

TuksSport High School Cricket Programme



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksSport

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sport, science, knowledge

Mission Statement– “To provide an environment of excellence for young cricketers to optimize their potential”.

The TuksCricket Junior Programme has structured its programme in order to provide high quality coaching to all of those interested in improving their cricket talents. Ultimately the programme aims to develop each individual in order to optimize his potential,through providing a programme,which emphasizes individual attention,has access to world-class facilities,and in corporate the use of cutting edge technology.



Perhaps the ultimate benefit of the academy programme will be the coaching philosophy, a philosophy that:

- Is unique and distinguishable from standard coaching practice.
- Acknowledges that any physical performance consist of physical,mental,tactical and technical component and aims to improve and maximize the individual in each of these areas.
- Provides opportunity for those who believe they have a future in the game.
- Will provide for young cricketers to grow their talents without being lost in a team setup where the individual attention is limited or non- existent.



Technical

- Individual one-on-one coaching
- Practical skill specific training
- Encouragement of individual flair/personality
- Providing advanced visual feedback
- Providing an energized, learning, excellence driven environment

Mental

- Foster self-awareness
- Creating thinking cricketers
- Developing personal responsibility and internally driven cricketers
- Mental attitude engineering

Education

- Academy is supported by TuksSport High School Gr8 – Gr12
- To ensure that a player not only receives an education in cricket but also in academics to encourage a well-balanced life for the athlete.
- The school's goal is to give an opportunity to obtain university exemption to further widen the horizon for the person and the player.
- School times are flexible and allows for optimal training times before school and after school.
- Allow players to remain in a social milieu and interact with other sporting codes' athletes.



Facilities

- Players in the TuksCricket Junior Programme make use of world class training facilities at The University of Pretoria's Sports Campus (LC de Villiers) TuksCricket Oval as well as training facilities at Groenkloof Campus
- University of Pretoria's High Performance Centre providing services such as Psychology, Nutrition, Gymnasium, The Institute of Sport Research (ISR) and Sport Scientists whom monitor the players physical development and provide feedback to the players and the coaches.



Game Time

- TuksCricket Junior Programme plays friendly matches (depending on availability of opposition).
- Also plays in the Northernns Cricket School League during the 1st and 3rd term (depending on age group of players)
- Attends the Schools Cricket Challenge in July.
- Inter squad Middle Practices/Games.
- Also Plays in the 4th term Northernns JNR Club Cricket League for TuksCricket (Depending on age group of players, JNR Club u/14 and u/15)

Contact Details

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TuksSport High School & Sport programmes

