



Irene Villagers Cricket Club

presents

The Winter Skills Program 2018

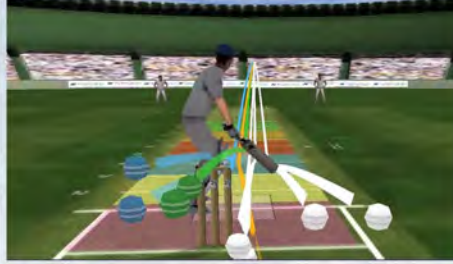
Dates: 4 & 5 August 2018



Irene Villagers Cricket Club welcome cricket players to participate in the June Winter Skills Program 2018. Villager's own coaches in association with the Titans Academy coaches will conduct a high-level skills program for your child.

As part of the skills sessions, coaches will use the latest pitch vision technology and video analytics to analyse your kids and guide them for the season ahead. All analytical results will be given to the parents after the Skills Program.

Pitchvision, by Cricketvision South Africa



The ages for the program is from 4 – 18 years, which will be divided into 5 groups. Please note that we have a participation limit per group.

U18 – Full weekend schedule, limited to 20 participants.

U15 – Full weekend schedule, limited to 20 participants

U13 – Full weekend schedule, limited to 20 participants.

U11 – Full weekend schedule. The Saturday morning 09:00 – 10:30 skills session will be done instead of the sport education sessions. The rest of the weekend schedule stays the same. Limited to 20 participants.

U9 – Little Juniors. Limited to 40

Facilities

The Irene Country Club has 5 sport disciplines that it provides facilities for. This include Cricket, Golf, Tennis, Squash and Bowls. There is a cash bar and DSTV available at our Cricket Clubhouse. Tea and Coffee are complementary to all visitors on the Skills Program weekends.

Cost:

R550 (Non-Members) – Juniors. Full weekend. Price includes two meals on Saturday and one on Sunday – Boerewors roll / hamburger, energy drink and fruit.

R400 (Members) – Juniors. Full weekend. Price includes two meals on Saturday and one on Sunday – Boerewors roll / hamburger, energy drink and fruit.

R150 – Little Juniors. Our famous ice lollies and buffet platters included (scones and cream, cucumber sandwiches etc.)

Payment:

EFT Banking Information: Kindly send your proof of payment to cricket@irenecc.co.za

- ✓ IVCC Skills Program
- ✓ Capitec Acc: 1515516103
- ✓ Branch: 470010
- ✓ Reference: WSP2018 "Surname"

Bookings and Administration:

Anitha Madikizela: 0711762476 or cricket@irenecc.co.za Acceptance will be determined on a first-book-and-pay basis.

Important Information:

- No cancellations accepted on or a day before the skills program
- No refunds
- Each child should have their own kit for batting skills training

The Irene Villagers Cricket Club is home to Titans Amateur and Titans Academy cricket.



Irene Villagers Cricket Club

Weekend Program



Saturday, 08:30 - 17:30

(Pitch Vision will be available the whole day. The coaches will divide the different groups to be analysed by pitch vision)

08h30 - 10h00: Sports Education (45 min session each)
u13 - u18 only

Sport psychologist
Conditioning

08h30 - 10h00: U11 - Pitch Vision Session

10h00 - 10h15: Morning Tea

10h15 - 12h15: Batting, Bowling and Keeping (Net Session)

Bowlers - Line and length, important areas, drills
Batting - The Drive, The Cut, The Pull - Throw downs, bowl machine
Keeping - Feet, hands, positioning

12h15 - 13h15: Lunch

13h15 - 15:15 (Net Session):

Bowlers - Maintaining pressure, bowling to a plan, optimal spells
Batting - Strike Rotation, getting off strike, Building and innings.
Keeping - Feet, hands, positioning

15h15 - 15h45: Afternoon tea

15h30 - 17h00: Little Juniors - Pitch Vision Session

15h45 - 17h15

Fielding Drills
- Catching under pressure
- Slip catching
- Creating pressure in the field
17h15 - 17h30: Warm-down

Conclusion at 17h30

Evening Braai for Boys (The boys prepare and braai their own food - Creating team culture) included in cost.

Sunday, 08h30 - 13h00

(Pitch Vision will be available until the end of the program. The coaches will divide the different groups to be analysed by pitch vision)

08h:30 - 08h45: Warm-up

08h45 - 09h30: Speed, Agility and Strength Training - take home drills.

09h30 - 09h45: Morning tea

09h45 - 11h45 (Net Session):

Bowlers - Adjusting Plans, Thinking through the spell
Batting - Coping with Swing and Bounce, general net session

11h45 - 13h00

Fielding session, Game awareness.

13h00 - 13h15

Q & A session

Conclusion at 13h30

The Irene Villagers Cricket Club is home to Titans Amateur and Titans Academy cricket.

Irene Villagers Cricket Club

Coaches and Sponsors



Nr 1 Club as measured by the Northers Cricket Union (2017 / 2018 season)



Chairman
Pierre Coetzer



Club Head Coach
Byron Fraser



Ladies Head Coach and
assistant to the Club
Head Coach
Douglas Yates



Junior Head Coach
Gerhard Herselman



PJ Claasen
072 538 5362

facebook.com/theMINDLINK

getmindlink@gmail.com

Shinell Pretorius
064 758 4501



www.supanutrition.com
info@supanutrition.com



The Irene Villagers Cricket Club is home to Titans Amateur and Titans Academy cricket.



Irene Villagers Cricket Club



Irene Villagers Cricket Club
(IVCC)
Manual Booking Form with EFT Payment

Important Information

- No cancellations accepted on the day of the skills program
- No refunds
- Each child should have their own kit for batting skills training
- Girls and boys are welcome
- Booking form and proof of payment needs to e-mailed to the contacts in the information sheet.

Banking Details: IVCC Skills Program, Capitec Acc: 1515516103, Branch: 470010,
Reference: SSP17-18 "Surname"

Player Age:	Date of Skills Program:
Player Name and Surname:	
Father's Name:	Father's Cell Number:
Father's E-mail Address:	
Mother's Name:	Mother's Cell Number:
Mother's E-mail Address:	
School:	
Medical conditions:	

I, _____, as legal guardian of _____
, agree and accept the terms and conditions as set out in the Important Information section above.

SIGNED AS READ AND UNDERSTOOD:

Parent / Guardian

Date:

Indemnity Section

I, _____, as legal guardian of _____ will
not hold Irene Villagers Cricket Club, Irene Country Club or any of its coaches/coordinators responsible for any loss
of property and/or injuries sustained whilst attending the skills program sessions, including transportation to and from
these sessions if applicable.

SIGNED AS READ AND UNDERSTOOD:

Parent / Guardian

Date: