



HIGH PERFORMANCE PROGRAM

ADELAIDE, AUSTRALIA 2025 - 2026



FOLLOW IN THE FOOTSTEPS OF JOE ROOT



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JOE ROOT'S JOURNEY

2009/10

Joe Root joined the High Performance Program in 2009 to 2010. With his struggles to yet play a first class game in his England's U19s team, he decided to take his training further. As he progressed through under the watchful eye of current High Performance Director Shaun Seigert, Joe's development excelled, as he thrived in the structure of the program. His training and understanding of what he needed to do to be successful stood out. After his development during the High Performance Program, upon his return to England Joe quickly made his mark, firstly for Yorkshire, then for the England Lions, in the season of 2010.

2012

After some consistent performances, Joe was selected for the England Tour of India in the winter of 2012/13 and made his international debut in the 4th test match in Nagpur. Joe puts his rapid rise from Yorkshire 2nd XI to the England team down to the hard-work and elite level coaching experiences he received under the coaching of High Performance Director, Shaun Siegert.

2013 - NOW

Joe Root has risen to become one of the leading cricketers in the world, a batter with an ability to score runs in all formats of the game. He is England's leading run scorer in test match cricket and is targeting the most runs in test match cricket by anyone anywhere.

“

I spent 4 months at a High Performance Program run by Shaun Seigert in Australia back in 2010/2011. 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



ABOUT US

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 all aspects of the game of cricket.

KEY PHILOSOPHIES

PUSH COMFORT ZONES

Essential to improving is 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 question, whether a game simulated training session.

DEVELOPING CHARACTER

The person players a big part in the individual being the best they can. Being continually challenged, using self reflection processes, and leadership.



HIGH PERFORMANCE PROGRAM

The High Performance Program is a proven method to improve cricket skills and players characters to ultimately, improve their performance as cricket players. It is designed to provide cricketers around the world with opportunities to push their abilities, and develop not only their game but as people too. The two go together - players need to get the best out of their skills and themselves as a person.

WHY CHOOSE THE R66T ACADEMY HIGH PERFORMANCE PROGRAM?

- **Proven Coaching Excellence:** Training from top coaches with a track record of developing first-class and international cricketers.
- **Real Match Play:** Test your skills in real match conditions as part of our program.
- **Personal Growth:** Develop leadership and mental resilience, preparing you for success both on and off the pitch.

MEET THE COACHES



SHAUN SEIGERT

Over 13 years I oversaw the development of 26 International Cricketers, well over a 100 First Class players, International U/19 players, gap year students, club cricketers, Associate Country players, and female players, with a program that I designed, coached and implemented. I have seen players progress quickly like current England Captain Joe Root, from progressing from a County 2nd XI player to International player in 18 months.

To run a effective High Performance Program that gets results for a player of any level and have real substance, the structure of the program needs to be right with the right coaching philosophies needs to challenge not just cricket skills but also the person to grow, a regular and reliable panel of coaches that build relationships with players to build trust, and have coaching experience and knowledge, and to build in weekly self reflection and planning process's to complete the learning cycle, without, very little learning takes place.

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

JOE GATTING

I am a Former Sussex and Hampshire player in the UK County system. I'm currently the Head Coach of Premier Grade Club Tea Tree Gully who have been consistent top performers in that competition. I am also currently working with First Class players in the Australian and English systems.

HENRY CAMERON

I am originally from New Zealand and have worked in High Performance pathways for Auckland Cricket for the Woman and Auckland A Men's Program. I have also worked in the South Australian Female High Performance Program, along with being Head Coach of St Peters College 1st XI.

LOVEY SINGH

I am currently also working in South Australian Cricket High Performance Men's program as a coach. I'm also Sturt District Cricket Clubs T20 Head Coach and Assistant in the Red ball cricket in the in the Premier Grade Competition.

AARON O'BRIEN

My playing career saw me play for South Australia and New South Wales in the First Class system as well as represent the Adelaide Strikers and Melbourne Renegades in the T20. I am the Root Academy spin bowling coach in the High Performance Program bringing my expertise from playing in the white and red ball formats at a professional level in Australia. I have been the spin coach at the Academy for the past few seasons.

WILL PRATT

I am a former cricketer for the Woodville District Cricket Club is the S&C Coach on the Program. I also have a Masters of High Performance Sport with ASCA Level 2 Associate accreditation. Currently, I am an S&C Coach in the Norwood FC Senior Men's program as well as a S&C Coach in the South Australian Cricket High Performance Pathways in the Male, Female and Men's Senior Programs.

WHAT'S INVOLVED?

The High Performance Program is divided into two 10 week programs to provide more intensive and appropriate training. Players will train every Monday to Friday with competitive cricket on weekends and living independently, which includes getting to and from training grounds.

- ⊕ Tactics/Game awareness
- ⊕ Competition
- ⊕ Leadership Program
- ⊕ Open & closed individual skill improvement for batting & bowling
- ⊕ Fielding
- ⊕ Strength and conditioning
- ⊕ Self reflection
- ⊕ Speed and agility
- ⊕ Endurance
- ⊕ Nutrition
- ⊕ Low impact cardio
- ⊕ Bowler Rehab Drills
- ⊕ Recovery
- ⊕ Injury prevention
- ⊕ Mental approach - Psychology
- ⊕ Centre Wicket Training
- ⊕ Full report post matches & training
- ⊕ Playing competitive cricket & representing a cricket club in Adelaide



WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	FIELDING SELF-REFLECTION	INDIVIDUAL SKILLS	BATTLE ZONE/ CONDITIONG TACTICAL	GAME SKILLS/ MENTAL SKILLS	RECOVERY GYM/BEACH REVIEW/SELF REFLECTION	PREMIER/TURF CRICKET	REST DAY
AFTERNOON	WEIGHTS	CONDITIONING CLUB TRAINING	WEIGHTS	CONDITIONING CLUB TRAINING		PREMIER/TURF CRICKET	REST DAY

LEADERSHIP PROGRAM EVERY 4 WEEKS

OCTOBER 2025 TO MARCH 2026

OCTOBER TO DECEMBER - SEASON ONE

JANUARY TO MARCH - SEASON TWO

CLUB CRICKET OPPORTUNITIES

- Competition in the form of weekend Club cricket that is of your level, and games through the week.
- Coaches that have consistent contact with the players to build relationships with to work together on the development of the individual. Our coaches are highly qualified and importantly very experienced.
- A proven program with clear philosophies that define it from other academies created by Head Coach Shaun Seigert, and has accelerated the development of many players from some of the best in the world, to aspiring club/school/academy players.
- Location in Adelaide is the right size to facilitate a program like this. A city of not too big allows players to get to training venues with a minimum of fuss. It is also of a size that allows access to enjoy the city.
- Weather in Adelaide is a dry summer to allow players to not have to deal with compromised programs due to wet weather, and training, playing outside.



ACCOMMODATION

BreakFree Adelaide, 255 Hindley Street, Adelaide, SA 5000, Australia



ACCOMMODATION

The comfortable hotel apartments are the perfect accommodation for players training out in Adelaide.



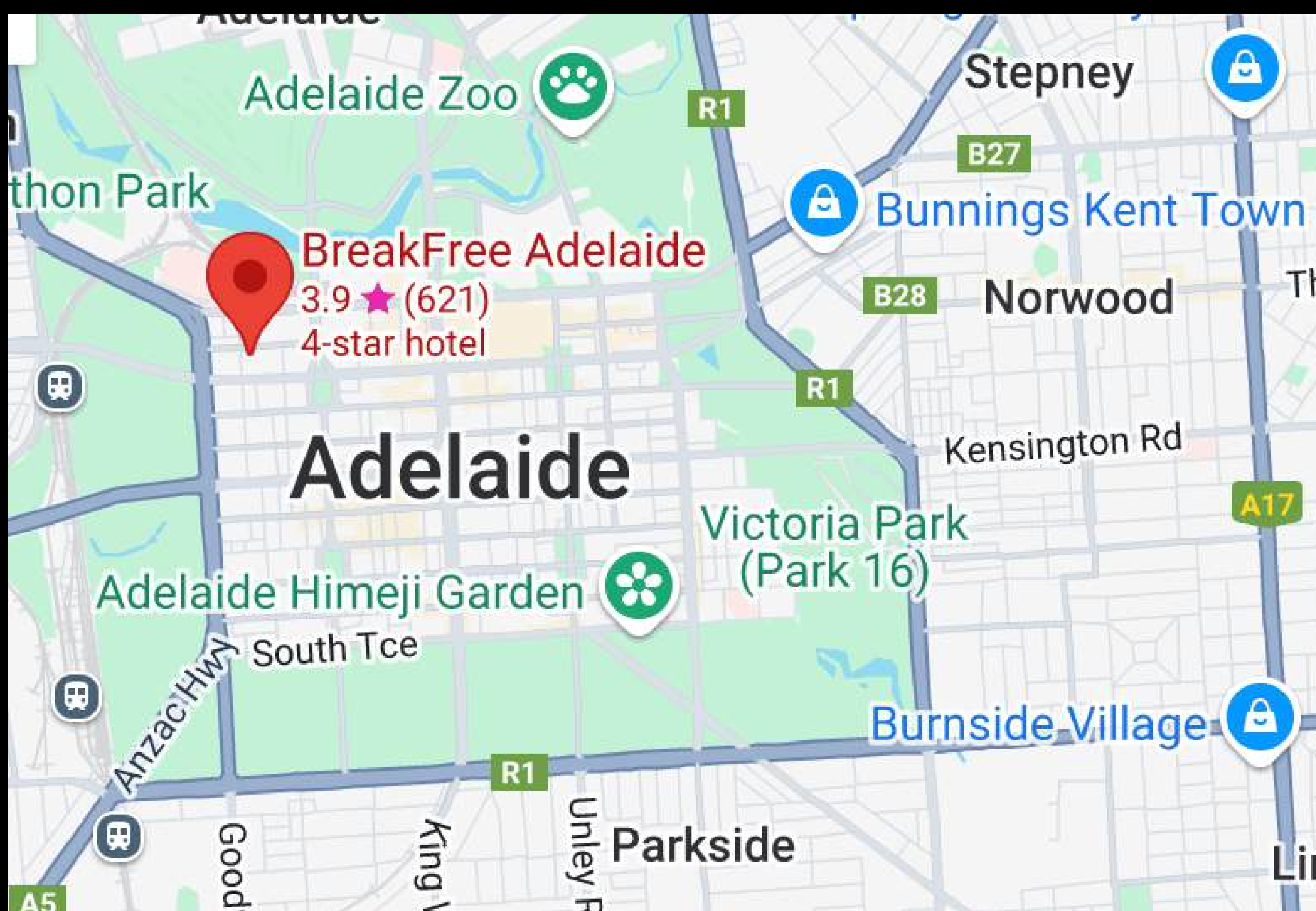
TRANSPORT

Take advantage of Adelaide's free city transport routes. Hop on a bus or tram near the hotel.



ABOUT THE AREA

In your free time, why not head to nearby beaches, pack a picnic and visit the surrounding parklands with your teammates!



**LOCATED
IN THE
HEART OF
ADELAIDE**

SHAUN'S COACHING ALUMNI

PLAYERS FROM PREVIOUS YEARS



JOE ROOT

Joe came to me in 2009/10 having just played for England U/19s and yet to play a First Class game. Like any program that 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 process of him improving were a key, and not letting him get comfortable. Different players have different needs, as with Jason it wasn't just developing his cricket, it was growing him as an individual.



LIAM PLUNKETT

When Liam came to me having already played for England, his career needed to be reinvented. Having lost his contract at Durham and picked up at Yorkshire as a back up bowler. Building belief through training and playing was crucial in regaining this, through support in allowing him to get everything out of the program.



BEN FOAKES

Ben came to me in 2015 as a player of huge potential, already having represented the England Lions. I spoke to Ben about the program structure was really 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.



RORY BURNS

Rory came to me in 2012-13 having played a little 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 was selected for England.



TAMMY BEAUMONT

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



GUS ATKINSON

Gus Atkinson came out to Adelaide and trained in the program I ran for the 2016-17 season as a young 18 year old having played some 2nd XI cricket for Surrey. Gus showed some raw talent as a young fast bowler not yet a professional cricketer. What stood out for me was he had a very good wrist as a young quick getting good "zip" of the wicket, but also had very good competitive instincts and was a very good thinker about cricket for a player of his age at the time. These things have held him in good stead in succeeding at International Cricket. Hopefully we will see him in Australia playing for England 9 years later next summer.



DILLON PENNINGTON

Dillon came to me in 2021/22 having played a small amount of County Cricket for Worcestershire CCC. His selection for England is a reward and opportunity on the back of him investing in himself to come to Australia, and being prepared to be challenged differently as a player and as a person. He recently earned his first call up to the England Test Squad.

NEXT STEPS



Here are the next steps you can take to join The High Performance Program...

1.

REGISTER ON OUR WEBSITE

Complete the form on our High Performance Program webpage to register

2.

JOIN THE INTRODUCTORY CALL

Join the webinar and speak to the High Performance Coach, Shaun Seigert, with any questions you may have regarding the program

3.

DEPOSIT

Secure your place on the Program by contacting sattick@r66t.co.uk

4.

VISA

If you are not from Australia, ensure you secure your Visa

5.

BOOK INTERNATIONAL FLIGHTS

Book all of your flights to secure your trip to Adelaide, Australia

6.

FLY OUT TO ADELAIDE

It's October, the time is finally here to fly out for your training! You will be met at the airport and taken to your accommodation by our coaches

7.

TRAINING

You will have 2 rest days to settle in before you begin intense training



HIGH PERFORMANCE PROGRAM

GET IN TOUCH



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[CLICK HERE TO VISIT OUR WEBSITE](#)