

Cricket: Academy in Australia

Duration: 10 weeks



Overview

The Sport Lived Cricket Academy gives you the chance to play and train in Brisbane, Queensland's picturesque state capital. Our course provides the ultimate cricketing experience: you'll receive elite coaching and have access to outstanding training facilities.

Recommended for:

- Working intensively on your game
- Meeting friends through club and academy
- Training alongside elite players & coaches
- Time to travel before/after your programme

At a glance:

- Regular cricket training and matches
- Access to world class cricket facilities
- Elite coaching from highly skilled staff
- 4-star city centre accommodation

Sporting adventures

Our cricket academy programme runs for 10 weeks from January - March. Whilst on the programme you'll train at the academy during the week and play matches for a local cricket club at the weekends. You'll live 15 minutes from the academy in 4-star city centre apartments with other Sport Lived participants.

Prices and dates...

Location	Duration	From	To	Price
Brisbane	10 weeks	10/01/2011	20/03/2011	£ 5495

Your coaching team

Your training at the Academy will be led by world-class coaches. Our team includes specialists in a variety of disciplines so that all aspects of your sporting development will be covered. Read the profiles of your coaching team below and prepare to be blown away by their experience and enthusiasm.

Michael Brundle Academy Coach

- Current member of the University of Queensland Cricket Club (UQCC) First Grade Team
- Part of the UQCC First Grade Teams which won Premierships in 2005/06, 2006/07 and 2008/09
- Assistant Cricket Coach at Brisbane Boys College
- Level 2 Qualified Cricket Queensland Coach

Anthony Wood: Cricket Strength and Conditioning Coach

- Co-ordinates physical development programmes for all academy players
- Programmes focus on developing players speed, agility, strength and power
- Level 1 Strength and Conditioning Coach
- Has a Human Movement Studies Degree from the University of Queensland
- Previously held strength and conditioning roles with the Queensland Rugby Development Squad, Brisbane Bullets Basketball Team and Brisbane Wolves Football Club

Graeme Skennar Academy Coach

- Assistant Coach of the University of Queensland Cricket Club (UQCC) First Grade Team
- Current member of the University of Queensland Cricket Club (UQCC) First Grade Team
- Part of the UQCC First Grade Teams which won Premierships in 2005/06, 2006/07 and 2008/09
- Level 2 Qualified Cricket Queensland Coach

Your pad

Accommodation is key to the Sport Lived experience. You'll live in 4-star centrally located apartments. The academy is a 20 minute bus ride from your accommodation and with lots of bars, clubs, restaurants and shops close by there are plenty of places to work, rest or play!

At a glance:

- Fully furnished 4-star apartments
- Situated close to transport and nightlife
- Shared with Sport Lived participants
- Fully inclusive of most household bills

Home from home...

Apartments are shared with other Sport Lived participants and include many mod cons. Each complex has a 24 hour reception and many have an in house swimming pool and gym. Apartments are fully furnished including a tv, linen, kitchen appliances, washing machines, etc. NB: Illustrative accommodation pictures.

Social life

Regular social events are organised for players attending the academy. These include bush trips, days out at the beach and an end of programme dinner

Through your cricket club...

Australian cricket clubs enjoy an unrivalled reputation for their social activities! Pub crawls, fancy dress parties, BBQs and nights out at sporting events will ensure there's never a dull moment.

With Sport Lived...

You'll live alongside other Sport Lived participants who are playing and coaching a wide variety of sports. This provides a ready made group of friends for you to get together with and explore life in your chosen Aussie city. Your programme will begin with introductory drinks during the first week, co-ordinated by your mentor who will also organise monthly social events. These might include a day out at a seasonal event, a traditional Aussie barbie, pub golf, etc.

Tuition

We've assembled a high quality coaching team to deliver the academy programme. You'll receive tuition from leading coaches, sports psychologists and fitness experts who'll analyse and develop every area of your game. The coaching at the academy will focus on:

Core skills

You'll receive one on one coaching, net sessions and drills to work on batting, bowling and fielding skills.

Physical attributes

Specialist coaching sessions focusing on all aspects of the physical game including strength, power, speed, agility and endurance development.

Psychological conditioning

This is a key area for cricket development, working on mental skill development. Coaches will work with you on goal setting, overcoming negative thinking, pre-game preparation, visualisation, etc.

Athlete education

Academy students learn about wider aspects of organisation, sport and cricket. You'll undertake lessons in diet and nutrition, injury prevention, tactical and decision making development and time management.

FAQs

Do you have to be a really good cricketer to attend the academy?

No. Cricketers of all abilities can attend the cricket academy where they'll receive high quality coaching and play matches for a club at the weekends.

How many players usually undertake the programmes?

There are usually between 10 and 12 players on each academy programme.

What type of visa should I obtain to attend the cricket academy in Brisbane?

The programmes are intensive so most players don't work during their time at the academy. We therefore suggest that you obtain an Australia Tourist Visa which your travel agent should be able to organise for you. If you plan to extend your trip and work in Australia then you should obtain an Australian Working Holiday Visa. This visa enables you to live and work in Australia for up to 12 months. Sport Lived can put you in touch with reputable companies who can arrange your Australian Working Holiday Visa.

Can I stay in Brisbane at the end of my programme?

Yes. If you would like to do this please liaise with the Sport Lived staff in Brisbane.

Does our accommodation have internet facilities?

Yes, all apartments have broadband internet access should you wish to bring a laptop.

What bills will I have to pay for in my accommodation?

The apartments are self-catering so you will need to buy food. Cooking facilities and utensils are provided. You'll also need to pay for the telephone and internet access.

What clothes are provided at the academy?

When you arrive, you'll be given academy T-shirts, shorts and cap.

Facilities

All academy sessions take place at the University of Queensland. The university is just 15 minutes from the city centre and has some of the best sporting facilities in Australia.

At a glance:

- 2 cricket ovals
- Outdoor grass and synthetic nets
- 2 bowling machines
- Video analysis equipment
- Gym and fitness centre
- 8 lane athletics track
- Olympic sized swimming pool

What to expect

When you arrive at the academy a thorough assessment will be made of your strengths and weaknesses. This assessment provides the basis of your training programme at the academy. Performance objectives are set and continually reviewed as development progresses.

The academy has an in-house sports medicine facility which includes physiotherapy, massage therapists and sports physicians.

You'll have access to superb facilities to help improve all aspects of your game.

Timetable

A typical weekly schedule on the 10 week programme is shown below. During the programme you'll work on all areas of your game. In addition, you'll also play matches with a club at the weekends and attend club practices during the week

A typical weekly schedule...

	Activity AM	Activity PM
Monday	10am - 12pm One-to-One Batting & Bowling Coaching	2pm - 4pm Cricket-specific Fitness Session
Tuesday	9am - 12pm Optional Fitness Session	5pm - 8pm Club training & Social
Wednesday	10am - 12pm One-to-one Batting & Bowling Coaching	2pm - 4pm Cricket-specific Fitness Session
Thursday	9am - 12pm Optional Fitness Session	5pm - 8pm Club Training & Social
Friday	9am - 12pm Optional Fitness Session	2pm - 4pm Fielding Session One-to-one Batting
Saturday	9am - 12pm Club Match	12.30pm - 7pm Club Match
Sunday	All Day Rest and Optional Social Activity	

Matches

In addition to training at the academy, you'll join a cricket club in Brisbane. You'll attend mid-week training sessions and play matches at the weekends.

Personal development

Playing for a local club will enable you to put the academy coaching into practice in weekly competitive matches.

Playing and training with a club also enables you to integrate into the local community, meet new people and make new friends.

Most cricket clubs in Brisbane have 4-6 senior men's teams and some also have women's teams. Some of our cricket clubs in Brisbane have state and international cricketers, so you'll have the opportunity to play alongside some very talented players.