

High:PERFORMANCE Cricket

By Isle of Wight Cricket

@ Isle of Wight Cricket Academy, Ventnor

CRICKET THIS CHRISTMAS

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ISLE OF WIGHT

CRICKET ACADEMY

This December at the Isle of Wight Cricket Academy there is a unique opportunity to invest in an 'elite performance'. An 'elite performance' is something all can strive for no matter what level the performer. An elite performing athlete is one that consistently and effectively performs to the ceiling of their capabilities. This performance comes from knowing you have done everything possible in terms of mental and physical preparation.

This course aims to assist all in achieving their 'elite performance' in a unique environment.

High:PERFORMANCE Batting: Monday **December 19th** 10:00-15:00

The course aims to look at all aspects of what makes a 'champion batter'.

£50.00

High:PERFORMANCE Bowling: Tuesday **December 20th** 10:00-12:30

This course aims to look at what and how you become a high performance bowler.

£25.00

High:PERFORMANCE Keeping: Tuesday **December 20th** 13:00-15:30

This course aims to look at what and how you become a high performance wicket keeper.

£25.00

High:PERFORMANCE Batting: Wednesday **December 21st** 10:00-15:00

The course aims to look at all aspects of what makes a 'champion batter'.

£50.00

(6 Spaces available per course all courses deliver by Elliot Wilson.)

For further information and to confirm a place on the following courses please contact
Stuart Chatfield, IW Cricket Development Manager, Newclose CCG, Blackwater Rd, Newport,
Isle of Wight, PO30 3BE, Email: stuart.chatfield@iwcb.org.uk Tel:01983 530551 or 07875195211.