

THE BW PASE

ACADEMY



COVID-19

WEEK 11 UPDATE



Barnet
Southgate
College



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COVID-19

UPDATE FROM THE BW PASE ACADEMY



Dear Player,

INTRODUCTION

We hope you enjoyed some down time during the May half term, made the most of the good weather and recharged your batteries for the final push before the Summer break. Please be aware that as you wind down for the Summer, our preparations will continue intensely to ensure that when you return to the BW PASE Academy for the 2020/21 season and academic year, you do so in a safe environment for all. **With that in mind, in the next week or so, we will be issuing a 'Return to Play' player screening questionnaire, to ensure we are best prepared for your return, whenever that may be.**

VIRTUAL OPEN DAY



For all existing and prospective BW PASE Academy players we will be hosting another 'Virtual Open Day' on Wednesday 17th June 2020 at 6pm. The 'Virtual Open Day' will include a safety talk from BW PASE Academy founder Danny Hunter, as well as a Question & Answer webinar with panelists Luke Garrard (Head of Football), Cameron Mawer (Academy Manager), Nihaad Kapdi (Curriculum Manager), Sorba Thomas (BW PASE Academy graduate) and Tom Champion (BW PASE Academy Lead Coach.)

We are getting regular questions about different aspects of the Academy, which we are of course happy to answer, but our 'Virtual Open Day' webinar provides both players and their parents/guardians the perfect opportunity to ask any questions they may

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have about the BW PASE Academy.

You can attend the 'Virtual Open Day' by visiting our website using the following these easy steps:

1. Download the Zoom app before the Open Day – <https://zoom.us/download>
2. Visit our website on Wednesday 17th June at 6.00pm, follow the instructions:

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

3. Then join our 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, as well as Sorba Thomas and Tom Champion (BW PASE Academy Coaches.)

Between now and then, please feel free to familiarise yourself with the BW PASE Academy by visiting the link above and watching our series of videos that showcase what the BW PASE Academy can offer you!

FREQUENTLY ASKED QUESTIONS

Over the past couple of weeks, we have seen a couple of questions asked by prospective BW PASE Academy players very frequently, so to put all players minds at ease, we have answered them below to provide some clarity for players and parents/guardians alike:

Q: When will I start pre-season training and my College course?

A:As the government begin to ease the restrictions, we will be able to put dates in place for your return for pre-season training and 2020/21 season/academic year. Just for your information pre-season typically begins in August and College courses in September, but of course this will now be dictated to us by the Government and health organisations. In regard to the College courses, you will need to enroll following exam results, at which point the College will invite you to discuss your preferred course, discuss your eligibility and to enroll for 2020/2021.

Q: How much does the PUMA kit cost and when can I get mine?

A:The kit cost for non-sports students is still to be confirmed and again this will come out to you as soon as we have it confirmed by the supplier. The kit will be available to purchase upon your return to the Club.

PASE IN ISOLATION

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,

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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 in 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](#)

Instagram - [@boreham_woodfc](#)

Twitter - [@boreham_woodfc](#)

Website - www.borehamwoodfootballclub.co.uk/pase-in-isolation/

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 its 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

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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 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,

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

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