



# Jammu & Kashmir Cricket Association

(Affiliated to Board of Control for Cricket in India)

Jammu Office: Pavilion Building, Hostel Ground, GGM Science College, Jammu 180016

Srinagar Office: Sher-i-Kashmir Cricket Stadium, Sonwar, Srinagar- Kashmir, 190001

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Ref. No. JKCA/MSJ/MA/JMU/23-24/1586

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## INSTRUCTIONS FOR FITNESS CAMP OF WOMEN PLAYERS

JKCA is organizing Fitness Camp for Women (U-15, U-19, U-23 & Senior) simultaneously at Jammu and Srinagar. The details are as follows:

**1. Duration:**

The camp will be held from 06<sup>th</sup> April, 2024 to 17<sup>th</sup> April, 2024. The outstation players and members of Support Staff will report at their respective venue on 05<sup>th</sup> April latest by 1700 hrs. Two day Eid holiday will be observed in between depending on the date of the festival.

**2. Venue:**

The camp will be organized at Hostel Ground, Jammu for players belonging to Jammu division and at SK Stadium, Srinagar for the players belonging to Kashmir division.

**3. Accommodation:**

The outstation players of Jammu division will be accommodated at Hotel Sheela Resorts, Talab Tillo, Jammu and those belonging to Kashmir division will stay at Hotel Apna Ghar, Srinagar.

**4. Transportation:**

Tempo Traveller will be arranged by respective offices for the movement of players from Hotel to ground and vice versa.

**5. Lunch:**

Lunch will be provided on all camp days. Mineral water in jars will be provided during the camp.

**6. Stores:**

Requisite stores will be collected from the respected stores on time by the Camp Incharges.

**7. Support Staff:**

For Jammu

S.No.	Name	Designation
a.	Sunny Kumar	Trainer
b.	Lovely Bansal	Physiotherapist cum Camp Incharge



**For Srinagar**

<b>S.No.</b>	<b>Name</b>	<b>Designation</b>
a.	Rohit Rana	Trainer
b.	Bisma Gular	Physiotherapist cum Camp Incharge

**8. Venue Incharge:**

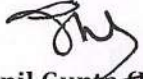
Mr. Vivek Khajuria will be the Venue Incharge at Jammu and Mr. Majid Dar will be the venue Incharge at Srinagar. They will ensure smooth conduct of the camp.

**9. Remuneration:**

The Members of the Support Staff will be paid Rs. 1000 per camp day as DA.

10. All players of women's category; U-15, U-19, U-23 and Senior will participate in the camp. The players will be divided into 02 groups depending upon the strength of the players. 02 sessions per day will be held, one in the afternoon and another in forenoon.

11. The camp Incharge will ensure marking the daily attendance of the players and staff and submit it to the Member Administration with copy to Cricket Operations Section at the end of the day.

  
**Brig. Anil Gupta (Retd.)**  
Member Administration  
J&K Cricket Association

