



**OPEN TO  
THRIVE**



**HOCKEY PROGRAMME**

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## **HOCKEY AT KENT COLLEGE**

Kent College is a school steeped in sporting history. We have a reputation for delivering a strong sports programme as part of our diverse and varied school curriculum.

Hockey is one of the flagship sports at Kent College, for both boys and girls. We aim to deliver a programme that develops all students at a level aligned with their personal aspirations whilst encompassing the school's own core values.

### **2023- 2025 Achievements**

- U13 Boys Nationals - 4th in England (2024/25)
- U16 Boys Tier 2 National Cup Final - 2nd Place (2024/25)
- U16 Boys Regional Finalists Indoor (2024/25)
- U18 Boys Regional Finalists Indoor (2023/24)
- U18 Girls Regional Finalists Indoor (2023/24)

# COACHING STAFF

Our programme is organised and delivered by a team of 10 dedicated staff and additional external specialist coaches. Within the coaching team there is a variety of skill sets with experience of national league and international hockey.



**DIRECTOR OF HOCKEY**  
ALASTAIR BROGDON

OLYMPIAN and EUROPEAN GOLD MEDALIST 150+ CAPS FOR ENGLAND & GB

TALENTED ATHLETE LIFESTYLE ADVISER



**DIRECTOR OF SPORT**  
LINDEN LOCKHART

HOLCOMBE HOCKEY CLUB NATIONAL LEAGUE HOCKEY PLAYER



**HEAD OF ACADEMIC PE**  
VICKY O'SULLIVAN

CANTERBURY HOCKEY CLUB NATIONAL LEAGUE PLAYER



**HOCKEY PROFESSIONAL**  
JAMIE TRITTON

HOLCOMBE HOCKEY CLUB PREMIER LEAGUE PLAYER FORMER U18 ENGLAND CAPTAIN



**ASSISTANT HEAD CO-CURRICULAR**  
LARA WILKINSON

CANTERBURY HOCKEY CLUB NATIONAL LEAGUE PLAYER

Kent College has over 20 hockey teams across the school, ranging from A to C at various year groups for both boys and girls. An extensive fixture list, including county, regional and national competitions, affords students the opportunity to develop both their indoor and outdoor skills. Our Boys' 1st XI team is currently competing in the England Hockey Tier 1 league across two terms, reflecting the high standard and commitment to excellence within our hockey programme.



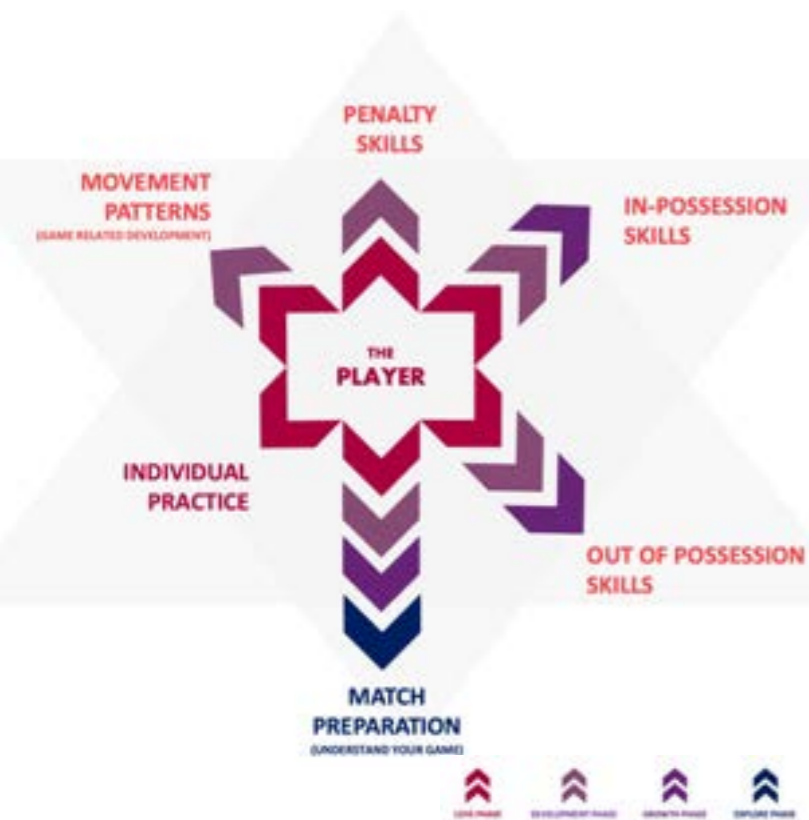
In addition to matches, below is an example of what a typical week on our hockey programme includes:

- **AFTERNOON GAMES**  
2.5 HOURS
- **AFTER SCHOOL HOCKEY**  
1-1.5 HOURS
- **INDOOR HOCKEY**  
1 HOUR
- **GOALKEEPER COACHING**  
1 HOUR
- **SCHOLAR SESSION**  
1 HOUR
- **ONE - TO - ONE**  
30-60 MINS



# PLAYER DEVELOPMENT

THE SUPPORT AND DEVELOPMENT OF THE PLAYER IS AT THE CENTRE OF EVERYTHING WE DO.



STRENGTH AND CONDITIONING AS WELL AS SPORTS PSYCHOLOGY ARE ALSO A KEY PART OF OUR PROGRAMME.

# GOALKEEPER DEVELOPMENT

## Keir Starley

Goalkeeper Coach  
HERO Goalies

"OUR GOALKEEPERS HAVE ACCESS TO EXPERT GOALKEEPER TRAINING EACH WEEK WITH HERO GOALIES"



# SPORTS SCHOLARS

## INDIVIDUAL TRAINING

OUR SPORT SCHOLARS HAVE ACCESS TO SMALL GROUP AND 1-2-1 COACHING THROUGHOUT THE YEAR AS WELL AS BESPOKE GYM PROGRAMMES

## GUEST COACHES

OUR HOCKEY PLAYERS EXPERIENCE GUEST COACHING SESSIONS FROM CURRENT INTERNATIONAL PLAYERS

## MENTORING

OUR TIER ONE SENIOR SPORT SCHOLARS HAVE ACCESS TO MENTORING LED BY OUR DIRECTOR OF HOCKEY, ALASTAIR BROGDON, WHO THROUGH EXPERIENCE AS A TRUE ATHLETE PROJECT MENTOR, AND TALENTED ATHLETE LIFESTYLE ADVISOR, SUPPORTS OUR PUPILS HOLISTICALLY WITH THEIR ATHLETIC JOURNEY



# SPORTS SCHOLARSHIPS

## APPLYING FOR A SPORTS SCHOLARSHIP AT KC

### ENTRY YEARS

We offer sports scholarships for entry in:

- Year 7 - Assessments held in January
- Year 9 - Assessments held in February
- Year 12 - assessments held in February

### FIND OUT MORE

To find out more about sport scholarships at KC:

### COME FOR A BESPOKE VISIT

Contact Admissions on  
[admissions@kentcollege.co.uk](mailto:admissions@kentcollege.co.uk)  
or call 01227 763231

### CONTACT

#### ALASTAIR BROGDON

DIRECTOR OF HOCKEY  
[abrogdon@kentcollege.co.uk](mailto:abrogdon@kentcollege.co.uk)

### CONTACT

#### LINDEN LOCKHART

DIRECTOR OF SPORT  
[llockhart@kentcollege.co.uk](mailto:llockhart@kentcollege.co.uk)

### OR VISIT OUR WEBSITE

[Kentcollege.comscholarships-bursaries](http://Kentcollege.comscholarships-bursaries)



# HOCKEY ALUMNI

Notable past pupils include current internationals Grace Balsdon (GB) and Lizzie Neal (GB) along with numerous England U16 & U18 players. Hockey at Kent College gauges its success based on how many former students continue to play, at any level, once their time at the school has ended.



## GRACE BALS DON

135+ CAPS FOR ENGLAND & GB

OLYMPIC MEDALIST



## LIZZIE NEAL

50+ CAPS FOR ENGLAND & GB

2019-2023 FIH PRO LEAGUE  
2021 EUROPEAN CHAMPIONSHIPS

## LIZZIE NEAL

**"KENT COLLEGE WAS PIVOTAL IN ENABLING ME TO REACH INTERNATIONAL SUCCESS, THEY SUPPORTED ME TO REALISE ANYTHING IS POSSIBLE WHILE IMPORTANTLY THE SCHOOL ALWAYS MADE SPORT ENJOYABLE AND I'VE BUILT LONG LASTING FRIENDSHIPS AS A RESULT"**

# CANTERBURY HOCKEY CLUB

Kent College has a strong link with local national league club Canterbury. This allows our students to continue their development outside school hours in a high-performance environment.

CHC is a friendly, family club based at Polo Farm Sports Club in Canterbury. Our hockey coaches have a close relationship with the club and play or have played for the Canterbury 1st team.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JUNIOR HOCKEY ACADEMY 6.15 - 9.15pm	GIRLS U14 6 - 7.30pm	GIRLS U18 & BOYS U18 6 - 7.30pm	BOYS U14 6 - 7.30pm		WOMENS 1st XI + MENS/ WOMENS HOCKEY MATCHES	U12 JUNIOR HOCKEY MORNING 9-12am
	GK SESSION 6 - 7.30pm	GIRLS U16 & BOYS U16 INDOOR 6 - 7.30pm	BOYS U16 6 - 7.30pm			MENS 1st XI LEAGUE MATCHES
	BOYS U14 7 - 8pm		GIRLS U14 INDOOR 7 - 8pm			






Canterbury Hockey Club is a short 15 minute drive away from the college



**KENT COLLEGE**  
CANTERBURY



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CANTERBURY

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