



DOLLAR  
ACADEMY



# HOCKEY PRE-SEASON PROGRAMME



12 - 21 AUGUST 2024



# DOLLAR ACADEMY

## HOCKEY 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 coach's knowledge.



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# VISION

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GILLIAN ROBB  
Acting Director of Hockey

"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

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“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”





# CORE VALUES

<b>Honesty</b>	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.
<b>Hard work</b>	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.
<b>Team spirit</b>	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.
<b>Professionalism</b>	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.
<b>Attitude</b>	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.
<b>Sportsmanship</b>	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.
<b>Pride</b>	Pride drives me when the temptation is to settle for something less.
<b>Individual responsibility</b>	I alone am responsible for my performance, but I will be generous in acknowledging the support of others.
<b>Respect</b>	I respect sport, the efforts of my competitors, my teammates and officials. I respect Dollar Academy, and the future of Dollar Hockey.
<b>Express</b>	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.
<b>Discipline</b>	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.

# OUR AIM:

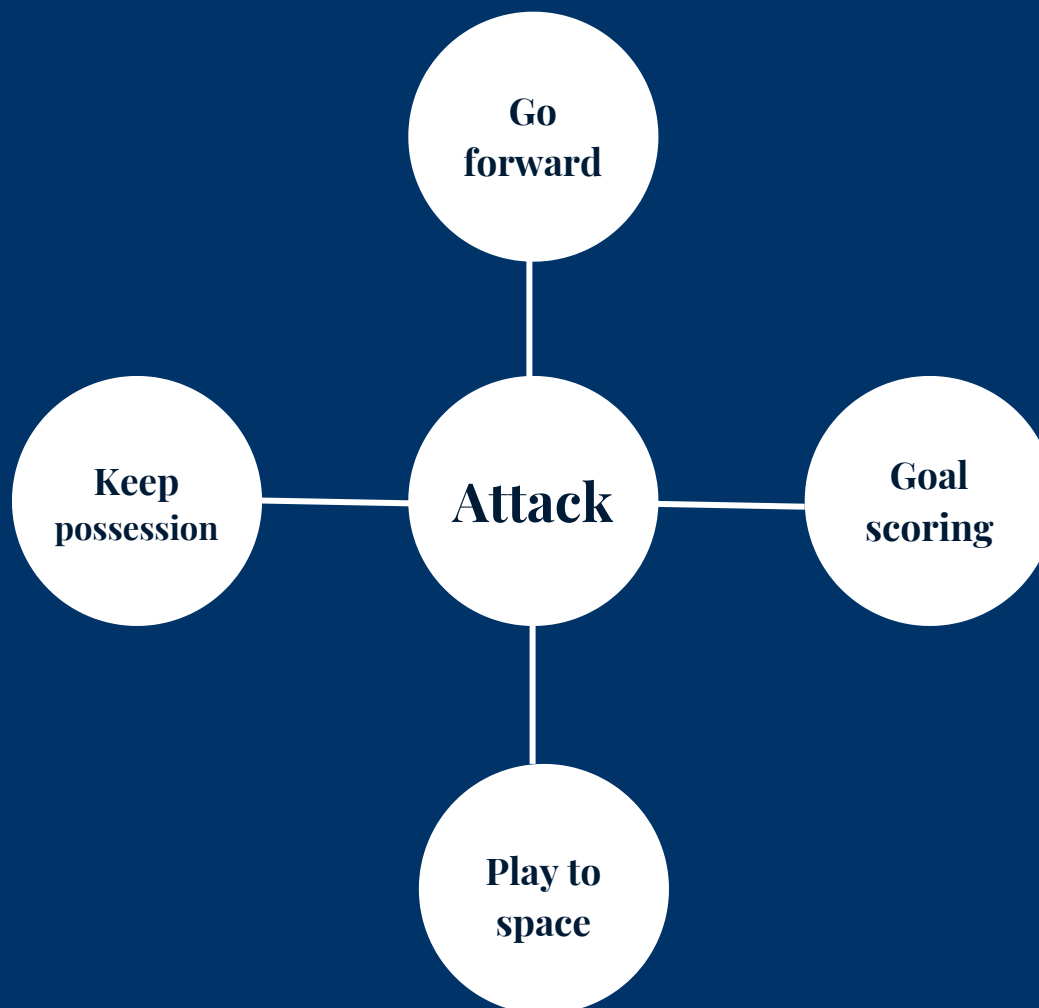
## TO DEVELOP PAYERS WHO ARE

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
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.

# PRINCIPLES

## OF PLAY

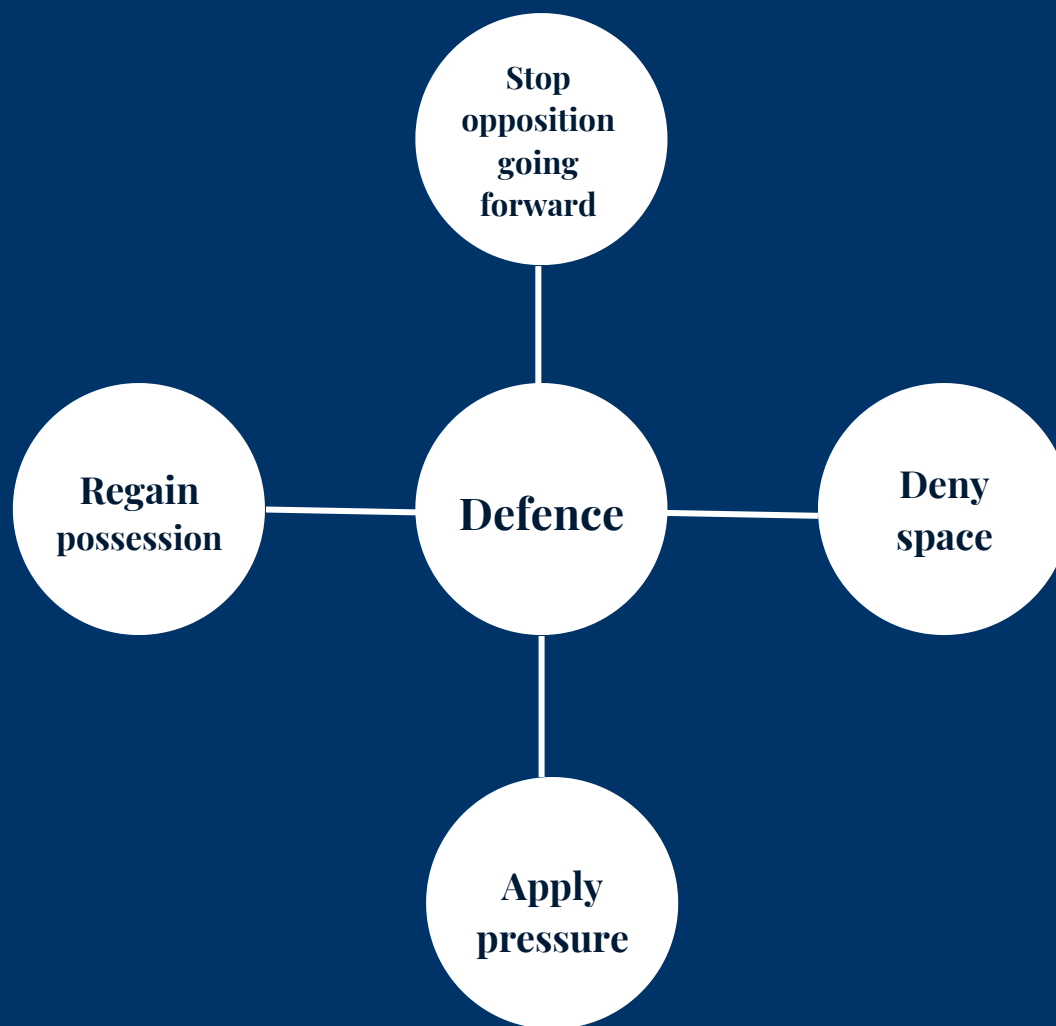
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# PRINCIPLES OF PLAY

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TIME	Monday 12 August	Tuesday 13 August	Wednesday 14 August	Thursday 15 August	Friday 16 August
<div><div></div><div></div><div></div></div> Senior Astro Turf					
07.45 - 09.15	SENIOR	SENIOR	FORM 1	SENIOR	FORM 1
09.15 - 10.45	FORM 2	FORM 2	FORM 2	JUNIOR 2	FORM 2
10.45 - 12.15	FORM 3	FORM 3	FORM 3	FORM 3	FORM 3
<div><div></div><div></div><div></div></div> Junior Astro					
07.45 - 09.15	FORM 1	JUNIOR 1	JUNIOR 1	FORM 1	SENIORS
09.15 - 10.45	JUNIOR 2	JUNIOR 2	JUNIOR 2	JUNIOR 1	JUNIOR 1



WEEK

TWO

Day/Time	Monday 19 August	Tuesday 20 August	Wednesday 21 August	Thursday 22 August	Friday 23 August	Saturday 24 August
15.30-17.00		SENIOR  FORM 3	JUNIOR 1  JUNIOR 2  FORM 1  FORM 2	SENIOR  FORM 3	JUNIOR 1  JUNIOR 2	Whole school fixture v The Glasgow Academy <b>ALL STAFF</b>



# Kit

- HOCKEY STICK
- GUMSHIELD
- SHIN GUARDS
- 1L WATER BOTTLE
- SUN CREAM
- INSECT REPELLENT
- WATERPROOF JACKET
- HAIR BOBBLE

- APPROPRIATE TRAINING CLOTHES

- SCHOOL KIT IS NOT REQUIRED TO BE WORN AT THE PRE SEASON SESSIONS

- **'NIKE PRO' SHORTS AND SIMILIAR STYLES AND CROP TOPS ARE NOT PERMITTED TO BE WORN**

# Staff

**LYNSEY ALLAN - LA**  
**DUNCAN RIDDLE-DR**  
**KODY FLUDGATE-KF**  
**LUCY SMITH -LS**  
**GILL ROBB-GR**  
**AMY WILSON - AW**  
**LOUISE CRUICKSHANK - LC**  
**CALLUM MCLEOD-CM**  
**ROBIN PYPER - RP**  
**GILLIAN SULLIVAN - GS**  
**HEATHER HOLLOWAY-HH**  
**OLLIE VOLLAND - OV**  
**EMILY THAIN - ET**  
**EMMA DEARDEN-ED**  
**EMILY MCDOUGALL- EMC**  
**BEVHAN TREVIS - BT**  
**VERITY SMITH - VS**  
**OLIVIA BELL - OB**  
**ELLIE SMYTH - ES**  
**GRACE MORRISON - GM**





