

EVERY CRICKETER'S DREAM CAMP

CRICSUMMER 2019

Highlights

- ✚ High Intensity **4 Week Full-day Camp** (8.00 am to 6.00 pm)
- ✚ Batches start from: **June 1st to August 31st**; Players can join any **4-Week period or more**
- ✚ Facilities: **Fitness Centre, Swimming Pool, Indoor Arena & Nets, High Performance Centre, Outdoor Turf Pitches, Astro-turf pitch**
- ✚ Same model as BCCI's **National Cricket Academy (NCA) Camps**
- ✚ **Scientific Coaching Methodology** using **Pitch Vision, Bat Motion Sensor & Smart Ball Technology**
- ✚ **Individual attention** from **World Renowned Coach Dav Whatmore**
- ✚ Includes **Video Analysis, Annual Fitness Plan, Sports Nutrition & Sports Psychology Classes**
- ✚ Opportunity to play **Matches** at the **SRIHER Turf grounds**
- ✚ **Special Package for Women Cricketers (25 % Discount on Coaching Fees)**
- ✚ **Weekly Packages on Pro-rata basis** also available

SCHEDULE

8.00 am – 9.00 am	:	Fitness Session
9.00 am – 9.30 am	:	Breakfast
10.00 am – 10.45 am	:	Life Skills Session
11.00 am – 12.00 pm	:	One-to-One Skill Session
12.00 pm – 1.00 pm	:	Indoor Net Session
1.00 pm – 2.00 pm	:	Lunch
2.30 pm – 3.30 pm	:	Indoor Drills
3.45 pm – 5.45 pm	:	Outdoor Nets/Fielding Session
5.45 pm – 6.00 pm	:	Swimming

Your Investment

Rates for 4-Week Camp (in USD)

	<u>Men</u>	<u>Women</u>
Residential (Twin Sharing in AC Room) with All Meals	900	800
Residential (AC Dormitory) with All Meals	800	700
Non-Residential (Full Day)	400	300
Non-Residential (One Session during Morning/Evening)	200	150
Exclusive One-to-One Session with Dav Whatmore	50	40
Exclusive One-to-One Session with other Coaches	25	20

Please Note: A limited number of women cricketers can be accommodated at our Ladies Hostel