

2009 YOUTH INDOOR HIGH PERFORMANCE COACHING AND TRAINING

Sponsored by Cricket BC

Youth players are invited to register for indoor coaching sessions from January to March. Most participants will be born after August 30, 1991. Others may apply. These sessions are NOT for beginners. Applicants should phone Jack Kyle at 604-276-9488 BEFORE Jan.20th.

DATES: MONDAYS from Jan.26 to Mar.9 - 8 to 10 pm

WEDNESDAYS from Jan.28 to Mar.11 - 8 to 10 pm

FEE: \$30 cash

LOCATION: Captain Cook School, 3340 East 45th Ave. Vancouver

-The gym is on the west side of the school

-Park on the south side of 54th Ave. (not in bus zone)

-Busses stop in front of the school - No.49 coming west from Metrotown, going to Dunbar and No.49 going east to Metrotown. A map is available.

DRESS: Runners and casual clothing

EQUIPMENT: is supplied

PROGRAM -to improve

OBJECTIVES -Batting, Bowling and Fielding Skills

-Mental Skills and Fitness

APPLICANTS SHOULD APPLY ONLY IF

- a. They can attend most of the sessions and bring \$30 cash (casual visits are not welcome unless for quiet viewing)
- b. They are prepared to become a coaching partner by taking responsibility for their own improvement.