

Eugene Moleon

19 Marmont Crescent BELFAST Northern Ireland BT4 2GQ Mob: +447879813437/ +27665824550
Email:eugenemoleon@hotmail.com

Cricket Coach

- **University of Cape Town;** Current head cricket coach. I set weekly sessions for the students to accommodate their studies and time. I have also started a women's section within UCT and run weekly sessions during the summer months.
 - **Emerging Players Program Coach, Cricket Ireland;** An active coach for Cricket Ireland Emerging Players Program (EPP) specifically for bowling with particular focus on athleticism and agility. Planning and delivering technical and tactical, strength and conditioning and team training. I use a range of coaching techniques including one to one and video analysis.
 - **Senior Coach - NCU;** Working with all regional development squads developing all aspects of player's talent required for increased performance factors: technical, tactical, mental, physical and lifestyle. Appointed movements coach with youth cricket in the NCU.
 - **ECB Cricket Tutor;** Delivering coach education programs within Ireland. I have also developed programs of coaching within clubs, striving towards the improvement of the standard through clubmark, monitoring the performance of coaching delivered within the NCU.
 - **Athletics NI Coach;** Deliver active talent ID programs which are designed towards increasing individual strength and conditioning, and for developing technical aspects of all event specifics.
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Skills Summary

Personal Qualities	Sport Development and Performance Pathways	Player Development	Coach and Club Development
<p>As captain for 8 years of my cricket career my leadership skills have been strengthened.</p> <p>I am a student of the game, applying strategies best suited for the rules and regulations for different competitions. Observing and learning from other coaches how to successfully motivate and develop players.</p> <p>I have first-hand experience of playing conditions and the roles each competition has.</p> <p>Motivate and communicate effectively with all participants; elite and junior, young and old, able and disabled bodied, to have confidence, express themselves. I want them to enjoy the sport in which they are participating.</p>	<p>Mass participation - Delivered introductory sessions, created small sided games to raise awareness and adapt sessions in line with ability. Delivering coaching sessions to 11120 people.</p> <p>Talent ID – Run Blitz sessions to assess individual talent, make contact with talented and interested individuals, creating bridge into clubs.</p> <p>Continuous development of players, coaches and volunteers – Deliver club workshops, developing and maintaining quality of coaching.</p> <p>Performance pathways - Create individual talent profiles, providing opportunity and incentives to excel for greater sporting success.</p>	<p>Use coaching techniques, obtaining players feedback about sessions, training and analyzing video sessions to aid development.</p> <p>Use visual aids in player developments.</p> <p>Use athletics coaching to develop player fitness.</p>	<p>Tutor with the coach education program in Ireland.</p> <p>Develop programs of coaching within clubs, striving towards the improvement of standards through clubmark.</p> <p>Assist clubs to develop and retain levels of coaching and obtain relevant qualifications to assist with planning and further development.</p> <p>Monitoring the performance of coaching delivered within the NCU.</p> <p>Develop new after school cricket clubs for girls.</p>

Career Progression

University of Cape Town **HEAD COACH**, 2018 to present

Svanholm Cricket Club in Denmark, **HEAD COACH**, 2019

Northern Cricket Union Movements Coach, 2017 to present

Cricket Ireland **EMERGING PLAYERS PROGRAM COACH**, 2014 to 2018

Northern Cricket Union **SENIOR COACH**, 2010 to 2016

Cricket Ireland **ECB CRICKET TUTOR**, 2012 to present

Athletics NI **TALENT ID ASSISTANT COACH**, 2012 – present

Cricket Ireland **NORTHERN KNIGHTS INTERPROVINCIAL COACH**, 2012 to 2016

Sport NI **ACTIVE COMMUNITIES MULTI SPORT COACH**, delivering cricket, athletics and Olympic handball, 2010 – 2016

Cricket Ireland **A SIDE Professional Cricketer**, 2010

Highveld Lions (SA) **Professional Cricketer**, 2003 - 2007

Cricket South Africa **HONG KONG SIXES Professional Cricketer**, 2003

North West Dragons (SA) **Professional Cricketer**, 2001 - 2003

Western Province (SA) **Professional Cricketer**, 1996 - 2001

Other Cricket Clubs Represented

SA Academy, Boland, MCCYC, MCC, Instonians CC, Victoria CC, Horsham CC, Abergavenny CC, Nailsea CC, Paignton CC, Svanholm CC,

I started to play Cricket aged 18 in 1996 and was soon after awarded a professional contract for Western Province. I played professional cricket in South Africa, England and Ireland until 2007. I was an Active Communities coach working in the Sport NI legacy program 2010-2016 as a cricket, athletics and an Olympic handball coach. I am currently working for Cricket Ireland as a qualified ECB Coach Tutor and also as a coach for the emerging players program. I have also delivered specialist sessions, to the Cricket Ireland Ladies Squad and assisted the Men's Cricket Ireland 1st XI during 2016 ODIs against Afghanistan. I have for the past two years been an active member of Sport Northern Ireland Talent Hub and coaches Connect programmes. I have been appointed movements coach with the NCU as part of the youth cricket tour to South Africa in 2018. This will be ongoing for the coming season at all levels. I am the current head coach at UCT. We won the First Division in 2018/19 to gain promotion to the Premier League. I was the head coach at Svanholm CC in Denmark delivering session for both juniors and seniors at the club. I have worked with IPG Production as a commentator for the Ireland vs South Africa cricket series in 2021.

Achievement Highlights:

- Winning the league with UCT in 2018/19 by over 20 points to win promotion to the Premier League
- Head coach of the Atlantic Pirates in the first ever Cape Premier League in Cape Town
- Developing and embedding the successful adoption of my 10-week session plans within cricket clubs, leading to the improvement of coaching quality within clubs across Ireland
- Playing 1st class cricket for 11 years in South Africa. Reached the semi finals of the Standard Bank Competition with North west Dragons in 2002. Won the Pro 20 Competition with Highveld Lions in 2007.
- Coaching 11120 people over the last 6 years within my role as Active Communities coach.
- Privilege of being coached by Eddie Barlow, Vincent Barnes and Duncan Fletcher.
- Coaching the Northern provincial team, sharing the trophy for the 1 day competition in 2012 and winning it in 2013 as player/coach of the Northern Knights.
- Winning player of the tournament at the National club championship in 2001 in South Africa.

- Leading Instonians cricket club (Northern Cricket Union in Ireland) as captain and coach to 5 trophies in 5 years, 2 of which was the Challenge cup. As a club we hadn't won that competition for 45 years. As a team we won the Challenge cup twice in 4 years.
- Won player of the tournament at the National Club Championships in 2001 in South Africa.
- Winning the league with UCT in 2018/19 by over 20 points to win promotion to the Premier League

Representative Skills

Coach and Club Development:

Delivering coaches workshops for clubs. Teaching the importance of engagement, how to make sessions fun and productive for everyone. Created a 10-week outline session plan for coaches, promoting quality, engagement and enjoyment for participants.

Results: Standard of coaching has improved throughout region, the outline session plan has led to a significant increase in the number of juniors and females within the clubs which utilized it. Several clubs now have been able to create female teams. Clubs have obtained relevant coaching qualifications to assist them with planning and further developing their club.

Sport Development and Performance Pathways:

Set up rising star regional hubs to create a platform to provide focused training for talented athletes.

Results: performance at schools and regional levels has improved both for indoor and outdoor competitions

Coaching all levels of ability from juniors to elite; in schools and cricket clubs, interprovincial and national teams, has provided opportunity to help develop and encourage younger and older people alike to strive towards performing to the best of their level of ability.

Results: Coaching 11120 people over the last 6 years within my role as Active Communities coach.

Player Development:

Using a range of coaching techniques, including one to one, video analysis and visual aids for player development. Obtaining feedback from players, crucial for player and coach working relationship. I use my athletics coaching to aid me with developing player fitness as well as the strength and agility needed for cricket. Developed winter program for bowlers, focusing on technical, tactical and athleticism. I have worked within different cultures especially in Denmark. This was evident with player availability for games and training.

Results: As coach of the Northern Knights the team shared the trophy for the 1 day competition in 2012 and winning it in 2013. We focused on developing team strategies and mental approach to defining roles within the team. This resulted in better individual performances contributing to the team performances and outcomes. Setting individual and team targets within each format enabled a more focused approach to each game. Within the different cultures in the club, It was important to highlight the club's code of conduct as well as player responsibilities to adhere to club codes and philosophies.

Personal Qualities:

Being a captain has developed my leadership, motivational and communication skills.

Results: Successfully leading change and improvements within regional cricket clubs, obtaining buy in and commitment for creation of Regional Athletic Hubs from governing body. Negotiating and leading change to the delivery of winter training programs within the NCU. The successful adoption of my 10-week session plans within cricket clubs, leading to the improvement of coaching quality.

Education & Credentials

ECB level 3 Coach

ECB level 2.5 Coach

ECB tutor in Coach Education

UKA Coach (Athletics)

IOHA Coach (Olympic Handball)

BA Psychology

Garlandale Secondary Matriculation: English, Afrikaans, Biology, Mathematics, Economics, Accounting

References

Kerr Rogers

Cricket Administrator UCT Cricket

Kerr.rogers@uct.ac.za

082 802 8090

Gordon Parsons

Former coach of Highveld Lions

gordonparsons@vodamail.co.za

082 498 4687

Andrew Rose

Co Ordinator Instonians Cricket

andrew@pandragencies.com

+44 7967 580122

Andrew McRae

Head of Coach Education NCU

mccrae.a@sky.com

+44 7811 737047