



WE ARE THE WOOD



**TAKE CARE
STAY SAFE**



ACADEMY UPDATE

Dear Player,

INTRODUCTION

We hope you found last week's update useful and are now fully aware of all the support and resources that are available for you even though you are away from the Club just now. We will have all these resources, and more, in place over the coming weeks, for as long as it takes until the UK can safely come out of lockdown and education and football is able to return.

If you keep up-to-date with latest BW PASE Academy news from our designated Academy instagram page [@bwpaseacademy](https://www.instagram.com/bwpaseacademy), you would have seen that last week was a historic one for the BW PASE Academy.

Firstly, Academy graduate **Iliman N'Diaye** was included in Premier League outfit Sheffield United's match day squad for their FA Cup 4th Round victory over Plymouth Argyle at Bramall Lane. If he makes his first team debut for the Blades, he'll become just the second PASE Pro to play for a Premier League side, following in the footsteps of PASE great Pelly Ruddock who featured for West Ham United.

Speaking of **Pelly Ruddock**, he too had an impressive weekend, walking out at Stamford Bridge for Luton Town to take on Premier League giants Chelsea, again in the 4th Round of the FA Cup. At the heart of the Hatter's midfield, Pelly played 90 minutes in their 3-1 defeat but added yet another milestone and memorable experience since moving from Meadow Park to Upton Park in 2011.

Lastly, following on from his Club record transfer from the Wood to Huddersfield Town, **Sorba Thomas** has clearly hit the ground running and made a positive first impression at the Yorkshire outfit. After just a couple of weeks with the Terriers, he has played for their Under 23's in a resounding 5-1 victory over Grimsby Town before earning his first match day squad inclusion at Championship level when the Terriers travelled to Ashton Gate to take on Bristol City in midweek.

Huge well done to our PASE Pro's; Iliman, Pelly and Sorba, you continue to make us proud and show the way for our current Academy player's each day!

PASE IN ISOLATION

For an archive of all fitness, technical and tactical interactive sessions throughout this COVID-19 period, inclusive of both lockdown 1 and lockdown 3, when further education was moved to online learning then please visit our designated webpage - www.borehamwoodfootballclub.co.uk/pase-in-isolation

Over the coming week, watch out for our latest "Champ's Corner" which will feature our very own Sorba Thomas, who discusses his time within the Academy, graduating into the First Team and earning his deserved move into the Football League with Huddersfield Town. He is a fantastic example of what the BW PASE Academy can do for you if you have the right attitude, discipline, and desire and how BW PASE Academy can help make your dreams a reality.

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](https://www.instagram.com/bwpaseacademy)

CATCH UP - LAST WEEK'S SESSIONS:

Last Monday with Femi Ilesanmi (HIIT Workout) - <https://tinyurl.com/y5wulkwo>

Last Wednesday with Jamal Fyfield (HIIT Workout) - <https://tinyurl.com/yxud93kp>

SMITHY'S SKILLS

WHEN: Every Tuesday and Thursday

WITH: Kane Smith

WHERE: From the comfort of your home via our Instagram page [@bwpaseacademy](https://www.instagram.com/bwpaseacademy)

CATCH UP - LAST WEEK'S SESSIONS:

Last Tuesday (Ball Control) - <https://tinyurl.com/y39wukt9>

Last Thursday (Passing Accuracy) - <https://tinyurl.com/y3t7pzhy>

CHAMPS' CORNER

WHEN: Every Friday

WITH: Tom Champion

WHERE: From the comfort of your home via our Instagram page [@bwpaseacademy](https://www.instagram.com/bwpaseacademy)

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.



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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

STUDENT OF THE WEEK – DANIEL SPROULE

The BW PASE Academy, in conjunction with our Education partners Barnet Southgate College, are delighted to announce **Daniel Sproule 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. Daniel has not only consistently performed well in class with excellent attendance and punctuality, but he has also performed an active role onsite at the Club on match days as a volunteer assisting the implementation of our COVID-19 policies and our stadium staff on a regular basis.

The 'Student of the Week' winner gets a PUMA goody bag, full of items from our teamwear partners PUMA. Daniel 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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