



UNLOCK YOUR
CRICKETING POTENTIAL



"I spent 4 months at a high performance program run by Shaun Seigert in Australia back in 2010/11. I can't tell you how much it improved my game. I came home from the experience well-prepared for first-class cricket. That season I broke into the Yorkshire first team and the rest is history!"

Shaun is a great addition to the R66T Academy and will certainly not be afraid to really challenge players."

Joe Root - England Captain



#raisethebat

HIGH PERFORMANCE RESIDENTIAL

ADELAIDE, AUSTRALIA

OCTOBER - MARCH 2023 - 24

BOOK HERE:

WWW.THEROOTACADEMY.COM





ABOUT THE R66T ACADEMY

The R66T Academy aims to prepare and empower individuals and teams to succeed at their highest level.

The R66T Academy provides guidance and teaching designed to improve each player, allowing them to maximise their potential in cricket.

The benefits of the various R66T Academy programs extend well beyond the field of play.

HIGH PERFORMANCE PROGRAM

OUR PHILOSOPHIES TO IMPROVE PLAYERS

GET UNCOMFORTABLE

In order to improve, it is essential to be uncomfortable. This can take many forms; a training session, training day, or training week, to make you feel challenged. Improvement remains dormant unless challenged.

FIND A WAY

The game of cricket is forever asking questions, and the best players are very good at knowing what to do in a situation. Our program constantly asks questions, whether a game simulated training session, or how you will improve through game reflection. It's a skill and needs to be developed.

DEVELOPING CHARACTER

A player's character plays a big part in the individual being the best they can. Being continually challenged, using self-reflection processes, and leadership programs develops character and people. These are skills that will help you for the rest of your life.





RESIDENTIAL PROGRAM

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|----------|---------------------|--------------------|---------------|-------------------|------|---------|
| MORNING | Planning | Conditioning | Weights | Conditioning | Low Impact Cardio | Club | Day Off |
| | Skills | | | | Recovery | Game | |
| AFTERNOON | Weights | Fielding | Competitive | Nets | Self Reflection | | |
| | | Nets (Skills Based) | Nets Centre Wicket | Player Driven | | | |



R6BT ACADEMY CYCLE OF PLAYER DEVELOPMENT



R66T ACADEMY HIGH PERFORMANCE RESIDENTIAL

The R66T Academy High Performance Residential Program is divided into two 10 week seasons as follows;

Season 1: Early October to Late December

Season 2: Early January to Mid March

Players travel from all over the world to participate in the program. Players train, recover and live together in Adelaide, Australia throughout the duration of either one or both seasons.

The R66T Academy offers access to educational institutions and each player is connected with a South Australian Cricket Club to apply their learnings every week in top level Club Cricket.

The Residential Program covers all aspects of the player's training and development including:

- Skill and Technique improvement – Batting, Bowling, Fielding including Wicket Keeping
- Recovery
- Injury Prevention
- Nutrition
- Mental Skills / Mindset
- Leadership and Character Development
- Game Scenario Training
- Game Tactics
- Self Reflection Skills
- Strength and Conditioning:
 - Speed and Agility
 - Weights and Core
 - Low Impact Cardio
 - Bowler Prehabilitation



Over the last 17 years, Shaun has overseen the development of 32 International and over 200 First Class Cricket Players. On top of this, he has developed International U19 Players, Club Cricketers, Associate County Players, and gap year students across both male and female players.

Shaun has seen players develop very quickly, like Joe Root who progressed from a County 2nd XI Player to an International Player in 18 months.

"To run an effective High Performance Program that generates results for players of any level, the program structure needs to be right."

"The structure needs to be built around key philosophies to not just challenge cricket skills but, to challenge the player to grow and develop their character."

"Our experienced coaches and consistent with their approach to build relationships with the players to develop trust. We build in weekly self-reflection and planning processes to complete the learning cycle, without this, very little learning takes place."

"I've seen success over and over again with players of all levels, and I've generated the results to give our program the credibility that shows it works."



SHAUN SEIGERT

HIGH PERFORMANCE DIRECTOR





JOE ROOT

Joe came to me in 2010/11 having just played for England U/19s and yet to play a First Class game. Like any program that's worth it's salt, Joe's development really excelled, and he thrived in the program structure. His training and understanding of what he needed to do to be successful stood out. Joe went back to England completely different and made his Test Debut 2 years later.



JASON ROY

Jason came to me in 2008/09 season. A player of immense talent, his major development was as a person in the daily grind of training and playing. Focusing on the processes of him improving were key, and not letting him get comfortable. Different players have different needs, as with Jason it wasn't just developing his cricket, it was developing him as an individual too.



LIAM PLUNKETT

When Liam came to me having already played for England, his career needed to be reinvented. He'd lost his contract at Durham and was picked up at Yorkshire as a back-up bowler. Building belief through training and playing was crucial for him and we supported him to get everything out of the program.



BEN FOAKES

Ben came to me in 2015 as a player of huge potential, having already represented the England Lions. I spoke to Ben about the program structure and it was important for him in growing. As Elite levels of cricket programs have many resources, crucially the development of a players self direction is vital to get the most out of your abilities.



TAMMY BEAUMONT

Tammy came to me having had a little taste of International cricket, but since then she has now established herself as a leading female player in the world. A lot of what we worked on was her mindset in freeing it up and playing in a way she could use all of her skill.



RORY BURNS

Rory came to me in 2012-13 having played some First Class cricket. He went through ups and downs in the program, but showed a great understanding of his game. Importantly the program challenged him, to look for improvement, which it did as he won the Most Improved Player in the ECB County season upon his return.



AJMAL SHAHZAD

Ajmal came to me twice, once prior to playing for England, and once post. The first time he quickly went from a fringe First Class player, to playing for the England Lions and England. The 2nd time was about training hard and clearing his head, and supporting him with what he needed to do, in the right environment.



ALEX HALES

Alex came to me as a player with a big reputation, but lacked consistency. The big areas of improvement he was challenged on was the short ball and playing spin to become more consistent and adaptable. He cemented his spot in Nottinghamshire's team upon his return that year by making 100s.



SAMIT PATEL

A player of huge ability he came to me in 2011. A large part of his training was about getting fitter to get more out of his ability. His performances improved upon his return and he was selected to play for England.



ACCOMMODATION

Players are located in apartment style accommodation in the city centre for easy access of training venues and clubs. Accommodation has cooking and laundry facilities as players do their own cooking from their weekly allowance, and washing.

WHY TRAIN WITH US?

Customised training programs to meet your needs

Training venues that meet the standard of a high-quality program



- **Competition in the form of weekend Club Cricket that is of your level with games during the week**
- **Coaches that have consistent contact with the players to build relationships and to work together on the development of the individual**
- **Our coaches are highly qualified and very experienced**
- **A proven program with clear philosophies that distinguish it from other academies**
- **A program built by Head Coach Shaun Seigert, which has accelerated the development many players from some of the best in the world, to aspiring Club/School/Academy players**
- **Adelaide is a fantastic location to host the program. There are high-quality facilities available, which are easily accessible for players**
 - **The City Centre can be easily accessed for the players to explore & enjoy at their leisure**
- **The weather in Adelaide is a dry summer which results in the program being uncompromised and undisrupted by poor weather**





PLAYERS ARRIVAL IN ADELAIDE

Once players clear immigration and customs, they will be met by a member of the R66T Academy Team at Adelaide Airport

The player will then be driven to their accommodation and introduced to other R66T Academy players on the program

Upon their arrival, each player will receive a Welcome Pack, which will explain everything they need to know about living at the Academy

Accommodation is located in the City, so access to transport is very easy and convenient



Arrivals

Terminal

Flight

Destination

Time

Gate

Remarks

06:40

11a

ARR

05:40

22a

LAND



TESTIMONIALS

FROM PLAYERS AND PARENTS OF THE 2022/23 PROGRAM

"I've really enjoyed it, I've enjoyed the gym work quite a lot because it's helped me build my fitness for cricket. I'm really enjoying having bowling sessions every day, it's made my consistency much better and the group of people here are really nice and the coaches are really good and supportive. I've learnt quite a lot about my bowling action and how I should create more swing. Batting wise I've come on as well, back at my club in England, I was batting about 5, now I'm opening the batting and opening the bowling in the same match so I'm really enjoying it out here"

"Coming here, my expectations were quite high and the R66T Academy have lived up to that. I expected good net sessions, good indoor sessions and fitness sessions and I could improve myself so, the academy lived up to that. Before coming to the academy, my bowling stride was quite uneven, so I focused on that a lot with Aaron and my stride has improved a lot with the academy. On my batting my pull shots and playing the short balls has improved."

"For the time I've spent here, I've learnt a lot as a bowler and I've realised that I'm a lot further away than I need to be. I've spent a lot of time learning that there's a lot of physical aspects that I'm lacking and I've learnt a lot about how important it is to stay physically strong and what part of my body I need to get right. It's been a long stint of training, but I've really enjoyed it and it's made me more determined to become a cricket player and to plan ahead. I've played cricket for fun but I do want to play first class cricket when I get back to the UK."

"As Toby will be heading back to the UK soon, I just wanted to send you guys a big "thank you" note from Rita (my better half) and I. Toby has enjoyed his stay at the Academy (and Grange Dolphins) immensely and it has been a great part of his development both as a cricketer and a young man making his way."

"It's not easy to send your son off to the other side of the planet and just hope he is well received by good people. But you have delivered on that and more and made Toby feel very welcome and improved him as a cricket player and a person."

"For that you have our heartfelt thanks and no doubt Toby will be back over to Australia – I might even pop over myself next time, just wanted him to do this stint without "dad" if you know what I mean! Adelaide now has a special place in our hearts – thank you once again. Please make sure Toby gets you a beer or two"

A player's parent who attended the 2022/23 program



FOLLOW IN JOE ROOT'S FOOTSTEPS

JOIN THE R66T ACADEMY IN ADELAIDE

Joe Root came to Adelaide in 2010/11 to train and play. Joe was 19 at the time and hadn't played first class cricket yet. After completing the program, the season after his return to the UK he quickly made his mark, firstly by breaking into Yorkshire CCC XI and then playing for England Lions.

The R66T Academy Residential Program is providing players with the same opportunity that Joe had – to train and play cricket in Adelaide and to have the same experience he had.

Players on the program will be *following in Joe Root's footsteps*.

"Using the key philosophies that underpin the program, aspiring players will receive the same level of coaching and program structure that will not only accelerate the development of the player in cricket, but also develop the player as a person.

The player development is self-directed and by having a better understanding of themselves as a person and to learn to make independent decisions, that will help players for the rest of their lives." Shaun Seigert High Performance Program Director

INTERESTED? GET IN TOUCH

Get in touch with The R66T Academy and a member of the team will be able to support you with answering any questions and booking a place on the program

Email: enquiries@r66t.co.uk

Visit: www.therootacademy.com

Phone: 01143 951818

Follow the R66T Academy on social media to keep up-to-date with the latest news

