



Thorpe Arnold Cricket Club – Summer Cricket Week

Monday 2nd August – Friday 6th August 2010

10.00am – 3.00pm

Brought to you by the Midlands Cricket Academy coach– **Matt Pickering**

Thorpe Arnold CC hosts its annual cricket week aimed at players **aged 7 – 17 years old**. A team of four qualified coaches will take the players through a rigorous week of cricket and fitness training, which will be both educative and highly enjoyable. The course will be geared towards the individual needs of the players and will therefore be a valuable learning experience. Activities will include:

- Fielding drills
- Batting drills
- Bowling drills
- Aerobic and anaerobic fitness
- Strength training
- Net sessions
- Games
- SAQ – Speed Agility and Quickness

Please note that places are limited to forty and will be allocated on a first come first served basis.

The cost of the course is **£75** or £20 per day (please make cheques payable to 'Thorpe Arnold Cricket Club').

If you would like to book a place for your child on the course please complete the reply slip below.

NameDate of Birth.....

Address.....

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Contact number.....

Allergies.....

I agree to first aid being administered if required

I enclose a cheque to the value of £..... For Day / Days / Week (Delete as applicable)

Please return to **Ian Hickman, 4 Carnegie Crescent, Melton Mowbray, Leicestershire, LE13 1RP (Mobile: 07702458169)**