



SOUTH GARO HILLS DISTRICT CRICKET ASSOCIATION
H.Q. BAGHMARA
SOUTH GARO HILLS, MEGHALAYA
Regd. No. SGH/SR/246 of 2018
(Affiliated to Meghalaya Cricket Association)

Email ID: dca.sgh@gmail.com

Memo No.SGDCA/Bagh/2020-21/

Date 25th Aug, 2020

To,

The President/Secretary
Meghalaya Cricket Association (MCA)
Polo Ground, Shillong

Subject: **Cricket activities report.**

Honorary Sir,

The South Garo Hills District Cricket Association (SGHDCA) is herewith submitting the physical fitness report of the District Association that has started from 10th August, 2020. The U-19 Boys, U-23 Men and the Senior Men around 13 numbers of players are doing the field activities regularly.

The following activities are:

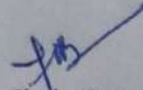
1. Fitness and conditioning.
2. Sprinting.
3. Net session/practice.

Enclosure: Photographs.

This is for favour of your kind information and to take necessary action. Thank you.



Yours Faithfully


Shri. Chuba R. Marak
General Secretary
SGHDCA, Baghmara
Secretary
South Garo Hills District
Cricket Association
South Garo Hills, Baghmara



