

# NATIONAL CRICKET ACADEMY

(Cricket Academy of the Board of Control for Cricket in India)

M. Chinnaswamy Stadium, M.G. Road, Bangalore - 560 001

**VVS LAXMAN**  
Head Cricket



2083/U-19 (Boys) Camp/01/NCA

18<sup>th</sup> Apr 2022

To,  
Hon. Secretary/ Hon. Gen. Secretary  
All Affiliated Units of BCCI

## U-19 (BOYS) CAMPS – 2022

Dear Sir,

The U-19 (Boys) camp will be conducted **from 09<sup>th</sup> May to 02<sup>nd</sup> June 2022** under the aegis of NCA, BCCI.

Attached herewith is the list of players selected from your Association by the All India Junior Selection Committee for the said camps.

You are requested to inform the respective players that they will need to report at the finalized venue on the **08<sup>th</sup> May 2022 (AN)**. Details of the above camp will be intimated shortly.

You are also requested to advise your state Physio to certify that the players selected for the camp are medically fit to join the camp as per the format attached. If any player is unfit, this should be informed to NCA immediately through your Association.

Additionally, kindly note, all players will undergo the following fitness tests upon arrival, parameters for which are mentioned below:

- |     |                    |   |             |
|-----|--------------------|---|-------------|
| (a) | Standing long jump | - | 2.5 meters. |
| (b) | 10 meters sprint   | - | 1.65 sec.   |
| (c) | 20 meters sprint   | - | 3.00 sec.   |
| (d) | YoYo               | - | Level 16.5  |

Please make sure that the player prepares to meet & fulfill the above mentioned parameters.

The players will be issued with adequate clothing for training purpose and need to bring personal cricket equipment for the camp. Please send us the clothing size of the players as per the format attached.

In case of any doubt or clarification, the players may be advised to get in touch with National Cricket Academy, Bengaluru.

It may also be noted that the player will not be relieved for any local/corporate or association related matches during the above camp.

Request a response on all relevant matters by the **22<sup>nd</sup> April 2022**.

Thanking you.

Yours faithfully,

VVS Laxman  
Head Cricket

## Format for fitness certificate for U-19 (Boys) Camp

Fitness report for \_\_\_\_\_

1. This is to certify that Mr (Player's name) is physically and medically fit.  
He is available for the above camp starting \_\_\_\_\_.

Kindly share the following information:

- (a) Medical fitness certificate from a medical doctor
  - (b) Physical fitness certificate from the academy physiotherapist.
2. He currently has the following niggles which require ongoing Physio maintenance work:
    - (a) \_\_\_\_\_
    - (b) \_\_\_\_\_
    - (c) \_\_\_\_\_
  3. Previous injury history:
    - (a) Date of injury : \_\_\_\_\_
    - (b) Date of fitness clearance: \_\_\_\_\_
    - (c) Type of injury : \_\_\_\_\_
    - (d) Ongoing maintenance work : \_\_\_\_\_

Signed and dated by

Academy Physiotherapist

