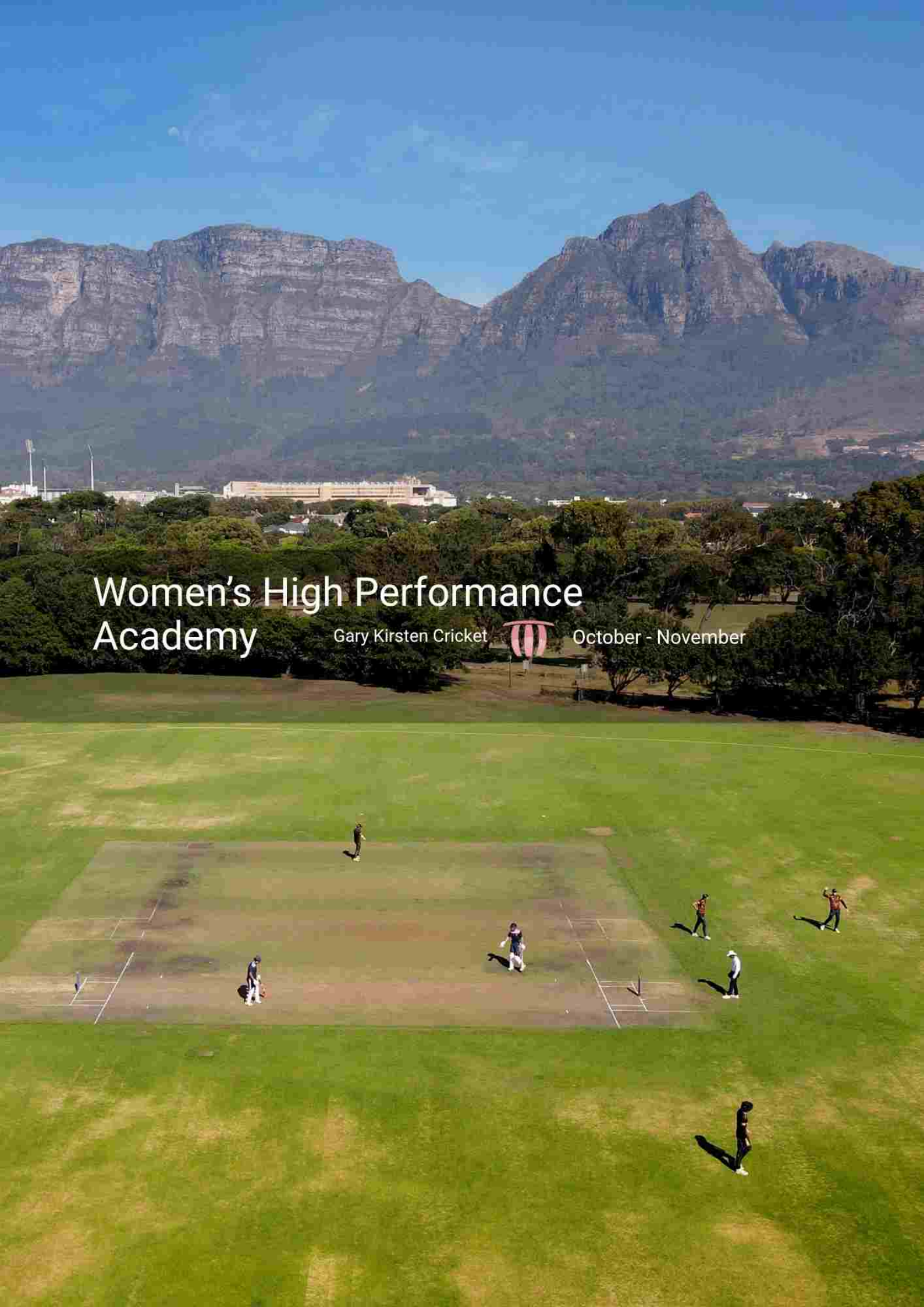


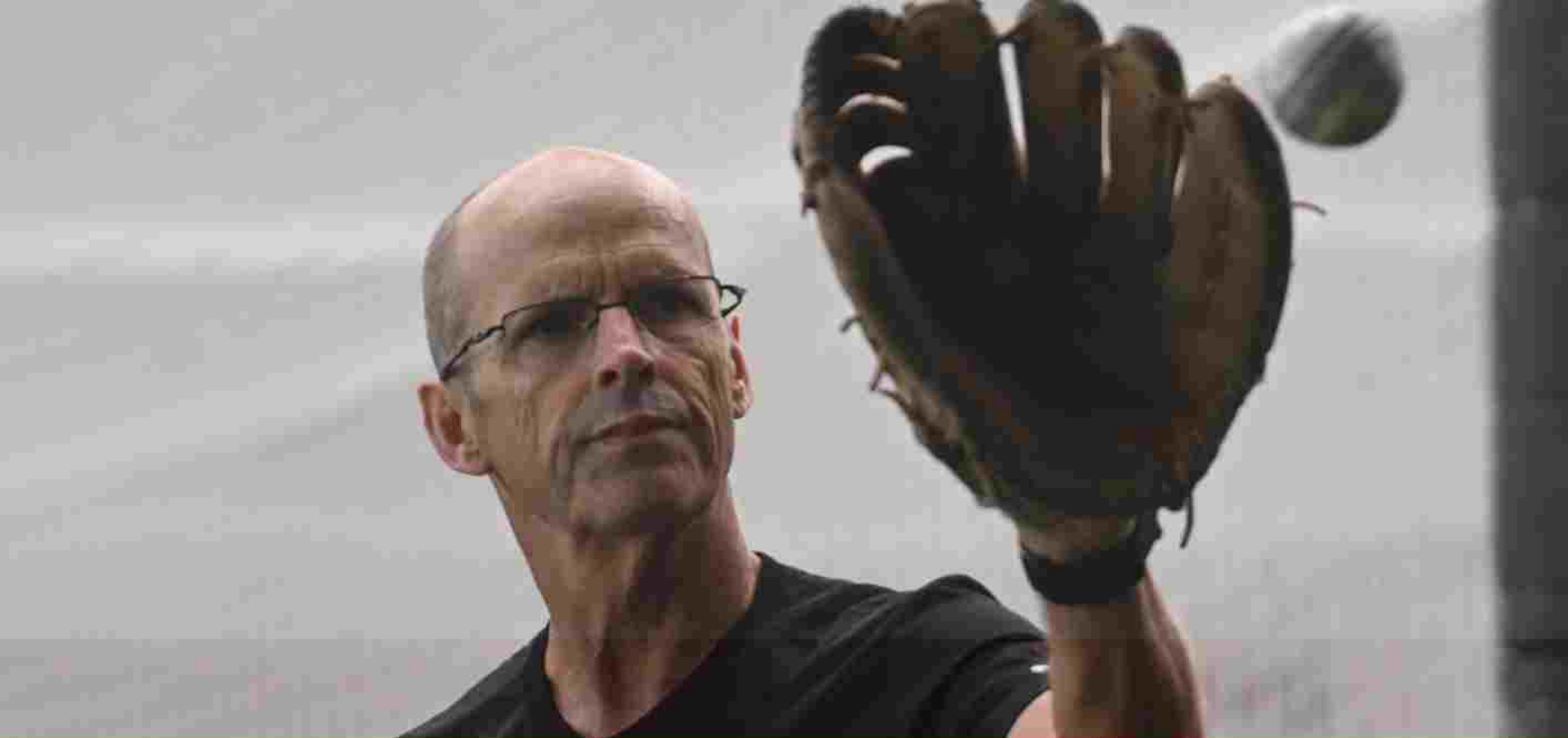
Women's High Performance Academy

Gary Kirsten Cricket



October - November





What Do You Know About Our The Academy?

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 30 High Performance camps during the past 10 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.



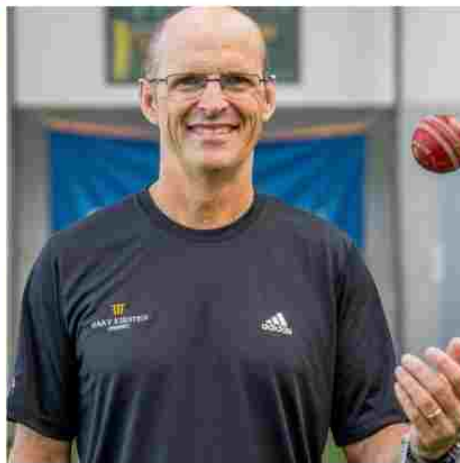
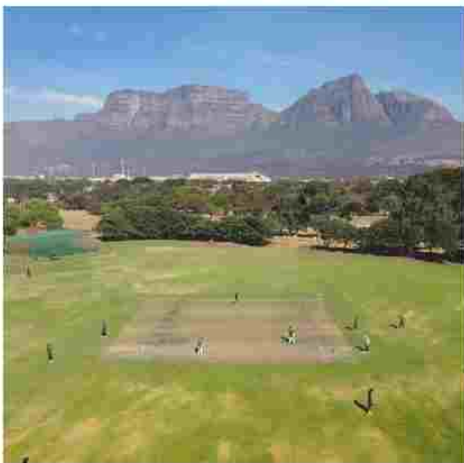


GARY KIRSTEN

— High Performance —

Aimed to meet the holistic needs of a players looking to take their game into the professional realm. The High Performance Academy is a 2 - 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, Derek Mitchell, Jordan Gregory and Justin Kemp.



FAIRTREE

FAQs

WHAT DOES THE PROGRAM INCLUDE

- Full-time Programme (Monday to Friday, September - October)
- CoachED Cricket Certification
- Personalized One-on-One Sessions with High-Performance Coaches
- Exclusive Nets and Fielding Sessions
- Focused Sessions on Key Aspects of the Game with GKC Specialist Consultants
- Sport Science Institute of South Africa Screening and Gym Membership Sessions with Performance Psychologist
- Comprehensive video analysis and feedback

WHAT DOES THE PROGRAM EXCLUDE

- Flights
- Insurance
- Transfer to and from cricket sessions
- All other items of personal nature
- Excursions (can be arranged on request)

Accommodation:

- Lodges
- Bed and breakfasts
- Hotels
- Booked based on your confirmed preference for a seamless experience

HOW MUCH DOES IT COST?

- **CONTACT GARRETH - GVH@GARYKIRSTEN.COM FOR COSTING**





MEET THE TEAM

Thank you for your time! Reach out to us for questions.



Gary Kirsten
Co - Founder



Garreth Von Hoesslin
Academy Head



Russel Symcox
Co - Founder



Jordan Gregory
Senior Coach



Ryan Van Niekerk
Senior Coach



Derek Mitchell
Senior Coach



Jimmy Cook
Senior Coach



GARY KIRSTEN

— High Performance —



2025 GKC High Performance Academy Weekly training schedule

Week 9 03/04										
Theme	Continuous Learning									
Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Activity	Group training		Group training		Turf Training WPCC		Tom Dawson Squib		Match & Training	
Time	9:00 - 10:30	Group 1	9:00 - 10:00	Group 1	9:00 - 9:30	Warm up	9:00 - 10:00	Tom's Talk	09:00	Group 2 training
			10:00 - 11:00	Group 2						
	10:30 - 12:00	Group 2	11:00 - 12:00	Group 3	9:30 - 12:00	Training & Fielding	10:00	Fielding	10:00	Group 1 vs Canadian Colts T20
			14:00	Venue: Sport Science Institute Gym Testing Programs	14:00	Venue: Sport Science Institute Gym Testing Programs	14:00	Venue: Sport Science Institute Gym Testing Programs	14:00	Venue: Sport Science Institute Gym Testing Programs
Venue	Rondebosch Boys High School Indoor Centre		Rondebosch Boys High School Indoor Centre		WPCC		WPCC		Rondebosch Cricket Club RBHS Indoor Centre	



FAIRTREE



GARY KIRSTEN

— High Performance —

TESTIMONIAL

"For the last 3.5 years, I've trained at the Gary Kirsten Cricket Academy in Cape Town. I've worked with various coaches on my batting and keeping, and I feel like I've improved both my technical and tactical game more than ever before. The coaches have great skills and knowledge (also about women's cricket), are very accommodating and patient, and show genuine care and interest in the players. The GKC High Performance Academy is very well organised and has great facilities in what has become my favourite city in the world. With beautiful beaches, scenic drives and hikes around Table Mountain, friendly people, pretty vineyards, and great food, I am very fortunate to call Cape Town my home."



Babette De Leede

Netherlands Women's Captain



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