



THE CRICKET ASSOCIATION OF BENGAL

DR. B.C. ROY CLUB HOUSE, EDEN GARDENS, KOLKATA-700 021

Ref No. 134/2/7707/17

November 2, 2017

The Hony. Secretary,
All First Division Clubs
The Cricket Association of Bengal

Dear Sirs,

We are happy to inform that a workshop on Sports Science and Medicine Educational programme is being organised at Eden Gardens on 5th instant and the same would be conducted by jointly Mr. Parthav Patel (Senior Bengal Team Physio) and Mr. Sanjib Das (Strength and Conditioning Coach of Senior Bengal Team).

It would be a 2 hour workshop and would include topics such as warm up sessions, importance of optimum training and diet, recovery strategies, First Aid methods, etc.

The primary purpose and objective of such a workshop is to educate the attendees regarding modern approaches to prevent injuries at local level.

In view of above, we would request you to nominate one person (either your team coach / trainer / physio / masseur) from your club to attend the workshop for the first division clubs to be held at Indoor Facility at Eden Gardens on **5th of November 2017** from **10 am**.

Since the workshop is intended to be more practical based than theoretical, all attendees are advised to be in sports clothes and sports shoes.

Thanking you,

Yours faithfully,

AVISHEK DALMIYA
Hony. Joint Secretary



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DR. B.C. ROY CLUB HOUSE, EDEN GARDENS, KOLKATA-700 021

Ref No. 134/3/7708/17

November 2, 2017

The Hony. Secretary,
All Second Division Clubs
The Cricket Association of Bengal

Dear Sirs,

We are happy to inform that a workshop on Sports Science and Medicine Educational programme is being organised at Eden Gardens on 5th instant and the same would be conducted by jointly Mr. Parthav Patel (Senior Bengal Team Physio) and Mr. Sanjib Das (Strength and Conditioning Coach of Senior Bengal Team).

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The primary purpose and objective of such a workshop is to educate the attendees regarding modern approaches to prevent injuries at local level.

In view of above, we would request you to nominate one person (either your team coach / trainer / physio / masseur) from your club to attend the workshop for the second division clubs to be held at Indoor Facility at Eden Gardens on **5th of November 2017** from **2 pm**.

Since the workshop is intended to be more practical based than theoretical, all attendees are advised to be in sports clothes and sports shoes.

Thanking you,

Yours faithfully,


AVISHEK DALMIYA
Hony. Joint Secretary