



STRATHALLAN
SCHOOL

Opportunities for *all* to excel

Strathallan Sports Camps Summer 2022



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Strathallan's longest running, ever-popular hockey skills development camps boast a variety of top coaches who have played and coached at the very highest level.

Each day, participants take part in a variety of drills and game practice, designed to improve skills and technique.

For goalkeepers and outfield players, excellent coaching is available and, with the daily Coaches' Challenge and player awards, there is great fun to be had at a Strathallan Hockey Camp.

NEW FOR 2022 - Dates TBC

High Performance Camp (ages 14-17)

For those playing at regional or national level, we offer specialist technical and game play sessions, S&C and pool recovery along with video analysis and more.

As this camp is always over-subscribed, early booking is advised..



The coaching team includes:

Rhett Halkett

Head of Hockey At Strathallan

155 Caps for South Africa including London Olympics, Glasgow Commonwealth Games, Hockey World Cup and Africa Cup of Nations

Assistant Coach with the Netherlands Women's Team (current Olympic Champions)
Former professional field hockey player

Stephen Dick

Head of PE at Strathallan

29 caps for GB including Beijing Olympics and 2 Commonwealth Games. 106 caps for Scotland

Audrey Sime

Strathallan's Assistant Head and Hockey Coach

54 Caps for Scotland and former Scotland U16, U18, U21 & Commonwealth Games senior coach



Non-Residential - £250

Drop off 9.15am, pick up 4.15pm Monday to Friday.
Lunch, coaching and day activities included.

Residential - £350

Drop off 4-5pm Sunday, pick up 4.15pm Friday.
All meals, coaching, accommodation and activities included.

High Performance (dates tbc)
Non-residential **£325**/Residential **£400**

Under the watchful eyes of our coaching and pastoral teams, boys and girls aged 8-15 have the chance to take part in a huge variety of sports and activities - some of which they may never have tried previously.

From clay pigeon shooting to kayaking; archery to rugby; fencing to swimming, participants are encouraged to improve skills through specialist coaching, as well as to try out new sports in the taster sessions with specialist coaches.

In addition, there is a fantastic programme of evening activities for residential campers meaning that every waking minute spent at a Strathallan Multi-Sport Camp is filled with laughter and fun.

The camp leaders, along with their team, bring together a programme to suit all levels of ability, with the aim of improving confidence and encouraging participation in sport.

Attendance at our specialist Performance Swim coaching sessions for club swimmers (9-11am Mon-Fri) can be added to this camp.

This is one of our most popular camps so early booking is advised.



Sports include*:

Aqua Aerobics	Football
Archery	Golf
Athletics	Hockey
Badminton	Kayaking
Basketball	Netball,
Circus Skills	Rounders
Clay Target Shooting	Rugby Squash
Climbing Wall Cricket	Swimming
Dance	Team Building
Dodgeball	Tennis
Fencing	Trampolining



Residential

£375

Drop off 5-6pm, Sunday. Pick up 5pm, Friday.
All accommodation, meals, coaching and activities included.

Non-Residential

£275

Drop off 9am, pick up 5pm. Monday to Friday. Lunch, all coaching and day-time activities included.

Add "Performance Swim" Option

£62.50

Rugby Girls Camp & Boys Camp

25th - 29th July

Strathallan welcomes over 160 players to our summer rugby camp and this is sure to be the case again in 2021.

Combining the talents of the coaches with the superb facilities at Strathallan, the camp is built around the foundations of the game and provides an environment that will develop players on and off the field.

Coaching sessions will consist of skill development drills, increasing game understanding and developing the player. While the focus will be improvement across all areas of rugby, we know that enjoyment is the catalyst to improving, so this is central to the programme.

Alongside the rugby, there will be pool recovery sessions, nutrition workshops, S&C workshops (for the older age groups, video analysis and team development sessions.

There will be matches on the final day in which players can put all that they have learned into practice and we look forward to seeing how the girls and boys develop as players over the week.

We strongly advise early booking for this camp to avoid disappointment.



The lead coach:

Jim Thompson

Director of Sport at Strathallan

Scotland 7s (RWC 7s, IRB World 7s Series), Scotland A, Edinburgh Rugby & London Scottish



Residential (Boys 8-14, Girls 12-14)

£375

Residential High Performance (Boys/Girls 15-16)

£425

Drop off 7.00-8.00pm, Sunday. Pick up 4.15pm, Friday.

All accommodation, meals, coaching and activities included.

Non-Residential (Boys 8-14, Girls 12-14)

£275

Drop off 9am, pick up 4.30pm. Monday to Friday.

Lunch, coaching and day time activities included.

Performance Swim Learn To Swim

18th - 22nd July
25th - 29th July

PERFORMANCE SWIM

Aimed at "serious" swimmers, Strathallan's own swim coach, Elaine Johnston, will put participants through their paces in the pool for two hours each morning.

Whether a competitive club or school swimmer, or aspiring to swim competitively, this camp offers high level coaching for boys and girls aged 10-16.

This is a fantastic opportunity to follow in the wake of swimmers such as Duncan Scott and Scott McLay, Strathallians who have achieved such great success in the international pool.

A very limited number of places are available for this camp to allow the coaching to be tailored to the participants requirements.

LEARN TO SWIM

Whether an absolute beginner or an improver, Elaine will work with participants to gain more confidence in the pool and become safe swimmers. The sessions offer 30 or 45 minutes in the pool each day in small classes and are open to those aged 5+ for beginners and 7+ for improvers.



Elaine Johnston B Ed

Leads Strathallan's Junior and Senior Swim Programmes

Represented GB at the World University Games and Scotland at the Commonwealth Games

BSCA Scottish Junior Coach of the Year 2014 and 2015

BSCA British Junior Coach of the Year 2015

Coached Commonwealth, World and Olympic medal winner Duncan Scott & Scott McLay,



Performance Swim

Drop off 8.45am, pick up 11.15am, Mon-Fri (Pool time 9am-11am) **£125**

Learn to Swim

Beginner Sessions 9.30-10 or 10.15-10.45 Mon-Fri **£50**

Improver Sessions 11-11.30 Mon-Fri **£50** 11.45-12.30 Mon-Fri **£65**

Strathallan's annual tennis camp is designed for players of all abilities aged 8 to 16, from any school.

Throughout the camp we will take advantage of the Wilson Hall which offers 3 indoor tennis courts as well as our 9 outdoor courts.

Whether beginner or tournament level, this camp will give participants the opportunity to improve their tennis within groups based on age, ability and the coach's assessment.

The camp will combine physical and mental conditioning; technical and tactical training and matchplay coaching. As well as the tennis coaching, on each day there will also be a different team sport or activity.

Players should come along ready to immerse themselves in a fun week of tennis where they can improve their on-court skills, have fun and make friends in the process.



The lead coach:

Tommy Ogilvie

Strathallan Tennis Academy Coach
Highly Respected & Experienced LTS Club Coach
Full-time Coach at Strathallan since 2015
Formerly coach at Kinnoull Tennis Club



Residential

£350

Drop off Sunday 24th 6-7pm, pick up 4.15pm. Friday.
Accommodation, meals, coaching and all activities included.

Non-Residential

£250

Drop off 9.15am, pick up 4.15pm. Monday to Friday.
Lunch, coaching and day-time activities included.

What parents say about our camps:

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"Strathallan Camps are by far the best around!"

"M had a wonderful week. He gained confidence and skills. The team looked after him fantastically and we will be back again."

"The whole team was brilliant, especially Mr Foster who always inspires the kids to find the best in themselves."

"I would not hesitate to recommend Strathallan's multi-sport camp - value for money, lots of sports, friendly people and lots of fun!"

"High quality care and kindness shown to the children."

"I think it's the best rugby camp held in Scotland."

"Excellent overall experience and good value for money. Facilities (and meals!) were excellent."

"Please pass on a huge thanks to all involved in last week's hockey camp. Our daughter really had a super time and although she came home exhausted each evening, she said it was the best camp yet!"

"The camp ethos, the friendliness and professionalism of the staff were second-to-none and we would not hesitate to recommend Strathallan to anyone looking for a summer camp."

"C's skills and reading of the game came along amazingly in a week. Great value..."

"My children have loved each year of the camp. Great fun, great sport and a good opportunity to make new friends."

"It was his first time there and we can safely say it was a spectacular success. He enjoyed himself enormously and could not say enough about how much fun it was."

"Just wanted to drop you a quick note to say how much our daughter enjoyed the multi-sport camp. It has given her the confidence to board...! Thanks to [the leaders] - they were brilliant."

"We just wanted to say a huge thanks to the team at the rugby camp. our son had a marvelous time, and feels that he has learnt a huge amount from the coaching team.."

"We think that camps have been so good for the children's personality, skills and improving their English. They were telling us so many positive stories, saying that in Scotland everybody is so friendly and polite."

"Superbly high standards and masses of fun!"

"The coaching team clearly struck a great balance between intensity and learning in the rugby sessions but also fun in the various activities around them. He made some great friends and has come home with new skills and knowledge to improve his game while overall just having a fantastic time all week."

"Excellent camp with superb facilities and fantastic staff."

”

What to Bring

Residential

Suggested Kit List

In addition to the camp-specific kit list, we suggest the following should be packed for residential camps:

2 pairs of Trainers (one *with non-marking soles*)

Flip Flops

Track Suit

2 Hoodies or Sweatshirts

Rain Jacket or Training Top

Swimming Kit including a swim cap

2 Large Towels

Toiletries (*Our fire alarms are very sensitive and the use of sprays is not permitted in the boarding houses.*)

Pyjamas & Slippers

Casual wear for evenings

Water bottle

Mouth Guard (*Compulsory for hockey and rugby.*)

Shin Pads (*Compulsory for hockey and football.*)

Sun Protection Lotion/Cream

Cap

Face Covering

Individual hand Sanitiser

Non Residential

Suggested Daily Kit List

Trainers *with non-marking soles*

Hoody or Sweatshirt

Rain Jacket / Waterproof Training Top

Towel

Water bottle

Mouth guard (*Compulsory for hockey and*

rugby.) Shin guards (*Compulsory for hockey*

and football.) Sun Protection Lotion/Cream

Cap

Face Covering

Individual Hand Sanitiser

We encourage participants to have an "electronics-free" time with us, so would ask that tablets and other gaming devices are left at home!



Additional Information

Age Range

Unless otherwise stated, Strathallan Sports Camps are open to boys and girls, aged 8 to 16 from any school.

Level of Experience Required

Coaching/tutoring will be geared to the participant's age and abilities and is suitable for all levels.

Coaching/Pastoral Team

All coaches, tutors and members of the residential pastoral team are members of the PVG scheme.

Medical/Dietary Information

All medical and dietary information must be supplied in advance. Prescribed medication should be brought to camp. Should there be any changes to medical conditions or dietary requirements between the time of booking and the commencement of camp, this information must be supplied in writing. The Information will be passed on to coaches.

Getting To Strathallan

The School is situated 10 minutes from the Edinburgh/Perth motorway (M90) to the east and the dual carriageway to Stirling and the west (A80).

Registration/Drop Off/Pick Up

Please refer to individual camp details sent out around a week prior to the start date. In general, residential campers should arrive on the evening before the starting day of camp with non-residents arriving each day between 08.45 and 09.00.

Pick up for non-residents will be at 16.15 each day, unless otherwise stated in the camp-specific information.

Accommodation & Meals

Those booked on the residential camp will be allocated a single study bedroom, but we may have to allocate our multi-bedded rooms, depending on numbers. All meals will be taken in the dining hall.

There will be a full lunch service for non-residential campers.

Booking

A booking form must be completed and signed for each participant. Signing this form denotes your acceptance of the terms & conditions for participation (see over).

Payment

Cheques should be made out to Strathallan School and should accompany the completed booking form. For BACS payments, bank details are shown on the booking form.

Please ensure that all payments show the appropriate camp reference.

Confirmation

Confirmation of a place on Camp will be sent on receipt of completed booking form and cleared payment.

Cancellations & Refunds

Once confirmation of a place has been issued, no refunds will be given in the event of a cancellation by attendee, unless the place can be re-filled.

Any refund will be subject to an administration fee of £25. Please note that there will be no refunds for cancellations within 30 days of the start date of camp.

Terms & Conditions

Parental Authority

The Parent/s authorise/s the coaches while in loco parentis to take and/or to authorise, in good faith, all decisions that safe-guard and promote the welfare of the participant. The Parent /s consent/s to such physical contact with the participant as may be lawful, appropriate and proper for coaching and to provide comfort if the participant is in distress, or to maintain safety and good order. The Parent/s also consent/s to medical treatment, including general anaesthetic and operation, under NHS or at a private hospital, when a Doctor certifies this as necessary for the welfare of the participant and if the Parent/s or Guardian/s cannot be contacted in time.

Conduct

Strathallan School attaches importance to courtesy, manners and good discipline. The coaches are responsible for the care and good discipline of participants while they are on the Strathallan campus (and not under the control of a Parent or Guardian). The Parent/s however, authorise/s the use of such physical restraint and encouragement for the participant as may be legal, appropriate and proper in any particular circumstance, to maintain good discipline and good order.

It is a condition of remaining on the Camp that the Parent/s and the participant accept the Camp regime, the maintenance of good order, discipline and courtesy towards the coaches and fellow attendees. Should a participant be removed from the Camp because of unacceptable behaviour or significant breach of good conduct, the Parent /s accept/s that no refund will be made.

Injury & Insurance

The Parent /s accept/s that no claim may be made against Strathallan School, or any coach, for injury or loss, unless this specifically results from an act of omission or negligence on the part of the School or coach. The School recommends that Parent/s ensure the participant has insurance cover for personal injury and third party liability.

Protective Equipment

Mouth guards are compulsory for hockey and rugby and shin guards are compulsory for hockey.

Use of items such as head/shoulder protection is at the discretion of parents and must be in accordance with the sport's rules.

Swim caps must be worn in the pool.

Photography, Imagery & Data Protection

Please refer to the booking form for all information and permissions.

Covid-19

All participants must take a Lateral Flow test prior to arriving at camp and only attend if this test is negative. Temperature checks will be carried out on arrival and parents should not leave until this check has been completed. Participants should not attend camp if they, or any members of their household, have shown symptoms of covid in the preceding 14 days. Should any participant display symptoms at any point during the camp, they must be collected immediately and leave the camp until such time as a negative PCR test has been returned. Should there be any changes to the prevailing Government rules in relation to covid, or the School deems there is too high a risk, then we reserve the right to curtail or cancel the camp.



STRATHALLAN SCHOLARSHIPS

Recognising and Rewarding Talent

Every year Strathallan offers a limited number of prestigious scholarships to exceptionally able candidates through a comprehensive selection process. Strathallan Scholars play an important part in school life and many have gone on to exceptional careers in their chosen fields.

Awards are made on the basis of outstanding ability in one or more fields as well as generic tests to gauge skills and athletic potential. Successful candidates will be awarded a remission on fees and scholarship pupils are given priority in the fee assistance programme to supplement awards for outstanding candidates on a financial need basis.

If you would like to find out more, please visit our website www.strathallan.co.uk/admissions/scholarships/ or contact:

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