

THE BW PASE

ACADEMY



COVID-19

WEEK 5 UPDATE



Barnet
Southgate
College



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COVID-19

UPDATE FROM THE BW PASE ACADEMY



Dear Student,

We hope you are all staying safe and are well. Since our last update the Government have now extended the restrictions for a further 3 weeks. We appreciate this is an uncertain time for many, but we want to reassure you that whenever this lockdown ends, and it will, that we will be here for you and the Academy will be ready to go again when it is safe to do so.

PASE IN ISOLATION

We hope you are enjoying the online content on our Instagram and Twitter feeds. To help you, we have now launched the COVID-19 "PASE in Isolation page" on our website. We hope this will act as a one stop shop for all your BW PASE Academy needs and you will be able to access all the updates and resources we have made available in one easy to find place.

<https://www.borehamwoodfootballclub.co.uk/pase-in-isolation/>

COMMONLY ASKED QUESTIONS

Instead of fitness and nutrition tips this week we would like to answer some of the current frequently asked questions regarding BW PASE Academy that we have been receiving of late: -

When will pre-season start?

Due to the ongoing COVID-19 pandemic we are unable to give an exact date for pre-season as it stands. When it is safe to do so which will be based on Government advice, and as such we will be in touch with all players with pre-season details as soon as possible. For your information pre-season typically begins in August with College beginning in September.

When will I get the kit?

You will receive more information about the kit as and when the pre-season information comes out to you. The kit will then be available on your return to the Club. For those NOT opting to study a sports course onsite there will be a cost to this kit which is still to be finalised.

What team am I in?

Teams have not been decided for next season yet. The coaches will further assess all players during pre-season and they will decide which squad you will start in. We have a range of squads for different abilities. Please note though, squads are not set for the whole season and you can move around the squads throughout the year, up or down, depending on your performances in sessions, matches and in class. You can see the 'Player Pathway' on our website, as well as in the prospectus you received.

Can I make it in to the First Team?

Yes, of course. There is a direct route in to the first team should you have the ability, attitude and desire. Our First Team Manager, Luke Garrard oversees the Academy in his role as Head of football and our BW PASE Academy coaches, many of whom are also First Team players, take the training sessions and matches. This is not a community scheme, this is a full-time professional Football Club, with a growing and exciting Academy for 16 to 18 year olds.

Do I have to pay to be part of the Academy?

No. There is no cost to the Academy except possibly the PUMA training kit. This year the PUMA Kit will be offered FREE to all BW PASE players who study a Sports Course on site at Boreham Wood FC. Please note, terms and conditions will apply. There would only be a potential cost for the education if you were not born in the UK.

Do I have to study with the Club to be part of the Academy?

Yes. All players within our Academy are required to enrol on to a course with our education partners Barnet & Southgate College. We are unable to take any players who do not do the education side of the Academy, too.

What courses do you offer?

The main courses we can offer are BTEC Sport Levels 1, 2 or 3 (dependent on your grades), YMCA Personal Training Level 2 and 3, A-Levels and Construction courses. We can also offer other

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courses and you can find these on the Barnet & Southgate College website, alternatively please get in touch and we can discuss further your options.

On our website you will also find lots more information about the Academy including our Player Pathway, our Coaching Team and success stories from the BW PASE Academy, such as PASE Pro's and PASE Internationals.

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.

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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

STAY UP-TO-DATE WITH OUR SOCIALS AND 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/>

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