



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue: 12

Date: 25th April 2008

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Bat Care.....

Whether you are a batter or a bowler we all have a chance to bat when we play no matter how big or small a role it may be. Your bat, as with any other equipment is vital and needs to be looked after and maintained. In the following few paragraphs you will be given some guidelines of what to do and what not to do with your bat(s).

Selecting a cricket bat is a very personal decision. There are no right or wrong bats, the bat to choose is the one that feels the most comfortable for you. It is recommended that you always feel the bat before you buy it and that you pick up several bats before making your final choice.

Most cricketers appreciate that while the absolute weight of a bat is of inter-

est, it is the 'feel' or 'pick-up' of the bat when playing strokes that is more revealing of it's character and more useful to tune the bat to the player's technique.

Below are a few pointers regarding preparation, care & maintenance for your bat!!

OILING:- For natural finish (untreated) bats:- Before use, apply a light coat of raw linseed oil to the face, back, edges and toe of the bat with the fingers and palm of the hand. Avoid oiling the splice area. 3 or 4 further light coats should be applied to the face, edges and toe at about weekly intervals. Clean the bat using fine sand paper before each application. Repeat occasionally if the bat is very dry. After oiling lay the bat flat for a few hours. For

bats with a cover on the face, apply oil as described earlier but only to the back, uncovered edges and toe.

KNOCKING IN:- Most bats have already had some 'knocking in', however, the face, especially the front edges, will be further improved and it's useful life prolonged by carefully 'knocking in' with an old leather cricket ball. Do take care though when knocking in the edges and toe as hitting too hard may crack the willow-take your time and be patient! The blade should be knocked in on the face of the bat including the edge of the face but not on the sides of the blade, the underneath of the toe or the back of the blade.

PLAYING IN:- After knocking-in, the bat should be used to hit short catches and/or 'throw-downs' with an old, good quality cricket ball. It is advisable to initially avoid use against a new

ball in either a match or nets.

MAINTENANCE:- To maintain your bat in peak condition we recommend you follow this simple advice.

DON'T expose to extremes of temperature. **AVOID** prolonged spells in car boots, trunks, interiors. **DON'T** over-oil. It is more dangerous to over-oil than to under-oil. Over-oiling adds weight, spoils driving power and may cause rot. **DON'T** ever stand your bat in oil. **DON'T** allow your bat to become damp. **DON'T** use cheap hard balls as they will only damage your bat and **DON'T** continue to use a damaged bat as this will aggravate the damage to a point where it may become beyond repair.

DO prepare your bat carefully. **DO** store the bat in the off season in a cool dry atmosphere away from excessive heat or damp. **DO** re-oil after a prolonged period of non-use and **DO** inspect the bat regularly for damage so it can then be repaired.

Mat Dowman (DCB Under 15 Coach)

Equipment and Clothing Checklist for 2008

Match preparation is an essential aspect to performance success, in particular checking equipment prior to a match. The list below should be used as a checklist so that you can check your playing equipment and clothes prior to a match (preferably the day before).

Playing Equipment:

- Bag Yes/No
- Bat Yes/No
- Spare Bat Yes/ No
- Helmet Yes/No
- Leg Pads Yes/No
- Gloves Yes/No

- Thigh Pad Yes/No
- Inner Thigh Pad Yes /No
- Arm Guard Yes/ No
- Trainers (Spikes) Yes/No
- Batting Shorts Yes/No
- Box Yes /No
- Balls (2) Yes/No

Wicket Keeper:

- WK Leg Pads Yes/No
- WK Gloves Yes/No
- Inners Yes/No

Clothing:

- Cap Yes/No
- Playing Shirt Yes/No

- Playing Jumper Yes/No
- Playing Trousers Yes/No
- Socks Yes/No
- Skins Yes/No
- Towel Yes/No
- Training Jumper Yes/No
- Training Shorts Yes/No
- Training Shirt Yes/No

Other:

- Bat Tape Yes/No
- Drink (Bottle) Yes/ No
- Grip Yes/No
- Sun Cream Yes/No
- Sun Glasses Yes/No

Derbyshire Cricket Board New Website!

www.dcbcricket.com

Player Information Available on the Website:

1. Fixtures and Training Sessions
2. All Performance Newsletters
3. Future Events
4. Key Contacts
5. Player Pathway