



GORDON'S SCHOOL

HARLEQUINS PARTNERSHIP PROGRAMME



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ELITE RUGBY PROGRAMME

- Within our Harlequins Partnership Programme (HPP) we provide selected rugby players (aged 16–18) with the opportunity to pursue their chosen academic pathway alongside their rugby ambitions, at a school that has:

58% of entries graded A* - A

84% of entries graded A* - B

97% of entries graded A* - C

100% of students passed 3 A Levels

- You will have the opportunity to experience as close to professional rugby that any U18 level will receive, whilst training and competing in the RFU ACE league, the pinnacle of U18's competition.
- You will benefit from specialised coaching and matches from Premiership and International experienced coaches. You will also have access to the on-site gym, athletic development and holistic support, all based at the school.
- Maximise your potential and your chance to pursue a rugby career whilst gaining an outstanding education, and be the best version of yourself.

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.

PLAYERS RECEIVE:

Pre-Season:

- The squads have a combined pre-season which includes competitive game scenarios versus prestigious rugby schools and a high performance pre-season tour.
- Individual skills sessions and unit sessions.
- Team environment sessions.

Competitive Fixtures:

- The 1st XV (performance squad) play in the RFU ACE League.
- Our development teams play in the National Schools Vase competition as well as the prestigious Daily Mail Trophy competition. These games are played in the Autumn Term.



- XV's rugby is played in the Spring Term for players transitioning into the performance squad.
- In January, our rugby programme also has a focus on 7s. There is an extensive 7s programme at the school. This includes invitational tournaments of the highest level including the National Schools 7s, Middlesex 7s, Rosslyn Park 7s, Surrey Schools 7s, and in February we take squads to the Lisbon 7s in Portugal. Future plans include taking a squad to the Melrose 7s.

Professional Clubs:

- The Head of Rugby facilitates any links to Harlequins FC and representative rugby opportunities.

Video Analysis:

- Matches are recorded and all footage is available on the Hudl platform. There are weekly analysis sessions both on a team and an individual basis, led by coaching staff and players.

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

Coaching and Refereeing Courses:

- Players are encouraged to take on-line courses run by World Rugby as well as work towards obtaining a minimum of a RFU Level 1 Award. There is also an opportunity for players to qualify as a referee. Players are then able to referee school matches as well as at other events. All performance squad players are expected to contribute throughout the year to the School's junior programme whether through coaching or refereeing matches.

Recent Successes:

- Rugby has gone from strength to strength within the school. Season 2019-2020 was the most successful in the history of Gordon's School.
- In 2020, Gordon's signed a partnership with Harlequins to become their official ACE League partner.
- The 1st XV travelled to South Africa and had an unbeaten tour.
- Successful 7s tour of Portugal
- Victory at The Stoop and completed the XV's season with a 64th place out of 261 schools in the Performance League, whilst achieving a Top 60 slot in the Daily Mail Trophy table.



DIPLOMA IN SPORTING EXCELLENCE (DiSE)

Alongside your chosen academic path, a selected number of student athletes are able to study a Diploma in Sporting Excellence (DiSE). This is a RFU endorsed rugby programme for 16–18 year-olds based at the England Regional Academies. The aim is to produce players who:

- Have developed the skills and abilities to potentially gain a professional contract at 18.
- Are aware of their rights and responsibilities as professional players (lifestyle, image, behaviour etc).
- Know how to manage their finances.
- Have a contingency plan for an alternative career in the event of injury or failure to achieve a playing contract.

Your Rugby and Academic Schedule:

You will have a practical rugby schedule in addition to your academic lessons, and will be supported on modules designed by sports professionals. Each module will develop a specific facet of your game, including your game understanding, mental and physical preparation and recovery.

As part of the DiSE squad, your typical week will include:

- Timetabled academic lessons.
- Nine hours of contact time plus one DiSE matchday.
- Athletic Development and prehab sessions.
- Units/team rugby and analysis sessions.
- Additional sessions where appropriate.

You will get the opportunity to compete in the highly competitive RFU ACE League, a widely-renowned competition at the highest level of college/school sport. Although we understand your passion and focus may be on the rugby programme, you will be expected to place your academic studies as your first priority, as well as embrace the ethos of the School.

The environment on this course is designed to mirror a professional environment, and you should expect to treat it as such. You will have regular access to professional services to help improve your ability as a player, as well as group and one-to-one coaching support.



Our DiSE Group comprises the top players within the school's rugby programme. Our DiSE squad competes at a very high level within the RFU ACE league.

Applicants are expected to be playing to a minimum of DPP/county standard.

You will learn alongside our experienced staffing team as well as Harlequins coaches.

You will also be able to access support services throughout your studies, including an analysis platform, medical staff on training days, meetings with coaching staff, and a Pastoral Lead to review academic progress.

INDIVIDUAL SUCCESSSES:

- **Jake Ball**, Wales International and professional player with Scarlets Rugby.
- **Paul Hull**, England International and former professional player with Bristol.



Ben Elsey, Selected for Harlequins U18s. Studies the Rugby DiSE (Diploma in Sporting Excellence) alongside A-Levels. "Over the year I have been here, I have progressed massively. I have learned so much from the coaches and I have had so much input and support. Gordon's is a great place to be. If you are a young rugby player and you want to progress, come to Gordon's, it's amazing!"



Corum Nott (Wales U18s) "I am very thankful for the opportunities that Gordon's rugby opened for me, support with my county rugby which then led to international honours. The staff are knowledgeable, enthusiastic and have much passion for the game. The environment is professional as well as fun, which certainly prepares us players to achieve. The staff have a focus and drive to develop the individual to ensure each player is reaching their full potential."



Tosin Teriba (England U18s 2021-22 Training Squad and Harlequins U18s) "I never expected it to be so good here, especially with rugby and not just rugby but also education. Gordon's has kept me on the right track and given me the right motivation, help and support to be able to balance the two. I would 100 per cent recommend this school to anybody who is mad about rugby and wants to have a rugby and academic lifestyle. If you come here, you will never be short of motivation or support. Everyone will help you out. Everyone is here to help you."



Caleb Ashworth (England U18s 2021-22 Training Squad and Harlequins U18s) Studies the Rugby DiSE (Diploma in Sporting Excellence) alongside A-Levels. "I really appreciate the opportunity that Gordon's School and the rugby programme has provided. The staff are extremely supportive in helping me become the best version of myself. From day one I felt a part of things at the school despite joining in Year 12. I now look forward to moving things on to the next level".



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 and 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 | Termly | Meeting with Performance Programme lead and HoS to discuss current progress and future development | Termly | Meeting with Performance Programme lead and 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 and 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 |
| Bespoke Physio Appointments | When required | | | |
| Sports Massage Appointments | When required | | | |



KEY SPORTS STAFF:

Chris Davies (Head of Rugby/Harlequins DiSE Programme Manager): Mr Davies was the Fiji Skills and Analyst Coach on the HSBC World Series, Rugby World Cup 7s and is a Commonwealth Games Silver medallist winner. Previously he was part of the four-year journey for the Hong Kong Rugby Union's Elite Rugby Programme for their campaign to the Rugby World Cup 2019. Mr Davies was part of the Flying Fijian coaching team that won a historic match versus the Barbarians in the Autumn internationals. More recently, Mr Davies has been appointed to assist the Kenya 7s team in the World Series. Mr Davies came to Gordon's in 2018 as Head of Rugby and Head of Khartoum House and has led successful school rugby tours to South Africa and Portugal. *For all rugby enquires please email Mr Davies (cdavies@gordons.school).*

Carl Bezuidenhout: Mr Bezuidenhout had the privilege of playing professional rugby for eleven years from 2005 to 2015. During this time he represented the Natal Sharks, EP Kings, Mpumalanga Pumas and Edinburgh Rugby. His career highlights include captaining the Sharks Sevens team that won a silver medal at the national tournament, a brief period as a member of the South African Blitzbokke Sevens squad, winning the Currie Cup First Division with the Pumas and setting a new record for the most points scored by an individual in this 129 year old competition, winning the IRB Nations Cup hosted in Georgia with the South African Presidents XV where he finished as the tournament's top point scorer and his debut Heineken Cup appearance for Edinburgh. After retirement in 2015, following a serious knee injury, he returned to South Africa to begin his career in education and coaching. Before moving to the UK in November 2021, he taught Economics, was Assistant Housemaster and coached the First XV and Second XI at Michaelhouse in South Africa. Mr Bezuidenhout joined Gordon's in January 2022 as Teacher of Economics and acting Head of Year 12. Mr Bezuidenhout also has a keen interest in cricket, tennis and golf and is excited to contribute to the sporting program at Gordon's.

Alex Hughes: Mr Hughes joined Gordon's School in 2020 after an impressive career as a player within representative rugby environments in both England and Wales, having won International caps for Wales at junior grade and winning the prestigious ACE League twice at Hartpury College. Mr Hughes is an outstanding coach with a philosophy around engagement and enjoyment. He coaches across several age groups within the School, however, his focus mainly lies within the School's U18s structures where his expertise is in defence and set piece.

Gary Street (Harlequins Support Staff): Women's World Cup Winning coach and Harlequins Women's Premiership Coach, Mr Street and other Harlequins Academy Staff will be adding their expertise and working closely with our coaching team.

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.

Raniero D'Alberto (Harlequins Academy Strength & Conditioning Coach): A highly experience practitioner who works closely with our squads.





Gordons School
West End, Woking
GU24 9PT
tel: 01276 858084
email: info@gordons.school