



CRICKET BOARD

2015 Winter Holiday Cricket Camp

December 21, 22, 23 & 24 - \$100

December 29, 30 and 31 - \$80

Bowling outing - \$20 (TBC)

West Pembroke School Gym

8:15am – 5:30pm

Girls and Boys ages 7 -13

Monday, December 21, 2015 Character building - Respect

- Openers – Character Building Respect
- Warm up - fitness drills
- Warm up games
- 1st Innings – In the Field Catching, Fielding, Throwing and Bowling
- Thrilling Throws – It's a knock out
- Speed Demons – sprinting and running between the wickets
- Stroke Play- Front foot Drive

Tuesday, December 22, 2015 Character building –Citizenship

- Openers – Character Building Citizenship
- Warm up - fitness drills
- Warm up games
- 1st Innings – In the Field Catching, Fielding, Throwing and Bowling
- Bonanza Bowling – Center stump
- Stroke Play- Front foot Drive

Wednesday, December 23, 2015 Character building – Fairness

- Openers – Character Building Fairness
- Cricket Theory
- Warm up - fitness drills
- Warm up games
- 1st Innings – In the Field Catching, Fielding, Throwing and Bowling
- Speed Demons– sprinting and running between the wickets
- Stroke Play- Forward Defense

Thursday, December 24, 2015 Character building –Responsibility

- Openers – Character Building Responsibility
- Cricket Theory
- Openers – Warm up games
- 1st Innings – Inter-Group Challenges Mini Twenty20

<p>Tuesday, December 29, 2015 Character building – Trustworthiness</p> <ul style="list-style-type: none"> • Openers – Character Building • Warm up - fitness drills • Warm up games • 1st Innings – In the Field Catching, Fielding, Throwing and Bowling • Captaincy Challenge-Cricket Theory 	<p>Wednesday, December 30, 2015</p> <ul style="list-style-type: none"> • Openers – Character Building Review • Cricket Theory • Warm up - fitness drills • Warm up games • 1st Innings – In the Field Catching, Fielding, Throwing and Bowling • Speed Demons– sprinting and running between the wickets • Stroke Play- Forward Defense
<p>Thursday, December 31, 2015</p> <ul style="list-style-type: none"> • Openers – Character Building Review • Cricket Theory • Openers – Warm up games • 1st Innings – Inter-Group Challenges Mini Twenty20 	<p>Additional Information Contact Kellie Smith @ 332-5207 or kelliejor@gmail.com</p>

What I need to bring

- Please label: **ALL CLOTHING, BACKPACKS, LUNCH BOXES and CONTAINERS.**
- **Clothing:** A hat is mandatory jacket, 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.**
- 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.