THE HIGH SCHOOL
of Glasgow

HSOG
Hockey Academy

High Performance Hockey Development

supported by Allied Vehicles™

Parent FAQs

What is the HSOG Hockey Academy?

The HSOG Hockey Academy, in partnership with Scottish Hockey, is a high-performance hockey development programme designed to support ambitious young players both on and off the pitch.

The Academy combines expert hockey 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 Hockey Academy designed for?

The Hockey Academy is designed for Senior School pupils, S1-S6, who demonstrate strong potential, commitment and enthusiasm for hockey.

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

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

What makes the Hockey Academy different?

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

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

While each programme is individualised, every Hockey Academy pupil will benefit from up to 8 hours of purposeful training and development each week focused on hockey skills, athletic performance and long-term player development.

Who delivers the Hockey Academy programme?

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

Is the Hockey 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 Hockey Academy week involve?

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

- hockey skills coaching
- strength and conditioning
- recovery and mobility work
- performance analysis
- nutritional and lifestyle guidance

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

What commitment is expected from Hockey Academy pupils?

Hockey Academy pupils are expected to fully engage with the programme and wider school hockey 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 hockey training and fixtures

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

How does the Hockey Academy support academic studies?

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

The Hockey 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 hockey?

Yes, it is expected that pupils will combine club and school hockey commitments. Individual schedules will be managed weekly by the Hockey Academy staff, taking workload, player welfare and performance benefits into account.

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.

How do pupils apply for the Hockey Academy?

Current pupils should register directly for the relevant Rugby or Hockey Combine through the dedicated registration page. No new Admissions application is required. Families not currently attending the School should first submit an enquiry through the website.

Following initial contact, families may be invited to:

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

When do pupils join the Hockey Academy?

Pupils may join the Hockey 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.

Pupils wishing to join the Hockey Academy will normally be expected to participate in a Hockey Combine or an individual performance assessment as part of the selection process. The majority of applicants will be assessed through the Hockey Combine, which provides an opportunity to demonstrate their technical ability, athletic potential, attitude and commitment to development.

Will there be opportunities for pupils who are not part of the Hockey Academy?

We are exploring opportunities to offer additional hockey development sessions for young players beyond the Hockey Academy, including pupils from other schools.

These would be designed to complement existing school and club hockey commitments, providing further opportunities for players to develop their skills and confidence.

While no additional sessions are currently confirmed, families interested in hearing about future opportunities are welcome to register their interest here.