



**LOMOND
SCHOOL
SCOTLAND**

Hockey Handbook 2023-24

**A guide for Pupils
and Parents**



Ethos and Expectations

Our school has a long-standing and deserved reputation for the quality of its sports provision and for playing sport both competitively and fairly. We are privileged to have Lomond pupils continue their sporting careers at the highest level in many sports including; hockey, rugby, netball, athletics, cycling and sailing. Lomond also stresses the benefits to health and well-being through the "sport for all" philosophy and aims to allow its pupils to enjoy movement and physical activity by developing and enhancing their skills, both as individuals, as well as team players in a number of sporting endeavours.

Lomond pupils benefit from the excellent sports facilities at the Sports Hall and playing fields, a short distance from the school, a hive of activity and sporting inspiration most Saturday mornings. Inter-school fixtures are an important aspect in the life of the school; matches, between our teams and those of the various other schools, are valued as part of an individual's development and remain an integral part of our philosophy. Team sports offer our pupils the opportunity to develop not only their leadership skills, but also their team collaboration skills, contributing to the school's overall feeling of community and sense of belonging. As part of our sporting ethos and to develop team cohesion, trips to various sporting events and overseas tours are organised by staff on a regular basis.

Fixtures for the major sports take place almost every Saturday throughout the school year. In order to sustain a good quality fixture list, considerable commitment and hard work is required from staff. Therefore, pupils chosen to represent their team are expected to honour their commitments to the school when selected either for midweek or Saturday fixtures. We have enjoyed considerable success in inter-school sport and every effort is made to ensure that our high standards and reputation are maintained. As a small school this can only be done with the cooperation of all pupils, parents and staff.

Lomond School strongly supports pupils taking part in co-curricular activities for the following reasons:

- To help to develop self-esteem and confidence
- To extend the learning and achievement gained during physical education curriculum time
- To allow opportunity for further recreational participation
- To provide opportunity for competitive challenges and representative honours
- To contribute to the development of personal excellence in a chosen activity or range of activities
- To contribute to the feel-good factor amongst the Lomond community
- To provide vital experience of winning and losing in a competitive environment
- To teach pupils essential life skills: commitment, resilience and camaraderie
- To offer a great release from the academic pressure pupils may feel and help with their general wellbeing
- To help develop a lifelong enjoyment of physical activity
- To improve their physical and mental wellbeing

Hockey at Lomond School

Hockey has a long-standing tradition at Lomond School and is the main sport played by girls in the Winter and Spring terms. The school is proud that it has provided players at various representative levels up to and including Senior Internationalists over the years.

On Saturday mornings, pupils are expected to arrive at all games in their playing kit as detailed below.

The following is compulsory wear for school hockey matches:

Playing Kit

- Navy training pant with cobalt panel or Navy crested fitness leggings
- Cobalt and navy crested polo
- Cobalt and navy crested skort or navy crested skort
- Splash Top or Cobalt Crested Hooded Sweatshirt
- Navy Hockey Socks
- Astro-Turf Trainers

- Hockey Stick
- Mouthguard
- If base layers (under armour) are worn these should be Lomond School navy/branded

Those pupils chosen to play for the school 1st XI team will be loaned a 1st XI strip for the game, which must be returned after the fixture.

Contact Details

Lomond School: 01436 672476

Lomond Sports Hall: 01436 670857

X./LomondSport (formerly Twitter)

Spond (Group Code ZYAGI)

In order to facilitate communication between staff, pupils and parents, a Sports management app called Spond is now used.

Please download Spond and join the group <https://group.spond.com/ZYAGI> (Group Code ZYAGI). All updates and last minute cancellations will be communicated via this app.

Further information on how to use Spond can be found [here](#).

Staff:

Miss Lucy Hems (Head of Hockey)

l.hems@lomondschoo.com

Mr Craig Dunlop (Head of Sport)

c.dunlop@lomondschoo.com

Gumshields

We strongly recommend that our young people wear a gumshield for curricular Hockey and Rugby. However, gumshields are mandatory for our young people taking part in after school practices and competitive games. For the odd occasion when a pupil forgets their own, the PE department will supply a basic self-moulding gumshield for a small charge.

Injuries

As with any sport, there may be injuries from time to time. All members of the PE department are annually first aid trained and will attend to any injury accordingly. Parents will be made aware if there is a knock or injury of serious concern and will be advised on the next steps.

In the event of a concussion we will follow Sports Scotland guidance. [Scottish sports concussion guidance \(sportscotland.org.uk\)](http://sportscotland.org.uk)

After-School Training

After-school hockey training takes place on the school astro-turf pitch at the following times:

S1 – S3	Tuesdays (4.00pm – 5.15pm)
S4 – S6	Wednesdays (4.00pm – 5.15pm)
Transitus	Thursdays (4.00pm – 5.00pm)
1 st XI squad	Thursdays (4.00pm – 5.15pm)

All pupils involved should make their way down to the sports hall except the transitus players who will be taken down by minibus. After practice, pupils should make their own arrangements for getting home.

Saturday Match Arrangements

The logistical arrangements for Saturdays are normally emailed to the coaching team early in the week. This information and the team selection is passed onto teams via the PE noticeboard opposite the entrance to Larchfield Hall and we aim for the final arrangements to be communicated by Thursday.

Home Games

For home matches, girls should arrive in hockey kit as detailed above in plenty of time to warm up for the start of their match.

Away Games

Transport will be provided from the Sports Hall, with the meeting time governed by the distance to travel for a 9.00am match (this can normally mean any time between 7.00am and 8.00am). Whilst post-match snacks may be provided, this is not always the case and so a snack may be required.

Cancellation Procedure

If possible, we will endeavour to cancel games before our pupils leave school on a Friday afternoon, however this is not always possible depending on weather conditions and reports. Any last minute cancellations will be posted via the Spond App around 7.00am on the morning of the game.

Parents should be aware that, if there is still any doubt about the game, they are advised not to leave the Sports Hall until the game is confirmed.

Pupil Expectations When Representing the School

Commitment to the team and school is very important and pupils should make every effort to be available for all training sessions and matches throughout the entirety of the season. This ensures the school not only fulfils all fixtures but remains competitive against other teams. Pupils unable to train or play should inform the member of staff in charge of their team by email at the earliest opportunity.

- The school is aware that from time to time family commitments mean that pupils cannot always be available on a Saturday morning however players must give adequate notice, by email (minimum 1 week), to Miss Hems, Head of Hockey, if they are not going to be available for a school fixture.
- Injured players should also inform Miss Hems, as soon as possible, outlining the issues of the injury and when they may be able to return.
- Players should arrive on time for training and matches, and be changed and ready for the start time of their game. For away matches all girls must ensure they are punctual to get the bus (buses cannot wait).

- All players should check their team list as early as possible and be fully aware of all arrangements for their team. For all matches check departure/meet times, venues and other arrangements. The notice board at school should also be regularly checked throughout the week for any additional information.
- Girls who are travelling with parents to away games must let Miss Hems know, by email, so that she has knowledge of this and the player can be checked off the team sheet.
- Players should encourage all team members to play to the best of their ability. Sporting behaviour at all times is essential. Opponents, umpires and spectators should always be respected. The team Captain will rally her team together after the match to say 'three cheers' for the opposition. The whole team will then line up behind the Captain and they will all shake the hand of the opposition as they pass the group. The Captain will thank both umpires of the match by shaking their hands.
- After home matches, Lomond players will collect in all the balls and carry the equipment to the back store of the Sports Hall.
- After away matches, captains of all teams must take responsibility for collecting all balls and make sure they hand them back to the member of staff on the bus.
- If you fail to attend a fixture, and your name is on the team sheet, you should expect a sanction, unless you have communicated directly with the member of staff responsible for your team in good time before the fixture.
- If you fail to meet our high expectations of conduct during a fixture or practice, the incident will be reviewed and, if disciplinary action is required, the sanction applied will be at the School's discretion. The Principal will always be informed of serious incidents.

Match Day Protocol

On match days players should ensure that they:

- Represent Lomond School with pride
- Act as an ambassador for Lomond School at all times
- Arrive at and leave all matches in full hockey kit
- Always arrive before the published meet-time
- Have travel arrangements in place, where required
- Show good sportsmanship at all times
- Play to the best of their ability throughout the game
- Seek to improve their level of performance and knowledge of the game
- Never question or appeal the decisions of the umpire
- Thank the umpire, the opposition, the parents for supporting, and, at away matches, the bus driver, and leave the bus clean and tidy
- Take responsibility for their personal hygiene at the end of the game, ensuring that they are clean before leaving the changing rooms

Spectators

Children appreciate the presence and support of their parents and Lomond School also greatly values the support of family and friends at fixtures. Because of this we have the Good Supporters Code of practice to encourage parents full participation whilst spectating at matches at Lomond School grounds and the grounds of other schools we play. Equally, Lomond School would expect visiting spectators to abide by the same code.

The Good Supporters Code

A good supporter will:

- always set an example of good sportsmanship and give enthusiastic, but not excessive or inappropriate, support.
- respect match officials' decisions and encourage the pupils to do likewise, even if they appear to make a mistake - remember, they are volunteers providing an opportunity for players to play sport.
- not enter the field of play without the express permission of the umpire/referee.
- not enter the changing room areas at any time.
- assume some responsibility for making visiting players and parents feel welcome as well as directing them towards the after-match refreshments in the Dance Studio of the Sports Hall.

- understand that coaches are working voluntarily and give up many hours of time to run the team.
- always support the coach's decisions and allow the coach to provide any constructive feedback that may be needed.
- ensure that their child is fully engaged and has familiarised themselves with the training programme and fixture list. Ensure that they keep absences to a minimum, and always communicate as early as possible with the coach if there is a problem, never leaving this until after a team has been selected or the day before a fixture.
- ensure that their contact details are up to date so they can receive newsletters and other important information.
- be early when dropping off and collecting your daughter from sessions and fixtures.
- remember that young people play sport for their own enjoyment.
- only ever encourage players in a verbally positive manner, shouting for them, not at them.
- encourage young people to play sport in the right manner.
- focus on the players' efforts, rather than winning or losing.
- support Lomond School in its efforts to eradicate loud, coarse and abusive behaviour at sports fixtures.
- show appreciation of good play by all players from both teams.
- most importantly enjoy the game and transmit their enthusiasm to the players.

Games staff would appreciate that if you wish to raise a concern of any sort, that you contact the Head of the Sport by emailing or phoning at a convenient time. Please do not try to communicate with them immediately before, during or after a fixture, as they will not be in a position to respond.

We wish all our pupils a most enjoyable and successful Hockey season.

Fixtures 2023 –2024

Day	Date	Opponent	Teams
Saturday	2 September 2023	High School of Glasgow	1 st XI, 2 nd , S3, S2, S1, Transitus
Saturday	9 September	Hutchesons' Grammar	1 st XI, 2 nd XI, S3, S2, S1
Saturday	16 September	St. Columba's	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Wednesday	20 September	West District Tournament	1 st XI
Saturday	23 September	Marr College	1 st XI, 2 nd XI, S3, S2, S1
Saturday	30 September	Wellington	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Saturday	7 October	Holiday	Holiday
Saturday	14 October	Holiday	Holiday
Saturday	21 October	Holiday	Holiday
Saturday	28 October	Jordanhill	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Saturday	4 November		
Saturday	11 November	Marr College	
Saturday	18 November	Fernhill	1 st XI
Saturday	25 November	Holiday	Holiday Weekend
Saturday	2 December	St. Columba's	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Saturday	9 December	Christmas Cracker Tournament	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Saturday	16 December	Free Weekend	Free Weekend
Saturday	13 January 2024	The Glasgow Academy	1 st XI, 2 nd XI, S3, S2, S1
Saturday	20 January	Marr College	1 st XI, 2 nd XI, S3, S2, S1
Saturday	27 January	Morrison's Academy	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Saturday	3 February	Holiday	Holiday
Saturday	10 February	Holiday	Holiday
Saturday	17 February	Jordanhill	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Tuesday	20 February	Lomond School Primary Festival	Transitus
Saturday	24 February	St. Columba's	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Wednesday	28 February	HGS Senior 7's Tournament	1 st XII
Saturday	2 March	St. Aloysius	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Wednesday	6 March	HSOG Senior 7's	1 st XII
Saturday	9 March	Marr College	1 st XI, 2 nd XI, S3, S2, S1
Saturday	16 March	St. Aloysius	1 st XI, 2 nd XI, S3, S2, S1, Transitus
Wednesday	20 March	WD Senior 7's	1 st XII
Saturday	23 March		