

# RAMS Cricket Coaching



## EASTER COURSE



**Sports Fun N Fitness Ltd will be running a coaching course during the Easter holidays for girls and boys aged 6 – 12 years old.**

**Please see the information overleaf regarding the course and what we are offering. Places are limited so that the participants get as much from the course as possible. Don't miss out on the FUN!**

Coaches: The coaching course will be run by our Director, Vicki Howard, a qualified ECB Level 3 Performance Coach, Surrey County Cricket Coach and childcare practitioner. Working alongside her are valuable assistant coaches, all of whom have a minimum of the ECB Level 1 qualification. All coaches are first aid trained, have attended safeguarding courses, and are all CRB/DBS checked to coach cricket within Surrey. - Achieving is believing that you can!



**Early Bird offer: If booked before the 9th March 2015 price is reduced to £90.00 for the standard week or £110.00 for the extended week.**

**You can SAVE up to £20.00 per child for the week**

**BOOK NOW: Download off [www.sportsfunfitness.com](http://www.sportsfunfitness.com)**

# RAMs Cricket Coaching



## EASTER COURSE

**Where:** Banstead Cricket Club  
Avenue Road, Banstead  
Surrey, SM7 2PP



**Sports Fun N Fitness**

**When:** 30th March—2nd April (4days)

**Time:** Standard Day 09:30 – 15:30    Early Bird Drop off 08:00 – 08:30  
Extended Day 08:30 – 16:30    Late Pick Up 16:30 – 17:00

**Prices:**            £ 105.00 for the standard week  
                              £ 125.00 for the extended week

**Early drop off and late pick up are £3 per session per day \***

\*The Early bird drop off and late pick up are only available to those doing the extended day. However, if you contact Vicki directly she will be able to see if she can accommodate your needs if you are looking at booking the Standard week but with an early drop off. \*\*Day rates are also available – please contact Vicki directly.

**Course Outline:** The course will deliver all aspects of the game including bowling techniques, batting shots, fielding and teamwork skills. The children will be split into two groups based on age and ability.

"Through motivation and encouragement, we strive to create positive experiences for all who take part in our activities. Enabling the participants to feel confident within themselves and to believe that **no goal is too big to achieve**. Our sessions not only enhance physical skills, they also challenge their cognitive skills whilst improving their general health and fitness in a sociable and safe environment."—Vicki Howard

**BOOK NOW:** Download off [www.sportsfunfitness.com](http://www.sportsfunfitness.com)  
or email: [enquiries@sportsfunfitness.com](mailto:enquiries@sportsfunfitness.com)

# RAMs Cricket Coaching



**EASTER & MAY 1/2 TERM COMBO**



**Sports Fun N Fitness Ltd will be running a coaching course during the Easter holidays and May 1/2 term for girls and boys aged 6 – 12 years old\* \*participants are split into ability groups within strict age ranges.**

**Easter and May 1/2 Term COMBO Discount!**

**If booked before 16th March**

***If you book BOTH a standard week at  
Easter AND May Half-Term (26th—29th May)  
you get them***

***BOTH for £160.00***



**Sports Fun N Fitness**

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## SUMMER COURSE DATES

### July & August 2015

Mon	Tue	Wed	Thu	Fri	Information:
	21	22	23	24	Ages: 6-11yrs Girls & Boys mixed
27	28	29	30		Ages: 6-11yrs Girls & Boys mixed
10	11	12	13	14	Ages 6-12yrs Girls & Boys separate
17	18	19	20	21	Ages 9-12yrs Girls & Boys separate
24	25	26	27		Ages 6-11yrs MasterClass 12—15yrs Girls & Boys separate

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or email: [enquiries@sportsfunfitness.com](mailto:enquiries@sportsfunfitness.com)**