

GKC High Performance Academy

2020 Weekly Timetable

PHASE 2: WEEK 3

24 February to 01 March 2020



Details	Monday	Tuesday	Wednesday		Thursday	Friday
Activity	Players Collected at Accommodation	Players Collected at Accommodation	Players Collected at Accommodation		Players Collected at Accommodation	Players Collected at Accommodation
Time	06h00	08h30	08h30		08h15	08h30
Player	Various	Various	Various		Various	Various
Activity	Mountain Madness	Warm Up	One on One Session Group 1		SSISA Session (WC)	Yoga
Time	06h30 - 09h30	09h00 - 09h30	09h00 - 10h30		09h00 - 10h00	09h30 - 10h30
Player	Silvermine	Claremont CC	Claremont CC		Claremont CC	Claremont CC
Activity	Squad Meeting	Match Scenario 2	G1: Core Session	G2: Skills	One on One Session Group 2	Mind Masterclass 1 (TDS)
Time	09h30 - 10h30		10h00 - 11h15	10h00 - 11h15		
Player	Clubhouse		Virgin Active	Virgin Active	Virgin Active	Claremont CC
Activity	Fielding		G2: Core Session	G1: Skills	Lunch	Weekly Wrap-up
Time	10h45 - 12h00		11h15 - 12h30	11h15 - 12h30	12h00 - 13h00	
Player	Clubhouse	Virgin Active	Virgin Active	Virgin Active	Clubhouse	Claremont CC
Activity	Lunch	Lunch	Lunch		G2: Fielding	G1: Skills
Time	12h00 - 13h00	13h00 - 13h40	12h30 - 13h30		13h00 - 14h00	13h00 - 14h00
Player	Clubhouse	Clubhouse	Clubhouse		Claremont CC	Claremont CC
Activity	Masterclass Specialist Session	Coaches Corner	Net Scenarios		G1: Fielding	G2: Skills
Time	13h00 - 15h00	13h40 - 15h00	13h30 - 15h00		14h00 - 15h00	14h00 - 15h00
Player	Claremont CC	Claremont CC	Claremont CC		Claremont CC	Claremont CC
						Gary Kirsten Foundation Group 1