



WE ARE THE WOOD



**TAKE CARE
STAY SAFE**



ACADEMY UPDATE

Dear Player,

INTRODUCTION

Welcome back to the Spring Term, which has unfortunately seen all education return to remote learning due to the ongoing pandemic and national lockdown across the UK. We know this is in the best interest of the country and our NHS, but we also realise how tough this is on everyone. We as an Academy want to try and bring some normality to the situation and continue to provide support for as long as you are away from the Club...

PASE IN ISOLATION

Every week we will have new and exciting online content for you as well as weekly updates directly from the BW PASE Academy via email.

Online content will be produced by our full time media team and instructed/taken by our highly qualified and experienced coaches and made available to you via our social media channels and website. Any interactive session will not require any special equipment, although you can increase difficulty with weights or household items, and you will be able to do them from your house, garden or even the local park as part of your daily exercise.

It is vitally important that you maintain some sort of daily routine and exercise regularly, not only for your physical health when you are confined to your homes, but also for your mental health, too. **Remember, we are always here for you if you need us.**

As well as the online resources, our coaches will also be contacting all learners to check in on them and to ensure we still continue to positively work with them even though they are away from the club just now.

Please see below what we have been working on behind the scenes for you, including when and where you can find our new online resources.

FITNESS AND NUTRITION ADVICE

F 'N' F FITNESS

WHEN: Every Monday and Wednesday

WITH: Femi Ilesanmi and Jamal Fyfield

WHERE: From the comfort of your home via our Instagram page [@bwpaseacademy](#)

Jamal and Femi, both professional footballers with Boreham Wood FC, are fantastic coaches who also have an abundance of experience between them in high intensity and bodyweight sessions. Their approach to sessions complements one another perfectly so they will each deliver one new session per week which will vary between circuits, HIIT sessions or workout challenges. You will get first hand experience of what professional footballers do to stay in peak physical condition as they will pass on some of their regular exercises and sessions that they themselves do to maintain their fitness in and out of season.

SMITHY'S SKILLS

WHEN: Every Tuesday and Thursday

WITH: Kane Smith

WHERE: From the comfort of your home via our Instagram page [@bwpaseacademy](#)

Kane, another professional with Boreham Wood FC, will be delivering each week technique based sessions focusing on ball mastery drills, skill practices and some challenges, too. The sessions will be structured and increase in difficulty with progressions built into each technical drill. Equipment and space will be kept to a minimum, you will need a football, so as many students as possible can take part from your house, garden or even the local park.

CHAMPS' CORNER

WHEN: Every Friday

WITH: Tom Champion

WHERE: From the comfort of your home via our Instagram page [@bwpaseacademy](#)

Each week charismatic coach Tom Champion, Champ, will pick a subject and a panel of three coaches/professionals to discuss topics in the headlines, the current situation and how people are finding ways to best deal with it. Tom is a great character and coach who is very knowledgeable in all things football and he will have some interesting guests and topics along the way that should appeal to both students and the local community alike.

EDUCATION

It is important that you stay on top of your College work throughout this lockdown and that 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 ASAP.

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:



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NIHAAD KAPDI

BW PASE Academy Curriculum Manager
T: 020 3764 4449
E: Nihaad.Kapdi@barnetsouthgate.ac.uk

STUDENT OF THE WEEK – TYLER JOHNSON

The BW PASE Academy, in conjunction with our Education partners Barnet Southgate College, are delighted to announce **Tyler Johnson as 'Student of the Week'**.

This is to reward current students during this tough time for their hard work and dedication to not only their education, but also committing to the fitness, technical and tactical remote sessions. Tyler, just prior to Christmas, sat both his English and Maths exams and passed both convincingly. We know the amount of work he put into this and everyone at the Academy and College are proud of him for this amazing achievement.

The 'Student of the Week' winner gets a PUMA goody bag, full of items from our teamwear partners PUMA. Tyler your goody bag is on its way to you, well done!

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.

CAMERON MAWER

BW PASE Academy Manager
T: 07944 684 782
Availability: Monday to Friday 9.00am - 5.00pm
Support: Any football or College related questions.

CONNOR SMITH

BW PASE Academy Head Coach
T: 07957 946 193
Availability: Monday to Friday 9.00am - 5.00pm
Support: Any football or College related questions.

MEGAN REID

BW PASE Academy Clinical Lead
T: 07817 797 337
Availability: Monday to Friday, 09.00 – 17.00pm
Support: All areas, including any questions on injury advice, injury prevention, injury rehab, exercise or nutrition.

Please remember, we are here if you need anyone to talk to. Whether it just be a general chit-chat, giving you additional information on our online content or education advice as part of the BW PASE Academy, we are at the end of the phone, message or email. Do not hesitate to contact a member of Academy staff, whether that be your coaches or tutors.

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.

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 others, so please continue to get this information from watching the news or via reliable sources online.

For current up-to-date advice on how to reduce the spread of COVID-19 and what the governments 'Stay at Home' message means for you:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

For current NHS UK Guidelines on who needs to self-isolate and the symptoms of coronavirus to look out for:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

If you have symptoms of coronavirus or have tested positive, please get in touch with us to inform us but also so we can support you where we can.

Stay safe and healthy,

The BW PASE Academy



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Stay up-to-date with everything BW PASE Academy
on our website and social media

Twitter - @boreham_woodfc

Instagram - @boreham_woodfc (Club)

Instagram - @bwpaseacademy (Academy)

Website - www.borehamwoodfootballclub.co.uk

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