

South West High Performance Bowling Academy

In Partnership With
 **Somerset County Sports Ltd**
LEADING SPORTS EQUIPMENT SPECIALISTS



What You Can Expect...

The 2 day program covers the key components of fast bowling performance.

Physical

- Introduction to SJ Enhancing Performance "RAMPIPE" system to enhance physical performance.
- Strength & Conditioning based session in the high performance room utilizing innovative techniques that guarantee an increase in bowling speed.
- Introduction to "COMPLEX TRAINING" combining technical re enforcement with strength power training.

Technical

- Personal profiling for fast bowlers.
- Technical analysis and report using the best performance analysis software.
- Ongoing video feedback projected from a white board. Instant feedback on all deliveries.
- A comfortable and challenging environment to promote self-awareness & accelerate learning.

Academy Expectations...

[What you can expect from us]

- A complete personalized CD package to take away.
- A technical and physical program will be designed that's specific to your bowling.
- Free t-shirt.
- 20% SCS discount voucher.
- 20% M&H cricket discount voucher.

When...

- Thurs 11th April (10am until 4pm)
- Fri 12th April (10am until 4pm)

How Much...

- £120 for 2 Days.

(Pay through the website or send cheques payable to P.S.Jones to the address at the bottom of the page)

Who Can Attend...

- This advanced specialized high performance (Academy) is suitable for district/county U12 & above.

Book Online Now

www.peakperformance-acp.co.uk



The Princess Royal Sports Complex,
Wellington School, South Street,
Wellington, Somerset TA21 8NT

Steffan Jones



Ex Somerset, Derbyshire, Glamorgan & Northamptonshire.
1st Class Technical and S&C coach, [currently one of a small minority in world qualified both as level 3 cricket coach and UKSCA S&C coach]

Ben Wellington



Fast Bowling Coach, Somerset CCC & ECB Regional Academy.
Currently on ECB Level IV Elite Coaching Program, the highest coaching award available in world cricket.

Contact Us

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