



JOHN FORREST Secondary College

INDEPENDENT PUBLIC SCHOOL

Cricket Music Netball Tennis

SPECIALIST CRICKET PROGRAM

Approved by the Department of Education and endorsed by The WACA

Develop your cricket skills while at John Forrest Secondary College

Aspiring young cricketers have the opportunity to be part of a Specialist Cricket program. Successful selection in the Specialist Cricket Program means students will study cricket units throughout the year, receive professional coaching by qualified teachers and will have opportunities to be involved in regular organised competitions. Students will use a variety of forms of video and biomechanical analysis to assist in the development of their technical skills in batting, bowling and fielding. They play on turf wickets at various grounds and will have regular access to the WACA facilities.

Specialist Sport Program students have a unique opportunity to develop leadership skills and self-discipline and are expected to maintain a high level of endeavour in all learning areas, not only their chosen sport and are expected to participate in the wider College community.

The Specialist Cricket Program requires a commitment of four years (Year 7-10).

COURSE DESCRIPTION

- Development of batting, bowling, fielding and mental skills and strategies.
- Match strategies.
- Modified games/indoor cricket.
- History of cricket.
- Diet and nutrition.
- Umpiring.
- First XI, Second XI and Super 8s.
- Fitness training.
- Sports medicine awareness.
- Captaincy.
- MyCricket scoring and team administration.

QUALIFIED STAFF

The John Forrest Cricket Academy is coordinated by qualified staff who have coached representative Cricket at the highest level.

ACADEMY ACHIEVEMENTS

- John Forrest First XI play in the top tier of the state-wide one day cricket competition (The Kim Hughes Shield) and have been state champions in 2018, 2016, 2015, 2010, 2008, 2007, 2006 and 2003 and runners up in 2011, 2005 and 2002.
- To date John Forrest have been the only interstate team to win the U16 Southern Skies Challenge in Brisbane.

FACILITIES

The College has outstanding facilities, including a turf wicket, a synthetic wicket and a fully equipped weights/training room.

IMPORTANT INFORMATION

We are proud to offer students the opportunity to pursue their individual interests and strengths through participation in **one of our four** Specialist Programs. The Specialist Programs are timetabled as electives. Queries about the impact of this on student course selection may be discussed with the Deputy Principal.

Please contact Karen Barnes (T: 9473 4035 or E: JohnForrest.SC.SpecialistPrograms@education.wa.edu.au) to obtain an application form if you are interested in becoming part of the John Forrest Secondary College Cricket Academy.

Applications must be received by 20 March 2023. Applications received after this date will be accepted, however placement in the program will depend on enrolment numbers.

CAMPS, MATCHPLAY AND COMPETITIONS

Students in Years 7, 8, 9 and 10 each have an annual regional camp to play games against other schools.

Year 7, 8, 9 and 10 students play mid week games against other specialist cricket schools such as Kent Street, Butler Secondary College and Belridge Senior High Schools, Kennedy Baptist College and Christ Church Grammar School.

Year 10 students participate in the Bunbury Big Bash T20 tournament during Term 1.



Specialist
Programs



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