

# THE LYDIA GREENWAY ACADEMY



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Lydia Greenway is extremely excited to be offering girls throughout Kent, the opportunity to be part of The Lydia Greenway Academy. The academy will allow girls to take part in eight training sessions between January-April next year, giving them high quality coaching sessions and helping them prepare for the forthcoming season. The sessions will include:

- Technical batting, fielding and bowling sessions
- Tactical awareness and mental skills workshops
- Physical development programs and sessions
- Specialist guest speakers and coaches
- The art of batting, bowling and fielding workshops

If you would like more information, or would like to apply for the academy please contact Lydia on the details below. Places are limited.

For more information please contact Lydia on:

[Lydiagreenway20@icloud.com](mailto:Lydiagreenway20@icloud.com)

07523659985

[www.lgcoachingandspeaking.com](http://www.lgcoachingandspeaking.com)