



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

HARLEQUINS PARTNERSHIP PROGRAMME



England
Rugby

WINNERS

RFU AGE LEAGUE
PLAY-OFF



England
Rugby

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ELITE RUGBY PROGRAMME:

- Within our Harlequins Partnership Programme (HPP) we provide selected rugby players (aged 16–18) with the opportunity to pursue their chosen academic pathway alongside their rugby ambitions, at a school voted the Boarding School of the Year 2022 (TES Awards):
 - **A Level Results (2024):**
 - 40% of entries graded A* - A
 - 71% of entries graded A* - B
 - 88% of entries graded A* - C
 - **BTEC Results (2024):**
 - 53% of entries graded D* - D
 - 88% of entries graded D* - M
- You will have the opportunity to experience as close to professional rugby that any U18 level will receive, whilst training and competing in the RFU ACE league, the pinnacle of U18's competition.
- You will benefit from specialised coaching and matches from Premiership and International experienced coaches. You will also have access to the on-site gym, athletic development and holistic support, all based at the school.
- Maximise your potential and your chance to pursue a rugby career whilst gaining an outstanding education, and be the best version of yourself.

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.



HPP PLAYERS RECEIVE:

PRE-SEASON

- Pre-Season sessions run from the end of July through to the start of term.
- Training includes team sessions, individual skill sessions, unit sessions and dedicated Strength and Conditioning sessions in the Fitness Suite.

PRE-SEASON

- Three rugby sessions a week. Team sessions to include attack, defence, contact skills and position specific skills.
- One video review session a week. Team review of the previous fixture to highlight areas of success and also areas that can be improved.
- Three gym sessions a week. Sessions in the gym to complete the S&C programme as led by our dedicated S&C Coach.
- One skills session a week. Small group session to work in specific skills to meet individual needs.

COMPETITIVE FIXTURES:

- The ACE team play in the prestigious RFU ACE League, whilst the Development team play matches that run alongside the ACE League against other Development teams.
- The 1st XV play in the Daily Mail Trophy during the Autumn Term.
- XV's rugby is played in the Spring term, as well as an extensive 7s programme. The 7s fixture list includes Middlesex 7s, Surrey 7s, Rosslyn Park 7s as well as our own invitational 7s tournament hosted on a Friday night under floodlights.

PROFESSIONAL CLUBS:

- The Head of Rugby facilitates any links to Harlequin FC and representative rugby opportunities.

VIDEO ANALYSIS:

- Matches are recorded and all footage is available on the Hudl platform. There are weekly analysis sessions both on a team and an individual basis, led by coaching staff and players.

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 HPP includes athletic development training with the aim of ensuring that all players develop their physical attributes to maximise their potential.
- The athletic development team will design individual training programmes.
- Regular physical testing is carried out for individual training prescription, and to develop performance benchmarks for playing standards and playing positions.

COACHING AND REFEREEING COURSES:

- Players are encouraged to take on-line courses run by World Rugby. There is also an opportunity for players to qualify as a referee. Players are then able to referee school matches as well as at other events. All performance squad players are expected to contribute throughout the year to the School's junior programme whether through coaching or refereeing matches.

RECENT SUCCESSES:

- 1st in RFU ACE League South Group (2023)
- 3rd in RFU ACE League nationally (2023)
- Winners of Gordon's Invitational 7s Tournament (2024)
- Semi Finalists in the Cup competition at Rosslyn Park 7s Tournament (2024)
- Over the last three seasons, five Gordon's students signed contracts with Harlequins, whilst many other students gained scholarships to top Universities around the country.

INDIVIDUAL SUCCESSES:

- **Ollie Streeter** - Signed contract with Harlequins in 2024. Represented England U18 at Six Nations Festival in 2024
- **Elliot Williams** - Represented England U18 at Six Nations Festival in 2024
- **Ben Webb** - England U18 Training Squad 2023/24
- **Zuko Robb** - England U18 Training Squad 2023/24
- **Mitchell Newell** - Scotland U18 Training Squad 2023/24
- **Math Jones** - Wales U18 Training Squad 2023/24
- **Theo Currie** - Signed contract with Harlequins in 2023. Represented Scotland U20 in 2024
- **Guy Rogers** - Signed contract with Harlequins in 2023
- **Tom Golder** - Signed contract with Harlequins in 2022. Represented Wales U20 in 2024
- **Caleb Ashworth** - Signed contract with Harlequins in 2022. England U18s training squad 2021/22
- **Tosin Teriba** - England U18s Training squad 2021/22



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



KEY SPORTS STAFF:

SAM RICHARDS (HEAD OF RUGBY):

Mr Richards joined Gordon's in summer of 2023 as Head of Rugby. Having completed a university degree at Hartpury College, he took up a job in teaching and now has over 15 years experience in education. He has combined this with a wide range of rugby coaching, working in schools, clubs and academy pathways. He has been involved with the Harlequins Academy Programme for the last ten years, and for the last four has been the U16 Lead Player Development Group coach in Surrey.

JAMES BROOKS (ACE BACKS COACH):

Mr Brooks joined Gordon's in the summer of 2023 in his role as ACE Backs Coach. He joins the school from Brunel University where he held the post of Academy Transition Coach. Mr Brooks' coaching experience has extended to a range of posts with both schools and National League clubs, as well as a spell working with the Hong Kong RFU. Mr Brooks enjoyed a glittering playing career winning the Heineken Cup, Premiership and Anglo-Welsh Cup with Wasps, as well as spending time at Northampton Saints, Leeds Carnegie, Doncaster and Richmond RFC.

JIM EVANS (ACE FORWARDS COACH AND HARLEQUINS ACADEMY COACH):

Mr Evans has been instrumental in the partnership between Harlequins and Gordon's. He has been involved in the partnership since its inception five years ago. He has been coaching Harlequins Academy since 2009 and in 2018 was appointed Academy Head Coach. This came on the back of an impressive playing career where he amassed 173 caps for Harlequins over ten years, winning the European Challenge Cup in 2004. He represented England at both U21 level, where he played in the U21 Rugby World Championship, and England Saxons where he played in the Churchill Cup in 2007.

MAC DANIEL (PHYSIOTHERAPIST):

Miss 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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