



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

# SENIOR TENNIS PROGRAMME AND SCHOLARSHIPS



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## WHAT WE OFFER:

- A-Level and BTEC Level 3 courses combined with an elite tennis programme.
- The opportunity to train at the first class facilities.
- A brand new sports hall and fully equipped fitness centre including the use of an Athletic Development coach.
- **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
- Rated outstanding by Ofsted

Gordon's School employs qualified and committed coaching staff to support students' development in tennis but can also offer tailored support to individuals by working with their existing clubs and coaches. The tennis squads compete in both county and national competitions, including the Glanville and Aberdare Cups, the LTA Youth Schools Leagues and the Rootham and Branston Shields.

## 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> TEAM PLAYERS RECEIVE:**

### **COMPETITIVE FIXTURES:**

- The school competes in regional, county and national competitions, including the Glanville and Aberdare Cups, the LTA Youth Schools Leagues and the Rootham and Branston Shields.
- The school also enjoys a growing number of friendly fixtures against established tennis schools in Surrey, Berkshire, Hampshire and South London.

### **FACILITIES AND CLUB LINKS:**

- The school has two floodlit hard and three artificial grass courts, as well as a reciprocal arrangement with West End Tennis Club to use the three hard courts adjacent to the school.
- Training and home fixtures for senior players take place on floodlit artificial clay courts at Bagshot Tennis Club.

### **VIDEO ANALYSIS:**

- Video analysis is offered as part of skills sessions and coaching where necessary.
- Footage obtained can also be distributed to universities in the UK and USA for the purposes of selection for scholarships.

### **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.

## **RECENT SUCCESSES:**

- U18 Girls Branston Shield semi finalists
- U18 Girls Surrey Tennis Festival winners
- Players selected for Surrey and Middlesex county squads
- Alumni representing university 1<sup>st</sup> teams in BUCS 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 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.

## 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

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## **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:**

### **MARK EADEN (HEAD OF TENNIS):**

As well as being the School's Head of Maths, Mr Eaden runs the tennis programme at Gordon's and has overseen a huge increase in participation and competitive play since launching it in 2020. He has experience coaching junior and adult players, having previously been a PTR Instructor and has also competed in regional tournaments across the south of England for more than 20 years. Mr Eaden is a member of Woking Lawn Tennis Club and has represented the club in both the Surrey and National Club Leagues, as well as captaining the Mens' 2<sup>nd</sup> team.

### **JASMINE WARNER (NÉE ASGHAR) (CO-CURRICULAR ASSISTANT AND TENNIS COACH):**

Mrs Warner brings an extensive background in performance tennis to Gordon's, having represented GB as a junior player, reaching a world ranking of 108 in juniors and the world's top 800 as a senior player. She completed her studies in the USA, attending the University of Oklahoma on a full tennis scholarship, and captained the team in the NCAA Division 1. She was the NCJAA national singles champion in 2017 and in the same year won the national team championships with Tyler Junior College, TX. Mrs Warner still competes as part of the Surrey county team and has won numerous British tour events in addition to playing at Wimbledon in both the junior and senior championships. She is passionate about helping other young people achieve scholarships to the USA.

### **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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