



# GORDON'S SCHOOL

## SENIOR FOOTBALL PROGRAMME AND SCHOLARSHIPS



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# WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite football programme.
- The opportunity to train at first class facilities including two floodlit astros, one 3G, a brand new sports hall, fully equipped fitness centre and 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 Football is led by former Brentford and Chelsea footballer Matt Nash, and supported by a fully qualified coaching team which serve the 1<sup>st</sup> team, Development & U18 XI levels. They play fixtures in a number of competitive leagues and against some academies of professional league teams.

## 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.

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

### Pre-Season:

- The School has pre-season training including an invitational tournament against local prestigious football senior schools.
- 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.

### **Competitive Fixtures:**

- The School play in a number of local, league and ESFA cup competitions.
- The School also enjoys friendly matches with schools such as Eton, Millfield, Hampton and Royal Russell.

### **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 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 and playing positions.

### **Coaching and Refereeing Courses:**

- The School is a venue for FA qualified courses, which allow the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

### **First Point:**

- First Point USA are a world leading scholarship agency that can further enhance the opportunities available to our students wishing to pursue careers in professional sport. This option allows students to continue their education while playing sport at a high level. Some examples are shown in our past students section.

### **Recent Successes:**

- The First XI have made ESFA National semi-finals or finals for the last three out of four years as well making county finals, and winning the TVL league.



## 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 opportunity to put leadership skills into practice.
- Sport-specific skill sessions.
- Physical screening with Weyside Physiotherapy.
- University experience with access to physical testing and group seminars.
- GPS tracking in training and match days.

### **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
		INFORMATION	INFORMATION
<b>Athletic Development</b>	Twice Weekly	AD session developing sport specific physical strength and power	AD session developing sport specific physical strength and power
	Termly	Testing: - Height and Weight - Vertical Jump Height - Sit & Reach - 10m & 20m Sprint	Testing: - Height and Weight - Vertical Jump Height - Sit & Reach - 10m & 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 - Dealing with pressure - Self confidence	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience - Dealing with pressure - Self confidence
	Three sessions annually	Sport Psychology Baseline Test	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	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning
<b>Video Analysis</b>	Tri-weekly	Individual and team sessions analysing performance	Team session analysing performance
<b>Skill Session</b>	Weekly	Skill-specific session with HoS/sport coach	Skill-specific session with HoS/sport coach
<b>Community Coaching</b>	Weekly	Assist with coaching younger year groups and partnership environments	Assist with coaching younger year groups and partnership environments
<b>IDPs</b>	Termly	Meeting with HoS to discuss current progress and future development	Meeting with HoS to discuss current progress and future development
<b>University Experience</b>	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	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	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	Guest speakers in professional sport and alternative pathways
<b>Bespoke physio appointments when required</b>			

**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

## PAST STUDENTS:

- **Jake Sheppard (ex-Reading FC)** – “The football education I received at Gordon’s enabled me to fulfil my ambition of becoming a professional footballer. The enthusiasm and dedication of the football staff made the experience fun, whilst developing individual skills. Some of my best memories of football have come from my school games and I will be forever grateful.”
- **Jon Henly (ex-Reading FC)** – “My favourite part of my school days was all the football we played. The regular fixtures in the Spring Term, combined with the Autumn Term games for Seniors meant we were playing football at a very high standard and I know Gordon’s are now a force amongst other footballing schools in the country. The facilities and staff involved with the football are excellent.”
- **Harvey Hewson** - Selected for Woking FC in U18 and U23s. Offered a place at the University of Alabama USA to continue his football career.

# 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 SPORTS STAFF:

## **Matt Nash (Head of Football)**

Matt is the founder and CEO of Sells Pro Training an international goalkeeping company which develops and supports goalkeepers from grassroots to national level. Matt directly works with Premier league and home nations goalkeepers. Matt started playing as a goalkeeper at Brentford then moved to Chelsea. He has passion for coaching and with his 20 years' experience has coached across Europe. Matt joined Gordon's as Head of goalkeeping, then moved to Head of Junior football where he took the U16s to a ESFA cup final at Stoke City stadium.

## **Gareth Hall (Football Coach)**

With nine international caps for Wales and 198 League appearances for Chelsea Football Club, Mr Hall was a member of the team that won the 1990 Full Members Cup at Wembley Stadium. In 1996, he moved to Sunderland, joining Swindon Town in 1998. Mr Hall arrived at Gordon's in 2009 and has taken the first team to two semi-finals of the prestigious ESFA Competition.

## **Paul Harkness (Football Coach)**

A playing career spanning 16 years mainly in the National League and Regional Leagues as well as a successful playing and coaching spell in New Zealand. A coaching career of 22 years in Youth Development and Academy football as well as ten years coaching senior teams in regional leagues. Founder and co-owner of a highly successful full time football and education programme that has developed players for professional clubs as well as the US University system and overseas clubs.

## **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.

## **Simon Carr: Physio Support**

School physiotherapist with a particular interest in muscularskeletal injuries, also specialising in sports injury prevention, management and rehabilitation.