

EVERY CRICKETER'S DREAM CAMP

CRICSUMMER 2019

Highlights

- ✚ High Intensity **4 Week Full-day Camp** (8.00 am to 6.00 pm)
- ✚ 2 batches: **From April 15th to May 12th & May 6th to June 2nd**
- ✚ Facilities: **Fitness Centre, Swimming Pool, Indoor Arena & Nets, High Performance Centre, Outdoor Turf Pitches, Astro-turf pitch**
- ✚ Same model as BCCI's **National Cricket Academy (NCA) Camps**
- ✚ **Individual attention** from the **World Renowned Coach Dav Whatmore**
- ✚ Includes **Video Analysis, Annual Fitness Plan, Sports Nutrition & Sports Psychology Classes**
- ✚ Opportunity to play **Matches at the SRIHER Turf grounds**
- ✚ **Special Package for Women Cricketers (40 % Discount on the Coaching Fees)**
- ✚ **Weekly Packages** also available

SCHEDULE

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

<u>Rates for 4-Week Camp (in Rs)</u>	<u>Men</u>	<u>Women</u>
Residential (Twin Sharing in AC Room) with Non-Veg Food	48,000/-	40,000/-
Residential (Twin Sharing in AC Room) with Veg Food	45,000/-	37,000/-
Residential (AC Dormitory) with Non-Veg Food	39,000/-	31,000/-
Residential (AC Dormitory) with Veg Food	36,000/-	28,000/-
Non-Residential (Full Day)	24,000/-	16,000/-
Non-Residential (One Session during Morning/Evening)	10,000/-	6,000/-

Please Note: A limited number of women cricketers can be accommodated at our Ladies Hostel @ Rs. 300/- day