

# GKCA High Performance Academy

## 2017/2018 Weekly Timetable

WEEK 1

7 November to 13 November



**HIGH  
PERFORMANCE**  
GARY KIRSTEN CRICKET

Details	Monday	Tuesday	Wednesday	Thursday	Friday	
Activity	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	
Time	08h00	08h30	08h30	08h30	08h30	
Venue	Ascot Manor	Various	Various	Various	Various	
Activity	Squad Meeting (All)	Warm Up and Stretching	Strength Session	Aerobic Session	Yoga	
Time	08h30-09h00	09h00 - 09h45	09h00 - 10h30	09h00-10h00	09h00 - 10h00	
Venue	Claremont CC	Claremont CC	Sports Science	Virgin Active	Yoyoga	
Activity	All Players - Video Analysis	Group Net Session	Nutrition Assessment and Presentation	Specialist Skills	Group 1: Fielding	Group 2: Skills
Time	09h00-12h00	10h00-12h00	10h30-12h30	10h30 - 12h30	10h45 - 11:30	10:45 - 11:30
Venue	Claremont CC	Claremont CC	Sports Science	Claremont CC	Claremont CC	Claremont
Activity	All Players- 1 on 1 (RVN/RC/TDS)	Lunch	Lunch	Lunch	Group 2: Fielding	Group 2 : Skills
Time	09h00-12h00	13h00-13h40	13h00 - 13h40	13h00 - 13h40	11:30 - 13h00	11:30 - 13h00
Venue	Clubhouse	Clubhouse	Clubhouse	Clubhouse	Claremont CC	Claremont CC
Activity	Lunch	Fielding Assessment	Individualised Net Session	Coaches Corner (GK/RC)	Lunch	
Time	12h00-12h30	14h00 - 15h30	14h00 - 15:30	14h00-15h30	13h00 - 13h40	
Venue	Clubhouse	Claremont CC	Claremont CC	Clubhouse	Clubhouse	
Activity	Transport to SSISA	Personal Development A		Personal Development B	Khayaletsha Visit	
Time	12h30				HP Players	
Venue	Claremont CC					
Activity	Physical Testing					
Time	13h00 - 15h30					
Venue	Sports Science					
Activity						
Time						
Venue						



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# GKCA High Performance Academy

## 2017/2018 Weekly Timetable

WEEK 2

14 November to 20 November



**HIGH PERFORMANCE**  
GARY KIRSTEN CRICKET

Details	Monday	Tuesday	Wednesday	Thursday	Friday
Activity	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom
Time	06h30	08h30	08h30	08h30	08h30
Venue	Various	Various	Various	Various	Various
Activity	Mountain Madness	Warm Up	Feedback Sports Science	Aerobic Session (JC)	Yoga
Time	07h00 - 09h00	09h00-09h30	09h00-10h30	09h00 - 10h00	09h00-10h00
Venue	Lions Head	Claremont CC	Sports Science	Claremont CC	Claremont
Activity	Net Sessions	Match Scenario 1	Conditioning	G1: Skills	G2: Fielding
Time	10h00 - 12h30		10h30-12h30	10h30-12h00	10h30-12h00
Venue	Claremont CC		Sports Science	Claremont CC	Claremont CC
Activity	Lunch		Lunch	Mind Masterclass 1 (TDS)	Weekly Wrap - up
Time	13h00 - 13h40		13h00-14h00	12h00-13h00	12h30 - 13h00
Venue	Clubhouse		Clubhouse	Clubhouse	Claremont
Activity	G1: Fielding	G2: Skills	Lunch	Lunch	Lunch
Time	14h00 - 14:45	14:00 - 14:45	13h00-13h40	13h00-14h00	13h00-14h00
Venue	Claremont CC	Claremont	Clubhouse	Clubhouse	Clubhouse
Activity	G2: Fielding	G1: Skills	Coaches Corner	Recovery Session	Net Scenarios
Time	14h45-15h30	14h45-15h30	14h00-15h30	15h00 - 15h30	14h00 - 15h30
Venue	Claremont CC	Claremont	Claremont CC	Claremont CC	Claremont CC
Activity			Personal Development A	Personal Development B	
Time					
Venue					
Activity					
Time					
Venue					



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# GKCA High Performance Academy

## 2017/2018 Weekly Timetable

WEEK 3

21 November to 27 November



**HIGH PERFORMANCE**  
GARY KIRSTEN CRICKET

Details	Monday	Tuesday	Wednesday	Thursday	Friday
Activity	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom
Time	06h30	08h30	08h30	08h30	08h30
Venue	Various	Various	Various	Various	Various
Activity	Mountain Madness		Conditioning	Aerobic Session	Yoga
Time	07h00 - 09h00		09h00-10h30	09h00 - 10h00	09h00-10h00
Venue	Platteklip Gorge		Sports Science	Claremont CC	Claremont
Activity	Squad Meeting	Warm Up	Recovery Session	G1: Skills (SC)	Non Cricketing Specialist (RS/GK)
Time	09h30 - 10h30	09h00-09h30	11h00-11h30	10h30-12h00	10h30 - 11h30
Venue	Clubhouse	Claremont CC	Claremont CC	Claremont CC	Clubhouse CC
Activity	Net Session and Fielding	Match Scenario 2	Mind Masterclass 2	Coach Education	Nets and Fielding
Time	10h45 - 12h45		11h30-12h30	12h00 - 13h00	11h30 - 13h00
Venue	Claremont CC		Clubhouse	Clubhouse	Clubhouse CC
Activity	Lunch		Lunch	Lunch	Lunch
Time	13h00 - 13h40		12h30-13h30	13h00 - 14h00	13h00 - 14h00
Venue	Clubhouse		Clubhouse	Clubhouse	Clubhouse
Activity	Spin Specialist Session	Lunch	G1: Skillswork	G2: Skills (SC)	Khayletsha Group 2
Time	14h00-15h30	13h00-13h40	13h30 -14h30	14h00-15h30	
Venue	Claremont CC	Clubhouse	Claremont CC	Claremont CC	
Activity		Coaches Corner	G2: Skillswork	G1: Nets	Personal Development B
Time		14h00-15h30	14h30 - 15h30	14h30 - 15h30	
Venue		Claremont CC	Claremont CC	Claremont CC	
Activity		Personal Development A			
Time					
Venue					



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# GKCA High Performance Academy

## 2017/2018 Weekly Timetable

WEEK 4

28 November to 4 December



HIGH  
PERFORMANCE  
GARY KIRSTEN CRICKET

Details	Monday	Tuesday	Wednesday	Thursday	Friday
Activity	Players Collected at Accom	Players Collected at Accom	Players Collected at Accom	Group 1 Players Collected at Accom	Players Collected at Accom
Time	06h30	08h30	08h30	08h30	08h30
Venue	Various	Various	Various	Various	Various
Activity	Mountain Madness	Warm Up (TDS)	Conditioning	Group 1 - One on One Session	Yoga
Time	07h00 - 09h00	09h00-09h30	09h00-10h30	10h00	09h00-10h00
Venue	Silvermine	Claremont CC	Sports Science	Claremont CC	Claremont
Activity	Squad Meeting	Match Scenario 3	Recovery Session	Group 2 Players Collected At Accom	Top up and Fielding
Time	09h30 - 10h30		11h00-11h30	12h30	10h30-12h30
Venue	Clubhouse		Claremont CC	Various	Claremont
Activity	Net Session and Fielding		Media Training	Lunch	Weekly Wrap Up
Time	10h45 - 12h45		11h30-12h30	12h30 - 13h00	12h30-13h00
Venue	Claremont CC		Clubhouse	Clubhouse	Claremont
Activity	Lunch	Lunch	Lunch	Group 2 - One on One Session	Lunch
Time	13h00 - 13h40	13h00-13h40	12h30-13h30	13h00 - 15h30	13h00-14h00
Venue	Clubhouse	Clubhouse	Clubhouse	Claremont CC	Clubhouse
Activity	Specialist Session - Short Ball	Coaches Corner	G1: Skillswork	Group 1 Players Depart	Khayletsha Group 1
Time	14h00-15h30	14h00-15h30	13h30 -14h30	13h00	
Venue	Claremont CC	Claremont CC	Claremont CC		
Activity		Personal Development A	G2: Skillswork		
Time			14h30 - 15h30		
Venue			Claremont CC		
Activity					
Time					
Venue					



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