**Welcome to The North East Cricket Academy. This state of the art facility is here to help you develop your game. Please respect it and all those who use it by following these rules:**

* **Please do not enter the Cricket Academy until your session start time.**
* **Please keep the main door closed when the hall is in use.**
* **No food to be consumed within the Cricket Academy.**
* **Only drinks permitted are water bottles, and can only be drunk around the perimeter of the hall.**
* **Please keep noise to a minimum outside the hall - we have working offices upstairs.**
* **Full batting protection must be worn when using the centre. This includes batting pads, a box, batting gloves, and a helmet.**
* **Please do not move any of the bowling machines – see the supervisor in reception for help.**
* **Please do not use cricket balls in the same lane as a bowling machine.**
* **A screen must be attached to the bowling machine at all times when in use.**

**Thank You for your cooperation – any injury or damage to equipment is the responsibility of the hirer.**

**How to use the bowling machines**

Coaches and machine operators should always familiarise themselves with the conditions before delivering any balls to a batter.

All adjustments to the speed and length of delivery should be made with the knowledge of the batter. There is a tendency for inexperienced machine operators to increase the speed of deliveries to ‘surprise’ or ‘test’ the batter. It should be remembered that five mph increase in speed could result in a two foot change in the length of the delivery.

We recommend that machine operators keep a chart of each player’s capabilities. This will enable him to know the speed and length that each player can comfortably practice attacking and defensive shots off both the front and back foot.

There is a tendency for the machine to be set to one speed and used at that speed by all the batters taking part in the session. But a machine operator should find out each individual players capabilities and limitations and use the relevant, playable speeds.

Machine operators should be aware that BOLA Bowling Machines attract attention. If you are using the machine in an open sports hall or public recreation ground please be aware that spectators will be drawn towards the machine. Ensure that all spectators are positioned in a safe area before feeding any balls into the machine.

In all drills that require two batters to be in the net during a session with the machine (usually fitness or match situation sessions) please ensure that the non-striker is alert to the ball and properly attired. Non-participants should not be allowed in the net.

Machine operators and coaches should be aware of the type and condition of balls that they are using. BOLA practice balls should be of similar age and in good condition (without the dimples worn away) to ensure an accurate repetition of each delivery.

When coaching shot-making against short pitched deliveries always begin the session using BOLA HiViz balls. These are softer than standard balls and will bounce higher and leave the pitch slightly slower. Please ask the supervisor if you require access to these.