



INTENSIVE SPECIALIST PROGRAM

FAST BOWLING

Masterclass coaching sessions with Mark Cameron and Patrick Little

DATE:

- 27th July 2008
- 3rd August 2008
- 17th August 2008
- 7th September 2008
- 21st September 2008

COST:

- \$300

TIME:

- 9am – 10.30am

VENUE:

- St Ignatius College – Riverview,
Tambourine Bay Road, Lane Cove

COURSE OUTLINE

Week 1: Video recording, video analysis of technique, individual recommendations and commence implementation of recommendations.

Week 2: Review and implementation of recommendations, Stock ball – development, importance and effectiveness. Understanding and developing an effective strategy.

Week 3: Swing bowling – conventional & reverse, Variation - slower ball, bouncer and use of the crease. Strategy - how to get batsmen out.

Week 4: Tactics - assessing batsmen, conditions, field settings, Concentration, Fitness and physical preparation for fast bowling.

Week 5: Review program, final consultation and report presentation with recommendations.

SPECIAL OFFER

Purchase a special promotional package of 4 x High Performance Individual Coaching sessions with a batting focus for an extra \$200 (normally \$300). Total cost of \$500.

INTENSIVE SPECIALIST PROGRAM - FAST BOWLING

Designed for pace and swing bowlers, the program is an ideal way to increase your skills and learn more about the art of fast bowling.

Headed by Cricket NSW High Performance coach Ben Sawyer and NSW Blues paceman Mark Cameron this intensive, structured program focuses on developing the correct technique to optimise performance and prevent injury featuring video analysis, a customised individual high performance strategy and comprehensive report.

PLEASE BRING: Personal cricket equipment, Drinks, Hat and sunscreen

ENROLMENT AND PAYMENT DETAILS

Please complete the Enrolment and Permission form below and return it with your payment by 20.7.08 to ensure your participation in the event to:

**Elite Cricket Pty Ltd
PO Box 241
Gladesville 1675, NSW**

Payments can also be made to Elite Cricket by cash and EFT.

ENROLMENT AND PERMISSION FORM

I give permission for _____ (player's name) _____ (age) to receive cricket coaching and accept all risks and liabilities associated with participation.

I enclose the sum of \$ _____ for participation in the Elite Cricket Pre-season 2008 **Fast Bowling** Program.

I give permission for Elite Cricket staff to obtain emergency medical, hospital or ambulance services at any time they consider necessary. I understand that I will be notified as soon as possible if medical, hospital or ambulance services are required. I acknowledge that I will be liable for any medical, hospital or ambulance expenses incurred in the treatment of my child.

Signed: _____ Date: _____

Phone: _____ Email: _____