  

**We use the LATEST equipment and technology as well as coaching techniques to help children IMPROVE their Cricket skills.**

**The United Victoria Cricket Academy Residential Experience**

Our residential course offers the opportunity for youngsters to experience the complete cricket week. Catering for all ages and abilities, your child can expect an all-round cricket experience. Children will take part in the Academy with other day attendees where they will be in appropriate groups so that they are challenged. During the academy you child can expect to

* Opportunity to benefit from in depth and individual coaching at some of the best cricketing facilities in the country.
* Cover batting, bowling and fielding (including wicket keeping) techniques every day.
* Speed Agility and Quickness sessions and strength and conditioning sessions.
* A holistic enrichment programed that focuses on teamwork and development exercises.
* Player and coach feedback through the unique UVCC workbooks.
* Net sessions to work on individual techniques.
* Game awareness practices focusing on specific scenarios.
* Conditioned and open matches.
* Superb accommodation facilities with twin/treble/quad rooms available.
* Quality meals provided throughout the week, able to cope with all dietary requirements.
* Pastoral care on hand 24/7 for constant supervision to deal with any requirements anyone might have.
* Attendees and parents to arrive the night before for a meal, presentation and tour around the facilities with our staff and coaches.
* Fun evening activities including swimming, football/basketball tournaments, quizzes and cinema night.

Every player can expect to enjoy their evenings which will be packed with activities. A typical week on an UVCC Residential will see children take part in teamwork games, cinema evenings, quiz nights, “It’s a knock out challenges” and swimming where possible.

Our pastoral managers are on hand to look after every child’s need. The pastoral manager will oversee all residential members and will be the direct contact between the parent, the child and head office. You can rest assured that UVCC pastoral managers are here to help no matter what time of day. Our residential ratio of staff is 1:10 and some of the coaches will also take part in the pastoral care during the week allowing your child the chance to pick their cricket brains away from the pitch!

**Courses may include:**

* Basic cricket coaching course to prepare students to take on the PCB Level 1 Coaching qualification
* Level 1 Umpiring qualification.
* Level 1 Cricket Scoring qualification.
* Level 1 Groundsmanship qualification.

Academy members will receive scheduled weekly coaching and training sessions from UVCC appointed coaches to help them develop all aspects of their game, as well as their fitness through regular strength and conditioning training.

Academy members will receive visits and advice from specialist speakers in areas such as fitness and psychology, as well as expert input from past and present internationals, in technical components such as bowling, batting & fielding.

Academy members will be able to access a competitive schedule as well as being able to develop their coaching and leadership skills through work experience placements on the already successful

Students will also have the opportunity to access warm weather training as well as visits to elite training facilities and matches.

Entry requirements:

An existing keen interest in cricket - it is expected that potential academy members will already be playing regularly as part of a cricket club

Players will be invited to a one day trial at which they will be assessed in their playing ability and their academic suitability for the course

**Equipment’s**

We use all kind of modern Equipment’s in available in the international market.

**What is Enrichment?**

Activate Sport are fully committed to the development and growth of your child as a whole. We are not purely a sports skills development camp, we offer exciting and interesting sessions in core skill development that are useful not only in a sporting context but also in wider life and social environments.

Through our engaging enrichment sessions during the camps your child will learn and develop these vital skills. The sessions cover. Leadership, verbal and non-verbal communication, co-operation, teamwork, expressive thought and organizational behavior.

We believe that these core skills are vital to the development of the whole person both in sport and in all other aspects and the Activate Sport ethos will always focus on the development of these areas as well as those of the physical literacy of the sport concerned.

Our Enrichment Programmed is the extracurricular activities for children that sit alongside the main body of our sports and activity courses. Enrichment broadens horizons, develops new skills and contributes to camp participants personal and social development.

To ensure a broad mix of activities, Activate Sport have divided eligible enrichment workshops into three core areas:

**Personal development**

* Communication
* Creative writing and research- around each star athlete the academy has visit
* Leadership

**Team development**

* Communication in teams
* Problem solving as groups
* Accountability and control

**Academic and lifestyle development**

* Math’s within sport
* Diet and nutrition

**How is the enrichment element assessed?**

The most important assessment is done by the camp participants themselves, by reflecting upon and communicating what they have gained from enrichment. This process is overseen by Activate Sport camp welfare councilors and not the technical sports coaches delivering the sporting competencies.

**When do enrichment workshops take place?**

Enrichment workshops will take place throughout the camp programed schedule implemented within structured sessions of the day and subtly within core technical sports sessions

**International Player’s Visit**

At most Academies our International Player will pad up and face the bowling from Academy attendees before then facing a Question & Answer session, pass on some top tips and then do a signing session.

When Player visits he likes to interact and play with each group so that he can get involved in the games and coaching.

Each visit lasts a couple of hours and parents are always welcome to join us for this exciting part of the week.

Example Daily timetable – United Victoria Cricket Academy coaching programed

To note: Each group has 3 fun coaching skills session every morning. Afternoon is more Game play based. Each group is age/ability related. Players can be moved to different groups to be challenged further. Swimming, Awards Presentation and Nat’l Player Visit days are different depending on time of the visit

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|  | UVCC Juniors (5-7) | 8 - 10yrs | 11-12yrs | 13+ |
| Skill 1 9.30am-10.15am | Warm up & BATTING Attacking shots | Warm up & Wicket-Keeping Master class | Warm up & FIELDING SAQ and S&C | Warm up & FIELDING BOUNDARY LINE CATCHING |
| Skill 2 10.15am-11.00am | BOWLING Os & Xs | BATTING UVCC Challenge Range Hitting | T20 BOWLING at the death | BATTING vs Spin |
| Drinks Break 10.00am-11.15am | **~** | **~** | **~** | **~** |
| Skill 3 11.15am-12.00pm | FIELDING Run outs | Target BOWLING | BATTING Running and taking Quick Singles | BOWLING Slower Ball Variations |
| Game Play 1 12.00pm-12.30pm | Continuous Cricket | Crazy Ball and Crazy Catch Challenge | Nutrition & Quiz | Challenge: Last Man Stands Bowling |
| Lunch 12.30pm-1.30pm | Lunch & Quiz | Lunch & Quiz | Lunch | Lunch & Quiz |
| Game Play 2 1.30pm-2.45pm | Relay Matches and game | Diamond Cricket | Middle Practice Power play Overs | T20 Net Session with Video Analysis |
| Drinks Break 2.45pm-3.00pm | **~** | **~** | **~** | **~** |
| Game Play 3 3.00pm-4.30pm | UVCC Challenge: Hit the Stumps | Pavilion Cricket | Hard Ball Net Session | Middle Practice in Scenario |