



**Cricket Coaching  
Development Age Group Programme  
Sept / Dec 2009**

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

<b>Courses / Age Groups / Dates</b>
<b>U9/U10</b>
Course: ITC1 – Fri 18 <sup>th</sup> Sep - Fri 23 <sup>rd</sup> Oct (6 weeks) 6pm to 7.30pm & Fri 6 <sup>th</sup> Nov - Fri 11 <sup>th</sup> Dec (6 weeks) 6pm to 7.30pm
<b>U11/12/13</b>
Course: ITC2 – Fri 18 <sup>th</sup> Sep - Fri 23 <sup>rd</sup> Oct (6 weeks) 7.30pm to 9pm & Fri 6 <sup>th</sup> Nov – Fri 11 <sup>th</sup> Dec (6 weeks) 7.30pm to 9pm
<b>U12/U13/14</b>
Course: ITC3 – Tue 15 <sup>th</sup> Sep - Tue 20 <sup>th</sup> Oct (6 weeks) 7.30pm to 9pm & Tue 3 <sup>rd</sup> Nov – Tue 8 <sup>th</sup> Dec (6 weeks) 7.30pm to 9pm
<b>U12/U13/14</b>
Course: ITC4 – Thurs 17 <sup>th</sup> Sep - Thurs 22 <sup>nd</sup> Oct (6 weeks) 6pm – 7.30pm & Thurs 5 <sup>th</sup> Nov – Thurs 10 <sup>th</sup> Dec (6 weeks) 6pm – 7.30pm
<b>Fit for Cricket– Strength &amp; Conditioning for Young Cricketers (Led by Kieron Vorster)</b>
Course: Fitness 01 – Tue 15 <sup>th</sup> Sep - Tue 20 <sup>th</sup> Oct (6 weeks) 6pm to 7.30pm & Tue 3 <sup>rd</sup> Nov – Tue 8 <sup>th</sup> Dec (6 weeks) 6pm to 7.30pm
<b>Cost - Option 1</b> £90 for either 6 week course booking <b>Option 2</b> £160 for 12 week course booking

<b>Course Booking Form</b>	
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](mailto:matt@intouchcricket.co.uk)