



# GORDON'S SCHOOL

SENIOR GOLF PROGRAMME  
AND SCHOLARSHIPS 2021-22



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## WHAT WE OFFER:

- A-Level and BTEC Level 3 courses combined with an Elite Golf Programme.
- The opportunity to train at the first class facilities at Foxhills Golf Club and Resort; including two championship courses, driving range, chipping and putting area and a nine hole Manor course.
- 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 QUALIFIED COACHING STAFF WHICH SERVE THE 1<sup>ST</sup>, 2<sup>ND</sup>, U15 AND U13 VI AND III LEVEL, AND PLAY COMPETITIVE FIXTURES AGAINST THE TOP GOLFING SCHOOLS IN THE SOUTH OF ENGLAND. GORDON'S EMPLOY PGA PROFESSIONAL PEDRO LEMOS AS THEIR HEAD COACH WHO IS BASED AT FOXHILLS. GORDON'S COMPETE IN THE ISGA AND HMC NATIONAL COMPETITIONS AND TOURNAMENTS AND ALL THE SURREY SCHOOLS' EVENTS.**

### **Location:**

- The School is based at 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 and competitions.
- 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.

# 1<sup>ST</sup>, 2<sup>ND</sup>, U15 AND U13 TEAM PLAYERS RECEIVE:

## Competitive Fixtures:

- The School play in a number of county, regional and national ISGA and HMC competitions and all Surrey schools events.
- The School also enjoys friendly matches with schools such as Wellington College, St George's Weybridge, Whitgift and Reed's.

## Professional Clubs:

- The School will facilitate practise sessions and matches at Foxhills Golf Club. We also play fixtures at some of the finest golf venues in England.
- The School will also promote team players to represent their county, regional and national team squads.

## Video Analysis:

- Player performance and practise is recorded and feedback given to the individual by PGA professional Pedro Lemos.
- Footage obtained can also be distributed to professional clubs and universities for the purpose of selection for scholarships in England and the USA.

## 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 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.

## Recent Successes:

- 2020 ISGA Senior Cup winners, Sunningdale Heath.
- 2020 ISGA Junior Cup 3<sup>rd</sup> place, Drayton Park.
- 2020 National HMC Foursomes Finalists - National Finals in June cancelled due to Covid-19.
- 2020 Millfield European Open 3<sup>rd</sup> place.
- 2019 Millfield European Open Champions.
- 2019 National Schools Finalists.

## **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 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
<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 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 – 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 online Scholarship application form at [www.gordons.school](http://www.gordons.school).*

## INDIVIDUAL SUCCESSES:

- **Sarah Mardani** - Selected for England 2019 squad and English Schools U18. Selected by England Golf to study for the DiSE (Diploma in Sporting Excellence).
- **Estelle Ingram** - Selected for English Schools U18. Golf Scholarship to Ottawa University Arizona.
- **Alex Jakins** - Selected for South England U18 training and selected by England Golf to study for the DiSE (Diploma in Sporting Excellence).
- **Charlie Roper** - Berkshire U18 Captain. Gordon's U18 Captain.
- **Alexandra Phelps** - South U16 selection and Surrey U18.
- **Evie Kircher** - South U16 selection. Surrey U18. Girls Club U18 Captain at Windlesham.
- **Jack Kircher** - Home Nations Final in Portugal, Windlesham Boys.

***Alex Phelps** - "The Golf Sports Scholarship I received from Gordon's has enabled me to stay on track in the early days of my golfing career. The scholarship is an honour and the dedication from the staff on and off the golf course has been incredible. Some of my favourite golfing memories have been at Gordon's; these include playing as a team in Spain and going to matches every week against schools around the country. The support the athletes receive, not just in golf, is amazing and the facilities we use at Foxhills are excellent all year round."*

# KEY COACHING STAFF:

## **David Mathews (Head of Golf):**

An all-round sportsman, Mr Mathews played for his county aged 18 in football, cricket, skiing and tennis. In hockey he has over 150 caps at U21 and has played for the senior sides of England and Great Britain in World Cups; Champions Trophies; Commonwealth Games; European Cups and has been part of three Olympic Games cycles. He first picked up a golf club at University and has been a head of golf for 11 years. Mr Mathews set up the team at Gordon's in 2017 with four golfers and forged the Golf Academy link with Foxhills Golf Club and professional Pedro Lemos. Now with 20 golfers representing all age groups, the team compete in all the national competitions and schools events such as ISGA and HMC tournaments and competitions. With a handicap of 7, Mr Mathews has great passion and enthusiasm for the game and looks forward to enhancing the reputation of the team and its players on a county, regional and national level.

## **John Balmer (Assistant Head of Golf):**

With a golf playing career spanning over 45 years, Mr Balmer started playing as a junior, continuing his love for the sport during his 40 year career in the Army. He became a category 1 player, coaching other team members and representing his Unit and the Army. A winner of numerous trophies as well as the prestigious Hillyard Trophy Seniors in 2019, Mr Balmer is currently a category 1 player with a handicap of 5.

## **Toby Heywood-Bourne (Golf Coach):**

Winner of the HMC National Foursomes and a competitor in the European Schools Championships at Desert Springs, Mr Heywood-Bourne played for his school's First team for three years and represented England U18 in hockey. With a handicap of 10, Mr Heywood-Bourne, who will be assisting with the U13 and U15 golf terms, is an excellent addition to the school coaching team.

## **Henry Mellor (Golf Coach):**

A keen golfer from a very young age, Mr Mellor joined Oake Manor Golf Club and was a member of their junior team for a number of years. He represented both Somerset and Surrey in their cricket youth teams and has a golf handicap of 10.

## **Pedro Lemos (Golf Coach):**

Selected to represent the Portuguese National Team at U18 and U21 Squad level, Mr Lemos achieved No 1 status in the U21 Portuguese ranking in 2004, turning professional in 2005 with a plus 2 handicap. In 2009 he graduated as a fully qualified PGA Professional, becoming TPI Certified in 2015, Boditrak Certified in 2017 and 3D K-Motion Certified in 2020. His greatest strengths are mentoring and guiding individuals, groups, juniors, seniors, beginners and elite players to grow and reach their full potential and personal aspirations. By utilizing 3D K-Motion, Flightscope, Boditrak, TPI Screening Assessment and the TPI Big Twelve Golf Swing Assessment, he can create an individualised programme that is unique to each student's assessment. He was voted Surrey Coach of the Year and Surrey Heath Borough Coach of the Year in 2016.

## **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.