



HIGH PERFORMANCE

GARY KIRSTEN CRICKET



**ARE YOU READY
FOR THE NEXT LEVEL?**



IN PARTNERSHIP WITH

FAIRTREE



Gary Kirsten Cricket (GKC) is a renowned cricket academy that provides private cricket coaching for individual cricketers, teams and coaches of various ages and experience levels. Created by the iconic cricketing legend Gary Kirsten, this institution is one of the finest academies both locally and abroad. Gary had a vision to develop an internationally recognised cricket academy that would be based at a state-of-the art facility. This vision became a reality when the academy was launched, providing high-performance cricket coaching that not only caters for South African cricketers, but also for cricketers from around the world. Many international cricketers join the GKC during their off season to ensure that they sharpen their game and continually get access to the top coaches.

All GKC Coaches work closely with ICC World Cup winning coach Gary Kirsten to provide the finest coaching programs designed for school, club and amateur cricketers. Our team of fully qualified, highly skilled coaches deliver an unparalleled cricketing experience for all individuals and teams visiting GKC to help provide the greatest opportunity of success during your cricket career.

GKC has conducted over 20 High Performance camps during the past 4 years. The experience includes High Performance training for teams and individuals in picturesque Cape town. Gary and the High Performance Coaching team share their experience and knowledge through unique interventions which provide all round learning and an opportunity to advance and upskill each players game.



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*Aimed to meet the holistic needs of players looking to take their game into the professional realm. The **High Performance Academy** is a 3-month, full time programme, offering a unique blend of structure and flexibility through “One-One sessions”, nets and middle training and masterclasses combined with access to High Performance facilities and services. Offering once in a lifetime experiences in Cape Town including being involved in the Gary Kirsten Foundation.*

The GKC High Performance coaching team work with the players in group or individual settings and include Gary himself, the GKC coaching team, as well as international and local specialist coaches who use best practice coaching methods to take your game to the next level, they include Jimmy Cook, Andrew Puttick and Justin Kemp.

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INCLUDES

- **Full time programme** (Monday to Friday), **January – March** (3-months)
- CoachED Cricket Certification
- One on One Sessions with High Performance Coaches
- 2 x nets and fielding sessions
- 1 x Masterclass session per week on a specific aspect of the game by GKC Specialist Consultants
- 1 x Middle Session per week (Match Scenarios and Matches)
- Futura Sports agency management advice
- Sport Science Institute of South Africa Screening and Gym Membership
- Sessions with Performance Psychologist – Tom Dawson Squibb
- Video analysis and feedback
- Club cricket opportunities

EXCLUDES

- Flights
- Insurance
- Transfers to and from cricket sessions
- All other items of personal nature
- Excursions - These can be arranged on request
- Accommodation options - lodge/bed and breakfast/hotel. We will provide options and upon confirmation from you we will make your booking.

Contact us for costing of the program gvh@garykirsten.com

HIGH PERFORMANCE PROGRAM



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Week 1

Theme: From Good to Great

Details	Monday	Tuesday	Wednesday	Thursday	Friday
Activity Time Venue	Arrive at Session 09H00 RBHS	Arrive at Session 09H00 RBHS	Arrive at Session 09H00 RBHS	Arrive at Session 09H00 RBHS	Arrive at Session 09H00 RBHS
Activity Time Coaches	Welcome and Orientation 09H00 - 09H45 RvN	Warm Up 09h00 - 09h30 RvN	Warm Up 09h00 - 09h30 RvN	Warm Up 09h00 - 09h30 RvN	Warm Up 09h00 - 09h30 RvN
Activity Time Coaches	Batting Group 1 10h00 - 11h00 GvH	Batting Group 1 09h30 - 11h00 RvN, GvH, DM	Lecture - Making Performances 09h45 - 11h00 GK	Group 1 Fielding 09h45 - 11h00 DM	Group Net session (All) 09h45 - 12h00 ALL
Activity Time Coaches	Batting Group 2 10H00 - 11H00 DM	Batting Group 2 11h00 - 12h30 RvN	Group 1 Batting - Front Foot 11h00 - 12h00 GvH	Group 2 Batting - Front Foot 09h45 - 11h00 RvN	
Activity Time Coaches	Bowling Group 1 10h00 - 11H00 RvN		Group 2 Fielding 11h00 - 12h00 DM	Group 3 Bowling Specifics 09h45 - 11h00 RvN	
Activity Time Coaches	Goal session (ALL) 11h00 - 12H00 GK & RLC		Group 3 Bowling 11h00 - 12h00 RvN	Reflections session ALL 11h00 - 12h00 RvN	
Activity Time Coaches					
Activity Time Coaches					
Activity Time Coaches	Sport Science Testing 13h00 WC	Sport Science YOYO 14h00 WC	TBC	Sport Science 14h00 WC	Sport Science 14h00 WC

HIGH PERFORMANCE WEEKLY TIMETABLE



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Two months finished at the GKC High Performance Academy with quality players, coaches and all round people. The coaches displayed a work ethic that was simply phenomenal in allowing 12 cricketers to practice 6/7 hours a day 5 days a week, all at level striving to get better in every aspect of life.

As a player it's been great to learn from the other players and coaches and pass on knowledge and being in an environment that demanded the highest standards from all personnel involved, while becoming a tight group that constantly improved and challenged each other in every session.

Thoroughly enjoyed my time, building friendships, experiencing Cape Town and pushing my own standards as well as being pushed by everyone else around the group. It has been a pleasure to be part of something that you know you'll miss, but can take so much learning from.

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- ALEX BARROW -

TESTIMONIALS



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