



# GORDON'S SCHOOL

## SENIOR NETBALL PROGRAMME AND SCHOLARSHIPS



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## WHAT WE OFFER:

- A Level and BTEC Level 3 courses combined with an elite netball programme
- The opportunity to train at first class facilities with four outdoor netball courts, two of which are all-weather, 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 fully-qualified coaching staff which serve all age groups. Teams play fixtures in a number of competitive leagues where we also have links to the Pathway and Super League franchise academies. Gordon's School is one of the three PDP locations for Surrey Storm's U15 and U17 academies.

### Location:

- The School is based near Woking at 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.

### 1<sup>ST</sup> AND 2<sup>ND</sup> TEAM PLAYERS RECEIVE:

#### Pre-Season:

- Pre-season training including an invitational tournament against local prestigious netball senior schools.
- 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 plays in a number of friendly fixtures across two terms, with national competition entry into a variety of knock out competitions including England National Schools.

### **Professional Clubs:**

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

### **Video Analysis:**

- School fixtures are recorded and player performance and decision-making are analysed by the coaching team.
- All the footage collected is communicated to players.
- Footage obtained can also be distributed to professional clubs 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 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 and playing positions.

### **Coaching and Umpiring Courses:**

- The School has links with England Netball UKCC and officiating courses, which allow the students to coach teams at Gordon's, and creates an excellent opportunity for developing leadership skills.

### **Recent Successes:**

- U13 Team Champions of the World School Games 2023
- U15 Team Plate Champions of the World School Games 2023
- U15 Cup Finalists in the World School Games 2023
- 1<sup>st</sup> VII Semi Finalists of the National Cup 2022
- 1<sup>st</sup> VII Runners-Up in the best U19 school in Surrey 2022

## 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 opportunities 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.
- GPS tracking in training and match days.

### **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	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:

**Jayda Pechova** – When Jayda joined Gordon’s for Sixth Form, she was playing for London Pulse U19s. During her time at the school she was selected for England, captaining the U19s at the European Championships. She also began playing for the Vitality Netball Superleague with London Pulse and was selected for the England Senior Roses Futures Programme. Jayda has continued her Superleague career with Team Bath and has just been selected for the Roses in their tour to New Zealand.

**Pippa Dixon** – Pippa, a student at Gordon’s since Year 7, has enjoyed a successful netball career, working her way through the Saracens Mavericks pathway and co-captaining their U21 squad. She spent two years in England Netball’s National Academy and was selected to play for her country in the invitational side at the Europe Netball U17 Championships.

**Joanna Hay** – A Gordon’s student since Year 7, Jo has represented Saracens Mavericks at U19 level and is a key player for the side.

**Elea Tulloch** – Elea has represented the School in hockey and netball since her arrival in Year 7 and is a perfect example of putting the School first. She has left to study Sports Performance at a Russell Group university.

**Eboni Usoro- Brown** – Commonwealth Games Gold winner 2018 and 4th placed finish at Birmingham 2022, Eboni is one of the most decorated members of the Vitality Roses.

## 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 on-line Scholarship application form at [www.gordons.school](http://www.gordons.school).*

# KEY SPORTS STAFF:

## **Nicole Humphrys (Head of Netball)**

Premier League netball player Nicole Humphrys heads up all 26 netball teams at Gordon's School. In previous years Ms Humphrys has played in the Vitality Netball Superleague (VNSL) for Seven Stars, Surrey Storm and Team Bath. In her younger years she represented England at U19 and U21 levels. She studied Sports Science at the University of Bath where she made her Superleague debut at WD alongside Gordonian Eboni Usoro-Brown as GD. Miss Humphrys is also a UKCC qualified level 3 netball coach, Assistant Director of Sport and Head of Girls' Games at Gordon's School.

## **Rebecca Moher (Senior Netball Coach)**

Rebecca Moher is a qualified PE teacher at Tolworth Girls' School, who coaches our senior cohort in the evenings and on Saturday mornings. She brings a wealth of experience being a UKCC Level 2 coach, A-award umpire and assessor.

## **Amy Fripp (Senior Netball Coach)**

Amy Fripp studied sport science at St Mary's University, and is currently working in the NHS whilst completing her masters in Physiotherapy. Amy currently plays regional league netball, having represented Surrey Storm U21s as captain previously.

## **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.