Tel 015395 60066 Email cumbriacb@hotmail.co.uk.

Cumbria Cricket Board
CRICKET COACHING COURSES
2009/2010

The Cumbria Cricket Board has arranged coaching courses at 8 area centres strategically placed around the county to offer coaching for U12 to U14 age groups countywide. Numbers are limited, dependent on the size of the sports hall at the various centres and places on the courses will be allocated on a first come, first served basis. Each course for each age group will consist of three two hour sessions on the dates shown below. The cost of the course is £15 per participant. The participants at all area centres will be assessed and after Christmas the best participants in will be invited to attend a trial for a District Coaching Programme including a further four 2-hour sessions at various Sports Centres around the County. Instruction will take place by group coaching sessions with tennis balls and net sessions with hard balls. The courses will be staffed by qualified ECB coaches and pitched at the level of the participants.

Who can apply for these courses?

U12 - Anyone who is U12 on September 1st 2009 and who is 11 or over on that date i.e. Year 7 pupils
U14 - Anyone who is U14 on September 1st 2009 and who is 12 or over on that date i.e. Year 8 and 9 pupils

To enrol for the course please fill in the application form below and send it with a cheque for £15 to:
CCB Youth Cricket Scheme, Unit 22, Summerlands Trading Estate, Endmoor, Kendal, Cumbria, LA8 0ED.
Please make cheques payable to Cumbria Cricket Board. Confirmation of acceptance on the course will be sent via email.
Courses may be cancelled if they are not fully subscribed but you will be informed of this before the start of the course.
Please bring your own equipment as there is only limited communal gear available.

Your local course:

Venue	**William Howard School, Brampton**
Dates/Time	**Thursdays 6.00 – 8.00 p.m.**
U12	**15th Oct, 22nd Oct, 5th Nov**
U14	**12th Nov, 19th Nov, 26th Nov**
Organiser	**Sally Phillips Tel 015395 60066** (please leave a message if no reply)

Application Form

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Course : U12 / U14 Venue William Howard School, Brampton (Max no. 28)
(delete as appropriate)

Surname …… **Forename** ……

Address ……

…… **Post Code** ……

Tel (Home) …… **Date of Birth** ……/……/…….. **School year at Sept 09** ……

E-Mail (For confirmation of acceptance on course) ……

Relevant medical conditions/allergies & medical information which Cricket Coaches need to be aware of ……

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Name & phone number of alternative adult who can be contacted in an emergency during the sessions -

Name …… **Phone No.** ……

I give my permission that in an emergency, my child may be given first aid, and/or be taken to hospital. I understand that in such circumstances, I or the alternative adult named above will be contacted at the earliest opportunity.

Signed …… **(parent/legal guardian)**

Send form and cheque for £15.00 made payable to Cumbria Cricket Board to:
CCB Youth Cricket Scheme, Unit 22, Summerlands Trading Estate. Endmoor, Kendal, LA8 0ED.