GOLD COAST JUNIOR CRICKET

Dear Clubs,

RE: Player Workload Management – Taverners, BMC & BWC

With the increasing number of junior players participating in Taverners, BMC and BWC cricket on Sundays, the CGJC Board would like to provide some guidance to clubs around managing player workloads.

It is the position of the CGJC Board that players participating in **Taverners, BMC or BWC on a Sunday should limit themselves to one match on the Saturday**.

Whether that Saturday match is **Grade Cricket, Senior Cricket or Junior Cricket** is entirely up to the individual player and their club to determine. We believe clubs are best placed to understand their players and make decisions based on each player's ability, development and individual circumstances.

Our primary concern is ensuring that young players are not being exposed to excessive workloads across training and matches.

This is particularly important for **pace bowlers**. We strongly encourage players, coaches and clubs to actively track — and preferably record — the number of balls each player bowls throughout the week. This should include bowling during **matches, training sessions and other organised cricket activities**, rather than considering each match or program in isolation.

Cricket Australia provides **Junior Pace Bowling Guidelines** which should be considered when managing player workloads:

Cricket Australia – Junior Pace Bowling Guidelines
https://play.cricket.com.au/community/resources/player-safety/junior-bowling-guidelines/guidelines

We understand that every player is different and there will never be a single approach that perfectly suits every individual.

The purpose of this guidance is not to dictate which team a player should represent on a Saturday. Rather, it is to encourage clubs, coaches, parents and players to communicate and work together to manage workloads responsibly.

GOLD COAST THUNDER | CRICKET GOLD COAST

More Than A Game

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Our priorities should always be to **reduce the risk of injury, support the ongoing development of our young cricketers and keep them enjoying and participating in the game for the long term.**

We ask all clubs to work closely with their Taverners, BMC and BWC players throughout the season and make player welfare the priority when managing their cricket commitments.

Regards,

CGJC Executive Committee