



**BOOK NOW  
TO SECURE A  
SUMMER 2019  
PROGRAMME**

# Glenalmond Sports Programme Summer 2019

*Residential and Day courses for 10-16 year olds*



**Glenalmond College**  
let your story begin

# Introduction

The Glenalmond Activity Programmes have been established to provide children with the highest quality of coaching in a truly inspirational setting.

Our Activity Programmes create a safe and enjoyable learning environment, with fun central to our philosophy. This fun approach, combined with expert coaching and analysis, enables every participant to develop their skills and self-confidence, both as an individual and within the group or team dynamic.

Our professional coaching staff are highly specialised in their chosen field, and experienced at international level. The Glenalmond approach offers new concepts and ideas which will provide your child with an enjoyable, engaging experience, heightening their love of their sport whilst taking their skills to the next level.

## Rugby

The Glenalmond Rugby Programme has been designed with the modern game in mind. It focuses on all-round player development, with emphasis placed on functional skills specific to age group and ability levels.

The varied training syllabus has been designed to deliver a programme which will cover all aspects of core skill development. Beginners will learn the basics of the game, while performance athletes will be able to focus on the specialist skills for their favoured position. Match-play proficiency will also be addressed at each level, ensuring that the skills learned can be translated to competitive scenarios. Nutrition, sports psychology and fitness are also covered within the camp, giving a comprehensive approach to the participants' development in the sport.

The coaches on the course are all trained to the highest levels, with school, club and international experience. Specialist coaches for forwards and backs will provide dedicated training specific to each participants' abilities.

All students will be assessed at the start of the course and profiled accordingly with continual feedback and re-assessment at the end of the course to enable players to make the most of the camp experience.

Participants will also be able to take part in a range of other activities on Glenalmond College's outstanding 300 acre campus including tennis, swimming and football.

The programme cost includes all coaching, meals and accommodation (for the residential camp).

**Rugby Camp - 29 July - 2 August 2019**

**Residential - £375 pp**

**Day Camp - £195 pp**





## Hockey

### **Glenalmond Hockey Performance Camps, in association with Scottish Hockey.**

The Glenalmond Hockey Performance Camps utilise the College's state-of-the-art facilities, which include a water-based Polytan pitch and adjacent Gold pro hybrid astroturf pitch. All members of the coaching team have either performance or international level coaching experience.

All coaches are registered with professional bodies and hold relevant qualifications. The main objective of the performance camps is to provide an enjoyable atmosphere, which, combined with the very best coaching will enable participants to enhance their hockey skills. Each course will feature a number of guest international coaches who will join the participants at various points throughout each week. The Girls' Camp will be supported by Olympian and former Scotland International Pauline Stott MBE, and Scotland Women's players Katie Robertson, Sarah Jamieson, Becky Ward, Kareena Cuthbert. The Boys' Camp will be supported by Scotland and Team GB High-Performance Coach David Stott, Scotland Men's players Gavin Byers and Kenny Bain as well as Dan Coultas and Steven Glass. The training syllabus has been designed to deliver a programme which will cover all aspects of core skill development for players of any standard.

We have adopted the most up to date coaching practices including the Golden Thread and National Governing Body performance programmes. The camps will also have a goalkeeping element. Beginners will learn the game in a fun and relaxed atmosphere, while performance athletes will develop their skills under the inspiring tuition of the best coaches in the sport. General game awareness and fitness levels will also be key themes for each participant's development during the camp. All participants will be assessed and then profiled accordingly, with continual feedback and re-assessment at the end of the course to enable them to maximise the benefits they gain from the camp.

The programme cost includes all coaching, meals and, for the residential camp, accommodation.

**Girls' Performance Camp - 15-19 July 2019**  
**Boys' Performance Camp - 22-26 July 2019**  
**Residential - £375 pp**  
**Day Camp - £195 pp**

### **Glenalmond Hockey Boys and Girls Programme**

The mixed hockey camp for boys and girls aged between 10 and 16 takes advantage of the same world-class facilities at Glenalmond. All members of the coaching team have worked at the highest levels ranging from performance level to international status. All coaches are registered with all relevant qualifications.

The varied training syllabus has been designed to deliver a programme which will cover all aspects of core skill development to players of all standards. Grass root beginners will learn the game in a fun and relaxed atmosphere, while performance athletes will develop their skills while being inspired by some of the best coaches in the sport. General game awareness and fitness levels will also be key themes in each participant's development during the camp. All participants will be assessed and then profiled accordingly, with continual feedback and re-assessment at the end of the course to enable them to maximise the benefits they gain from the camp. The programme cost includes all coaching, meals and, for the residential camp, accommodation.

**Mixed Hockey Camp - 29 July - 2 August 2019**  
**Residential - £375 pp**  
**Day Camp - £195 pp**



# Golf

The Glentalmond Golf Programme has been designed by a Level III PGA professional with a specific background in junior golf and performance coaching. The programme enables any age and stage of golfer to enhance their skill set through a fun and structured development program.

Whether hitting the ball for the first time or preparing for tournament golf, each pupil will embark on a programme of learning which is tailor made for them. This will be done through specific data worksheets, grading and testing applicable to their level and expert coaching. Each pupil will learn about their swing and movement, how to practice and perform and how to gain a growth mindset to see development as a quantifiable driving force. This inspirational style of learning will take place at our on site facilities.

## The Facilities

- A nine hole (18 tee) James Braid designed golf course.
- An indoor golf facility.
- 200 yard driving range.
- Purpose built short game area for putting, chipping, pitching and bunker play.
- 75 yard wedge distance control practice area.
- Practice par 3 holes.
- Outdoor driving nets.
- Access to prestigious golf courses throughout Scotland.

During the introduction on day one, students will be given their course material which has been specifically designed to meet their personal requirements. As the week progresses all students will be inspired to improve.

## The Programme

- P.A.R analysis and swing building sequences.
- Fundamental skills challenges for every club in the bag.
- The FUN of learning via the element of play.
- Grading and testing.
- On course gameplay.
- Individual data compilation and analysis.
- Goal setting and growth mindset skills.

Period	Dates	Time	Cost
Week 1	1st - 5th July	10am - 12pm	£100
Week 2	8th - 12th July	10am - 12pm	£100
Week 3	15th - 19th July	10am - 12pm	£100
Week 4	22nd - 26th July	10am - 12pm	£100
Week 5	29th July - 2nd August	Residential	£800



# How to book

To book a place on any of the Glensalmond Activity Programmes, please complete a booking form (available at [www.glenalmondcollege.co.uk/activityprogrammes](http://www.glenalmondcollege.co.uk/activityprogrammes)) and return it, along with your deposit to:

David Stott, Activity Programme Manager, Glensalmond College, Perth, PH1 3RY.

All camps start at 10am, with drop-off from 9.30am.

All participants will receive a free t-shirt.

If you have any questions please contact David Stott on 01738 842042 or [davidstott@glenalmondcollege.co.uk](mailto:davidstott@glenalmondcollege.co.uk)

We look forward to welcoming you on one of the Glensalmond Activity Programmes soon.





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