



# GORDON'S SCHOOL

## SENIOR TENNIS PROGRAMME AND SCHOLARSHIPS



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## WHAT WE OFFER:

- A-Level and BTEC Level 3 courses combined with an elite Tennis programme.
- The opportunity to train at the first class facilities.
- A brand new sports hall and fully equipped fitness centre including the use of an Athletic Development coach.
- **A Level Results:**
  - 31% of entries graded A\* - A
  - 65% of entries graded A\* - B
  - 86% of entries graded A\* - C
- **BTEC Results**
  - 31% of entries graded D\* - D
  - 75% of entries graded D\* - M
- Rated outstanding by Ofsted

Gordon's School employs qualified and committed coaching staff to support students' development in tennis but can also offer tailored support to individuals by working with their existing clubs and coaches. The tennis squads compete in both county and national competitions, including the Glanville and Aberdare Cups, the LTA Youth Schools Leagues and the Rootham and Branston Shields.

### 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.

### 1<sup>ST</sup> TEAM PLAYERS RECEIVE:

#### Pre-Season:

- The School has pre-season training and competitions.
- There will be fitness testing during pre-season as well as skill sessions.

### **Competitive Fixtures:**

- The school competes in regional, county and national competitions, including the Glanville and Aberdare Cups, the LTA Youth Schools Leagues and the Rootham and Branston Shields.
- The school also enjoys a growing number of friendly fixtures against established tennis schools in Surrey, Berkshire, Hampshire and South London.

### **Facilities and Club Links:**

- The school has two floodlit hard and three artificial grass courts, as well as a reciprocal arrangement with West End Tennis Club to use the three hard courts adjacent to the school.
- Partnerships also exist with Woking Lawn Tennis Club and David Lloyd Woking, meaning fixtures can take place all year round on a variety of surfaces, including artificial clay and indoor carpet.

### **Video Analysis:**

- Video analysis is offered as part of skills sessions and coaching where necessary.
- Footage obtained can also be distributed to universities in the UK and USA for the purposes of selection for scholarships.

### **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:**

- U18 Girls Branston Shield semi finalists
- U18 Girls Surrey Tennis Festival winners
- Players selected for Surrey county squads

## **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: TWO YEAR SCHEDULE

	YEAR 12		YEAR 13	
	FREQUENCY	INFORMATION	FREQUENCY	INFORMATION
<b>Athletic Development</b>	Twice Weekly	AD session developing sport specific physical strength and power	Twice Weekly	AD session developing sport specific physical strength and power
	Termly	Testing - Height and Weight - Vertical Jump Height - Sit and Reach - 10m & 20m Sprint - Agility Test	Termly	Testing - Height and Weight - Vertical Jump Height - Sit and Reach - 10m and 20m Sprint - Agility Test
<b>Sport Psychology</b>	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience
	Three sessions annually	Sport Psychology Baseline Test	Three sessions annually	Sport Psychology Baseline Test
<b>Sport Nutrition</b>	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning
<b>Video Analysis</b>	Tri-weekly	Team session analysing performance	Tri-weekly	Team session analysing performance
<b>Skill Session</b>	Weekly	Skill-specific session with HoS / sport coach	Weekly	Skill-specific session with HoS / sport coach
<b>Community Coaching</b>	Weekly	Assist with coaching younger year groups and partnership environments	Weekly	Assist with coaching younger year groups and partnership environments
<b>1-1 Meeting</b>	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
<b>University Experience</b>	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	Annually	University of Surrey - Presentation of S&C - S&C training session - Speed & agility testing
<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>Insight Talks</b>	Termly	Guest speakers in professional sport and alternative pathways	Termly	Guest speakers in professional sport and alternative pathways
<b>Bespoke Physio Appointments</b>	When required			
<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 technique

## 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: 5<sup>th</sup> October 2023
- Sixth Form application deadline: 24<sup>th</sup> November 2023
- Scholarship application deadline: 1<sup>st</sup> December 2023
- Scholarship Assessment day: 14<sup>th</sup> January 2024

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

# KEY COACHING STAFF:

## **Mark Eaden (Head of Tennis)**

As well as being the school's Head of Maths, Mark runs the tennis programme at Gordon's and has overseen a huge increase in participation and competitive play since launching it in 2020. Mark has experience coaching junior and adult players, having previously been a PTR Instructor and has also competed in regional tournaments across the south of England for more than 20 years. Mark is a member of Woking Lawn Tennis Club and has represented the club in both the Surrey and National Club Leagues, as well as captaining the Men's 2nd team.

## **Jasmine Warner (née Asghar) (Co-Curricular Assistant and Tennis Coach)**

Jasmine brings an extensive background in performance tennis to Gordon's, having represented GB as a junior player, reaching a world ranking of 108 in juniors and the world's top 800 as a senior player. Jasmine completed her studies in the USA, attending the University of Oklahoma on a full tennis scholarship, and captained the team in the NCAA Division 1. She was the NCJAA national singles champion in 2017 and in the same year won the national team championships with Tyler Junior College, TX. Jasmine still competes as part of the Surrey county team and has won numerous British tour events in addition to playing at Wimbledon in both the junior and senior championships. She is passionate about helping other young people achieve scholarships to the USA.



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