

# GOPALAN SPORTS RESIDENTIAL PROGRAM



Welcome to Gopalan Sports Center, for residential sports program, GSC aims to be a premier Sports Academy in Bangalore. A passionate initiative, GSC offers a rigorous and challenging sports program with the best- in- sports training and facilities in a nurturing environment for young people across the Nation.

The privilege of being associated with legends in various sporting arena puts Gopalan Sports at the helm of producing the country's finest sporting talents to achieve excellence in the sport of their preference and competence.

Gopalan Sports Residential Program includes holistic development of player from grass root level to highest level of game. GSC also provide a wide arrange of "add ons" including training module, tournament exposures, video analysis, fitness program, Indoor sports & Gym facilities.

**Sports offering for residential program are,**

- Cricket & Gymnastic

## **ANNUAL PACKAGE WITH HOSTEL @ GSC, (365 days)**

### **1. Full day Package: Rs 1,40,000/-**

<b>Weekday schedule</b>	
<b>Time</b>	<b>Schedule</b>
<b>5:30 AM</b>	Wake up
<b>6:30 - 9 am</b>	Morning Session & Fitness
<b>9:30 to 10 am</b>	Break Fast
<b>10 to 12:30 pm</b>	Video Session, drills, Nets etc
<b>1 - 3 pm</b>	Rest/Lunch
<b>3 to 5 pm</b>	Evening Session( Gym, Swm)
<b>5:30 to 7:30 pm</b>	Changing & rest
<b>8 to 9 pm</b>	Dinner
<b>9 to 10 pm</b>	TV or free time
<b>10:00 PM</b>	Lights off

➤ Week-end Batch (Rs 18,000/-) one session	
Saturday	Weekends session reviews or Practice match
Sunday	<b>One Session (Morning or Evening)</b> Both session ( Rs 25,000)

## 2. Weekend Batch:

- a) Saturday: 8:30 am to 11 am & 3:30 pm to 6 pm
- b) Sunday: 8:30 am to 11 am & 3:30 pm to 6 pm

## **ANNUAL PACKAGE FOR CRICKET:** 365 days:

3. Annual training for Rs 30,000/- (Morning & Evening)
  - a) Two Sessions, Practice matches, pitch vision, Gym & Swimming.
4. One Session per day training (seven a day week)
5. Morning or evening
  - a) Time: **6:30 am to 9 am**
  - b) **4 pm to 6 pm**
  - c) Fees: Rs 20,000/-