



**Cricket Coaching
Development Age Group Programme
Jan / Apr 2010**

At Epsom College, College Rd, Epsom, Surrey KT17 4JQ

Courses / Age Groups / Dates
Friday Night Drop in Sessions
All ages – Fri 8 th Jan – Fri 2 nd Apr 6pm to 7.30pm - £15 per session
U11/12/13
Course: ITC2 – Fri 8 th Jan – Fri 12 th Feb (6 weeks) 7.30pm to 9pm & Fri 26 th Feb - Fri 2 nd Apr (6 weeks) 7.30pm to 9pm
U12/U13/14
Course: ITC3 – Tue 5 th Jan - Tue 9 th Feb (6 weeks) 7.30pm to 9pm & Tue 23 rd Feb – Tue 30 th Mar (6 weeks) 7.30pm to 9pm
U12/U13/14
Course: ITC4 – Thurs 7 th Jan - Thurs 11 th Feb (6 weeks) 6pm – 7.30pm & Thurs 25 th Feb – Thurs 1 st Apr (6 weeks) 6pm – 7.30pm
U11 / U14 at Wimbledon College
Course: ITC5 – Wed 20 th Jan – Wed 7 th Apr (10 weeks) £150 (No session 3 rd Feb)
Fit for Cricket– Strength & Conditioning for Young Cricketers (Led by Kieron Vorster)
Fitness 01: - Wed 13 th Jan – Wed 24 th Mar (10 weeks) £120 (No session 17 th Feb) / at Nescot Sports Centre (Epsom)
Cost - Option 1 £90 for either 6 week course booking Option 2 £160 for 12 week course booking

Course Booking Form	
Childs Name:	
DOB:	
Address:	
Post Code:	
Tel no:	
Email Address:	
Teams played for: club/district/county	
RH / LH bat	
Bowling: Spin or Pace	Wkt:
School:	
Course Code	

Courses

The In-Touch Academy team organise cricket coaching programmes based at Epsom College. Our high-quality courses teach children the skills of batting, bowling and fielding through group coaching and games, with an emphasis on developing confidence, skills, fitness, tactical awareness and an enjoyment of the game. All the courses are organised by Matt Homes who is a UKCC3 ECB Head Coach and led by fully ECB-qualified coaches. All coaches are also trained first-aiders and have passed the CRB (Criminal Records Bureau) checks necessary to be safe and responsible coaches. The courses are aimed at young cricketers of a good standard (club/district/county). Each course will have a maximum of 15 - 20 boys.

Please return the completed booking form and payment

to: (Cheques made payable to In-Touch Cricket Academy)

Matt Homes
 In-Touch Cricket Academy
 6 Chestnut Avenue
 Ewell
 Surrey
 KT19 0SZ

Alternatively please e-mail confirmation to matt@intouchcricket.co.uk