

# THE BW PASE

## ACADEMY



# COVID-19

## WEEK 10 UPDATE



Barnet  
Southgate  
College



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# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Player,

### INTRODUCTION

In case you missed the 'Virtual Open Day', all content remains on the website for a limited time, just follow the link below: -

<https://www.borehamwoodfootballclub.co.uk/virtual-open-day/>

**As announced in the last update we will be hosting another Live Q&A webinar next month on Wednesday 17th June 2020 at 6.00pm.** For this one we will be joined by some additional panelists which will include First Team Player Sorba Thomas who as you know is a graduate of the BW PASE Academy and is also now a BW PASE Academy Coach. If you have any questions for him or anyone else, then please feel free to send them over to us by email before the event and we will put your questions to them if you are unable to attend the live session.

### PASE IN ISOLATION

This week within our analysis sessions, we have invited six former BW PASE Academy players who feature in our PASE Pro's section of our prospectus to conduct a question and answer session with existing our BW PASE Academy students via the 'Teams' app. For those unable to access this they will feature next week on our 'PASE in Isolation' page on our website along with all our other regular content, see link below: -

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

### FITNESS AND NUTRITION ADVICE

This period is a new and uncertain time for all of us and will affect each of us in different ways and that is completely normal and to be expected. It is important to realise this is a temporary 'normal' and some routine and way of life will come return overtime.

This can also be a good time to get ahead of your 'rivals', be that in fitness, technically or by learning more about diet, nutrition or recovery to aid you when you can return to doing the things you enjoy, which in this case I am sure is football! If you can use this period to better yourself in any way then you can turn this negative situation, we all find ourselves in, into more of a positive one. Some areas include: -

**Sport specific** – Is there an area of your game than is weaker than others? Do you know what your strengths and weaknesses are? Analyse your own game or ask your coaches what your strengths and weaknesses are, so you can try to focus on these during this period training on your own. It might be that you need to improve your first touch or your control in tighter areas. Have a look at some of the 'Technique with Tom' sessions for some useful drills, or get in touch and we can give you some ideas.

**Conditioning and fitness** – We all know that becoming a better footballer is not just about what you do on the pitch. You need to be mobile, have good levels of endurance, be strong and have good coordination, speed, and agility. This means that you need to work both on and off the pitch. What do you need to improve? Why not use this time to improve your fitness by combining interval and continuous running, add some compound exercises such as squats and lunges into your workouts, try skipping to improve foot coordination or try some plyometric work such as box jumps or 30 metre sprints to work on your speed and agility. The 6-week program contains a range of exercises and ideas as well as in the 'Skipper Sessions' that you can find on our 'PASE in Isolation' page on our website. Always warm up before any exercise and there you can include dynamic stretches to help increase the range of motion in your joints.

**Diet and nutrition** – Nutrition and what you put into your body will impact everything from how you perform to how you recover, so it is important that you eat the right foods to get the most out of your training. Now could be the time that you learn to cook with more time at home and less access to fast and easy foods. Start with simple recipes with easy to find ingredients. A simple way to think about a healthy meal would be to split a plate in to three sections and make sure that each main meal you have is roughly those proportions. Fruit and vegetables should make up half of the plate, protein-based foods such as lean mince, chicken or pulses should make up a quarter of your plate and carbohydrates such as wholegrain rice or pasta the remaining quarter. 'Pinterest' is a good app for recipe ideas, or 'BBC Good Food' webpage. If you are not sure then get in touch with us and we can give you some ideas.

**Mental health** – You might find that you are spending more time on your own, which some people will find easy, but lots will not. It is important to look after both your physical and mental health at times like this. Get into a routine, do things you enjoy, spend time with people virtually via different apps and try and get some fresh air and exercise regularly. It is okay not to be okay though, below are some additional resources with contact information that you might find useful: -

Young Minds - <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

The Mix - <https://www.themix.org.uk/>

**Support network** – Any footballer you listen to will tell you that it is important to surround yourself with good people to share the good and the bad times with. Life is not always easy, and it is good to know you have friends or family that you can rely on when you need them most. It is good to talk and especially just now when the country is so different, and you are not able to do the things you want to. If you do not have

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someone then there are lots of numbers and people in this email who can listen, so please get in touch if you need to have a chat with someone.

**Learn something new** – You might want to improve aspects of your own game, so how about you watch and analyse some of the best. There are lots of games being repeated on TV just now, or use YouTube, to look at a player you admire or players in your position. Think about how or when you can use similar play in your own game or ways you might need to adapt what you currently do to improve your all-round performance. You might also want to learn something new that has nothing to do with football and just something that you enjoy already and want to learn more about! Do not put too much pressure on yourself though, it should be something that you enjoy, and you should not see it as a chore...

## STUDENT OF THE WEEK - DARYL WHEELER



The BW PASE Academy, in conjunction with our Education partners Barnet & Southgate College, are delighted to announce Daryl Wheeler as '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 wins a PUMA goody bag, full of items from our teamwear partners PUMA. Daryl, your 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:

**Barnet & Southgate College Safeguarding & Equality Team**

T: 020 3764 4077

E: safeguarding@barnetsouthgate.ac.uk

Availability: Monday to Thursday 8.30am - 5.00pm, Friday 8.30am - 4.00pm

Support: All areas surrounding your safety and wellbeing.

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### Luke Garrard

BW PASE Academy Head of Football

T: 07737 936 109

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

Support: Any football related questions.

### Megan Reid

BW PASE Academy 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.

For non-Barnet & Southgate College students support can be accessed from the following:

Advice on taking care of your mental health during lockdown:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Advice on improving well-being during lockdown:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

## 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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**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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