



HIGH PERFORMANCE COACHING PROGRAM 2020

CRICKET ACADEMY

The Saxon Sports Development Program, endorsed by the RDCA, looks to educate its players on what it takes to be a successful cricketer. We invest a great deal of time and resources into developing each player on the next step in their pathway to becoming a more consistent and successful player.

We have coaches available with over 1000 playing games experience at all levels, including International, State, Premier and Local Club Competitions. Our coaches have extensive senior and junior level coaching experience and will provide the most extensive and professional coaching services available anywhere in Victoria.



Call Paul Attfield at Saxon (0402 133 441) paul@saxonsports.com.au

Or Bill Stafford of the RDCA (0400 442 050) billstafford1@bigpond.com



7 WEEKS FOR \$299.00

FRIDAY SESSIONS BEGIN JULY 10th UNTIL AUGUST 21st, 2020.

Ages 10 – 12

5:15pm – 6:45pm

Ages 13 – 15

7:00pm – 8:30pm

PLAYER DEVELOPMENT

Each player who participates in the RDCA Academy will have access to a number of different specialists over the seven (7) weeks. As part of the package, each player will be exposed to:

Specialised Batting, Bowling and Fielding Coaching, including error correction analysis

Strength and conditioning to oversee athletes' physical development and workload

Injury prevention workshop

Presentation on various elite athlete components

Professional preparation, time management, nutrition, training to perform etc.

Game awareness and tactical tuition

Fitness testing

Gym Equipment and strength training tuition

Food preparation workshop

TOTAL COST: \$299, LIMITED POSITIONS AVAILABLE

ONE AND A HALF HOUR (90 MINUTES) WEEKLY TRAINING SESSIONS AT THE SAXON SPORTS CROYDON, UNIT 7, 37-51 LUSHER ROAD, CROYDON, 3136

Payment to be made in full by 1st May 2020: Payment by card only by visiting Saxon Sports Croydon or by ringing Saxon Sports on 03 8658 4051.

Direct Payment can also be made to: Saxon Sports – BSB: 083 153 Acc. Number: 2546 93126 (Use your child's full name as reference for payment) All training will be conducted at: Saxon Sports Croydon – Unit 7, 37-51 Lusher road, Croydon, 3136. Phone: 03 8658 4051



RDCA/Saxon
High Performance Coaching
Program 2020



(PLAYER REGISTRATION FORM)

PLAYERS NAME: _____

AGE as at 1/7/2020 _____ DOB _____

ADDRESS: _____

PARENTS NAME: _____

CONTACT NUMBERS: _____

E-MAIL: _____

JUNIOR CLUB: _____

JUNIOR GRADE PLAYED THIS SEASON _____ RUNS SCORED _____ WICKETS TAKEN _____

REP CRICKET PLAYED (YEAR & REP SIDE NAME): _____

ANY RELEVANT MEDICAL CONDITION WE NEED TO BE MADE AWARE OF:

I agree to send my child _____ to the High Performance Coaching Program at a cost of \$299 to be paid by 1st May.

Parents Signature: _____

Coaching Dates : Friday nights – 10/7, 17/7, 24/7, 31/7, 7/8, 14/8 and 21/8

Venue: Saxon Indoor Centre, 37-51 Lusher Road, Croydon

Action Required:

Please complete registration form and send via email to billstafford1@bigpond.com
Any queries please ring Bill Stafford 0400 442 050