

Selection

Students will be selected into the program as part of the initial Year 7 Entry Program and may enter at Years 8, 9, 10 or Stage 1 Levels. A range of selection indicators will be used. It is expected that students will meet the following criteria:

- * A desire to develop as a cricketer
- * Potential for high level ability / performance indicated through skills testing
- * A high level of coachability
- * A demonstrated positive attitude toward school, study, attendance and social skills
- * A positive sporting attitude
- * Teacher Reference

COSTS

Some additional costs will be incurred for Cricket Program Training, Clothing and for travel away from The Heights for games.

For more information please contact Andrew Costello, Program Coordinator.



The Heights School

- * We work hard to learn
- * We respect each other
- * We value acts of generosity

Brunel Drive, Modbury Heights SA 5092

Phone 8263 6244

THE HEIGHTS SCHOOL



SPECIALIST CRICKET PROGRAM



Brunel Drive, Modbury Heights SA 5092
Phone: 8263 6244



Government of South Australia
Department of Education and
Children's Services

A Program for students developed by
The Heights School and the
South Australian Cricket Association
(SACA)

Specialist Cricket Program

The Heights School offers, in conjunction with the South Australian Cricket Association a Specialist Cricket Program.

Mr Andrew Costello is our program leader. Andrew has been an A grade player with the Northern Districts Cricket Club for over 10 years. He is a level 3 qualified coach and has coached junior SACA state squads including Under 14 Boys and Under 17 Girls.

The Aim of the Program

The aim of the Specialist Cricket Program is to maximise the cricket development of talented athletes and players as they train and receive specialist, qualified coaching within the school curriculum.

Our goal is to promote skills, behaviours, attitudes and knowledge that will benefit students in their performance of cricket, other sports, academic pursuits and personal development.

The cricket program is offered as part of a student's subject choices, and the participants will be offered study in cricket from Years 7–11. At Year 7 and 8 this will involve:

- * Skill Development (including own video analysis)
- * Leadership / Captaincy Skills
- * Spirit of Cricket / Player Etiquette
- * Goal Setting
- * Rules and Basic Umpiring
- * Scoring
- * History of Cricket and its role in Australian society
- * Fitness Development / Testing
- * Exercise in the Heat Guidelines
- * Nutrition and Healthy Eating for Competition
- * Cross-curricular assessment tasks

As the program continues from Years 9-11, further topics will be covered:

- * Basic First Aid / Injury Prevention and Management
- * Coaching- level 1 qualification
- * Umpiring- level 1 qualification
- * Sports Psychology
- * Principles of planning a training program
- * Exercise Physiology
- * Analysis of World Cricket Issues

With the support of S.A.C.A, participants will receive specialist coaching, are linked to relevant cricketing pathways and participate in the school's regional and state cricket competitions.

Students participate every year in the Harmony Day Cricket Program and assist the Junior School with their matches and coaching clinics. The students travel to the country to compete each year in a carnival against other Specialist Cricket Schools and also participate in a biennial interstate cricket trip.

Curriculum Balance

The Cricket program is integrated within the school curriculum, ensuring students are not disadvantaged and that academic and vocational career options are maintained.

Commitment

Participants in the program are required to develop and maintain a high level of commitment to their study and to the expectations of the Cricket program. We encourage students to maintain a range of sporting and cultural interests.

Students in the program will be actively monitored on their academic progress throughout the year. If necessary the athlete's position in the program will be reviewed. It is expected that all participants will meet the expectations of the School's Code of Conduct and other School requirements.

A Proud School

The Heights School enjoys high community regard for its academic and vocational programs. As a school for students with high intellectual potential, we are known for supporting students to reach the highest academic results.

Our specialist cricket program builds on outstanding community support for sporting activity.

We are also a partner in the North Eastern Vocational Opportunities Cluster and our students achieve in a range of Industry and Tafe accredited certificate programs

Outstanding Facilities

- * The Heights School has spent more than \$20,000 upgrading our oval, pitches and nets.
- * Students have access to the outstanding indoor nets facility at St Jay's Rec Centre
- * The excellent facilities also include a Bowling machine and video analysis of skills.

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