



WCA ALUMNI

Sean Hooper

John Embury  
Middlesex & England

Essex & England

John Childs  
Essex & England

WCA ALUMNI

Andrew Strauss  
Middlesex & England

Marilyn Mason  
Durham & England

Chris Radley  
Essex & England

Alan Butcher  
Surrey & England

Bopara  
Essex & England

Alastair Cook  
Essex & England

Mark Butcher  
Essex & England

Tim Lincecum  
Essex & England

Omar Amwar  
UCCE

Essex & England

David Brown  
UCCE

Dan Shilcock  
UCCE

James Foster  
Essex & England

Paul Grayson  
Essex & England

Jim Troughton  
Warwick & England

James Dairymple  
Middlesex & England

Alex Loudon  
Warwick & England

Michael Gubbins  
Essex & England

Mark Hardings  
Gloucestershire

Ben Hutton  
Middlesex

Ed Joyce  
Middlesex & England

WCA ALUMNI

Antonio Pallidino

Ben Scott  
Middlesex

Gracie Swann

Fredrik Kløkker  
MCC

Michael Thornely

Kaizer All  
Gloucestershire

Chris Schofield  
Surrey & England

Michael Powell

Shaun O'Brien  
MCC

Terrence Powes  
MCC

Ian Fisher  
Gloucestershire

Dina Wisdan  
Middlesex

James Hildreth

Stephen Shell  
MCC

Will Gidman  
Essex

Mark Pettini

Eoin Morgan  
Middlesex

UCCE & Notts

Quinn Dawkins  
MCC

ECB Lords Taverners Crick Scholarship

James Middlebrook

Scott Newman

Chris Pepler  
Gloucestershire

Stephen Hastings  
Nottinghamshire

Zohab Sharif

Anuraag Singh  
Nottinghamshire

Iain Sutherland

Philip Weston  
Gloucestershire

Gloucestershire

Richard Clifton

WCA ALUMNI

# RSD Cricket School of Excellence Nagpur Residential Cricket School

# Institute Of Sport (IOS)

- Mission -“To provide quality coaching and cricketing facilities for any individual or team wanting to experience and learn the skills of cricket and its unique cultures in a variety of different countries.”
- Launched in 2002 as the world’s first international independent residential cricket education programme. Provided programmed coaching for both professionals and juniors including special programmes for players from English county sides such as Essex with Graham Gooch and Middlesex with John Emburey, followed by professionals from Nottinghamshire, Kent, Sussex, Gloucestershire, Leicestershire, Lancashire, ECB Academy and the MCC young cricketers.
- The growing list of alumni now includes Test and One-Day International and IPL players.
- The WCA was the Official Tour Organiser for the Lords & Commons Cricket Tour of India.
- Currently most WCA programmes are run out of our centres in central India, an hours driver from Nagpur where we offer excellent facilities and conditions for winter and spring development and training, as well as, pre-season boot camps.



South Australia Red Backs being coached by Zubin



Bowling tips by WCA spin bowling coach, N Hirwani

# Cricket Development Programme

- Is a development programme, **for individuals** from all over the world, wanting to learn and experience playing cricket in a new culture and environment.
- The programme is focused primarily on coaching and constant practice.
- The IOS aims to strike a balance between development of the individuals cricket, and learning the nuances of a foreign country and culture. There is constant interaction with locals while practicing where culture is shared; leading to the development of new friendships.
- The IOS treat this cross-cultural interaction an integral part of its programme, leading to the growth of tomorrow's cricketers and youth. (IOS's YCD programmes run in a variety of age groups U15's U17's and U19's).



The IOS special learning sessions with special learning equipments



IOS trainees using batting matrix during the batting session

# Cricket Coaching

Coaching to include:

- Cricket Coaching with world class cricket coaches
- Batting, bowling, fielding, and wicket keeping skill improvement programmes
- Mental Strengthening exercises
- Special emphasis on protein rich diet
- Aqua core strengthening programme
- Video Analysis

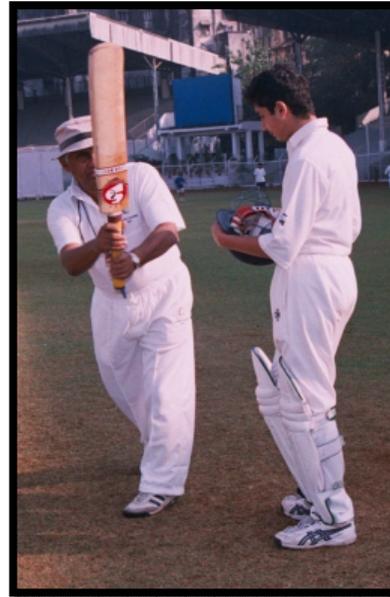


The WCA special learning sessions with special learning equipments

# Zubin Bharucha



Zubin Bharucha in conversation with Dravid during Rajasthan Royals camp in IOS Academy



IOS trainees with Late Hon. Hanumant Singhji



Zubin Bharucha giving coaching tips to Will Kitchen from ECB in IOS Academy



Zubin being interviewed by ECB for batting skills



Zubin Bharucha advising Yuvraj Singh

# Nets at the IOS Academy



# Location – Hanumant Singh Oval

- The academy is dedicated to the Late Mr Hanumant Singh, the brain behind our systematic and scientific coaching.
- Located an hour's drive away from Nagpur, in Maharashtra and offering the finest sporting facilities to cricket players, the Hanumant Singh Oval has been created to be a practice facility for the cricketers.
- The ground has four centre turf wickets, scientifically constructed with the help of Geotech, a research company focused on ensuring the best in cricket wickets.
- In addition we also have 6 more practice wickets, & 2 granite wickets to practice playing fast bowling.
- The ground has a small swimming pool for aqua therapy.
- The academy is located around a remote village ensuring that we create an isolating experience, where one only has to focus on ones cricket and improving ones skills, by breathing and sleeping cricket.



IOS nets



The practice area

# Residential Facility

- The residential rooms are totally cricket conceptualised. Even the handle of the doors are made from cricket balls.
- Keeping in mind that cricket is a team game, the residential facility tries to inculcate team spirit in the players
- The rooms are on double, triple and quadruple sharing basis. A dorm will house an entire team of players if required.
- There is a pool table, table tennis, carom and chess.
- A conference room where the team can have meetings or just sit together to plan for the day ahead is also provided.



# Sports-restaurant

- The nutritional needs of the players are of the highest priority.
- For this purpose we have a in-house dietician who will plan all the meals for the players, namely breakfast, lunch, high tea and dinner.
- The dedicated area where the players will get nourishment is a cricket themed restaurant.
- Each wall is an independent display of the achievements of some great players of our times along with the invaluable motivational messages from each one of them.
- A small cricket museum full of cricket memorabilia is on display cases all over the restaurant.



# Other facilities

- Apart from world class cricket coaching, a trainer takes the players through their fitness routine.
- After a days' hard work, the players relax with exercises in the pool or just a game of football or table tennis.
- A special session is allocated for the video analysis of each player.
- Sessions to inculcate yoga into the daily routine every morning, depending on the requirement of the individuals and teams.
- A medical advisor is on call 24 hours.



Pool Table at the academy

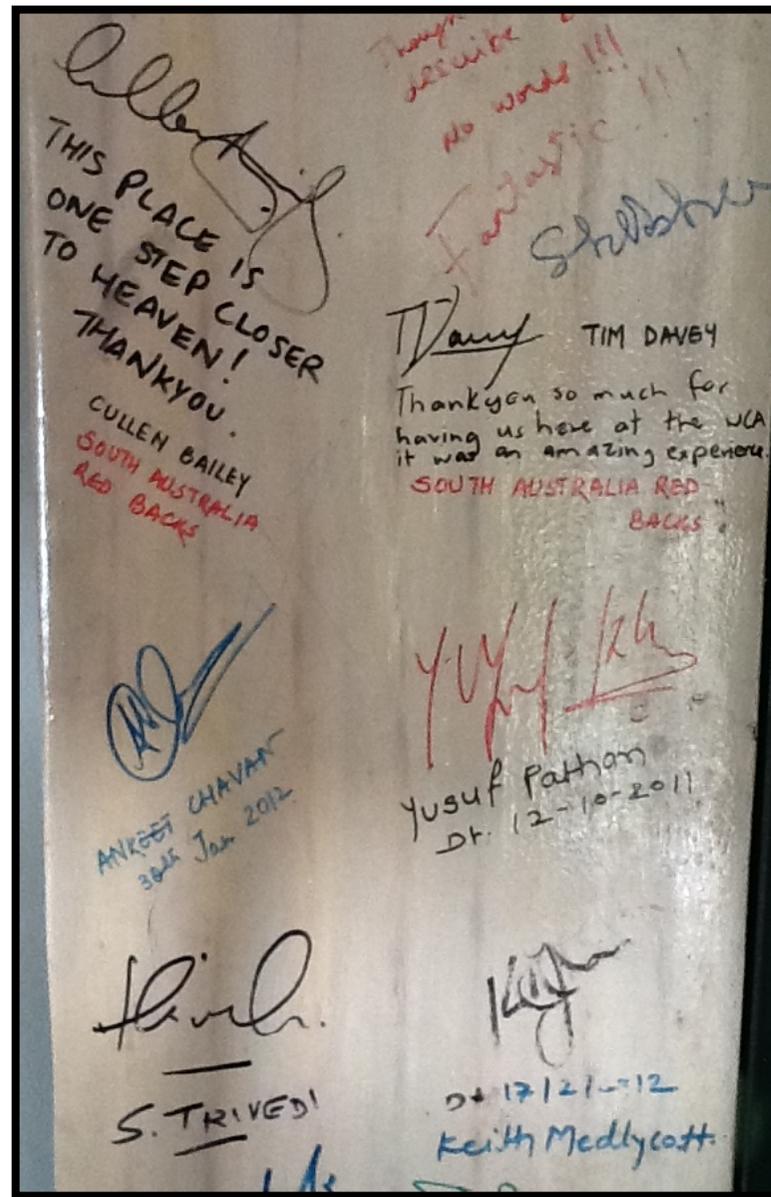
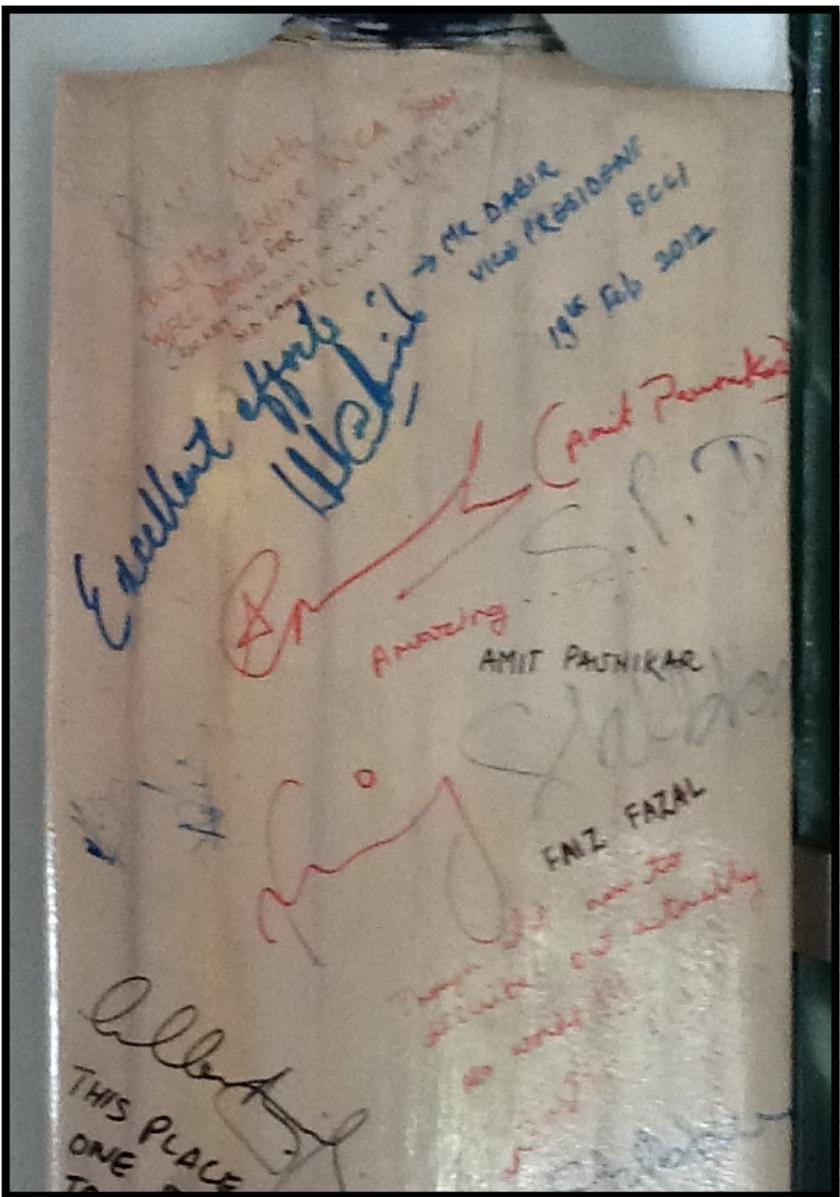


Practice nets

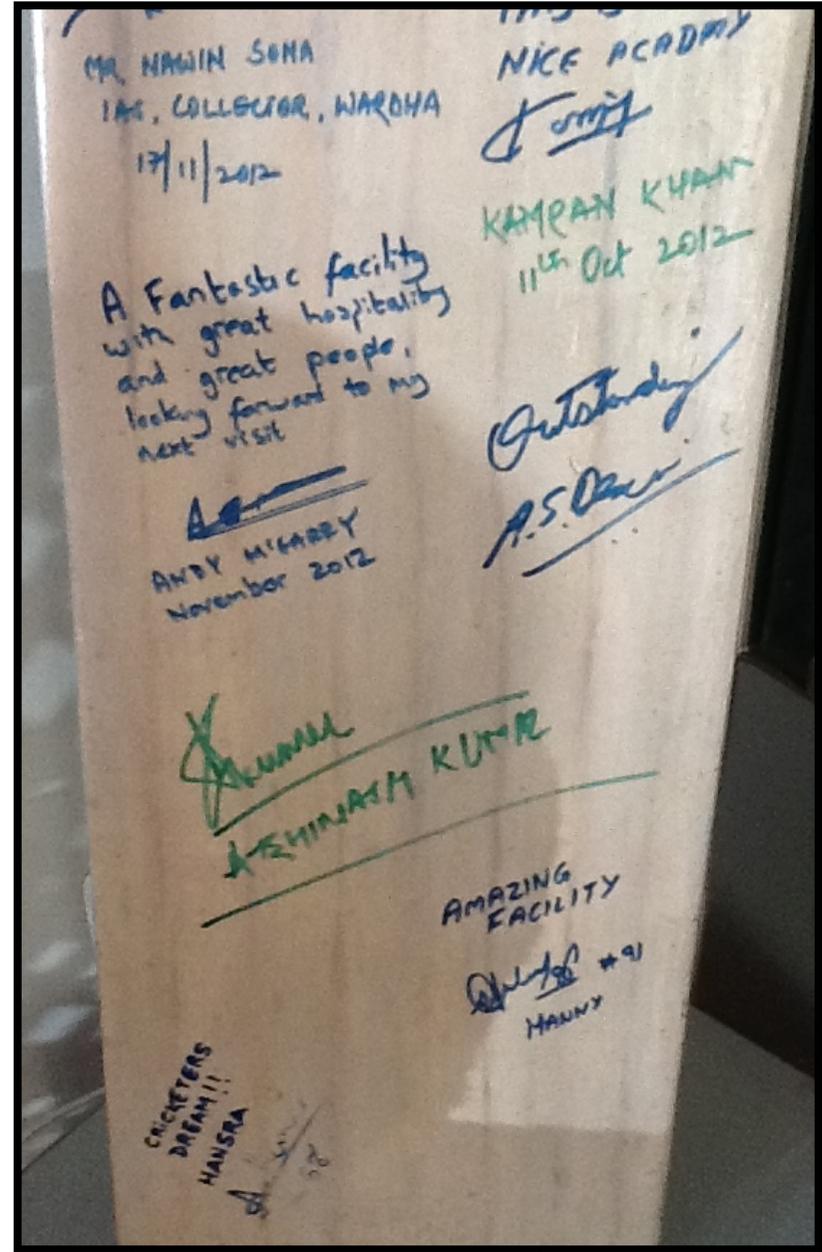
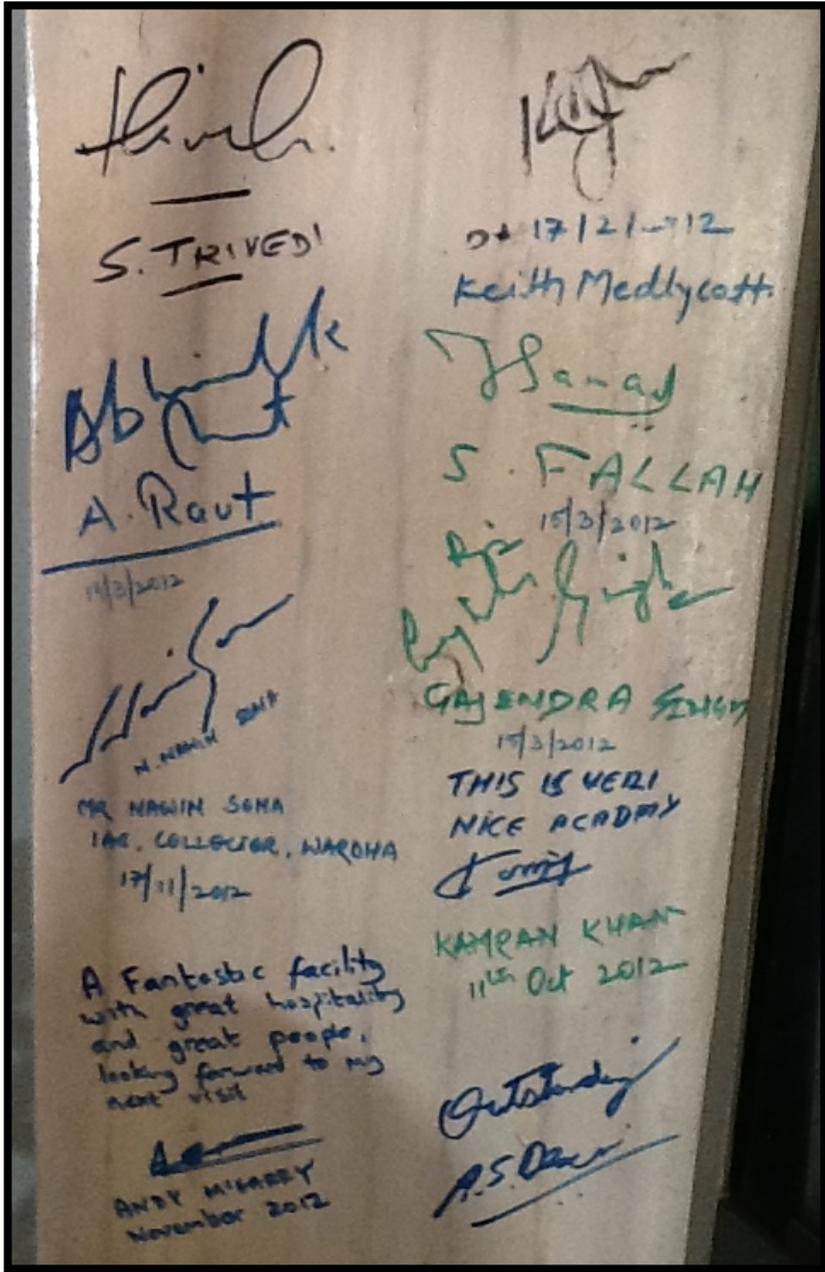


Swimming Pool at the academy

# Hall Of Fame



# Hall Of Fame



# Hall Of Fame

PANKAJ SINGH  
19/3/2012

Enjoy the game!  
Bori Wison

Look forward  
always -  
Trey Gheranda  
23.11.2013

With

Look forward  
always -  
Trey Gheranda  
23.11.2013

With  
Love  
To Romi Blue

Keep at it!  
Suresh

SHAWN TAIT  
15/3/2012

Play hard  
have fun!

With love

PANKAJ SINGH  
19/3/2012

Enjoy the game!

# Mental Health & Nutrition

Life Skill Coaching is that the segment of sports psychology that concentrates specifically on helping young athletes on the following traits:

- Teamwork
- Time Management
- Goal Setting
- Value of Hard Work
- Abiding by the rules of the society
- Motivation to be physically active
- Respect for others
- Respect for self
- Self control
- How to compete cleanly and fairly
- Winning gracefully
- Fairness
- Accepting defeat gracefully
- Not holding grudges after competition



Sports Psychology is about improving your attitude and **mental** game skills to help you perform your best by identifying limiting beliefs and embracing a healthier philosophy about your sport and life in general.



**Dr Neeta Adhau** is the resident Sports Psychologist

- Career management and guidance and counseling the talented cricket players
- Guidance and counseling the talented Cricket Players
- Teaching Life Skills to the youngsters
- Coordination & Planning diet charts of the players.

*Character is not caught, but must be systematically taught to players!*



# Equipment & Clothing

- Participants should bring their own cricket gear such as bats, pads, gloves, hats and other protective gear, wicket-keeping gear (if required). Participants will be required to wear whites whilst training, shorts are permitted.
- Casual clothes for evening, towels, swim-shorts will also be required.
- A laundry service is available.

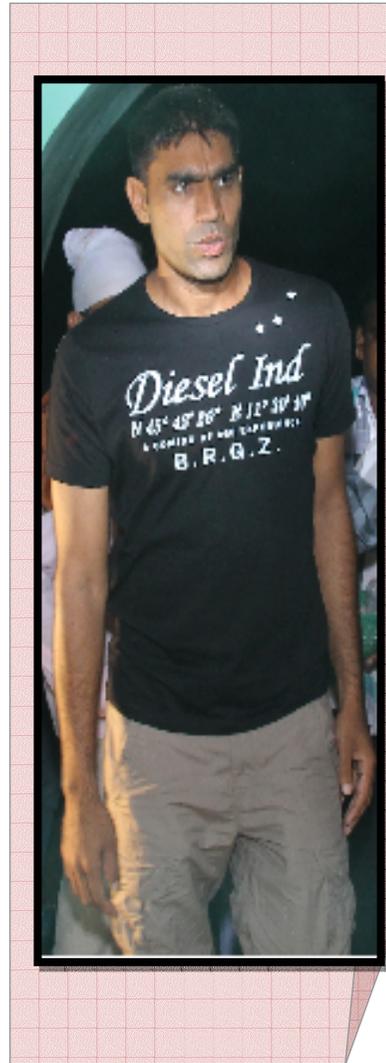


WCA young trainee during a batting session



WCA Alumnus – from Middlesex & England

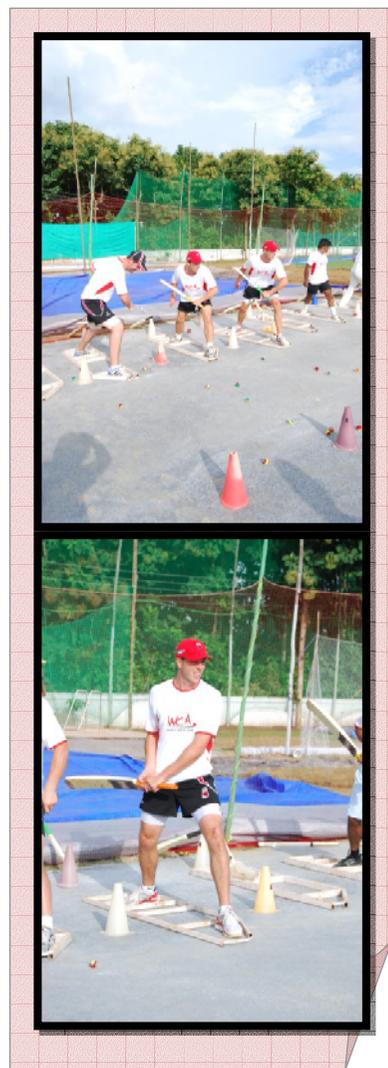
# IOS Camps



# CRICKET CANADA Nov-Dec 2010

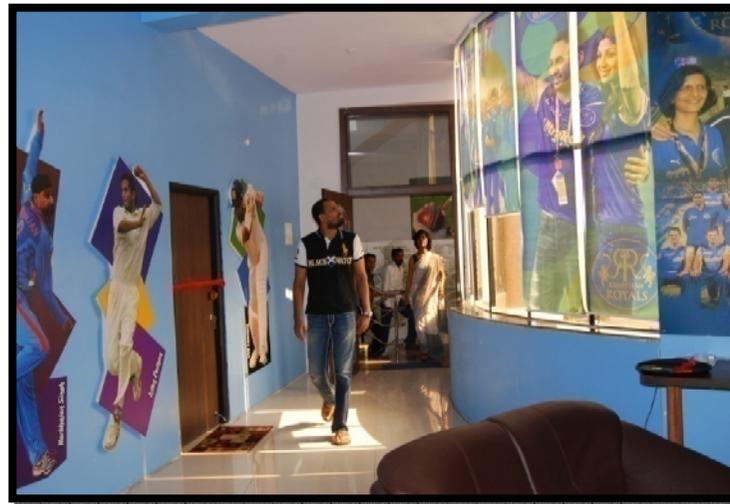


# South Australia Red Backs Camp Sept 2011



Craig Howard, Cullen Bailey & Tim Davey

# Yusuf Pathan & Naman Ojha at the Academy



# SLCA, Surrey Oct 2011



# Rajasthan Royals, February 2012



# Nepal Team, April 2013



# Proud Association: Rajasthan Royals



# CONTACT US

