PENRITH
CRICKET CLUB
EST.1973

Open Men's Cricket Program, Open Women's Cricket Program, U21 Poidevin Gray Shield, U18 Brewer Shield, U16 Green Shield.





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WELCOME TO THE CLUB

On behalf of the Management Committee, I extend a warm welcome to all players, families, and supporters joining the Penrith Cricket Club for the upcoming season. We're delighted to have you as part of the Penrith Cricket Club community.

Penrith continues to be a proud and prominent presence in the Sydney Premier Cricket competition, with inclusive and expanding programs across both men's and women's cricket. As we embark on the 2026–27 season, we do so with great enthusiasm and a shared commitment to excellence, culture and the spirit of the game.

The beginning of a new season is the ideal time to reacquaint yourself with the key aspects of our Club, including:

- operational structure, procedures and governance
- expectations aligned with the Club Values
- minimum standards for player conduct, including dress code, attitude, training attendance, coaching engagement and financial responsibilities
- general Club information, important contacts and upcoming social events.

This handbook serves as your comprehensive guide for the season ahead. We encourage you to refer to it regularly and make the most of the resources it offers.

Wishing you a successful, enjoyable, and memorable season.



Matthew Halse
President
Penrith Cricket Club

BE THE BEST CLUB!

INTRODUCTION

This handbook is inclusive of both the men's and women's cricket programs and applies to all members and their supporters.
Note: references made to 'members' includes both playing and non-playing members.

Penrith Cricket Club Values

Club First
Play Hard
Respect the Game

Values Statement

"At Penrith Cricket Club, we put our Club First, we Play Hard, we Respect the Game and have Pride and Perseverance in everything we do"
These values define how we compete, how we treat others and how we build a club that our members and community are proud to be part of.

Club Motto:

Club First. Then Team. Then Individual.

The Spirit of Cricket

The Spirit of Cricket is integral to Penrith Cricket Club's culture and success. Our Club's Code of Conduct provides guidelines and expectations of behaviour for all members and supporters to ensure they always demonstrate the Spirit of Cricket whenever representing our Club.

The Penrith Cricket Club Code of Conduct reflects but also adds to the Cricket Australia, Cricket New South Wales and Sydney Cricket Association Code of Conduct and the principal laws that govern the game of cricket.

Our aspirations

Put simply, our Club aspires **to foster a positive culture and environment so that all players and supporters can enjoy their cricket**. In doing so, Penrith Cricket Club also strongly supports the aspirations of the Sydney Cricket Association, which are to prepare and deliver cricketers with the capacity to play first class cricket while ensuring players at all levels have access to enjoyable and satisfying grade cricket experiences.
We actively support Cricket NSW and Cricket Australia by providing opportunities for players to reach their potential in first class cricket, franchise cricket (BBL/WBBL) and ultimately international cricket.

Our goals

To help us achieve our aspirations, Penrith Cricket Club has established the following goals, which shape all our planning and management decisions and actions:

- Ensure every player at Penrith Cricket Club can enjoy their cricket in a friendly atmosphere.
- Ensure every member and supporter has a feeling of belonging and value at the Penrith Cricket Club.
- Achieve the best possible result with the available playing personnel.
- Achieve the highest possible fitness level.
- Achieve personal bests as individuals and as teams.
- Be judged at the end of the year as a player or team who gave their best each time they represented Penrith Cricket Club.
- Be a fully inclusive cricket club.
- Be the leading premier cricket club in Sydney.

COMMITTEE & COACHES

Penrith Cricket Club is run by an annually elected Management Committee.

The Management Committee

PRESIDENT

Matthew Halse
Phone: 0403 462 064
Email: pccpresident11@gmail.com

SECRETARY

David Taylor
Ph: 0400 355 334
Email: pccsecretary11@gmail.com

ASSISTANT SECRETARY

Mahesh Kumar
Ph:
Email: maheshkumar.dasari86@gmail.com

TREASURER

Leanne North
Ph: 0430 870 266
Email: pcctreasurer11@gmail.com

CRICKET MANAGER

Matthew Halse
Phone: 0403 462 064
Email: pcccricketmgr11@gmail.com

GROUNDS & EQUIPMENT MANAGER

Geoff Sullivan
Phone: 0417 612 157
Email: pccgroundmgr@gmail.com

SPONSORSHIP MANAGER

SOCIAL MEDIA MANAGER

Wyatt North
Ph: 0478 008 706
Email: penrithccsocial@gmail.com

GENERAL COMMITTEE

Paul Goldsmith
Ph: 0417 466 272
Email: penrithgc01@gmail.com

Barry Clarence
Ph: 0411 145 606
Email: clarie1@optusnet.com.au

David Gardner
Ph: 0417466272
Email: DGardiner@wem.com.au

Chris Xuereb
Ph: 0414992848
Email: chrisxuereb80@gmail.com

WOMEN'S CRICKET COORDINATOR

Glen Bradley
Phone: 0425 378 246
Email: pccwomens@gmail.com

PLAYER REPRESENTATIVES

Elise Noble
Samantha Arnold
Taran Finemore

MALE CRICKET PROGRAM

CLUB COACH
Warren Buttigieg

HIGH PERFORMANCE COACH
Shannon Finemore

ASSISTANT COACHES
Geoff Sullivan (Fielding), Brendon Vella (Fast Bowling), Ryan Gibson (Batting), David Taylor (Batting), Tim Whiticker (HP Assistant, Wicket Keeping), Trent Weir (Spin Bowling))

POIDEVIN GRAY COACH
Coach – Trent Weir
Assistant Coach – Kaine Balgowan

GREEN SHIELD
Coach - Brendon Vella
Assistant Coach - Wyatt North

INDEPENDENT SELECTOR
David Taylor, Barry Clarence

PRACTICE CAPTAIN
Chris Hicks

PLAYHQ/ FIRST GRADE SCORER
Lorraine Morris

FEMALE CRICKET PROGRAM

HEAD COACH/FIRST GRADE
Paul Grosse
Glen Bradley

COACHES
Aaron Consunji
David Lett

SPECIALIST COACHES
David Williams

DEVELOPMENT COACH
Alex Murphy

PLAYHQ
Catherine Pratt

ROLES & RESPONSIBILITIES

CLUB & COMMITTEE MEMBERS
- Provide leadership with respect to the Spirit of Cricket.
- Provide a safe and enjoyable environment for players, staff, volunteers and supporters.
- Provide an environment where players can develop as cricketers and people.
- Communicate effectively with all members and supporters.
- Manage all aspects of the Club's operations.
- Provide appropriate events to enhance member and supporter experiences at the Club.
- Encourage and support volunteers in their involvement with the Club.
- Attend committee meetings and provide constructive input to Club-related discussions and decisions.

CLUB OR TEAM COACH
- Provide leadership with respect to the Club Values
- Attend all pre-season practices/trials.
- Attend all weekday training sessions, lead and liaise with other coaches and practice captain/training coordinator to ensure players are improving through purposeful practice and skill development.
- Attend competition matches.
- Direct the work ethic and conduct of training through coaches to players.

- Be present on match days to offer assistance with warm ups, game plans and so on.
- Be available to discuss team selection with the selection panel as needed.
- Lead end-of-season performance reviews with players and coaches.

ASSISTANT COACHES

- Provide leadership with respect to the Spirit of Cricket.
- Manage and implement pre-season skills seasons for batters/bowlers/fielders.
- Attend pre-season practices and trials.
- Attend weekly training, liaise with other coaches, and practice captain to ensure players are engaging in purposeful practice and skill development.
- Visit matches to observe player skill performance and offer advice.
- Assist in the skills development of Green Shield, Poidevin Gray and Brewer Shield squads.

PRACTICE CAPTAIN/TRAINING COORDINATOR

- Provide leadership with respect to the Spirit of Cricket.
- Maintain training attendance records for selection purposes.
- Conduct and manage the structure of net sessions to meet batting/bowling needs, in consultation with the Club Coach.
- Collect used match balls from team captains and distribute to coaching staff and/or Equipment Manager.

POLICIES & PRACTICE

Penrith Cricket Club implements policies and practices that guide and shape the behaviour of its members and supporters in the pursuit of the Club's goals and aspirations.

CODE OF CONDUCT

The Code of Conduct ensures all members and supporters understand the expectations of behaviour when representing our Club during matches both on and off the field, at training, Club functions and on social media.
It complies with our Club Constitution and Rules and reflects the policy of both the Sydney Cricket Association and Cricket NSW.

Improper behaviour or conduct could include:

- assaulting, attempting to assault, or abuse, verbally or physically an umpire, player or spectator
- disputing, as distinct from questioning, an umpire's decision or reacting in a provocative manner towards an umpire
- using crude or abusive language, hand signals or other gestures
- engaging in conduct or behaviour detrimental to the spirit of the game or that could bring the game, or the Club, into disrepute.

Any member or supporter found in breach of the Code of Conduct will be referred to the Management Committee for potential disciplinary action.

DISCRIMINATION & VILIFICATION

Our Club promotes an inclusive environment. It is expected that no person who is participating in or spectating at a match, training or Club function shall engage in any conduct, act towards, or speak to any other person in a manner that offends, insults, humiliates or vilifies such person on the basis of their sexual orientation, gender identity, race, religion, colour or ethnic origin.

DRUGS & ALCOHOL

Our aim is to provide a sporting environment free from alcohol abuse and the use of illegal drugs.
All members and officials are personally responsible for ensuring they are in no way impaired by the use or after-effects of alcohol or drugs while playing, training or representing the Club.

PLAYER FEES POLICY

Fees are mandatory for player membership of the Club. The fees for playing and non-playing members are set each season by the Management Committee.
All fees must be paid according to the Player Fees policy, found on our website.
If necessary, any player may discuss with the Treasurer an alternative payment arrangement/plan to assist them in paying the full season fees.

CLUB PROPERTY & FACILITIES

All members and supporters are expected to display respect and pride in the Club's property and facilities and help to look after them:

- Use, store and secure Club equipment carefully and correctly at matches/training.
- Use bins and clean dressing rooms and facilities after use at all grounds.
- Own and report any damage to Club or council property.
- Return used match balls to the practice captain/coaches for use at practice.
- Keep spiked footwear away from covers.

COMMUNICATION & SOCIAL MEDIA

All members and officials of Penrith Cricket Club are expected to communicate clearly to facilitate effective Club operations:

- Inform the Club secretary should their personal contact details change so that the club contacts list can be updated.
- Be aware of committee and coach contact details contained in this handbook.
- Discuss or raise any issues of concern with relevant Club personnel, including team captains.
- Raise any issues in writing to the Club secretary that they wish the Club committee to be aware of or discuss.
- Access the Club's online communication channels.

ONLINE & SOCIAL MEDIA CHANNELS

Website
https://www.penrithcricket.com.au/

Facebook (public)
PenrithCricketClub

Facebook (Men's private group)
Penrith CC Men's Players & Committee

Facebook (Women's private group)
Penrith Cricket Club Womens Teams

Instagram (public)
Penrith_Cricket_Club

Instagram (Women's)
Penrithwomenscricket

StackTeamApp (Women's)
Penrith Womens Cricket

Send match photos and highlights to:
penrithccsocial@gmail.com

SOCIAL MEDIA POLICY

The aim of the Club's social media platforms is to inform and promote the Club and its activities, successes and achievements.
The Club is also very aware of the power and influence social media can have on its members and supporters, their welfare, and the reputation of the Club.
This policy is designed to minimise potential risks and protect all parties involved.
Social media refers to any online tools or functions that allow people to communicate and/or share content. When using social media, you are bound by the Club's Code of Conduct. You are accountable for your actions.

All players, coaches, committee and supporters are expected to engage appropriately and respectfully with the Club's social media:

- Ensure communication conforms to the Club's values and does not contravene the code of conduct.
- Do not imply personal comments are endorsed by Penrith Cricket Club.
- When commenting on matches, results, other clubs and so on, ensure comments are fair and dignified.
- Do not communicate frustration at an umpire, opponent, teammate, coach or organisation.
- Be responsible for obtaining, where applicable, consent of any other persons appearing in still or moving images posted.
- Represent only your own views and do not impersonate others.
- Always use social network forums to add value and promote the Club in a positive way.

EVENTS & CELEBRATIONS

Penrith Cricket Club has a long history of being a 'family' and 'community' club, which encourages its members and supporters to share and celebrate successes and achievements together at a range of social functions throughout the season.

These social occasions are crucial to Club and team spirit and Club identity and certainly assist the financial stability of the Club (and keep player fees as low as possible!).

Players, parents, and supporters are warmly encouraged to enjoy Howell Oval festivities such as:

- Thursday night training player meetings
- Match day 'after play' drinks and player presentations
- Sunday T20 matches
- Season launch & end of season functions
- Green Shield cap presentations
- Club trivia nights
- Club Christmas parties
- 'Back to Penrith' past player days
- Sponsor days
- Annual 'Captain's Lunch' function
- Season presentation function at Penrith Panthers.

FUNDRAISING & VOLUNTEERING

The Club undertakes various fundraising and volunteering activities. Club members are encouraged and expected to help with activities such as:

- Cric Connect contributions

- Fundraising barbecues
- Clean-up days
- Toyota Good for Cricket Raffle
- NRL Carpark.

CLUB SPONSORSHIP

Penrith Cricket Club is hugely grateful for the support of local businesses and their sponsorship of our Club. Their financial assistance contributes greatly to the effective operation of the Club.
The Club offers a range of sponsorship package options for businesses interested in supporting us. Please contact committee member Cam McLean for potential sponsorship opportunities.
Everyone is encouraged to support our sponsors as they support our Club!!

BE THE BEST PLAYER!

YOUR GOALS & ASPIRATIONS

Your decision to play cricket with Penrith Cricket Club reflects a desire to play cricket at the highest possible level (not just to have a hit on a Saturday afternoon with friends!).

Therefore, it is important that you set yourself goals or targets for each cricket season. These tips can help you with this:

- Reflect on the previous season to identify strengths and areas for improvement.
- Discuss your ambitions and aspirations with Club Coaches or senior players to ascertain standards at higher levels.
- Record your goals or targets and the work that's required to reach them.

The cornerstone of a high-performance culture is achievable but aspirational goals. These goals must be measurable and concise so that you can be accountable to them.
We strongly encourage you all to set goals for yourselves. You can get help with this process by talking with your coaches. Regular review and reflection will enable you to assess whether you've reached your goals.

YOUR PREPARATION

You and your team will only perform as well as your own individual preparations leading up to training or game day. You are an athlete (endurance more than a sprint), and so **nutrition and hydration** are key aspects of your preparation.

A healthy diet and high hydration levels throughout the week are critical for peak performance at training and in matches. Try to avoid alcohol in your preparations, because it will only dehydrate your body.

YOUR TRAINING

Weekly training is a crucial ingredient in the performance pie and a mandatory requirement for all players. Should you not be able to attend a weekly training session, you must advise your team captain (Men's) or coach (Women's) prior to training commencing.
Regular non-attendance at training could result in non-selection or demotion in team selections.
Each training session should be:

- purposeful, intense and high quality
- aimed at building on strengths and improving weaknesses
- focused on skills, technique and fitness
- match play- and scenario-driven
- individual and team oriented.

Club training details at Howell Oval

- Men: Tuesday & Thursday 5-7 pm
- Women: Wednesday & Friday 5.30-7.30 pm
- Non daylight savings is 4-6 pm (Men's only)
- Wet weather training in Indoor Centre

At training

- Report to Practice Captain (Men's) or Training Coordinator (Women's) when you arrive.
- Place kit bags inside the field of play or in the Away changeroom.
- Train in the Indoor Centre only for specific skills practice with a coach.
- Help with disassembly of training nets prior to leaving.
- Wear Club training attire.
- Engage during 'team' training time each week at practice.
- Be self-motivated to lead training ethic by actively engaging in training activities during training core hour

YOUR INJURIES & REHABILITATION

If you have a pre-existing medical condition or injury, inform the Club immediately so we can set up support or treatment for you.
You must also advise your team captain or coach ASAP because this may affect team selections. Please **do not wait until Friday night** to inform people.
Withdrawal of players through injury does disrupt team stability, so correct preparation and recovery techniques are important.

Some injury tips

1. Apply ice as soon as possible and regularly thereafter to help reduce bleeding and swelling.
2. Consult a physiotherapist for injury diagnosis and rehabilitation.

YOUR COMMITMENT

The Club expects that as a player you will be totally committed to the Club to foster a professional and successful environment.

Playing for local community clubs has its place, but this should be secondary to your commitment to Penrith Cricket Club. You must prioritise playing for this Club unless personal or family reasons, work, study or injury prevent you from playing.
This commitment extends to all aspects of Club life, including:

- weekly training sessions
- Club social events and functions
- voluntary assistance with Club tasks from players, family or friends.

PLAYER CODE OF BEHAVIOUR

- Ensure that as a representative of Penrith Cricket Club, the Spirit of Cricket is at the heart of everything I do.
- Read, understand and behave within the parameters of the Club's Code of Conduct at all times.
- Ensure I comply with Club requirements regarding registration and fees.
- Communicate effectively with my team captain and or other Club official regarding availability at training, matches and Club functions.
- Wear the correct Club attire to, during and from, training and matches.
- Assist my captain and/or coach with operational tasks before, during and after matches.
- Keep up to date with Club news and events through appropriate engagement with Club emails, website and social media forums.
- Engage with Club fundraising and volunteering activities, events, functions and celebrations.

- Do everything in my power to ensure everyone at Penrith Cricket Club has an enjoyable experience.

BE THE BEST TEAM!

TEAM CAPTAINS

Captains have a very important role within the Club, as leaders on and off the field. They lead and set the standards and expectations for the team. They may also have a role in the development of young or inexperienced players, helping to develop their game in line with the Club's plans or directions.

Men's team captains are selected by the Provisional Selection Committee and ratified by the Club Committee. Women's team captains are selected by the Women's Selection Panel. All team captains are supported and developed through consultation with independent selectors, coaches, committee members and experienced senior players.

Team captains have many responsibilities. Depending on their grade and program (Men's or Women's), these responsibilities may include:

- attending selection meetings
- liaising with umpires on match days
- organising match day tasks such as scoring, drinks, afternoon teas, warm-ups, ground preparation, team lists, orders and play
- managing team standards and attire both on and off the field of play
- mentoring players
- liaising with players regarding team selections
- recording player of the year points.

NO 'I' IN TEAM

Premier cricket provides a stage for the individual to shine, to outclass others and achieve personal bests. But greater strengths and rewards exist within each team you play in, and nothing beats winning a Premiership with a 'team' and a great bunch of friends.

Put your team first

- Follow the team rules and vision as developed by the Club and reinforced by the team captain.
- Attend all training sessions and work hard.
- Assist with pulling down nets and packing away training equipment each week.
- Avoid excessive drinking the night before a match.

On match day

- Arrive at the ground and be ready to commence warm-ups at least 1 hour before the start of play.
- Assist with removing and folding pitch covers.
- Wear Club polo shirt to and from games.
- Wear Club training attire during match warm-ups.
- Assist with the supply and set-up of afternoon teas (where applicable).
- Put the team first before yourself!

- Play hard, play fair, accept umpire decisions.
- Create a positive atmosphere for everyone.
- Celebrate others' successes
- Attend and support Club functions.

TEAM SELECTIONS

Men's

Men's team selections are the responsibility of the Men's Selection Committee. The Committee consists of a maximum of two independent selectors and the six team captains.
Each week, the selection panel aims to select the strongest six teams to represent the Club. Teams will generally be selected early in the week prior to the upcoming round. Selections are based on individual and team performance, player availability and overall team balance.
If you are unavailable for a match, you must notify your captain or one of the Independent Selectors before the selection meeting.

Women's

Women's team selections are the responsibility of the Women's Selection Panel. The Panel consists of the team coaches and the first grade captain. An independent selector may be used when necessary.
Teams are generally selected each Wednesday. The selection of teams is based on individual and/or team performance, player availability and team balance.
Each week the selection panel aims to select the strongest teams to represent the Club.
Should you be unavailable for a match, you must notify your coach or the Women's Coordinator before the selection meeting.

TEAM SELECTION CONSIDERATIONS

A player may be selected in a lower grade should they not be regularly attending training (returning from representative cricket does not apply).
As a guide, if you miss a game due to:

- work, study or close family commitment – you will likely retain your spot in a team
- holidays or a reason not noted above – you will likely be selected in a lower grade
- injury – you must prove your fitness prior to re-selection, with team selection dependent on length of absence and team balance.

TEAM CAPTAIN CODE OF BEHAVIOUR

Men's and Women's team captains

- Lead as a representative of Penrith Cricket Club, keeping the Spirit of Cricket at the heart of everything my team and I do.
- Read, understand and at all times behave within the parameters of the Club's Code of Conduct, as a role model in my team, and expect the same from others.
- Lead the team on and off the field, encouraging hard but fair play.
- Liaise with umpires on match day and set match standards for behaviour and tolerance of match decisions.
- Complete required match reports.
- Wear the correct Club attire to, during and from, training and matches.

- Encourage team participation in Club events and celebrations.

Men's team captains only

- Communicate effectively with my team and the Club regarding availability at training, matches and Club functions.
- Actively seek volunteers for my team to assist with tasks such as scoring, drinks and so on.
- Actively lead opportunities for player development during training and games.
- Be a leading communication conduit between players and Committee.
- Attend selection meetings, responsibly representing players and the team.
- Coordinate 'team training' sessions on Thursdays.
- Collate and record player points.

BE THE BEST SUPPORTER!

Penrith Cricket Club is responsible for creating a safe and enjoyable place for your child, partner, family member or friend to have fun, develop skills, learn valuable lessons, and build character through their personal expression and engagement in the great game of cricket.

Therefore, you can expect the Club to:

- develop an inclusive culture that values both participation and competition
- ensure coaches, officials and other volunteers understand their responsibilities.

BE THE NO.1 SUPPORTER

- Remember that we participate in sport for our own enjoyment, not anyone else's.
- Focus on effort and performance rather than winning or losing.
- Encourage play according to the rules and settle disagreements without hostility or violence.
- Avoid yelling at or ridiculing mistakes or losses.
- Appreciate good performances and skilful play by all participants.
- Model respect for officials' or umpires' decisions.
- Appreciate volunteers, coaches and officials for providing opportunities.
- Respect the rights of everyone involved.
- Display and model conduct that will bring credit to the Club, yourself and those you support.
- Appreciate that selections are based on performance, potential, team balance and future development.
- Report concerns to a Club official.

PARENTS AS PARTNERS

There are several things that you can do as a parent to maximise your child's enjoyment and minimise potential risks to their wellbeing:

- Be a good role model.
- Support everyone in the team.
- Speak out about inappropriate behaviour.
- Get involved in the Club.
- During the week and on match days your assistance can help the team a lot.

Here's how you can assist:

- Be available to transport your child/teammates to the ground should covers need to be put down/taken up prior to match day.
- Lay out boundary cones or ropes and help with other ground preparation tasks.
- Do scorebook or online scoring for the match and update the scoreboard.
- Prepare drinks or afternoon tea.
- Clean and tidy facilities and empty bins.
- Umpire when required.

WHEN WE WIN WE SING

MEN

P for Penrith
P for Pride
P for Perseverance

We're the Penrith Panthers and
We're proud of our Appearance!

P for Punctuality
We will get there early
We will take the opposition
By the short and curlys!

P for Penrith
P for Pride
P for Perseverance

We're the Penrith Panthers and
We're proud of our Appearance!

Penrith Panthers!
Alright!!!!

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WOMEN

We are the mighty Lady Cats,
Full of Panther pride.
We play our cricket nice and hard,
You better run and hide.

Us Lady Cats we love to play,
In Penrith we are proud.
We had a massive win today.
Let's shout it out aloud.

Every Sunday we come together,
All of Penrith on our side.
We are the mighty Lady Cats,
Full of Panther pride.

Go Lady Cats!
Alright!!!!

PENRITH
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