



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

# SENIOR GOLF PROGRAMME AND SCHOLARSHIPS



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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.
- **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 qualified coaching staff who serve the 1<sup>st</sup>, 2<sup>nd</sup>, U15 and U13 VI and III levels, and plays competitive fixtures against the top golfing schools in England, Scotland and Wales. Gordon's employs PGA professional Pedro Lemos as head coach, who is based at Foxhills. Gordon's competes in all of the ISGA, National Schools' Golf and SSGT, HMC national competitions and tournaments, and all the Surrey schools' events. Gordon's School also tour Portugal in December at the annual National Schools' Golf Tour and at the Millfield European Open in Spain in February.

## 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.

## **1<sup>ST</sup> AND 2<sup>ND</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.
- The team will also discuss the 'Playbook' which underpins the philosophy of the team.

## **GOLF TOURS AND TRIPS:**

- Players have the opportunity to travel abroad for training and tournaments in Portugal and Spain. In 2025 the team aim to travel long-haul to the United States to train and compete against colleges and universities, and against former players from Gordon's School.

## **COMPETITIVE FIXTURES:**

- The School plays in a number of County, Regional and National ISGA, National Schools Golf and SSGT 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 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.

## **COACHING AND REFEREEING COURSES:**

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

## **FIRST POINT USA:**

- 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:**

- SSGT HMC National Tour Champion 2023- Millie Cottrell
- ISGA National Champions 2020 and 2021
- Schools Golf National Team Champions at Woodhall Spa 2022 and Worplesdon 2023.
- ISGA National Finalists 2022, 2023, 2019 and 2018.
- British Schools and Colleges ISGA National Team Nett Champions 2023 and 2024.
- HMC Foursomes Finalists 2023, 2022, 2021 and 2019
- Ranked top school in the ISGA National Rankings 2021.
- HMC Foursomes Finalists Runners Up 2020
- England Golf National Finals 2020 and 2021.
- ISGA National HG Cup Winners 2020.
- Millfield European Open Champions 2019 and 3rd place in 2020.
- Surrey Girls Champions 2019-2021.

## **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 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
		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.

## CURRENT SCHOLARS:

- Josh Gates - Windlesham and Worplesdon Golf Clubs. Selected to play for Surrey U18. Gordon's Golf Captain (scratch)
- Ben Lovell - Windlesham GC. Surrey U18
- Max MacDonald - Worplesdon GC
- Sophie Mardani - Windlesham GC

## PAST STUDENTS:

- **Millie Cottrell:** Wales Senior Ladies Team, Wales U21 and U18 Teams. Millie Won all the HMC national Singles Competitions she played in her last year in 2023 and won the Order of Merit amongst all the boys and girls. Millie is studying on a full scholarship at Texas State University in the USA.
- **Alexandra Phelps:** South U18 selection and Surrey U18. Invited to play in the Junior European Open 2021. Golf scholarship to North Carolina University.
- **Evie Kircher:** Girls U18 Captain at Windlesham. Surrey U18 and South of England.
- **Sarah Mardani:** Selected for England 2019 squad and English Schools U18. Selected by England Golf to study for the DiSE (Diploma in Sporting Excellence). Golf scholarship to South Carolina University.
- **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). Golf scholarship to Ohio State University.
- **Charlie Roper:** Scotland U19, Berkshire U18 Captain. Gordon's U18 Captain. Golf scholarship to Adeline, Texas University.

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

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:**

### **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 Head of Golf at Gordon's for 11 years. Mr Mathews set up the team with initially only four golfers and forged the Golf Academy link with Foxhills Golf Club and professional Pedro Lemos. Now with over 40 golfers representing all age groups, the teams compete in all the national competitions and schools events such as ISGA, SSGT and HMC tournaments and competitions. With a handicap of 2.1, 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.

### **PEDRO LEMOS (PGA 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. Pedro lemos is now our full time golf coach.

### **ANDREW BLAKES (PGA GOLF COACH):**

Mr Blake joins us this year as our U15 and U13 team coach and PGA golf coach. He is a professional golfer who has played on the Mena, Euro Pro, Jamega, Algarve and TP Tours. He is currently playing on the Clutch Tour. Mr Blake has worked as a PGA professional at golf courses including The Army, Richings Park and Wexham Golf Clubs. He brings a wealth of current experience to our ranks and will be coaching at Gordon's four evenings a week with the challenge of improving our junior and senior golf programmes and coaching. He studied at Birmingham University where he achieved his Level 1 PGA Coaching in 2020 and is also a very keen footballer and a member at Windlesham GC.

### **IAN JONES (ELITE PERFORMANCE MANAGER AND HEAD OF ATHLETIC DEVELOPMENT):**

Having graduated University with a first class honours sport science degree, Mr Jones has a high passation for AD and Sport Psychology. In his early career, Mr Jones was involved with Southampton FC Academy, being part of their squad when they reached the youth cup final, and went on to captain his country, representing Wales from U15-U19 level. As a L4 and Youth AD Specialist Coach, Mr Jones has experience of working with Team GB, Portsmouth FC and Southampton FC, as well as multiple semi-professional clubs.

### **MAC DANIEL (PHYSIOTHERAPIST):**

Mr 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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