

Cricket – Hampshire Cricket Academy

"**Quintic** AT HAMPSHIRE CCC CRICKET ACADEMY."
by Mark Garaway Hampshire CCC Academy Coach



"We acquired the **Quintic** Sports analysis system in February 2000, as a tool specifically for the Hampshire Cricket Academy. The system was then used at every technical session throughout the winter sessions and in all matches/ practice sessions held outdoors in the summer.

Quintic became a vital part of the Academy set-up as it gave the not only the coaches but also the players the opportunity to access past performances and compare them to present achievements. Part of the success came down to the fact that all the players are completely at home with the package.

Therefore, are able to access the stored images independently rather than being coach reliant. The two individual players who benefited most from **Quintic** were Chris Tremlett and Ian Hilsum.

Chris had missed a significant chunk of the 1999 season with an injured back. With the help of **Quintic**, we were able to enhance Chris' bowling action through minor adjustments to his bound, his posture through the bowling action and the height of release.

As a result of a good personal programme, sensible man-management coupled with the effectiveness of the **Quintic** system, Chris played all season in the Hampshire 2nd XI and broke into the 1st XI toward the end of the season.

Chris is off to India with England Under 19's at the end of December.

Ian Hilsum is a promising Leg spinner who has really benefited from working with Shane Warne in 2000. The technical advice that "Warney" gave to Ian was monitored throughout the summer on the **Quintic** system, stored on CD-Rom and was replay able at any time. Shane and Ian worked together 4 or 5 times through the season which was invaluable, but it was the ongoing influence of **Quintic**, which allowed Ian to access technical information and compare himself to Shane which made the season a progressive success.

Ian is presently taking a hatful of wickets in South Africa.

Two examples of how **Quintic** can make a difference to the development of Cricketers. **Quintic** can also help coaches to develop, my own coaching has developed significantly through 2000, and part of this is due to **Quintic**."