

GKC High Performance Academy

2018/2019 Weekly Timetable

WEEK 1

05 November to 09 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				Khayaletsha Visit	
Time	12h30				HP Players	
Venue	Claremont CC					
Activity	Physical Testing					
Time	13h00 - 15h30					
Venue	Sports Science					



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GKC High Performance Academy 2018/2019 Weekly Timetable

WEEK 2

12 November to 16 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	Skills and Fielding (JC)
Time	10h00 - 12h30			10h30-12h30	10h30-12h00	10h30-12h00	10h30 - 12h30
Venue	Claremont CC			Sports Science	Claremont CC	Claremont CC	Claremont
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	Individual Skills	Lunch		Lunch
Time	14h00 - 14:45	14:00 - 14:45	13h00-13h40	14h00-15h00	13h00-14h00		13h00-14h00
Venue	Claremont CC	Claremont	Clubhouse	Claremont CC	Clubhouse		Clubhouse
Activity	G2: Fielding	G1: Skills	Coaches Corner	Recovery Session	Net Scenarios		Khayaletsha Group 1
Time	14h45-15h30	14h45-15h30	14h00-15h30	15h00 - 15h30	14h00 - 15h30		
Venue	Claremont CC	Claremont	Claremont CC	Claremont CC	Claremont CC		



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GKC High Performance Academy

2018/2019 Weekly Timetable

WEEK 3

19 November to 23 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) G2: Fielding	Non Cricketing Specialist (RS/GK)
Time	09h30 - 10h30	09h00-09h30	11h00-11h30	10h30-12h00 10h30-12h00	10h30 - 11h30
Venue	Clubhouse	Claremont CC	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: Nets	G2: Skills (SC) G1: Fielding	Khayletsha Group 2
Time	14h00-15h30	13h00-13h40	13h30 -14h30 13h30 - 14h30	14h00-15h30 14h00-15h30	
Venue	Claremont CC	Clubhouse	Claremont CC Claremont CC	Claremont CC Claremont CC	
Activity		Coaches Corner	G2: Skillswork G1: Nets		
Time		14h00-15h30	14h30 - 15h30 14h30 - 15h30		
Venue		Claremont CC	Claremont CC Claremont CC		



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