



Adelaide
High School

CRICKET PROGRAM



Not only
for school
but for life.

CRICKET

Cricket has a great deal to offer individuals: acquisition of skills, development of self-esteem and character, physical fitness and conditioning, an opportunity to play in a team environment, and to compete in state, national and international cricket carnivals. Opportunities exist to tour interstate and to develop sister school partnerships. It is expected that the knowledge, skill and experience gained through our Cricket Program will foster a life long passion for the game and create opportunities for all players to fulfil their potential.

Curriculum

Practical

Lessons and training sessions will focus on development and application of cricket skills – batting, bowling and fielding, with fitness and conditioning also being important aspects of the program. Practical sessions are designed to challenge participants and teach them to play with confidence and belief.

Students also participate in an accreditation pathway achieving their Provide First Aid, Level 0 and 1 Coaching and Level 1 Umpiring qualifications during Years 7 -10.

Theory

As well as covering the requirements of the Australian Curriculum: Health and Physical Education at the relevant year levels, students also study cricket-specific content. As specialist sport entrants, they can enhance their practical skills through deep understanding of theoretical concepts such as:

- Cricket knowledge, origins, history, rules
- Sports psychology
- Diet and nutrition
- Factors affecting performance
- Biomechanics
- Cricket and technology
- Fitness analysis
- Character strengths, leadership and positive psychology
- Applied exercise physiology.

Facilities and Resources

- Accredited coaches
- Access to turf, indoor and hard wicket playing and training facilities
- Statistical analysis and video review of skills.

Adelaide High School is committed to providing all students with an opportunity to learn, develop and excel in the game of cricket.



Training

Training for all students and teams takes place either on school grounds or at South Australian Cricket Association (SACA) run facilities including Park 25, and Adelaide Oval Indoor Centre. Cricketers also undertake pre-season fitness and conditioning sessions at school.

Competition

Opportunities to compete in:

- School Sport SA (SSSA), Sports Association for Adelaide Schools (SAAS), Statewide Schools and Zone competitions in One Day Games, and T20
- Regular Saturday morning competition
- Australian Five Highs Cricket Carnival
- Invitational cricket carnivals

Parental Involvement

There is an expectation that parents support their child's involvement in the Cricket Program by being actively involved in the management of teams on match days by volunteering for roles such as umpiring, coaching, scoring at games, fundraising and transportation.

Pathways for Player Development

Adelaide High School liaises closely with SACA in terms of access to premier cricket clubs and the High Performance Pathway. This alignment and open lines of communication give our students a unique opportunity to learn high performance habits and the scope to represent their state if their ability warrants selection. This partnership has seen significant numbers of state and national representatives in underage squads.

Adelaide High School competes in the annual Australian Five Highs Cricket Carnival which is a First XI national competition. Other participating schools are Brisbane State High School, Kent Street Senior High School (Perth), Melbourne High School and Sydney Boys High School. Each capital city hosts the carnival once every five years.

Program Entry

The Adelaide High School Cricket Program also incorporates a talent identification selection process, whereby talented cricketers from outside the school zone can apply to enrol at Adelaide High School.

Students will be selected based on; an 'online' written application by the student, current school report, reference from cricket coach, practical skills assessment, video/vision of students batting and bowling and an interview.

Online applications are available from the Special Entry Programs page under the Enrolment tab on the Adelaide High School website. Successful students commit themselves to the Cricket Program during the period of their enrolment at Adelaide High School. Their involvement in cricket takes precedence over their involvement in other sports. Cricket entry students are actively encouraged to participate in sports outside of their cricket commitments.

The Cricket Program is also available to all students who are enrolled at Adelaide High School and who have a passion for cricket, through a trial process in Term 4.

Additional fees apply to students enrolled in the Cricket Program. These include an annual fee of \$350 for involvement in the program, with an additional cost for the cricket uniform and participation in intrastate and interstate games.

Adelaide High School allocates 15 places for 'out of zone' students for the Special Entry Cricket Programs.



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**For further
information contact**

dl.0768.office@schools.sa.edu.au

Parents are invited to contact Adelaide High School for additional information or to arrange an appointment with the Principal or an Assistant Principal to discuss any concerns or to ask any questions.

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Government of South Australia
Department for Education

Department for Education T/A
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