



GORDON'S SCHOOL

SENIOR ROWING PROGRAMME AND SCHOLARSHIPS



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WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite rowing programme
- The opportunity to train at first class facilities
- **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
- Rated outstanding by Ofsted

GORDON'S SCHOOL HAS QUALIFIED COACHING STAFF WHICH SERVE THE ROWING SQUADS, AND COMPETES IN THE TOP REGATTAS ACROSS THE COUNTRY. GORDON'S EMPLOYS A NATIONAL WINNING COACH AS THEIR HEAD COACH AND AN EX OLYMPIC COACH AND COX TO COACH THE SQUAD. THE ROWING SQUAD AIM TO COMPETE IN NATIONAL LEVEL REGATTAS AND THE TOP HEAD OF RIVER RACES THROUGHOUT THE SEASON.

Location:

- The School is based near Woking at 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.

Competitive Fixtures:

- The School races in a number of club, and national head races and regattas competing against other rowing schools.
- The School also enjoys friendly races and time trials with clubs such as Staines Boat Club.

Professional Clubs:

- The School will facilitate practise sessions and race replicas at Staines Boat Club.
- The School will also promote rowers to represent their county, regional and national team squads.

Video Analysis:

- Rower performance and practise is recorded and feedback given to the individual by the Head of Rowing and ex GB coach Alan Inns.
- Footage obtained can also be distributed to professional clubs and universities for the purpose of selection for scholarships in England and the USA.

Sports Physio:

- A 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 all rowers.

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.

Recent Successes:

- Gold Medal in the J16 1x at the Ball Cup Regatta
- J16 1x win at Staines Regatta
- WJ161x & J161x wins at Weybridge Regatta
- Win at Egham Regatta WJ162x
- Top Ten achievers in the National Indoor Rowing Championships
- Six additional rowers in the top 5% in the National Indoor Rowing Championships

SPORT SCHOLARSHIPS:

Sport Scholarships are offered to students demonstrating excellence and potential in their nominated sports. Students follow a carefully balanced multi-sport programme and this is reflected in the scholarship process. In addition to sport-specific assessments, we also monitor students' physical competency.

As a minimum, candidates are expected to be of county standard (or potential) or above in their chosen sports.

As a Sports Scholar you will enjoy:

- A sport-specific personal mentor.
- Guidance with goal setting, reviewing and performance analysis.
- Preferential access to sports psychology lectures/seminars.
- Nutritional guidance and advice.
- Access to physiotherapy and support with injury rehabilitation.
- Preparation for the next step of your sporting life.
- An enhanced sense of transferable leadership qualities and the opportunities to put your leadership skills into practice.
- Sport-specific skill sessions.
- Physical screening with Weyside Physiotherapy.
- University experience with access to physical testing and group seminars.

Assessment:

The suitable candidates will be invited to an assessment day. This will involve:

- Skill and technical knowledge demonstration in their chosen sport.
- Fitness testing in a variety of components.
- Interview with either the Head Teacher or a Deputy Head and the Director of Sport during which they will be expected to talk convincingly about their commitment and enthusiasm to sport.
- Psychology baseline test.

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

HOW TO APPLY:

Candidates should:

- Complete an application form and attach a letter summarising their sporting activities and achievements over the last two years (no more than one side of A4 written by the student).
- In support of their CV, there should be a sport specialist reference and a behaviour/character reference (these may be from a present coach/teacher from the last two years).
- Submit video footage.

Timeline:

- Sixth Form Open Evening: 5th October 2023
- Sixth Form application deadline: 24th November 2023
- Scholarship application deadline: 1st December 2023
- Scholarship Assessment day: 14th January 2024

*Please see website for further details and to complete our on-line Scholarship application form at **www.gordons.school**.*

KEY SPORTS STAFF:

Maddie Shoolbread (Head of Rowing):

With a rowing and endurance sports career of coaching and competing, Miss Shoolbread has won over 100 rowing pots (trophies) including Gold National Medals and has raced at the internationally prestigious Henley Royal Regatta multiple times. Miss Shoolbread is a qualified British Rowing Coach and has experience in coaching and competing in many endurance sports including Triathlons. Miss Shoolbread has coached athletes who went on to qualify and then compete in the Ironman World Championships, and the Outrigger World Championships, both taking place in Kona, Hawaii. She is a qualified Strength & Conditioning Coach with a 1st Class Honours Degree in Sport Science from Surrey University.

Alan Inns (Rowing Coach):

Alan is a three time Olympic cox and a two times National Rowing Championship medallist. He has many years experience which includes coaching at some of the biggest clubs in the sport; at Leander Rowing Club, Tideway Scullers and for the Great Britain squad. He has a vast knowledge and experience of the sport, with a keen eye for detail which allowed his previous athletes to go on to have huge successes in the Great Britain squads.

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

Having graduated University with a first class honours sport science degree, Mr Jones has a high passion for AD and Sport Psychology. In his early career, Mr Jones was involved with Southampton FC Academy, being part of their squad when they reached the youth cup final, and went on to captain his country, representing Wales from U15-U19 level. As a L4 and Youth AD Specialist Coach, Mr Jones has experience of working with Team GB, Portsmouth FC and Southampton FC, as well as multiple semi-professional clubs.

Simon Carr (Physio Support):

School physiotherapist with a particular interest in muscular/skeletal injuries, also specialising in sports injury prevention, management and rehabilitation.



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