



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



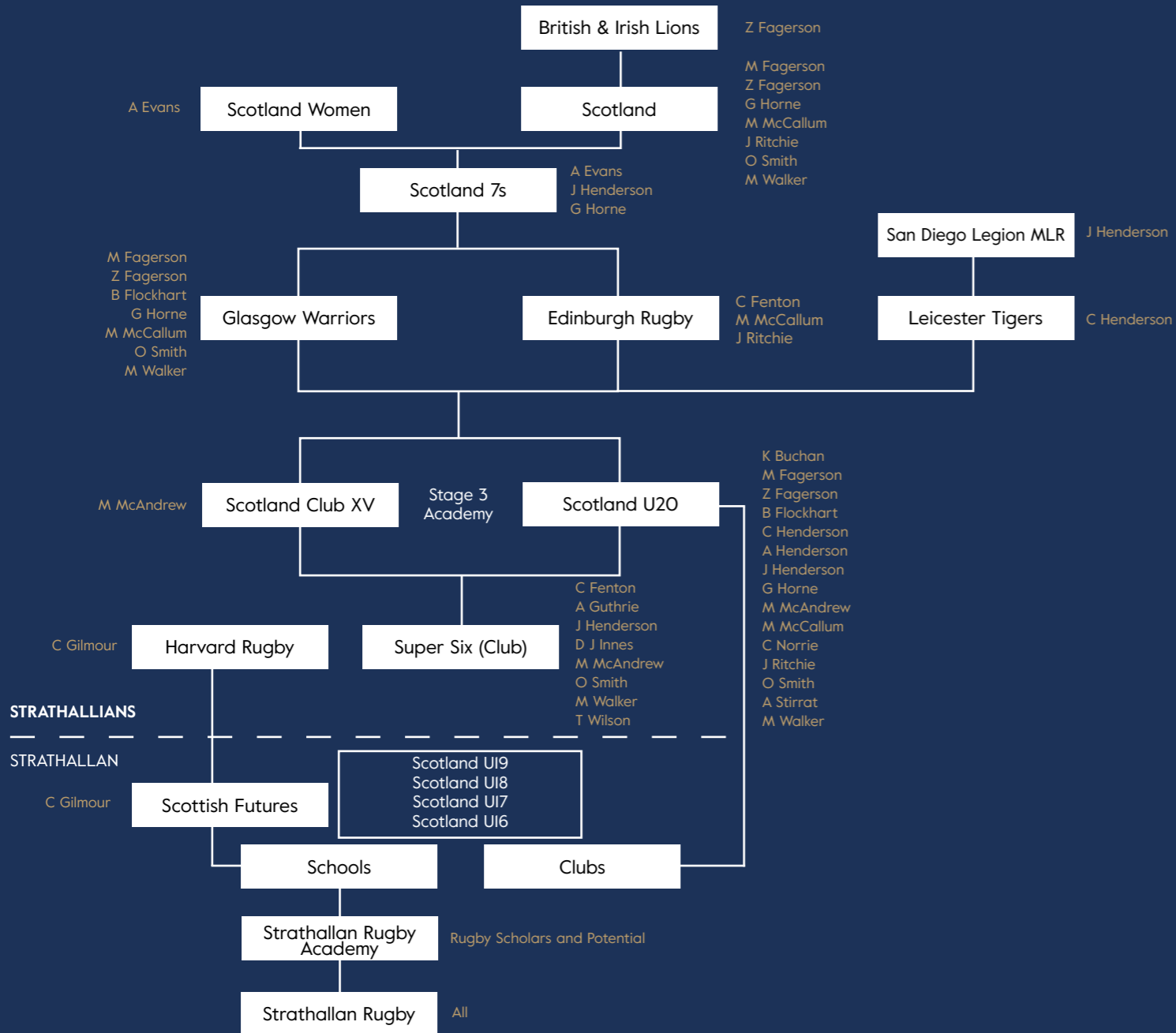
**8**

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 (U14-U15)

Learning to Play  
SRU Conference  
Fundamentals

## Player Development Group (U16)

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 (U16-U18)

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

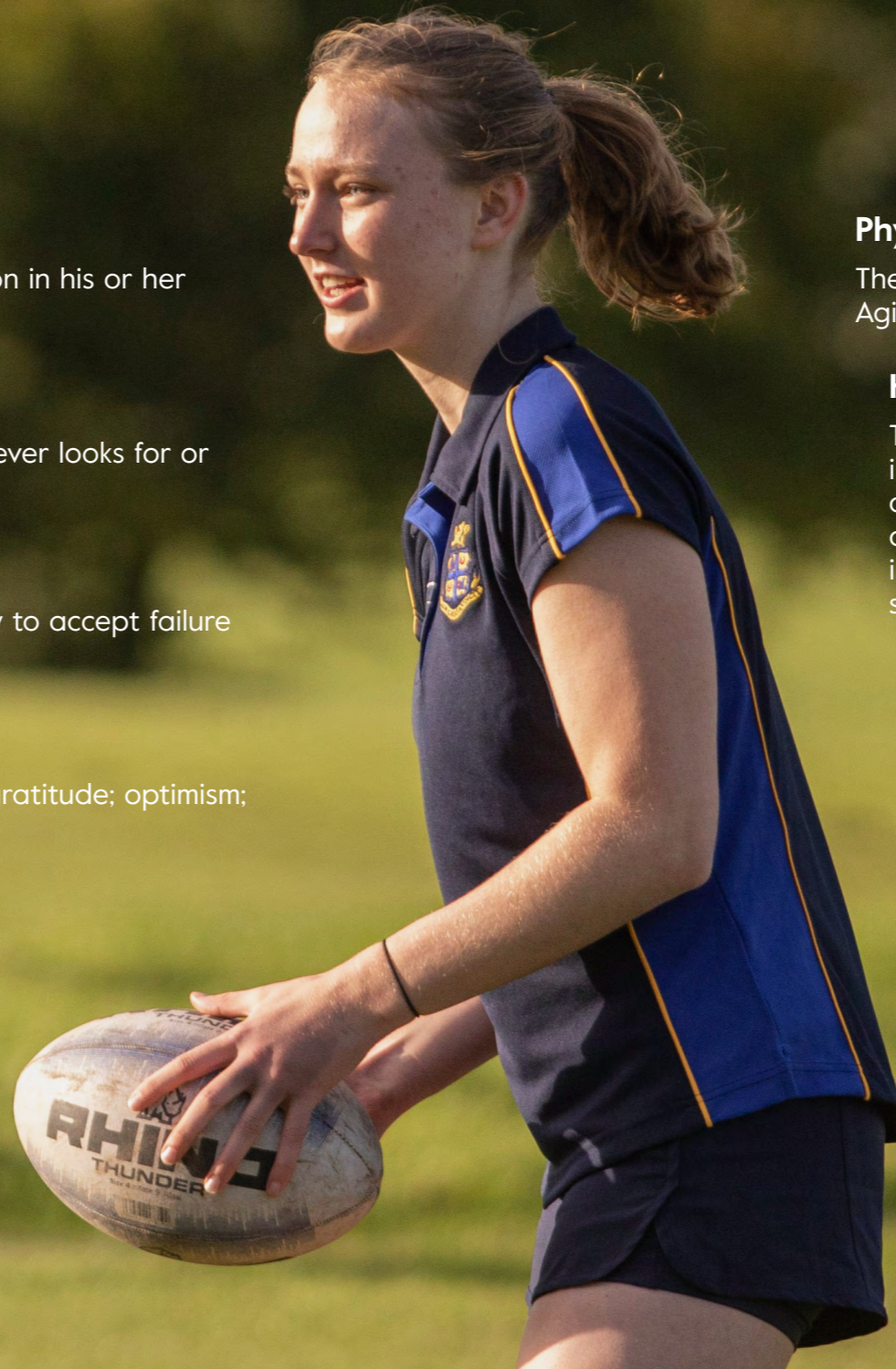
The player shows elements of: grit, self control; zest; social intelligence; gratitude; optimism; curiosity.

## 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.



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





# Take the next step

Get in touch today

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#GameChangingEducation





# STRATHALLAN SCHOOL

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