



GORDON'S SCHOOL

SENIOR HOCKEY PROGRAMME
AND SCHOLARSHIPS 2021-22



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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 two floodlit astros onsite, and one 3G at Woking Hockey Club. A brand new sports hall for indoor hockey and fully equipped fitness centre, including the benefits 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 QUALIFIED COACHING STAFF WHICH SERVE THE 1ST, 2ND AND 3RD XI LEVEL, AND PLAY COMPETITIVE FIXTURES AGAINST THE TOP HOCKEY SCHOOLS IN THE SOUTH OF ENGLAND. GORDON'S STAFF INCLUDE EX-GB AND ENGLAND FORWARD DAVID MATHEWS, FORMER PAKISTAN CAPTAIN MUHAMMAD IRFAN AND WIMBLEDON HOCKEY CLUB DEFENDER TOBY HEYWOOD-BOURNE. GORDON'S COMPETE IN THE EHA TIER 1 LEAGUE AND CUP AND ISC NATIONAL COMPETITIONS AND TOURNAMENTS AND SURREY SCHOOLS EVENTS, INDOOR AND OUTDOOR.

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.

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.

1ST AND 2ND TEAM PLAYERS RECEIVE:

Competitive Fixtures:

- The School play in a number of county and regional tournaments and competes in the EHA Tier 1 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 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.

Recent Successes:

- EHA U18 Tier 2 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.

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 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).

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 SUCCESSES:

- **Hannah Bodoano** - Invited to the England Hockey Diploma in Sporting Excellence, Guildford HC 1st XI
- **Maddie Richardson** - Invited to the England Hockey Diploma in Sporting Excellence, Guildford HC 1st XI
- **Maisy Ellis** - Invited to the England Performance Centre Basingstoke HC in the National League.

KEY SPORTS STAFF:

David Mathews (Head of Hockey and Golf):

With over 150 caps at U21 and for the senior sides of England and Great Britain, Mr Matthews 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 Holcome 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. Under his guidance, the Gordon's First Team have enjoyed an unprecedented season this year, lifting the Lord Wandsworth College Tournament Shield, scoring 42 goals and only conceding three as well as beating KCS Wimbledon at their invitational 11-a-side tournament.

Muhammad Irfan (Hockey Coach):

Former Pakistan Olympian Mr Irfan brings a wealth of experience to Gordon's, both as a junior and senior national team member. A prolific goal scorer and renowned defender, Mr Irfan played in the 2012 London Olympics; two World Cups; two Commonwealth Games; three Champions Trophies and six Sultan Aslan Shah tournaments during the 12 years he has represented his country. He captained his country in 2016 and 2017 and is keen to introduce 'Asian skills' to Gordon's.

Toby Heywood-Bourne (Hockey Coach):

Representing England U18 in hockey, Mr Heywood-Bourne also captained his Bath University Team and last year played for Premier League Wimbledon in the top league in the country. His passion for the game was developed over seven years at Bradfield College where he captained his side in his final year.

Emily King (Hockey Coach):

A keen sportswoman, Mrs King played hockey to county level as well as for Woking HC and Brunel University. She left Brunel with a first class honours degree in Physical Education, Geography and Teaching.

Ian Jones (Elite Performance Manager and Head of Athletic Development):

Having graduated University with a first class honours sport science degree, Mr Jones has a high passion for AD and Sport Psychology. In his early career, Mr Jones was involved with Southampton FC Academy, being part of their squad when they reached the youth cup final, and went on to captain his country, representing Wales from U15-U19 level. As a L4 and Youth AD Specialist Coach, Mr Jones has experience of working with Team GB, Portsmouth FC and Southampton FC, as well as multiple semi-professional clubs.