

NORTHERN BEACHES

Refreshed and ready to excel

CHANGES WILL HELP US ALONG

THE festive season is a great period to spend some quality time with family and friends, and that's exactly what our club has done over the last few weeks.

It's important to get away from sport on a lot of occasions, and cricket is no exception.

In fact, cricket being such a mental game, I can't think of many other sports where refreshing yourself is more important.

Life is all about balance, and we made sure everyone has had that right balance over the last few weeks.

However, that time is now over and it's important that everyone from grades one to five turns up ready to play today. That's what we need to continue our superb start to the season.



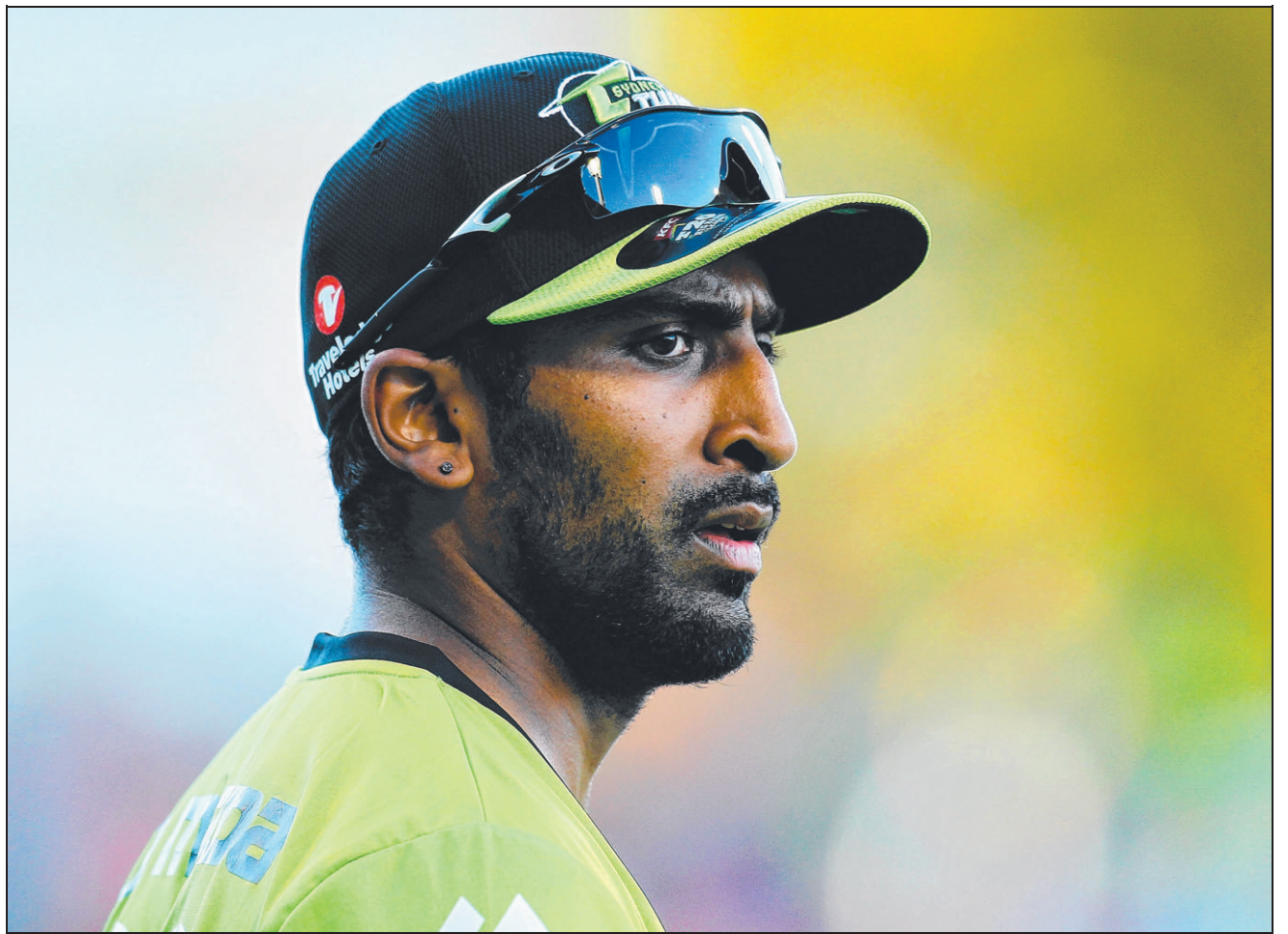
CRICKET

Shawn Bradstreet

Before Christmas we played our first one-day game, and we play a further three one-day matches over the next three weeks.

We identified early that a big change was needed in the way we approached one-day cricket compared to two-day cricket, in terms of both mental and physical preparation.

We are very confident that the changes we implement-



Ahillen Beadle will come back to Manly an even better player following his recent time with the Sydney Thunder.

ed to our training will put us in good stead over the next few weeks, starting with today against Fairfield-Liverpool.

CHANCE FOR BEADLE

HOW good is the Big Bash. Some of the matches we

have seen have been absolutely amazing, with the skills of the players out of this world.

One of the main benefits I see from the Big Bash is propelling players who are pushing for higher honours into the limelight and giving

them more exposure to top level cricket.

It has been great to see our own Ahillen Beadle in and around the Sydney Thunder squad.

He has been 12th man the last few games and we can't wait to see him get a full

game for the team in green shortly.

No doubt his game will go to the next level and help him fulfil his dream of playing first-class cricket.

Shawn Bradstreet is Manly's first grade coach

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