

# 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**