



FOOTBALL & EDUCATION

Ages 16-19

PROSPECTUS
2021/22



**COMMUNITY SPORTS
FOUNDATION**

A FIRST-CLASS LEARNING ENVIRONMENT THAT USES THE POWER OF SPORT, FOOTBALL AND NORWICH CITY FC TO MAXIMISE POTENTIAL

The Community Sports Foundation's Football and Education programmes continue to provide proven pathways for young people, inspired and engaged by football, to achieve their own individual goals. Based at Carrow Road, an environment is created where relentless hard work and desire to achieve beyond expectation becomes the default culture.

Add to the mix a team of staff who are fully dedicated to supporting students with their journeys and a real family ethos, and everything is in place for you to achieve things that at this stage may not even feel possible.

All that is left to do now is to review the prospectus and choose your programme pathway.

Regards,

Stevie Bramble

Head of Curriculum
Community Sports Foundation

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CHOOSE YOUR PATHWAY.

FOOTBALL & EDUCATION PROGRAMME (MALE)

A football-focused offering that replicates the professional environment. Players have aspirations to further their on-pitch development whilst also building a dual career pathway at the same time.

Education

Level 3 Extended Diploma in Sport

FOOTBALL & EDUCATION PROGRAMME (FEMALE)

A football-focused offering that provides a direct link into Norwich City Women's FC and potential exit routes into overseas scholarships and the national league structure.

Education

Level 3 Extended Diploma in Sport

FOOTBALL LEARNING PROGRAMME

A wider football perspective with more focus on career development. If you are considering a non-playing career in sport, then this pathway is for you.

Education

Level 3 Extended Diploma in Sport



THE EDUCATION.



“
The tutors have gone above and beyond to support me with not only college work but also my future plans, helping me to achieve more than I thought I could.
 ”

The education element of the programme will see students working towards the Cambridge National Extended Diploma in Sport, the equivalent of three full A-levels, ensuring university progression becomes a real option. Over the two-year programme students will cover a variety of different units, which link directly to potential career pathways in the sporting industry.

The unique learning environment sees tutors challenged to use the power of football, sport and Norwich City FC to inspire and engage at every opportunity. It is this approach that sees a range of guest speakers enriching our own delivery.

Examples of how we have enhanced our unit delivery are illustrated with some of our recent guest speakers:

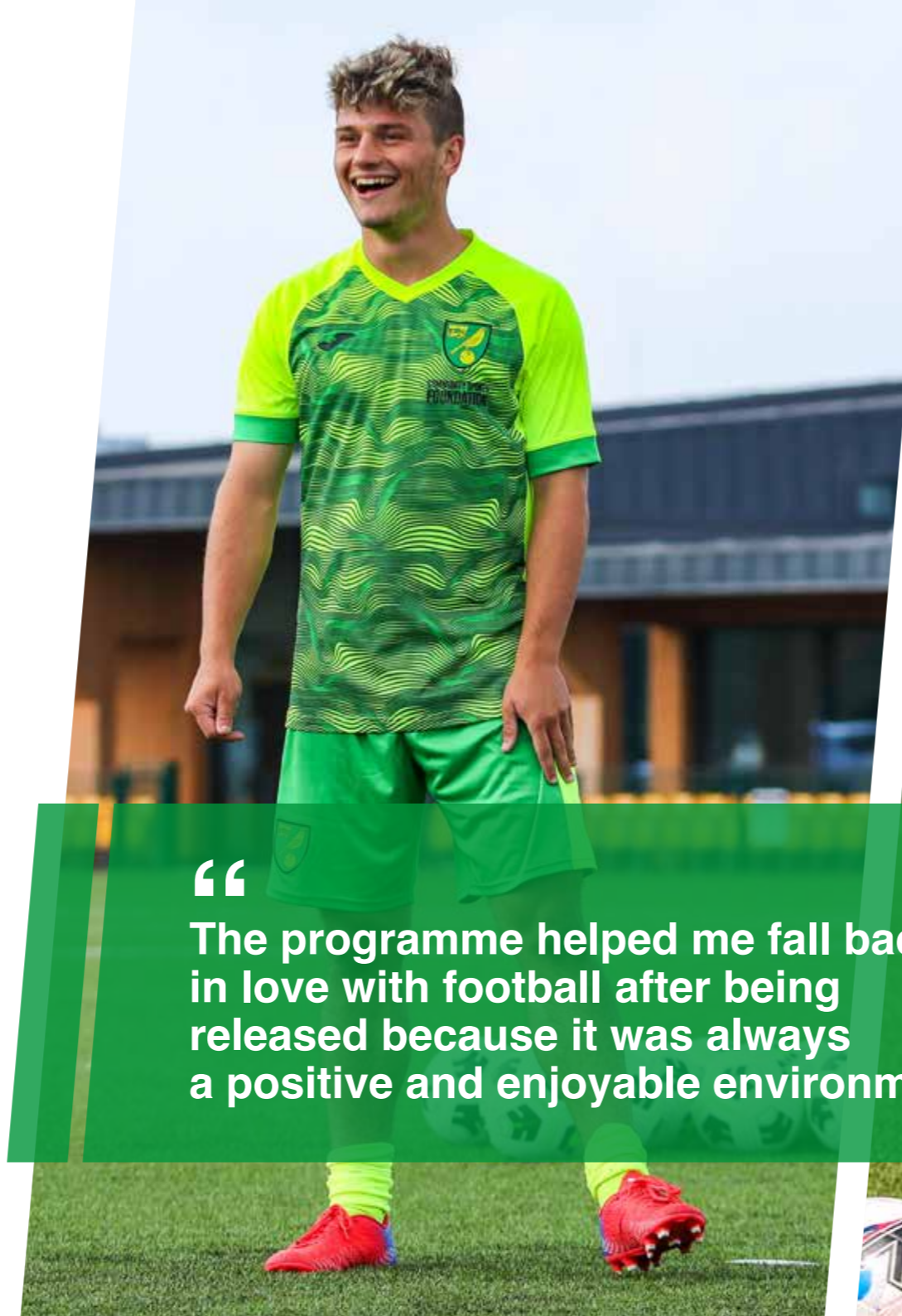
- Dan Robathan** Premier League match official
- Max Aarons** Norwich City FC player
- Jake Humphrey** TV & radio broadcaster & Foundation trustee
- Tom Geeson-Brown** Performance Nutritionist, Norwich City FC

SAMPLE UNITS

Body Systems & the Effects of Physical Activity	Sports Coaching & Activity Leadership	Sports Organisations & Development	Working Safely in Sport, Exercise, Health & Leisure
Organising Sports Events	Physical Activity for Specific Groups	Working in Active Leisure	Sports Injury Rehabilitation
Performance Analysis in Sport	The Business of Sport	Improving Fitness for Sport	Nutrition & Diet for Sport and Exercise
Fitness Testing for Sport & Exercise	Practical Skills in Sport	Sport & Exercise Psychology	Sport & Exercise Sociology

FOOTBALL & EDUCATION PROGRAMME.

A comprehensive football coaching programme allows for individual and team development through a series of technical and tactical sessions across the week. Players will also take part in a series of Futsal activities and fixtures to support their technical development, mobility and overall in-game decision making. Those selected for squads will have the opportunity to represent Norwich City Football Club against other professional clubs.



“ The programme helped me fall back in love with football after being released because it was always a positive and enjoyable environment. ”

TRAINING

Players will follow a carefully-mapped training programme, covering aspects across a variety of physical, tactical and technical areas of our coaching curriculum. The emphasis is always on individual player development and progression; each player has a bespoke footballing programme tailored to their needs.



ANALYSIS

With our partners Veo, we are able to provide detailed analysis for players. This not only supports players ongoing learning but is vital in ensuring supporting evidence for those exploring overseas scholarships and football progressions.



FIXTURES

The highlight of each week is always the Wednesday fixture experience. Each week, squads are chosen from those meeting academic expectations to face a host of Premier League and Football League opposition. With such a unique, high profile fixture experience it is no surprise that everyone strives to be available for selection - especially those that involve an overnight stay!



INJURY & REHABILITATION

The demands of a full-time training and fixture programme can be challenging. To support our players with injury prevention, diagnosis and rehabilitation we are able to offer full physiotherapy support to all students.

FOOTBALL LEARNING PROGRAMME.



REFEREE MASTERCLASS

SEE ONE OF OUR GUEST SPEAKER WORKSHOPS IN ACTION

The Football Learning programme aims to provide an insight into careers within football beyond just playing. For students looking to pursue coaching, media or science-based progressions then this pathway offers that opportunity. Rather than fixtures every week, the students on this pathway will also experience a range of additional learning experiences, trips and visits*.

“
I couldn't have asked for better people to be around me, truly made some friends for life! ”

*Trips and visits subject to change



TRAINING AND FIXTURES

Students will have weekly training sessions and have the opportunity to represent Norwich City FC in a variety of fixture opportunities against other professional clubs and programmes.

INSIDE CARROW ROAD

There are many areas of the stadium that are off limits to supporters. To gain a real insight into the workings of a professional football club, you'll be able to access areas such as the changing rooms, trophy cabinet, press room, and even the police cells (!) on a regular basis.

COACHING PLACEMENTS

Students will experience coaching opportunities under the guidance of the Foundation's community coaching team in a variety of settings such as schools and at The Nest.

ST GEORGE'S PARK

Students will have the opportunity to visit the official England training camp, St. George's Park. The tour gives students the unique chance to go behind-the-scenes at The FA's National Football Centre, home to all 24 England teams as they train ahead of international fixtures.

LIFE SKILLS.

Throughout their time on the programme, students are surrounded by positive role models who have experience in a variety of areas, and provide a support network for the students.

Students are also supported with their off-field development through the Life Skills Programme, which focuses on topics that complement both the student and programme's needs. Over the two years, students will receive workshops and additional support in the following core areas:

- Alcohol awareness
- CV writing
- Driving awareness
- Mental health
- Next steps
- Personal finance
- Relationships
- Sexual health
- Social media
- Theory Test support



“ Staff have had a huge impact on me maturing as a person. From the start, I was always supported and throughout both years I was confident I could come to any of them if I had a problem. ”

PRESEASON.

Prior to starting with us in September, students across all programmes will complete a full preseason programme, and at the same time complete the nationally recognised National Citizen Service (NCS) programme, adding further value to their CVs and potential future university applications.

The preseason combines physical and technical development, alongside a series of professional development workshops as part of our wider Life Skills offering. On the NCS programme, students will also enjoy two-weeks of residentials at activity centres both in and out of Norfolk, with the focus being on team bonding.

“ Come the start of the season it is often clear that not only are we fitter and more prepared compared to other teams, we are also a tighter knit group. ”



OUR STAFF.

We are proud to have a team in place who can use their individual experiences to support, guide and inspire students during their time with us.

FOOTBALL

Our Boys coaching team is headed up by former Norwich City players Adam Drury, Simon Lappin and Ryan Jarvis. With 55 Premier League appearances between them, students are fortunate enough to benefit from their years of experience and understanding of the game.

The girls are also fortunate enough to benefit from UEFA B licensed coach and current Norwich City FC Women's player Megan Todd, alongside her assistant coach (and former Football & Education student) Summer Ward.

EDUCATION

Our fully-qualified tutors have experience across a range of educational settings. Each tutor also has their own area of specialism, allowing them to guide students looking to pursue career pathways in coaching, sports development and PE teaching.

The grades achieved and the wide array of successful career paths demonstrated by our previous alumni are testament to the hard work and dedication that our teaching staff put into each and every student under our care.

PROGRESSION AND WELFARE

Another former Canary completes our team line up, with Rossi Jarvis responsible for the welfare and progression of all students on the programme. Away from his footballing career, his experience of one-to-one support as a prison officer ensures he is well-equipped to support with our student's mental wellbeing and career aspirations.

All students will have a individualised support plan with Rossi in place to help them achieve their goals.



“
All the coaches
are very helpful
and helped me
improve my game
massively.”

MEET THE TEAM.



ADAM DRURY
Football Development
Manager (16-19)



SIMON LAPPIN
Football Development
Officer



RYAN JARVIS
Football Development
Officer



GRAHAM LEWIS
Football Development
Officer



MEGAN TODD
Girls' & Women's Football
Development Manager



SUMMER WARD
Girls' & Women's
Football Coordinator



PAUL HOLMES
Education Manager
(16-19)



NICK BOND
Football &
Education Tutor



RYAN OAKLEY
Football &
Education Tutor



KATHRYN STANLEY
Football &
Education Tutor



ROSSI JARVIS
Welfare &
Progression Officer



STEVIE BRAMBLE
Head of Curriculum



THE FACILITIES.



01



Alongside the staffing and programme experience, students also benefit from having daily access to best-in-class facilities. Whilst the stadium provides an unrivalled learning environment for education, students are lucky enough to benefit from the Foundation's 22-acre sports facility, The Nest, for their football element of the programme.



01 CARROW ROAD

An inspirational base for all of our education provision. Studying at the home of Norwich City Football Club provides day-to-day insight into the workings of a professional football club.

02 3G PITCH (THE NEST)

The floodlit, full-sized state-of-the-art 3G pitch provides our footballing base. With numerous portable goals and training aids coaches are able to deliver a real "professional" training ground experience.

03 NORFOLK HIRE ARENA (THE NEST)

With seating for over 100 spectators and a PA and music system it allows us to replicate a full matchday fixture experience every Wednesday.

04 ANALYSIS SUITE (THE NEST)

A state-of-the-art analysis suite, complete with the latest Apple technology, provides students with all of the resources they need to spend further time on their "on-pitch" development.

FOUNDATION FAMILY.

Our programmes are designed to maximise a student's career development and opportunities.

To date, numerous students have moved onto higher education and employment, with opportunities including overseas scholarships in the USA, semi-pro & pro football, internships at Norwich City Football Club, and of course, employment with the Community Sports Foundation.

Here are just some of their success stories:



SONNY CAREY

After being released from Norwich City FC Academy, Sonny worked hard with our coaches to develop his game, alongside full-time studies. After combining local adult football with his training programme, Sonny moved to National League side King's Lynn Town FC, before completing a dream move to Championship side Blackpool.



JOSIE JARVIS

Josie worked relentlessly for two years to achieve her dream of studying in the USA. After excelling both academically and on the pitch, "JJ" was rewarded with an excellent scholarship offer to study and represent Northern Oklahoma College.



TOM WRIGHT

A member of our first ever cohort, Tom left with the best possible grade of D*D*D*. Tom went on to pursue Higher Education studying Physical Education with our partners at UEA, and subsequently his full PGCE teaching qualification. Tom is currently employed as a full-time PE teacher, and acts as a great role model for current students looking to achieve similar career goals.



OLLIE SYKES

Through his time on the course Ollie was able to gain a real insight into the different working roles within a professional football club, from analysis to media and operations. Inspired by this, and paired with excellent academic achievements on the course, Ollie landed a role at the Club's academy as Operations Assistant.



OWEN WOODHOUSE

Owen found an environment within Carrow Road that he really connected to and exceeded academic expectations. Joining our Junior Coaches Club provided him with the opportunity to start his coaching qualifications. After gaining experience as an apprentice, Owen is currently excelling as a member of the Foundation's coaching team.

PROGRAMME AIMS & OBJECTIVES.

Aim:
To deliver a supported pathway where like-minded students can maximise their personal progression both on and off the pitch.

OBJECTIVES

Provide a learning environment that uses the power of sport, football and Norwich City FC as a tool for engaging delivery at every possible opportunity.

Provide a high-quality football learning provision focused on personal progression rather than results.

Provide a holistic personal development programme that underpins academic and football progression.

Provide experiences and information linked to relevant football, academic and vocational exit routes with clear, proven and supported individual pathways in place.

Provide environments that engage, inspire, challenge and develop at every opportunity.



APPLY NOW.

Entry requirements: to be accepted onto the courses, students are required to achieve **five Level 4 grades**, including Maths and English.



To register your interest for a place on the programme please scan here or apply online via:
communitysportsfoundation.org.uk



Education Partner



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