



OFF-SEASON HIGH PERFORMANCE PROGRAM

*Work Individually with Level 3 coach
Mark Atkinson this off-season.
Be the best you can be!*

OFF-SEASON HIGH PERFORMANCE PROGRAM – PLACES ARE LIMITED

Designed for grade cricketers aged 16 – 19 years who are looking to take their game to the next level in the winter months.

Admission to the program is by application only as the program has a minimum skill requirement.

Successful applicants for this elite level program will possess high levels of cricket skills and fitness, be self-disciplined, highly dedicated, highly motivated and prepared to work extremely hard to develop their game.

Working twice weekly with Mark Atkinson over a 15 week program players will train like first class cricketers to further enhance their existing skills and match awareness.

Program content includes:

- An individually customised High performance strategy and program
- 2 x 1 hour individual skills session per week
- 1 hour fitness/fielding/planning per week

PROGRAM SCHEDULE:

- **April** 19th, 21st, 26th, 28th
- **May** 3rd, 5th, 10th, 12th, 17th, 19th, 24th, 26th, 31st
- **June** 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th
- **July** 5th, 7th, 12th, 14th, 19th, 21st, 26th, 28th

COST: \$2200

TIME: Individual session times to be scheduled between 4pm and 8pm

VENUE: Gladesville Indoor Sports Centre

APPLICATIONS: To apply for admission into the program simply email a brief cricket CV including your reasons for wanting to join the program to info@elitecricket.com.au by Friday 27th March 2010

All applicants will be advised of their admission to the program or otherwise by 8th April