



# Worlingworth Ladies Cricket Team

*An update from your Team Captain — Jenny Holmes*

## ...time to pad up ladies...!

So after a shocker of a year for all of us, its time to look forward to something that brings only goodness into our lives...the Worly Ladies are back!

Assuming all goes well with the Nation's recovery (the ECB are sending out information for local clubs soon), we hope to have the opportunity to get back into our sport and social, which for me means finding my sports kit buried deep in the cupboard!

If permitted, our first get together is set for Friday 16 April, where the more senior players can unlock their knees and the less senior can run around with abandon! Hot on the heels of our first few sessions will be a friendly get together with Easton Ladies, where we join up for a social match to allow everyone to a run out...but I don't mean that literally!

The season then progresses with league and friendly



**Good times...lets get back together!**

matches during the early part of our eagerly awaited summer. Matches of course will be hard ball but we are going to introduce new players with a softball game, which we hope will help people enjoy the sport and transition when they're ready.

We do need to get the kit organised and I will be have a look at what we have versus

what we need. Of course, it would be great to have our own shirts & we'll be looking into what is feasible and affordable; more to follow.

As ever, the social side of Ladies Cricket is as important as the Match, so looking forward to getting us back together as friends and teammates. I hope to see some newbies, so let's get recruiting!

## What's the Training Plan? (all pending Government/ECB guidelines)

Training this season will be more structured and purposeful. With some basic fitness, technical skills training, match play and some time learning about the fundamental rules and tactics, we should be able to balance the need for mind and body to be

working hard!

This year we will spend more time in match play and this will allow those still learning to get involved but at their pace, rather than facing too much time in the nets. We will of course keep the experienced players fully engaged!

The training model is focused upon a 'crawl, walk, run' system which, in other words, means build slowly and move onward when ready, but do so with the aim to learn and develop as an individual and a team to both enjoy and compete. A training programme will be out soon.

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## Take Note

- First training session Friday 16 April at 6pm, at the Club, low-key, all soft ball and perhaps a tasty beverage afterwards!
- First friendly run out Sunday 18 April, details to follow but everyone will play.
- We are looking for new players and supporters - everyone welcome from first time catchers to seasoned professionals!
- We need umpires, scorers and match day helpers...who has got a friend with some spare time to help now and again?
- Don't forget the website to see the fixtures and stay in touch [Women & Girls Cricket \(worlingworthhcc.co.uk\)](http://Worlingworthhcc.co.uk)
- We have a Team Manager (Guy), who will help us along our 2021 season - he must be mad!
- Next update soon Stay Safe!