



KILGRASTON SCHOOL

JUNIOR YEARS · SENIOR · SIXTH FORM



SPORTS



INTRODUCTION

Sport at Kilgraston is an integral part of daily life for our pupils. We offer a huge range of sporting activities; there is something for everyone.

From our young pupils in Reception to our Upper Sixth girls, the passion and desire they show for sport is heart-warming.

Whether it is Highland dance or yoga, climbing wall or tennis, the clubs are extremely popular throughout the year with our co-curricular sign up system in September having a great, positive impact.

Kilgraston pupils benefit from our beautiful four lane, 25-metre swimming pool, our purpose-built Sports Hall with gym, tennis courts and full sized hockey pitch. Then there's our Equestrian Centre, we are the only School in Scotland to have this on site.

Sport is very strong here at Kilgraston. There is a sport for everyone and our Sports department works with our pupils to make sure they find a sport they love.





EQUESTRIAN

Kilgraston is the only school in Scotland with equestrian facilities on campus, giving pupils a unique experience.

The equestrian centre is two minutes' walk from the main school building, and it is managed by an experienced and passionate team.

Whether aspiring to ride for the school team or having never ridden before there is something for everyone.

Lessons take place daily after school and at weekends in our 60m x 40m floodlit outdoor arena, and Kilgraston's stunning countryside location offers miles of unspoilt fields for hacking and exploring on horseback.

For those looking to develop an equestrian career, Kilgraston is also the only school in Scotland to offer British Horse Society (BHS) qualifications, as an alternative pathway. We offer training for BHS Exams up to BHSAI level and progressive riding tests. BHS Exams are globally recognised across all aspects of the equestrian industry and training is provided by our three in-house BHS Accredited Professional Coaches.

Kilgraston hosts the annual Scottish Schools Equestrian Championships. This combined training, team event is always very highly contested, with up to 25 schools vying for the prestigious championships in each of the three age groups.



SWIMMING

Every week, as many as 350 individuals have lessons in our 25 metre pool. With lessons starting from Pre-School, all pupils benefit from the excellent swimming facilities on campus, which is accompanied by highly qualified swimming staff and teachers.

Swimmers also have the opportunity to represent the School competitively at local, district and national levels, as well as being selected for inter house competitions. We also provide external swimming lessons to the community, and we follow Scottish Swimming's National Framework 'Learn to Swim'.

Coming from Lewis, where I was surrounded by the sea, swimming was a major part of my life. Now I really enjoy passing this important life skill onto the next generation and all in such a fantastic facility.

Kellie Offer, Swimming Pool Manager





Former pupil Emily Dark is currently studying Physics at St Andrews University, and is also training as a reservist in the RAF, where she recently won Top Recruit and Top Shot. She is now one of Scotland's top young hockey players with 43 caps (combined), and is training as part of the GB Elite Development Programme (EDP).

How long have you played hockey?

I started when I was eight years old in Prep School PE, so for about eleven years.

What is your hockey position?

I play all positions but I have recently changed to defence and I am really looking forward to the World Cup Qualifiers in Pisa for my first tournament in that position.

What teams do you play for?

I transferred this season to Watsonians in Edinburgh as my club. I also play for Scotland Senior Women, GB EDP (Elite Development Programme), the University of St Andrews and RAF Hockey.

What sporting awards have you won?

I competed at the A Division European Championships and in 2020, I won Gold and Best Player of the Tournament at the Indoor European Club Challenge.

What were your favourite subjects at School?

Maths, chemistry, physics and Latin.

How did Kilgraston help develop your skills?

We had lots of workshops outside of the curriculum which helped in many different ways from studying, to advice on finances for University. It really helped to gain an understanding before going to University.

How did Kilgraston help you decide what to study?

There were many opportunities to go to various STEM lectures and attend the STEM club where we would do lots of different experiments and dissections. Doing this helped me see what I was really interested in. The small class sizes at Kilgraston really helped as well, if you had a question the teacher had enough time to explain in depth, things to you that may have been outside the course but helped with your understanding.

How would you describe Kilgraston?

Kilgraston is my second home and I couldn't think of a better place to have spent my childhood. There are so many opportunities to have a go at everything and anything, and the teachers genuinely care about you and want to see you do well. As well as having the most fun with the best of friends, Kilgraston helped me get into a university I had wanted to attend since I was eleven.

What are your best Kilgraston memories?

One of the best memories I have is during the science fair, held in the new science centre. I was entrusted with the task of making the rocket fuel. I accidentally let it get too hot and it started going off inside! The fire alarm started to go off and everyone had to evacuate the whole school.

How would you sum up Kilgraston in five words?

Family, Home, Exciting, Joyful, Supportive

What advice would you give to potential pupils?

Try everything and never give up on what you want to achieve.





TENNIS

Tennis at Kilgraston spans all ages and abilities. For youngsters, we are proud to offer a mini-tennis programme and older pupils can improve their game through individual lessons and regular squad sessions.

Pupils who aspire to the performance level are invited to join our Tennis Academy, which is led by Performance Coach Billy McNeil. Those selected benefit from individual coaching, squad training, sports psychology and nutrition advice. Our tennis stars also compete in Lawn Tennis Association sanctioned rating and ranking tournaments, as well as take part in interschool competitions.

Kilgraston has eight AstroTurf courts, including three newly resurfaced hard courts complete with new nets which are fantastic for longer rallies and improving the player's game.

We also have an additional five court tennis area used for fitness, mini hockey, netball, football and basketball as well as tennis and we have an indoor tennis court in the sports hall when bad weather stops play outside.



NETBALL

Three seconds for a pass. Dodge, roll, hold your position to get the ball into the hoop and score that all important goal. Being able to share your highs with your teammates and strive to play your best not just for yourself but for the others on court.

At Kilgraston, netball is offered to every year group starting at Lower Second. It's an opportunity to develop your skills as a player, or to just keep fit and have fun! I am extremely proud to captain the Kilgraston Seniors First Squad for the second year running and am also delighted to be a Netball Scotland Ambassador for this year. I love being part of netball at Kilgraston, it's such a supportive and enthusiastic community, which I encourage you all to get involved in.

India

Captain of Kilgraston's Seniors
First Netball Squad 2021-2022





OTHER SPORTS

Our pupils are encouraged to find the sport that suits them and our facilities and our Sports Department are here to help. For some pupils, their preferred sport may be ballet or yoga and for others it is the clashes on the hockey pitch, the personal challenge of cross-country running, the discipline of equestrian sports or the exhilaration of tennis.

The menu of sporting opportunities is almost endless. These include after school sporting activities such as, Badminton, Fitness Gym, Football, Ballet, Curling, Highland Dancing, Modern Dance, Rock Climbing, Rugby, Skiing, year-round Tennis Coaching, Metafit, Yoga, team practices for major sports and team fitness training sessions.

We take part in inter-School, district and National competitions, giving the pupils a chance to put their skills to the test in many different arenas.





Experience Kilgraston School, come and visit us.

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