



Ellesmere  
Co-ed 7-18 day and boarding

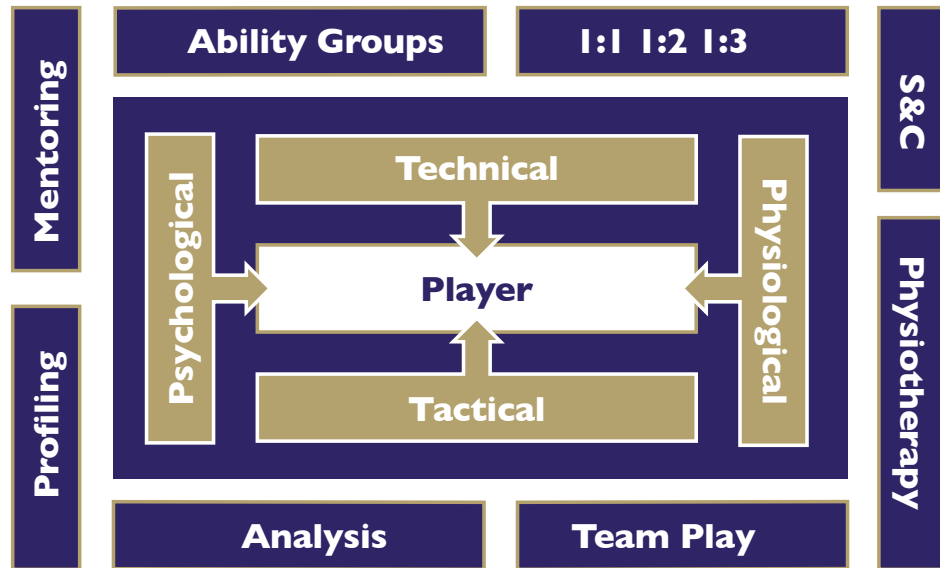
# HOCKEY

## High Performance Programme

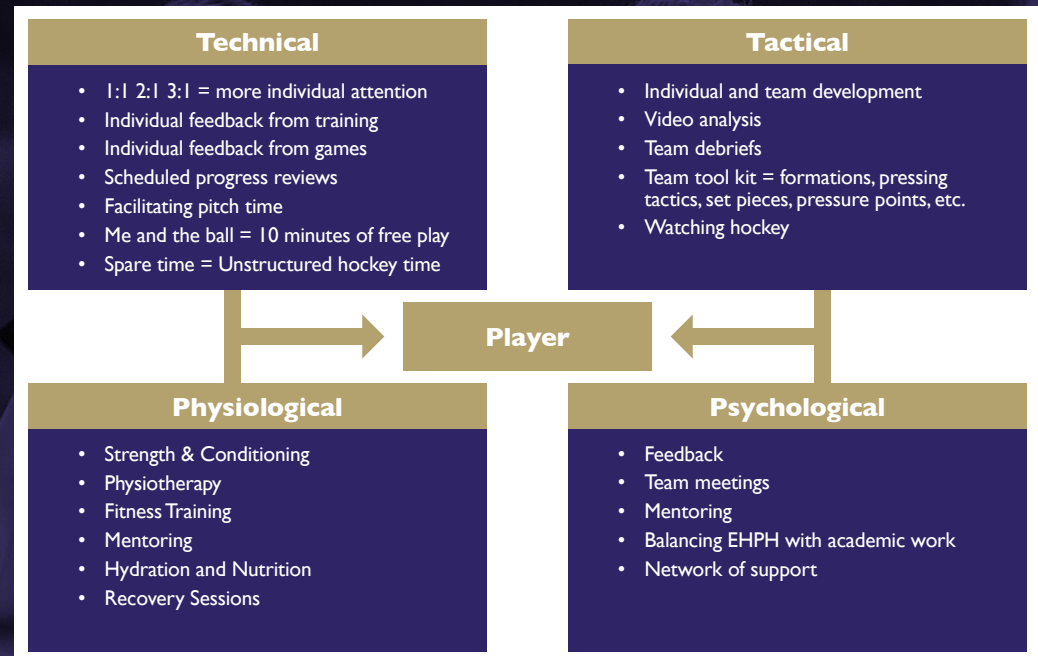


# Ellesmere College High Performance Hockey

Ellesmere High Performance Hockey (EHPH) is focused on individual player development within the team environment. It is understood that individual player development is an intricate and open-ended process that requires a multifaceted approach. EHPH seeks to nurture and develop every player's individual needs and personal hockey goals, whilst at the same time helping them to balance the numerous and varied demands placed upon them as they mature.



The EHPH ethos states that an individual's qualities are more important than performance outcomes. High performance outcomes follow, when individual qualities are intrinsically established. Work ethic, self-motivation, team spirit, positivity and enjoyment are just some of these qualities.



## What can the High Performance Hockey programme offer to players?

- Year round hockey development
- Regular fitness testing
- Structured conditioning programmes
- One to one reviews
- Generic skill development
- Positional skill development
- Access to nutritional advice
- Access to cross training sessions
- Game analysis work

## Facilities

Members of EHPH are able to make full use of the College's outstanding facilities which include:

- A brand new all-weather pitch
- Indoor swimming pool
- State of the art cardio gym
- Free weight performance gym
- Indoor sports hall
- Squash and tennis courts
- Tailored Strength & Conditioning Sessions

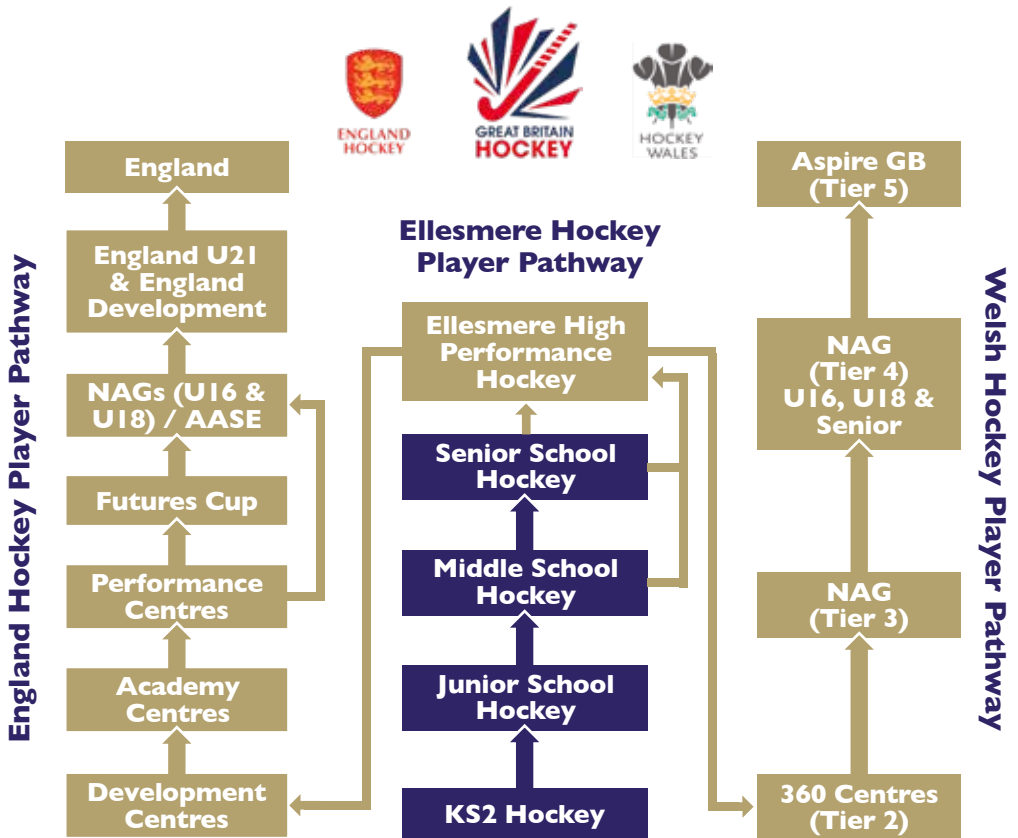
## Scholarships

Hockey scholarships are available on an assessment basis for players keen to develop and nurture their game in a professional environment. If you want to know more, why not book a Taster Day and Assessment using the contact details below.



# Ellesmere College Player Development

Ellesmere College is fortunate to be situated close to the border of Wales. Therefore the pupils of the Ellesmere High Performance Hockey Programme have access to both the English and Welsh performance pathways.



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