

SOUTH COAST INSTITUTE OF CRICKET



NOMINATION FORM

Name _____ DOB _____

Address _____

Email _____ Phone No _____ Mobile _____

Parents / Guardians Details _____

Bowling - (left/right) (fast/spin).	
Batting - (left/right) Batting Order.	
Fielding - (WK, mid off, etc).	
Previous Representative Details & Achievements at Cricket.	

What are your Goals in Cricket -?

SOUTH COAST INSTITUTE OF CRICKET



About Us

The Cricket Institute is a Venture South Coast District Cricket Association developed to assist young Cricketers who show potential to learn aspects and techniques and fine tune their game on relevant skills that they may not learn in a Club environment.

Under our experienced Coaches, Cricketers will graduate from the Institute having developed their cricket game, be physically fitter and mentally tougher. They will also have a far greater understanding of their own game which will assist them to progress to the next Level of Cricket.

Applicants will be given tuition in several aspects of the game through a variety of Coaching Methods including –

- *Individual Coaching
- *Drill Based Coaching
- *Technique Coaching
- *Fitness Training or advise
- *Mental Skills
- *Nutrition and Dietary advice.

The SCDCA Institute of Cricket will be targeting players with the ability to progress to Kookaburra Cup (U14,s) and Bradman Cup (U16's).

The Program will consist of around eight Sundays which will include trial games and participants need to be fully committed to attend all sessions.

Cost of the Program will be **\$500** paid in full before First Session payment options are available, which will include Full Outfit and Diary / plus homework , for those accepting for a second year and not requiring outfits the cost will be \$300.

Further information about the Institute can be obtained on the SCDCA website:

<http://southcoastdca.nsw.cricket.com.au/>

Applications close on 1st April 2019.

Dave Yates

South Coast Cricket Institute

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