



# GORDON'S SCHOOL

## SENIOR NETBALL PROGRAMME AND SCHOLARSHIPS 2021-22



[www.gordons.school](http://www.gordons.school)

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## WHAT WE OFFER:

- A-Level and BTEC Level 3 courses combined with an elite netball programme
- The opportunity to train at first class facilities with four outdoor netball courts, two of which are all-weather, a brand new sports hall and fully equipped fitness centre including 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 HAS FULLY-QUALIFIED COACHING STAFF WHICH SERVE ALL AGE GROUPS. TEAMS PLAY FIXTURES IN A NUMBER OF COMPETITIVE LEAGUES WHERE WE ALSO HAVE LINKS TO THE PATHWAY AND SUPER LEAGUE FRANCHISE ACADEMIES. ONE SURREY STORMS U15 & U17 ACADEMIES ARE ALSO BASED AND TRAIN AT GORDON'S SCHOOL**

### 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.

### 1<sup>ST</sup> AND 2<sup>ND</sup> TEAM PLAYERS RECEIVE:

#### Pre-Season:

- Pre-season training including an invitational tournament against local prestigious netball senior schools.
- 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 local, league and England Netball knock out competitions.

### **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 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 for playing standards and playing positions.

### **Coaching and Umpiring Courses:**

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

### **Recent Successes:**

- Every year group has won their respective Woking and District Leagues. Our U16s won the county tournament, making Surrey County finals. The Firsts won the Duchess of Gloucester Cup, the annual match against Royal Alexander and Albert School, retaining the trophy for the eighth consecutive year.

## **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 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: 2 YEAR SCHEDULE

	YEAR 12		YEAR 13	
	FREQUENCY	INFORMATION	FREQUENCY	INFORMATION
<b>Athletic Development</b>	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
<b>Sport Psychology</b>	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
<b>Sport Nutrition</b>	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
<b>Video Analysis</b>	Tri-weekly	Team session analyzing performance	Tri-weekly	Team session analyzing performance
<b>Skill Session</b>	Weekly	Skill specific session with HoS / sport coach	Weekly	Skill specific session with HoS / sport coach
<b>1-1 Meeting</b>	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
<b>University Experience</b>	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	Annually	University of Surrey - Presentation of AD - AD training session - Speed & agility testing
<b>HoS Scholar Reports</b>	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
<b>Weyside Physio Screening</b>	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
<b>Bespoke Physio Appointments</b>	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 techniques

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

### **CURRENT SCHOLARS:**

We have a scholar representative at each of the London franchise pathways at U19 and U21 level including Surrey Storm, London Pulse and Saracens Mavericks. In addition, two of our scholars have been selected into England Roses National Academy long squad, with 1 being named in the U19 short squad.



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

*Please see website for further details and to complete our on-line Scholarship application form at [www.gordons.school](http://www.gordons.school).*

## INDIVIDUAL SUCCESSES:



***Eboni Usoro- Brown: Commonwealth Gold winner and one of the most decorated members of the Vitality Roses, Gordonian Eboni has represented England at multiple events including the 2018 Commonwealth Games.***

## KEY SPORTS STAFF:



### **Nicole Humphrys (Head of Netball)**

Surrey Storm's Nicole Humphrys heads up netball at Gordon's. In her younger years, Ms Humphrys played for Hertfordshire Mavericks before turning out for England U19 and U21 age groups and Team Bath and Severn Stars while studying Sport Science at Bath University.

She coaches all age groups, managing 25 teams and is keen to find the next Eboni Usoro-Brown (nee Beckford-Chambers) England netballer, a Gordonian.

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### **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.

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### **Leah Middleton (Netball Coach)**

Surrey Storm's Leah Middleton has risen through the ranks of Netball Australia's Pathways, representing both U17 and U19 in national squads, as well as spending a year with the Queensland Firebirds, her netball experience categorises her as a defensive specialist. When transitioning into her coaching career, she has lead numerous QLD Firebirds camps as well as working within the elite development squads.