

# THE BW PASE

## ACADEMY



# COVID-19

## WEEK 6 UPDATE



Barnet  
Southgate  
College



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# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Student,

We hope our last update helped answer some of the questions you have in regard to the Academy moving forward, but of course should you still have unanswered questions or want to discuss something Academy related, please feel free to call or email an Academy member of staff using the contact information below.

We are now in our 6th week of remote learning and this is our 6th update to all existing and aspiring BW PASE Academy students. As time progresses and lockdown remains in place, **please never forget that we are here for you and will support you every step of the way during this uncertain time, rest assured when we come out the other side, the BW PASE Academy will be fully prepared to welcome you onsite, whilst keeping you safe at all times.**

### PASE IN ISOLATION

At the end of this week our original 6-week training programme would have concluded, and as such next week we will be sending you a brand-new training programme to keep you ticking over while you are away from BW PASE Academy and maintaining your fitness and health from the safety of your own homes. If there are any specific session types that you would like to be included, please let Academy staff know as soon as possible as the programme is being designed this week ready for its circulation early next week.

Remember, we have interactive sessions to not only assist you in maintain your fitness during this period (Skipper's sessions with Mark Ricketts), but also the technical and tactical aspects of the game, too. Namely 'Technique with Tom' which are short videos posted every Monday and Friday to our twitter and Instagram pages with ball skill drills with BW PASE Academy coach and First Team player Tom Champion.

We want to see how you're getting on, so why not send us a short video of one minute or less of you doing one of the football skills or exercises from the drills or tag us on twitter or Instagram and we will share some of the best!?

If you are a current BW PASE Academy student, we are continuing with our analysis sessions this week, so log in to the 'teams app' on Tuesday, Wednesday and Thursday at 1pm where Head of Football Luke Garrard or Academy Manager Cameron Mawer will be taking classes and are joined by some of your BW PASE Academy coaches who will be sharing their own experiences from their careers so far.

**This week we are focusing on the preparation for the Boreham Wood vs. Solihull Moors game in the National League back in October, with in depth analysis on playing out from the back, a vital component of the modern game!**

Now online on our website within the 'COVID-19 PASE in Isolation' webpage, we are sharing with you all our recent analysis sessions, as well as all other COVID-19 updates, training programmes and fitness and technical video content to keep you up to speed during this remote learning period.

Please follow the below link to access the most up to date resources and updates from the BW PASE Academy: -

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

### FITNESS AND NUTRITION ADVICE

With our latest remote training programme finishing this week, with the final workout scheduled on Saturday, and with our new training programme being circulated early next week, please see an additional work out to hold you over in the few days not covered under our programme regimes.

The below programme is the exact workout that some of the First Team squad have been following while in isolation, so if you want to follow what they are doing, we encourage you to give it a go yourself!

Remember, if you are unsure of any of the exercises get in touch with us or search on YouTube for a demonstration. Also, if you have an injury currently, then please let us know and we will help to adapt the workout bespoke for you.

#### AMRAP Workout

**Time:** 20 minutes, plus 5 minute warm up and 5 minute cool down

**Equipment:** A towel and water bottle (optional: if you have any weights at home you can add them to the workout to make it harder.)

#### Warm Up (5 minutes, 1 minute each exercise)

Ball Taps (or if no ball - static squats)  
Ball drags (or if no ball - walking lunges)  
Quick Feet  
Jumping Jacks  
High Knees

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### Session (20 minutes)

Set a timer for 20 minutes. You need to do as many rounds as possible in this time without rest so maximum intensity and with good form.

If you need to catch your breath, you should do this while in a plank position (active rest.) Let us know how many rounds you manage.

20 Squats, 15 Lunge Jumps, 20 Hip Bridge, 15 Broad Jumps or Box Jumps, 20 Push Ups, 15 Lateral Lunge Jumps, 25 Sit Ups, 15 Burpees.

### Cool Down (5 minutes)

Jog slowly around your space, stretch any muscles that is feeling tight. Rehydrate by drinking some water.

## STUDENT OF THE WEEK



The BW PASE Academy, in conjunction with our Education partners Barnet & Southgate College, are delighted to announce Donnabhan Green as our very first 'Student of the Week.'

To reward student's during this tough time for their hard work and dedication, to not only their education, but also committing to the technical and tactical remote sessions being hosted, we will continue to choose a 'Student of the Week' throughout this period of isolation and social distancing.

The winner, this week Donnabhan Green, wins a PUMA goody bag, full of items from our teamwear partners PUMA. Donnabhan, you're goody bag is on it's way to you, well done!

## 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](mailto: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



**STAY UP-TO-DATE WITH OUR SOCIALS AND WEBSITE!**

Instagram - @bwpaseacademy

Instagram - @boreham\_woodfc

Twitter - @boreham\_woodfc

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

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