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CRICOS REG.No. 00525D

26 April 2017

Dear Parents

Toowoomba Grammar School Batting and Bowling Clinics

Former Queensland Bulls and Brisbane Heat Coach, Vic Williams, will run two separate clinics at Toowoomba Grammar School on Sundays during Term 3, 2017 and Term 4, 2017. The sessions will assist players to gain technical, tactical, physical and mental skills that will support them to improve their cricket. The feedback from last year's sessions was overwhelmingly positive so I would strongly encourage you to consider these sessions for your son.

Program Details

Two separate seven week programs will be available.

1. Term 3 - Seven Sundays, beginning Sunday, 30 July 2017.
2. Term 4 - Seven Sundays, beginning Sunday, 8 October 2017.

Session times are as follows:

8.30am - 10.30am: Year 3 - Year 5 :16 boys
11.00am - 1.00pm: Year 6 - Year 8 :16 boys
1.30pm - 3.30pm: Year 9 - Year 12 :16 boys

Total cost will be as follows:

Batting and Bowling: \$ 250 per Term

Each **bowling** session will include:

- A strength and conditioning component (including sprint training and cardio work);
- Prehab Exercises to reduce the risk of injury;
- A remedial bowling phase for technique correction or enhancement;
- A tactical phase bowling to batsmen

Each bowler will receive:

- Video analysis;
- An individual bowling report and technical remediation program (if required);
- An individualised player plan for future development;
- Bowling workload plan - to ensure they are bowling enough

Each **batting** session will include:

- A remedial batting phase for Technical Correction or Enhancement
- A Tactical Phase (including using feet to spinners and sweeping)

Each **batsman** will receive:

- Video analysis;
- An individual batting report and technical remediation program

Vic Williams - Background

2013 - 2015 Queensland Cricket High Performance Youth Coaching Co-ordinator
2011 - 2013 Queensland Cricket High Performance Coach/ Queensland Bulls Assistant Coach
2009 - 2011 Queensland Cricket Talent Manager
2008 - 2009 Queensland Cricket High Performance Coaching Co-ordinator
2005 - 2008 Queensland Cricket Regional Coaching Coordinator

Coach Accreditation

Cricket Australia Elite Coach Development Program (2013)
Level 3 High Performance Cricket Coach

Coaching Highlights

2013 - 2015 Queensland Under 17 Coach
2011 - 2015 Queensland Under 19 Coach
2011 - 2013 Queensland Bulls and Brisbane Heat Pace Bowling Coach
2008 - 2015 Queensland Cricket Pace Bowling Coordinator & Coach
2006 & 2008 Australian Country Cricket Coach

This is a wonderful opportunity for Toowoomba Grammar School cricket players to learn from one of Queensland's top coaches. Spaces are limited so please complete the details below to register your son's interest as soon as possible.

Please note: The program will only proceed if 16 registrations are received per session across both Terms. If the number of registrations exceed the number of spaces available in the program, Toowoomba Grammar School coaching staff will determine final invitations. There will be no refunds provided once registrations have been confirmed.

Kind regards



Nathan Stains
Director of Cricket

TGS Bowling and Batting Clinics
Expression of Interest Form

Name: _____

Current Year Level: _____

Parent Contact Details: _____

Parent Names: _____

Phone number(s): _____

Email Address: _____

Cricket experience:

- Toowoomba Grammar School teams e.g. 9C - 2016, 10B - 2017. _____
- Representative sides: _____

Please tick the appropriate boxes below to indicate which Term and program you wish your son to be involved in.

Term 3

Batting and Bowling

Term 4

Batting and Bowling

Signed (parents): _____ Date: _____

Please return this form to the Sport & Activities Office by Friday, 13 May 2017 via
Fax (07) 46872595 or email s.mathies@twgs.qld.edu.au