



HIGH PURPOSE CRICKET ACADEMY CAMBRIDGE

Future Stars will be running an **Elite Programme** from our UK base, in the world-famous town of **Cambridge**. This unique **2 Week Programme** is aimed at former, current or aspiring professional cricketers, who wish to experience playing in cricket in the UK.

This programme provides players with the following –

- 12 x Nights' accommodation in the centre of Cambridge
- 3 x Meals per day
- Fixtures against, First Class, Minor County & Academy Sides
- High level coaching from ECB & ACB Level 3 & 4 Future Stars Coaching team

Players will also receive –

- Full Training Apparel
- Video Analysis of Matches and Training sessions

- Nutritional Advice
- Functional and Individual Strength & Conditioning Plans
- Social Media Training
- Exclusive discounts at Future Stars partners, such as Payntr Cricket & RAW Cricket

The Future Stars Elite Programme is designed to provide the ultimate cricketing experience in English conditions. Multiple fixtures, in a range of formats, competing against First Class and Minor County opposition, provides our players with a unique opportunity to compete against some of the best cricketers in the UK.

With the modern cricketer expected to perform and adapt quickly when touring overseas, **The Future Stars Elite Programme** provides players with the perfect platform to be successful playing cricket in English conditions.

Day	Time							
	8 - 9am	9 - 9.30am	9.30 - 11.30am	11.30am - 12.30pm	1 - 5pm	5 - 7pm	7pm - 8pm	8pm - 10pm
Sun	Arrival Day & Welcome Activities							
Mon	Breakfast	Prep. For day	Team Building	Lunch	Focussed Training	Free Time	Dinner	Team Meeting
Tue	Breakfast	Prep. For day	GAME 1 / ONE DAY GAME			Swimming Pool Recovery	Dinner	Social Event Cambridge
Wed	Breakfast	Prep. For day	GAME 2 / ONE DAY GAME			Swimming Pool Recovery	Dinner	Free Time
Thur	Breakfast	Prep. For day	GAME 3 / DAY 1			Swimming Pool Recovery	Dinner	Free Time
Fri	Breakfast	Prep. For day	GAME 3 / DAY 2			Swimming Pool Recovery	Dinner	Social Event Cambridge
Sat	Breakfast	Optional Day Trip to London						Free Time
Sun	Breakfast	Day Off / Free Time					Dinner	Free Time
Mon	Breakfast	Prep. For day	Team Building	Lunch	Focussed Training	Free Time	Dinner	Team Meeting
Tue	Breakfast	Prep. For day	GAME 4 / ONE DAY GAME			Swimming Pool Recovery	Dinner	Social Event Cambridge
Wed	Breakfast	Prep. For day	GAME 5 / ONE DAY GAME			Swimming Pool Recovery	Dinner	Team Meeting
Thur	Breakfast	Prep. For day	Focussed Training	Lunch	GAME 6 / T20 GAME	Swimming Pool Recovery	Dinner	Social Event Cambridge
Fri	Breakfast	Prep. For day	GAME 7 / T20 GAME	Lunch	GAME 8 / T20 GAME	Presentation		Depart

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Includes Tour Playing and Training Apparel



A comprehensive company and tour brochure is available to those who register their interest