



Affiliated to BCCI

bca@biharcricquetassociation.com

NOTICE

The Lists of 71 players (Batters/ Bowlers/ Wicket-Keepers) shortlisted for Mens Senior Camp for the season 2022-2023 have already been published on the official website of BCA.

The Fitness cum Conditioning Camp for these 71 players is proposed to be conducted w.e.f. the 1st week of August 2023. Prior to this, it is important to screen the shortlisted players with regard to their Physical Fitness as per the prescribed standard..

Accordingly, all shortlisted players are hereby informed to self-conduct the following tests and send their video along with their personal details by 25th July 2023. on **WhatsApp number - 9431442509**.

TEST :

Test	10 mts (secs)	20 mts (secs)	Standing Long Jump	Yo-Yo Test	2 Km. (Running)
Prescribed Standard	1.83 (seconds)	2.97 seconds	2.60 meters	16.7	8.15 minutes

PERSONAL DETAILS :

- 1. NAME**
- 2. ADDRESS**
- 3. AGE (DATE OF BIRTH)**
- 4. HEIGHT**
- 5. WEIGHT**
- 6. EMAIL ID**
- 7. MOBILE NO.**

NOTE -- It is compulsory for all the players to undergo a self Fitness Test as per the above-prescribed standard and send its Video along with their personal details as above by 25th July positively.

Delay or Non-Submission of their Fitness Test Video will be viewed as non-compliance.

Sunil Kumar Singh
18/07/2023

Sunil Kumar Singh
GM Cricket Operations
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BIHAR CRICKET ASSOCIATION

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