



## Welcome

September 2009

The Cricket Academy (TCA) is a private organization that runs professional cricket coaching. We are based at the Western Province Cricket Club Sports Centre in Rondebosch. The Sports Centre boasts the finest cricket facilities in the Western Cape, consisting of an indoor centre with four indoor cricket nets as well as artificial and turf outdoor nets. TCA has also recently opened a new coaching centre in Constantia, please see overleaf for more on this exciting development.

## Cricketing news



Our pre-season coaching programmes have been very well attended thus far. This heightened interest in cricket can be attributed to the excitement of the recent 20-20 World Cup and Ashes series, as well as the Indian Premier League having been hosted by South Africa for the first time this year. With the ICC Champions Trophy due to be hosted in September and the English side touring later in the year, we will be spoilt with even more world class cricket.

Ryan Ten Doeschate (Netherlands and Essex CCC) will be with us once again this year and is available for a limited number of private coaching sessions during October and November. Book now to avoid disappointment!

Congratulations to Stephen George (Senior Academy Coach) who was recently selected to attend the Cricket South Africa Level III qualification course in Pretoria.

Good luck to all of our players who have trained hard during the winter months for the upcoming season!

## SEPTEMBER HOLIDAY CLINIC

**Date:** 28 September – 1 October

**Time:** 09:00-12:00

**Venue:** WPCC Sport Centre,  
Ave de Mist, Rondebosch

**Ratio:** Maximum of eight players  
per coach

*Register and pay by 21 September  
and receive a R50 discount.*

*To find out more e-mail  
info@cricketcoaching.co.za  
or tel. 083 759 0376.*



## 4<sup>th</sup> TERM COACHING

### Private Coaching

Private coaching sessions will commence the week starting 5 October 2009.

### Shared Private Coaching

• Up to three cricketers can now share an hour long private session with a coach of their choice.

### Sessions include:

- Mental conditioning
- Game preparation, awareness and strategy
- Technique
- Personal growth and development
- Vision training
- Video analysis when required

### Mini Coaching:

Mini Coaching is an eight-week programme run during each school term for cricketers in Grade R to Grade 3. Sessions are 90 minutes long and take place once a week. Groups comprise a maximum of six cricketers to one coach.

Lessons will commence the week starting 12 October 2009.

Numbers are limited and booking is essential!

## Gunn & Moore Competition

E-mail your entry to [info@cricketcoaching.co.za](mailto:info@cricketcoaching.co.za) by 30 October 2009. The winner's name will appear in the next newsletter.

Answer this question correctly and you could be the winner of a set of GM Bat, Pads & Gloves!

**Which country is hosting the 2009 Champions Trophy?**



For more information contact Gio Colussi on 0837590376 or e-mail [info@cricketcoaching.co.za](mailto:info@cricketcoaching.co.za)

[www.cricketcoaching.co.za](http://www.cricketcoaching.co.za)

# The Cricket Academy Constantia

## NEW COACHING CENTRE NOW OPEN!

We are delighted to announce that The Cricket Academy is now offering group and private coaching sessions in Constantia at the Claremont Cricket Club. Former Cape Cobra and Western Province cricketer **Derrin Bassage** will be heading up our team at The Cricket Academy – Constantia. For more information about Derrin and our new venue visit [www.cricketcoaching.co.za](http://www.cricketcoaching.co.za)!



## IMPORTANT DATES

### September Holiday Clinic

28 September–1 October

### 4th term coaching

Commences 5 October

### December Holiday Clinic

14–17 December

### January Holiday Clinic

4–7 January 2010

## The Cricket Academy offers

### Private Coaching

An individual session with a coach that lasts one hour and is catered to each player's specific needs.

### Shared Private Coaching

Up to 3 boys can now share a private coaching session.

### Private & Shared Private coaching sessions include:

- Mental conditioning
- Technique

- Personal growth and development
- Game preparation, awareness & strategy
- Vision training
- Video analysis when required

### Mini Coaching

An eight-week programme run during each school term for cricketers in Grade R to Grade 3. Sessions are 90 minutes long and take place once a week. Groups consist of a maximum of six cricketers per coach.



### TCA Nets

90 minute hard ball net sessions run once a week that allow cricketers to pit their skills against one another in a challenging net environment. These sessions will include throw-downs, individual attention, game strategy and vision training.

For more information contact

Gio Colussi on 0837590376

Email [info@cricketcoaching.co.za](mailto:info@cricketcoaching.co.za)



[www.cricketcoaching.co.za](http://www.cricketcoaching.co.za)