

# WINTER PROGRAMME - PRE CHRISTMAS

Sessions	When and Where? (Provisional)	Detail
Session 1: 'Under the Lights'	All age groups: Fri 10 <sup>th</sup> Oct - 7pm-9pm @Marden CC	To kick things off, Calypso are providing the boys and girls to practice under the floodlights. From high catches to small sided games, this evening will be a great opportunity to play like the pro's under the lights.
Session 2: 'Bazball'	11s - Tues 4 <sup>th</sup> Nov 13s - Tues 11 <sup>th</sup> Nov 15s - Tues 18 <sup>th</sup> Nov 6pm-8pm @Sutton Valence School	This session we educate the young players on 'Bazball', it's key components, and also its versatility. The Calypso coaches will breakdown each component, and test the players skills.
Session 3: 'Fielding masterclass'	All age groups: Sun 16 <sup>th</sup> Nov 11s, 13s - 2pm-3:30pm 15s - 3:30pm-5pm @Cobham Hall School	Calypso are fortunate to have fielding expert Jack Perham join the team and provide a fielding masterclass. A fantastic opportunity to improve a key part of the modern game.
Session 4: 'Send It'	11s - Tues 25 <sup>th</sup> Nov 13s - Tues 2 <sup>nd</sup> Dec 15s - Tues 9 <sup>th</sup> Dec 6pm-8pm @Sutton Valence School	Power Hitting Circuit - including medicine ball work, practice v. spin and seam, coach challenge area. Time to Send It!
Session 5: '100 v. 5fer'	11s + 13s - Mon 15 <sup>th</sup> Dec 15s - Tues 16 <sup>th</sup> Dec 6pm-8pm @Sutton Valence School	A 2 hour net with a difference. The boys and girls will be competing for prizes throughout the session. Prizes will be awarded to batters that score 100 in their net, or bowlers who achieve 5 wickets in a certain time period.

# WINTER PROGRAMME - POST CHRISTMAS

Sessions	When and Where? (Provisional)	Detail
Session 6: 'BatZone'	Wed/Fri Sessions across January @Calypso BatZone	Small group sessions at Calypso's state of the art facility. Calypso's coaches will focus individually on all players batting techniques, as well as help them improve in areas of their game that they may struggle - e.g. playing spin.
Session 7: 'MLB Masterclass'	All age groups Sun 1 <sup>st</sup> Feb - 2pm-5pm @TBC	It's Calypso but Baseball style. This session includes a masterclass from a baseball expert, providing a fascinating insight into throwing technique, as well as power hitting.
Session 8: 'Final powerplay'	All age groups Sun 29th Feb - 2pm-5pm @TBC	Death Bowling, Power Hitting, Boundary Catches. These skills that light up the end of the innings are going to best tested by the coaches in the final powerplay session.