



GORDON'S SCHOOL

HARLEQUINS PARTNERSHIP PROGRAMME



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ELITE RUGBY PROGRAMME

- Within our Harlequins Partnership Programme (HPP) we provide selected rugby players (aged 16–18) with the opportunity to pursue their chosen academic pathway alongside their rugby ambitions, at a school voted the Boarding School of the Year 2022 (TES Awards):
 - **A Level Results**
48% of entries graded A* - A
77% of entries graded A* - B
91% of entries graded A* - C
 - **BTEC Results**
35% of entries graded D* - D
92% of entries graded D* - M
- 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.



- XV's rugby is played 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, Rosslyn Park 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 Harlequin FC and representative rugby opportunities.

Video Analysis:

- Matches are recorded and all footage is available on the 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 is 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 the School's junior programme whether through coaching or refereeing matches.

Recent Successes:

- In 2022 two players signed professional contracts with Harlequins. Many others gained scholarships at Russell Group universities.
- In 2020, Gordon's signed a partnership with Harlequins to become their official ACE League partner.



DIPLOMA IN SPORTING EXCELLENCE (DiSE)

Alongside your chosen academic path, a selected number of student athletes are able to 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, medical staff on training days, meetings with coaching staff, and a Pastoral Lead to review academic progress.

INDIVIDUAL SUCCESSSES:



Caleb Ashworth (England U18s 2021-22 Squad and signed professionally with Harlequins) Studied the Rugby DiSE (Diploma in Sporting Excellence) alongside A-Levels. "I really appreciate the opportunity that Gordon's School and the rugby programme has provided. The staff are extremely supportive in helping me become the best version of myself. From day one I felt a part of things at the school despite joining in Year 12. I now look forward to moving things on to the next level".



Tom Golder (Wales U18s 2021-22 Training Squad and signed professionally with Harlequins) "It's been a really good journey. I would 100 per cent [recommend the DiSE programme] it has been really good fun. The boys I've met have been really good, really helpful and have worked well as a team. Although there is a lot of time to play rugby there's a lot of time for academics".



Tosin Teriba (England U18s 2021-22 Training Squad and Harlequins U18s) "I never expected it to be so good here, especially with rugby and not just rugby but also education. Gordon's has kept me on the right track and given me the right motivation, help and support to be able to balance the two. I would 100 per cent recommend this school to anybody who is mad about rugby and wants to have a rugby and academic lifestyle. If you come here, you will never be short of motivation or support. Everyone will help you out. Everyone is here to help you."



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."

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



PERFORMANCE PROGRAMME: TWO YEAR SCHEDULE

	YEAR 12		YEAR 13	
	FREQUENCY	INFORMATION	FREQUENCY	INFORMATION
Athletic Development	Twice Weekly	AD session developing sport specific physical strength and power	Twice Weekly	AD session developing sport specific physical strength and power
	Termly	Testing - Height and Weight - Vertical Jump Height - Sit and Reach - 10m and 20m Sprint - Agility Test	Termly	Testing - Height and Weight - Vertical Jump Height - Sit and Reach - 10m and 20m Sprint - Agility Test
Sport Psychology	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience
	Three sessions annually	Sport Psychology Baseline Test	Three sessions annually	Sport Psychology Baseline Test
Sport Nutrition	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - 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
Community Coaching	Weekly	Assist with coaching younger year groups and partnership environments	Weekly	Assist with coaching younger year groups and partnership environments
1-1 Meeting	Termly	Meeting with Performance Programme lead and HoS to discuss current progress and future development	Termly	Meeting with Performance Programme lead and 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 S&C - S&C training session - Speed & agility testing
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
Insight Talks	Termly	Guest speakers in professional sport and alternative pathways	Termly	Guest speakers in professional sport and alternative pathways
Bespoke Physio Appointments	When required			
Bespoke Physio Appointments	When required			

The performance programme will be split over two years, inclusive of athletic development, sport psychology and sports nutrition.

Athletic Development Focus:

- Speed
- change of direction and agility
- Strength
- Explosive power
- Endurance
- Muscular endurance
- Sport specific conditioning
- Jumping and landing
- Pre/Rehab
- Injury prevention technique



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. Mr Davies was part of the Flying Fijian coaching team that won a historic match versus the Barbarians in the Autumn internationals. More recently, Mr Davies has been appointed to assist the Kenya 7s team in the World Series. Mr Davies came to Gordon's 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).

Carl Bezuidenhout: Mr Bezuidenhout had the privilege of playing professional rugby for eleven years from 2005 to 2015. During this time he represented the Natal Sharks, EP Kings, Mpumalanga Pumas and Edinburgh Rugby. His career highlights include captaining the Sharks Sevens team that won a silver medal at the national tournament, a brief period as a member of the South African Blitzbokke Sevens squad.

Alex Hughes: Mr Hughes joined Gordon's School in 2020 after an impressive career as a player within representative rugby environments in both England and Wales, having won International caps for Wales at junior grade and winning the prestigious ACE League twice at Hartpury College. Mr Hughes is an outstanding coach with a philosophy around engagement and enjoyment. He coaches across several age groups within the School, however, his focus mainly lies within the School's U18s structures where his expertise is in defence and set piece.

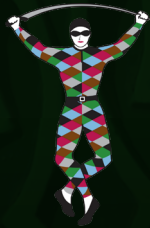
Ian Jones (Elite Performance Manager and Head of Athletic

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.

Anish Sachania: A highly experienced practitioner who works closely with our squads.

Simon Carr: School physiotherapist with a particular interest in musculoskeletal injuries, also specialising in sports injury prevention, management and rehabilitation.





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