



SUMMER CRICKET CLINICS

Planting the seed for a lifelong love of cricket

CLINIC 1: 10-13 (*14) December 2012

4 Day Cricket Clinic (1), 8.30am – 1.00pm COST \$220 (or \$60pd)

4 Day Cricket +Plus (1), 8.30am – 3.00pm COST \$320 (or \$90pd)

*5 Day Cricket +Plus + SCG/Fox, 8.30am – 3.00pm COST \$390

– SCG net session on Friday & movie at Fox studios. Subject to numbers.

CLINIC 2: 17-19 December 2012

3 Day Cricket Clinic (2), 8.30am – 1.00pm COST \$160 (or \$60pd)

3 Day Cricket +Plus (2), 8.30am – 3.00pm COST \$235 (or \$90pd)

CLINIC 3: 14-16 January 2013

3 Day Cricket Clinic (3), 8.30am – 1.00pm COST \$160 (or \$60pd)

3 Day Cricket +Plus (3), 8.30am – 3.00pm COST \$235 (or \$90pd)

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)

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

BATTING COACH: **Chandika Hathurusingha** (NSW Blues & Sydney Sixers Batting Coach)

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

FITNESS & FIELDING: **Jock Athletic** (Australian Cricket Team Trainer & Ricky Ponting's PT)

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 nets for seniors (U12-U16)
- 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
- Bowling machines and video analysis
- Diet and nutrition information
- Goal setting and mental training
- BBQ and presentations on game day

WHERE

- Johnson Oval Nets, Newington College (SUBJECT TO SUFFICIENT NUMBERS)

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