

# THE BW PASE

## ACADEMY



# COVID-19

## WEEK 7 UPDATE



Barnet  
Southgate  
College



WE ARE THE WOOD.

# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Player,

### VIRTUAL OPEN DAY

We are sure you will have seen by now, we will be holding a 'Virtual Open Day' on Monday 18th May at 6.00pm. The aim of this open day is to give every prospective student an insight into what we can offer them, as well as providing an opportunity for all 2020/21 Academy applicants and their parents/guardians to ask any questions they may have about the BW PASE Academy.

#### What do you need to do?

1. Download the Zoom app before the Open Day – <https://zoom.us/download>
2. Visit our website on Monday 18th May at 6.00pm, follow the instructions

[www.borehamwoodfootballclub.co.uk](http://www.borehamwoodfootballclub.co.uk) > Click 'BW PASE Academy' tab > Click 'Virtual Open Day' from dropdown menu

3. When you are in, explore the different sections on offer at your own pace
4. Then join us at 7.00pm LIVE for a Q&A sessions with some of our team that will include Luke Garrard – Head of Football, Charlie Hunter – CEO, Cameron Mawer – Academy Manager and Nihaad Kapdi who will be representing our Education partner Barnet & Southgate College.

### PASE IN ISOLATION

New on 'Teams' from Monday 4th May will be a live fitness session with BW PASE Academy Manager Cameron Mawer starting at 5.30pm. These sessions will take place every Monday and Friday at 5.30pm from your remote learning 'Teams' app.

Furthermore, in addition to this week 7 COVID-19 update, we are also including the brand new 6-week training program now that our initial training programme has concluded.

Under normal circumstances, your season would have finished by now, and as such this new program will act as your off-season program, with a remote pre-season program to follow should restrictions not be lifted by the time this new 6-week training schedule is completed.

To stay up-to-date with all things BW PASE Academy during this COVID-19 lockdown, please visit our designated 'PASE in Isolation' page on our website.

[www.borehamwoodfootballclub.co.uk/pase-in-isolation/](http://www.borehamwoodfootballclub.co.uk/pase-in-isolation/)

### FITNESS AND NUTRITIONAL ADVICE

#### Recovery

The new 6-week training program aims to maintain a base level of fitness whilst also giving your body time to rest and recover from the past season. Rest is just as important as exercise when trying to gain fitness or strength and it is important that intense exercise is balanced by periods of rest as this will maximise the positive effects of training.

Overtime if you do not get sufficient rest between workouts or seasons, then you may begin to notice an increase in injuries or a decrease in performance.

Rest and recovery however does not mean doing nothing at all. It means decreasing the intensity of the work, decreasing the number of workouts or changing the exercise to something that is lower impact. This can be a walk instead of a run, yoga instead of a circuit class, or just making sure that you regularly move around at home during this period.

#### Nutrition

Eating habits will have changed for most people during this extended period at home, however you should still be aware of what fuel you are putting into your body. Cars would not run on bad fuel, so how can you expect your body and brain to function if you only feed it lots of sugary and fatty food?

However, that does not mean you should live on just water, fruit and vegetables. It is all about balance. So, have a little of what you like but balance this out with healthy, nutritious foods that keep you fuller for longer and stops you snacking and binge eating too much.

With off-season and the extended time at home, it is pretty obvious that your body will not need as many calories to function, so you should change your diet to suit your new level of activity. This can be done without excluding whole food groups or depriving yourself of everything you like. So just make sensible choices such as reducing portion sizes, snacking less between meals and making better food choices.



A typical diet should contain lean protein (such as chicken, turkey, dairy, eggs, nuts and seeds), carbohydrates that keep you fuller for longer in particular wholemeal and higher fibre foods (porridge oats, whole-wheat bread, brown rice, whole-grain breakfast cereal), a selection of fruit and vegetables that can be frozen, canned or fresh (these should make up at least half of each meal.)

It is also vitally important that you remain hydrated by taking in a sufficient amount of fluid, ideally water.

### **Injuries**

This off-season period is also a good time to deal with any 'niggles' or injuries that you have had during the season. If you would like specific advice on an injury, then please get in touch with us and we will be able to remotely assess the injury and put together a rehabilitation program bespoke for you.

Remember that resting an injury may well stop it being painful or reduce any swelling, but you also need to promote healing and help reduce the likelihood of you doing it again by carrying out some form of rehabilitation.

Reoccurring injuries can hamper your season and decrease the number of sessions and games you can play, which will in turn effect your progress, so use this time and use the resources available to you at Club to help you get on top of them now whilst you are at home.

## **STUDENTS OF THE WEEK**



**The BW PASE Academy, in conjunction with our Education partners Barnet & Southgate College, are delighted to announce Kayeshawn Gibbs and Reece Hopkins as 'Students 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. Kayeshawn and Reece, 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

### **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.

## **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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