



# Athletic Development Program: Advance2Play

Delivered At Hawthorn Cricket Centre

## Building Stronger, Faster, More Confident Young Athletes

For Life. For Sport. For the Future.

The Hawthorn Cricket Centre Athletic Development Program is for boys aged 10–14, focused on building the movement, speed, strength, and confidence needed to succeed across all sports, not just cricket.

This is not a short-term clinic. This is a long-term performance pathway.

### CORE FOCUS: 4 Pillars of Performance

#### 1. Movement Foundations

Squats, lunges, push-ups, balance, posture, and core control

#### 2. Strength & Power

Push/pull mechanics, bodyweight training, resistance bands, medicine balls

#### 3. Speed & Sprint Technique

Acceleration, running mechanics, and change of direction

#### 4. Agility & Explosiveness

Jumping, reaction drills, and multi-directional movement

#### Training Environments

- Hawthorn Cricket Centre
- Outdoor sporting fields & movement zones
- Hill sprints, functional training & agility areas

#### Expression of Interest Now Open

Due to limited positions, athletes are accepted on a first-come, first-considered basis.



#### PROGRAM DETAILS:

**Location:** Hawthorn Cricket Centre

**Duration:** Ongoing (With Breaks eg. Public/School Holidays)

**Max Group Size:** Limited to 12 athletes per group

**Pricing:** \$400 Per Month (8 Sessions per month)

**Billing:** Monthly payment, paid in advance

**Dates:** Commencing Saturday 7th Feb. Sessions on Monday or Tuesday (6-7PM) and Saturday (5-6PM) every week.

**Suitable For:** Sportsmen aged 10-14

**Equipment Used:** Agility ladders, hurdles, medicine balls, resistance bands, cones, jumping boxes, ankle weights & more

**Led By Solomon Mire (Advance2Play)**

Former international cricketer and elite multi-sport athlete with professional coaching accreditations and high-performance training experience across cricket, athletics, hockey, and team sports.

**Build the Athlete First. The Performance Will Follow.**

**For more info : Call (03) 9882 7960**