

# VB CRICKET ACADEMY NEST 2007

Residential Camp ACTIVITIES :

Fitness screening, training & fun !

# VBCA - Nest



# VB Chandrasekar Director, VBCA



# Fitness @ VBCA



# Fitness is also Fun !



# Interaction with the parents



# Activity for parents too !



# Meditation & Motivation



# Actor Suriya @ Nest

Tips for success..

