

North-West Women's Cricket Club Injury Survey Report: 2023-2024

Compiled by Sibi Walter

1. Survey Respondents

Team	Count
Premys	20
Div 2	15
Total	35

Insight: *Premys responded well to the survey invite.*

2. Survey Respondents Experience

- **Total Years Playing Cricket:**
 - Range: 1–15 years
 - Average: ~7.5 years
- **Years at Burnside-NW:**
 - Range: 0–12 years
 - Average: ~4 years

Insight: *Players are generally experienced, with a mix of long-timers and newcomers.*

3. Playing Roles

Role Category	Count
Seam Bowler	15
Seam Bowler + Batter	12
Batter	3
Spin Bowler	2
Spin Bowler + Batter	1

Insight: *Seam bowlers dominate, with many dual-role players.*

4. Common Off-Season Sport

- **Played Sport in Off-Season:** 28 players.
- **Most Common Sports:**
 - Indoor Cricket (12)
 - Netball (9)
 - Hockey (6)
 - Football, Basketball, Volleyball, Water polo, Judo, Skiing, Table Tennis, Korfball, Swimming

Insight: *Indoor Cricket and Netball are top choices for off-season conditioning.*

5. In-Season Cross-Sport Participation

- **Plays Other Sport During Season:** 6 players.
- **Most Common In-Season Sports:**
 - Water polo
 - Tennis
 - Indoor Cricket
 - Korfball
 - Small Hockey Tournament

Insight: *A few players juggle dual commitments, mostly in high-intensity sports.*

6. Strength & Fitness Programmes

- **Attended Pre-Season Programme:** 17 players.
- **Regular In-Season Attendance:** 13 players

Insight: *Premis players are more likely to engage in structured fitness. Highlights the need for a structured fitness programme in-season.*

7. Training & Match Load

Category	Average	Range
Pre-Season Hours	~34 hrs	0–150 hrs
Playing Season Hours	~80 hrs	0–240 hrs
Matches Played	~6.5	0–20

Insight: *Wide variation in commitment levels and match exposure. Some players are logging intense workloads, while others have minimal match exposure possibly due to injury.*

8. Rest Days

Category	Average	Range
Off-Season Rest Days/week	~2.5	1–6
Playing Season Rest Days	~2.7	0–5

Insight: Rest varies widely, with some players resting only 1–2 days. Some players may be under-recovering during peak season.

9. Acute Injury Overview

- **Players with Acute Injuries:** 14
- **Most Common Injury Sites:**
 - Wrist & Hand (3)
 - Shin (2)
 - Knee (2)
 - Shoulder (2)
 - Lower Back (2)
 - Thigh, Elbow, Ankle & Foot (1 each)
- **Common Injury Types:**
 - Wound/Bruise/Cuts
 - Muscle Strain/Soreness
 - Dislocation
 - Ligament Strain
 - Nerve Pain

Injury Site	Count	Common Cause
Wrist & Hand	3	Fielding, Batting
Shin	2	Bowling
Knee	2	Bowling
Shoulder	2	Fielding, Batting
Lower Back	2	Bowling
Others (Thigh, Elbow, Ankle)	3	Mixed Activities

Injury Contexts:

- Team Training (6)
- Fielding (4)
- Bowling/Batting (4)

Missed Days (Acute):

- Avg: ~6.2 days
- Max: 20 days

Insight: Training sessions are the most frequent injury setting. Wrist and hand injuries are common possibly due to impact. Low number of missed days due to acute injuries.

10. Overuse Injury Overview

- **Players with Overuse Injuries: 12**

- **Most Common Sites:**

- Lower Back (4)
- Shin (3)
- Shoulder (2)
- Knee, Ankle & Foot (1 each)

- **Common Diagnoses:**

- Stress Fracture
- Shin Splints
- Plantar Fasciitis
- Muscle Strain
- Slipped Disk

Body Part	Count	Avg Missed Days	Max Missed Days
Lower Back	4	~75 days	180 days
Shin	3	~4 days	12 days
Shoulder	2	~10 days	20 days
Knee, Ankle	2	~7 days	15 days

- **Missed Days Due to Overuse Injury:**

- Range: 0–180 days
- Average (injured players): ~32 days.
- Highest: 180 days (Stress fracture of L2)

Insight: *Lower back stress fractures are the most severe and recurring issue, with high time loss.*

Overall Injury Survey Highlights – Take Home Message

- Players with **high pre-season hours** tend to have **fewer acute injuries**.
 - **Overuse injuries** are most common in players with **high match loads and low rest**.
 - **Dual-role players** (bowler + batter) show higher match counts and injury exposure.
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