



GORDON'S SCHOOL

Passionate about Sport, Serious about Education.

BOYS' AND GIRLS' SENIOR CRICKET 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 including four indoor laned nets and home games at Valley End Cricket Club.
- **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 Cricket is led by former Suffolk and Minor Counties cricketer Paul King, and is supported by a fully qualified coaching team which consist of a current Devon Minor Counties player and other highly skilled club cricketers. The team plays fixtures in a number of competitive leagues and against some academies of professional league teams.

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.

CRICKET SCHOLARS (BOYS AND GIRLS) RECEIVE:

PRE-SEASON

- This starts with one on ones in the Autumn Term and then advances to team sessions in the Spring Term. Matches will take place throughout the Summer Term.
- 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.

COMPETITIVE FIXTURES:

- The School play in a number of local, cup and national competitions.
- The School also enjoys friendly matches with schools such as Hampton, St George's, Weybridge and Portsmouth Grammar School.

PROFESSIONAL COUNTIES:

- The School will facilitate trials at professional clubs.
- The School will also send players for trials to represent a county where applicable.

VIDEO ANALYSIS:

- Training sessions can be filmed.
- All the footage collected is communicated to players.
- Footage obtained can also be distributed to counties 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 REFEREEING COURSES:

- The School is a venue for ECB coaching courses, which allow the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

RECENT SUCCESSES:

- The cricket teams have developed over the last few years with new facilities being built. 2023 saw the introduction of a Girls' 1st XI and also the Boys' 1st XI enjoying an unbeaten season.
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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
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:

- **Alex MacQueen (Surrey U18 and MCC Member):** “Playing cricket at Gordon’s allowed me to further develop my skills enabling me to play adult cricket at a young age. This has led to me still playing 1st XI Premier League cricket on Saturdays”.

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:

PAUL KING (HEAD OF CRICKET):

Mr King played for England Schoolboys at Under 19 level, and then played Minor Counties for Suffolk for 15 years. During this time he was captain, winning both the prestigious three day and one day competitions. He has also played Premier League cricket in both Middlesex and Surrey for Teddington CC and Normandy CC and currently is playing for Valley End CC. He is also a playing member for the MCC.

MARTIN JONES (CRICKET COACH):

Mr Jones has been playing cricket for over 40 years playing many of those years at 1st XI level. He also now plays representative cricket for Surrey O50s 1st XI. In addition, Martin has many years' experience of coaching, and is a level 2 ECB Core Coach with a proven track record of developing young players and integrating them into senior club teams.

JAMIE STEPHENS (CRICKET COACH):

Mr Stephens has played in numerous representative cricket sides over the past 15 years, including, Cardiff MCCU, West of England and most recently Devon CCC. Mr Stephens is currently the captain of Devon CCC and reached the final of the red ball competition in 2023. He has also played premier league cricket in Devon, Cornwall and in the West of England premier league. He currently plays his cricket for nearby Valley End CC. He has a particular passion for working with young spinners.

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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