



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: Mon to Wed 9-11 December (3 days)

3 Day Cricket Clinic, 8.30am – 12.00pm **COST \$180**

CLINIC 2: Mon to Wed 9-11 December +Plus (3 days)

3 Day Cricket Clinic +Plus, 8.30am – 3.00pm **COST \$280**

CLINIC 3: Mon to Fri 9-13 December +Plus (5 days)

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

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

3-Day Cricket +Plus involves specialist cricket activities 8.30-12pm, followed by swimming and games aimed at developing cricket related skills and tactical awareness (12-3pm).

5-Day Cricket +Plus involves specialist cricket activities 8.30-12pm (Mon-Wed), followed by swimming and games aimed at developing cricket related skills and tactical awareness (12-3pm). On Thursday and Friday, children will take part in the activities at in 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

COACHING STAFF WILL CONSIST OF SPECIALISTS IN THE FOLLOWING DISCIPLINES;

- Fast bowling coach
- Batting & spin bowling coach
- Keeping coach
- Fielding coach

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, sports-manship, 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

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

PROGRAM SPECIFICS

- Turf experience
- 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

WHERE

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

www.seedsports.com.au/register

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