

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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*The **Gary Kirsten Cricket High Performance camp will assist players in reaching their next level** as well as having a **unique cricketing experience** in the heart of Cape Town.*

Players will enjoy an opportunity to enhance and improve their skills as well as share their experiences with fellow cricketers through intense practices.

We look forward to sharing a unique cricket experience with ambitious players seeking to raise their game.

- Gary Kirsten -







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INCLUDES

- CoachED Cricket Certification
- Training sessions with Gary Kirsten and High Performance coaching team
- Choose your sessions and duration of the program to suit you
- Futura Sports agency management advice
- Club cricket opportunities
- Sport Science Institute of South Africa Screening and Gym Membership
- Video analysis and feedback

EXCLUDES

- Flights
- Insurance
- 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.

OFFERS 10 sessions | 20 sessions | 30 sessions

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.

- ALEX BARROW -

TESTIMONIALS


GARY KIRSTEN
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