



THE HIGH SCHOOL
of Glasgow

HSOG

Rugby Academy

High Performance Rugby Development

supported by **Arnold
Clark**

Parent FAQs

What is the HSOG Rugby Academy?

The HSOG Rugby Academy is a high-performance rugby development programme designed to support ambitious young players both on and off the field.

The Academy combines expert rugby coaching, athletic development, strength and conditioning, performance education and individual mentoring within the wider experience of life at The High School of Glasgow.

The programme is designed to help pupils develop as players, teammates and young people while balancing the demands of academic life and high-level sport.

Who is the Rugby Academy designed for?

The Rugby Academy is designed for Senior School pupils who demonstrate strong potential, commitment and enthusiasm for rugby.

The programme is suitable for players at different stages of development and recognises that young athletes mature physically and technically at different times.

We welcome interest from both current HSOG pupils and families considering joining the school.

What makes the Rugby Academy different?

Every Rugby Academy experience is bespoke. The programme is tailored around:

- a pupil's academic timetable
- age and stage of development
- positional needs
- physical development goals
- existing extracurricular commitments

While each programme is individualised, every Rugby Academy pupil will benefit from a minimum of 8 hours of purposeful training and development each week focused on rugby skills, athletic performance and long-term player development.

Who delivers the Rugby Academy programme?

The Rugby Academy programme is delivered by experienced rugby and performance staff within The High School of Glasgow, alongside specialist coaches and performance partners.

Is the Rugby Academy only for elite players?

No. The Academy supports ambitious and committed players across a range of developmental stages. Selection is based not only on current performance level, but also on attitude, potential, work ethic and willingness to learn.

What does a typical Rugby Academy week involve?

Programmes will vary from pupil to pupil; however, Rugby Academy players can expect a combination of:

- rugby skills coaching
- strength and conditioning
- speed and athletic development
- recovery and mobility work
- performance analysis
- nutritional and lifestyle guidance
- match preparation and review

Pupils will also continue to participate fully in the school rugby programme and fixtures calendar.

What commitment is expected from Rugby Academy pupils?

Rugby Academy pupils are expected to fully engage with the programme and wider school rugby commitments.

As a minimum, pupils are expected to attend:

- at least one morning training session each week
- at least one lunchtime training session each week
- school rugby training and fixtures

The Academy is designed to complement academic studies while helping pupils develop high-performance habits, resilience and professionalism.

How does the Rugby Academy support academic studies?

Academic progress remains a key priority at The High School of Glasgow.

The Rugby Academy is designed to work alongside pupils' academic commitments, with individual programmes carefully structured around subject choices, timetables and wider school life.

The aim is to help pupils thrive both academically and athletically.

Can pupils continue to play club rugby?

Potentially, yes. Pupils wishing to continue with club rugby will require permission from the Head of Rugby. Agreements will be considered on an individual basis, considering workload, player welfare and development priorities.

However, school rugby commitments must always take priority.

Are scholarships or bursaries available?

Yes. The High School of Glasgow is committed to supporting talented young players and a number of scholarships and bursary opportunities may be available for deserving candidates. All pupils applying for scholarships or bursary support will be expected to complete the school's entrance assessment process.

Families interested in financial support are encouraged to enquire in confidence.

Should Rugby Academy pupils also join the Warrior Programme?

The Warrior Programme and Rugby Academy are designed to serve different purposes within the wider HSOG rugby pathway.

The Rugby Academy is a bespoke, high-performance school programme integrated into a pupil's wider educational experience at The High School of Glasgow. It includes individualised athletic development, performance support, mentoring and structured integration within the school rugby environment.

The Warrior Programme is an additional evening development opportunity designed to provide high-quality coaching and athletic development for players both within and beyond HSOG.

In some cases, Rugby Academy pupils may also participate in Warrior Programme sessions where this is considered beneficial for their development and overall training load. Any additional involvement would be carefully managed by staff to ensure an appropriate balance between performance, recovery, academic commitments and player welfare.

How do pupils apply for the Rugby Academy?

Families interested in the Rugby Academy should submit an enquiry through the [website](#).

Following initial contact, families may be invited to:

- visit the school and meet members of the Rugby Academy team
- discuss the programme in more detail
- complete the admissions and assessment process where appropriate

When do pupils join the Rugby Academy?

Pupils may join the Rugby Academy at any point during the academic year, subject to availability and suitability. However, the main recruitment cycle aligns with the school admissions process, with entrance assessments typically taking place in January for an August start date.

What happens after submitting an enquiry?

Once an enquiry has been submitted, a member of the team will be in touch to outline next steps. Each conversation is approached individually to ensure families receive the information most relevant to their child.