

# BW PASE

## ACADEMY



CLUB AND ACADEMY  
KIT PARTNER



MAIN CLUB SPONSOR  
AND EDUCATION  
PARTNER



LEAD ACADEMY  
PARTNER



## AUTUMN 2019

Colindale Campus

Wed 06 November

15:30–18:30

Southgate Campus

Sat 09 November

10:00–14:00

Wood Street Campus

Wed 13 November

15:30–18:30

## SPRING 2020

Southgate Campus

Wed 04 March

15:30–18:30

Colindale Campus

Sat 07 March

10:00–14:00

Wood Street Campus

Wed 11 March

15:30–18:30

## SUMMER 2020

Colindale Campus

Thu 18 June

17:00–18:30

Southgate Campus

Tue 23 June

17:00–18:30

Wood Street Campus

Thu 25 June

17:00–18:30

# OPEN EVENTS 2019–20



#BePartOfOurStory

[barnetsouthgate.ac.uk](http://barnetsouthgate.ac.uk) | 020 8266 4000

Barnet  
Southgate  
College





# MESSAGE

FROM MEGAN REID

LEAD THERAPIST AND MENTOR

DEAR STUDENT,

THE FIRST HALF TERM OF THE SCHOOL YEAR HAS NOW BEEN AND GONE, AND YOU SHOULD BE STARTING TO MAKE IN ROADS INTO YOUR COURSE AND ASSOCIATED COURSEWORK.

WITH US REACHING THE FIRST MILESTONE IN THIS ACADEMIC YEAR, IT ALSO PROVIDES ME WITH THE PERFECT OPPORTUNITY TO REMIND ALL OUR BW PASE FITNESS & WELLBEING STUDENTS ALL OF THE INITIATIVES AND ENRICHMENT OPPORTUNITIES AVAILABLE TO YOU. AS SUCH YOU MAY BE INTERESTED IN SOME OR ALL OF THE ADDITIONAL SERVICES AVAILABLE TO YOU, AND IF YOU ARE, PLEASE DO MAKE A STAFF MEMBER AWARE AND THEY WILL ASSIST YOU IN ANY WAY POSSIBLE. THESE ADDITIONAL SERVICES AND OPPORTUNITIES INCLUDE: -

- FULLY TRAINED PERSONAL TRAINERS WITH OVER 10 YEARS IN THE INDUSTRY
- FULLY EQUIPPED GYM FOR YOUR USE ON SITE AT BOREHAM WOOD FOOTBALL CLUB
- TAILOR MADE FITNESS PROGRAMS SPECIFIC TO YOUR NEEDS
- CUSTOMISED DIETARY PLANS
- COOKERY WORKSHOPS AND REGULAR HEALTHY RECIPE CARDS BY OUR OUTSTANDING CATERING DEPARTMENT
- PSYCHOLOGY WORKSHOPS
- ALL INJURY TREATMENT AND ADVICE GIVEN WHETHER FOOTBALLING INJURY OR SOMETHING ELSE, OVERSEEN BY OUR MEDICAL DEPARTMENT
- A BRAND NEW 4G ASTRO PITCH BUILT FOR YOUR TRAINING SESSIONS
- SUBSIDISED TRAINING KIT OFFER OF £175.00, WHICH WILL ALSO GIVES YOU A SEASON TICKET TO ALL BOREHAM WOOD FC HOME NATIONAL LEAGUE GAMES, PLUS ARSENAL FC DEVELOPMENT HOME GAMES PLAYED AT MEADOW PARK
- YOU WILL ALSO RECEIVE SUBSIDISED HOT MEALS FOR £1.50 DAILY ONSITE AT BOREHAM WOOD FC IF YOU PURCHASE A TRAINING KIT SET
- A MINIBUS SERVICE TO AND FROM THE WOOD STREET CAMPUS FOR TRAINING ONSITE AT BOREHAM WOOD FC
- PASTORAL CARE WEEKLY AT WOOD STREET IF REQUIRED TO HELP WITH ANY ISSUES THAT YOU ENCOUNTER
- REGULAR CORRESPONDENCE FROM US WITH CLUB UPDATES AND FITNESS AND NUTRITION ADVICE

PLEASE NOTE IF YOU WANT MORE INFORMATION ON ANY OF THE ABOVE SERVICES OR FACILITIES PLEASE GIVE ONE OF THE TEAM A CALL ON 020 8953 5716.

KIND REGARDS,

**MEGAN REID**

OUR TOWN. OUR CLUB. OUR COMMUNITY.



# TERM 1 TIMETABLES

## FOOTBALL TRAINING SCHEDULE

ALL SESSIONS ON SITE AT BOREHAM WOOD FC. PLEASE NOTE THAT THERE IS A MINI BUS PICK UP FROM WOOD STREET CAMPUS AT 11.45AM, 2PM AND 3.30PM.

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
MONDAY	10.30-11.30AM	12-1.30PM	2-3.30PM	4-5.30PM (GYM AT 4-5.30PM, TOO)
TUESDAY	10.30-11.30AM	12-1.30PM	2-3.30PM	GYM SESSION 4-5.30PM
WEDNESDAY	MATCHDAY			
THURSDAY	10.30-11.30AM	12-1.30PM	2-3.30PM	GYM SESSION 4-5.30PM
FRIDAY	10.30-11.30AM	12-1.30PM	2-3.30PM	4-5.30PM

## FITNESS AND WELLBEING SCHEDULE

ALL SESSIONS ON SITE AT WOOD STREET CAMPUS.

	MENTOR- ING	SESSION 1	BREAK	SESSION 2	STAFF
MONDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
TUESDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
WEDNESDAY	NO SESSIONS				
THURSDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
FRIDAY	NO SESSIONS				

ATTITUDE. DISCIPLINE. DESIRE.



# INTERNATIONALS

ACADEMY PLAYERS WHO HAVE PLAYED INTERNATIONALLY...

## FULL INTERNATIONALS

LEE HODSON - NORTHERN IRELAND

KYLE VASSELL - NORTHERN IRELAND

CALAUM JAHRALDO-MARTIN - ANTIGUA & BARBUDA

## YOUTH INTERNATIONALS (ENGLAND SCHOOL'S & COLLEGE'S FA)

ELVIS BALIC

JON CLEMENTS

BRADLEY FRASER

JAY BRETT

JORDAN LAVAL

LEE CLOSE

CHARLIE HUNTER

RUDDOCK YALA

SAM DOOLAN

JAKE KNIGHT

MAXWELL HOLLAND

BEN GOODLIFFE

FRED BURBIDGE

SORBA THOMAS

ALEX MORGAN

ILIMAN N'DIAVE

CHEYCE GRANT

ARCHIE PEPPER

DANIEL CREESE

CHARLIE WICKHAM

HAMZA SEMAKULA



# PASE PRO'S...

FORMER ACADEMY PLAYERS WHO HAVE BECOME PROFESSIONALS

LEE HODSON - WATFORD, MK DONS, RANGERS, GILLINGHAM

MATTHEW WHICHELOW - WATFORD

COREY WHITELY - DAG & RED, NEWPORT COUNTY

KYLE VASSELL - PETERBOROUGH UNITED, BLACKPOOL, ROTHERHAM UNITED

INIH EFFIONG - ROSS COUNTY

PELLY RUDDOCK - WEST HAM UNITED, LUTON TOWN

SIMEON AKINOLA - BARNET

CALAUM JAHRALDO-MARTIN - HULL CITY

BEN GOODLIFFE - WOLVES, DAG & RED

ILIMAN N'DIAVE - SHEFFIELD UNITED

SORBA THOMAS - BOREHAM WOOD

*You Could Be The Next...*

**WE ARE THE WOOD**



OUR TOWN. OUR CLUB. OUR COMMUNITY.



# ACADEMY KIT

GET YOUR PUMA TRAINING KIT SET TODAY!

FOR 2019/20 THE PASE ACADEMY  
TRAINING KIT SET WILL BE MANUFACTURED  
BY **GERMAN SPORTSWEAR GIANTS PUMA.**

KIT SET INCLUDES **7** ITEMS:

TRAINING JUMPER, T-SHIRT, SHORT & SOCKS  
TRAVEL 1/4 ZIP JUMPER, TROUSERS & KIT BAG

ALL ITEMS BRANDED WITH BOTH BOREHAM WOOD FC & PUMA LOGOS

**ONLY £175.00**



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# OUR TEAM

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**CHARLIE HUNTER**

CHIEF EXECUTIVE



**LUKE GARRARD**

HEAD OF FOOTBALL



**MEGAN REID**

LEAD THERAPIST & MENTOR



**ANGELIKA BROWN**

ACADEMY THERAPIST & MENTOR



**CAMERON MAWER**

ACADEMY MANAGER & MENTOR



**RICKY SHAKES**

PERSONAL TRAINER



**MAY MASON**

CLUB NUTRITIONIST



**ADAM WOODROW**

SENIOR THERAPIST



**LORETTA BROWNE**

KIT MANAGER



**DANIEL HUNTER**

GROUNDS & MAINTENANCE



**BEN WILEY**

MEDIA INTERN

OUR TOWN. OUR CLUB. OUR COMMUNITY.

# TEAM MATES

OUR NEW TEAM MATES SERIES SHOWN VIA YOUTUBE AND IGTV IS BROUGHT TO BWFC FANS IN COLLABORATION WITH EDUCATION PARTNERS BARNET & SOUTHGATE COLLEGE AND UCFB (WEMBLEY) VIA OUR WORK EXPERIENCE PROGRAMMES

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BOREHAM WOOD FC FIRST TEAM MANAGER LUKE GARRARD AND FIRST TEAM COACH/ HEAD ACADEMY COACH CAMERON MAWER WENT HEAD-TO-HEAD IN BWFC TV'S FIRST EVER EPISODE OF TEAM MATES.

THE DUO ANSWERED QUESTIONS ABOUT EACH OTHER TO FIND OUT WHO ACTUALLY KNOWS MORE ABOUT ONE ANOTHER AND WIN OUR FIRST EVER TEAM MATES TITLE. ON TOP OF THEIR ABUNDANCE OF CONFIDENCE IN THEIR ANSWERS, DESPITE SOME TERRIBLY WRONG RESPONSES, THERE ARE ALSO SOME HILARIOUS OUTTAKES, TOO!

[WATCH HERE!](#)

TEAM MATES IS MADE POSSIBLE THROUGH A FANTASTIC COLLABORATION BETWEEN BOREHAM WOOD FC, BARNET & SOUTHGATE COLLEGE AND UCFB (WEMBLEY). IF YOU ARE A BW PASE ACADEMY OR FITNESS & WELLBEING STUDENT AND WANT TO KNOW MORE ABOUT HOW YOU CAN GET INVOLVED WITHIN THIS COLLABORATION TAKE A LOOK AT OUR WORK EXPERIENCE ADVERT ADJACENT.

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# EARN AS YOU LEARN!

COMPLETE YOUR **30** COMPULSORY WORK EXPERIENCE HOURS  
WITH US HERE AT BOREHAM WOOD FC!

STUDENTS THAT **SUCCESSFULLY COMPLETE** THEIR WORK  
EXPERIENCE HOURS WITH THE CLUB WILL BE REWARDED WITH  
**A PUMA TRAINING KIT SET FOR THEIR HARDWORK!**

IF YOU ARE INTERESTED IN OUR WORK EXPERIENCE  
PROGRAMME PLEASE EITHER SPEAK WITH YOUR TUTOR OR  
A BW PASE COACH!



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# ACADEMY CORNER

GET TO KNOW SOME OF THE STUDENTS FROM THE BW PASE ACADEMY...



## CHARLIE WICKHAM

### FIRST MATCH

MARKET ROAD LYNDERST UNDER 8'S. I SCORED A WORLDIE.

### FIRST BWFC EXPERIENCE

PLAYING IN THE TRIAL AT OLD ELIZABETHAN'S SPORTS GROUND WITH THE PASE.

### FIRST PAIR OF BOOTS

MY FIRST PAIR OF BOOTS WERE ADIDAS COPA MUNDIAL.

### FIRST SONG

EMINEM - STAN.

### FIRST FOOTBALL SHIRT

ARSENAL 2001/2002.

### FIRST VIDEO GAME

FIFA.

### FIRST GOAL

PLAYING FOR BRENTFORD AT GRIFFIN PARK AGAINST SWINDON.

### FIRST JOB

I HAVEN'T WORKED BEFORE, IT HAS ALWAYS BEEN FOOTBALL.



## DIMITRI CHRISTOU

### FIRST MATCH

IT WAS ARSENAL VS. SHEFFIELD UNITED IN THE CARLING CUP. ARSENAL WON.

### FIRST BWFC EXPERIENCE

IT WAS AT THE VAR TOURNAMENT PLAYED AT ST. GEORGE'S PARK. WE ACTUALLY WENT ONTO WIN THE TOURNAMENT.

### FIRST PAIR OF BOOTS

ADIDAS PREDATORS.

### FIRST SONG

USHER - CONFESSIONS.

### FIRST FOOTBALL SHIRT

IT WAS THE ARSENAL 2002/03 SHIRT.

### FIRST VIDEO GAME

IT WAS FIFA 06.

### FIRST GOAL

IT WAS AT UNDER 7'S AGAINST FAB FOOTBALL ACADEMY. I REMEMBER THE FEELING OF SCORING MY FIRST GOAL AND SINCE THEN I HAVE ALWAYS GET THAT FEELING WHEN I SCORE. I CAN'T WAIT TO SCORE MY GOAL OF THIS SEASON SOON!

ATTITUDE. DISCIPLINE. DESIRE.



## KAI WINT

### FIRST MATCH

IT'S NOT MY FIRST GAME, BUT MY FIRST GAME INVOLVING BOREHAM WOOD. I WAS ACTUALLY PLAYING FOR CAMBRIDGE UNITED AGAINST BOREHAM WOOD. WE [CAMBRIDGE UNITED] WERE 5-0 DOWN AT HALF TIME AND MANAGED TO GET BACK TO 5-4. WHAT A GAME!

### FIRST BWFC EXPERIENCE

I ORIGINALLY WAS PART OF THE ACADEMY AS A PASE PLAYER BEFORE CAMERON SAW ME TRAIN AND PLAY I QUICKLY PROGRESSED ME INTO THE ELITE TEAM. I REMEMBER WINNING THE UNDER 19'S NATIONAL LEAGUE CHAMPIONS OF CHAMPIONS AT OXFORD CITY AGAINST AFC GUISELEY.

### FIRST PAIR OF BOOTS

NIKE TIEMPO'S.

### FIRST SONG

DRAKE - THE MOTTO.

### FIRST FOOTBALL SHIRT

ARSENAL 2005/06 AWAY KIT. AT THAT STAGE I JUST WANTED TO WALK, TALK AND PLAY LIKE THIERRY HENRY.

### FIRST VIDEO GAME

FIFA 2009.

### FIRST GOAL

THIS WAS FOR CAMBRIDGE UNITED VS. LUTON TOWN, WHEN I WAS PLAYING UNDER 9'S. IT WAS WITH MY RIGHT FOOT WHICH WAS STRANGE BECAUSE I DON'T SCORE MANY WITH MY RIGHT!



## ETHAN TUTTLE

### FIRST MATCH

MY FIRST EVER MATCH WAS PLAYING SUNDAY LEAGUE WHEN I WAS UNDER 9'S, I PLAYED AS A RIGHT WINGER. YOU WOULDN'T BELIEVE THAT SEEING HOW SLOW I AM NOW.

### FIRST BWFC EXPERIENCE

THIS PRE-SEASON. AS SOON AS WE STARTED I COULD TELL HOW INTENSE AND PROFESSIONAL THE COACHING WAS, AS WELL AS THE HIGH LEVEL OF FOOTBALL WE WERE AND ARE EXPECTED TO PLAY AT THIS CLUB. THE SIMPLE FACT FROM DAY ONE IS THAT OUR AIM IS TO WIN AND THAT HAS REMAINED THROUGHOUT.

### FIRST PAIR OF BOOTS

A PAIR OF COPA 90'S, BY FAR THE UGLIEST BOOTS IN MY TEAM BUT THEY DID THE JOB.

### FIRST SONG

THE BEST SONG TO PUT ME IN THE MOOD TO PLAY BEFORE GAMES IS LOSE YOURSELF BY EMINEM.

### FIRST SHIRT

THE 2006 ENGLAND WORLD CUP SHIRT WITH GERRARD ON THE BACK, HE'S ALWAYS BEEN MY FAVOURITE PLAYER.

### FIRST VIDEO GAME

FIFA 09, I HAVE BEEN ADDICTED TO IT SINCE.

### FIRST GOAL

MY MOST MEMORABLE GOAL WOULD BE IN THE LAST MINUTE OF THE GAME AGAINST ARSENAL U16'S, SCORING A HEADER AT THE BACK POST TO DRAW 3-3.

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# AUGUST ACADEMY PLAYER OF THE MONTH: DENNIS RUSCKIN



BOREHAM WOOD FC ARE DELIGHTED TO ANNOUNCE THAT DENNIS RUSCKIN AS OUR ACADEMY PLAYER OF THE MONTH FOR AUGUST 2019, OUR FIRST RECIPIENT OF THIS AWARD THIS SEASON.

THE AWARD IS NOT JUST BASED ON FOOTBALLING ACHIEVEMENTS, BUT THE ACADEMY COACHING TEAM ALSO TAKE INTO CONSIDERATION WHAT THE STUDENT GIVES TO THE ACADEMY AS WHOLE, BOTH ON THE PITCH AND IN THE CLASSROOM. OUR ACADEMY HAS COINED THE PHRASE "THE ADD FACTOR" WHICH WE BELIEVE ARE THE BARE ESSENTIALS ANYBODY NEEDS TO ACHIEVE LIFE, STANDING FOR ATTITUDE, DISCIPLINE AND DESIRE.

DENNIS HAS SHOWED ALREADY THIS SEASON THAT HE HAS THE ADD FACTOR IN ABUNDANCE, GIVING 100% EACH AND EVERY DAY TO IMPROVE HIMSELF, BOTH ON THE PITCH, IN THE CLASSROOM AND AROUND THE CLUB IN GENERAL. DENNIS NEVER MISSES A TRAINING SESSION AND HIS TUTOR'S ARE THRILLED WITH HIS APPLICATION AND ATTENDANCE IN CLASS. DENNIS IS ALSO A MATCH DAY OPERATIVE HELPING OUR GROUNDS TEAM WITH PITCH AND GROUND PREPARATION AND CLEAN UP BEFORE AND AFTER EVERY BOREHAM WOOD FC HOME GAME.

ACADEMY MANAGER CAMERON MAWER COMMENTED, "DENNIS IS A PLEASURE TO HAVE AROUND THE CLUB. HIS ENTHUSIASM FOR FOOTBALL AND TO IMPROVE HIMSELF IN EVERY ASPECT OF LIFE IS INSPIRING, ESPECIALLY AS A YOUNG INDIVIDUAL. AS A PLAYER, YOU COULDN'T ASK FOR A BETTER PERSON TO WORK WITH EVERY DAY, AS HIS ATTITUDE TO IMPROVE AND HIS EFFORT IS SECOND TO NONE. CONGRATULATIONS, DENNIS!"

**ATTITUDE. DISCIPLINE. DESIRE.**

# SEPTEMBER ACADEMY PLAYER OF THE MONTH: DARNELL KITHAMBO

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BOREHAM WOOD FC ARE DELIGHTED TO ANNOUNCE DARNELL KITHAMBO AS OUR ACADEMY PLAYER OF THE MONTH FOR SEPTEMBER 2019.

DURING THE MONTH OF SEPTEMBER DARNELL HAS PLAYED A PIVOTAL ROLE FOR BOTH OUR UNDER 18'S IN THE SOUTHERN COUNTIES FLOODLIT YOUTH LEAGUE AND UNDER 19'S IN THE NATIONAL LEAGUE FOOTBALL ACADEMY, SCORING 6 GOALS DURING THIS PERIOD.

DARNELL'S GOALS TALLY HAS BEEN MADE UP BY A BRACE AGAINST WOKING AND SINGLE GOAL AGAINST MAIDENHEAD UNITED WITH OUR UNDER 19'S, AS WELL AS A BRACE AGAINST MACCABI LONDON LIONS AND SINGLE GOAL AGAINST LUTON TOWN CEDARS WITH OUR UNDER 18'S. IT IS NOT ONLY DARNELL'S GOAL SCORING THAT HAS CAUGHT THE EYE, AS HE HAS ALSO PLAYED THE ROLE OF PROVIDER ON A NUMBER OF OCCASIONS AND WORKS THE LINE TIRELESSLY EVERY GAME.

AS WINNER OF THE PLAYER OF THE MONTH AWARD, DARNELL RECEIVES A PUMA WINTER SET, INCLUSIVE OF LONG SLEEVE UNDERSHIRT, UNDERSHORTS, SNOOD AND GLOVES.

ACADEMY MANAGER CAMERON MAWER COMMENTED, "DARNELL HAS BEEN THE STAND OUT ACADEMY PLAYER FOR ME SO FAR THIS SEASON. NOT ONLY HAS HE PRODUCED AN IMPRESSIVE GOALS TALLY, BUT HE ALSO CAPTAINS OUR UNDER 18'S, AND HE HAS LED BY EXAMPLE WITH HIS UNRIVALLED WORK ETHIC. MY ADVICE TO HIM IS TO CONTINUE TO WORK HARD BOTH ON THE PITCH AND IN TRAINING AND HE WILL BE CONTINUE TO BE RECOGNISED. CONGRATULATIONS, DARNELL!"

**OUR TOWN. OUR CLUB. OUR COMMUNITY.**



# UPCOMING FIXTURES

AT MEADOW PARK...



**VS. MAIDENHEAD UNITED**  
**SAT 16TH NOVEMBER KO 3.00PM**  
**VANARAMA NATIONAL LEAGUE**



**VS. WOKING**  
**SAT 30TH NOVEMBER KO 3.00PM**  
**VANARAMA NATIONAL LEAGUE**



**VS. HARROGATE TOWN**  
**SAT 21ST DECEMBER KO 3.00PM**  
**VANARAMA NATIONAL LEAGUE**



**VS. EASTLEIGH**  
**SAT 28TH DECEMBER KO 3.00PM**  
**VANARAMA NATIONAL LEAGUE**

**WEARETHEWOOD**

ATTITUDE. DISCIPLINE. DESIRE.