



GORDON'S SCHOOL

SENIOR FOOTBALL PROGRAMME AND SCHOLARSHIPS 2021-22



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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.
- **School Results:**
48% of entries graded A* - A
80% of entries graded A* - B
97% of entries graded A* - C
- Rated outstanding by Ofsted

GORDON'S SCHOOL FOOTBALL IS LED BY FORMER WALES INTERNATIONAL AND CHELSEA FOOTBALLER GARETH HALL, AND SUPPORTED BY A FULLY QUALIFIED COACHING TEAM WHICH SERVE THE 1ST AND 2ND XI LEVEL. THEY PLAY FIXTURES IN A NUMBER OF COMPETITIVE LEAGUES AND AGAINST SOME ACADEMIES OF PROFESSIONAL LEAGUE TEAMS.

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 AND 2ND TEAM PLAYERS RECEIVE:

Pre-Season:

- The School has pre-season training including an invitational tournament against local prestigious football senior schools.
- 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, league and ESFA cup competitions.
- The School also enjoys friendly matches with schools such as Eton, Millfield, Hampton and Royal Russell.

Professional Clubs:

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

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 professional clubs for the purpose of securing player trials.

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:

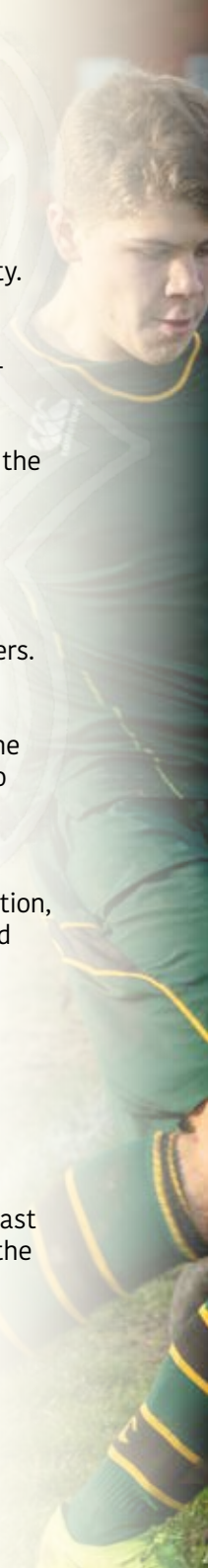
- The scholarship programme includes Athletic Development with the aim of ensuring that all players develop their physical attributes to the maximum.
- The Athletic Development team will design individual training programmes.
- Regular physical testing carried out for individual training prescription, 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 allows the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

Recent Successes:

- The First XI have made ESFA National semi-finals or finals for the last three out of four years as well making county finals, and winning the TVL league.



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 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: 2 YEAR SCHEDULE

	YEAR 12		YEAR 13	
	FREQUENCY	INFORMATION	FREQUENCY	INFORMATION
Athletic Development	Weekly	AD session developing sport-specific physical strength and power	Weekly	AD session developing sport-specific physical strength and power
	Termly	Testing - Height & Weight - Vertical Jump - Sit & Reach - 10m, 20m & T-Test	Termly	Testing - Height & Weight - Vertical Jump - Sit & Reach - 10m, 20m & T-Test
Sport Psychology	3 sessions annually	Session 1 – Goal setting Session 2 – Dealing with negative thoughts and positive thinking Session 3 – Emotion regulation	3 sessions annually	Session 1 – Anxiety and arousal Session 2 – Pain tolerance Session 3 – Positive imagery and mental rehearsal
	3 sessions annually	Sport Psychology Baseline Test	3 sessions annually	Sport Psychology Baseline Test
Sport Nutrition	3 sessions annually	Session 1 – Calories and macros Session 2 – Micronutrition Session 3 – Frequency and timing with pre & post-competition nutrition	3 sessions annually	Session 1 – Supplementation Session 2 – Hydration Session 3 – 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
1-1 Meeting	Half-termly	Meeting with Performance Programme lead & HoS to discuss current progress and future development	Half-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 AD - AD training session - Speed & agility testing
HoS Scholar Reports	Half-termly	HoS to receive updates on AD, SP, SN and information collated during meetings	Half-termly	HoS to receive updates on AD, SP, SN and information collated during meetings
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
Bespoke Physio Appointments	When required			

The performance programme will be split over 2 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 techniques

Our sport scholars will be tested at least three times each year (weather dependant).

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 – 7th October 2021
- Sixth Form application deadline – 26th November 2021
- Scholarship application deadline – 3rd December 2021
- Scholarship Assessment day – 16th January 2022

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

INDIVIDUAL SUCCESSSES:



Jake Sheppard (ex-Reading FC) – *“The football education I received at Gordon’s enabled me to fulfil my ambition of becoming a professional footballer. The enthusiasm and dedication of the football staff made the experience fun, whilst developing individual skills. Some of my best memories of football have come from my school games and I will be forever grateful.”*



Jon Henly (ex-Reading FC) – *“My favourite part of my school days was all of the football we played. The regular fixtures in the Spring Term, combined with the Autumn Term games for Seniors meant we were playing football at a very high standard and I know Gordon’s are now a force amongst other footballing schools in the country. The facilities and staff involved with the football are excellent.”*

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 (First Team Football Manager)

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.

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.

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.