

Our Coaches

STEVEN CHAPMAN
Head Coach

A former first class cricketer and current ECB level III cricket coach. Steve is the Academy Director and is responsible for the day to day running of the Academy. Having played as an overseas player for more than 14 years in Melbourne, Steve can provide a sound understanding, from first hand experience, of the problems young players may encounter during their time down under.

ATHULA SAMERASEKERA
Batting and Bowling Consultant

A former Sri Lankan Test Cricket All-rounder, Athula has had no greater honor than representing Sri Lanka in 2 Cricket World Cups – 1983 in England and in 1992 in Australia and New Zealand. Now resident with his family here in Melbourne, he still plays recreational cricket in the suburban leagues of Victoria and is heavily involved coaching throughout the year for various teams in Victoria.

RAY BRIGHT
Spin Bowling Consultant

A former Australian and Victorian captain, Ray played 25 Tests for Australia and 114 first class games for Victoria as a left arm orthodox spinner. He ended his first-class career with 471 wickets at an average of 32.08 and scored two centuries. Ray played in both Centenary Tests and also in World Series Cricket. Since retiring in 1988, Ray has served as a selector for the Victorian cricket team.

NICK SPEAK
Batting Consultant

Lancashire CCC (1986 – 96) and then Durham CCC (1997 – 2001). Nick has an outstanding record in the English County game, boasting nearly 10,000 runs, inclusive of 15 centuries and a high score of 232. Currently residing in Melbourne, Nick spends some of his time employed as a batting consultant to some of the elite club sides within the state.

DAVID SAKER
Fast Bowling Consultant

Since leaving First Class cricket in Australia in 2004 with 247 wickets from 72 games for both Victoria and Tasmania, David has become an outstanding fast bowling coach. Currently he is assistant coach to the Victorian Bushrangers under Greg Shippard, and is responsible for Cricket Victoria's High Performance Unit.

FRANK WELBURN
Sport Psychologist and Fitness Consultant

He is a Master Practitioner of Neuro Linguistic Programming (NLP) and has created and implemented sport psychology and cross training programs for elite sports people from AFL football, swimming, (National and State Water Lions) cricket, softball, basketball, triathletes and ultra marathon swimmers. Frank is a 4th Dan Karate black belt and has trained World Champions in martial arts, as well being Head Coach of the Australian Team at the prestigious World All Styles Organisation (WASO) World Championships.

DREW MCGUINNESS
Sports Physiotherapist and Pilates Instructor

Outside of his work with the Australian Winter Olympics Team, Drew is strongly linked with the head physiotherapist of the Victorian Bushrangers and specializes in sports injuries, both treatment and prevention. Drew will be responsible for spinal and peripheral screening and biomechanical analysis for injury prevention and technical enhancement.

please visit

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Melbourne Cricket Academy

10-11

Introduction

The Academy here in Melbourne is aimed specifically at professional or aspiring professional cricketers. Players indulge in a disciplined program of training and playing cricket. They experience intense practice sessions aimed at developing good technique and mental game plans, supported by a program of physical fitness, including strength and conditioning. Full liaison with the player's county or country coaches is very desirable to achieve maximum benefits.

Once in Australia, they will be subjected to an intense, yet enjoyable training program, inclusive of video analysis, specialist coaches and motivational speakers. There will be opportunities to play together in Academy fixtures and to support their cricket development, players are allocated a club and will assume the responsibility of an overseas player. It is anticipated the players will practice with the club side two nights a week and participate in all club fixtures.

All of the Academy players will live together and have access to transport throughout their stay in Australia. Training will usually be held in the mornings so as to ensure enough time is allowed for the players to enjoy the country outside of the cricket commitments.



About SC Cricket Coaching

SC CRICKET COACHING is the business of Steve Chapman, a former English First Class cricketer with Durham County Cricket Club. Having spent 14 years as an overseas player, captain and coach of Hallam Kalora Park CC, Steve now resides in Australia with his partner in the South Eastern suburbs of Melbourne, Victoria.

His past playing experiences have taken him through the Caribbean and South Africa, as well as a number of European countries both as a player and as a coach. In the UK he has held a number of club professional roles and also places in representative cricket teams outside of his two years involvement in First Class cricket including:

Northumberland CCC (minor counties) professional 2000 – 2002
England Cricket Board 2000 – 2004
Minor Counties X1 2003
NYSD League professional 1996 - 2005

What is there to do locally, also in and around Melbourne?

Fountain Gate shopping centre is one of the largest within the state and is walking distance from the cricket centre, complete with bowling alley and cinemas. On the same site is the Casey Arc Sports Centre which is a brand new facility complete with pool and other fitness facilities. There is also a huge lake where the locals regularly swim and enjoy bbq's in the summer months. Nightlife locally is fantastic. Lots of casual pubs and restaurants, which are open till late and there are some awesome nightclubs within an affordable taxi ride.

Melbourne is marketed as the 'worlds most livable city'. It is the home of many major sporting venues and events, including: - MCG, Melbourne F1 Grand Prix, Australian Tennis Open and the world famous Melbourne Cup horse race.

It has an abundance of beautiful gardens, wild life and places of interest. Melbourne Gaol holds the final resting place of the infamous Bushranger Ned Kelly. Crown Casino Complex is the hub of the entertainment world in Melbourne and is located directly opposite Melbourne Aquarium. Tourists are amazed at the beauty of the rugged coastline along the Great Ocean Road, home of the Twelve Apostles, one of Victoria's most famous landmarks.

Where will I stay?

Players will live together for the duration of their stay in properties located only a few minutes from the cricket centre. They will have access to vehicles which will be provided throughout their stay and can be used for leisure time activities outside of practice.

Why choose SC Cricket Coaching?

Steve Chapman is a former First Class Cricketer and a highly qualified and experienced cricket coach. With more than 14 years of life experience in Melbourne as an overseas cricketer, he can offer first hand knowledge of life away from home and an ability to deal with problems that a young cricketer may encounter during his time down under. Elite standard facilities both inside and out ensure maximum value for money whatever the weather, bowling machines, video analysis and fitness / gym facilities. Outstanding specialist cricket coaches, fitness consultants and sports psychologists. Location – Convenient access to everything that Australia has to offer: - sights, culture, beaches, gardens and parks, sporting venues / events, concerts and public transport infra structure.



A week in the academy

Each week will include video analysis sessions and practice will be both indoor and outdoor. The program will vary each week obviously but will essentially be of a similar pattern to this

Monday: - Morning - recovery and net practice.
Tuesday: - Morning – Fitness and fielding / Evening - club practice session.
Wednesday: - Morning - net practice & fitness training, or Academy fixture.
Thursday: - Morning - Fitness and fielding / Evening - club practice.
Friday: - Morning - Specialist session, one on one and net practice.
Saturday: - Club fixture.
Sunday: - Rest day.

Specialist coaches will attend practice sessions at regular intervals. Opportunities exist to bowl at the best players in the country when visiting State squads come to the MCG to play Victoria.

County coach input and feedback

County coaches will have the opportunity to have input into the development/progress of any of their players, whether it be from a technical point of view or from an injury rehabilitation aspect. We encourage regular communication with all overseas coaches to ensure that they are constantly kept up to speed with how their players are developing. Video footage of players is always available for your viewing upon request.

Digital Video Analysis

Regularly throughout the Academy program, players will be digitally recorded and the footage closely analysed in a meeting between player and coach to help the player develop technically and tactically.

SC Cricket Coaching uses Swinger Plus and Swinger Pro for all of its video analysis coaching sessions. Swinger is a video based motion analysis software program designed to provide a complete range of data analysis tools, to allow state of the art evaluation of player performance.

With the use of Swinger, players, at all practice sessions will be able to access an instant replay facility in order to ensure the highest ongoing means of practice available. Batsmen are literally able to view, in detail, any shot they have played, immediately after it has been executed in practice. Bowlers have exactly the same opportunity to view their action immediately after the ball has been delivered.

Fitness Training

Upon arrival all players will be subjected to a physical screening examination by our Physio Drew. Areas of potential weakness will be identified and this information passed onto the fitness coach so that a specific training program for each individual may be generated.

Sessions will revolve around strength and conditioning, ideal for core stability, injury prevention, flexibility, balance, agility, strength, power and endurance. Aerobic and Pilates based fitness sessions will ensure players are adequately prepared for the testing Australian climate.

Players will be subjected to a 3 day boot camp in Lorne, a very popular tourist destination. Staying at the Cumberland Resort, players will be able to mix tough physical fitness sessions with opportunities to surf and relax in one of Victoria's most picturesque holiday destinations.

Cross training sessions will be utilized to ensure maximum enjoyment throughout the training program and will include numerous activities such as:- swimming, cycling, boxing training, tennis, squash and golf.

Recovery sessions after weekend cricket will take place at either Lysterfield lake or the local beach and will be in the form of a walk around the lake amongst the kangaroos or a leisurely swim.

