



## HIGH PERFORMANCE PROGRAM SEASON 2010-11

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

### HIGH PERFORMANCE PROGRAM – PLACES ARE LIMITED

Designed for cricketers who are looking to take their game to the next level.

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

Successful applicants for this elite level program will be over the age of 14, 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 weekly with Mark Atkinson over a 30 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
- 30 x 1 hour individual skills sessions throughout the season
- Mentoring and Performance planning
- Fitness and nutrition planning

#### PROGRAM SCHEDULE:

Sessions are scheduled throughout the week, in the weeks commencing on the dates below:

- **August:** 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>
- **September:** 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>
- **October:** 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>
- **November:** 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>
- **December:** 6<sup>th</sup>, 13<sup>th</sup>
- **January:** 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>
- **February:** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>
- **March:** 7<sup>th</sup>, 14<sup>th</sup>

**COST:** \$3600

**TIME:** Individual session times to be scheduled between 4pm and 9pm

**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](mailto:info@elitecricket.com.au) by Friday 24<sup>th</sup> July 2010

All applicants will be advised of their admission to the program or otherwise by 31<sup>st</sup> July 2010