



## Cheshire Cricket – Growth and Maturation Data

### Understanding physical maturation in junior cricketers aged 11-18

Dear Player/Parent,

Cheshire Cricket is gathering information that aims to improve understanding of physical maturation (how quickly players grow and develop strength) in junior and youth players in our county and the impact on performance. This information can help ensure that players at different stages of maturity receive coaching appropriate to their stage of development and equal opportunities to develop, participate and create positive sporting experiences. This will take place alongside the excellence training.

Please read this information sheet carefully before deciding if you would like to share your information. If you do decide to share information, we thank you. If you decide not to take part, there will be no disadvantage to you of any kind and we thank you for thinking about it.

### What is the purpose of collecting this information?

Cheshire Cricket aims to improve understanding of physical maturation in junior and youth players in our country. It is hoped the information we gather will enable a more individualised approach to skill development, resulting in a safer and more effective progression through to adult cricket. The data collected will be used to better inform and guide our cricket programmes.

### What are the benefits?

Children differ greatly in the rate at which they grow and mature. In a group of children in the same school year, some children will mature up to 3 years earlier than others and this can affect many areas of performance. There are some stages of maturation that are associated with a higher risk of injury, such as during the peak growth spurt often seen in boys around 13 and girls around 11. In addition, certain movement and coordination changes are observed in some children. Understanding which children are entering puberty and those who are either in the middle of their peak growth spurt, or have passed it, can help coaches better understand the child's development and support them better during this period.

Do I need to provide this information?

No, providing this information is completely voluntary, and choosing not to provide it will not disadvantage you in any way. If you do not wish to provide your information, you can still take part in the activities, but your data will not be shared with us. You can choose to withdraw your information at any time.

Here is some information to help you make your decision on whether to provide your and your child's data.

### What data are we asking for?

We ask you to complete a questionnaire on Microsoft Forms: we will ask you some information about things that might affect your growth and maturation such as food allergies and intolerances.

**Growth measurements:**

To calculate how tall you will grow to in adulthood, we use a calculation based on the Khamis Roche method. To do this we need to collect:

1. Player date of birth
2. Player current height
3. Player's current seated height
4. Player current weight
5. Father's height
6. Mother's height

Please could all parents measure themselves in accordance with the instructions provided on the Microsoft forms document. If your parent's height is not known, this does not stop you participating in the project, just fill in the information known.

**Performance tests:**

At different stages of development, it can impact how far you can hit the ball or how fast you bowl. To better understand this, we will ask your child to join in some performance tests such as how high they can jump, how quick they are between the wickets and some other strength tests during the 2026 Excellence program.

The results of any of these tests are not used to select the teams, but they will help coaches tailor training to each age group's development and ensure safe and appropriate coaching for all players.

**How will my privacy be protected?**

Cheshire Cricket will store all collected data securely in line with its usual processes. A copy of Cheshire Cricket's privacy policy is available on request. The legal basis for processing your personal data is for research and development purposes. Data will be accessed only by a limited number of personnel who are directly involved in the project.

Information collected in this project is not anonymous and complete confidentiality cannot be guaranteed; however, the data from the project will be coded when the results are presented to protect the identity of players.

**How do I give my consent to share this data?**

If you are happy to provide your data, please fill out the consent (permission) form as part of your Microsoft Forms link on your welcome email. Please ensure consent is given by both the player and you as a parent. Make sure you fill all sections in on the Microsoft form. If there are sections left blank, we will not be able to include your data in the project. If you are struggling to access the online form, please [email amy.jones@cheshirecricketboard.co.uk](mailto:amy.jones@cheshirecricketboard.co.uk)