

THE BW PASE

ACADEMY



Barnet Southgate

COVID-19

WEEK 4 UPDATE



Barnet Southgate College



WE ARE THE WOOD.

COVID-19

UPDATE FROM THE BW PASE ACADEMY



Dear Student,

We hope you are well and are remaining safe!

We hope you have been enjoying our updates and the online content that we have been providing since the Government imposed “lockdown”. We have certainly been enjoying putting this all together for you and as I am sure you will agree the media team are doing a fantastic job of bringing it all together!

STAY ACTIVE!

A reminder that online weekly we have for you: -

- ‘Skipper Sessions’ with Mark Ricketts – Every Tuesday, Thursday and Saturday we have a brand-new high intensity (HIIT) training session for you to take part in at home
- ‘Technique with Tom’ with Tom Champion – Every Monday and Friday we have a new ball skill drills session that you can follow. All you need is a ball and a bit of space
- Wallpaper Wednesday – Every Wednesday online we release a new Boreham Wood wallpaper for you, so far, we have had Mark Ricketts, Luke Garrard, Sorba Thomas and Kane Smith. Who will we see this week?
- ‘Coaches Corner’ – Every Friday First Team Manager/Head of Football Luke Garrard and First Team Coach/Academy Manager Cameron Mawer host their interactive talk show, featuring BW

PASE Coaches talking all things football and Academy. Their latest episode discussed their BW PASE Academy all-time teams from their respective reigns as Academy Managers, watch here <https://www.youtube.com/watch?v=zkhbxyLDsuc>

- NEW Analysis Sessions with First Team Manager/Head of Football Luke Garrard and First Team Coach/Academy Manager Cameron Mawer – for all existing BW Sport Learners classes will operate daily during half term between 1 and 2pm. This week it will feature First Team players as co-hosts discussing all aspects about their position and answering some questions (those without logins will be able to watch highlights on our website soon.) For more info on how to access these analysis sessions, please contact Academy Manager Cameron Mawer

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

Instagram - [@bwpaseacademy](#)

Instagram - [@boreham_woodfc](#)

Twitter - [@boreham_woodfc](#)

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

FITNESS AND NUTRITION ADVICE

Whether you are a Premier League footballer or BW PASE Academy student, everyone is now coming to terms with what these Government restrictions mean and how to work from home. **It is vitally important to exercise for both your physical and mental health.**

However, it is easy to just go through the motions, skip a work out, miss sets or reps, or not give your all, meaning you aren't getting as much from the exercise as you could be. So, this week we wanted to provide you with some useful tips on how you can get the most out of what you are doing: -

- Time isn't an issue for most now, just space and equipment, most of the resources we are providing through social media and our 6-week training program require little space and equipment
- Exercise should feel like you are working and should feel a challenge. You should be hot, a little sweaty and out of breath. If not, then you need to increase the intensity by working harder or doing a few more reps each set
- If the routine is feeling easy because you have done the same exercises for a few weeks, we advise you add some resistance where possible. An example may be a rucksack with some heavy objects from around the house, and wear it whilst doing exercises such as squats, burpees etc.
- If following our 6-week training program, or any other training program, we advise varying the order of the exercises, so your body doesn't get as used to what you are doing
- You can also increase the number or reps and sets that you are doing if after a few weeks it has got easier for you. This is a great sign and shows you are putting in the work
- HIIT, Tabata, AMRAP are all basically various forms of high intensity work with short rest periods and the aim is to improve conditioning and health. There are plenty of sessions online to follow, whether that be on YouTube or social media. It is important to vary your workouts to remain engaged and interested
- Technique is still very important in high intensity work so if you are unsure how to do the

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exercise or if it doesn't feel right, then look online for a demonstration, watch one of our videos or look in a mirror to see where you are doing the exercises incorrectly

- Road running can be hard when you are used to running about a pitch with a ball so vary your routes, the surface and get a few hills in if you can. This will imitate the peaks and troughs of intensity that you experience during a football match
- Vary short high intensity cardio work outside (sprints) with longer continuous runs (e.g. 5k, 10k at a steady pace.) Again this will imitate the peaks and troughs of intensity you experience during a football match, whilst maintaining your base fitness
- Set yourself targets to beat so you have something to aim for
- Always warm up to prepare the body for the exercise ahead and always cool down so you return your body gradually to its pre-exercise state. It is vitally important you do this to ensure you don't injure yourself and your body is prepared the best it can be to recover in between sessions

Note: You should not be travelling to exercise or engage in group work outs or team sports, this does not follow the government advice.

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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