

MEIGLE CRICKET CLUB - CRICHIIT



CricHIIT is a fun exercise programme designed to encourage females to try cricket by combining HIIT (High Intensity Interval Training) principles with basic cricket skills.

CricHIIT used to attract a new female audience to play cricket

April to June 2022

15 participants

Whatsapp group used to engage members

PROJECT SUCCESSES

Hardball cricket - collaborated with Perth Doo'cot Cricket Club and played as P&K County Select Vs Carlton Women 2nd team (they have the biggest women's membership in Scotland and first to have a sustainable 2nd team).

Softball cricket - Meigle women have played home and away fixtures against Perth Doo'cot Cricket Club.

SPORT FOR CHANGE INCLUSION THEME - WOMEN & GIRLS
PARTNER - CRICKET SCOTLAND