



# FOUNDATION

## MCCF CRICKET+ GUIDE 2025

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This MCCF Cricket+ Guide is for all participants of the 2024-25 MCC Foundation National Hub Programme.



# ABOUT THE MCC FOUNDATION

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**The MCC Foundation (MCCF) is a cricket charity delivering projects across the UK and around the world.**

We provide free coaching and match play to empower all boys and girls to reach their full potential in the game, to unite and inspire communities and to promote physical and mental wellbeing.

Underpinning everything we do is the desire to use cricket as a platform for positive change both in the UK and overseas. We believe that cricket is a game for all, and our programmes are designed to:

- Reduce barriers to access, providing equity of opportunity
- Broaden participation in the hardball game
- Diversify the talent pathways



# WHAT IS 'CRICKET+'?

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'Cricket+' is the MCC Foundation's term for the holistic support offered to players on the programme to supplement their development beyond cricket. The MCCF works with partners to cover key themes, including:

- **Physical wellbeing**
- **Mental wellbeing**
- **Individual development**
- **Social development**
- **Economic development**

This year's cricket+ will be delivered through the following mechanisms:

- In person workshops at Hub training, matches and events
- Online workshops accessible by all Hub players
- Player and Parent monthly newsletter

We encourage all players to engage with these activities to support their development on and off the field.



# CRICKET+ ONLINE WORKSHOPS



**REGISTER HERE**

Over the coming months, there will be a variety of online workshops for Hub players to engage with. We strongly encourage all Hub participants to engage with these sessions to support your personal development.

To sign up for any of the sessions, please scan the QR code.



# MENTAL WELLBEING

## Opening Up - Mental Wellbeing for Young Cricketers

**W**e will be hosting online sessions with Opening Up, a cricket specific mental health and wellbeing organisation that discusses the relationship between cricket and mental wellbeing.

The sessions will cover mental skills and fitness for cricket, taking care of your wellbeing, looking out for your teammates and will signpost you to further support.

There are three sessions available (you should only attend one), lasting approximately 30-40 minutes.

- Session 1 - Thursday 20th February, 19:00-19:40
- Session 2 - Monday 24th February, 19:00-19:40
- Session 3 - TBC (Please register interest for this session if you would like to attend but cannot attend the first two)



# **PHYSICAL WELLBEING**

We have arranged sessions with Hanna from Revolution Rehab & Sports Therapy to share information about physical wellbeing and preparation for cricket; Hanna will share top tips for good physical wellbeing including content on warming up, recovery, sleep and nutrition.

There are two sessions available (you should only attend one) lasting for approximately one hour.

- Session 1 - Wednesday 17th February, 19:00-20:00
- Session 2 - Friday 7th March, 19:00-20:00
- Session 3 - Wednesday 19th March, 19:00-20:00

The MCCF has also produced 10 week Strength & Conditioning guides that all Hub players can access via the MCCF website. These guides can all be completed at home and require no equipment.



# LEADERSHIP AND CAPTAINCY

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We are organising two workshops on leadership and captaincy.

These will be suitable for Hub players of all ages, and for both players with leadership experience and those that aspire to captain or lead their team one day.

The dates for these sessions are still to be confirmed. Please register your interest through the Cricket+ registration sign up form and you will be sent further information in due course.



# PARENTS WORKSHOP

The MCCF have arranged a session with Perfect Dad, to discuss how to support your young cricket. Topics will include car journey conversations and handling parent and player stress and emotions. We would encourage all parents to attend this session which has come highly recommended by parents for cricket players in representative cricket teams.

There will only be one session, lasting approximately one hour.

- Wednesday 5th March, 19:00-20:00

The session will be recorded for those that cannot attend but would have liked to. Please contact [info@mccfoundation.org.uk](mailto:info@mccfoundation.org.uk) for a copy of this recording.





# CAREERS

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The MCCF will be running a **Careers in Cricket** webinar in late Spring. This webinar was hugely popular in 2024 and speakers shared insight into what their day-to-day roles look like and top tips for embarking on a career in their area.

The careers covered are to include:

- Coaching
- Media/Communications
- Sport Psychology
- Operations
- Other careers TBC

The dates for this session is still to be confirmed. Please register your interest through the Cricket+ registration form and you will be sent further information in due course.



# CRICKET+ RESOURCES

The MCCF has created a variety of cricket+ resources that are accessible via the MCCF website. These include:

- An Introduction to **Mental Wellbeing** for Young Cricketers
- 10-week **Strength and Conditioning** Programmes (Beginner, Intermediate and Advanced)
- An Introduction to **Nutrition** for Young Cricketers
- An Introduction to **Women's Health** for Young Cricketers

**FOUNDATION** 

### WHAT IS MENTAL WELLBEING?

Mental wellbeing is important for everyone. It is a big part of how we deal with all the different things that happen in cricket, school and wider life. Consider it a 'continuum' that every person moves along depending on a number of factors.

If we think of this as mental fitness it can help remind us that there are ways to positively influence our mental wellbeing. Cricket gives us opportunities to develop mental fitness. Paying attention to this can help in the sport and beyond!



**Beginner**

For cricketers who are new to S&C



Here are some examples of balanced meals:

<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Porridge made with milk - add in fruit</li> <li>Weetabix - top with honey or banana</li> <li>Pancakes with fruit - add some honey</li> <li>Natural or Greek yoghurt with fruit - add some honey</li> <li>Eggs (scrambled, poached or hard boiled) with toast</li> <li>Omelettes - add in peppers, mushrooms, ham, chicken, onion, tomatoes, cheese</li> <li>Beans on toast</li> </ul>	
	<ul style="list-style-type: none"> <li>Jacket potato with tuna/beans/cheese and salad</li> <li>Chicken/Quorn/Meat substitute Fajitas with vegetables</li> <li>Pasta with lean meat and vegetables, sauce and a side salad</li> <li>Rice bowls with meat (or vegan equivalent) and vegetables</li> <li>Chicken/Chickpea &amp; vegetable curry with rice</li> <li>Meat/Potato and vegetable casseroles</li> <li>Shepherd/Cottage vegetable pie</li> </ul>	<b>LUNCH/ DINNER</b>
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>Banana on toast with honey or peanut butter</li> <li>Flapjacks - fruit/vegan/chocolate (small squares)</li> <li>Chicken/ham/Meat substitute salad</li> <li>Yoghurt - add fruit and/or honey</li> <li>Banana bread</li> <li>Home made smoothies</li> </ul>	

# MCCF SAFEGUARDING

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The MCC Foundation is firmly committed to creating a safe and inclusive environment for children to enjoy the game.

Safeguarding is everyone's responsibility. This means that everyone who is engaged with the MCCF has a responsibility to respond to any concerns that they or others may have about a child at risk or the behaviour of an adult.

## How do I report a safeguarding concern?

To report any safeguarding concerns, please contact:



**Izzy Gurney**

**MCCF Safeguarding Lead**

via [mccf.safeguarding@mccfoundation.org.uk](mailto:mccf.safeguarding@mccfoundation.org.uk),  
[izzy.gurney@mccfoundation.org.uk](mailto:izzy.gurney@mccfoundation.org.uk)  
or 07867 639789



**Angus Berry**

**MCCF Deputy Safeguarding Lead**

via [angus.berry@mccfoundation.org.uk](mailto:angus.berry@mccfoundation.org.uk)  
or 07585 554449

If it is an emergency and someone is at immediate risk, then call the Police or Children's Social Care in your area. If urgent and you cannot contact the MCCF, you should contact the ECB Safeguarding team via [safeguarding@ecb.co.uk](mailto:safeguarding@ecb.co.uk) or 020 7432 1200.



For further information about your local Hub, please contact your Hub Manager.  
For further information about the MCC Foundation or cricket+ initiatives, please get in touch via [info@mccfoundation.org.uk](mailto:info@mccfoundation.org.uk).

