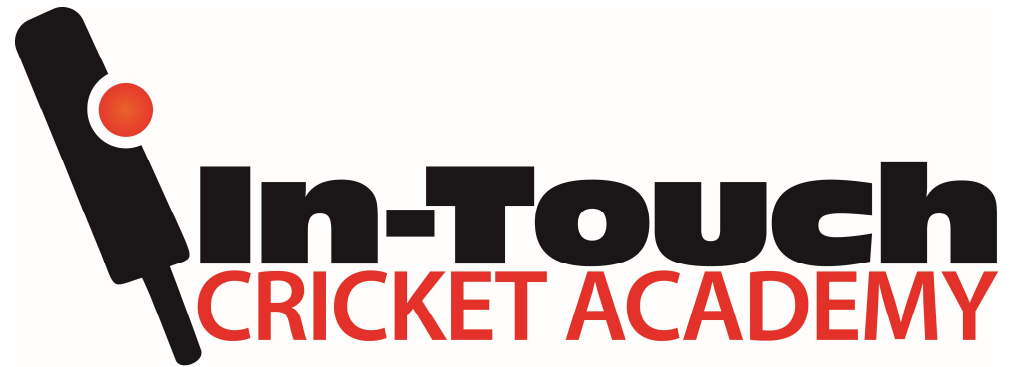


**Academy  
Performance  
Course  
Jan – March 2024**

**U15 - U18**



# Overview

- A specialist high quality course for high standard u15 – u18 cricketers (Strong u14s considered). The 10-week sessions will run for 2 hours 45 minutes each week with a maximum of 20 students. We have an excellent team of experienced ECB Level 3 coaches with a focused cricket program combined led by ex-England and current Middlesex pro Mark Stoneman with a weekly fitness session on general body conditioning and sport-specific movements within a cricket environment. The young cricketers on the program will need to be committed with a great attitude and desire to learning. Prospective players will be assessed prior to confirmation of a place on the program



# Course content

- Batting skills sessions including playing against pace & spin
- Technical & Tactical Bowling – Fast & spin bowling
- Fielding skills – all aspects
- Fitness program



# Coaches

- From below
- Mark Stoneman – Level 3 (Lead)
- Damian Shirazi – Level 3
- Matt Homes – Level 3
- Tom Homes – Level 3
- Henry Thorpe – Level 3



# Course dates/times

## 3.15pm to 6pm at Epsom College

1. 14<sup>th</sup> January
2. 21<sup>st</sup> January
3. 28<sup>th</sup> January
4. 4<sup>th</sup> February
5. 18<sup>th</sup> February
6. 25<sup>th</sup> February
7. 3<sup>rd</sup> March
8. 10<sup>th</sup> March
9. 17<sup>th</sup> March
10. 24<sup>th</sup> March



## Course Cost

- £585 - Can be paid in 2 installments

Contact: Matt Homes

Tel: 07984 830412

Website: [www.intouchcricket.co.uk](http://www.intouchcricket.co.uk)

E-mail: [matt@intouchcricket.co.uk](mailto:matt@intouchcricket.co.uk)

Please contact Matt to enquire about booking a place on the course

