

# THE BW PASE

## ACADEMY



Barnet Southgate

# COVID-19

## WEEK 9 UPDATE



Barnet Southgate College



WE ARE THE WOOD.

# COVID-19

## UPDATE FROM THE BW PASE ACADEMY



Dear Player,

### INTRODUCTION

We hope you are well and are making use of the extra time you are now allowed to be outdoors following the update Government guidance last week. Over the coming month we hope to be in a position to tell you more about return dates to the Club for pre season, as well as an update on the next academic year, but we will of course be led by the Government's advice on this. In the meantime, we will continue to provide you with weekly updates and continuous fitness, technical and tactical content via our social media channels and website.

To replace our analysis sessions this week, we have invited three Premier League footballer's to conduct a question and answer session with our BW PASE Academy students via the 'Teams' app. These will take place on Tuesday, Wednesday and Thursday from 1-2pm with Yakubu Ayegbeni (former Portsmouth, Middlesbrough, Everton and Nigerian National Team striker), Sebastien Bassong (former Spurs, Newcastle United, Norwich City and Cameroon National Team Defender) and Adrian Mariappa (current Watford and Jamaican National Team Defender.) If you cannot make these then all recordings will be posted to our 'PASE in Isolation' page next week!

### VIRTUAL OPEN DAY

On Monday evening, we hosted our very first 'Virtual Open Day' for prospective 2020/21 BW PASE Academy scholars, which was a huge success. In case you missed out, don't worry, the open day content remains on our website, just follow the link below: -

[www.borehamwoodfootballclub.co.uk/virtual-open-day/](http://www.borehamwoodfootballclub.co.uk/virtual-open-day/)

If you have any questions in regard to the BW PASE Academy for next season, please do not hesitate to reach out to one of the coaching team using the contact information later in this update.

Please be aware that we intend to host another Q&A webinar next month on **Wednesday 17th June 2020 at 6pm**, so please stop by to ask any questions for our panelists; Luke Garrard (Head of Football), Cameron Mawer (Academy Manager) and Nihaad Kapdi (Curriculum Manager.)

### FITNESS AND NUTRITION ADVICE

Each week we have LIVE fitness sessions via the 'Teams' app for all existing BW PASE Academy scholars. If you are unable to join these, below is the exact workout that they did during Monday's session. These are high intensity sessions led by former Football League player and Academy Manager Cameron Mawer.

This session can be used in addition to the 6-week program we have sent you by either substituting it for one of the workouts or if you feel you need a bit more then use it as an extra session.

**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 (30 seconds each exercise, repeat twice)

1. Skaters
2. Toe Touches
3. Mountain Climbers
4. Squats

#### Circuit 1 (30 seconds each exercise, rest 1 minute, repeat three times)

1. High Knees
2. Burpees with Push Up
3. Spidermans
4. Ski Runs

#### Circuit 2 (30 seconds each exercise, rest 1 minute, repeat three times)

1. Supermans
2. Jumping Jacks
3. Squats
4. Walk Out Push Up

#### Finisher Abs (20 seconds on, 10 seconds rest)

1. Crunches
2. Hand Plank
3. Crunches
4. Side Plank (Right)
5. Crunches
6. Side Plank (Left)
7. Crunches
8. Elbow-to-Hand Plank



## 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 - ZAK GALATIS



The BW PASE Academy, in conjunction with our Education partners Barnet & Southgate College, are delighted to announce Zak Galatis 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. Zak, 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/>

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