



Power Education inaugural cricket clinic

‘Power Education is conducting their first cricket clinic during the launch of our Jaipur Academy at the Neerja Modi School. This is YOUR opportunity to train under Australia’s finest coaches in YOUR city and get a taste our programs!’

Program Details:

- Open to boys and girls aged 10+ (**Squad A:** Professional, **Squad B:** 16+, **Squad C:** 10-15)
- Skill development sessions for batting, bowling and fielding
- Accredited high performance coaching staff from Australia
- Specialist agility, speed and endurance sessions
- Small groups based on age and ability

When: September 30th – October 2nd

Where: Neerja Modi School cricket grounds

Time: Squad A: 9am – 12pm, Squad B: 12-3pm, Squad C: 3-6pm

Cost: Squad A: Rs 500/-, Squad B: Rs 750/-, Squad C: Rs 1000/-

Please wear your training clothes and bring your cricket kit along with your lunch and water bottle. Participants will be provided a Power Education t-shirt upon registration.

Coaching Staff

Warren Smith: Coach of Michael Slater and head coach of the University of NSW

Murray Creed: Professional cricketer in Australia and high performance coach

...plus other Level 2 Accredited Australian coaches

To register now please contact our marketing representative, Nehal Trivedi on +91 9929 7777 88 and make sure you join us for our launch on the 1st of October 2008!

Visit our website: www.powercricket.com.au





Want to test your cricket-specific fitness levels?

'Power Education is conducting fitness assessments for athletes wanting to test their cricket-specific fitness levels. How fit are you?

Program Details:

- Open to boys and girls aged 10+ (*Squad A: 16+, Squad B: 10-15*)
- Accredited high performance coaching staff from Australia
- Specialist agility, speed, endurance, co-ordination and power assessments
- Individual written reports

When: Saturday October 4th

Where: Neerja Modi School cricket grounds

Time: Squad A (16+): 9am – 12pm, Squad B (10-15) 1-4pm

Cost: Rs 500 per participant

Please wear your training clothes and bring with your lunch and water bottle. Participants will be provided a Power Education t-shirt upon registration.

Fitness Assessments include:

- 20m sprint test (speed)
- Beep test (endurance)
- Push up and Sit up test
- Interval training
- Speed and Agility course
- Relay competition
- Co-ordination activities

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