

SPARTAN YOUTH CANADA HIGH PERFORMANCE CRICKET PROGRAM

PROGRAM

OPEN TRIALS:

Where: Yashi Sports

When: October 15th at 11am

Who: Boys & Girls ages 15-23

Advance registration required
[HERE](#)

Training Program:

Starting October 22, 2016

Saturdays at Yashi Sports

Sundays at Ferris360 High
Performance Training Facility

WHY IS THERE NO COST?

These young athletes deserve access to high performance facilities and coaching to take their performance to the next level and to ensure a healthy lifestyle.

WANT TO SUPPORT THE PROGRAM?

By supporting this program you are giving our youth more than just a shot at becoming highly skilled athletes. This program will help build confidence, teach respect, develop relationships and encourage academic excellence.

To support this program visit:
www.gofundme.com/youthcricket

ABOUT

This FREE program is for youth who deserve high performance coaching and facilities. These young players will be trained to be superior athletes. We will build mental toughness, strength, conditioning, mobility and flexibility.

The program's intensity will be very challenging and focused on attention to detail. With help of some of the best coaches and trainers, these kids will be getting a once in a lifetime opportunity.

This program will be led by Shaheed Keshvani as well as other experienced cricket players and coaches and some of Toronto's top fitness professionals. The selected players will not only improve sport performance, they will also be held accountable for their personal development outside of the game.

COACHES & TRAINERS

Our coaches have experienced playing First Class cricket and/or International cricket. This combined experience will allow the coaching team to relate to the diversity of cricket in Canada. Along with our established trainers we have created a brand and cricket mentality that defines high performance.

Head Coach: Shaheed Keshvani

Fast bowling coach: Anthony Pratt

Spin bowling coach: Iqbal Sikander

T20 Specialist: Rizwan Cheema

Wicket Keeper coach: Srimantha Wijeyeratne

Fitness Professionals: Sylva Mischke & Aaron McSwain

Injury rehab specialists: Dr. Cindy Lewis & staff

PARTNERS



Follow us on [FACEBOOK](#)