



Bermuda Cricket Board's

"FUNdamental" Super Skills Cricket Camp

"At the Crease"

Front Foot drive & Forward Defense

Where- The Berkeley Institute Gym

When- Week 1 June 29th - July 3, 2015 - 8:15am - 5:30pm

<p style="text-align: center;">Monday, June 29, 2015</p> <ul style="list-style-type: none"> • Fitness warm up • Cricket drills - Speed Demon running and sprinting between the wickets • Front Foot drive & Forward Defense • 2nd Innings - At the Crease Batting and Running • Cricket- theory (rules of cricket) & drills • Super Skills Match • Fitness warm down • Character building & goal setting activity - Trustworthiness 	<p style="text-align: center;">Tuesday, June 30, 2015</p> <ul style="list-style-type: none"> • Fitness warm up • Cricket drills- Speed Demon and sprinting between the wickets • Front Foot drive & Forward Defense • Cricket - theory (rules of cricket) & drills Cricket Review- fielding positions • Super Skills Match • Fitness warm down • Character building & goal setting activity - Trustworthiness
<p style="text-align: center;">Wednesday, July 1, 2015 Swimming Day - ages 7 - 9</p> <ul style="list-style-type: none"> • Character building & goal setting- Trustworthiness • Cricket drills - Front Foot drive & Forward Defense • Indoor activity - Cricket labeling fielding positions • Fitness warm up • Friendly Cricket Match venue- TBA ages 10-13 • Fitness warm down • Swimming -National Sports Center Pool \$10- Please bring swimming attire • Students who require armbands or a swim vest must bring them inflated • All students will be transported to and from Berkeley by the mini bus. \$6 	<p style="text-align: center;">Thursday, July 2, 2015 Swimming Day ages - 10-13</p> <ul style="list-style-type: none"> • Friendly Cricket Match venue- TBA ages 7-9 • Fitness warm down • Sharing information -Discussing players • Character building & goal setting activity - Trustworthiness • Indoor activity - Cricket labeling fielding positions • Fitness warm up • Cricket - theory (rules of cricket) & drills • Swimming-National Sports Center Pool \$10- Please bring swimming attire. • All students will be transported to and from Berkeley by the mini bus. \$6
<p style="text-align: center;">Friday, July 3, 2015</p> <ul style="list-style-type: none"> • Character building & goal setting activity - Trustworthiness • Guest Speaker - TBA • Captaincy Challenge • Friendly Cricket Match venue- TBA 	

	<p style="text-align: center;">Additional information</p> <ul style="list-style-type: none"> • ALL players will be encouraged to use positive comments at all times during drills, matches and on and off the field and during outings • Please ensure your child has a healthy breakfast each morning • Pack plenty of water each day • Swimming - National Sports Center \$10 • Transportation -mini-bus \$6 • Total cost for swimming and hotdog lunch \$16 • Send funds by Tuesday, June 30th PLEASE SEND FUNDS TO CAMP
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What I need to bring

Please label: **SUNBLOCK, ALL CLOTHING, BACKPACKS, LUNCH BOXES and CONTAINERS.**

Clothing: sunglasses, a bucket or broad brim hat is mandatory, shorts, t-shirt and sneakers.

Refreshments: Players will be required to bring a packed trash free healthy lunch daily. Please ensure players have **plenty of water daily.**

Sunblock: All players will be required to bring sunblock daily to apply every 2 hours and 20 minutes before going outside.

We would advise **THAT YOU DO NOT SEND** any electronic games (i.e. ipads, Nintendo DS, etc) to camp with your child. The BCB is not responsible for any items that may go missing.