

THE BW PASE

ACADEMY



Barnet Southgate

COVID-19

WEEK 3 UPDATE



Barnet Southgate College



WE ARE THE WOOD.

COVID-19

UPDATE FROM THE BW PASE ACADEMY



Dear Student,

We hope you are all well and staying safe at this difficult time.

STAY ACTIVE!

On Thursday we launched the first of our online 'Skipper Sessions' with First Team captain Mark Ricketts. These sessions aim to keep you active and you don't need any equipment to join in. You can find these sessions on our Instagram and Twitter pages at 5pm every Tuesday, Thursday and Saturday.

Please see the link to the first 'Skipper's Session' on Thursday

<https://www.instagram.com/tv/B-fBSMh13RS/>

As well as exercise sessions, we also have our First Team player Tom Champion twice a week delivering 'Technique with Tom' sessions. He will have new ball mastery sessions that you can join in from home every Monday and Friday at 5pm.

Please see the link to the first 'Technique with Tom' session on Friday

<https://www.instagram.com/tv/B-hjBQcF34U/>

Also, on Friday afternoons we also have a new weekly video posted to our YouTube and social

media accounts called 'Coaches Corner.' This video will be posted weekly on a Friday and is hosted by our First Team Manager Luke Garrard and Academy Manager Cameron Mawer, discussing various topics with various guests.

The latest release last Friday was episode 2 featuring Luke Garrard and Cameron Mawer, BW PASE Academy Coaches Femi Ilesanmi and Jamal Fyfield, as well as BW PASE Academy player Luke Brophy. Maybe you could be joining the coaches soon to discuss a topic!?

Please see the link to 'Coaches Corner' Episode 2 from Friday

<https://www.youtube.com/watch?v=K-qF6ud3zwA>

Next week on 'Coaches Corner' we have Luke and Cameron discussing their best BW PASE Academy teams of the last 10 years so let's see who comes out on top?

The coaches will also over the next few weeks be reviewing the season and Cameron will be doing his end of Season review for the under 19 National League Academy side which we will be sharing with you all.

All of the above will feature on our social media platforms so please follow us and check out our website:

Instagram - [@bwpaseacademy](https://www.instagram.com/bwpaseacademy)

Instagram - [@boreham_woodfc](https://www.instagram.com/boreham_woodfc)

Twitter - [@boreham_woodfc](https://twitter.com/boreham_woodfc)

Website - <https://www.borehamwoodfootballclub.co.uk/>

ANALYSIS SESSIONS

Starting from Monday, 6th April our First Team Manager and Head of Football Luke Garrard will be delivering analysis sessions via the college's online platforms at 1.00pm daily. For those who to make use of this, please login and join in Monday to Friday over the half term, continuing once the college return to online teaching from half term on Monday, 20th April. For those that are unable to access this currently we will be looking to bring it to you very soon.

FITNESS AND NUTRITION ADVICE

Following on from last week's general tips, we would like to recommend a couple of good online resources for you if you are finding the new situation difficult to get your head around.

www.studentminds.org.uk

www.youngminds.org.uk

Staying physically active is as important for your mind as it is your body, but that can feel easier said than done, when we are being told we MUST stay at home apart from some daily exercise and essential travel for food or medicine, where you must follow social distancing.

ATTITUDE. DISCIPLINE. DESIRE.

OUR CLUB. OUR TOWN. OUR COMMUNITY.

It can be tempting to also just pop round to your friend's house or meet them in the park, but it is important that different households do not mix to slow the spread of the virus and protect our NHS from being overwhelmed.

So, how can you reach the recommended weekly physical activity (150 minutes of moderate or 75 minutes of intense exercise) whilst following the government guidelines? Here's some helpful tips:

- Break up exercise into small chunks throughout the day. This will give you variety in the day as well as giving you something to look forward too
- Combine high intensity exercise like our videos online with more moderate paced activity such as a jogging
- Vary the exercises you are doing and make it specific to your needs, so for example you should incorporate a football where you can
- If possible, get some fresh air most days. This might mean going for a run or walk (social distancing of 2 metres should always apply) or even just opening your windows or walking around a garden if you have one
- Being active doesn't have to mean exercising. Going for a walk or doing things around the house such as cleaning would contribute to weekly physical activity
- Standing up to work at a laptop or computer instead of sitting down means your body and muscles are having to work more and breaks up the periods you may be sitting around
- Not necessarily physical activity, but still important is keeping your brain busy by reading, learning something new or playing games is helpful

With all of the above it is important that it is combined with a healthy balanced diet and staying well hydrated by drinking water preferably over sugary drinks.

These helpful tips are by no means everything you should or could be doing, but hopefully will give you some ideas on how you can maintain your fitness and well-being during this period of enforced isolation. If we can help in anyway at all or you have any questions on the 6-week program you were sent previously just get in touch.

EDUCATION

It is important that you stay on top of your College work and you attend your online lessons in order to complete your course. If you have any issues with this, you should contact your teachers via the teams app.

If you have any questions regarding your course and it's delivery, please contact BW PASE Academy Curriculum Manager Nihaad Kapdi by phone or email. Contact information below:

Nihaad Kapdi

BW PASE Academy Curriculum Manager

T: 020 3764 4449

E: Nihaad.Kapdi@barnetsouthgate.ac.uk

HELPLINE

In these uncertain times for everyone we want to be here for you to speak to should you need it. As such in order to be there for you whenever you need to talk, we have set up a helpline, please see information below:

Luke Garrard

Head of Football

T: 07737 936 109

Availability: Monday, Wednesday and Friday, 12.00pm – 2.00pm

Support: Any football related questions.

Megan Reid

Clinical Lead

T: 07817 797 337

Availability: Monday to Friday, 12.00pm – 6.00pm

Support: All areas, including any questions on exercise, nutrition, the academy or education.

We are here if you need anyone to talk to as well as giving you information on fitness or football and education advice as part of the BW PASE Academy scheme. If we do not answer first time, please leave us a message with your name and phone number and we will give you a call back. Otherwise the email account pase_bwfc@hotmail.co.uk will be manned everyday if you would rather contact us that way or if it is outside of the helpline operation times.

COVID-19 UPDATE AND GUIDANCE

Remember it is important to know what is going on in the country and what the government need us to do to ensure the safety of ourselves and so the NHS isn't overwhelmed, so please continue to get this information from reliable sources.

For current up to date advice on how to reduce the spread of coronavirus, the symptoms you should be looking out for and what you should do if you have symptoms please visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For current UK Guidelines on social distancing and isolation please visit:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Stay safe and healthy,

THE BW PASE ACADEMY



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