



The Glasgow School Of Sport

Hockey Programme

***“...Maximise
your Academic
and Sporting
Potential...”***

***“...Excel in
Education
and Sport...”***

Introducing our School

Glasgow School of Sport is Scotland's first school dedicated to sporting excellence at Bellahouston Academy. Supported by Scottish government and widely recognised as a National Centre of Excellence, since the School first opened in 1998.

Glasgow School of Sport is leading the way in providing opportunities for young people in Scotland to develop their sporting talents as part of their school education.

Bellahouston Academy is located in Glasgow. However pupils at the School of Sport travel from 15 local authorities across Scotland to attend. There are 1000 pupils at the school, of whom 120 are sports pupils specialising in one of five sports.

Support from Bellahouston Academy is fundamental to daily life for GSOS pupils. The main school recognises achievement through a House system and it promotes a Faculty of Inclusion along with PSC, peer mediation and anti-bullying Initiatives.

Hockey Programme

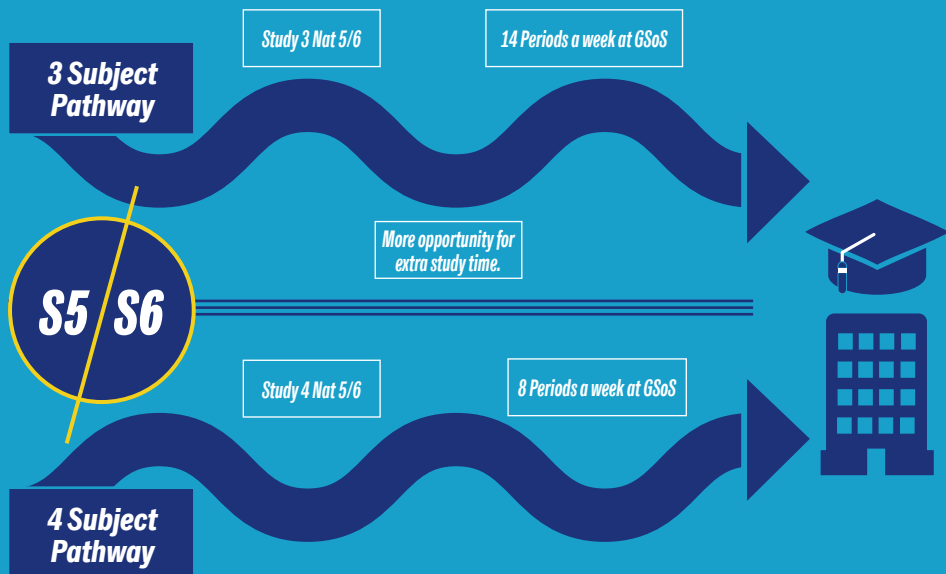
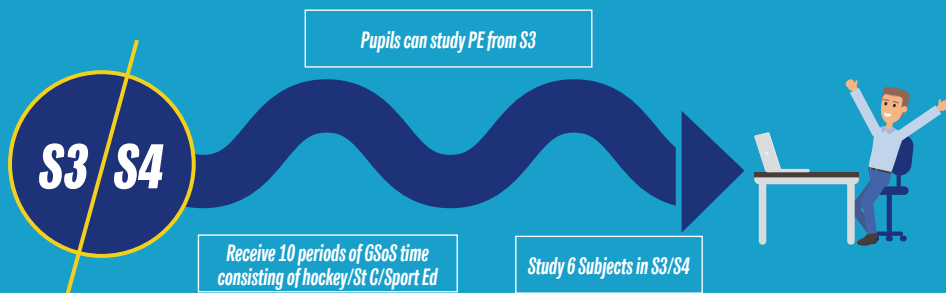
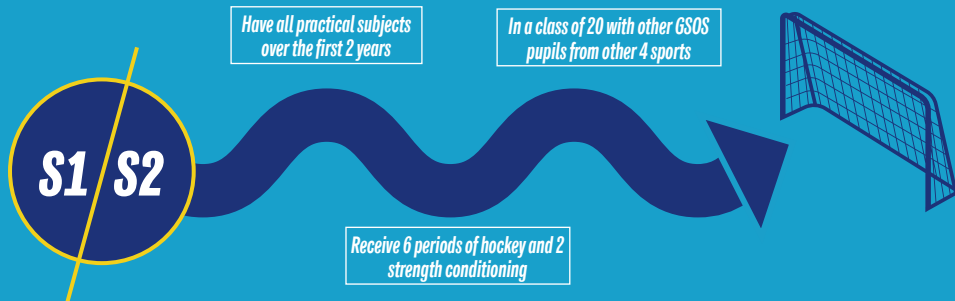
Glasgow School of Sport's Hockey programme focuses on the development of core skills and techniques, as well as the technical and tactical aspects of hockey. Although our main focus is on outdoor hockey, we incorporate an indoor module for all year groups during the indoor season where we focus on specific indoor skills. Extra-curricular and club hockey sessions also form part of the programme, as it is during these sessions that real time decision-making, tactical concepts, game knowledge and understanding can be applied.

Hockey in keeping with other sports offered at Glasgow School of Sport, provides a holistic programme for the development of our young athletes. Through an individualised approach to programme development and delivery, our coaching staff aim to encourage each pupil selected into the school to reach their full sporting and academic potential. This individualised games based approach, is complementary with the Scottish Hockey Performance Pathway, incorporating both "The Golden Thread " and "The End in Mind" GB concepts.

Entry points.

Although the primary entry point into the hockey programme is at S1, entry points are available in S3, S5 and S6. These later entry points have proved to be very popular and allow for a variety of entry levels and the opportunity for late developers to join the school.

Pathway to Academic and Sporting Excellence



Bellahouston Academy



Ian Anderson
Head Teacher



Kate Johnston
**Formal Depute Head
/GSOS Link**

House System

Bellahouston Academy pupils and staff are part of a House system consisting of 4 Houses, Mull, Iona, Arran and Skye. Each house is supported by a Depute Head teacher and a Pastoral Care teacher who are in regular contact with their year group through PSHE and Tutor Time.

Academic Studies

Bellahouston Academy is where GSOS students receive their formal academic education. The Academy has a vision of fulfilling our athletes' full academic potential, without compromising their performance sport. Both establishments dovetail to form one entity that promotes excellence. Success in the sporting field is mirrored in the main school, where a pupil's education should equal their sporting ambition. Most of our hockey graduates go on to further and higher education, establishing themselves in a wide variety of professions and vocations.



The daily routine of balancing education and sport ensures that pupils learn key life skills that are fundamental to a successful career. A growth mindset is crucial to help achieve lifelong learning habits to achieve their sporting and educational potential in their pursuit to be the best they can be.

Curriculum for Excellence (Main School and GSOS)

Key principles

- Breadth, Balance, Personalisation and Choice
- Options at S2 into S3
- Options at S4/S5 into S5/S6
- Daily Sports contact of hockey or strength and conditioning
- Increasing sport contact as pupils progress through school
- S1/S2 pupils experience all practical subjects over 2 years
- PE at National 4, 5 and 6 is an option in S4, S5 and S6
- Subject choice for GSOS pupils in S3 and S4 is tailored from 8 to 6 subjects. For pupils in S6 from a maximum of 5 to 4 or 3.

Two further qualifications are available to GSOS pupils: SCQF Level 6 in Higher Sports Leadership, attracting 16 UCAS points; and our new QCF Level 3 Diploma in Sporting Excellence which attracts 64 UCAS points. This offsets a potential reduction in academic subject choice during S4, S5 and S6.

Training Facilities



National Hockey Centre, Glasgow Green

Pupils are bused daily to train at the National Hockey Centre, Glasgow Green which was the facilities used in the 2014 Commonwealth Games.



Glasgow School of Sport

Hockey pupils train in the full size indoor hockey court in the Indoor season and take part in Strength and Conditioning and Sport Education. All GSOS pupils have an individual locker.



Glasgow School of Sport Gym

The “hub” for strength and conditioning for all pupils, where Olympic lifting is a key element of the programme delivered by strength and conditioning coaches Kevin Watson and John McEwan with intern support from Glasgow University



Glasgow School of Sport Class room

Sport Education and Sports Psychology are delivered to pupils in the on-site classroom at the School of Sport. This room is also used for planning and evaluation sessions with pupils before and after training.

Hockey Staff



Harry Dunlop

High Performance Coach

Harry joined the full time coaching team in January 2011. Harry has coached at Performance level within Scottish Hockey for over 25 years and has coached; Scotland U16 Men, Scotland U18 Men, Scotland U18 Women, Scotland U19 Men, Scotland Senior Women's "B" Squad and Scotland Senior Men. Harry holds a UKCC level 4 Coaching Qualification, as well as a PGDip in Elite Coaching, Practice and an MSc in Performance Coaching.



Euan Miller

Assistant High Performance Coach

Euan joined the full time coaching team in 2004 having worked as a part time coach at the school since 1999. A former International player, Euan competed internationally both indoor and outdoor, participating in the World Cup Qualifier in 2001 and the European Indoor Championships in 2001. Euan holds a UKCC level 3 Coaching Qualification, an HND in Sports Coaching with Sports Development and a BA (Hons) in Sport in the Community.



Derek Forsyth

Part time Assistant High Performance Coach

Derek joined the full time coaching team in 2009. With over 30 years' experience as a Performance Coach, Derek is currently Scotland's Senior Mens' head coach, having previously been head coach of the U21s programme. Derek holds a UKCC Level 3 Coaching qualification and has coached at the Junior World Cup and three separate Commonwealth Games.

Other key staff at the Glasgow School of Sport



Craig Robertson
Sport Performance Manager



Loraine Henderson
Coordinator



Kevin Watson
High Performance Strength and Conditioning Coach



John McEwan
Assistant High Performance Strength and Conditioning Coach

Who Can apply?

Ingredients required to excel in Education and Sport at Glasgow School of Sport

Applications are welcome from pupils who display the following attributes which are key tools for success

Attitude: We encourage a growth mind-set, a willingness to learn, to embrace change and to accept disappointment and have a will to succeed.

Commitment/Dedication: Give their best effort in every class and every training session. To attend a Hockey Club regularly representing the Club during the hockey season and attending training regularly.

Passion: A passion and desire for training and to study to the best of their ability.

Motivation: The drive to maintain motivation levels throughout the GSOS journey in both academics and sport.

Resilience: The resilience to bounce back from disappointments and the maturity to understand that this is sometimes the best time to learn from these experiences.

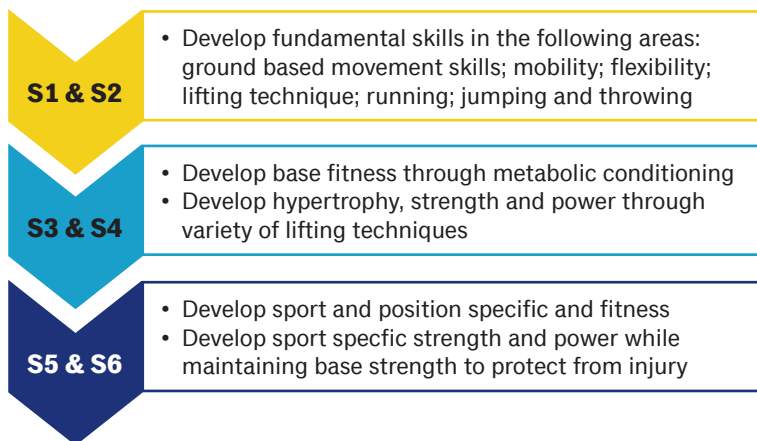
Ability and desire to learn: Being able to work closely and productively with teachers, coaches and peers is essential.

Hard work: An understanding that success is achieved through hard work and giving your best effort every day at school in all subjects and training sessions



S&C Performance Model

Optimal preparation is crucial to success within the performance model. High attention to detail is taken to ensure the maximum possible opportunity for development. This requires team work between S&C, sport specific teams and development/national squads to collectively combine factors including number of training hours and loading, fitness testing results, recovery status, nutrition and psychological aspects of performance for each individual athlete.



Glasgow School of Sport Hockey Role of Honour

Many of our pupils represent Scotland at U16 and U18/U21 levels when they are at the school and continue along the long term player development pathway after they have graduated. Here is a list of graduates who have represented the full Scotland team and the Great Britain team. There has been a heavy hockey presence in the last 3 Commonwealth games.

Great Britain representation

Amy Gibson
Lee Morton



Delhi 2010

Kareena Marshall
Amy Gibson
William Marshall
Kenny Bain



Scotland National team

Gordon Amour
Kimi Bright
Luke Cranney
Lexi Sabatelli
Wei Adams
Josh Cairns
Stephen Percy
Kenny Bain
William Marshall
Susan McGilveray
Amy Gibson
Lee Morton
Kareena Marshall



Glasgow 2014

Amy Gibson
Susan McGilveray
Kenny Bain
William Marshall



Gold Coast 2018

Kareena Marshall
Amy Gibson
Kenny Bain
William Marshall
Lee Morton



Hockey Graduates Journey to Excellence

Lee Morton

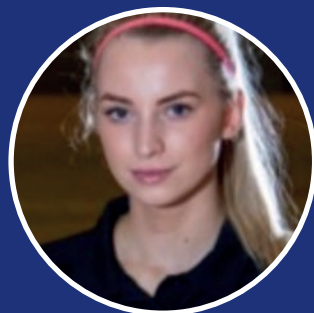
Lee Graduated from the School of Sport in 2013 having studied 4 subjects in 5th year and 3 subjects in 6th year. He went on to complete an undergraduate degree in Criminal Justice at the University of West of Scotland. Since then Lee moved down south and currently plays in the Top English Hockey league. Lee is a member of the Scottish Mens National Squad and the Great Britain Mens Hockey Squad building towards the Olympics in 2020 and in 2024. Lee commented:



"GSOS allowed me to excel in my sport through daily training whether that be hockey or the strength and conditioning program. Balancing this with academic work has helped me over the years as I'm able to manage multiple workloads at the same time. This was especially useful while studying at university and continuing my hockey career"

Molly Godfrey

Molly Graduated from the School of Sport in 2015 having studied 3 subjects in 5th year and 3 subjects in 6th year. Molly went on to study Sports Coaching at the University West of Scotland. Since then Molly now works as a recruiter in accountancy and finance with a company based in Glasgow having previously worked with a FTSE 250 multi-million pound technology company. She plays hockey in the highest league in Scotland for Western Wildcats HC and has previously represented Scotland at Under 16 and Under 18 levels. Molly commented on her time at Glasgow School of Sport



"I would absolutely urge you to do it. If you want to spend your high school years making friends for life whilst also training and progressing your skills, technique, fitness and mental attitude within your favourite sport then GSOS is the place for you. I enjoyed attending GSOS because I had the opportunity to balance my studies and sport well to help me to go on to train and play internationally. The coaches and teachers at the school are extremely supportive and enthusiastic about your progression both physically and academically. Couldn't recommend it enough!"

Jack Jamieson

Jack Graduated from the school in 2017 having studied 4 subjects at higher level in S5; English, Maths, Physics and Chemistry where he achieved an A in all subjects. In S6, he studied Higher French, Advanced Higher Maths, and Advanced Higher Chemistry where he achieved 2 A's and a B in Advanced Higher Maths. He is currently at The University of Edinburgh, studying Accounting and Finance (MA). Jack is currently playing for the University of Edinburgh Men's 1s in the Top League in Scotland and is a member of the Scotland Under 21 team. He coaches part time at The Edinburgh Academy.



Jack commented

"I enjoyed my whole time at the Glasgow School of Sport. It provided an opportunity to study and play the sport that I love that can't be found anywhere else. The incredible coaching staff and tailored conditioning program that I experienced while at the school was something that I thought would be reserved for top level athletes. The school created a really supportive environment in a way in which I was able to really improve in hockey without compromising on my academic goals. Although most importantly, I got to have fun and spend a lot of time playing my sport at school"

Lexi Sabatelli

Lexi Graduated from the school in 2018 and in 5th year she studied 3 subjects and then another 3 in 6th year. Lexi took a year out to concentrate on her hockey where she has been involved in the Full National Scotland team, the U21s and the Great Britain U23 Squad. Lexi is hoping to start her Police training course soon.



Lexi commented

"From my time at Glasgow School of Sport I would like to think I gained so much. For example I was so enthusiastic from the very beginning, I wanted to learn so much and I grasped every opportunity that was given to me. The coaching is the very best that can be found and from every aspect of training even down to fitness and diet you can always speak to any coach for advice. You will get so much out of the School of Sport but you only get out of it what you put in. I have now represented Scotland at U16 U18 U21 and senior and have won European U18 and European U21 medals. To represent your country is an amazing feeling, aim for the top and never look down, work hard and always take on board the advice of your coaches. I believe if it wasn't for being at the Glasgow School of Sport I wouldn't be at the level I am right now."

Key dates

Glasgow School of Sport Open day is held annually on the third Saturday of November.

Application forms must be submitted by the 23rd December.

S1 Entry

For S1 entry, the Sport Specific Selection window commences around the 2nd and 3rd weeks of January with final selection in February.

S3-S6 entry

For S3 to S6 entry, the Sport Specific Selection window commences around the 2nd and 3rd weeks of January with final selection in February.

The open evening for successful applicants is the first week of March.

Please get in touch.

If you are inspired by what the Glasgow School of Sport Hockey programme has to offer then please get in touch where we would be delighted to speak to you. It is common for the School to have applications from pupils from a wide range of geographical areas across Scotland for entry in S1, S3, S5 and S6.

We would urge you to get in touch if interested as soon as possible to avoid future disappointment as often we are contacted by potential applicants after the selection deadlines and the school role can already be full.

Contact details


Glasgow School of Sport
Bellahouston Academy
30 Gower Terrace, Glasgow, G415QE

Email: GSOS@glasgowlife.org.uk
Phone: 01415820034
www.gsos.org.uk

 [/www.facebook.com/GSOS1999](https://www.facebook.com/GSOS1999)

 [/www.instagram.com/Glasgowschoolofsport](https://www.instagram.com/Glasgowschoolofsport)

 [@GSOS99](https://www.twitter.com/@GSOS99)

 [/www.youtube.com/GlasgowSchoolofSport](https://www.youtube.com/GlasgowSchoolofSport)

