SAINTS HOCKEY PERFORMANCE PROGRAMME
Our vision is to create a programme in which every player competes to the highest level, works hard and enjoys their hockey experience at university. We are striving to be the best and most inclusive club within the University of St Andrews.
The University has developed one of the most promising hockey programmes in Scotland, which offers student athletes a range of coaching, training and support opportunities, allowing them to excel in their sporting achievements.

The University of St Andrews Hockey Club was founded in 1904 and is currently one of the largest clubs at the University.

THE CLUB PROUDLY SUPPORTS
- Over 220 members (Since 2013 the club has increased membership by 67% from 133)
- 9 teams: 6 Women’s, 3 Men’s
- 19 qualified coaches, including student coaches
- 8 qualified umpires
- 240 matches played by the club each year
- Total weekly training time of 18 hours across the club

With nine competitive teams, recreational hockey and the community mixed hockey league, the Hockey Club is able to cater for all levels of experience and welcomes all those who wish to get involved.
The University encourages and supports performance athletes who are studying at St Andrews and competing at an international level. In recent years the Hockey Club has seen numerous players represent the University of St Andrews on the international scene.

The University Hockey Programme has produced a number of talented athletes, whose success at St Andrews has shown that you can achieve a world-class education while also fulfilling your sporting ambitions:

- Kerry Hall, Scotland Senior International
- Heather Elder, Scotland Senior International
- Hazel Hall, U21 Scotland International
- James Bowler, U21 Scotland International
- Fiona O’Brien, Trinidad and Tobago Internationalist
- Iona Armour, U21 Scotland International

Several players have also represented Scottish Student Sport (SSS): Marcus Adams, Dan Maunder, Ben Jamieson, Natalie Binnie, Fiona Maclsaac, Kevin Wong, Josh Lee, Hermione Hatfield, Adam Cawthray Stern, Iain McGregor and Jamie Hogarth.
The Hockey Club aims to create a future generation of players who are capable of helping Scotland win on the international stage, while graduating with an education from one of the top academic institutions in the UK.

Scottish Hockey has launched a new University Accreditation Programme in order to ensure that university clubs have workforce development, strong governance and succession planning at the forefront with regard to club development. In 2016, the University of St Andrews Hockey Club achieved Silver Level Accreditation.

The long-term aspiration of the club is to have both men and women participating in National League Division 1, which is entirely possible given the quality of the players and coaches that are available.

Everyone is supported so that they are able to develop their own individual skills and continue to stay engaged within the club.
The Hockey Programme caters for all levels of ability in order to ensure all players experience an athlete-centred hockey curriculum, which focuses on development, hard work and enjoyment.

The Club currently fields nine University teams with all participating in the British Universities & Colleges Sport (BUCS) leagues on a Wednesday afternoon, allowing for individuals of any ability to join the club and thrive at an appropriate level.

THE PROGRAMME INCLUDES:
- Up to two training sessions per week focusing on skill development and team preparation
- Hockey specific Strength & Conditioning sessions supervised by accredited coaches
- Video analysis sessions focusing on both individual and team performance
- Regular fitness testing to monitor progress and identify weaknesses
- Competitive fixtures for all levels of ability throughout the season
- A week long, full time pre-season training camp
- A variety of social activities throughout the season
Jamie Carnegie

Jamie joined the University part time in 2013 and under his guidance has seen the club expand and develop both on and off the pitch. His full-time appointment as Director of Hockey came in 2016, the same year Saints Hockey was announced as the Scottish Student Sport Club of the Year.

Jamie has coached for many years in various roles across Scotland. Following his graduation in 2009, he played in National League Division 1 for Grove Menzieshill before heading to Australia to play in Melbourne for Hawthorn Hockey Club, having also coached the Women’s Premier League Reserve team to Grand Final victory. On his return to Scotland, he continued to play for Grove Menzieshill, representing the Club in European Indoor competitions and winning the Scottish Cup in 2013.

In 2014, he was named Scottish Hockey Coach of the Year, following an incredibly busy year of coaching. This included coaching the winning Midland U15, U16 Boys teams at the Scottish Interdistricts, coaching a winning Scottish Universities team and coaching Edinburgh University Women’s Indoor team alongside his role at the University of St Andrews; a year that saw the Men’s team promoted to BUCS North Premier B and the Women promoted from National 3 to National 2 and from BUCS 2A to 1A.

In 2015, Jamie was the Manager of the Scotland Men’s team that went to the Euro Hockey B Division in Prague and finished in third place. In 2017, Jamie went on to coach the Scottish Student Sport team to victory over Wales and England at the Home Nations competition in Edinburgh.

Jamie represented the Scotland Indoor team in 2018 and with Grove Menzieshill qualified for the Euro Hockey League by winning the Scottish League Finals.
The University runs annual coaching courses for students to gain UKCC level qualifications, enabling them to work in various capacities as coaches throughout the year.

The Hockey Club has been involved in running a nationally recognised Junior Programme for the past two years in partnership with Madras Hockey Club, Scottish Hockey and Active Fife. This programme allows club members to coach local school children on a Saturday morning to help develop sport in the local area and to give the student coaches experience in the process. Once students have developed their skills, they can begin to work with the student teams at the University.

Umpiring is fundamental to the club and teaches players numerous transferable skills.

- With the continued improvement in the facilities at the University, the club are always looking to develop additional umpire resources through the Umpire Secretary.
- Captains encourage everyone within their team to umpire throughout the year.
- Members take a rules test online and practice umpiring at mixed hockey and training to improve their confidence ahead of matches.

If each player contributes to the umpiring programme, then each club member only needs to umpire one game. That’s 360 hours each season spent umpiring!
The University of St Andrews boasts a number of top-class sports facilities, which have recently been improved as part of a £14 million refurbishment of the Sports Centre.

**SPORTING FACILITIES**

The hockey pitch at St Andrews is one of the few dedicated university pitches in the country allowing access to the pitch at all times of the year. The sand-dressed pitch, which was resurfaced in 2012, is playable at any time of day, almost all year round.

As a Performance Sport, the Hockey Club gains access to full S&C support, including supervised lifting sessions from one of the accredited Strength & Conditioning coaches, twice a week, which takes place in the strength and conditioning suite.

The Club also has access to sports science and performance analysis, physiotherapy and injury prevention support.

“The benefits of a more advanced Sports Centre have already been realised, as we saw when St Andrews was recognised as a creditable venue for the BUCS finals in the 2016-2017 season.”

– Iona Armour, 1st Team 2014-2018
The Saints Sixes tournament has become an annual event for the club allowing for small sided hockey to be played in a competitive setting prior to the BUCS league starting.

Social events stretch from the start of Semester 1 all the way through to the flagship event, Hockey Ball, which sees up to 200 Hockey Club members past and present attending.

These events only take place through the hard work of members from the club and offer students a fantastic opportunity to develop various transferable skills associated with event management.

The Saints Sixes Tournament is a fairly recent introduction to the hockey calendar. The University hosts a small six-a-side hockey tournament each year, which gives new and current players the opportunity to be challenged with a new format of hockey, and develop their hockey skills before the main season kicks off.
Joining a sports club is a great way to meet new people and make new friends when arriving in St Andrews, and opens up a wealth of experiences and opportunities.

**LIFESTYLE**

The Hockey Club offers highly competitive teams for those who wish to excel, and social teams with a focus on fun and participation. Student members are also heavily involved in the management and administration of the Club, providing opportunities to develop skills across a number of different areas. Saints Hockey caters for all levels of ability and commitment, ensuring that all students can maintain a healthy relationship between university work and university sport.

With over 220 members, Saints Hockey spans all year groups and all subject disciplines, creating a very inclusive and close-knit club, where our newest members are quickly integrated and lifelong friendships are formed.

Sports tours provide students with a unique opportunity to travel to some amazing locations around the world and are excellent for fostering friendships amongst teammates. Each year Saints Hockey organises an annual tour during the summer months, with previous trips including destinations such as South Africa, Croatia, Barcelona and Holland.

Highlights include team bonding and socials, which happen regularly throughout the year.

**MANAGEMENT**

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The Hockey Club continues to have a large impact in the local community, working with external partners to facilitate the development of hockey. Since 2016, the club has provided more opportunities for local children and their parents to be active and get involved in hockey.

From running primary taster sessions with over 100 children attending, to regularly coaching the three girls’ teams at Madras College, the club has made invaluable connections with the wider community, as a result of the hard work from each of our amazing volunteers, who have become integral to enhancing community participation in hockey.

Perhaps the club’s biggest achievement, to date, is the success of the Junior Hockey Programme; 90-minute sessions on Saturday mornings for children aged 7-15, which involves lots of hockey based mini-games to develop skills and teamwork. At the first session 30 children registered and since then, the numbers have more than doubled, and teams are now regularly entered into Midland youth tournaments.
Our international volunteering projects offer students a wonderful opportunity to add value to their university education, enhance their global awareness and develop their leadership, teaching and coaching skills.

Each year, student coaches from the Hockey Club team up with members from other sports clubs at the University as part of the Volunteer South Africa project. Spending four to five weeks in Stellenbosch during the summer, the volunteers help deliver PE sessions, sport specific coaching and classroom based sessions in various schools and compounds, before putting on a Hockey Festival at the end of their trip.

Throughout the project several cultural experiences are arranged, including visiting Robben Island, climbing Table Mountain and exploring Cape Town’s history. More extreme activities, such as shark diving are also available.
The Hockey Club has grown in size and stature to become one of the leading student sports clubs in Scotland.

The success and development of the club is down, in part, to the support received from our sponsors, and the relationships we have developed with external partners such as Active Schools and Scottish Hockey. The club continues to strengthen its links both internally within the University and externally with various organisations in order to share best practice, strengthen recruitment opportunities, pursue investment opportunities and expand support systems.

The University of St Andrews Hockey Club would like to thank all those who currently support the hockey programme, and who are a part of its continued success.