



STRATHALLAN
SCHOOL

Opportunities for *all* to excel



Strathallan Rugby Academy

“I wouldn’t be a rugby player today if it wasn’t for the help and guidance I received during my time at Strathallan School and the facilities and high quality sport I played there. Period.”

Zander Fagerson (Nicol ‘12),
Glasgow Warrior, British & Irish Lion

Where natural talent becomes international achievement

Sport – and in particular, rugby – has been an important part of a Strathallan education ever since our school was founded over 100 years ago. Our ambition has always been to nurture a lifelong love of sport, and to support all our athletes to develop the skills, and values to excel in their chosen sport.

Today, Strathallan’s Rugby Academy aims to draw out excellence in talented young players through our focused programme of training, teaching and coaching, and access to some of the best facilities in Scotland. In my time at Strathallan, I’ve seen more than forty age-grade international players go on to represent their country on the pitch, eleven full-time professional players, and seven full internationalists and a British & Irish Lion. I’m proud to have played some part in their incredible success.

The following pages offer an introduction to the Rugby Academy programme, and should give you some insight into how we help talented players reach extraordinary heights in the sport.



Andrew Henderson, Head of Academy





SRA Mission Statement

To create and develop a performance Rugby Academy that is recognised on the world stage of school sport for providing the support, guidance and expertise to improve each player within the Academy by focusing on being development driven and player centered

Taking your rugby from Prep to Pro

40+

International Age-Grade Players



11

Full-time Professionals

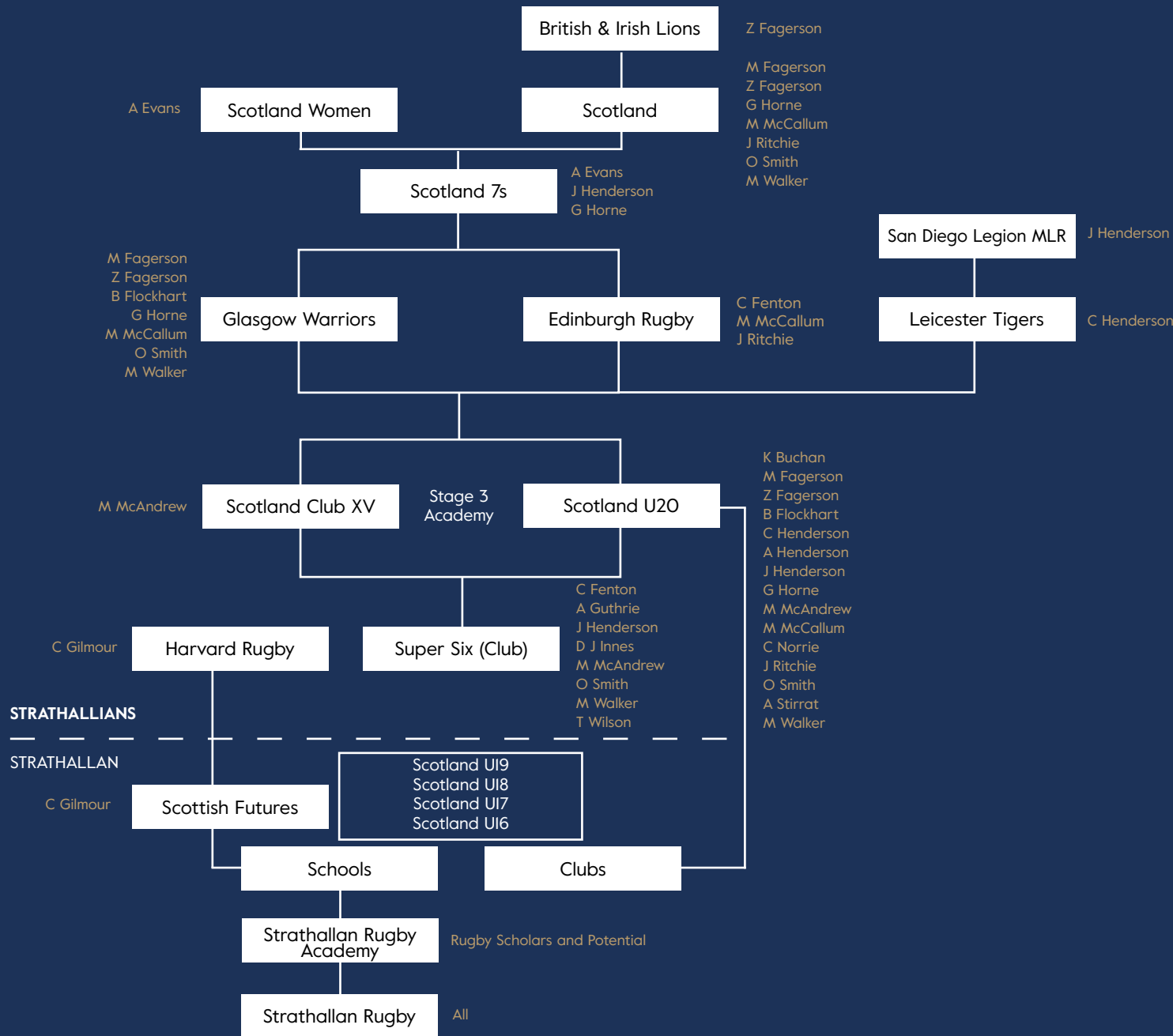


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Full Internationalists



The Rugby Pathway



C Gilmour
Scotland UI8
Harvard Rugby

J Morris
Glasgow Warriors UI8
Caledonia UI8

A Lion History

Zander Fagerson

Picked by the British & Irish Lions 2021 squad to tour South Africa, Zander has gone from strength to strength since his Strathallan days.

Born in January 1996, Fagerson was granted a mountain biking scholarship to Strathallan School for Sixth Form, however, during his time at the school he found a love for rugby.

Fagerson made his debut for Glasgow Warriors in October 2014, going on to become the youngest player to reach 50 caps for Glasgow Warriors at the age of 21. He has now made more than 100 appearances for the club.

Scotland first selected the tighthead at the age of 20, making him the fourth youngest international prop in Scottish history. He came off the bench against England in the 2016 Six Nations.



“
Some of my
favourite times
on a rugby pitch
were at Strath.
”



Steps to Success

Strathallan Rugby Academy provides a high quality player experience that focuses on developing the player and supporting those with the greatest potential to be included in the programme

Developing Player Programme (UI4-UI5)

Learning to Play
SRU Conference
Fundamentals

Player Development Group (UI6)

Learning the Game
SRU Conference
Game sense

Aspiring Players of Note

Learning to Compete
SRU Conference
Technical/Tactical Awareness
Performance Workshops

Strathallan 1st XV

Performance
SRU Conference/Cup
Performance Systems
Specialist Skills
Performance Workshops
Video Analysis
Sports Psychology

Rugby Academy (UI6-UI8)

Intro to Performance
SRU Conference/Cup
Advanced Technical/Tactical
Specialist Skills
Performance Workshops
Video Analysis
Sports Psychology

Athletic Development

Strength and Power

Endurance (general & speed)

Speed and Agility

Movement/Mobility

Rugby Core Skills

Passing

Catching

Kicking

Evasion

Tackling

Benefits



Physiotherapy

Full player physiotherapy screening, SCAT5 testing, FMS and access to treatment as required.



Nutrition

Our qualified nutritionist delivers a minimum of two workshops for the Academy, plus a tailored eating/fuelling plan for each player.



Psychology

Group workshops as well as individual sessions with our consultant sports psychologist are available across the Academy.



Strength & Conditioning

A strength and conditioning programme with our qualified coach is built into the curriculum.



Analysis

Rugby matches are videoed and a library of performances built for each player.



Feedback and Monitoring App

Monthly meeting with players to acknowledge progress and plans.

Daily health logs with scheduled intervention through data analysis.

Skill assessment through player modelling.

Training scheduling assistant



Academy Skills Booklet

A set of measurable skills developed in-house where players achieve merits or awards when completed.



Kit

Academy players have their own branded kit to recognise their association with the academy.



Annual Prize

For the best and most committed member of the academy.



Strathallan's Values

Our values drive everything we do at Strathallan, and are at the heart of the Rugby Academy experience.

Respect

Promoting a culture of tolerance and inclusivity

Honesty

Honouring truth, integrity and authenticity

Kindness

Expecting care, kindness and support from every one of our pupils and staff

Hard Work

Inspiring and challenging by expecting commitment and their best effort from every member of our community

Excellence

Raising pupils to be ambitious and to achieve their best potential by preparing them for the demands of an unpredictable future

Humility

Learning to accept your limitations and respecting the equality of all

Selection

What it takes to become a Strathallan Rugby Academy player

Listen and Act

The player: listens to instructions and carries them out; shows progression in his or her learning; has a go.

Work

The player: never stops working in training or games even when tired; never looks for or makes excuses.

Determination

The player: shows determination to compete; knows how to win and how to accept failure or defeat looks forward to new challenges as a learning opportunity.

Character

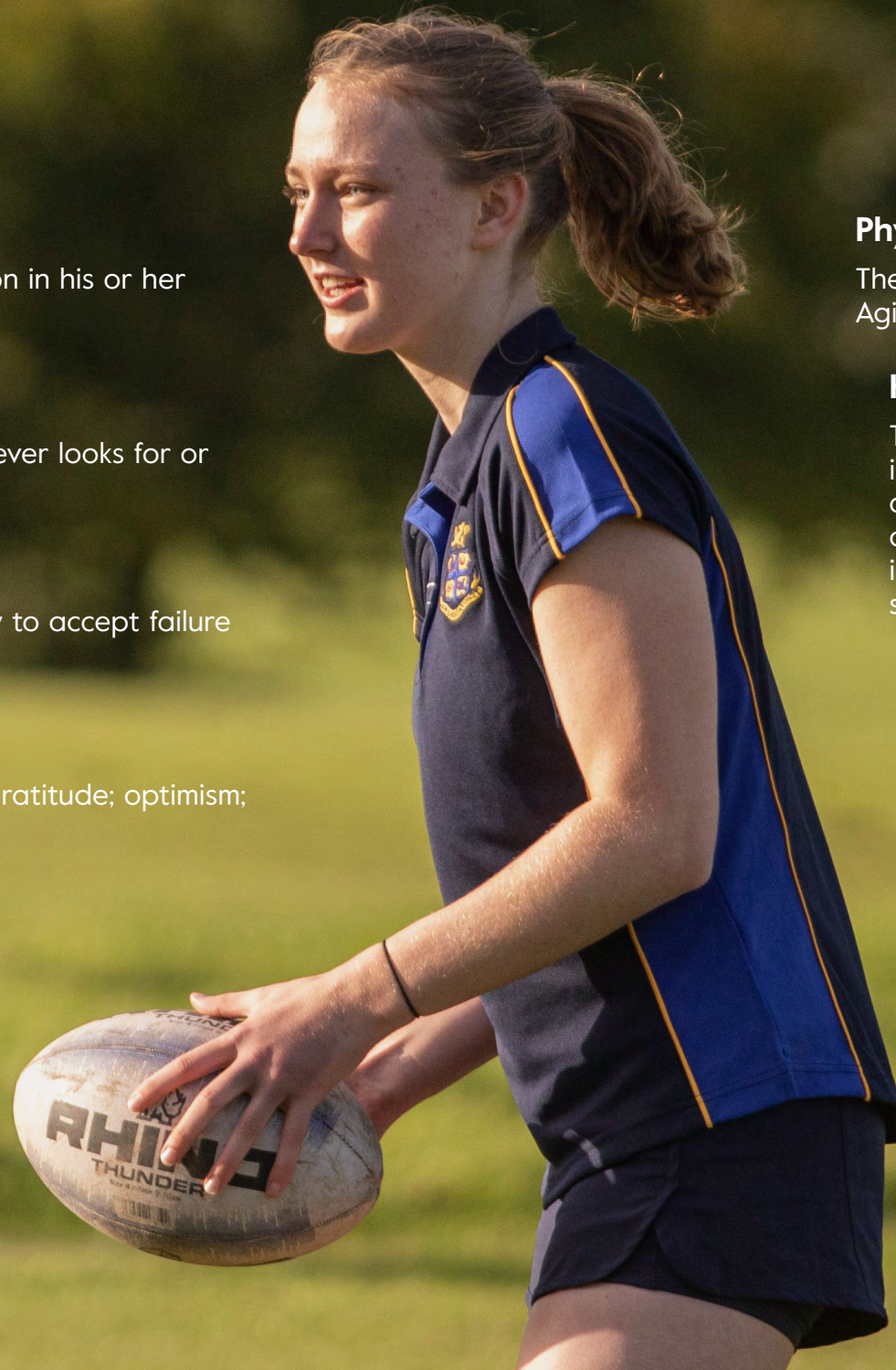
The player shows elements of: grit, self control; zest; social intelligence; gratitude; optimism; curiosity.

Leadership

The player: offers ideas on tactics/strategy; encourages others around him; leads through words or actions; is disciplined/focussed/calm.

Courage

The player: puts himself in the way in defence (even if physically small); enjoys physical confrontation on the field; embraces failure as a necessary component of future success.



Physical

The player: has one stand out physical attribute – Power/Speed/Agility/Strength.

Hands and Feet

The player: can consistently catch, even when the pass is inaccurate; times the pass so receiver has the best chance of controlling and using the ball; is accurate in passing and well directed off both hands; can kick the ball accurately to the intended target area; can select the appropriate kick for the situation; can kick goals.

Attack

The player: uses footwork to beat defenders; manages contact and offload from the tackle; is dynamic and carries the ball forward with intent.

Defence

The player: safely knows how to/is able to tackle with both shoulders stopping the ball carrier; the player is able to contest possession on the floor after a tackle; enjoys defending.

The Rugby Academy Outreach Programme

Our Rugby Academy Outreach programme delivers both an introduction to rugby for girls and boys living in central Scotland as well as performance based training to boys and girls who are interested in developing their game.

Perth and Kinross is generally considered as an affluent county, however, sadly there are some concentrated areas of multiple deprivation on par with the most deprived areas in Scotland. Some of these areas are in our local community where it is our vision to deliver positive social impact and change through the power of people and sport.

Delivered by Andy Henderson and his team of coaches and players, the outreach programme seeks to encourage and build confidence in young people with limited opportunities in both Rugby and wider society. Our focus is on the development of Rugby skills in a safe and friendly environment. Our team are all qualified SRU coaches and are experienced coaches of children.

The Covid-19 pandemic has highlighted the lack of sports opportunities in schools within the curriculum. In the case of Rugby there are practically no opportunities available for school children in central Scotland to participate in the game in school time, receive formal coaching and gain the multiple benefits associated with this team sport. The Scottish Government is actively encouraging schools to provide sports opportunities within the curriculum but there are not the resources available to deliver this successfully.



Benefits of The Rugby Academy Outreach Programme

Introduction to Rugby

Exercise for children which brings its own wider benefits

Learn new skills

Socialisation skills and teamwork

Strathallan Rugby Academy is confident that children participating in this outreach programme and learning through structured play will reap the physical and mental benefits that come from the game of rugby.

We hope our Outreach programme will be supported by sponsors and funds from some Pathway workshops. Profits and donations are invested into the outreach programme to support positive social impact in the community. Our programmes in the community are always free to the young people who attend. This helps to remove barriers to participation and the associated stigma of being unable to access leisure and social activities.

Strathallan work closely with The School of Hard Knocks to identify opportunities for young people from our immediate local community.

Do you have what it takes to be a Rugby Academy player?



Take the next step

Get in touch today



Admissions@strathallan.co.uk



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#GameChangingEducation



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