



SPRING CRICKET CLINICS

Planting the seed for a lifelong love of cricket

Choose from the options below or to find out more go to www.seedsports.com.au

CLINIC 1: 23-25 September 2013 (3 days)

3 Day Cricket Clinic, 8.30am – 12.00pm COST \$150

3 Day Cricket +Plus, 8.30am – 3.00pm COST \$250

CLINIC 2: 23-27 September 2013 (5 days)

*5 Day Cricket +Plus, 8.30am – 3.00pm COST \$350

Hurry, FREE t-shirt to the first 50 registrations!!

3-Day Cricket involves specialist cricket activities from 8.30-12.00pm, followed by **+Plus** which includes swimming and games aimed at developing cricket related skills and tactical awareness from 12.00–3.00pm.

5-Day Cricket involves specialist cricket activities 8.30-12.00pm (Mon-Wed), followed by **+Plus** which includes swimming and games aimed at developing cricket related skills and tactical awareness 12.00–3.00pm. On Thursday and Friday, children will take part in the activities from the multi-sports camp.

MEET THE TEAM

HEAD COACH: **Troy Stanley** BEd, MEd (Sports Coaching/ Educational Psychology)
1st XI Coach Newington College, Former NSW Cricket Academy

FAST BOWLING COACH: **Matthew Nicholson**
(Former NSW, WA, Surrey, Australia. Director of Cricket, Newington College)

BATTING & SPIN BOWLING COACH: **Anthony Clark**
(Former NSW, Current Fairfield Captain)

KEEPING COACH: **Ian Beverly** (Gordon 1st Grade)

FEATURES

- For children aged 7–16 years
- Level I-III, past and present grade/professional players as coaches
- Low player: coach ratio
- Fun, challenging & safe environment
- Match scenarios and principles of play
- Develop social skills, team work, sportsmanship, confidence and self-esteem
- Pool recovery sessions every day
- Mental coaching and goal setting
- Prevent injuries through Seed's *Safe Bowling Analysis and 'Prehabilitation'*
- +Plus program includes swimming, games and cricket activities from 1-3pm

PROGRAM SPECIFICS

- Turf experience for seniors (U11-U15)
- Synthetic nets for juniors (U8-U11)
- T20 tournament on turf pitches (cricket whites preferred)
- Specialist sessions in batting, bowling, wicket keeping and fielding
- Specialised coaching for pace, swing and spin bowlers, fielding and cricket S&C
- Exciting Cricket games: indoor cricket, outdoor scenarios
- Video analysis
- Diet and nutrition information
- Goal setting and mental training
- BBQ and presentations on game day

WHAT TO BRING

- Cricket kit (equipment will be supplied)
- Morning tea, lunch and drinks
- Shorts/track pants, shirt, hat & sunscreen
- Swimmers and towel
- Lots of energy and a positive attitude

WHERE

- Johnson Oval, Newington College
- * NB In case of wet weather, meet at the All-Weather nets, under the Space Frame

www.seedsports.com.au/register

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Cricket is a confidence game, so our programs are focused on building self belief