

# THE BW PASE

## ACADEMY



# COVID-19

## WEEK 8 UPDATE



Barnet  
Southgate  
College



WE ARE THE WOOD.

# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Player,

We hope you are well and are making use of the online resources that have been put together for you by the BW PASE Academy team. A reminder of what we have on offer and how you can access them can be found below...

Currently we are still not clear on when off season training, College or pre-season will recommence in person, as we will be guided by government advice on this. Please be rest assured that we will let you know as soon as we have any details and we are actively putting together plans for the site as when we do return the health and safety of the students and staff will be of the utmost importance.

### VIRTUAL OPEN DAY

Just to remind anyone who wishes to attend our Virtual Open Day, this will take place on Monday 18th May at 6.00pm. This gives the perfect opportunity to all prospective BW PASE Academy students and their parents/guardians to see what the Academy can offer them and ask any questions that they may have. We will be contacting all students this week as a reminder and later in the week will send a reminder by email of how you can access this event.

### 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, Cameron Mawer – Academy Manager and Nihaad Kapdi who will be representing our Education partner Barnet & Southgate College.

### FITNESS AND NUTRITION ADVICE

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 session for you to take part in at home.
- 'Technique with Tom' with Tom Champion – Every Monday and Friday we have new ball skill drill sessions that you can follow. All you need is a little bit of space and a ball.
- '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.
- 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 Tuesday, Wednesday and Thursday between 1 and 2pm. These sessions can be accessed via the 'Teams' App. Highlights of these will also be accessible to all on our 'PASE is Isolation' page.
- LIVE fitness sessions hosted every Monday and Friday evening at 5.30pm by Academy Manager Cameron Mawer. These sessions for all existing BW Learners are 30-minute football specific high intensity workouts to complement your current 6-week program and require no exercise equipment to join in. These sessions can be accessed via the 'Teams' App.
- Each week we will also have a 'Student of the Week' who will be a current BW student who has stood out in the classes and sessions and has shown a consistent attendance in remote learning. This student will receive a PUMA goody bag in the post from the club.

All previous updates and remote training programmes can also be found on our website. These contain a range of information on what is currently on offer to you, as well as information on some of the most frequently asked questions.

All of the above can be accessed via our social media pages or alternatively every session and update can be accessed anytime on our 'PASE in Isolation' page on our main 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 - [www.borehamwoodfootballclub.co.uk/pase-in-isolation/](http://www.borehamwoodfootballclub.co.uk/pase-in-isolation/)

ATTITUDE. DISCIPLINE. DESIRE.

OUR CLUB. OUR TOWN. OUR COMMUNITY.

## STUDENT OF THE WEEK



The BW PASE Academy, in conjunction with our Education partners Barnet & Southgate College, are delighted to announce Donovan Upton 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. Donovan, 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.

### 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



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

Instagram - @bwpaseacademy

Instagram - @boreham\_woodfc

Twitter - @boreham\_woodfc

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

**WE ARE THE WOOD**