



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 from U11 to U15 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 four two hour sessions on the dates shown below. The cost of the course is £24 per participant. 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?

- U11 - Anyone who is U11 on September 1st 2009 and who is 9 or over on that date i.e. Year 5 and 6 pupils
- U13 - Anyone who is U13 on September 1st 2009 and who is 11 or over on that date i.e. Year 7 and 8 pupils
- U15 - Anyone who is U15 on September 1st 2009 and who is 12 or over on that date i.e. Year 9 and 10 pupils

To enrol for the course please fill in the application form below and send it with a cheque for £24 to:
CCB Youth Cricket Scheme, 8 Flosh Cottages, Cleator, Cumbria, CA23 3DR. 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	St Benedict's School, Whitehaven
Dates/Time	Fridays 6.00 – 8.00 p.m.
U11	Oct 2nd, 16th, 30th, Nov 13th
U13	Oct 9th, 23rd, Nov 6th, 20th
U15	Nov 27th, Dec 4th, 11th, 18th
Organiser	Ian Shaw 07772112829 email – ian.ccb@hotmail.co.uk



Application Form

Course **U11 / U13 / U15**
(delete as appropriate) Venue **St Benedict's School, Whitehaven (Max no. 32)**

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

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 £24.00 made payable to Cumbria Cricket Board to:
CCB Youth Cricket Scheme, 8 Flosh Cottages, Cleator, Cumbria CA23 3DR.