

EVERY CRICKETER'S DREAM CAMP

CRICSUMMER 2020

Highlights

- ✚ High Intensity **4 Week Full-day Camp** (8.00 am to 6.00 pm)
- ✚ Open to **Boys & Girls** in the age group of **8 – 25 years**
- ✚ Batches: **From April 15th till August 31st 2020**
- ✚ Trainees **can choose the Dates & Number of Days** they want to attend
- ✚ Facilities: **Fitness Centre, Swimming Pool, Indoor Arena & Nets, High Performance Centre, Outdoor Turf Pitches, Astro-turf pitch**
- ✚ Conducted on the same model as BCCI's **National Cricket Academy (NCA) Camps**
- ✚ **Individual attention** from **NCA Qualified Coaches; Customized Schedule** for every cricketer
- ✚ Special Coaching for **T-20 Batting, Bowling & Fielding Techniques**
- ✚ Includes **Video Analysis, Functional Movement Screening & Fitness Tests, Sports Nutrition & Sports Psychology Sessions**
- ✚ Opportunity to play **Matches at the SRIHER Turf grounds**
- ✚ **Special Package for Women Cricketers (20 % Discount on Coaching Fees)**
- ✚ **Weekly Packages** also available; **Reports & recommendations** at the conclusion of the Camp

SCHEDULE

6.00 am – 8.00 am	:	Time for One-to-One Sessions (By Appointment)
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 Rs)

	<u>Men</u>	<u>Women</u>
Residential (Single AC Room) with All Meals	65,000/-	55,000/-
Residential (Twin Sharing in AC Room) with All Meals	50,000/-	40,000/-
Residential (AC Dormitory/Hostel) with All Meals	40,000/-	35,000/-
Non-Residential (Full Day)	24,000/-	20,000/-
Non-Residential (One Session during Morning/Evening)	10,000/-	8,000/-

Please Note:

- 1) Wholesome Vegetarian Meals will be provided; Non-vegetarian food will be charged extra at actuals
- 2) Exclusive One-to-One Coaching can be arranged at an extra charge of Rs. 1,000/- per session (1 hour)