



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

SENIOR NETBALL PROGRAMME AND SCHOLARSHIPS



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WHAT WE OFFER:

- A-Level and BTEC Level 3 courses combined with an elite netball programme.
- The opportunity to train at first class facilities with four outdoor netball courts, two of which are all-weather, a brand new sports hall and fully equipped fitness centre including the use of an Athletic Development coach.
- **A Level Results (2023):**
 - 31% of entries graded A* - A
 - 65% of entries graded A* - B
 - 86% of entries graded A* - C
- **BTEC Results (2023):**
 - 31% of entries graded D* - D
 - 75% of entries graded D* - M
- Rated outstanding by Ofsted

Gordon's School has a fully-qualified coaching staff which serve all age groups. Teams play fixtures in a number of competitive leagues where we have links to the Pathway and Super League franchise academies. Gordon's School was previously a training location for the Surrey Storm pathway, hosting Storm's academies in our sports hub. Moving forward, and into the new netball era of Netball Superleague 2.0, Gordon's School hopes to grow new partnerships with other franchises in the years to come.

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.

PASSIONATE ABOUT SPORT, SERIOUS ABOUT EDUCATION:

- Sport should never be taken for granted, and it is important that students role model the correct behaviour and character traits both on and off the pitch or court. Students shouldn't expect to play, but understand that it is earned through their behaviour and effort within the classroom, House and around the School. Sport is a commitment and something that staff and students buy into, it isn't a moment of their school career but a journey that lasts the whole two years of Sixth Form at Gordon's School. Maintaining this commitment is one of the successes of the sport programme and also the individual progress of the students.

1ST AND 2ND TEAM PLAYERS RECEIVE: PRE-SEASON

- Pre-season training including an invitational tournament against local prestigious netball senior schools.
- 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 plays in a number of friendly fixtures across two terms, with national competition entry into a variety of knock out competitions including England National Schools.

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 training with the aim of ensuring that all players develop their physical attributes to maximise potential.
- 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 UMPIRING COURSES:

- The School has links with England Netball UKCC and officiating courses, which allow the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

RECENT SUCCESSES:

- 1st VII - England Netball National Schools Finalists – Sixth place 2024
- 1st VII - London and South East Regional Champions 2024
- U15 - National Bowl Finalists 2024
- U16 - National Plate Semi-Finalists 2024
- U13 - Champions of the World School Games Netball Cup 2023
- U15 - Plate Champions of the World School Games Netball Cup 2023
- 1st VII - Cup finalists of the World School Games Netball Cup 2023

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.
- 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
Athletic Development	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 and Reach - 10m and 20m Sprint - Agility Test	Testing: - Height and Weight - Vertical Jump Height - Sit and Reach - 10m and 20m Sprint - Agility Test
Sport Psychology	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
Sport Nutrition	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
Video Analysis	Tri-weekly	Individual and team sessions analysing performance	Individual and team sessions analysing performance
Skill Session	Weekly	Skill-specific session with HoS / sport coach	Skill-specific session with HoS / sport coach
Community Coaching	Weekly	Assist with coaching younger year groups and partnership environments	Assist with coaching younger year groups and partnership environments
IDPs	Termly	Meeting with HoS to discuss current progress and future development	Meeting with HoS to discuss current progress and future development
University Experience	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	University of Surrey: - Presentation of S&C - S&C training session - Speed and agility testing
Weyside Physio Screening	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
Insight Talks	Termly	Guest speakers in professional sport and alternative pathways	Guest speakers in professional sport and alternative pathways
Bespoke Physio Appointments	When required		

The performance programme will be split over two years, inclusive of athletic development, skill development, sport psychology and sports nutrition and video analysis.

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:

- **Jayda Pechova** - When Jayda joined Gordon's for Sixth Form, she was playing for London Pulse U19s. During her time at the school she was selected for England, captaining the U19s at the European Championships. She also began playing for the Vitality Netball Superleague with London Pulse and was selected for the England Senior Roses Futures Programme. Jayda has continued her Superleague career with Team Bath and been selected for the full time England Roses Program, where she has toured with the senior squad.
- **Pippa Dixon** - Pippa, a student at Gordon's since Year 7, has enjoyed a successful netball career, working her way through the Saracens Mavericks pathway and co-captaining their U21 squad. She spent two years in England Netball's National Academy and was selected to play for her country in the invitational side at the Europe Netball U17 Championships.
- **Eboni Usoro– Brown** - Commonwealth Games Gold winner 2018, Eboni was one of the most decorated members of the Vitality Roses with 117 caps to her name. Competing in all major international events including the Netball World Cup and the most competitive league in the world for Queensland Firebirds in Australia.
- **Eden Hill** - Eden joined us for Sixth Form where we supported her back from injury to return to the England Netball National Academy. During this time, Eden also progressed from Saracens Mavericks U17 to represent the franchise at U21 level.

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:** 3rd October 2024
- **Scholarship application deadline:** 22nd November 2024
- **Sixth Form application deadline:** 24th November 2024
- **Scholarship assessment day:** 1st December 2024 (tbc)

Please see website for further details and to complete our online scholarship application form at www.gordons.school.

KEY SPORTS STAFF:

NICOLE HUMPHRYS (HEAD OF NETBALL):

Premier League netball player Nicole Humphrys heads up all 26 netball teams at Gordon's School. In previous years Ms Humphrys has played in the Vitality Netball Superleague (VNSL) for Seven Stars, Surrey Storm and Team Bath. In her younger years she represented England at U19 and U21 levels. She studied Sports Science at the University of Bath where she made her Superleague debut at WD alongside Gordonian Eboni Usoro-Brown as GD. Miss Humphrys is also a UKCC qualified level 3 netball coach, Assistant Director of Sport and Head of Girls' Games at Gordon's School.

REBECCA MOHER (SENIOR NETBALL COACH):

Rebecca Moher is a qualified PE teacher at Tolworth Girls' School, who coaches our senior cohort in the evenings and on Saturday mornings. She brings a wealth of experience being a UKCC Level 2 coach, A-award umpire and assessor.

AMY FRIPP (SENIOR NETBALL COACH):

Amy Fripp studied sport science at St Mary's University, and is currently working in the NHS whilst completing her masters in Physiotherapy. Amy currently plays regional league netball, having represented Surrey Storm U21s as captain previously.

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.

MAC DANIEL (PHYSIOTHERAPIST):

Ms Daniel is a Chartered Physiotherapist, with a particular interest in MSK physiotherapy and sports rehabilitation. During her studies at the University of Birmingham, she provided physiotherapy support for their First XV Mens' Rugby Team, and after graduating joined the medical team at Millfield School where she notably worked with their high-performance athletes across a variety of sports. Additionally, she has RFU's PHICIS Level 2 qualification to provide immediate and emergency care, a Level 3 Extended Diploma in Sports Massage, and attended multiple sports taping courses.



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