

# North Mymms Cricket Club

## Junior Winter Training Programme Now booking!

### High Quality Cricket Coaching - Skills Sets

We will run each session with experienced and qualified coaches who train both Junior and Seniors Cricket across the county (including Nesan who is the NMCC 1<sup>st</sup> XI Team Captain). All coaches have an enhanced DBS check, and are qualified at Level 2 and above.

### Sessions:

Soft ball 6-7pm U8, U9's, U10's

Hardball 7-8pm U10's, U11's, U12's, and U13 (Pads, gloves, box and helmets required)

### Where?

All Winter Sessions are held at **Dame Alice Owen school PE Hall**. These sessions are skill sets and have structured session plans for batting development and bowling skills. Starting in Autumn we concentrate on skills to help players become great cricketers and help team development for the new season.

**Costs:** £10 pay as you play, on the day, or block book to receive a free session!

*NEW for November and December  
Bring a friend for a free trial session and you pay only £5!!*

### When?

2018	2019
Nov 26 Dec 5	Jan 7, 14, 21, 28 Feb 4, 11, 18, 25 March 4, 11, 18, 25
Session content – Batting shots - 1:1 coaching, Bowling - Spin & seam, Fielding - Various drills and games. Players should wear comfortable clothes and trainers - cricket kit or similar sports clothing e.g. tracksuit. Please bring a drink to the session. Parents are welcome to stay if they wish!	

### How to book

To Register your son or daughter please email [Katharine.whayman@btopenworld.com](mailto:Katharine.whayman@btopenworld.com) who will send your details to the Head Coach. You will need to complete a booking form for each child to give important contact, medical and player information.

Enquiries about the session content/kit required please email Paul Williams [pwcricquet@virginmedia.com](mailto:pwcricquet@virginmedia.com) or Jon Mather [jonathanmather21@hotmail.com](mailto:jonathanmather21@hotmail.com)