



WESTFIELDS SPORTS CRICKET PROGRAM

As a member of the program you will enjoy opportunities including:

- Level 2 and 3 coaches at every session.
- All programs are aligned with NSW cricket goals and pathways.
- State of the art gym facilities with full time accredited strength and conditioning coaches.
- Specifically tailored Individualised cricket and conditioning programs.
- Meeting rooms with full multi-media.
- Ice bath facilities.
- Access to Indoor facilities for winter/ wet weather.
- New retractable four net Multi-purpose training facilities
- Tertiary aligned academic partners for research projects (e.g. Cricket specific injury prevention and fitness testing).
- Online database to monitor athletes work loads and performance.
- Video analysis and game coding

- The benefits of the cricket program along with the high educational standards ALL students are expected to uphold make for exciting progress and further development in opportunities given in both men and womens cricket.

- Rd 2 of Year 7 2019 trials along with OPEN year trials for male & females
- Trials to be held in week 5 and 6 of term 3

Applications close **10th August 2018**

If you are interested in learning more please contact
Dan Rixon | daniel.rixon2@det.nsw.edu.au
Westfields Sports Cricket Convenor

Contact Westfields Sports High School on
9604 3333 for trial paper work packs.



CRICKET NSW
AUSTRALIA'S FUTURE HEROES

