



SPECIAL CHRISTMAS CAMP FOR EMERGING CRICKETERS

- ❖ **Two Weeks Intensive Coaching Program** during the Christmas Holidays from **December 18th 2017 to January 2nd 2018**
- ❖ Conducted under the **direct guidance of NCA qualified Coaches** similar to the Camps conducted by the National Cricket Academy of the BCCI
- ❖ Areas of support include **Personal Consultations, Technique Analysis & Correction, Injury Prevention & Rehabilitation**
- ❖ Consists of a **Fitness Session** in the morning, a **One-to-One Skill Development Session of 1 hour duration in the forenoon** and a **Net Session** in the evening; **Life Skills Sessions** will also be conducted during breaks in the course of the day
- ❖ Cricketers will first be assessed by a detailed **Video Analysis** for skills needed to be improved; This will be followed up with **Skill Correction Sessions**, with emphasis on how best to remedy the areas which are hampering the advancement of their skills; Then the cricketer will undergo **Skill Development Sessions** where their strengths will be enhanced and new skills imparted
- ❖ **Medical Assessments including Musculo-skeletal Screening & Podiatry** can be made available at extra cost
- ❖ Trainees are allowed use of the various facilities like the **Gymnasium, Swimming Pool & Indoor Nets (with Bowling machine)** during their spare time
- ❖ In case the individual is staying for more than 1 week, efforts will be made to include a **Practice Match** in the intervening Sunday
- ❖ The charges for the 2 Week Camp will be **Rs. 15,000 per person for boys and Rs. 10,000/- for girls**. Accommodation can be arranged In-Campus **@ Rs. 980/- per night for an AC room (Rs. 490/- if twin sharing)**; **Dormitory accommodation** is available at **Rs. 300/- per day (for boys only)**
- ❖ Food can be provided at a charge of **Rs. 200/- per day**; This will cover **Breakfast, Lunch, Evening Snacks & Dinner** and will consist of a **South India Vegetarian Menu served at the Hostel Mess**; Non-vegetarian food can be bought extra at actuals

- ❖ The entire package for this Special Christmas Camp for boys will work out to **Rs. 23,500/- (Dormitory Accommodation) and Rs. 26,730/- (Ordinary AC Room Twin Sharing); For girls it will work out to Rs. 21,730/-;** For those attending part of the Camp, the charges will be on a Pro-rata basis
- ❖ Those not wanting to opt for the In-house food arrangements, have a wide variety of cuisine to choose from, at our **Food Court** and 3 other **Multi-Cuisine Eateries;** It is however strongly recommended that the trainees make use of the **Cafeteria at CSS** serving Continental food, as it is closely monitored by **Nutrition Specialists**