



GORDON'S SCHOOL

HARLEQUINS PARTNERSHIP PROGRAMME



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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**
48% of entries graded A* - A
77% of entries graded A* - B
91% of entries graded A* - C
 - **BTEC Results**
35% of entries graded D* - D
92% 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.

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.

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 1stXV play in the Daily Mail Trophy and National School's Vase competition which run through the Autumn term.



- XV's rugby is played in the Spring Term, as well as an extensive 7s programme.
- The 7s season has an extensive fixture list and over the years have participated in the National School's 7s, Middlesex 7s, Surrey Schools 7s and Rosslyn Park 7s. Last year, the school took squads to the Lisbon 7s in Portugal.

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 scholarship programme includes athletic development with the aim of ensuring that all players develop their physical attribute to the maximum.
- 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:

- Over the last 2 seasons, 4 Gordon's students signed contracts with Harlequins. Many others gained scholarships at Russell Group universities.



DIPLOMA IN SPORTING EXCELLENCE

Alongside your chosen academic path, a selected number of student athletes are able to study a Diploma in Sporting Excellence. This is a RFU endorsed rugby programme for 16–18 year-olds based at the England Regional Academies. The aim is to produce players who:

- Have developed the skills and abilities to potentially gain a professional contract at 18.
- Are aware of their rights and responsibilities as professional players (lifestyle, image, behaviour etc).
- Know how to manage their finances.
- Have a contingency plan for an alternative career in the event of injury or failure to achieve a playing contract.

Your Rugby and Academic Schedule:

You will have a practical rugby schedule in addition to your academic lessons, and will be supported on modules designed by sports professionals. Each module will develop a specific facet of your game, including your game understanding, mental and physical preparation and recovery.

As part of the DiSE squad, your typical week will include:

- Timetabled academic lessons.
- Nine hours of contact time plus one DiSE matchday.
- Athletic development and prehab sessions.
- Units/team rugby and analysis sessions.
- Additional sessions where appropriate.

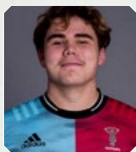
You will get the opportunity to compete in the highly competitive RFU ACE League, a widely-renowned competition at the highest level of college/school sport. Although we understand your passion and focus may be on the rugby programme, you will be expected to place your academic studies as your first priority, as well as embrace the ethos of the School.

The environment on this course is designed to mirror a professional environment, and you should expect to treat it as such. You will have regular access to professional services to help improve your ability as a player, as well as group and one-to-one coaching support.

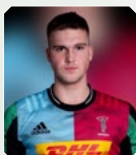


- Applicants are expected to be playing to a minimum of DPP/county standard.
- You will learn alongside our experienced staffing team as well as Harlequins' coaches.
- You will also be able to access support services throughout your studies, including an analysis platform, medical staff on training days, meetings with coaching staff, and a Pastoral Lead to review academic progress.

INDIVIDUAL SUCCESSES:



Caleb Ashworth (England U18s 2021-22 Squad and signed professionally with Harlequins) Studied the Rugby DiSE (Diploma in Sporting Excellence) alongside A-Levels. "I really appreciate the opportunity that Gordon's School and the rugby programme has provided. The staff are extremely supportive in helping me become the best version of myself. From day one I felt a part of things at the school despite joining in Year 12. I now look forward to moving things on to the next level!".



Tom Golder (Wales U18s 2021-22 Training Squad and signed professionally with Harlequins) "It's been a really good journey. I would 100 per cent [recommend the DiSE programme] it has been really good fun. The boys I've met have been really good, really helpful and have worked well as a team. Although there is a lot of time to play rugby there's a lot of time for academics".



Tosin Teriba
(England U18s
2021-22
Training Squad
and Harlequins
U18s)



Corum Nott
(Wales U18s)



Guy Rogers
Signed
professionally
with Harlequins



Theo Currie
Signed
professionally
with Harlequins



		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 & Reach - 10m & 20m Sprint	Testing: - Height and Weight - Vertical Jump Height - Sit & Reach - 10m & 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	Team session 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 & 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, sport psychology and sports nutrition.

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 this Summer 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, combined with a wide range of rugby coaching in schools, clubs and academy pathways. He has been involved with the Harlequins Academy programme for the last ten years, and for the last three has been the U16 Lead Player Development Group coach in Surrey.

James Brooks: (ACE Backs Coach)

Mr Brooks also joined Gordon's this Summer in his role as ACE Backs Coach from Brunel University where he held the post of Academy Transition Coach. Mr Brooks' coaching experience has extended to a range of posts at 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 four 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.

Anish Sachania: (Lead Athletic Performance ACE Coach)

Mr Sachania is now into his third season at Gordon's. He takes overall responsibility for the athletic development for all players in the ACE squad. He runs small and large group S&C sessions in the Fitness Suite, pre-game warm ups and post-game recovery. He plays a key role in ensuring the squad are best prepared for the demands of the ACE league, as well as working closely with the Academy S&C coaches at Harlequins to integrate the school S&C plans with the academy. Mr Sachania has experience of working in both an education environment and with semi-professional rugby teams

Ian Jones: (Elite Performance Manager and Head of Athletic Development)

Part of the Southampton FC Academy when they reached the final of the Youth Cup, Mr Jones went on to captain his country, representing Wales from U15-U19. As a Youth Athletic Development Specialist Coach, he has experience of working with Team GB, Portsmouth FC and Southampton FC as well as multiple semi-professional clubs.

Simon Carr: (Physio)

School physiotherapist with a particular interest in muscular-skeletal injuries, also specialising in sports injury prevention, management and rehabilitation.





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