GORDON'S SCHOOL

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:**
  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 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.

1ST 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 in 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:

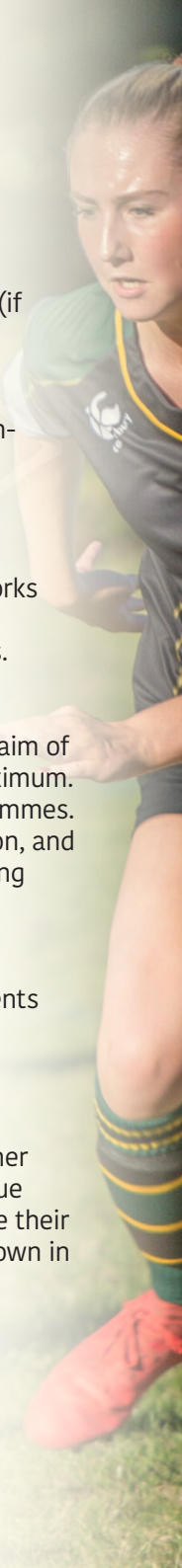
- The scholarship programme includes athletic development with the aim of ensuring that all players develop their physical attributes to the maximum.
- The athletic development team will design individual training programmes.
- Regular physical testing carried out for individual training prescription,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

Coaching and Refereeing Courses:

- 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 outlined benefits on 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 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	
	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 & HoS to discuss current progress and future development	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 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			
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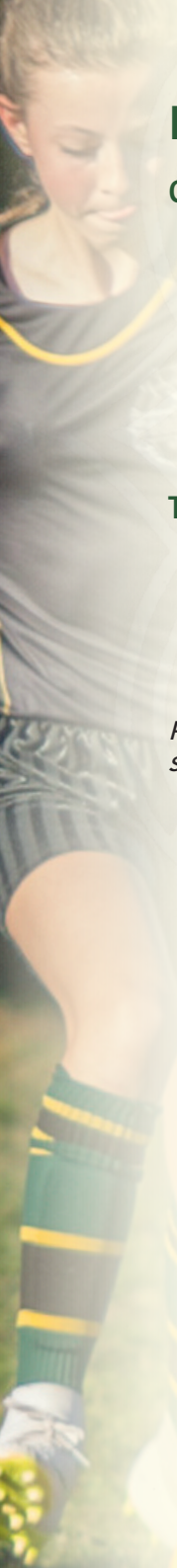
The performance programme will be split over two years, inclusive of athletic development, sport psychology and sports nutrition.

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:** 6th October 2022
- **Sixth Form application deadline:** 25th November 2022
- **Scholarship application deadline:** 2nd December 2022
- **Scholarship Assessment day:** January 2023 (exact date tbc)

*Please see website for further details and to complete our online scholarship application form at **www.gordons.school**.*

KEY SPORTS STAFF:

Paul King (Head of Football)

A member of Ipswich Town's Junior Academy from Under 10 to Under 16, Mr King also represented his county in the game. As an undergraduate, he played for St Mary's University, Twickenham's First XI and won BUSA titles. Taking a break from football in 1997, Mr King pursued a career in cricket, playing for Suffolk in the Minor Counties. However, he has gone on to play football in local Surrey and Hampshire leagues.

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)

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. 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.

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.

Simon Carr: Physio Support

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