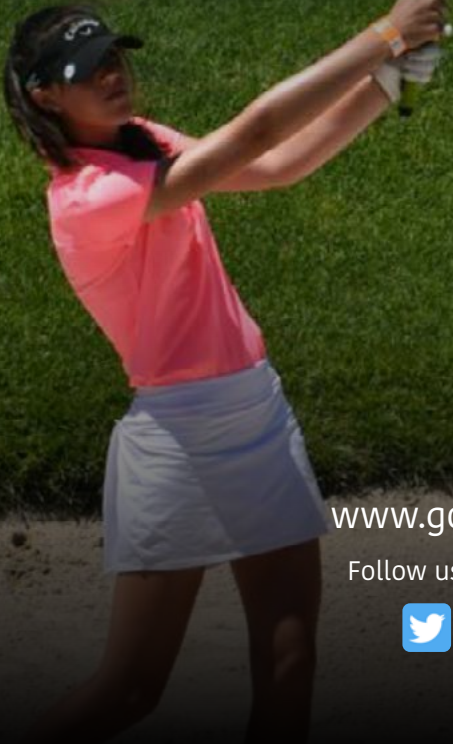




GORDON'S SCHOOL

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:**
 - 31% of entries graded A* - A
 - 65% of entries graded A* - B
 - 86% of entries graded A* - C
- **BTEC Results**
 - 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 1ST, 2ND, U15, U14 and U13 levels, and plays competitive fixtures against the top golfing schools in England and Great Britain. Gordon's employs PGA professional Pedro Lemos as their Head Coach who is based at Foxhills. Gordon's competes in the ISGA, SSGT, HMC and national schools golf competitions and tournaments, as well as all the Surrey schools events.

Location:

- The School is based at 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.

1ST AND 2ND 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 2024 the team aim to travel long haul to the United States to train and compete against colleges and Universities.

Competitive Fixtures:

- The School plays in a number of county, regional and national ISGA and 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 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 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.

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 & 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 - Motivation - Team Cohesion - Resilience - Anxiety and Arousal - Dealing with pressure - Rehearsal and Relaxation - Self confidence | Discussion and improvements on the following topics: - Goal Setting - Motivation - Team Cohesion - Resilience - Anxiety and Arousal - Dealing with pressure - Rehearsal and Relaxation - 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 | | | |

PAST STUDENTS:

- **Millie Cottrell:** Wales Senior Ladies Team, Wales U21 and U18 Teams. Millie Won all the HMC national Singles Competitions she played in last year in 2023 and won the Order of Merit amongst all of 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:** 5th October 2023
- **Sixth Form application deadline:** 24th November 2023
- **Scholarship application deadline:** 1st December 2023
- **Scholarship Assessment day:** 14th January 2024

Please see website for further details and to complete our online Scholarship application form at 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 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 schools for 14 years. Mr Mathews set up the team at Gordon's in 2017 with four golfers and forged the Golf Academy link with Foxhills Golf Club and professional Pedro Lemos. Now with 36 golfers representing all age groups, the team competes in all the national competitions and schools events such as ISGA, schools golf 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.

John Balmer (Assistant Head of Golf): With a golf playing career spanning over 45 years, Mr Balmer started playing as a junior, continuing his love for the sport during his 40 year career in the Army. He became a category 1 player, coaching other team members and representing his Unit and the Army. A winner of numerous trophies as well as the prestigious Hillyard Trophy Seniors in 2019, Mr Balmer is currently a category 1 player with a handicap of 5.

Henry Mellor (Golf Coach): A keen golfer from a very young age, Mr Mellor joined Oake Manor Golf Club and was a member of their junior team for a number of years. He represented both Somerset and Surrey in their cricket youth teams and has a golf handicap of 10.

Pedro Lemos (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.

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 Support): School physiotherapist with a particular interest in musculoskeletal injuries, also specialising in sports injury prevention, management and rehabilitation.



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