



**ADELAIDE  
HIGH SCHOOL**

**Not only for school but for life**



**CRICKET PROGRAM**



**Government of South Australia**  
Department for Education and  
Child Development



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Not only for school **but for life**

## ADELAIDE HIGH SCHOOL CRICKET PROGRAM

Adelaide High School is committed to providing all students with an opportunity to learn, develop and excel in the game of 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, to be involved in representative cricket, 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. The ultimate honour is national representation – a dream that can be achieved.

### Motto

Non Scholae Sed Vitae  
Not only for school but for life

### Vision

Adelaide High School is a dynamic community which is passionate about learning for life.

**Wellbeing:** We encourage the social, emotional, intellectual and physical development of all members of our community. Respect, resilience and optimism help us flourish.

**Learning:** We nurture independent, creative and collaborative learners. Curiosity and innovation motivate us to excel individually and collectively.

**Culture:** We celebrate diversity, promote intercultural understandings and connect with communities here and across the world. We reflect on our past and learn in the present to shape our future.

### Priorities

We are committed to:

- 1. Wellbeing:** A safe and welcoming environment based upon mutual respect.
- 2. Learning:** Engaging and challenging learning experiences through:
  - Reflective, innovative and contemporary practices
  - Varied curriculum and co-curricular offerings
  - Learning within and beyond the classroom
- 3. Culture:** Developing compassionate, positive and contributing citizens.



## 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 Senior First Aid, Level 0 and 1 Coaching and Level 1 Umpiring qualifications during Years 8-10.

### 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.

## Training

Training for all students and teams takes place either on school grounds or at South Australian Cricket Association (SACA) run facilities like Park 25, Adelaide Oval Indoor Centre and Adelaide Oval No. 2. Cricketers also undertake pre-season fitness and conditioning sessions at school.

## Competition

Opportunities to compete in:

- Secondary School Sport SA (SSSSA), Sports Association for Adelaide Schools (SAAS), Statewide Knockout and Zone competitions in One Day Games, Super 8s, T20
- Regular Saturday morning competition
- Regional, state and national cricket carnivals
- Australian Five Highs Cricket Carnival
- Invitational cricket carnivals
- Messenger Bowl T20 Competition.





## Pathways for Player Development

Adelaide High School liaises closely with SACA in terms of access to grade 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.

The Cricket Program aims to have all Cricket Entry students participating in grade cricket clubs and/or community clubs. The philosophy of the Cricket Program is that the more players experience games, the faster they learn.

Adelaide High School 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 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 on the basis of a practical session, a fitness test, a written application, an interview and their primary school report.

Information about this process is available from Adelaide High School and all primary schools in early March. 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.

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

## 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 and scoring at games, fundraising and transportation.

### For further information contact

#### Mr Phil Hopton

Teacher in Charge of Cricket

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.

### Adelaide High School

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