



IT'S JUST CRICKET U14's

With a coaching program delivered across the world from UAE, India and the USA, IJC will ensure your child is in a safe and challenging environment which tests their knowledge and ability as they make their first steps towards a budding young cricketer.

Participants will learn the value of leading a healthy balanced life and social skills through team participation. Our U14 players (Team Lightning)) will experience challenging sessions which will include games and scenarios in various formats, as well as strength and conditioning specific to cricket and the type of player they are becoming. This is crucial for not only their development but also injury prevention too. Players will have an understanding of "their game" and how to adapt in different scenarios. Coaches will work with the players to ensure personal development is achieved. Players will undergo intense training and testing in a fun and educational environment. Decision-making will also be an integral part to this age groups curriculum. **Players will fully embrace the CRICKETERS WAY along with how to train and develop. They will also set an example for future cricketers and act as mentors to junior players.**

The program is delivered at one of Dubai's most pristine grounds. With Grass and artificial pitches at our disposal along with our elite qualified coaches, you will not be disappointed.

IJC gives you an opportunity to train with some of the best coaches in the region with a wealth of experience coaching junior cricketers. IJC coaches are keen to push you to the next level and guide you through the skills as efficiently as possible.

TIME TABLE

- ⚡ **Starting from** - 17th September 2017
- ⚡ **Venue** - Dubai College
- ⚡ **Thursday** - 6pm to 8pm
- ⚡ **Friday** - 2pm to 4pm / 4.30pm to 6.30pm
- ⚡ **Saturday** - 4.30pm to 6.30pm

PLAYERS WILL RECEIVE

- ⚡ 10/20/30 weeks of expert coaching with an age appropriate coach to ensure maximum development occurs.
- ⚡ A full IJC Kit (longs and training shirt) - additional cost of 125 AED
- ⚡ Nutritional guidance and a simple exercise booklet
- ⚡ An opportunity to interact with IJC's Coaching Ambassadors
- ⚡ Fitness testing - Advice on how to improve
- ⚡ Feedback on progress and developments

COSTS

- ⚡ **10 Weeks** - 1500 AED (150 AED Per Session)
- ⚡ **20 Weeks** - 2850 AED (150 AED Per Session one free session)
- ⚡ **30 Weeks** - 4200 AED (150 AED Per Session two free sessions)

Discounts are available for siblings and multiple sessions per week, please email info@itsjustcricket.com for further information

For more details: +971 589 713 535

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