



Vision

Adelaide High School values the achievement of individual excellence and encourages the social, emotional, intellectual and physical development of all members of our community.

We build upon our linguistic and cultural diversity by offering a wide range of active learning opportunities connecting our school with local, national and international communities.

We value teamwork, reflection and sharing good practice. *Non scholae sed vitae*

Our School Priorities

We Are Committed To:

- Maintaining a safe and welcoming environment.
- Challenging each student to maximize his/her individual potential through:
 - explicit teaching and curriculum
 - responding to abilities and interests
 - offering a wide range of opportunities.
- Acknowledging, reflecting upon and celebrating the diversity of our school community and its traditions and we use these to guide future directions.

The Adelaide High School community is undertaking a review of its Vision and Priorities in 2008 and 2009.

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

The Adelaide High School Cricket Programme of Excellence offers:

Cricket teams in

Year 8: 8A & 8B
Year 9: 9A & 9B
Year 10: 10A & 10B
First XI & Second XI

Opportunities to compete in the:

- Secondary School Sport SA (SSSSA)
- Independent Schools Sports Association (ISSA)
- Regular Saturday morning competition
- Junior State Knockout competition
- Senior State Knockout competition
- Super 8s cricket
- Twenty 20 cricket
- A season of Annual Games
- Regional, state and national cricket carnivals
- Participate in intra-state, national and international tours
- South Australian Specialist Cricket Schools Carnival
- Adelaide Invitational Cricket Carnival
- Australian Five Highs Cricket Carnival
- Participate in overseas cricket exchanges

Access to:

- Accredited coaches
- Turf and hard wicket practice facilities
- Turf and hard wicket pitches
- Indoor cricket nets
- Bowling machines
- Video cameras

- Multi-lens cameras
- Digital cameras
- Pro-screen LCD projectors
- Coaching videos

Practice and training sessions concentrate on:

A. Skill Acquisition

- Batting
- Bowling
- Fielding
- Catching
- Throwing
- Hand-eye coordination
- Balance
- Running

B. Physical development

- Improve fitness and conditioning
- Improve agility
- Improve flexibility
- Increase strength and power
- Increase speed and athleticism
- Develop confidence and self-esteem

C. Theory classes

- Origins and history of cricket
- Umpiring, rules, regulations, scoring, etiquette and spirit of the game
- Captaincy, strategy, tactics and field placements
- Thinking and Problem-Solving skills
- Goal setting
- Sports Psychology
- Diet & Nutrition
- Recording achievement and participation
- Maintaining a Cricket journal

Pathways for Player Development

Adelaide High School liaises closely with both the South Australian Cricket Association [SACA] and the Adelaide Turf Cricket Association [ATCA].

Cricket Australia governs all cricket in Australia. Our cricketers are expected to play for grade clubs and they are automatically registered to play for the Adelaide High School Old Scholars' Cricket Club in the Adelaide Turf Cricket Association:

SACA Under 14 Red or White
SACA Under 16 Red or White
ATCA Under 15 North or South
ATCA Under 17 North or South

Players may also represent either Association in competitions such as the Under 17 Shell Shield, and in a range of representative games, in any age group up to 20 years of age.

Adelaide High School hosts the Adelaide Invitational Cricket Carnival which involves Mt Gambier High School, Northern Fleurieu, Gawler High School and St Ignatius College. Participation is by invitation only. It is expected that the knowledge, skill and experience gained through our Cricket Programme of Excellence will foster a life long passion for the game and create opportunities for all players to fulfil their potential. The ultimate honour is national representation – a dream that can be achieved.

Adelaide High School also competes in the annual Australian 5 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 High School. Each capital city hosts the carnival once every five years. Adelaide High School won the carnival in 1997, 2001, 2003, 2006 and 2008, and has been runner-up 4 times since 1996.

Adelaide High School is committed to providing all students with an opportunity to learn, develop and excel in the great game of cricket. This noble and ancient game 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, to be involved in representative cricket, and to compete in state, national and international cricket carnivals. Opportunities now exist to tour internationally and to develop sister school partnerships interstate and overseas.

The Adelaide High School Cricket Programme of Excellence also incorporates a talent identification selection process, whereby talented cricketers from outside the school zone can apply to enrol at Adelaide High School. If they are successful in their application, they then commit themselves to the Cricket Programme of Excellence.

The Cricket Program of Excellence is also available to Zone and sibling students who are enrolled at Adelaide High School and who have a passion for cricket.



Not only for school **but for life**



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Special Interest Language School
Associate School for Students of
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Centre for Hearing Impaired
Programs of Excellence in Cricket
and Rowing

Adelaide High School Cricket Programme of Excellence

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Department of Education
and Children's Services

