

# RAMs Cricket Coaching

## SUMMER COURSES



**Sports Fun N Fitness Ltd will be running a coaching course during the Summer holidays for 6—14 years old\*** \*participants are split into ability groups within strict age ranges

**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 the FUN!**

Coaches: The coaching course will be run by our Director, Vicki Howard, a qualified ECB Club Coach, Surrey County Cricket Coach and childcare practitioner. Working along side 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—no goal is too big to achieve.



**Early Bird offer: If booked before the 8<sup>th</sup> June 2015 price is reduced to £95 (4day), £115 (5day) for the standard week or £120 (4day), £135 (5day) for the extended week. MasterClass is £140.00 (standard option only)**

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

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## SUMMER COURSE

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



**Sports Fun N Fitness**

**When:** See table opposite

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

**Prices:** £110.00 (4day), £122.50 (5day) standard week  
£130.00 (4day), £142.50 (5day) extended week

**MasterClass Week is £150.00 (standard option only)**

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

**Sibling discounts also available.**

**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 that 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

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

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**SUMMER COURSE**

## 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



**Sports Fun N Fitness**

**\*The Early bird drop off and late pick up is 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.**

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



# Sports Fun N Fitness

[www.sportsfunfitness.com](http://www.sportsfunfitness.com)

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