



DOLLAR
ACADEMY

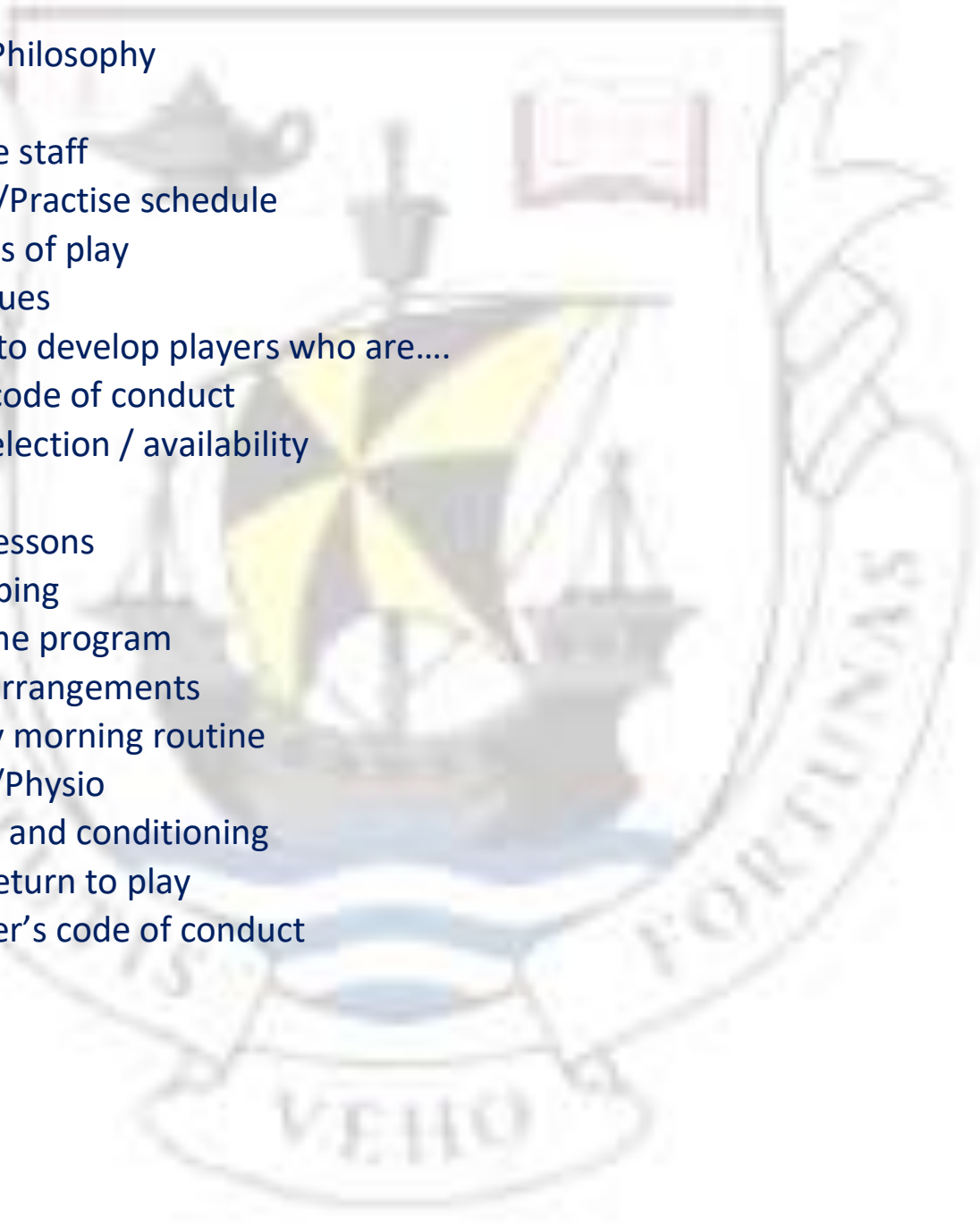
Hockey at Dollar Academy

Handbook

2020-2021

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Welcome

Hockey is a dynamic team sport that holds true the values we aim to develop in every pupil here at Dollar. It is available to every girl, whether a high performer in the Scottish Hockey pathway or a complete beginner. Our aim is to give every girl from the age of 8-18 the opportunity and environment to be the best they can be. Dollar prides itself in meeting the needs of all.

Our program is led by ex-Internationalist Lynsey Allan. The coaching team also has three other ex-International players as well as current Internationalist, Katie Robertson. Hockey is played two terms of the year with a comprehensive program of fixtures from Junior One against schools from all over the country. We have 23 teams in total.

The 1st XI squad also compete against club sides and a range of teams from across the UK.

Players benefit from strength and conditioning training (from Form 2 onwards) with our full-time strength and conditioning coach as well as access to top class physiotherapy services from our onsite physiotherapist. Throughout the season players receive both nutritional and lifestyle advice.

We have a specialist Goalkeeping squad and regular visits from current National Players to deliver specialist sessions on various aspects of the game.

Over the years, Dollar has invested in hockey providing a fantastic astro in the school grounds and the addition of a second artificial surface. In addition to this we have access to the pitch at local club, Kinross. This allows us to have as many girls as possible playing on the best surface available.

Players and coaches have access to groundbreaking team and individual analysis software and the 1st XI have weekly video analysis sessions.

Dollar Academy 1st XI were the National champions in 2018 and 2019, reaching the semifinal in 2020. Other titles include; UK Invitational Tournament Champions, Scottish League Champions and Midland District Cup Winners.

Our Form 3 squads were National Champions for three consecutive years, 2015, 2016, 2017.

In the last three seasons we have had 10 Internationalists from Scotland U16 – Scotland U21. Eve Pearson who was the 1st XI Captain, 2018/19 is the first Dollar Pupil to play in the Senior Squad.

Girls have the opportunity to tour in the UK on an annual basis from Junior 2 - Form 3. Senior Hockey tours take place every second year, destinations include South Africa, Argentina and Malaysia.

I hope you will find this handbook useful over the course of the season but, as always, should you have queries or suggestions, please do not hesitate to call me. I would like to wish you every success in the season ahead and hope you find it enjoyable and rewarding.

Lynsey Allan
Director of Hockey
Allan-l@dollaracademy.org.uk

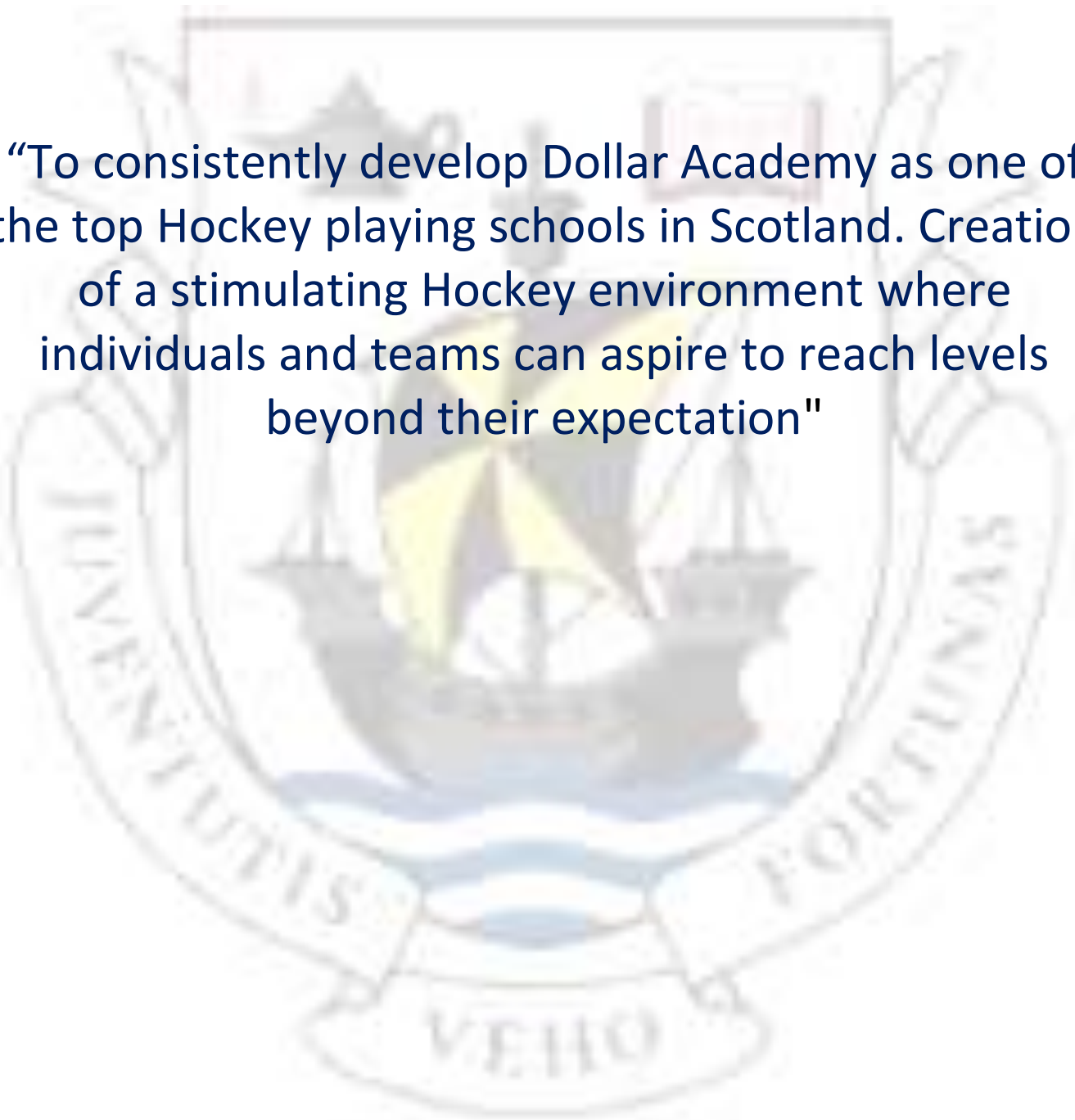
Our objectives

- Provide a positive experience for all levels of hockey player.
- Develop not only hockey playing ability but positive young women with strong character and values.
- Create a culture that players, coaches and parents are proud to be part of.
- Provide pupils with the opportunity to be the best they can be.
- Create an enjoyable learning environment where pupils are challenged and develop resilience.
- Improve our coaching delivery by continually developing coaches' knowledge.



Vision

“To consistently develop Dollar Academy as one of the top Hockey playing schools in Scotland. Creation of a stimulating Hockey environment where individuals and teams can aspire to reach levels beyond their expectation”



Playing Philosophy

“Play a fast attacking game where players are in the best possible physical and mental condition. Demonstrate strong core skills, game awareness and decision-making ability. Have a winning mentality and belief”



Staffing

Squad	Lead Coach	Assistant
1 st XI	Lynsey Allan	
2 ND XI	Callum McLeod	Gill Robb
3 RD XI	Verity Smith	Kody Fludgate
4 TH XI		Robyn Coates
Form 3	Katie Robertson	Gillian Ross
Form 2	Gill Robb	Kody Fludgate Katie Robertson
Form 1	Karen Thomson	Helen Neary Callum McLeod
Junior 2	Heather Holloway	Lisa Macdonald Cath Kelly
Junior 1	Lynsey Allan/Emma Dearden	Olivia Mears Robyn Coates
Prep 4 and 5	Lynsey Allan	Jess Hurley Olivia Mears Robyn coates
Goalkeeping	Cath Rae	

Additional staff:

Ailsa Small

Dan Marsh

Jen Allan

Niamh Wallace

Meet the staff

Miss Lynsey Allan **Director of Hockey**

1st XI Head Coach
Junior 1 and Prep 4 and 5 Coach



Mr Callum McLeod

2nd XI Head coach
1st XI and Form 1 assistant



Mrs Verity Smith

3rd and 4th XI Head Coach



Miss Katie Robertson

Form 3 Head Coach
Form 2 and 1st XI Assistant



Mrs Gill Robb

Form 2 Head Coach
2nd/3rd XI Assistant



Mrs Karen Thomson

Form 1 Head coach



Miss Heather Holloway

Junior 2 Head Coach



Miss Emma Dearden

Junior 1 assistant



Mr Kody Fludgate

Form 2 assistant
Form 3 assistant



Miss Robyn Coates

Junior 1 assistant
Form 2 assistant



Mrs Gillian Ross

Form 3 assistant



Miss Helen Neary

Form 1 assistant



Mrs Lisa Macdonald

Junior 2 assistant



Mrs Cath Kelly

Junior 2 assistant



Miss Olivia Mears

Form 1 assistant
Prep 4 and 5 assistant



Miss Jess Hurley

Prep 4 and 5 assistant
Umpire



Miss Cath Rae

Goalkeeping specialist



Miss Ailsa Small

1st XI Umpire



Mr Dan Marsh

Umpire



Miss Jen Allan

Umpire



Miss Niamh Wallace

Umpire



Miss Bevhan Trevis

Umpire



Pitch Schedule

Day	Year Group	Venue	Staff
Monday	JUNIOR 2	½ SENIOR	Heather Holloway Emma Dearden Olivia Mears
	FORM 1	JUNIOR	Karen Thomson Helen Neary Callum McLeod
	FORM 2	½ SENIOR	Gill Robb Kody Fludgate Robin Coates
Tuesday	FORM 3	½ SENIOR	Katie Robertson Kodi Fludgate
	1 ST XI	¼ SENIOR	Lynsey Allan
	2 ND AND 3 RD XI	JUNIOR	Callum McLeod Gill Robb
	4 TH XI	¼ SENIOR	Verity Smith
Wednesday	JUNIOR 1	JUNIOR	Lynsey Allan Emma Dearden
	JUNIOR 2	JUNIOR	Heather Holloway Cath Kelly Lisa Macdonald
	FORM 1	½ SENIOR	Karen Thomson Helen Neary Olivia Mears
	FORM 2	½ SENIOR	Gill Robb Katie Robertson
Thursday	FORM 3	¼ SENIOR AND GRASS	Katie Robertson Gillian Ross
	1 ST XI	½ SENIOR	Lynsey Allan
	2 ND XI	¼ SENIOR	Callum McLeod
	3 RD AND 4 TH XI	JUNIOR	Verity Smith Robin Coates
Friday	JUNIOR 1	JUNIOR	Emma Dearden Bevhan Trevis Robin Coates
	PREP 4 AND 5	SENIOR	Lynsey Allan Jess Hurley Olivia Mears

Lead Coach

Our Principles of play

Hockey is a fast paced, interactive, and highly skilled sport. Players continually move into different positions, at varying speeds and rapidly assess changing situations.

Our objective is to develop young players that enjoy the sport and can progress to the highest level.

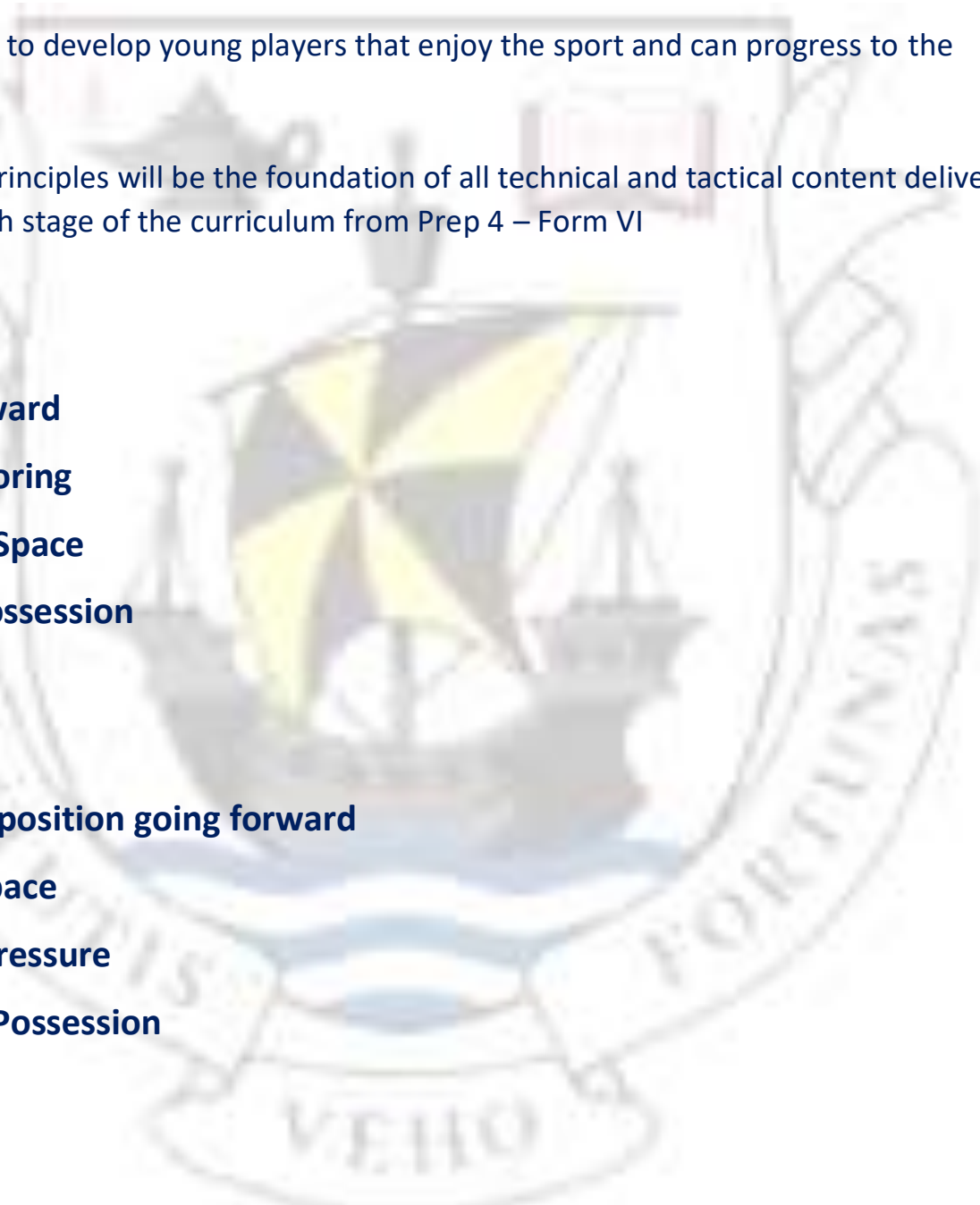
The following principles will be the foundation of all technical and tactical content delivered throughout each stage of the curriculum from Prep 4 – Form VI

In Attack:

- **Go Forward**
- **Goal Scoring**
- **Play to Space**
- **Keep Possession**

In Defense:

- **Stop opposition going forward**
- **Deny Space**
- **Apply Pressure**
- **Regain Possession**



Core Values

Honesty	Complete all sessions with total focus, commitment and to the best of my ability. Accept responsibility for mistakes and work hard to correct them. Do everything I can to improve.
Hard Work	Complete all sessions to the best of my ability. Strive to improve at least one aspect of my performance every training session. Give everything I have to everything I do.
Team Spirit	Help others to attain new levels of performance throughout every session. Encourage team mates to achieve the very best they can be. Help those that are struggling.
Professionalism	Arrive early. Prepare for sessions without being told to do so. Ensure have correct kit at every session. Hydration is a priority so should always have a water bottle.
Attitude	My positive attitude is essential in overcoming obstacles to help me improve and give of my best. My positive attitude is a key ingredient to success and leadership.
Sportsmanship	I recognize that sport is greater than the individual; that cheating reduces the stature of sport and all who love it; that class; race and creed are never factors in the attitude of true sports people and those who respect the virtues and values of sport.
Pride	Pride drives me when the temptation is to settle for something less.
Individual responsibility	I alone am responsible for my performance, but I will be generous in acknowledging the support of others.
Respect	I respect sport, the efforts of my competitors, my teammates and officials. I respect Dollar Academy, and the future of Dollar Hockey.
Express	I have an opinion and will express my view with thought and consideration to others. In showing my emotions, I do so with individuality and, where possible, good humor.
Discipline	Strong discipline underpins our sport. We must ensure we are controlled in our physical endeavor and that we are honest and fair. We obey the rules of the game to uphold its values.

Our aim is to develop players who are;

Highly Skilled	Players who can use the right technique at the right time, when under pressure
Effective decision makers	Players who can 'read' the game and make good decisions on and off the ball
Effective under pressure	Players who can learn, develop, and perform at difficult points
Self-organising and adaptable	Players who are flexible, can solve problems and respond well to unexpected situations
Fast and execute under constant high intensity	Players who are quick and play with high physical intensity. Players who have good skills at pace
Creative	Players who can take a fleeting moment of opportunity, spot the improbable and execute excellent skills
Right attitude, right time	Players who consistently look to develop themselves and team mates. Players who persist and put in the effort. Players who have the ability and desire to bounce back from setbacks.



Players code of conduct

- Attendance at sessions is vital, absence lets other team members down.

Note: **Coach must be notified for non-attendance**

- All players must be warmed up & ready prior to group sessions
- Safety equipment must be worn – shin guards and gum shields are compulsory. **No safety equipment, no training.**
- Arrive promptly and be ready to start
- Appropriate kit to be worn for group sessions.
- All players to participate in structured group cool down
- Expected climate of encouragement (from all) & progressive learning. No negative remarks allowed. Constructive criticism accepted only.
- Everybody assists in collecting equipment in when the session ends.
- High Intensity & 100% effort will be demanded by all throughout all practices. Full commitment to high intensity effort will be expected throughout all practices.
- Full concentration on all drills - no switching off mid-way through specific drills or throughout the coaching session. Leave bad day thoughts at 'the side of the pitch'.
- Players listen to coaches' instructions at all times.
- Understanding of practice/drills. If in doubt, checking for clarity of understanding rather than breaking flows of practice mid-stream.
- A good measure of professionalism is expected and the freedom to acknowledge and out-work deficiencies will be encouraged.
- The **PRACTICE OF ESTABLISHING GOOD HABITS WILL MAKE YOU**

Player selection and availability

- Players are expected to commit to training twice per week and available on a Saturday, pupils must communicate with staff if unavailable
- We endeavour to select our teams to give each player the best experience possible at that moment in time.
- We endeavour to focus on the individual player's needs and, by using our experience as coaches, create an environment to encourage players to express themselves.
- We endeavour to place players in groups with players of similar ability to allow them to contribute fully to games while being stretched as athletes.
- We endeavour to communicate openly and fully with players when and if we feel they should move between groups.



Kit

Fixtures:

- It is vital the girls are smart and look like a team
- Pupils must travel to games in Dollar Academy Tracksuit /Fleece
- Girls will play in their Hockey top, skort and socks
- Girls must then travel home in their school tracksuit
- A towel/change of t-shirt is advisable in the event of wet weather
- Hair must be tied up
- Must wear gumshield/shin guards and have their own stick
- Footwear: astro's or trainers
- Thermal under top in white or navy

Training sessions:

- Players will not take part without gumshield/shin guards
- School tracksuit
- In colder weather, girls are encouraged to be sensible and wear layers with Dollar tracksuit on top
- Dark running tights are acceptable
- Gloves and hat
- Waterproof jacket and bottoms are acceptable and encouraged in poor weather
- Hair tied up

The following is not acceptable:

- Earrings or any form of jewellery
- UGG boots/flip flops
- Non-regulation hoodies and other items
- Excessive make-up
- Hair down
- School shoes

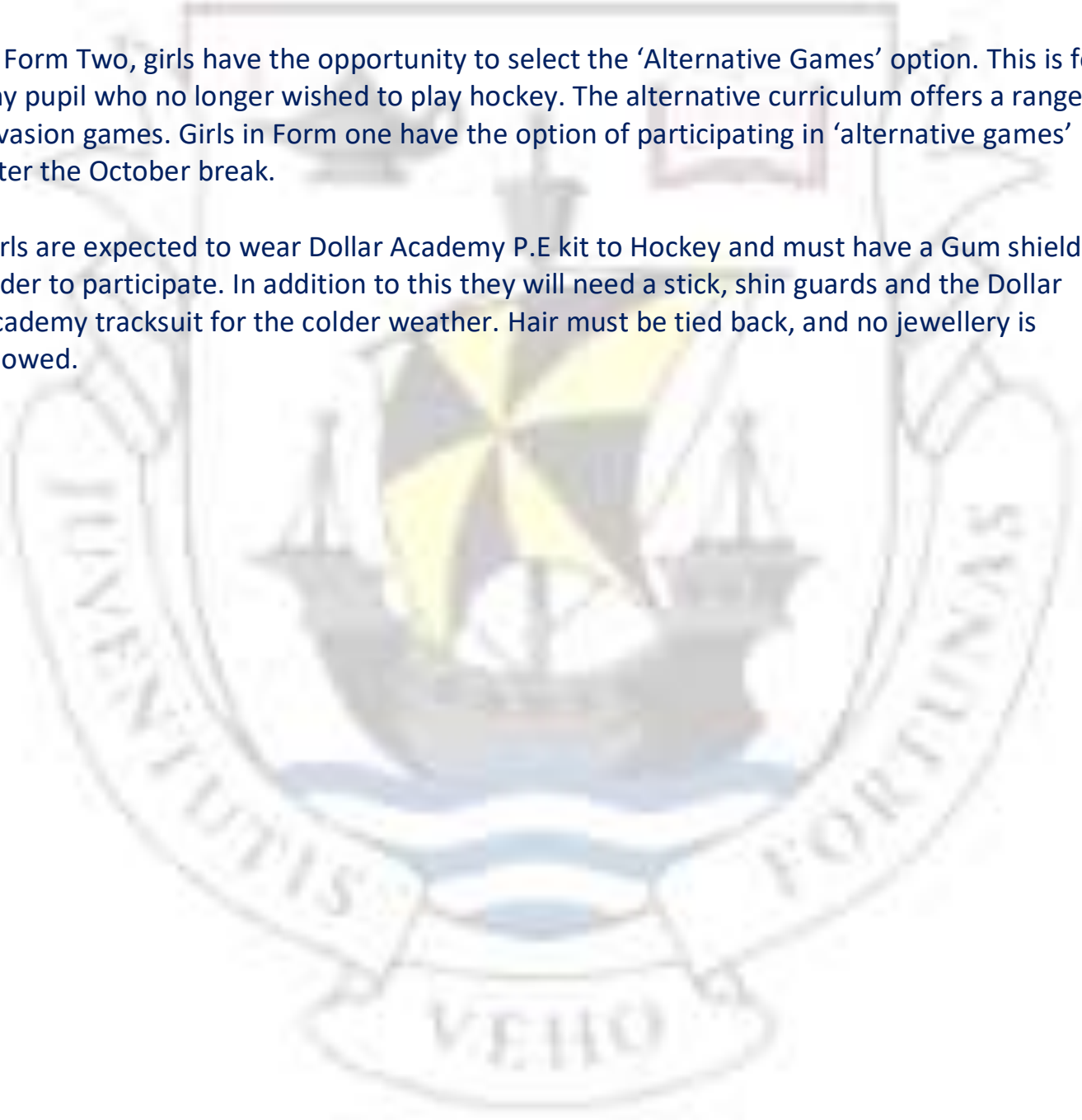


Games Lessons

All Girls from prep 4 - Form Two will have one games lesson per week. Regardless of ability or experience, the Hockey Curriculum will be delivered to all. Physical, tactical and technical content will be delivered at an appropriate level for each individual.

In Form Two, girls have the opportunity to select the 'Alternative Games' option. This is for any pupil who no longer wished to play hockey. The alternative curriculum offers a range of invasion games. Girls in Form one have the option of participating in 'alternative games' after the October break.

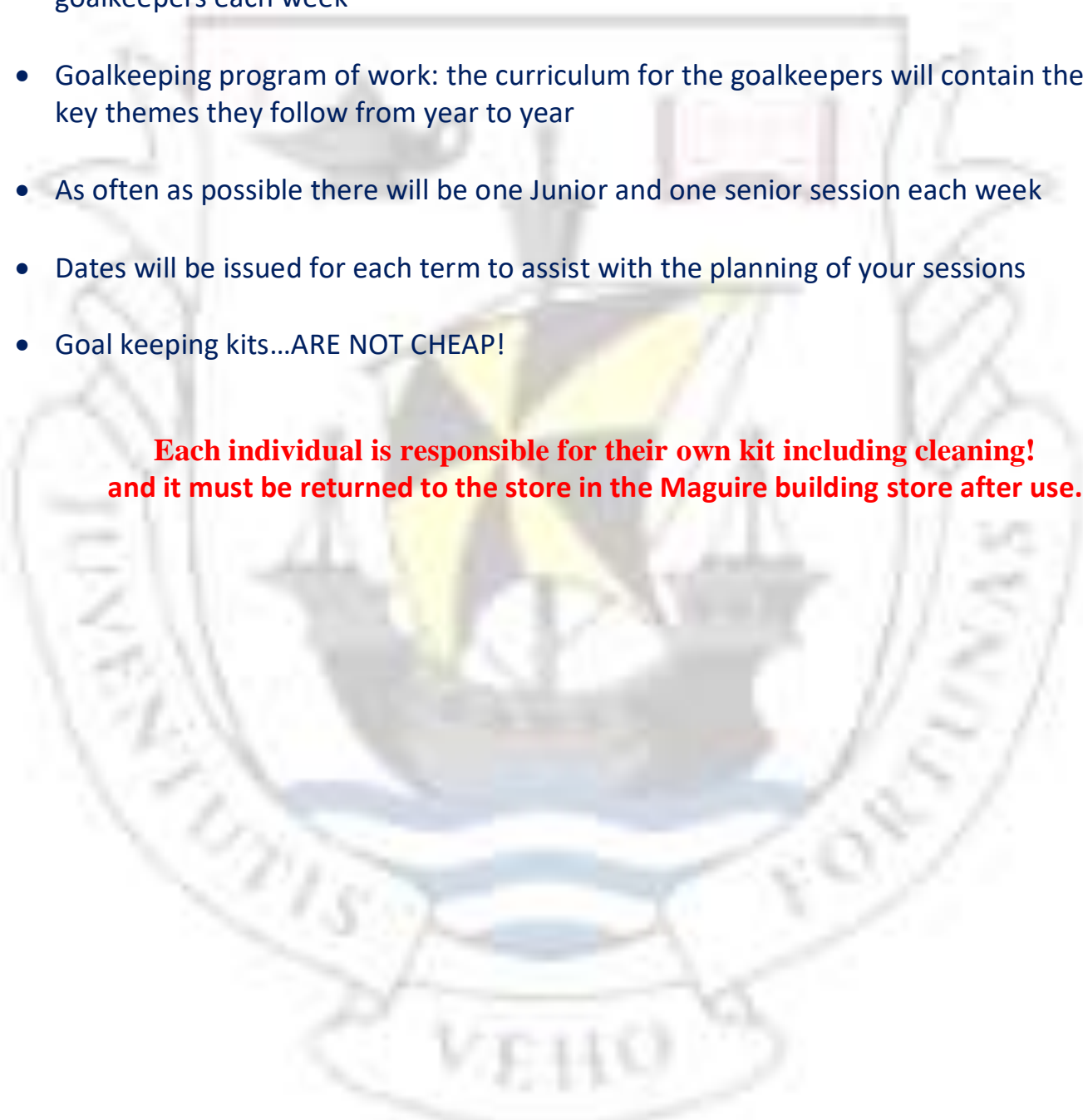
Girls are expected to wear Dollar Academy P.E kit to Hockey and must have a Gum shield in order to participate. In addition to this they will need a stick, shin guards and the Dollar Academy tracksuit for the colder weather. Hair must be tied back, and no jewellery is allowed.



Goalkeeping

- Cath Rae – Ex Senior woman's internationalist will deliver specialist sessions to our goalkeepers each week
- Goalkeeping program of work: the curriculum for the goalkeepers will contain the key themes they follow from year to year
- As often as possible there will be one Junior and one senior session each week
- Dates will be issued for each term to assist with the planning of your sessions
- Goal keeping kits...ARE NOT CHEAP!

**Each individual is responsible for their own kit including cleaning!
and it must be returned to the store in the Maguire building store after use.**



Additional Hockey Program

Aims and Objectives:

To develop the technical, tactical and decision-making capabilities of each player. This will be achieved primarily through an individualized approach where the needs of everyone are catered for. Opportunities for holistic development through a variety of conditioned and full game situations will also be provided, although the approach primarily involves small group and individualized work. Footwork, scanning and consistent execution of the basic skills under pressure are a central focus throughout.

- Sessions take place from 12:45 – 13:15
- ALL players from the year group are welcome to attend at the designated time
- Bring a packed lunch the day of your session

YEAR	DAY	TIME	STAFF
Junior 1 Junior 2	Wednesday	12:40 – 13:10	L Allan C McLeod
Form 1 Form 2	Tuesday	12:45- 13:15	L Allan G Robb
Form 3	Monday	12:45 – 13:15	L Allan K Robertson
1 st XI	Friday	12:40 – 13:15	L Allan
2 ND XI	Thursday	12:40 -13:15	C McLeod

Fixture Arrangements

- All information regarding hockey fixtures, results is on SOCS

DOLLAR ACADEMY SPORTS DESK: GETTING STARTED

There can be more than one way to navigate to sports fixtures, results and training sessions on the Sports Desk - the below instructions for desktop are designed to help you get started.

Access the Sports Desk:

To access the Dollar Sports Desk, save the link (<http://sports.dollaracademy.org.uk/>) to your favorites. Alternatively, go to the homepage of the main school website and click on 'Sports Desk' at the top right of the screen.

Navigate to Fixtures and find your team:


On the Sports Desk homepage, scroll down and navigate to the Sports Calendar via the menu to the right. This will give you an overview of scheduled training, fixtures and competitions.

The screenshot displays the Dollar Academy Sports Desk interface. At the top, the Dollar Academy logo is on the left, and navigation links for 'News', 'Sports Newsletter', 'Sports Desk' (circled in red), and 'Search' are on the right. Below this is a secondary navigation bar with links for 'Home', 'About Dollar', 'Academic', 'Activities', 'Boarding', 'Admissions', 'Information', and 'Former Pupils'. The main content area features a 'Sports Calendar' section with a calendar for March 2017. To the right of the calendar is a vertical menu with 'Sports Home', 'Sports & Teams', 'Sports Calendar' (circled in red), and 'News'. At the bottom, there is a horizontal menu with 'Fixtures (18)' (circled in red), 'Training', 'Competitions', and 'Other Events'. Below this menu, a list of fixtures is shown, including 'Hockey (8)' and 'Rugby Union (10)'.



Choose a date on the calendar. In the new window, click on the 'Fixtures' tab and select a sport to display a list of teams playing that day (Note that the 'Training' and other tabs work in the same way).



Navigate to your team then click on 'Details' for information on times and venues. For away games, click on the map link  to find the opponent's playing fields.





You can view the team sheet for a fixture wherever you see this blue image . To access a team sheet, click on the blue icon and enter the password (previously issued to parents by email).

Cancelled matches:

Time	School Team	v	Opponent	Venue	More Fixture Details
10:00	Boys-1st XV	Canc	Cancelled George Heriot's School	Home 	Details
10:00	Boys-2nd XV	Canc	Cancelled George Heriot's School	Home 	Details

Notice of cancelled matches appear next to the relevant sports fixture - please check match status on the morning of the fixture for the latest updates.

If you follow a particular team:

	Hockey	22 teams	Teams, Fixtures & Results
	Rugby Sevens	7 teams	Teams, Fixtures & Results
	Rugby Union	19 teams	Teams, Fixtures & Results
	Tennis	11 teams	Teams, Fixtures & Results

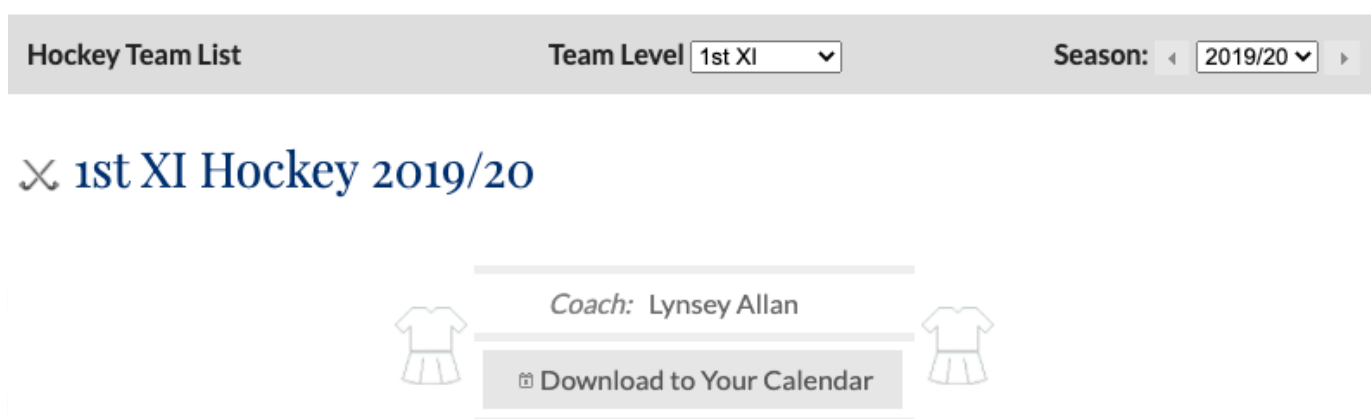
On the main Sports Desk page, select 'Sports & Teams' from the right-hand menu.

Navigate to a sport and, select 'Teams, Fixtures & Results'. Choose a team and click on 'Fixtures and Results' to see past results and upcoming fixtures.

To find an opponent's playing fields:

Either choose the map link  directly from a fixture, available via the 'Details' button as described above, or select 'Opponent Maps & Links' from the right-hand menu.

To download a team's Fixtures and Results:



The screenshot shows a web interface for 'Hockey Team List'. At the top, there are filters for 'Team Level' (set to '1st XI') and 'Season' (set to '2019/20'). Below this, the title '1st XI Hockey 2019/20' is displayed. Underneath, the coach's name 'Coach: Lynsey Allan' is shown, flanked by two jersey icons. A prominent button labeled 'Download to Your Calendar' is centered below the coach's name.

You can download the entire fixture list to your personal calendar on your PC or mobile device. Any changes made to Dollar fixtures will be synchronized with your personal calendar whenever you connect your PC or mobile device to the Internet.

On the right-hand menu, select 'Sports & Teams'. Select your sport, navigate to your team then click on 'Fixtures & Results'. Directly under 'Coach' and 'Captain' you will see the 'Download to Your Calendar' option.

Mobile Web App:

If you are viewing the Dollar Sports Desk on your mobile phone you will notice it loads up as a Mobile Web App.

Saturday Morning's /Fixtures

It's game day!

A Saturday morning of fixtures is a busy time at the school. It is vital everything is done to the best of our ability to ensure the pupils, staff, parents and visiting schools have a good experience.

Buses

- No cars are permitted in the school grounds for the pupils being dropped off for away fixtures
- Staff may park round the back of the main school building
- Pupils must behave in an appropriate manner on the bus. Seat belts fastened, no screaming and no litter of any kind to be left on the bus
- Punctuality is vital, buses will depart at the time provided on the team sheet
- Pupils must inform the head coach in advance if they are making their own way to or from a fixture
- Pupils will travel in immaculate Dollar Academy kit, hair tied up, **no jewellery, no blankets, no sliders, no non uniform items**

Please check SOCS before you depart for a fixture in the event of a cancellation

First Aid/Physio

First Aid coordination for weekend hockey fixtures is overseen by the school nurse, Karen Finnie. There will be a medical gazebo as well as the first aid room which will be open during fixtures to receive injured pupils if required, however, immediate First Aid treatment will be given pitch side. The First Aiders will use radios for communication. If a serious injury occurs the pitch side First Aider will contact the Match Doctor directly.

The First Aid cover provided pitch side:

- A Duty Match Doctor is present, along with the school nurse, Red Cross and a Physio (if the 1st XV Rugby squad are playing at home). “Spotters” with radios will be used to report incidents/injuries to the Duty Match Doctor.

HEAD INJURY, CONCUSSION AND RETURN TO PLAY POLICY

Dollar Academy has established this Policy to outline procedures for staff to follow in the management of head injuries. It seeks to provide a safe return to all activities for pupils after injury, particularly concussion.

Definitions:

Head injury is a trauma to the head that may or may not include injury to the brain.

Concussion is the sudden but short-lived **loss of mental function** that occurs after a blow or other injury to the head (A blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion).

Recognition of Concussion

Common signs and symptoms of head injury resulting in concussion:

Signs (observed by others)	Symptoms (reported by pupil)
<ul style="list-style-type: none">· Pupil appears dazed or stunned· Confusion· Unsure about game, score, opponent· Moves clumsily (altered coordination)· Balance problems· Personality change· Responds slowly to questions· Forgets events prior to injury· Forgets events after the injury· Loss of consciousness	<ul style="list-style-type: none">· Headache· Fatigue· Nausea or vomiting· Double vision, blurry vision· Sensitive to light or noise· Feels sluggish· Feels 'foggy'· Problems concentrating· Problems remembering

Management

At the time of injury, the pupil is to be removed from the activity/game and **not to return to play that day**. If this occurs on a school day the pupil should be escorted to the Nursing Centre or the School Nurse should be called to assess the pupil at the site of the incident (ext. 299/07980 544092). If the injury is serious an ambulance should also be called immediately by the staff with the pupil. At weekend fixtures, a doctor, the School Nurse or First Aider will be at the pitch side and will attend to the injured player.

Some pupils play for a club side as well as school. It is the responsibility of the player and parents to ensure that both the school and club are informed of the head injury or concussion. This can now be done via the new injury reporting system, Return2Play.

Returning to sports

Despite being one of the most common sport-related injuries, there is no internationally agreed consensus on advice about when it is safe to return.

Dollar Academy has adopted the policy that pupils diagnosed with concussion should have 3 weeks off contact sports and longer if symptoms persist. The injury tracking system will tell us of a player's status and their ongoing status. This should be referred to continually and no player will take part in any physical activity unless the medical staff have deemed it safe to do so.

MINIMUM RETURN TO PLAY INTERVALS WHEN FOLLOWING GRADED RETURN TO PLAY (GRTP) PROTOCOL

Unless the medical staff have deemed it safe to do so.

AGE GROUP	GRTP Stage 1 Minimum Rest Period	GRTP 2 Stage 2 to 5	GRTP 6 Minimum Return to Play Interval
Children and Adolescents (aged 18 and under) ➔	14 Days ➔	4 Stage GRTP Progression every 48 hours, if symptom free ➔	14 day rest + 8 day GRTP = Day 23 post injury

IF YOU ARE IN ANY DOUBT OF ANY OF THIS POLICY PLEASE CONTACT ME



Return to play



We have an injury reporting system called Return2Play.

Return2Play's package for schools has been developed using experience from working with over 50 of the UK's top schools.

It has been specifically designed to provide expert medical care to your injured pupils in a way that keeps admin to a minimum and guarantees full compliance with the latest regulations and protocols.

Use the links below to find out more about what the package includes and how it is all facilitated by our innovative R2P Injury Management System.

The system is designed to record, monitor and ensure that all our players are supported from the day of the injury until they are fit, able and confident to return to play.

It will allow us to:

- Document Injury – cause, type, date
- Manage recovery – return to activity procedure
- Monitor health long term – monitoring injuries across a season and beyond
- Continually communicate with the people that need to know

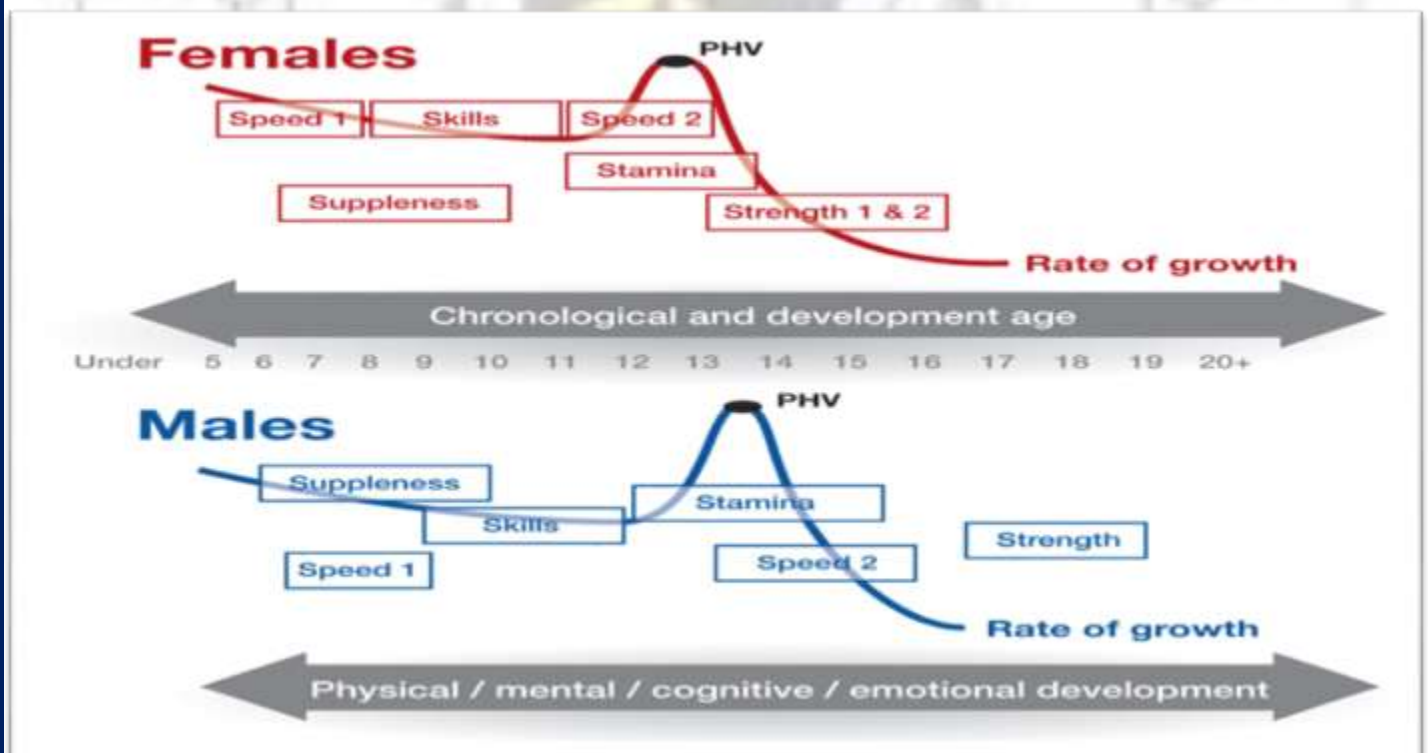
Strength and Conditioning

We have a strength and conditioning specialist at the school, Mr Stevie Wilson. He brings a wealth of experience including;

- UKSCA Accredited coach since 2015
- BSc (Hons) Sport and Exercise Science
- Over 10 years experiencing coaching youth athletes in a variety of sports

The most recent scientific research clearly tells us that young athletes can reduce injury risk and enhance physical performance when exposed to appropriate methods of strength training. However, it is imperative that this training is part of an appropriately structured, holistic training program delivered by suitably qualified personnel.

The picture below highlights the 'Windows of opportunity' or the trainability of physical properties in girls and boys throughout the different stages of growth and development.



PHV = Peak height velocity or growth spurt

Key Points of note:

- Focus on skill acquisition, fundamental movement skills, co-ordination and mobility pre-PHV
- During PHV, motor control and co-ordination may lack due to rapid increase in growth (up to 8-10cm Females and 10-12 cm Males per year)
- *Focus on strength development post-PHV*

	Stage 2	Stage 3	Stage 4	Stage 5
Stage	Learn to Play and Practice	Train to Train	Train to Compete	Train to Win
Age	8 - 12	12 - PHV	Post PHV - 20	20 - Adult
Trainable qualities	Fundamental movement skills, Balance Co-ordination Agility & Awareness, Fundamental sports skills, Flexibility & Mobility,	Fundamental movement skills, Stability, Mobility, Speed, Acceleration, Sports specific conditioning, Sports specific skills	Strength and Power, Stability, Mobility, Speed, Agility, Sports specific conditioning	Strength and Power, Mobility, Speed, Sports specific conditioning

Strength and Conditioning with Youths & Adolescents

Most common misconceptions surrounding youth resistance training:

- ***Strength training causes damage to growth plates – resulting in stunted growth***
- ***Strength training results in becoming muscle bound and inflexible***
- ***Strength training causes injury***

It has now been realized that these statements are rather outdated and have no real evidence behind them. Recent research has indicated that various forms of resistance exercise can elicit significant performance improvements in; muscular strength, power production, running velocity, change of direction speed and general motor performance. From a health perspective, evidence suggests that resistance training can make positive alterations to body composition, improved insulin sensitivity in overweight adolescents and enhance cardiac function in obese children. Importantly it has also been suggested that regular participation in an appropriately designed resistance training program can enhance bone mineral density and reduce the risk of sports related injury (Lloyd *et al.* 2013).

Performance benefits

- Reduced risk of sports related injury
- Increased muscular strength
- Increased power production
- Increased running speeds
- Increase change of direction speed
- Increased motor performance & control

Health benefits

- Improved body composition
- Improved posture
- Improved feeling of well-being
- Increase bone mineral density



Program objectives

The Strength and Conditioning program at Dollar Academy has been designed to provide a progressive pathway for players to develop physically in line with Dollar Rugby and Hockey LTPDPs as well as facilitating the needs of other talented athletes within the school.

Key Aims

- Reduce risk of sports related injury
- Educate athletes on performance related areas – E.g. physical preparation/ mobility & flexibility/ recovery/ nutrition
- Increase strength and address imbalances
- Improve confidence and mental toughness
- Improve athleticism and sports performance

Stage 1 – Form 2 and 3

AIM: Ensure focus is on technical competency and joint mobility through a wide range of motion. No emphasis on weight lifted, all emphasis on stability, co-ordination and movement mechanics. To improve players movement efficiency, stability and control. Variety of warm-up exercises focusing on technical competence and improving joint range of motion (ROM), movement mechanics and safety in the gym environment.

Stage 2 – Form 4 and 5

AIM: To improve strength, while maintaining the high level of movement efficiency achieved in Stage 1. Emphasis is on increasing strength and stability through a wide range of motion. Educate athletes on movement preparation, mobility routines, assistance work and safety in the gym environment

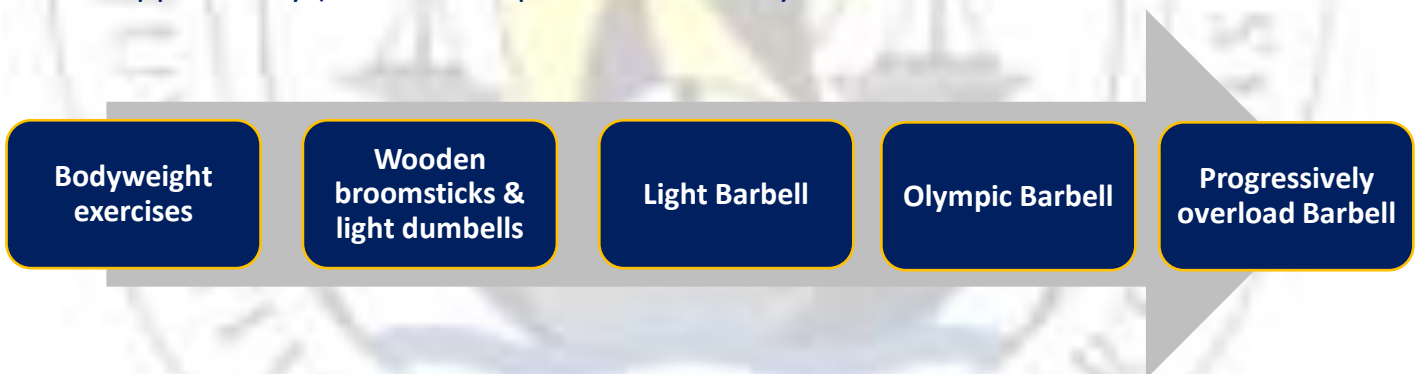
Stage 3 – Form 5 and 6

AIM: Continue to develop players' strength levels and introduce the player to more advanced power training. Continual education surrounding assistance work and safety in the gym environment.

Systematic Approach

All movement patterns must be performed with technical competence before progressing to next

Once an athlete has moved on to progressively overloading the barbell, they must be able to perform all required repetitions with technical competence before increasing the load in the smallest possible increments (2.5kg), this may happen every (1-3weeks dependent on ability).



Further Information & references

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Lloyd, R.S., Faigenbaum, A.D., Myer, G.D., Stone, M.H., Oliver, J.L., Jeffreys, I., Moody, J., Brewer, C., Pierce, K. (2012). **United Kingdom Strength and Conditioning Association Position Statement: Youth Resistance Training.**

Professional Strength and Conditioning. Issue 26.

Pierce, K.C., Brewar, C., Ramsey, M.W., Byrd, R., Sands, W.A., Stone, M.E., Stone, M.H. (2008) **Youth Resistance Training.** *Professional Strength and Conditioning.*

Code of Conduct for Spectators at Sports Fixtures

At Dollar Academy, we strongly encourage and greatly appreciate support for our sports teams from family and friends. The school endeavours to be hospitable to parents and visitors. We do ask however, that the following guidelines are observed by spectators and supporters at all times:

- To remember that the fundamental purpose of school sport is that of pupils' enjoyment and development
- To be aware that one key principle is to teach the pupils the value of sportsmanship and fair play and encourage them to learn the rules/laws of the sport - To remember that young people learn by example. Spectators and supporters should applaud good play and reserve their judgement on poor play. Pupils should never be ridiculed or berated for making a mistake or for losing a game
- To never publicly question a coach's, referee's or umpire's judgement, honesty or integrity, and recognise their authority on the field - To never use offensive language, or threaten players, coaches, referees, umpires or other spectators
- To respect and refrain from encroaching on the playing area (normally marked by a white line on the playing surface) - To respect the opposition players and coaches
- To communicate any concerns or issues through the proper channels at an appropriate time, the usual means of doing so being to communicate privately with the school's Director of Hockey after the conclusion of a given fixture.

Parents as role models

Parents and guardians have a responsibility to help make sure their child gets the most out of his or her playing experience. Parental support should always include positive reinforcement of both your child's performance and of their efforts. This is essential at an early age, to encourage strong self-esteem and a healthy development in general. Parents should aim to be positive role models, including the display of sportsmanship and the notion of fair play and by avoiding negativity of any kind. Parents should encourage children to play according to the rules at all times.

Parent - Sports Staff Alliance

The entire sports staff is grateful for the support, encouragement and assistance many parents provide, often driving long distances and rearranging busy schedules to support teams on a regular basis. It is essential however that all parents and guardians agree to support their respective coach's decisions (even in the event that they do not fully agree with them) and do not act to undermine their efforts. In particular, it is essential that parents refrain from airing any grievances relating to any aspect of the game, the players, the coach or officials, whilst in the presence of our pupils or our visitors. Coaching staff are open to discussion and would always wish for the speedy resolution of any issues or concerns, but this process must take place in the correct manner and at the correct time. All parent - coach dialogue should be non-argumentative and constructive in its content. The individual team coach's judgement on issues such as selection must be accepted as final. However well you know your son or daughter, you cannot share the same overview of the whole team. The coach is best-suited and qualified to take all factors into consideration and make the right decisions for the team as a whole.

Parent to Parent respect

Parents and spectators have a responsibility to other parents and spectators. Competition and taunting between parents is never acceptable, and no parent/spectator should ever feel embarrassed or disappointed by their team or child's performance. Good play should always be applauded, and disappointments should always be consoled. Remember that children learn best by example and praise should be bestowed on the efforts of both teams. Your children play sport for their enjoyment, which in turn fosters a feeling of self-worth/respect. Please help them in this endeavour by focusing on your child's efforts and personal achievements rather than purely on whether they win or lose. The development of the whole person is seen as extremely important at Worth, so this code of conduct is aimed at supporting that development, while preserving the spirit of hospitality within the community as a whole.