



AUSTRALIAN  
CRICKET INSTITUTE

**SYDNEY**

# HIGH PERFORMANCE WINTER CRICKET

**LIVE IN CAMP 2021**



## WHO ARE WE?

The Australian Cricket Institute is a cricket coaching and player development company using new age techniques, tools and platforms to make quality cricket coaching available to everyone, no matter age, gender, skill level or location.

We take a wholistic approach and believe that to become a good player on the field you must also be a good person off the field.



## DEVELOPING MORE THAN JUST THE PLAYER

The *'Sydney Cricket & Lifestyle Live In Camp'* will give your child the opportunity to immerse themselves in our wholistic approach, develop skills and learn life lessons that will help them succeed on and off the field for the rest of their lives.





# CAMP SCHEDULE

The 2021 High Performance Winter Cricket Live-In Camp will run for 5 days/4 nights and includes sessions on cricket skills & knowledge, mental skills, nutrition, physical fitness and preparation as well as a range of Sydney adventure and lifestyle activities.

**Players must be aged 12-16 years:** Monday 5th of July to Friday 9th of July

Sydney Live in Camp Schedule												
DAY 1	Arrival & Welcome	S&C Workshop + Physical Screening At Gym		Batting Fundamentals		Lunch	Bowling Fundamentals		Beach Recovery	Mental Skills & Personality Workshop		Dinner & Watch BBL
DAY 2	Climb Mt Coolum Sunrise	Batting Masterclass	Bowling Masterclass	Lunch	Fielding Masterclass	Bat v Ball Scenario Session	Beach Recovery	Cooking Class & Nutrition Workshop		Dinner	Team Meetings & Oposition Video Footage	
DAY 3	Beach & Mobility Session		T20 Game 1 & Video Players			Lunch	T20 Game 2 & Exit Interviews			Watch BBL Game		
DAY 4	Yoga	Skills Session				Lunch		Adventure Activity		Dinner & Guest Speaker		
DAY 5	50 Over Games					BBQ & Players Departure						

**Disclaimer:** This is an example schedule and will not be the exact itinerary. The exact itinerary will be sent to attendees closer to the camp date.

## WHO IS THIS CAMP FOR?

Dedicated 12-16 year old cricketers who have a hunger to become the best they can be on and off the field. Each camp will be capped at 22 players and will be managed by two live in coaches plus special guests coaches throughout.

## ALL INCLUSIVE

The live in camp is all inclusive and the cost covers everything from drop off to pick up (excluding any extras the player may want e.g. snacks).

- ✓ 5 days of quality cricket coaching and game play with professional coaches
- ✓ T20 match under lights
- ✓ Quality accommodation
- ✓ Strength and conditioning workshop including physical screening
- ✓ Mental skills and personality discovery session
- ✓ Nutrition workshop with industry expert
- ✓ One-Day & T20 games including tactics and game sense education
- ✓ Video analysis & end of camp exit interview/feedback session
- ✓ ACI Pack inc cap, player diary, wrist band and ball
- ✓ All main meals & transport over the 5 days
- ✓ Sydney lifestyle & adventure activities

## COST

The live in camp is all inclusive and the cost covers everything from drop off to pick up (excluding any extras the player may want e.g. snacks).

**\$1197 per player**

For more information & to register interest visit:

**<https://australiancricketinstitute.com/sydney-winter-cricket-live-in>**

### Enquiries:

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