

CRICKET HIGH PERFORMANCE CAMP 2025



CM GAUTAM
Wicket Keeper Batsman

- Karnataka Ranji Trophy, Ex Captain
- Duleep Trophy, Deodhar Trophy, Irani Trophy, BCCI Level 2 Coach, INDIA - A, IPL (Delhidaredevils/ Mumbai Indians)



KC AVINASH
Strength & Conditioning,
Level 3 ELITE

- Strength & Conditioning coach for Karnataka Ranji Trophy Team,
- Strength & Conditioning coach for Goa Ranji Trophy Team,
- Karnataka Ranji trophy as a WicketKeeper Batsman.



V. KOUSHIK
Fast Bowler

- Karnataka Ranji Trophy, Duleep Trophy, Deodhar Trophy, Vijaya Hazare and Syed Mushtaq Ali trophies for Karnataka.



K P APPANNA
Left Arm Spinner

- Karnataka Ranji Trophy, Vijaya Hazare Trophy, Syed Mushtaq Ali trophy, Duleep trophy,
- IPL (Royal Challengers Bangalore).

1
BATCH

7.30 AM TO 10.30 AM
Gopalan Sports Academy,
Avalahalli , Bengaluru

2
BATCH

3 PM TO 5.30 PM
Gopalan Sports Center,
Hoodi, whitefield

CATEGORIES - U12, U14, U16/U19/ SENIORS

MONDAY
TO
SATURDAY

3 APRIL
2025

TO

3 MAY
2025

(GENERAL
HOLIDAYS
EXCLUDED)

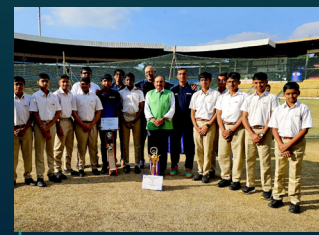
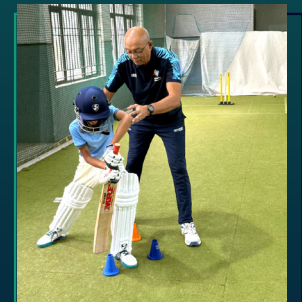
FOR ENROLLMENT
+91 63648 96510

LAST DATE OF REGISTRATION

22 MARCH
2025

- Complementary T-Shirt, Nutrition and Strength and conditioning sessions
- Transportation is available from Gopalan Sports Center to Avalahalli and back





HIGHLIGHTS

- Game related, Strength and conditioning sessions by certified fitness experts.
- Match Simulations/Open nets on Turf/Matting/ Astro.
- Trainees will be coached and mentored by BCCI NCA/ Equivalent certified coaches and Reputed cricketers.
- Trainees will undergo mental conditioning sessions.
- Long term Athlete development (LTAD) programs.
- Indoor training (Pitch Vision, Smart Bat, BLAZEPOD) for skill analysis and Correction.
- Recovery sessions, Pool Sessions, Ice baths.
- Friendly Matches and tournaments on Turf and Matting wickets.

