



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

# SENIOR GIRLS' FOOTBALL PROGRAMME AND SCHOLARSHIPS



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## WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite football programme.
- The opportunity to train at first class facilities including two floodlit astros, one 3G, a brand new sports hall, fully equipped fitness centre and the use of an Athletic Development coach.
- **A Level Results (2023):**  
31% of entries graded A\* - A  
65% of entries graded A\* - B  
86% of entries graded A\* - C
- **BTEC Results (2023):**  
31% of entries graded D\* - D  
75% of entries graded D\* - M
- Rated outstanding by Ofsted

Gordon's School Football is led by a fully qualified coaching team which serves the 1st XI level. The 1st XI currently play friendly fixtures and county cup games. The programme is looking to expand in the near future.

## 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.

## PASSIONATE ABOUT SPORT, SERIOUS ABOUT EDUCATION:

- Sport should never be taken for granted, and it is important that students role model the correct behaviour and character traits both on and off the pitch or court. Students shouldn't expect to play, but understand that it is earned through their behaviour and effort within the classroom, House and around the School. Sport is a commitment and something that staff and students buy into, it isn't a moment of their school career but a journey that lasts the whole two years of Sixth Form at Gordon's School. Maintaining this commitment is one of the successes of the sport programme and also the individual progress of the students.

## **1<sup>ST</sup> TEAM PLAYERS RECEIVE:**

### **PRE-SEASON**

- The School has pre-season training including a competitive match at the end.
- There will be fitness testing during pre-season as well as skill sessions.
- The team will also discuss the 'Playbook' which underpins the philosophy of the team.

### **COMPETITIVE FIXTURES:**

- The School play a number of local independent schools such as Wellington College and Charterhouse.

### **PROFESSIONAL CLUBS:**

- The School will facilitate trials at professional clubs (if applicable).
- The School will also send players for trials to represent their county (if applicable).

### **VIDEO ANALYSIS:**

- School fixtures can be recorded and player performance and decision-making are analysed by the coaching team.
- All the footage collected is communicated to players.

### **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 players

### **ATHLETIC DEVELOPMENT:**

- The scholarship programme includes athletic development training with the aim of ensuring that all players develop their physical attributes to maximise potential.
- 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:**

- The School is a venue for FA qualified courses, which allow the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

### **FIRST POINT:**

- First Point USA are a world leading scholarship agency that can further enhance the opportunities available to our students wishing to pursue careers in professional sport. This option allows students to continue their education while playing sport at a high level. Some examples are shown in our past students section.







## **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:**

(In addition to regular 1<sup>st</sup> and 2<sup>nd</sup> team players outlined on the previous pages):

- 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 opportunity 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.
- GPS tracking in training and match days.

## **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
		INFORMATION	INFORMATION
Athletic Development	Twice Weekly	AD session developing sport-specific physical strength and power	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	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 - Dealing with Pressure - Self Confidence	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience - Dealing with Pressure - Self Confidence
	Three sessions annually	Sport Psychology Baseline Test	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	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning
Video Analysis	Tri-weekly	Individual and team sessions analysing performance	Individual and team sessions analysing performance
Skill Session	Weekly	Skill-specific session with HoS / sport coach	Skill-specific session with HoS / sport coach
Community Coaching	Weekly	Assist with coaching younger year groups and partnership environments	Assist with coaching younger year groups and partnership environments
IDPs	Termly	Meeting with HoS to discuss current progress and future development	Meeting with HoS to discuss current progress and future development
University Experience	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	University of Surrey: - Presentation of S&C - S&C training session - Speed and agility testing
Weyside Physio Screening	Termly	Physical screening followed by training plan to assist any weakness and prevent injury	Physical screening followed by training plan to assist any weakness and prevent injury
Insight Talks	Termly	Guest speakers in professional sport and alternative pathways	Guest speakers in professional sport and alternative pathways
Bespoke Physio Appointments	When required		

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

### 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: 3<sup>rd</sup> October 2024
- Scholarship application deadline: 22<sup>nd</sup> November 2024
- Sixth Form application deadline: 24<sup>th</sup> November 2024
- Scholarship assessment day: 1<sup>st</sup> December 2024 (tbc)

Please see website for further details and to complete our online scholarship application form at [www.gordons.school](http://www.gordons.school).



## **KEY SPORTS STAFF:**

### **MATT NASH (HEAD OF FOOTBALL)**

Mr Nash is the founder and CEO of Sells Pro Training an international goalkeeping company which develops and supports goalkeepers from grassroots to national level. He directly works with Premier League and home nations goalkeepers. Mr Nash started playing as a goalkeeper at Brentford then moved to Chelsea. He has passion for coaching and with his 20 years' experience has coached across Europe. He joined Gordon's as Head of Goalkeeping, then moved to Head of Junior Football where he took the U16s to an ESFA cup final at Stoke City Stadium.

### **GARETH HALL (FOOTBALL COACH)**

With nine international caps for Wales and 198 League appearances for Chelsea Football Club, Mr Hall was a member of the team that won the 1990 Full Members Cup at Wembley Stadium. In 1996, he moved to Sunderland, joining Swindon Town in 1998. Mr Hall arrived at Gordon's in 2009 and has taken the first team to two semi-finals of the prestigious ESFA Competition.

### **PAUL HARKNESS (FOOTBALL COACH)**

Mr Harkness has enjoyed a playing career spanning 16 years mainly in the National League and Regional Leagues as well as a successful playing and coaching spell in New Zealand, a coaching career of 22 years in Youth Development and Academy football as well as ten years coaching senior teams in regional leagues. He is the founder and co-owner of a highly successful full time football and education programme that has developed players for professional clubs as well as the US University system and overseas clubs.

### **JACK WOODS (GOALKEEPER COACH)**

Mr Woods joins our senior coaching team as lead GK coach, he played for Georgia Gwinnet University in the USA and returned to the UK to run out for a number of senior non-league sides.

### **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.

### **MAC DANIEL (PHYSIOTHERAPIST):**

Ms Daniel is a Chartered Physiotherapist, with a particular interest in MSK physiotherapy and sports rehabilitation. During her studies at the University of Birmingham, she provided physiotherapy support for their First XV Mens' Rugby Team, and after graduating joined the medical team at Millfield School where she notably worked with their high-performance athletes across a variety of sports. Additionally, she has RFU's PHICIS Level 2 qualification to provide immediate and emergency care, a Level 3 Extended Diploma in Sports Massage, and attended multiple sports taping courses.



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