 th May – Gestingthorpe (away) 10am |
| Under 13 | Wednesday 30 th April – Halstead (home) 6pm |
| Under 14 | Thursday 1 st May – Kelvedon (home) 6pm |
| Under 15 | Sunday 27 th April – Halsted (home) 10am |

MEMBERSHIP

Please Note: We cannot take any more children as members under the age of 12 but we can still take children in the older age groups.

2014 Kit Sales

You can now buy your Sudbury Cricket Club clothing directly from **CSS Rugby** by going online or collect in person from their showroom at:

Unit 5
Addison Road
Chilton Ind Est
Sudbury CO10 2YW

Opening Times are
Mon to Fri 9am – 5.00pm
(Closed for lunch 1pm – 2pm)

Items include:

Club Shirts
Trousers
Sweaters
T Shirts
Polo Shirts
Shorts
Hoodies
Caps & Beanie hats

You can view the whole range on their web site

www.css-rugby.co.uk



Mike joins the team

The club can confirm that **MIKE JONES** has signed as our Overseas Coach for 2014. Mike holds the record for the highest number of runs scored in a Two Counties Division One season when he totalled 1171 runs at an average of 90.08 in 2012 whilst guiding Woolpit to the Championship, and then into the EAPL. Mike also took 39 wickets at an average of 22.44 in the same season. A Level 3 Coach, top order batsman, and spin bowler who will be a great asset to the club both on and off the field, and we extend a warm Talbot welcome to Mike and await his arrival at the club in mid April.