

# KEYNOTE SPEAKERS

MONDAY 8TH JULY  
DOES IT MATTER WHAT A  
CRICKETER EATS?

Peter Brukner



TUESDAY 9TH JULY  
GETTING THE BEST FROM OUR  
QUICKS

Kevin Shine & Paul Felton



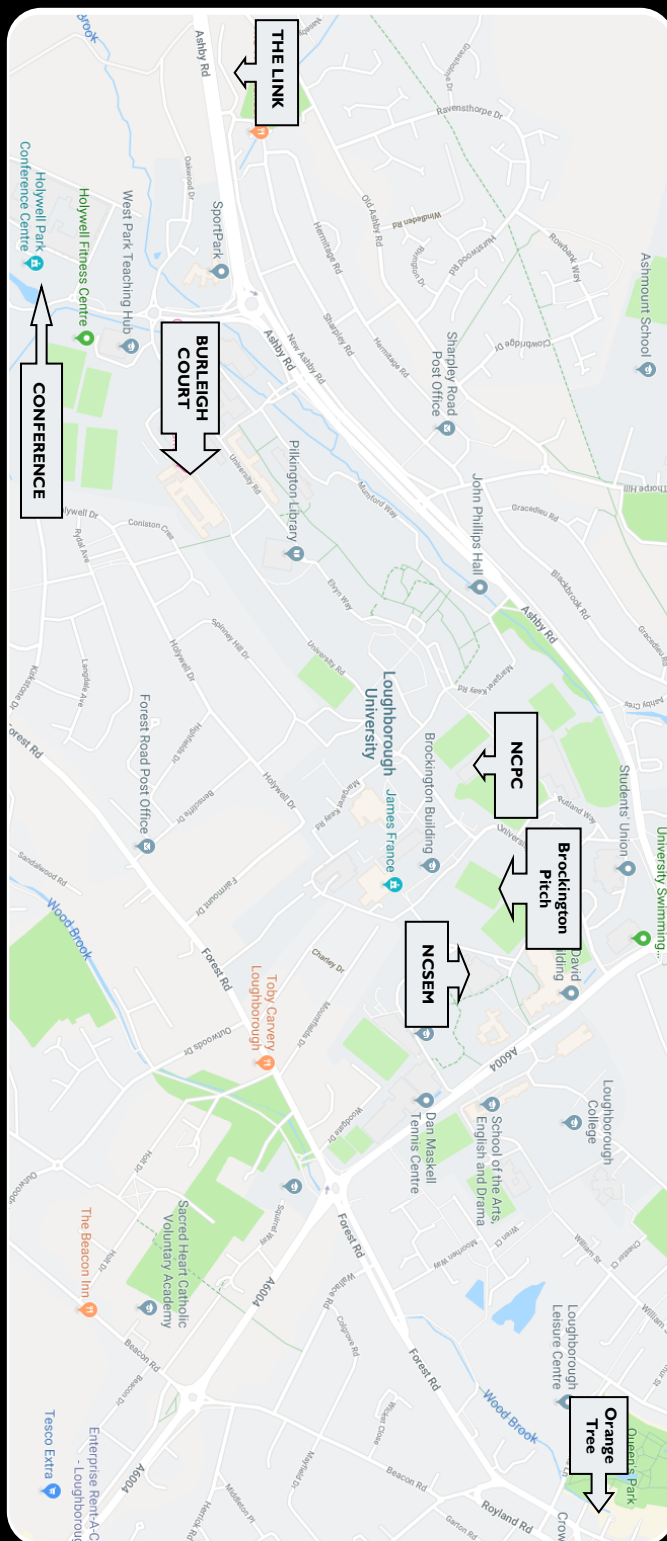
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 I Measure U

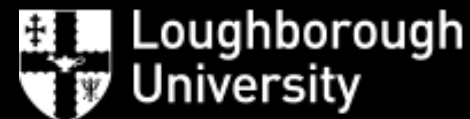
  
reality motion systems

NATIONAL CENTRE FOR  
SPORT & EXERCISE MEDICINE  
WORKING FOR HEALTH & WELLBEING



6<sup>TH</sup>  
WORLD CONGRESS  
OF  
SCIENCE AND MEDICINE  
IN  
CRICKET

8th - 10th July 2019  
Loughborough, U.K.



## Sunday 7th July

19:00 **WELCOME RECEPTION** - The Link Hotel

## Monday 8th July

08:30 **REGISTRATION**

09:15 **WELCOME**

**INJURY** Chair: Peter Brukner

09:30 L. Goggins: *Injury epidemiology in men's elite English and Welsh domestic cricket: A nine season review from 2010 to 2018*

09:45 J Valadao: *Neuromuscular electrical stimulation and the hamstring conundrum*

10:00 A Saw: *Vertebral artery dissection: Mechanism of injury and implications for risk-reduction in cricket*

10:15 **COFFEE BREAK**

**SHOULDERS** Chair: Jacqueline Alderson

10:45 M. Dutton: *The cricketers shoulder: Not a classic throwing shoulder*

11:00 B. Olivier: *The cricketer's shoulder and injury: asymmetries in internal rotation range of movement, throwing arc and pectoralis minor muscle length – a longitudinal cohort study*

11:15 M. Dutton: *Do cricketers display similar overhead throwing biomechanics to baseball players?*

11:30 L. Newton: *The effect of a cricket fielding session on glenohumeral range of motion and active joint position sense.*

11:45 S. McCaig: *The musculoskeletal profile of first-class cricketers with throwing arm pain*

**KEYNOTE LECTURE** Chair: Paul Felton

12:00 P. Brukner: *Does it matter what a cricketer eats?*

13:00 **LUNCH & POSTERS**

**INVITED PRESENTATION** Chair: Pete Alway

14:30 R. Saw: *Imaging and progression of lumbar stress fractures in fast bowlers*

**ADAPTATIONS & INJURIES IN BOWLING** Chair: Anna Saw

14:45 R. Ferdinands: *Investigating the relationships between kinematic factors and lumbar injury in young fast bowlers*

15:00 P. Alway: *Regional lumbar bone mineral density differs in cricket fast bowlers with lumbar bone stress injury*

15:15 L. Keylock: *The effect of age and bowling delivery speed on lumbar bone mineral in adolescent fast bowlers*

15:30 J. Bray: *Investigating the relationship between fast bowling workloads, muscle damage/stress following spells of simulated fast bowling*

15:45 **COFFEE BREAK**

**WORKLOAD** Chair: Will Vickery

16:15 C. Munro: *Workload monitoring of an elite South African women's cricket team during the 2018/2019 season*

16:30 S. Feros: *Optimising rhythm, ball release speed, and workload in amateur pace bowlers: is there an ideal prescribed delivery intensity?*

16:45 C. Christie: *Workloads and injury risk in elite South African cricket fast bowlers: A snapshot of one season*

17:00 F. Garcia-Byrne: *GPS-detected lateral sway during a submaximal running test correlates with endurance exercise performance in elite Australian cricketers*

19:00 **BANQUET** - Holywell Park Conference Centre

All Day **BATFAST** - "thrill a minute cricket simulator"

## Tuesday 9th July

07:30 **VICON BREAKFAST**

Holywell Park Conference Centre

**VICON**

**I Measure U**

**FAST BOWLING STRENGTH & CONDITIONING** Chair: Benita Olivier

09:00 C. Peterson: *Effect of a 6-week Indian clubbell strength programme on fast bowlers' shoulders*

09:15 M. Forrest: *Exercises to modify risk factors for injury in community-level adolescent pace bowlers*

09:30 S. Ranjit: *Functional movement screening in elite Indian fast bowlers*

09:45 W. Vickery: *The development of a fast bowling Twenty20 match simulation*

10:00 S. Feros: *Bowling with modified-implements in the warm-up: do they alter pace bowling skill, rhythm, and sensation with a regular ball?*

10:15 **COFFEE BREAK**

**PREPARATION & STRESS** Chair: Candice Christie

10:45 P. Gamage: *Understanding heat stress and exposure during test-cricket play: an exploratory study*

11:00 H. Anderson: *Enhancing concentration in an elite international male cricketer: A longitudinal mixed methods study*

11:15 K. McEwan: *Sleep quantification of elite South African cricket players during a home and away series, for both One-day international (ODI) and Twenty20 games*

11:30 B. Campbell: *Pilot study investigating the time of day effects on perceptual, physical and performance indicators of adolescent fast bowlers.*

11:45 T. Turner: *GPS and time motion analysis on the physical demands of fielding in professional cricket*

**KEYNOTE LECTURE** Chair: Mark King

12:00 K. Shine & P. Felton: *Getting the best from our quicks*

13:00 **LUNCH & POSTERS**

**INVITED PRESENTATION** Chair: Pete Alway

14:30 P. Inge: *Comparison of men's & women's cricket injuries at the elite level in Australia*

**IMPACT & OVERUSE INJURIES** Chair: Pip Inge

14:45 B. Jones: *Association of leading leg knee cartilage volume with bowling kinetics in current elite fast bowlers*

15:00 A. Alva: *Fast Bowler's Knee – Management of articular impingement in International players*

15:15 A. Kini: *Foot and ankle overuse injuries in fast bowlers: comparison between front on & side on action bowlers*

15:30 A. Saw: *Observable characteristics of head impacts associated with concussion diagnosis in cricket*

15:45 **COFFEE BREAK**

16:15 **SYMPOSIUM** Chair: Nick Peirce

S. Filbay, G. Bullock, N Perera & N. Arden: *The Cricket Health and Wellbeing Study*

17:30 **CAMPUS TOUR**

OR

16:00 - **FAST BOWLING WORKSHOP** Lead: Rene Ferdinands

19:00 National Cricket Performance Centre

19:00 **DELEGATE CRICKET MATCH & BBQ**

Brockington Cricket Pitch

## Wednesday 10th July

**BATTING** Chair: Rene Ferdinands

09:00 B. Jones: *Optimising Challenge: Key in the Development of England's Greatest Batsmen?*

09:15 H. Noorbhai: *The batting backlift technique in cricket: What is the consensus at all skill levels?*

09:30 S. Taliep: *Visual perceptual ability in adolescent cricket batsmen*

09:45 N. Isaacs: *The kinetics and kinematics of the rotary batting technique*

10:00 S. McErlain-Naylor: *Kinematic determinants of power hitting performance: a technique comparison of male and female cricketers*

10:15 **COFFEE BREAK**

**TALENT ID & DEVELOPMENT** Chair: Stuart McErlain-Naylor

10:45 B. Jones: *The Relative Age Effect in World's Best Cricketers: A Case for the Survival and Evolution of the Fittest*

11:00 M.A. Dove: *The value of a socio-ecological approach to talent development in cricket*

11:15 A. Nichol: *How do culture and norm circles (as shaped by coaches and others) play a role in influencing the actions of cricketers?*

11:30 M. Harwood: *Scaling the pitch for under-11s beyond*

11:45 A. Lascu: *Perceptions of talent development in Women's Cricket from national-level players and coaches.*

**SPIN BOWLING** Chair: Marc Portus

12:00 B. Jones: *The Identification of 'Game Changers' in England Cricket's Developmental Pathway for Elite Spin Bowling: A Machine Learning Approach.*

12:15 KA Thiagarajan: *Accuracy of Umpiring decisions for detecting illegal bowling action in Cricket from different positions in comparison with 3D Biomechanics analysis*

12:30 P. Felton: *Relationships between spin bowling technique and spin*

**INVITED PRESENTATION** Chair: Pete Alway

12:45 A. Nicholls: *Hand Injuries in Elite Australian Cricketers*

13:00 **LUNCH**

**INVITED PRESENTATION** Chair: Pete Alway

14:30 J. Orchard: *Cricket Australia cardiac screening program*

**TECHNOLOGY IN CRICKET** Chair: Mark King

14:45 N. Soomra: *Use of smart watches to detect bowling speeds and counts for fast bowlers*

15:00 P. Dias: *Machine Learning of Batting Movement Data Patterns for Injury Prevention*

15:15 C. Petersen: *Cricket Gr8 App: Inspiring net sessions*

15:30 H. Jowitt: *Auto detecting deliveries in elite cricket fast bowlers using microsensors and machine learning*

15:45 **CLOSING CEREMONY**

**WORKSHOPS**

16:15 **STRENGTH & CONDITIONING** Lead: Rob Ahmun

Holywell Park Conference Centre

17:15 **EMERGENCY CARE** Lead: Nick Peirce

Holywell Park Conference Centre

19:00 **CLOSING SOCIAL**

Orange Tree, Loughborough