



# JSD ELITE FINISHING PROGRAM

## 90-Day Residential High-Performance Cricket Camp

A selection-based residential program designed exclusively for already-performing cricketers who want the final edge before trials and competitive seasons.

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### PROGRAM OVERVIEW

The **JSD Elite Finishing Program** is a **3-month intensive residential performance camp** where selected players live, train, recover, and perform like professionals.

This program focuses on **refinement, consistency, and match-readiness**—not basics.

- 📍 Location: Dehradun
- 📅 Residential Stay: Hotel Accommodation
- 🕒 Duration: 90 Days
- 🕒 Intake: **Only 14 Seats** | Strictly Selection-based

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### KEY HIGHLIGHTS

#### • Specialist Coaches from Across India

Position-specific experts for batting, fast bowling, spin, wicket-keeping, and all-rounders—bringing diverse exposure and elite methodologies.

#### • Advanced Video Analysis (BCCI-Level)

In-depth performance breakdown by experienced analysts: - Bat swing & shot selection - Bowling action efficiency - Fielding movement & reaction time - Match decision-making under pressure

#### • High-Performance Fitness & Testing

Professional fitness training and performance tests conducted by reputed cricket fitness influencers, focusing on: - Speed, agility & explosiveness - Endurance & strength benchmarks - Injury prevention & recovery

#### • Yoga & Strengthening Sessions

Focused yoga and strengthening sessions designed to improve: - Core stability & flexibility - Mental focus & breath control - Recovery support & injury risk reduction

#### • Match Simulation & Pressure Training

Real-match scenarios designed to sharpen temperament, consistency, and performance in high-pressure situations.

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## WHO SHOULD APPLY (ELIGIBILITY)

-  District / State-level players
-  Regular match performers
-  Players preparing for trials or upcoming season
-  Age Group: 13-23 years (exceptional cases considered)
  
-  Not for beginners
-  Not for hobby or casual players

**This program is for performers who want to dominate—not participate.**

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## PROGRAM FEES (90 DAYS)

**Total Fee: ₹3,60,000**

### Fee Breakup:

-  Hotel Stay: ₹1,20,000
-  Meals & Nutrition: ₹75,000
-  High-Performance Cricket Training: ₹1,20,000
- Specialist & Guest Coaches: ₹30,000
-  Performance Tracking & Recovery: ₹15,000

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## WHY THIS PROGRAM?

- “This is not training. This is refinement.”
- “Not for beginners. Not for time-pass.”
- “Your final 10% improvement—before it matters most.”

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## ADMISSIONS

**Only 14 Seats Available** | Strictly Selection-based entry

**Apply only if you are already performing.**

*Train like a professional. Live like one.*