



# GORDON'S SCHOOL

## 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:**
  - 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 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.

## CRICKET SCHOLARS (BOYS AND GIRLS) RECEIVE:

### Pre-Season:

- This starts with 1 on 1's 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 with the aim of ensuring that all players develop their physical attributes 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 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' 1<sup>st</sup> XI and also the Boys' 1<sup>st</sup> XI enjoying an unbeaten season.

## **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 1<sup>st</sup> and 2<sup>nd</sup> 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 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
<b>Athletic Development</b>	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 - Agility Test - 5RM Squat - 5RM Deadlift - 5RM Bench	Testing: - Height and Weight - Vertical Jump Height - Sit & Reach - 10m & 20m Sprint - Agility Test
<b>Sport Psychology</b>	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
<b>Sport Nutrition</b>	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
<b>Video Analysis</b>	Tri-weekly	Individual and team sessions analysing performance	Team session analysing performance
<b>Skill Session</b>	Weekly	Skill-specific session with HoS/sport coach	Skill-specific session with HoS/sport coach
<b>Community Coaching</b>	Weekly	Assist with coaching younger year groups and partnership environments	Assist with coaching younger year groups and partnership environments
<b>1-1 Meeting</b>	Termly	Meeting with HoS to discuss current progress and future development	Meeting with HoS to discuss current progress and future development
<b>University Experience</b>	Annually	St Mary's University: - Physiology - Biomechanics - Sport nutrition	University of Surrey: - Presentation of S&C - S&C training session - Speed & agility testing
<b>Weyside Physio Screening</b>	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
<b>Insight Talks</b>	Termly	Guest speakers in professional sport and alternative pathways	Guest speakers in professional sport and alternative pathways
<b>Bespoke physio appointments when required</b>			

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

## 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 1<sup>st</sup> 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: 5<sup>th</sup> October 2023
- Sixth Form application deadline: 24<sup>th</sup> November 2023
- Scholarship application deadline: 1<sup>st</sup> December 2023
- Scholarship Assessment day: 14<sup>th</sup> January 2024

*Please see website for further details and to complete our online scholarship application form at [www.gordons.school](http://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)**

Martin has been playing cricket for over 40 years playing many of those years at 1<sup>st</sup> XI level. He also now plays representative cricket for Surrey O50s 1<sup>st</sup> 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.

## **Henry Mellor (Cricket Coach)**

A player for both Surrey and Somerset in age group cricket up to U16, Mr Mellor joined the Richard Huish Elite Cricket Academy with Somerset in the U16-U18. After this he played in the West of England Premier League, captained Newcastle University's 1st XI for two years and coached their second team and women's sections. He has also coached on the Somerset Pathway Programme with 14-18 year old academy players, and turned out for Taunton Deane CC until his move to Gordon's. Mr Mellor now plays with 1st division Surrey League side Valley End CC.

## **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 muscular/skeletal injuries, also specialising in sports injury prevention, management and rehabilitation.