



GORDON'S SCHOOL

SENIOR RUGBY SCHOLARSHIP
PROGRAMME AND HARLEQUINS DISC
2021-22

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ELITE RUGBY PROGRAMME

- Through our DiSE scheme (Diploma in Sporting Excellence) we provide selected rugby players (aged 16–18) with the opportunity to pursue your chosen academic pathway alongside your rugby ambitions, at a school that has:

48% of entries graded A - A*

80% of entries graded A - B*

97% of entries graded A - C*

100% of students passed 3 A Levels

- You will have the opportunity to experience as close to professional rugby that any U18 level will receive, whilst training and competing in the RFU ACE league, the pinnacle of U18's competition.
- You will benefit from specialised coaching and matches from Premiership and International experienced coaches. You will also have access to the on-site gym, athletic development and holistic support, all based at the school.
- Maximise your potential and your chance to pursue a rugby career whilst gaining an outstanding education, and be the best version of yourself.

Location:

- The School is based near Woking in West End, Surrey Heath.
- From the M3: Exit at Junction 3 and at the roundabout join the A322 signposted to Lightwater, Woking and Guildford. Travel along the dual carriageway to the roundabout and take the first exit onto the A319, Bagshot Road.

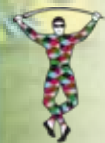
PLAYERS RECEIVE:

Pre-Season:

- The squads have a combined pre-season which includes competitive game scenarios versus prestigious rugby schools and a high performance pre-season tour.
- Individual skills sessions and unit sessions.
- Team environment sessions.

Competitive Fixtures:

- The 1st XV (performance squad) play in the RFU ACE League.
- Our development teams play in the National Schools Vase competition as well as the prestigious Daily Mail Trophy competition. These games are played in the Autumn Term.



- We play XV's in the Spring Term for players transitioning into the performance squad.
- In January, our rugby programme also has a focus on 7s. There is an extensive 7s programme at the school. This includes invitational tournaments of the highest level including the National Schools 7s, Middlesex 7s, Surrey Schools 7s, and in February we take squads to the Lisbon 7s in Portugal. Future plans include taking a squad to the Melrose 7s.

Professional Clubs:

- The Head of Rugby facilitates any links to Harlequins RFC and representative rugby opportunities.

Video Analysis:

- Matches are recorded and all footage is available on our Hudl platform. There are weekly analysis sessions both on a team and an individual basis, led by coaching staff and players.

Sports Physio:

- The sports physio assists specifically with recovery from injury, and works with individual players to prevent further injuries.
- The sports physio works to ensure the all-round health of players.

Athletic Development:

- The scholarship programme includes Athletic Development with the aim of ensuring that all players develop their physical attribute to the maximum.
- The Athletic Development team will design individual training programmes.
- Regular physical testing carried out for individual training prescription, and to develop performance benchmarks for playing standards and playing positions.

Coaching and Refereeing Courses:

- Players are encouraged to take on-line courses run by World Rugby as well as work towards obtaining a minimum of a RFU Level 1 Award. There is also an opportunity for players to qualify as a referee. Players are then able to referee school matches as well as at other events. All performance squad players are expected to contribute throughout the year to our junior programme whether through coaching or refereeing matches.

Recent Successes:

- Rugby has gone from strength to strength within the school. Season 2019-2020 was our most successful in the history of Gordon's School:
- The 1st XV travelled to South Africa and had an unbeaten tour.
- Successful 7s tour of Portugal
- Victory at The Stoop and completed the XV's season with a 64th place out of 261 schools in the Performance League, whilst achieving a Top 60 slot in the Daily Mail Trophy table.



DIPLOMA IN SPORTING EXCELLENCE (DiSE)

Alongside your chosen academic path, a selected number of student athletes will study a Diploma in Sporting Excellence (DiSE). This is a RFU endorsed rugby programme for 16–18 year-olds based at the England Regional Academies. The aim is to produce players who:

- Have developed the skills and abilities to potentially gain a professional contract at 18.
- Are aware of their rights and responsibilities as professional players (lifestyle, image, behaviour etc).
- Know how to manage their finances.
- Have a contingency plan for an alternative career in the event of injury or failure to achieve a playing contract.

Your Rugby and Academic Schedule:

You will have a practical rugby schedule in addition to your academic lessons, and will be supported on modules designed by sports professionals. Each module will develop a specific facet of your game, including your game understanding, mental and physical preparation and recovery.

As part of the DiSE squad, your typical week will include:

- Timetabled academic lessons.
- Nine hours of contact time plus one DiSE matchday.
- Athletic Development and prehab sessions.
- Units/team rugby and analysis sessions.
- Additional sessions where appropriate.

You will get the opportunity to compete in the highly competitive RFU ACE League, a widely-renowned competition at the highest level of college/school sport. Although we understand your passion and focus may be on the rugby programme, you will be expected to place your academic studies as your first priority, as well as embrace the ethos of the School.

The environment on this course is designed to mirror a professional environment, and you should expect to treat it as such. You will have regular access to professional services to help improve your ability as a player, as well as group and one-to-one coaching support.



Our DiSE Group comprises the top players within the school's rugby programme. Our DiSE squad competes at a very high level within the RFU ACE league.

Applicants are expected to be playing to a minimum of DPP/county standard.

You will learn alongside our experienced staffing team as well as Harlequins coaches.

You will also be able to access support services throughout your studies, including an analysis platform, access to medical staff on training days, meetings with coaching staff, and a Pastoral Lead to review academic progress.

INDIVIDUAL SUCCESSES:

- **Jake Ball**, *Wales International and professional player with Scarlets Rugby.*
- **Paul Hull**, *England International and former professional player with Bristol.*



Corum Nott (Wales U18s) *"I am very thankful for the opportunities that Gordon's rugby opened for me, support with my county rugby which then led to international honours. The staff are knowledgeable, enthusiastic and have much passion for the game. The environment is professional as well as fun, which certainly prepares us players to achieve. The staff have a focus and drive to develop the individual to ensure each player is reaching their full potential."*



PERFORMANCE PROGRAMME: 2 YEAR SCHEDULE

| | YEAR 12 | | YEAR 13 | |
|------------------------------------|---------------------|---|---------------------|--|
| | FREQUENCY | INFORMATION | FREQUENCY | INFORMATION |
| Athletic Development | Weekly | AD session developing sport-specific physical strength and power | Weekly | AD session developing sport-specific physical strength and power |
| | Termly | Testing - Height & Weight - Vertical Jump - Sit & Reach - 10m, 20m & T-Test | Termly | Testing - Height & Weight - Vertical Jump - Sit & Reach 10m - 20m & T-Test |
| Sport Psychology | 3 sessions annually | Session 1 – Goal setting Session 2 – Dealing with negative thoughts and positive thinking Session 3 – Emotion regulation | 3 sessions annually | Session 1 – Anxiety and arousal Session 2 – Pain tolerance Session 3 – Positive imagery and mental rehearsal |
| | 3 sessions annually | Sport Psychology Baseline Test | 3 sessions annually | Sport Psychology Baseline Test |
| Sport Nutrition | 3 sessions annually | Session 1 – Calories and macros Session 2 – Micronutrition Session 3 – Frequency and timing with pre & post-competition nutrition | 3 sessions annually | Session 1 – Supplementation Session 2 – Hydration Session 3 – Meal planning |
| Video Analysis | Tri-weekly | Team session analysing performance | Tri-weekly | Team session analysing performance |
| Skill Session | Weekly | Skill-specific session with HoS / sport coach | Weekly | Skill-specific session with HoS / sport coach |
| 1-1 Meeting | Half-termly | Meeting with Performance Programme lead & HoS to discuss current progress and future development | Half-termly | Meeting with Performance Programme lead & HoS to discuss current progress and future development |
| University Experience | Annually | St Mary's University: - Physiology - Biomechanics - Sport nutrition | Annually | University of Surrey - Presentation of AD - AD training session - Speed & agility testing |
| HoS Scholar Reports | Half-termly | HoS to receive updates on AD, SP, SN and information collated during meetings | Half-termly | HoS to receive updates on AD, SP, SN and information collated during meetings |
| Weyside Physio Screening | Termly | Physical screening followed by training plan to assist any weakness and prevent injury | Termly | Physical screening followed by training plan to assist any weakness and prevent injury |
| Bespoke Physio Appointments | When required | | | |



KEY SPORTS STAFF:

Chris Davies (Head of Rugby/Harlequins DiSE Programme Manager)

Mr Davies was the Fiji Skills and Analyst Coach on the HSBC World Series, Rugby World Cup 7s and is a Commonwealth Games Silver medallist winner. Previously he was part of the four-year journey for the Hong Kong Rugby Union's Elite Rugby Programme for their campaign to the Rugby World Cup 2019. More recently, Mr Davies was part of the Flying Fijian coaching team that won a historic match versus the Barbarians in the Autumn internationals, and also part of Fiji XV's qualification for the 2019 World Cup with games against Scotland, Tonga and Samoa. Mr Davies came to Gordons in 2018 as Head of Rugby and Head of Khartoum House and has led successful school rugby tours to South Africa and Portugal. *For all rugby enquires please email Mr Davies (cdavies@gordons.school).*

Marc Crump (Assistant Coach)

Level 3 coach with over ten years' experience. Mr Crump has coached at Blackheath Women's Rugby Club, Queen Mary University of London, City of London Freeman's School and Feltham RFC prior to joining Gordon's in 2019.

Last year he achieved his MSc in Coaching Science with a focus on Rugby. He will continue his studies in this field as part of his PhD. Mr Crump is an outstanding coach with a philosophy around engagement and enjoyment. His main areas of focus shall be defence and set pieces for which he has a vast amount of experience and passion.

Gary Street (Harlequins Support Staff)

Women's World Cup Winning coach and Harlequins Women's Premiership Coach, Mr Street and other Harlequins Academy Staff will be adding their expertise and working closely with our coaching team.

Ian Jones (Elite Performance Manager and Head of Athletic Development)

Part of the Southampton FC Academy when they reached the final of the Youth Cup, Mr Jones went on to captain his country, representing Wales from U15-U19. As a Youth Athletic Development Specialist Coach, he has experience of working with Team GB, Portsmouth FC and Southampton FC as well as multiple semi-professional clubs.

Raniero D'Alberto (Harlequins Academy Strength & Conditioning Coach)

A highly experienced practitioner who works closely with our squads.





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