

GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

SENIOR HOCKEY PROGRAMME AND SCHOLARSHIPS



WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite hockey programme.
- The opportunity to train at first class facilities including one floodlit astro
 on school site, and two floodlit astros at Woking Hockey Club. A new
 sports hall for indoor hockey and a fully equipped fitness centre, including
 the benefits of an Athletic Development Coach.
- A Level Results (2025):
 40% of entries graded A* A
 70% of entries graded A* B
 87% of entries graded A* C
- BTEC Results (2025):
 41% of entries graded D* D
 87% of entries graded D* M
- Rated outstanding by Ofsted

Gordon's school has a number of fantastic high-level coaches who serve all age groups. These include David Mathews, Joshua Dodd, Rik Temmink and Head of Hockey, Matt Boote. Gordon's currently competes in the National Tier 2 Competition as well as the Independent Schools Cup. This is alongside other tournaments such as the SGW Sixes and the LWC Super 7s. In future, we aim to return to the Tier 1 league for our senior 1st team. The 1st team play competitive hockey across the first two terms of the academic year, have an indoor programme and are county finalists.

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.

1ST AND 2ND TEAM PLAYERS RECEIVE:

PRE-SEASON

- The School has pre-season training including an invitational tournament against top hockey schools in the area.
- 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 plays in a number of county and regional tournaments and competes in the EHA Tier 2 National League and Cup and the ISC National Cup competitions.
- The School also enjoys friendly matches with schools such as Surbiton High, St Mary's Ascot, St George's Weybridge and Reed's.

PROFESSIONAL CLUBS:

- The School will facilitate players to play at top local hockey clubs.
- The School will also promote team players to represent their county, regional and national team squads.

VIDEO ANALYSIS:

- School fixtures are recorded and player performance and decision-making are analysed by the coaching team.
- All the footage collected is communicated to players.
- Footage obtained can also be distributed to players' clubs for the purposes of securing player trials and selection.

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 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 is carried out for individual training prescription, and to develop performance benchmarks for playing standards.

COACHING AND REFEREEING COURSES:

 The School has links with England Hockey and officiating courses, which allow the students to coach at Gordon's, and creates an excellent opportunity for developing leadership skills.

RECENT SUCCESSES:

- U18 County Indoor Finalists 2024
- Spring League Champions 2024
- Gordon's Invitational Tournament Champions 2023
- King's College School Wimbledon Tournament Champions 2022
- EHA U18 Tier 1 National Quarter Finalists 2020
- ISC Independent Schools Council National Cup Quarter Finalists 2020
- Lord Wandsworth College U18 7 a side Regional Tournament Champions 2019
- King's College School Wimbledon Tournament Champions 2019

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 1st and 2nd 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 |
| | | Testing: | Testing: |
| | Termly | - Height and Weight - Vertical Jump Height - Sit and Reach - 10m and 20m Sprint - Agility Test | - 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: | Discussion and improvements on the following topics: |
| | | - Goal Setting - Motivation - Team Cohesion - Resilience - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience - Dealing with - Pressure - Self Confidence | - Goal Setting - Motivation - Team Cohesion - Resilience - 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: | Discussion and improvements on the following topics: |
| | | - Calories and Macros - Supplementation - Micronutrition - Hydration - Frequency and Timing - Meal Planning | - Calories and Macros - Supplementatic - Micronutrition - Hydration - Frequency and Timing - 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: | University of Surrey: |
| | | - Physiology - Biomechanics - Sport nutrition | - 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 pla 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

PAST STUDENTS:

- Ella Jackson Selected for Wales U18 squad.
- Anna Court Selected for England at the School Games against Wales U19 and Scotland U19. Also selected for England Hockey DiSE (Diploma in Sporting Excellence) Programme.
- Hannah Bodoano Selected for England Hockey DiSE (Diploma in Sporting Excellence), Guildford HC 1st XI.
- Maddie Richardson Selected for England Hockey DiSE (Diploma in Sporting Excellence), Guildford HC 1st XI.
- Maisy Ellis Invited to the England Performance Centre Basingstoke HC in the National League.
- Cara Falconer Selected for Scotland U18 and U21 squads. National League winner with Guildford Women's 1st XI. England Hockey DiSE Programme. NCAA Final 4 with the University of Massachusetts.
- Tierney Kerr England Hockey Talent Academy. National league winner with Guildford Women's 1st XI. England Hockey DiSE Programme.
- Bella Pio England Schools, England Hockey Talent Academy and England Hockey DiSE Programme.

HOW TO APPLY:

CANDIDATES SHOULD:

- Complete an application form and attach a letter outlining their sporting activities and achievements.
- Submit video footage. This only applies to international students or those unable to make the assessment date.

TIMELINE:

- Sixth Form Open Evening: 30th September and 9th October 2025
- Scholarship application deadline: 14th November 2025
- Sixth Form application deadline: 23rd November 2025
- Scholarship assessment week (tbc): w/c 24th November 2025 (tbc)

Please see website for further details and to complete our online scholarship application form at <u>www.gordons.school</u>.

KEY SPORTS STAFF:

MATT BOOTE (HEAD OF HOCKEY):

A four-time National League winner along with the South Prem Bucs title with the University of Bath, Mr Boote has enjoyed many successes on the pitch. Mr Boote currently plays his hockey at Guildford Hockey Club competing in The National League Division One. However, his main passion is coaching. Mr Boote has recently joined the Advanced Coaches Programme with Great Britain Hockey and will be looking to advance his coaching to the next level over the two-year programme. Mr Boote is looking forward to continuing to support the hockey players here at Gordon's in order for them to reach their goals.

DAVID MATHEWS (HOCKEY COACH):

With over 150 caps at U21 and for the senior sides of England and Great Britain, Mr Mathews made his debut for England and Great Britain in 1995 and has played in World Cups, Champions Trophies, Commonwealth Games and European Cups and has been part of three Olympic Games cycles. He scored over 500 goals during his 23 year career for Canterbury and Holcombe Hockey Club and has also played professionally for Amsterdam. An all-round sportsman, Mr Mathews represented his county at U18 level in football, cricket, skiing and tennis.

RIK TEMMINK (HOCKEY COACH):

Mr Temmink played at a competitive level in The Netherlands in his early hockey career before moving to the UK, where he was a member of the performance squad at Hounslow HC during their reign as national champions. Having qualified as a Level 2 Hockey Coach in 2015, he was an Age Group Head Coach for Berkshire County for several seasons and coached South Berkshire Mens' 1s from 2020 to 2023, winning promotion to the South Central Premier 1 division. Mr Temmink is an early adopter of sports technology including GPS tracking and video analysis and enjoys applying principles from other sports to his hockey coaching.

JOSHUA DODD (HOCKEY COACH):

Mr Dodd is a qualified coach and has coached at many levels, including school 1st Xl's in his career. He has coached U16 Provincial Hockey in South Africa as well as played up to Provincial U21 Hockey. Alongside his coaching, Mr Dodd still plays competitively at Guildford Hockey Club.

MAC DANIEL (PHYSIOTHERAPIST):

Miss 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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