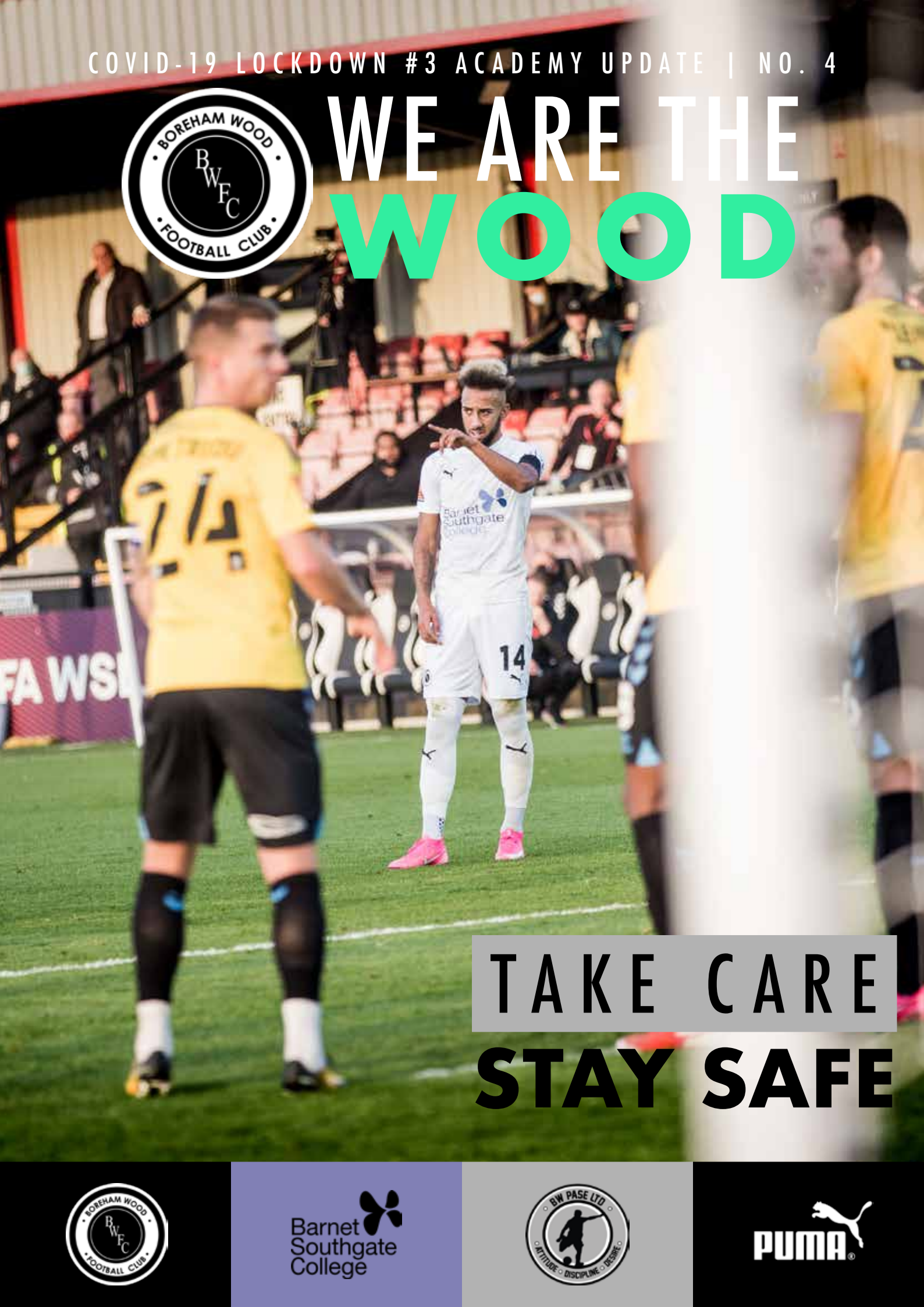




WE ARE THE WOOD



**TAKE CARE
STAY SAFE**



ACADEMY UPDATE

Dear Player,

PUMA COMPETITION WINNER - CASEY PHILLIPS



SORBA MAKES HIS CHAMPIONSHIP DEBUT

On Saturday our very own Sorba Thomas, who spent 6 years at Meadow Park and graduated from the BW PASE Academy before recently transferring to Huddersfield Town in a Club record six-figure deal, made his Championship debut. Sorba came on as a late substitute in the Terrier's 3-2 defeat against Wycome Wanderers. Could you be the next Sorba Thomas?

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 online then please visit our designated webpage - www.borehamwoodfootballclub.co.uk/pase-in-isolation

[borehamwoodfootballclub.co.uk/pase-in-isolation](http://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. See part 1 link below, part 2 to come next week!

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/y58vtxrw>

Last Wednesday with Jamal Fyfield (HIIT Workout) - <https://tinyurl.com/y27tez4q>

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 (Weight of Pass & Footwork) - <https://tinyurl.com/y3gzebbr>

Last Thursday (Speed Dribbling & Turning) - <https://tinyurl.com/y4yrx8sw>

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)

CATCH UP - CHAMP MEETS SORBA THOMAS

Episode 2 - "One Of Our Own" Part 1 - https://www.youtube.com/watch?v=u8BKCvvhv_1w

Episode 3 - "One Of Our Own" Part 2 - <https://www.youtube.com/watch?v=SuD8J50NtRc>



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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:

NIHAAD KAPDI

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

STUDENT OF THE WEEK – MIKEY TIERNEY

The BW PASE Academy, in conjunction with our Education partners Barnet Southgate College, are delighted to announce **Mikey Tierney 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. Mikey's tutors gave him a glowing report during our weekly progress updates and described him as a 'role model' and 'exceptional peer mentor'. Mikey is polite, punctual, always engages in class and his work is at distinction level.

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

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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