

# Strathallan *Sports Camps 2017*



STRATHALLAN  
Opportunities for *all* to excel



From fun activities camps to high performance coaching.

## Skills Development Camp

Now in its second year, the Strathallan Cricket Camp is aimed at 8-16 year olds looking to develop their skills in preparation for the upcoming season.

Strathallan is fortunate to have fantastic cricket grounds, outdoor nets and indoor nets within our Sports Hall.

Players will be given the chance to develop their current strengths and also learn new skills, which they will be able to use in the summer. During the camp, we will also be looking at developing 20/20 skills, which are fun and exciting to learn.

Come and experience our new and exciting cricket camp, which will help you improve and develop cricket skills and most importantly, will be lots of fun!



## Coaching Team for Camp includes:

### Fraser Burnett

Level 2 ECB coach with over ten years' experience working with junior and senior teams. Coach at Strathallan School for five years.

Academy coach for Tayside and Fife as well as Caledonian Highlander U15 and U18 sides. Part of an ICC Europe coaching team for European Cricket Academy and coached at a number of STK Cricket camps.

Current Player with Arbroath United Cricket Club 2015 Scottish Cup winners, represented the Highlanders in the Cricket Scotland Pro Series and a full playing member of the MCC.

### Graeme Robertson

Cricket Coach at Strathallan School





## What parents have told us about Strathallan's cricket camp:

*"High quality coaching and my son loved the environment."*

*"Overall - an excellent experience!"*

*"He felt his bowling really improved by being taught differently."*



**Non-Residential    £105**

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

# Hockey

*Spring 27th - 29th March*  
*Summer 7th - 12th August*

## Skills Development Camps

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

Each day, participants aged 8-16 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 with daily *Coaches' Challenge* and player awards, there is great fun to be had at a Strathallan Hockey Camp.

*As these camps are usually oversubscribed, early booking is strongly advised.*



## Coaching Team for Camp includes:

### **Audrey Sime**

Strathallan's Director of Sport  
Level 3 Coach, former Scotland U16, U18, U21 &  
Commonwealth Games senior coach,  
54 caps for Scotland

### **Stephen Dick**

Head of PE at Strathallan  
29 caps for GB including Beijing Olympics and  
106 caps for Scotland, including  
2 Commonwealth Games

*Plus current and former international  
players offering their expertise  
at specialist sessions.*





## What parents have told us about Strathallan's Hockey Camp:

*“The girls had a fantastic time at camp, as always. Thank you.”*

*“What a fantastic camp! Really enjoyable.”*

*“Can't believe the improvement in his game after only a week!”*



### **Spring Camp–Non-Residential     £105**

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

### **Summer Camp–Non-Residential     £175**

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

### **Summer Camp–Residential     £340**

Drop off 4-5pm Sunday 7th, pick up 4.15pm Friday.  
All meals, coaching, accommodation and evening activities included.

## The Programme

Under the watchful eyes of our coaching and pastoral teams, boys and girls aged 8-14 have the chance to take part in a variety of sports and activities.

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.

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

The camp will be led again by Adam Pattinson (Strathallian, prep school teacher & Level 2 rugby coach) who, with his team, brings together a fun-filled programme to suit all levels of ability, with the aim of improving confidence and encouraging participation in sport.



## A typical day at a Strathallan Multi-Sport Camp:



Monday		
Time	Activity	Location
07.45	Wakey Wakey	
08.30	All go to Breakfast	Dining Hall
09.00	Day Campers Arrive☺	Glenbrae
09.15	Daily Meeting	Glenbrae
09.30	Swimming	Pool
11.00	Hockey	Barr Astro
11.15	Take a Break in Glenbrae	
11.30	Tennis	Hard Courts
12.30	Netball	Outside Courts
12.45	All go to Lunch	Dining Hall
13.30	Chill Out Time	
14.00	Team-building	Sports Hall
15.45	Fun & Games	
16.00	Relax in Glenbrae	
16.15	Rugby	Gardens Pitch
17.00	Day Campers Leave☺	Pick up at Glenbrae
17.30	All go to Tea	Dining Hall
18.15	Relax in Glenbrae	
19.00	Badminton	Sports Hall
20.15	Squash	Squash Courts
20.30	Supper (Glenbrae) Chill Out & Chat	
21.30	Lights Out	Under 13s
22.00	Lights Out	13-15s

### Sports include\*:

- Archery
- Athletics
- Badminton
- Basketball
- Clay Pigeon Shooting
- Climbing Wall
- Cricket
- Fencing
- Football
- “Highland Games”
- Hockey
- Kayaking
- Netball
- Rugby
- Squash
- Swimming
- Tennis
- Trampolining

\*subject to availability and level of demand





## What parents have told us about Strathallan's Multi-Sport Camp:

*"The camp is amazing and I did love the effort and thought put into the closing ceremony. I have recommended it to so many people and we'll definitely be back."*

*"He loved the variety each day and there wasn't anything he didn't either want to do or enjoyed doing."*

*"...was desperate to return to Strathallan as she feels really comfortable there and loves all the different sports that she wouldn't normally get a chance to participate in. The staff are really welcoming and she was looking forward to it for months beforehand!"*



### **Residential                      £340**

Drop off 4.00-5pm, Sunday 23rd. Pick up 5pm, Friday 28th.  
All accommodation, meals, coaching and activities included.

### **Non-Residential                £240**

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

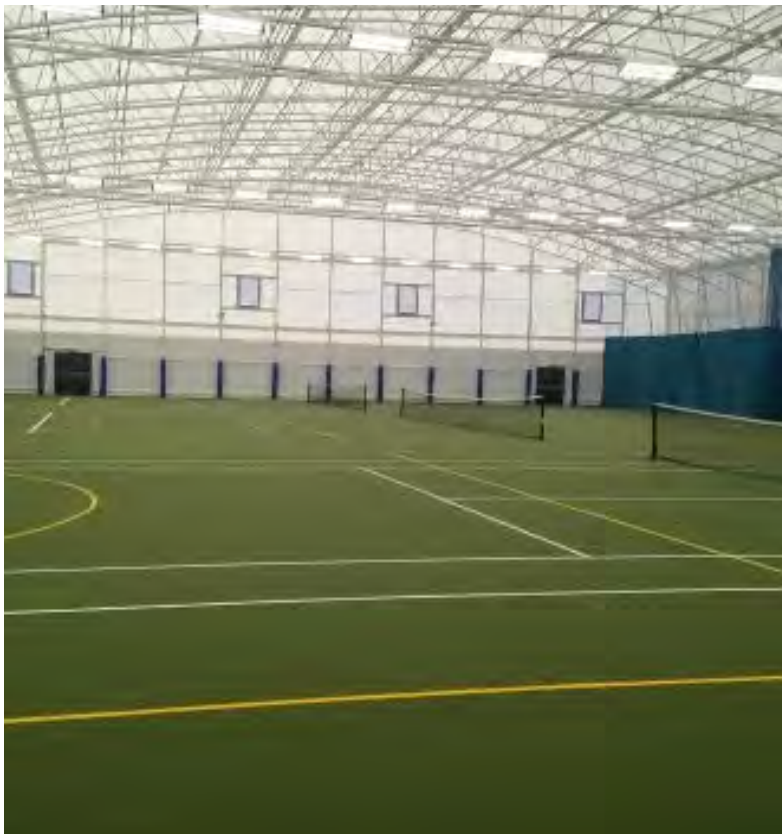
## Skills Development Camp

Strathallan Tennis Camp is designed for players of all abilities aged 8 to 16. 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 dependent on age, ability and the coaches 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 life-long friends in the process.



## Coaching Team for Camp includes:

### Tommy Ogilvie

Highly Respected & Experienced LTS Club Coach  
Strathallan Tennis Academy Coach  
Full-time Coach at Strathallan since 2015, formerly of Kinnoull Tennis Club

### Ryan Martin

Selected for Scottish Schools against South Africa

Has represented North County and Tennis Tayside for many years.

Kinnoull Tennis Club's Men's First Team Captain, current holders of the Tennis Tayside Division 1 title, Henderson Vase and the National League Division 2, thus gaining promotion to the top division for 2017.

Coaches juniors of all standards.





*In 2015 Strathallan made history by winning all 3 British Senior Student Team Titles - Boys, Girls and Mixed - and was named Team of the Year 2015 by Tennis Scotland*



**Non-Residential**

**£175**

Drop off 9am, pick up 4.15pm. Monday to Friday.  
Lunch, all coaching and day-time activities included.



## Live like a professional player

After the success of last year's camp, which saw over 100 budding young rugby stars come to Strathallan to live like professional players for a week, this camp is sure to be very popular again in 2017.

The rookie program is designed for attendees aged 8-11 and is tailored to suit individual levels of development and abilities. The rugby will be based on skill development through games.

The development program is designed for those aged 12-14. There will be a higher level coaching staff and be more focused on skill specifics and game understanding. There will also be a nutritional workshop with a focus on healthy balanced diets and an introduction to S&C.

The high performance program (residential only) will be focused on individual player development and this group will be limited to a maximum of 30 players aged 15-16. As well as skill and game development on the pitch there will be performance nutrition workshop and S&C sessions led by qualified and experienced coaches.

Combining the talents of the coaches with the superb facilities of the School we strive to create a rugby camp experience like no other. Once again, the camp will be built around the foundations of the game and will provide an environment that will develop players on and off the field.



The coaching team includes:

EXCITING NEWS  
ABOUT THE  
COACHING TEAM  
WILL BE  
ANNOUNCED  
SHORTLY

*Participants will be coached by current and former international players.*





Places are strictly limited so early booking is advised.  
email: [sportscamps@strathallan.co.uk](mailto:sportscamps@strathallan.co.uk)



**Residential**    £350 (development)    £400 (high performance)

Drop off 7.30-8.00pm, Sunday 30th July.

Pick up 4.15pm, Friday 4th August.

All accommodation, meals, coaching and activities included.

**Non-Residential**    £250

Drop off 9.15am, pick up 4.15pm. Monday to Friday.

Lunch, coaching and day time activities included.

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

## Coaching/Pastoral Team

All coaches 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 and any prescribed medications 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. Residential campers should arrive on the Sunday before the starting day of camp, non-residents should arrive each day between 08.45 and 09.00. Pick up for non-residents will be at 16.15, unless otherwise stated in camp-specific information.

## Accommodation & Meals

Those booked on the residential camp will be allocated a single study bedroom. All meals will be taken in the dining hall. Lunch will also be served in the dining hall 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, please see booking form for bank details. Please ensure that all payments contain 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.

# 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 anesthetic 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. It is recommended by the School that Parent/s ensure that they take out personal injury and third party liability insurance on behalf of the participant.

## 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.

## Photographs & Imagery

The Parent/s authorise/s Strathallan School to use any photograph or imagery of participants in any publication, website, advertisement or promotional article in the news media.



# What to Bring

## Residential

### *Suggested Kit List*

2 Pairs of Trainers (*one with clean non-marking soles*)  
Rugby Boots (*Rugby & Multi Sport Camp*)  
Football Boots (*Multi Sport Camp*)  
Flip Flops  
7 pairs Sports Socks  
3 pairs Sports Shorts  
5 T-shirts/Rugby shirts  
Track Suit  
2 Hoodies or Sweatshirts  
Rain Jacket or Training Top  
Swimming Kit including a swim cap  
(*Rugby & Multi Sport Camp*)  
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

## Non Residential

### *Suggested Daily Kit List*

(*depending on activities*)

2 Pairs of Trainers (*one with clean, non-marking soles*)  
Rugby Boots (*Multi Sport & Rugby Camp only*)  
Football Boots (*Multi-Sport & Rugby Camp only*)  
Training Kit + Change  
Rugby or Hockey Socks + Change  
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

*"Excellent camp  
with superb  
facilities and  
fantastic staff."*

*"...it was one of  
the best weeks of  
her life!"*

All participants will receive a commemorative photograph and T-shirt.



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