



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

SENIOR ROWING PROGRAMME AND SCHOLARSHIPS



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WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite cricket programme.
- The opportunity to train at first class facilities.
- **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 which serve the rowing squads, and competes in the top regattas across the country. Gordon's employs a national winning coach as their head coach and an ex-Olympic coach and cox to coach the squad. The rowing squad aim to compete in national level regattas and the top head of river races throughout the season.

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.

ROWING SCHOLARS RECEIVE:

COMPETITIVE FIXTURES:

- The School races in a number of club, and national head races and regattas competing against other rowing schools.
- The School also enjoys friendly races and time trials with clubs such as Staines Boat Club.

PROFESSIONAL CLUBS:

- The School will facilitate practise sessions and race replicas at Staines Boat Club.
- The School will also promote rowers to represent their county, regional and national team squads.

VIDEO ANALYSIS:

- Rower performance and practise is recorded and feedback given to the individual by the Head of Rowing and ex GB coach Alan Inns.
- 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:

- 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 rowers.

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.

RECENT SUCCESSES:

- J16 double in the top ten at National Schools regatta.
- Silver medal in the J16 double at the Junior Sculling Regatta.
- Top ten finishes in the National Indoor Rowing Championships.
- Wins in the J17 single and J14 quad at Burway Head of the River including fastest sculler of the day.
- J15 double win at Walton and Weybridge Regatta.
- J17 double and WJ17 single wins at Thames Valley Regatta.
- WJ17 single, J15 double and J14 double wins at Staines Regatta.

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 information 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
Wayside 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

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:

NICHOLAS LUCK (ROWING COACH):

Mr Luck spent four years coaching at Tiffin School whilst studying for his degree at St Mary's University in Sports Coaching Science. As an athlete, he spent three years on British rowing's world class start program and later spent two years at Mosley's high-performance centre; during this time, he competed both nationally and internationally and broke two British records in indoor rowing.

NATASHA LOVERSIDGE (ROWING COACH):

Ms Loversidge has over ten years rowing and coaching experience which includes coaching students from novice, to those who are aiming for GB. She has also competed at prestigious events such as National Schools Regatta and Henley Royal Regatta, and rowed alongside Cambridge University. She is also a maths teacher at Gordon's School.

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 passion 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):

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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