



Cove to Cove

**Lane Cove
Cricket Club**

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Upcoming Events

- August 27: Senior training - SCG 6:30-8 PM
- August 30 : Senior training - Riverview College
- September 3: Senior training - SCG 6:30-8PM
- September 6: Senior training - Kingsford Smith Oval 10AM-12PM
- September 10: Senior training - SCG 6:30-8PM
- September 13: Senior training - Kingsford Smith Oval 10AM-12PM
- September 17: Senior training - SCG 6:30-8PM
- September 19: Senior trial vs Lindfield
- September 19: U/10 - U13/14 commences
- September 19: Social Night at Longueville Sports Club - 7PM Start (More details to come)
- September 20: U16/17 turf competition commences
- September 26: Seniors season commences

The Boyle Bulletin A Word from The President

Covies,

Welcome new and returning members to the 2009/2010 season, a season which ushers in the beginning of an exciting new era for the Cricket Club.

This year, we welcome several new faces onto the Committee and others with role changes as well. As a committee, we are determined to follow the legacy associated with Lloyd's Presidency and expand on it to ensure Lane Cove is the premier Shires Club in the North Shore.

The Junior competition last year saw Premiership wins in the under 10s, 11s and 12s and strong performances in many other age groups. This year will see an increase in teams including an under 16/17 turf comp with the number of registered players keeping our new official Juniors Secretary, Tim Ryan

busy. We aim to expand the commitment our senior cricketers make to the junior club through team coaching, skills sessions and running the in2cricket days.

The Masters comp returns with the White, Blue and Classics teams all set to continue hostilities and earn bragging rights when the Blues and Whites play each other.

This year in the seniors, we will be defending our Ground of the Year at Tantallon and Spirit of Cricket awards but also looking to climb up the Club Championship table. After several years of finishing runners up in 2nd, 3rd and 4th grade lets bring some silverware back home.

The Committee have been busy in the offseason courting prospective new sponsors as well as extending arrangements with last years' sponsors Absolute

Executive Recruitment, Longueville Sporting Club, Holgate First National, Greg Chappell Cricket Centre and Proactive Graphics. This season we welcome Zoti Sportswear & ActionPlus Physiotherapy to our family. We ask all of our members to consider our sponsors and to let them know you're a Covie when you use their services.

As always, you can find all the up to date member information including juniors, masters, seniors, sponsors and supporters on the website which is updated at least weekly. Check back often at <http://lanecove.nsw.cricket.com.au/>

Best of luck to everyone and if you haven't met me yet come and say hello. I drink Carlton Draught by the way.

Gerard Boyle
President

A Message From The Coach Getting In Shape For The Season's Start

Rob has kindly provided us with a few strength and conditioning exercises ideal for tightening muscles and getting in shape for the new season. These can be applied to all levels of cricket

and are very handy when it comes to letting that first ball go in a few Saturday's time. These exercises predominantly focus on strengthening the core body muscles for improved

fitness and strength. These particular exercises target the chest and stomach areas.



Fig 1. Abdominal Brace - Elbows and Toes

Lie face down and support your body on your forearms and toes. Your ankles, hips and shoulders should be aligned. Hold for 40 seconds, repeat.



Fig 2. Abdominal Brace - Side - Forearm and Foot

Support your body on it's side with the side of your forearm and foot. Hold opposite arm upright for balance. Hold for 40 seconds, repeat.



Fig 3. Abdominal Crunch - Feet Flat

Lie face up with your knees bent, feet flat to the floor and hands on thighs. Crunch forward, sliding your hands to your knees. 3 Sets of 12, rest 60



Seniors Summary For Season 2008/2009



Lane Cove had a mixed season in the men's Shires competition in season 08/09. Despite finishing a disappointing 10th overall in the combined Club Champions table, there were many highlights for the Covies. Lane Cove's 3rd grade side narrowly missed out on a premiership, losing the Grand Final following a storming run after Christmas. During the season we witnessed Brian Scott take his 1000th Shires wicket and close in on John Dettman's Lane Cove record of 1,011. In round 6, Peter Cross amassed 202 not out, a record for Lane Cove in 1st grade and a score greater than that of the entire opposition com-

bined. Joint Lane Cove Cricketer of the Year Jack Gayleard compiled 422 runs at an average of 24.82 while also claiming 29 wickets with best figures of 7/46 in one of the best all-round displays in recent memory.

There were centuries from Ian Phelps (101 and 118), Suraj Iyer (101*), Owen Fisher (116), Brendan Hood (150*) and Luke O'Connor (102*). Sean Dunn (6/91), Brian Scott (6/51) and Louis Putnam-Gray (6/41 and 7/50) all returned figures of 6 for or greater. Peter Cross (637), Brendan Hood (637) and Alex Southcott (517) compiled over

500 runs in the season while a host of partnership records were shattered across all grades. For a full list of statistics, see the website.

Club Championship – 10th
 First Grade – 10th
 Second Grade – 9th
 Third Grade – 2nd
 Fourth Grade – 7th
 Fifth Grade – 5th
 Under 24s – 12th

Juniors Summary For Season 2008/2009



The LCCC Juniors turned up in force for season 2008/09. In total, almost 300 juniors represented Lane Cove from Under 6s through to Under 15s.

A massive 16 teams represented Lane Cove in the NSJCA competition, the best result being 3 premierships in each of the under 10, 11 and 12 competitions. A host of other sides performed extremely well to reach the semi-finals of their respective competitions.

Thanks go to the parents & supporters who gave up their time week after week as coaches, managers, scorers and age coordinators.

President John Lloyd worked very closely with the even younger kids in preparation for their eventual breakthrough into competitive cricket.

Each Saturday morning John, assisted by various Lane Cove seniors, held clinics for boys and girls as young as 6 years old.

These clinics focussed on the very basics of cricket, from catching and throwing to bowling and batting.

The clinics are very much appreciated by the kids and we can't wait to see them jump in the deep end and try to bring the Covies a few more trophies next season.

It looks like Lane Cove will field an extra 3 teams in the 2009/10 season. We wish all the players the best of luck and remember....play to win but above all else, play for the enjoyment and friendship.

Masters Summary For Season 2008/2009



The season was a good one for the Blues with the team running a credible seventh in the 18 team competition. The team started strongly early and finished strongly with a few disappointing results in the middle of the season in games which could have gone our way. The team continued to play with that unique brand of Lane Cove behaviour that saw many sides compliment us on our style of competitive yet social cricket.

Our batting was strong throughout the year with the team setting competitive totals most games.

Our new ball bowling suffered somewhat from injuries and unavailability's.

As outgoing Captain I would like to thank all those who helped with the organisation of the side especially Murray Holmes with the thankless task of team Treasurer. To all the

boys who were the usual helpers with afternoon teas, the covers and generally getting the ground ready a big thank you. Our home ground at Longueville was the best it has been for years so a big thank you to Bryan Dempsey and Trent Willoughby for their efforts. We all look forward to next season with the usual relish of ageless men.

Ed Petrie

Tantallon Oval The 'Lords' of Shires Cricket

In season 2008/2009, Tantallon Oval achieved back-to-back success in the Shires Ground Of The Year competition. After the tragic death of John Korol, head-groundsmen for season 2007/08, Lane Cove's 5th Grade captain Trent Willoughby took the reins and maintained the excellent standard set by Lane Cove Council's staff over the past few years.

Trent's experience as a green keeper at Chatswood Golf Course had him in good stead for the role, one which can be both physically and mentally

demanding.

"The hardest part is probably the earlier starts - in summer I'm at work at 6.30am. It's really a full-time job here, cutting, rolling and watering the wicket,"

It was a close race, with several other high quality grounds coming up fast, but the undying efforts of Trent and Lane Cove Council saw Tantallon home at the end of the season.

"It's also difficult to live up to the expectation of the players

and umpires to provide a quality wicket.

This is a results wicket. There's usually a bit there for the bowlers and as the day goes on it's a good batting wicket in the afternoon."

Tantallon Oval hosted the 1st Grade Grand Final, contested between Pennant Hills and South Sydney, and was the only final of the entire competition to start on time, earning Trent and his staff a great deal of recognition for his efforts. Congratulations Trent!

"I was very excited to receive the honour because I've only been at the oval for eight months,"

Spirit Of Cricket Covies Are The Nicest Blokes In The Game

At the start of 2008/2009, the Lane Cove committee sat down and decided on three goals for the season. The first was to go back to back in the Ground of the Year competition. The second was to win a premiership, which, despite our best efforts in 3rd grade we couldn't quite reach. The third was to regain the Spirit of Cricket award. One of the proudest moments of this season for the entire club was learning that we had reached this goal.

The Spirit of Cricket plaque is awarded to the club that plays the game in the best spirit, and unlike a Premiership, it involves the entire club. This award outlines the way that Lane Cove play the game as a club: hard but fair, respectful of opposition and umpires and generally good spirited.

It was a close race, which highlights not only the good spirit in

which Lane Cove plays with, but the general conduct of the entire competition.

The award is determined by the Umpires reports and by the opposition captains in the lower grade, and is based on a scoring system out of 4. 4th Grade finished 1st with an average of 2.92 while 2nd grade finished .1 point of a short of 1st place. Well done to all Covies.



Tantallon Head-Groundsmen
Trent Willoughby

Skill Session Improve Your Game With These Basic Tips

There are several different scenarios when it comes to catching a ball. Sometimes catches fly low and hard, other times they seem to be in the air forever. Different catching scenarios require different catching techniques.

For a high catch, use the

reverse cup method. Attempt to catch at eye-level and keep your hand high.

When taking a catch at body level, aim to catch at the base of your fingers. This allows the ball to "give" and not pop out upon impact. Bring the ball into your body to secure the catch.



Left: The "reverse cup" action for high catches.



Right: The "orthodox cup" action for low catches.



Lane Cove Cricket Club Committee

Incoming Committee For Season 2009/10

President: Gerard Boyle

A member of Lane Cove Cricket Club since the troubled times, Gerard has put his heart and soul into the club for many years now. As Honorary Secretary for the past few seasons, Gerard has won one of Lane Cove's most valuable awards, Clubman of the Year, twice for his continued efforts with the club. This will be Gerard's first season as President of Lane Cove, and there's no doubt that his passion and love for the Club will make him the perfect figurehead for LCCC.



Secretary: Geof Sundstrom

While he won't readily admit it, Geof cares a great deal about Lane Cove and puts a lot of time and effort into the smooth running of the club. With Gerard sliding out of the Secretarial role into President, there was a little confusion regarding who would take on the role of secretary. Not surprisingly, Geof volunteered to take it on himself. Geof has done the Secretary job before with great success and his uncompromising efforts will ensure he enjoys even greater success this time around.

Treasurer: Rohan Higgins

Rohan made a comeback to cricket at the ripe old age of 41 and hasn't looked back. Entering into his 5th season of cricket for Lane Cove, this will be Rohan's 2nd year as Treasurer. As well as looking after the finances for 2008/2009, Rohan has also been responsible for initiating some of our most important sponsorship deals and, along with wife Jane, organises lunch and tea for Lane Cove senior home games. With a background in finance and accounting, Rohan is very well suited to the role and his management in conjunction with various other outside influences saw the club's takings exceed its expenses in 2008/09.



Assistant Secretary: Luke Higgins

Luke returns for his second year on the management committee, this time in the role of assistant secretary. Luke spent a lot of time last season working closely with Rohan in general business and authoring 'This Week in Covieiland'. The new role is dynamic, with plenty of scope and behind the scenes work which will mostly involve tying up loose odds and ends. Luke's major responsibilities are to edit & publish the newsletter, manage the Thursday night SCG training sessions and do anything else Geof can't be bothered doing.

Juniors Secretary: Tim Ryan

Tim's dedication to the difficult job of junior manager earned him the John Lloyd medal for Clubman of the Year in Season 2008/09. Tim will be in charge of over 300 juniors this year, monitoring equipment, facilities, health and safety as well as general play. This season, Tim will be working closely with the council as well as all the parents to ensure everything runs smoothly.



Head Coach/Training Manager: Rob Huxley

An ex 1st Grade Covie himself, Rob decided to branch out into the world of coaching and has been quickly snapped up not only by Lane Cove Cricket Club but also one of the premier Grade Cricket Clubs; Randwick-Petersham. Rob has limitless credentials and a wealth of knowledge which makes for fantastic, productive and intense training sessions. Whether it be in a group or one-on-one, Rob is always happy to instruct players who seek his help. Rob's innovative techniques and equipment, including the use of cameras and other such analytical technology mean Lane Cove Cricketers receive a better overall training experience.

Lane Cove Cricket Club Committee

Incoming Committee For Season 2009/10

Ground Manager: Ian Phelps

After a stellar season as a player in 2008/09, Ian returns for the new season shouldering the responsibility of Ground Manager. Ian has the arduous job of arranging boys to help with the covers and making sure ground conditions are just right before play gets underway. It's an absolute certainty that the grounds will be in fantastic condition every time a Lane Cove side takes the field, maybe even a little better when Ian wants to bat!



Social Director: Cameron Bezer

With over 1,300 friends on Facebook, Cameron is probably the most qualified member of Lane Cove Cricket Club for this job. Cameron has graciously extended his organisational skills to the club and he will undoubtedly give us all something to look forward to after playing. Prepare yourselves for anything from barefoot bowls to trivia nights, dance parties to pub crawls; Cameron is sure to provide some fantastic & entertaining events for Covies this season.

Equipment/Merchandise Manager: Iain Davidson

This season sees Iain return to Lane Cove's management committee in the role of Equipment & Merchandising Manager. Davo will be keeping tabs on the thousands of items the club use to successfully run the teams; ranging from training shirts to junior wicket keeping gloves. Davo will be handling all requirements for gear such as bats, balls, clothing, hats etc. So if you have a need for gear, contact Davo



Website Officer: Simon Rowe

Since its inception in season 2006/2007, the website has occupied a lot of leisure time for Lane Cove's new secretary; so much so that an entire new committee role has been established. Simon will be in charge of weekly results write-ups, updating social events, Lane Cove's Fantasy League competition, statistics, results entries and milestones.

Masters Representative: Andrew Szabo

Despite the Masters teams representing the smallest contingent of Lane Cove Cricket Club, their importance to the entire club cannot be underestimated. Most of the boys have spent some time in Lane Cove's seniors team (a few in the juniors!), and some even have a run nowadays! After Ed Petrie's resignation at the end of last season, Andrew kindly offered to represent the Masters/Classics sides for this season.





A Brief Overview Of Lane Cove Cricket Club's Sponsors



LONGUEVILLE SPORTING CLUB

Lane Cove Cricket Club is proud to make the Longueville Sporting Club its social venue of choice. Various functions are held at the LSC during the season including the Senior presentation night and AGM. The senior players can also be found there celebrating after each and every match during the season on Saturday nights.

www.longuevillesportingclub.com.au/



Lane Cove Cricket Club is excited to announce the renewal of the partnership with the Greg Chappell Cricket Centre in North Sydney. GCCC is Lane Cove's exclusive supplier of cricket equipment and all Lane Cove members are entitled to a discount in the store. Simply go into the store & mention you are a 'Covie' to earn the discount.

www.cricketcentre.com.au/site/pages/Sydney.php



Absolute is a leader in executive recruitment with a profile that has been established over 15 years. They specialise in finance & engineering recruitment at executive levels. When looking to fill those special roles, give Greg O'Shea or Greg Madden a call on 8243.1300, mention the Covies & receive that 'special treatment'.

www.axr.com.au/



Proactive is a design, print and publishing studio where fast, excellent and meticulous service isn't simply a promise - it embodies the spirit of everything they do. Proactive delivers highly creative solutions developed to bring your strategic business goals to life. They are the gentlemen who produce our exceptional Annual report.

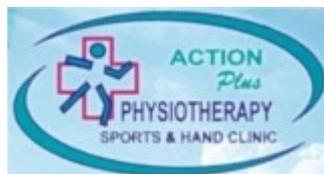
www.proactivegraphics.com.au/



Holgate First National have been providers of first class property services specialising in the sale and management of residential and commercial properties within the communities of the Lower North Shore since 1964. If you're searching for a home in the local area, Holgate First National's fine homes division can provide a property to suit your dreams.

Call 9427-4355 to speak to Tim & the Gang and don't forget to tell them you are a 'Covie'

www.holgate.com.au/



The first of our new sponsors is Simone Moore, owner of Action Plus Physiotherapy. Simone has a passion for sports and has helped out numerous sporting teams including Lane Cove Rugby, Sydney Swans reserves, and Eastwood Rugby. So, if you sustain a sporting injury or have some other type of problem, give Actionplus Physiotherapy a call on 9420-1221.

www.actionplusphysio.com.au/



Lane Cove Cricket is extremely proud to announce Zoti Sportswear as an exciting new sponsor and provider of the Covie range of clothing. Zoti provides a range of sports clothing covering a vast number of sports including rugby, soccer, tennis, netball, cricket, basketball, sailing and athletics. Next time your sporting team needs outfitting, check out their catalogue at www.zotisports.com or email Sim at sim@zotisports.com and tell him Lane Cove Cricket Club sent you.