

# stk

CRICKET

# Spanish Spring

## Coaching Tour 2015

Sunday 5th to Saturday 11th April

La Manga Club, Murcia  
& Cartama Oval, Malaga



There are still places available on STK Cricket's inaugural Spanish Spring Coaching Tour which has been developed on the back of the two coaching camps we have run out of the La Manga Sports Complex in Murcia over the past couple of years. The tour will incorporate five days of training and games at La Manga followed by two days playing games at the beautiful Cartama Oval just outside Malaga. This brochure provides information about the coaching tour and the logistical arrangements if you choose to register your son/daughter. If you would like your child to join us please complete and return the attached application form. If you have any queries please do not hesitate to contact Steven Knox on 07847 308497 or via e-mail at: [info@stkcricket.com](mailto:info@stkcricket.com).



Travelling overseas to practice and play cricket is a fantastic experience and an opportunity to be enjoyed. STK Cricket aim to make this Coaching Tour as enjoyable as possible whilst at the same time helping the participants improve their cricket playing ability. An extra dimension has been added for 2015 with the group playing and training in two different venues for the first time. This element of touring will add to the challenge the participants will face in addition to the physical, mental, technical, tactical and team challenges that are placed in front of them. We hope that all the participants will return from the tour as both improved cricketers and more rounded individuals

**Coaching & Management Team** Steven Knox will lead the team ably assisted by Jack Hilton and Anita Knox. The other three members of the coaching and management team will be named in the new year.

### The Squad

Participants names will be released in the new year

### Venues

La Manga Club, Cartagena, Murcia, Spain.

Tel: +34 968331234; E-mail: [info@lamangaclub.com](mailto:info@lamangaclub.com); Website: [www.lamangaclub.com](http://www.lamangaclub.com).

Accommodation is at Las Lomas Village in 4 x four star 3-bedroom self-catering apartments (please see [www.lamangaclub.com](http://www.lamangaclub.com) then click on 'Accommodation' and then 'Las Lomas Village' for more details).

Malaga accommodation: Petit Palace Hotel, Petit Palace Plaza, C/ Nicasio Calle, 3, 29015, Malaga. E-mail: [plaza@hthoteles.com](mailto:plaza@hthoteles.com); Tel: +34 952 222132

Malaga game venue: Cartama Oval, Ctra. Cartama-Coin, Km 3.5 Cartáma, 29570, Malaga.

### TRAVEL DETAILS

Date	Airport	Flight number	Depart	Arrive
Sunday 5th April	Edinburgh	FR5579	10:40	14:50
Saturday 11th April	Malaga	LS858	20:35	22.55

**MEET AT EDINBURGH AIRPORT AT 8.00 am** on April 5th with up-to-date passport in hand.

**BAGGAGE ALLOWANCE:** 1 x 20kg hold bag + 1 x 10kg hand luggage (maximum dimensions - 55cm x 40cm x 20cm). NB: Liquids, creams, and gels in hand luggage must be in a container no larger than 100ml.

**TRAVEL ATTIRE:** Casual

**PASSPORT:** This must be up-to-date and ideally cover a few days after the 11th April 2015 just in case of any travel delay.

**INSURANCE:** Each child will need to be in possession of a European Health Insurance Card (EHIC). If they don't have one, you should apply for one in your name and include your child/ren as your dependant(s). You will each receive your own EHIC. You can apply for the card free of charge on the official EHIC Online Application Route. Other unofficial websites may charge you for this service.

In addition to this, STK Cricket, have taken out a Group Cover Policy.





**Equipment** Please bring the following with you bearing in mind that each individual is only permitted 30kg of hold and hand baggage:

- Suitable training, playing and casual clothing including swimwear/towel, and headwear for protection from the sun
- Personal cricket equipment
- Cricket footwear and trainers
- Drinks bottle
- Suntan lotion & lip balm
- Sunglasses (with a UV filter)

Please pay particular attention to this aspect as any costs incurred for additional weight over the baggage limit will have to be covered by the individual/family concerned.



**Personal money** You will require only personal spending money.

It is suggested to purchase Euros in Scotland before travelling and to take a money belt as well as a wallet to keep this money as safe as possible throughout the camp. Each apartment comes with a safe. There is a myriad of different ways of approaching this subject from pre-paid debit cards to credit cards to travellers cheques but, given the nature of the camp and the fact that we are going to be based at the La Manga complex for the majority of the week, we think this is the most efficient way to approach the matter.

**Code of conduct** The facilities we will be using at all the venues, both cricketing and non-cricketing, are of a very high standard. It is your responsibility to ensure that you respect the environment in which you are staying, training and playing. Your conduct and behaviour should reflect this respect. You will be responsible for any damages and loss of property including accommodation keys. Individuals will be charged for any losses or damages incurred during the tour.

Please observe the following restrictions relating to accommodation, training and playing venues and some general rules and regulations for the tour:

- No smoking
- No drinking alcohol
- Drugs and dangerous items are illegal. STK Cricket will inform the police of any suspected use
- Deliberate damage to any of the buildings or property at the three venues will be the responsibility of the individual
- Participants are not allowed into any public areas unsupervised or without specific permission of the tour management
- There are set meal times, it is essential that you attend means promptly
- Players must attend all cricket / gym / pool / meeting sessions at the designated times unless otherwise agreed by the tour management
- Payment for international phone calls will be the responsibility of the individual
- Extras are not permitted onto room accounts
- Players agree to behave and conduct themselves in a manner which reflects well on themselves, their family and the STK Cricket group.

Any breach of the above regulations will be dealt with as deemed appropriate by the Tour coaching and management team.