



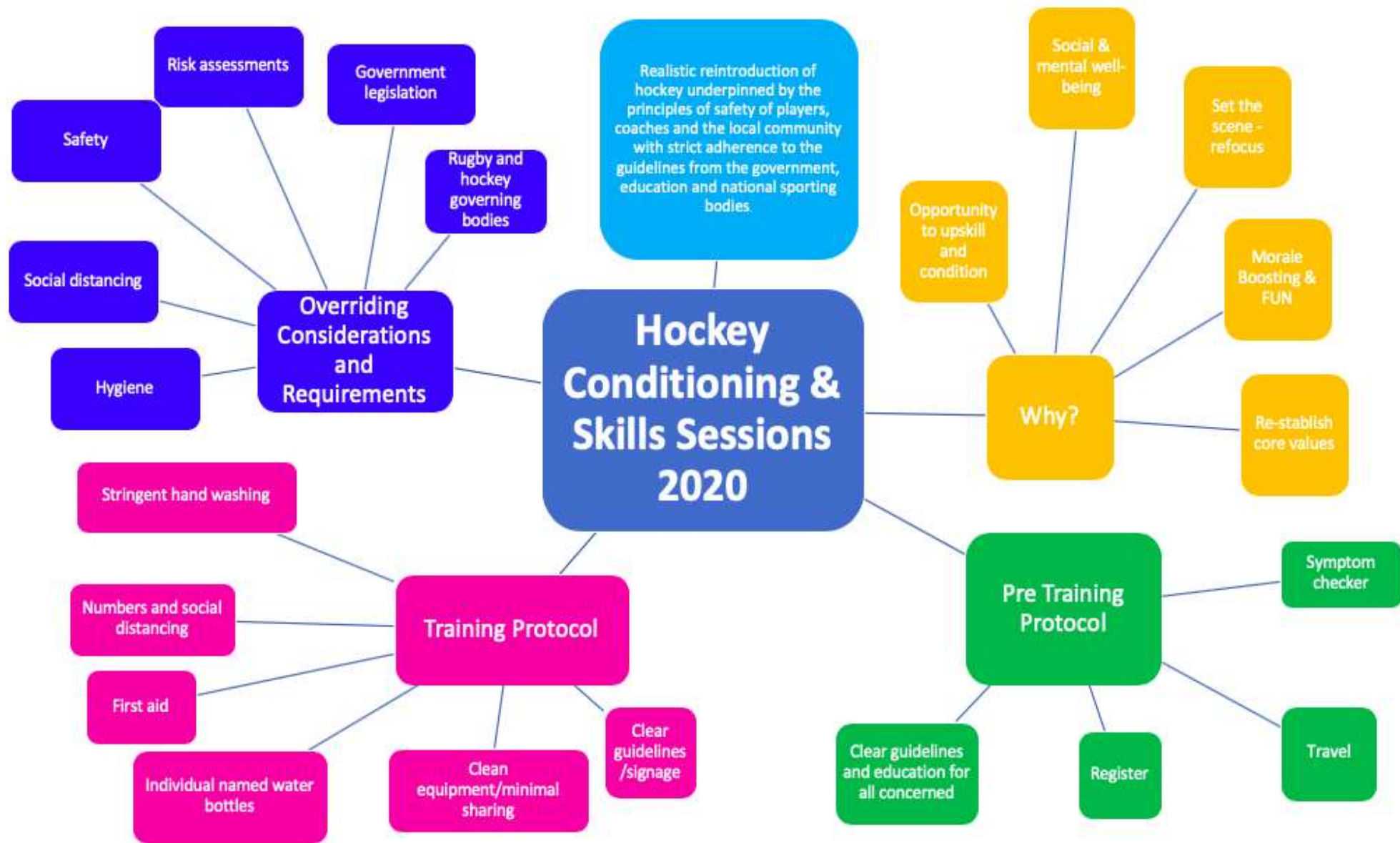
DOLLAR
ACADEMY

HOCKEY

PRE-SEASON BOOKLET

COVID-19 GUIDELINES

2020



COVID-19 PHASE 3 GUIDELINES

'Getting you back in the game and hockey fit'

- Year groups referred to are for the 2020-2021 academic year
- Due to current Scottish Hockey guidelines there is a **STRICT LIMIT ON NUMBERS-PLACES ARE ALLOCATED ON A FIRST COME FIRST SERVED BASIS. PUPILS HAVE TO PRE-REGISTER FOR THE SESSIONS VIA THE SPORTSTRAIN APP. INFORMATION ON HOW TO DO SO IS IN THIS INFORMATION BOOKLET**
- Scottish Hockey guidance measures on social distancing and hygiene will be in place with limited player groups and playing zones.
- There will be no access to changing rooms
- There will be access to toilets

PLAN-PREPARE-PROTECT-REVIEW

Parents and Players must adhere to the following preseason procedure

1. Check preseason timetable so you are aware of when your session is taking place and where
2. Parent /player registers for the pre-season session via the sports-Train by 19:30 the evening before
3. By 07:30 the day of the session, parent/player must complete the symptom checker.
Players should only attend training if they have pre-registered
If answers 'yes' to any questions on Covid-19 symptom checker, player is not to attend training and notify Director of Hockey ASAP (allan-l@dollaracademy.org.uk)
4. Travel to training
No car sharing – players to arrive changed and ready to train, there will be no changing facility. Bring your own, labelled water bottle.
Toilets will be available

5. Player drop off and follow one-way system to pitch entry – **SEE MAP ATTACHED**

No cars are permitted on school premises

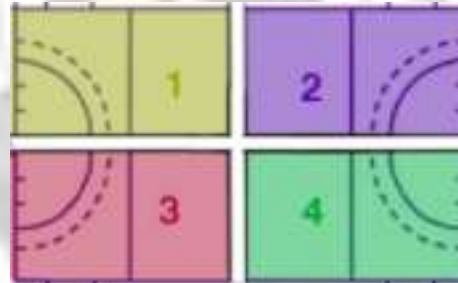
No congregating outside school premises

Players to arrive no earlier than 10mins before session starts

UNDER CURRENT SCOTTISH HOCKEY GUIDLEINES – STRICTLY NO SPECTATING

6. Enter girls pavilion from the right-hand side as you face the building. On entry you will:

- Have your temperature taken - If temperature reading is too high, player will not be permitted to train, parents notified to pick up player asap and current NHS guidelines followed
- You will be issued a number 1, 2, 3 or 4. This is the area you are assigned to for the session

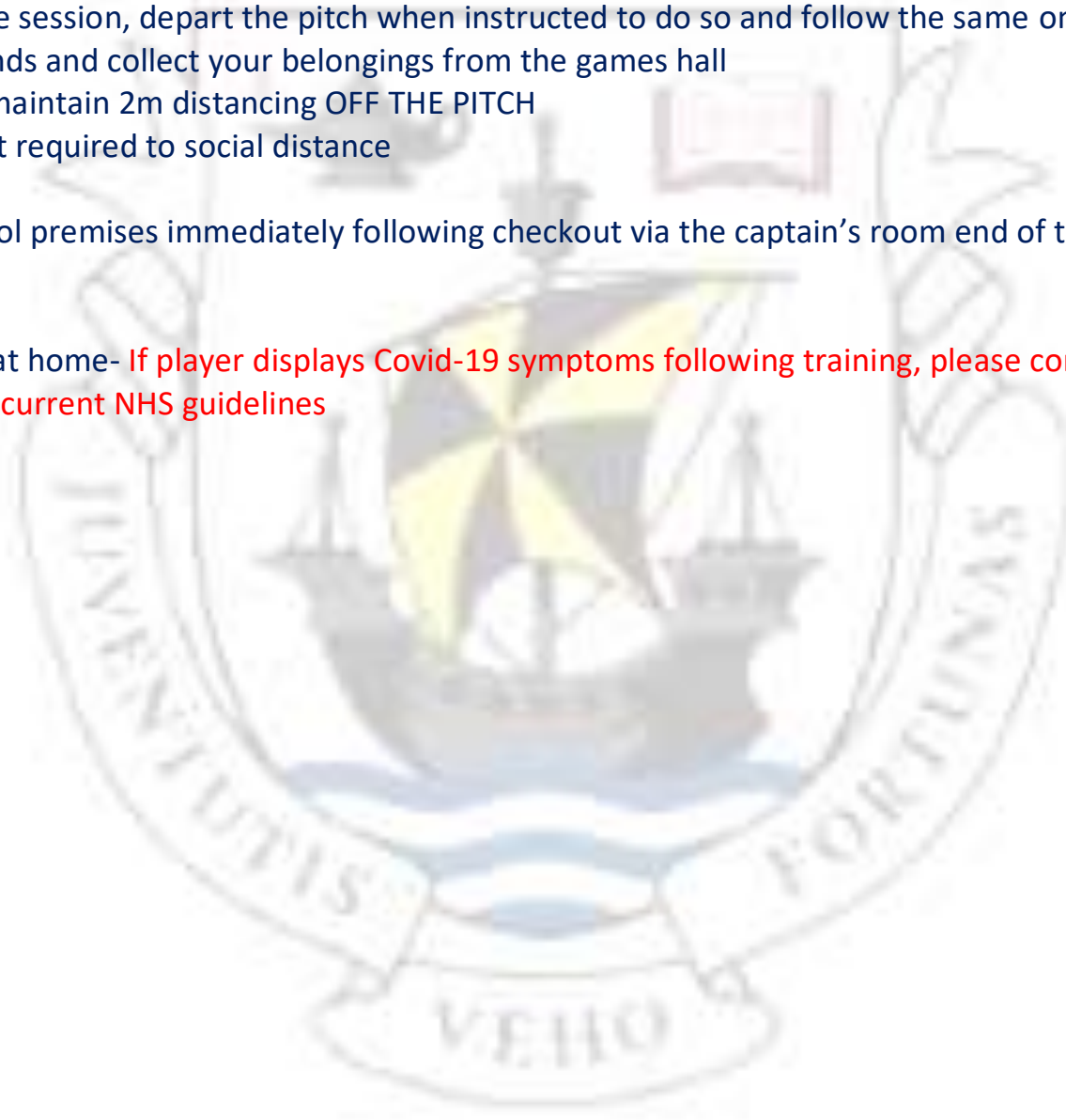


SCIENCE BUILDING END OF PITCH

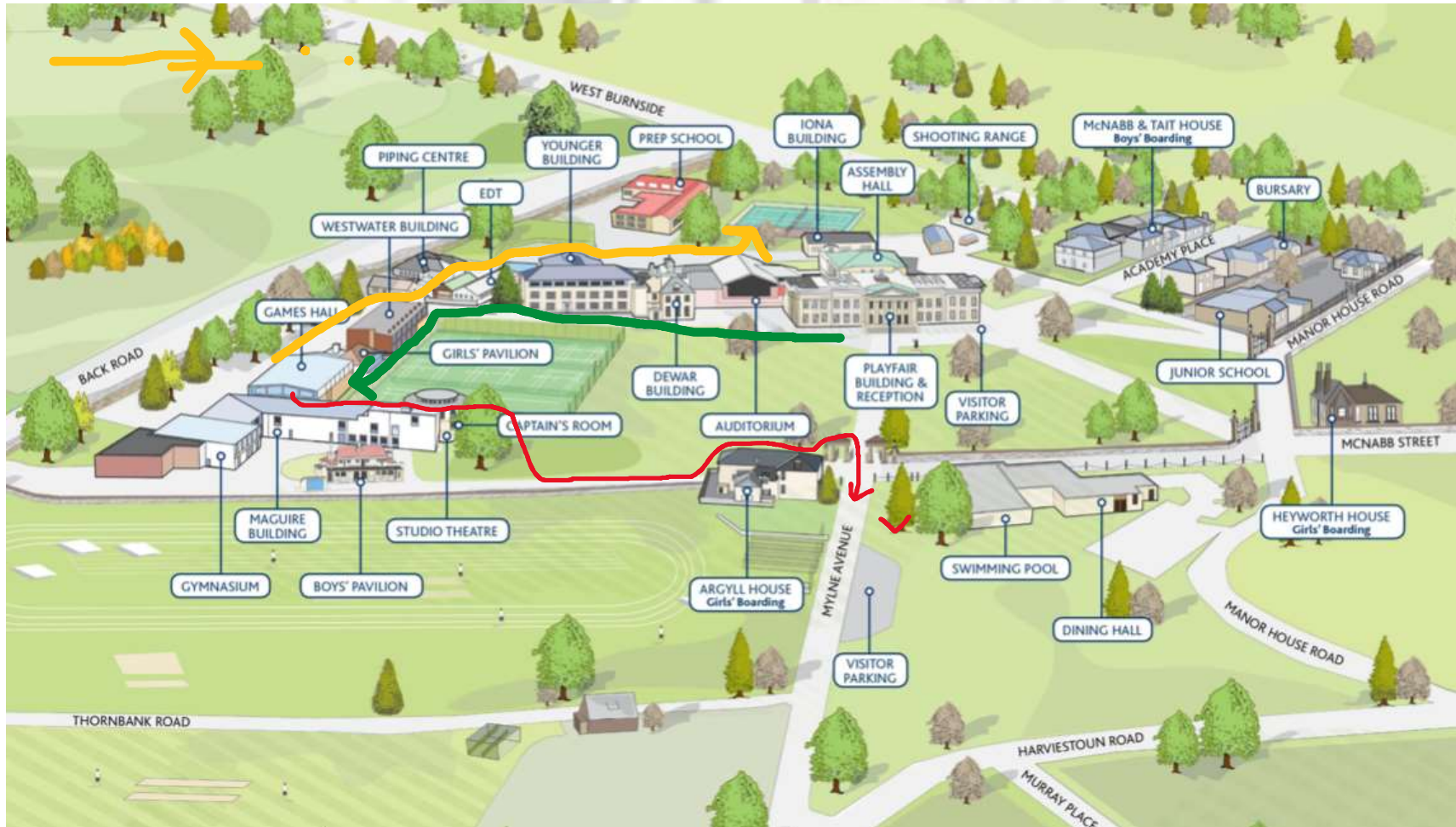
CAPTAINS ROOM END OF PITCH

- Confirm attendance
- Sanitise hands
- Continue to the games hall to the 'bag drop' following the one-way system signs
- Exit the games hall at the fire exit at the far end of the hall and enter the pitch

7. At the end of the session, depart the pitch when instructed to do so and follow the same one-way system to sign out- sanitise hands and collect your belongings from the games hall
 - U18'S must maintain 2m distancing OFF THE PITCH
 - U12'S are not required to social distance
8. Depart the school premises immediately following checkout via the captain's room end of the hockey pitch (see the map attached)
9. Monitor player at home- **If player displays Covid-19 symptoms following training, please contact Director of Hockey asap and follow current NHS guidelines**



One-way system



GREEN ARROW – ENTRY ROUTE

YELLOW ARROW – JUNIOR 1 AND 2 ROUTE

RED – EXIT ROUTE



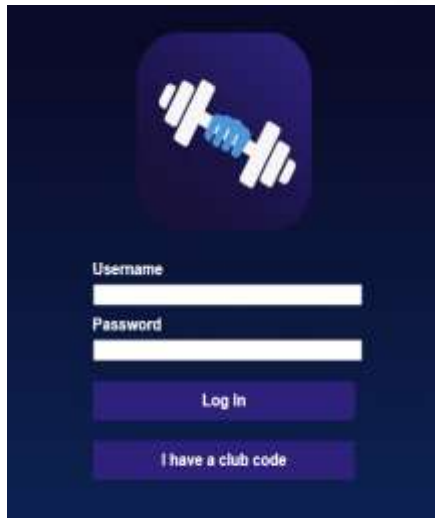
Sports-Train Registration Instructions

1. Click on the link below to INSTALL THE APP, you can also access a contact form if you do not know your username or password.

<https://sports-train.com/dollar.php>

2. See below THE USER GUIDE FOR PARENTS AND PUPILS to register for preseason sessions

PART 1: Installing the App. Parents and players can install and use the app in the following way.

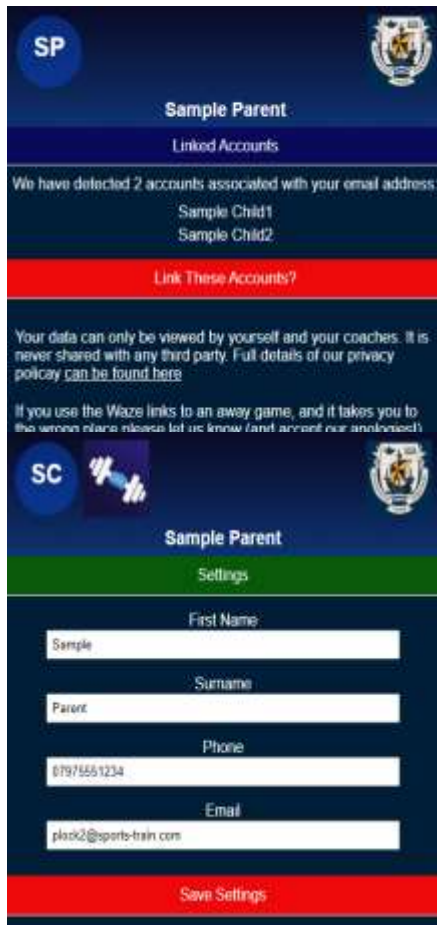


Step 1: Download the app.

Links to the app store and google play are at <https://sports-train.com/applinks.php>

Step 2: Log In using your sports-train username and password.

Step 3: If you don't know your username and password please contact us at dollar@sports-train.com



Step 4: On the 'About' page of your app you can link multiple children to your account.

(Athletes can miss this step)

Step 5: **IMPORTANT** – Please use the 'Contact Details' page of your app to check and update your name and contact number.

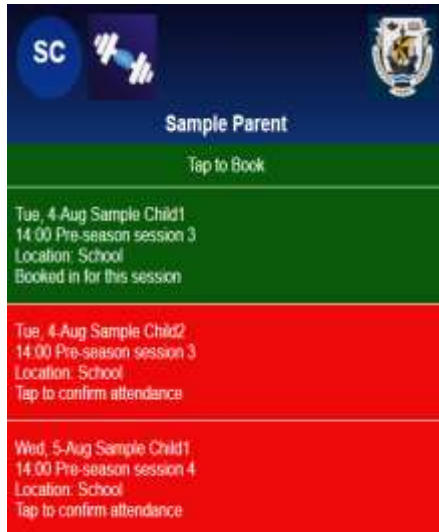
(Both athletes and parents please complete this step)



PART 2: Book your place for training

IMPORTANT:

If you don't pre-book for training, you will not be able to train.
Please book your place before 7:30pm on the evening before your training session.



PARENTS

Use the Pre-Booking page on your app. You will see future training sessions for your children listed.

Tap on a session and then tap 'I WILL ATTEND,' or 'I WILL NOT ATTEND'

Number limited sessions will be filled on a first come first served basis.



PLAYERS

Use the Calendar page on your app. You will see your own future training sessions displayed.

Tap on a session, then tap Set Attendance

Then tap 'I WILL ATTEND,' or 'I WILL NOT ATTEND'

Number limited sessions will be filled on a first come first served basis.

PART 3: SYMPTOM CHECKER

IMPORTANT: On training days before 8:30am (or before you leave if earlier) please complete the symptom checker for your child. Parents are encouraged to drop their children off for training, but if you plan to stay please also complete your own symptom checker. If you or your child answers 'yes' to any question the player is not to attend training. Please notify the Director of Rugby / Hockey ASAP and follow current NHS guidelines.

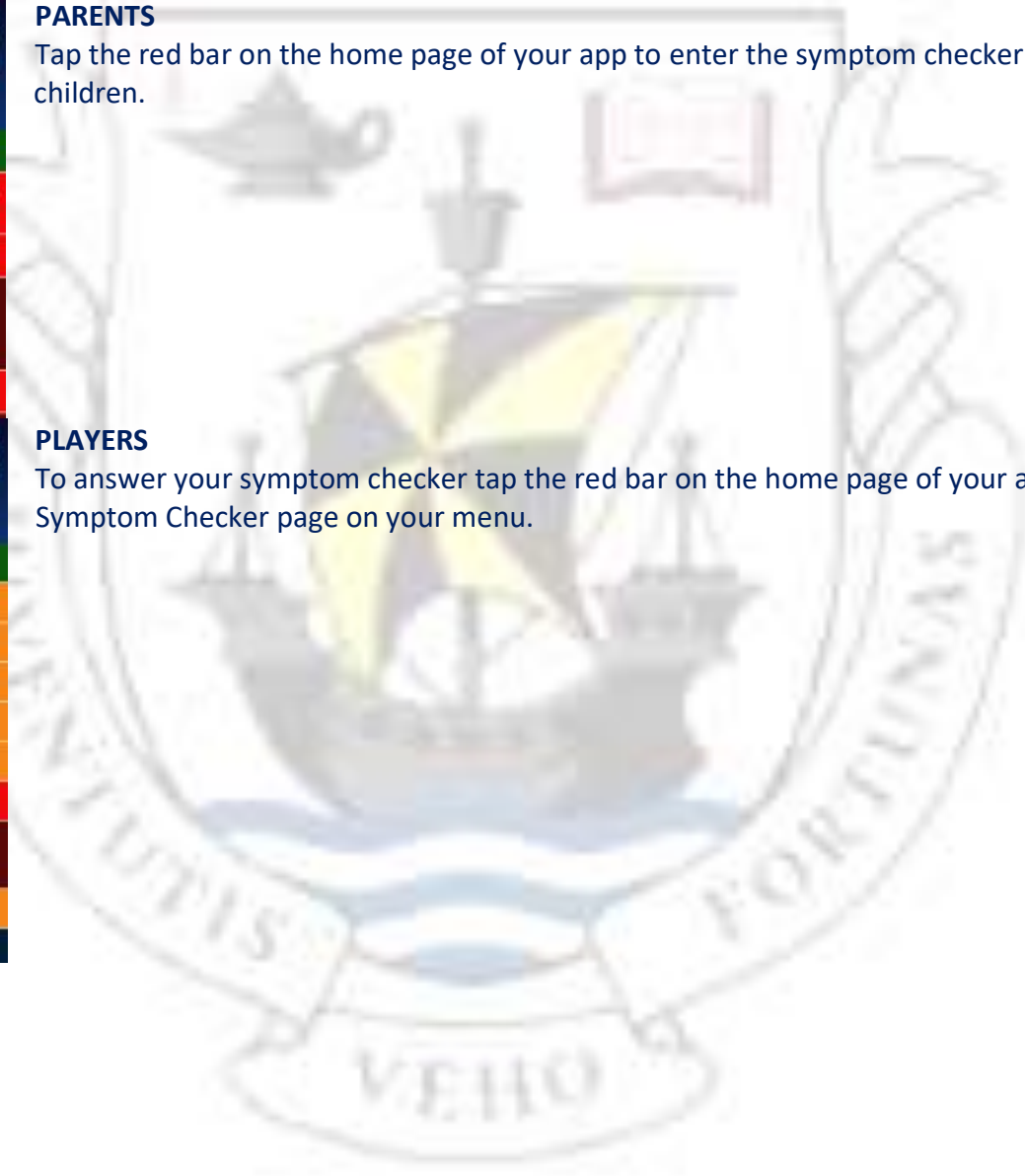


PARENTS

Tap the red bar on the home page of your app to enter the symptom checker for yourself or your children.

PLAYERS

To answer your symptom checker tap the red bar on the home page of your app or use the COVID-19 Symptom Checker page on your menu.



PART 4: CHECK-IN / CHECK-OUT

When you arrive at training please drop your child off outside the school perimeter and check them in using the app. Your child will then walk to the designated meeting point.



PARENTS

From the home page of your app tap on your child's training session. Then tap on the Check-In bar.

PLAYERS

Players can check themselves in in the same way. Tap on the session on your app home screen and then Tap Check In.

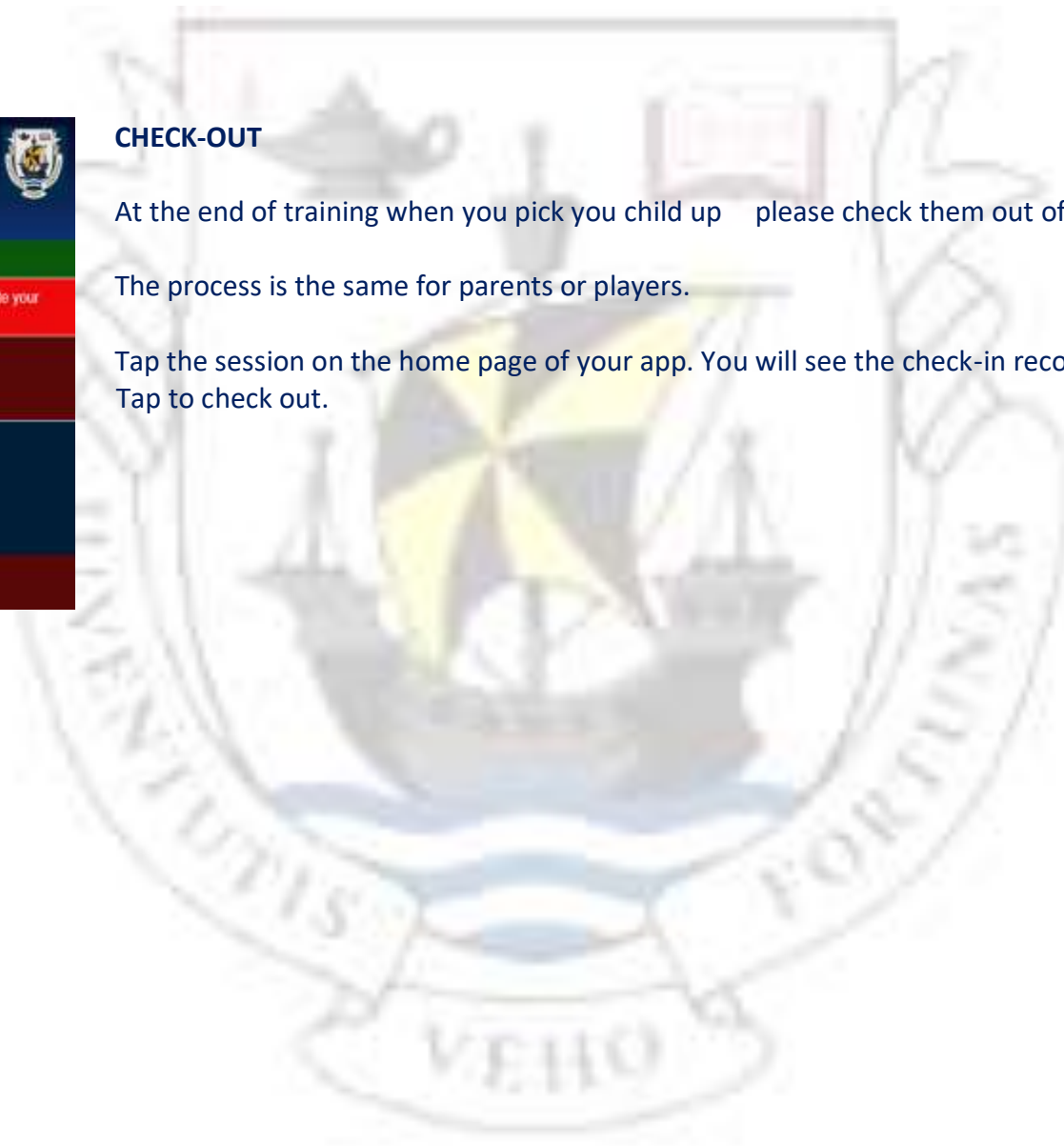


CHECK-OUT

At the end of training when you pick your child up please check them out of the sessions.

The process is the same for parents or players.

Tap the session on the home page of your app. You will see the check-in record displayed. Tap to check out.





DOLLAR ACADEMY

Director of Hockey:

Strength and conditioning Coach:

Physio:

Goalkeeping Specialist:

Lynsey Allan
Stevie Wilson
Ruth Madill
Cath Rae

allan-l@dollaracademy.org.uk
stevewilson10@hotmail.com
angusphysiotherapy@gmail.com
quickasacath@hotmail.com

Head Coaches 2020/2021

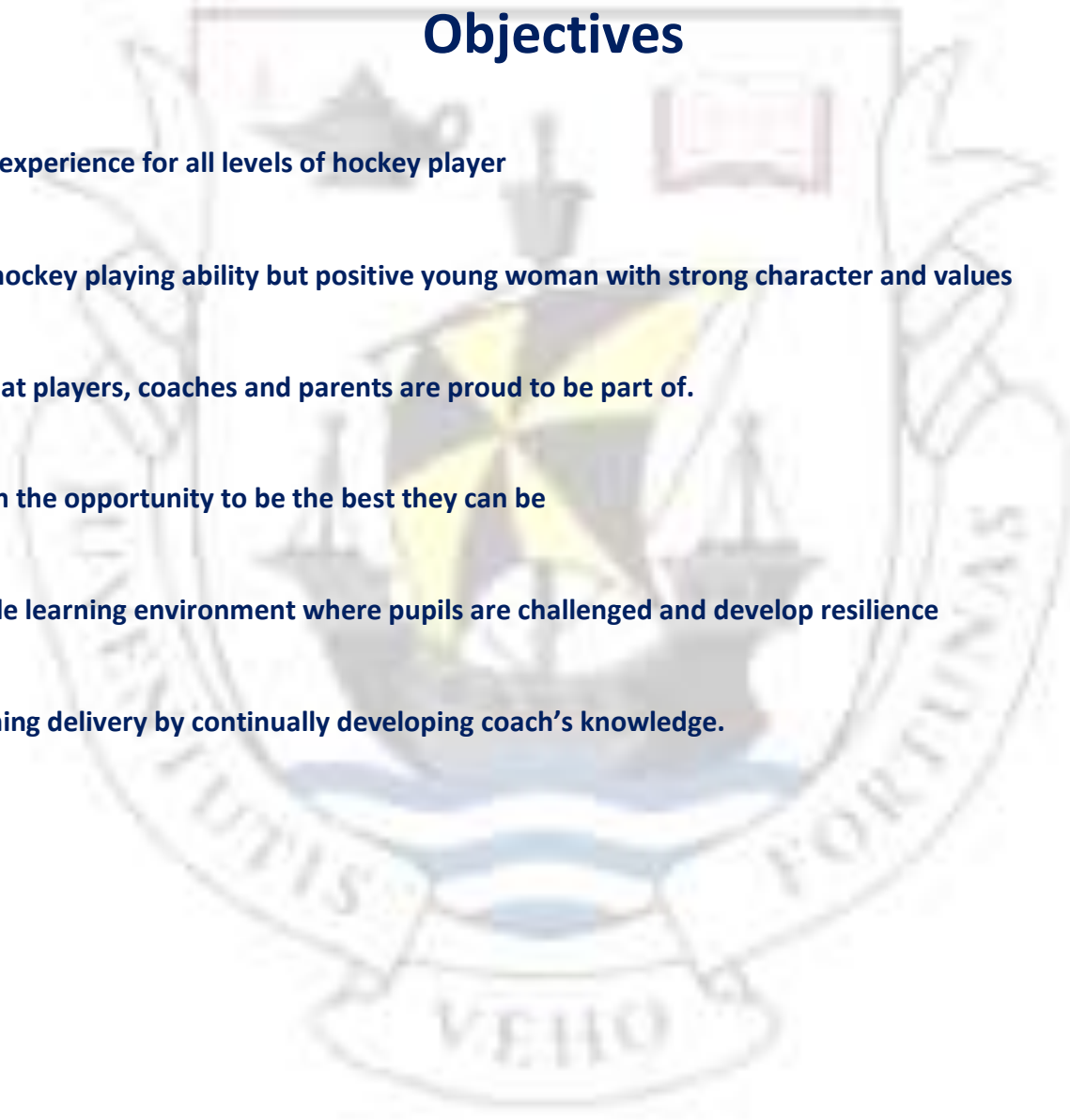
1st XI:	Lynsey Allan	allan-l@dollaracademy.org.uk
2nd XI:	Callum McLeod	mcleod-c@dollaracademy.org.uk
3rd XI:	Verity Smith	smith-vam@dollaracademy.org.uk
4th XI:	Verity Smith	smith-vam@dollaracademy.org.uk
Prep 4 and 5:	Lynsey Allan	allan-l@dollaracademy.org.uk
Junior One:	Lynsey Allan	allan-l@dollaracademy.org.uk
Junior Two:	Heather Holloway	Holloway-h@dollaracademy.org.uk
Form One:	Karen Thomson	Thomson-k@dollaracademy.org.uk
Form Two:	Gill Robb	Robb-gmr@dollaracademy.org.uk
Form Three:	Katie Robertson	Robertson-k@dollaracademy.org.uk

Hockey Staffing 2020/2021

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		TBC
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 TBC
Prep 4 and 5	Lynsey Allan	Jess Hurley Olivia Mears TBC
Goalkeeping	Cath Rae	

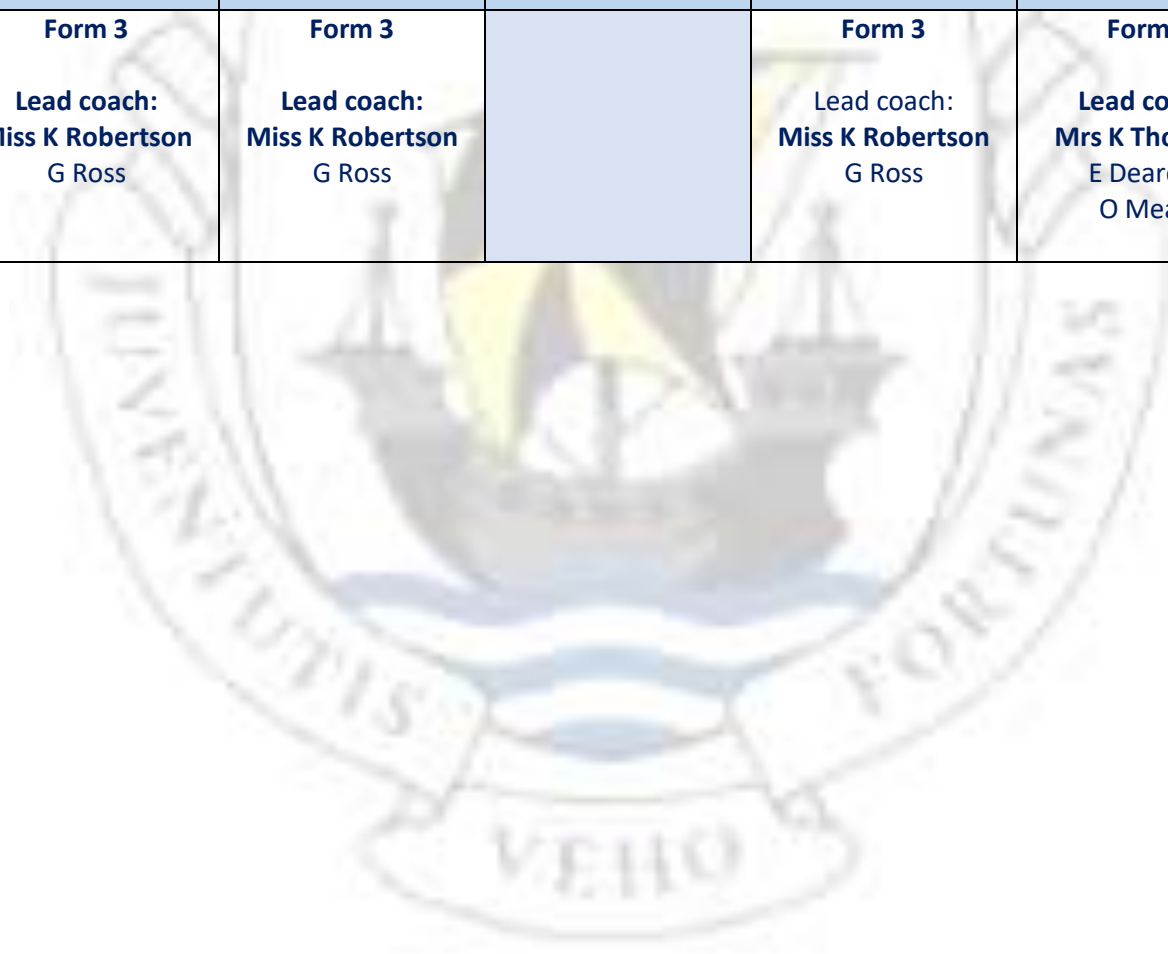
Objectives

- Provide a positive experience for all levels of hockey player
- Develop not only hockey playing ability but positive young woman 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 coach's knowledge.



DAY/TIME	MONDAY 10 AUGUST	TUESDAY 11 AUGUST	WEDNESDAY 12 AUGUST	THURSDAY 13 AUGUST	FRIDAY 14 AUGUST	SATURDAY 15 AUGUST
08:30-10:00	Form 2 Lead coach: Mrs G Robb K Fludgate R Coates	Form 2 Lead coach: Mrs G Robb K Fludgate R Coates	Senior Lead coach: Miss L Allan K Fludgate V Smith	Form 2 Lead coach: Mrs G Robb K Fludgate R Coates	Form 2 Lead coach: Mrs G Robb K Fludgate R Coates	Senior Lead coach: Miss L Allan K Fludgate R Coates
	Junior 1 JUNIOR ASTRO Lead coach: Miss L Allan E Dearden				Junior 1 JUNIOR ASTRO Lead coach: Miss L Allan E Dearden R Coates	
10:30-12:00	Senior (Form 4-6) Lead coach: Miss L Allan C McLeod V Smith	Senior Lead coach: Miss L Allan C McLeod V Smith	Junior 1 JUNIOR ASTRO Lead coach: Miss L Allan E Dearden R Coates	Senior Lead coach: Miss L Allan K Fludgate V Smith	Senior Lead coach: Miss L Allan K Fludgate V Smith	Form 3 Lead coach: Miss K Robertson G Ross L Allan
	Junior 2 JUNIOR ASTRO Lead coach: Miss H Holloway L Macdonald N Wallace				Junior 2 JUNIOR ASTRO Lead coach: Miss H Holloway L Macdonald N Wallace	

12:30-14:00	Form 1 Lead coach: Mrs K Thomson E Dearden O Mears	Form 1 Lead coach: Mrs K Thomson E Dearden O Mears	Junior 2 JUNIOR ASTRO Lead coach: Miss H Holloway L Macdonald N Wallace	Form 1 Lead coach: Mrs K Thomson E Dearden O Mears	Form 3 Lead coach: Miss K Robertson G Ross	
14:30-16:00	Form 3 Lead coach: Miss K Robertson G Ross	Form 3 Lead coach: Miss K Robertson G Ross		Form 3 Lead coach: Miss K Robertson G Ross	Form 1 Lead coach: Mrs K Thomson E Dearden O Mears	



Regardless of age or stage, we are looking 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 teammates. Players who persist and put in the effort. Players who have the ability and desire to bounce back from setbacks.

Our aim is to develop the following values throughout each individual's development:

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 recognise 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 team mates 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 humour.
Discipline	Strong discipline underpins our sport. We must ensure we are controlled in our physical endeavour and that we are honest and fair. We obey the rules of the game to uphold its values.

Kit:

- Stick
- Facemask if necessary
- Hand sanitiser
- Toilet roll
- Shin guards
- Water bottle (1000ml minimum) must be named
- Snack
- Waterproof jacket
- Sun cream
- Girls are not expected to be in Dollar Academy PE kit, APPROPRIATE sports clothing can be worn.





OUR 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”

