



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy



**TOP
FLIGHT
SPORTS**

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Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school

www.canterburyacademy.co.uk



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Cricket **TOP FLIGHT** Academy

Programme Overview

The cricket academy programme is a unique opportunity for players to develop their skills in a professional environment alongside their academic studies. Players work in small groups and on a one to one basis with a professional coach. Each player's needs will be diagnosed and then met to better prepare them for success in modern cricket.

The Academy has an outstanding £4 million sports centre and gym facility providing top class equipment to support development, including an innovative and personalised strength and conditioning programme alongside the development of technical and tactical aspects of cricket.

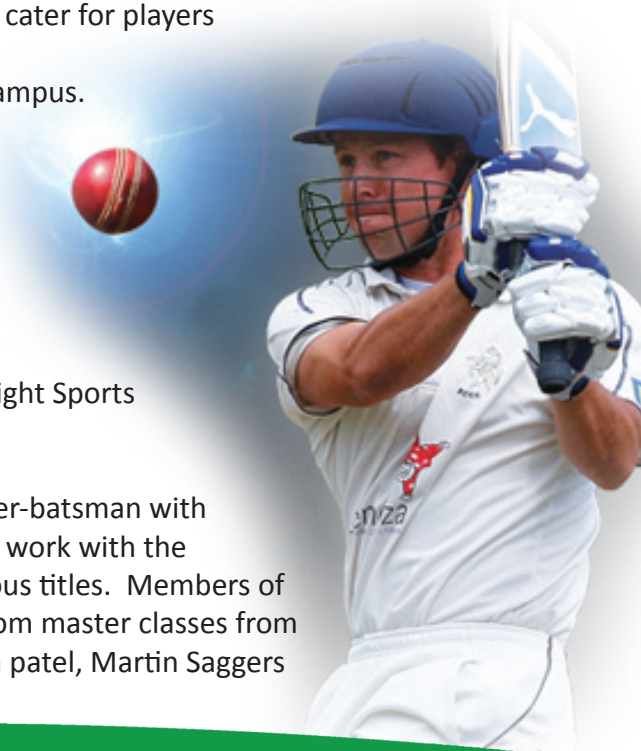
The Academy has an elite sports physiotherapist and sports masseuse on site. It also has a professional fitness coach. A full time sports scientist conducts scientific testing throughout the year and offers opportunities to go to the University of Kent's Sports Science lab. Workshops on nutrition, lifestyle management, psychology and personality profiling are included in the programme. These are combined with academic study.

The cricket programme launched in 2014 and it's first member, Ryan Davies, has just been awarded a professional contract with Kent Cricket Club. The programme can cater for players of all abilities and training takes place at Kent County Cricket Club and in the state of the art facilities on The Canterbury Academy campus.

The cricket academy programme is led by Phil Relf, previously Kent County Cricket's First Team Assistant Coach and Academy Director, who is now the Director of Sport at The Canterbury Academy.

The Top Flight Sports coaching team is widely recognised as an experienced and highly qualified organisation. Directors of Top Flight Sports are Geraint Jones, Darrent Scott and Dan Patching.

Geraint needs little introduction as an Ashes winning wicket keeper-batsman with over twelve years of service to Kent cricket. Darren and Dan both work with the Kent Academy and have both coached the Kent U17 team to various titles. Members of The Canterbury High School's Cricket Academy will also benefit from master classes from the likes of James Tredwell, Darren Stevens, Matthew Walker, Min patel, Martin Sagers and David Masters.



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