

# SPORTS ACADEMY



# WELCOME



**MARK  
RYAN**  
PROGRAMME  
MANAGER

## Welcome to the Barnsley Sports Academy.

Over recent years Barnsley College has invested heavily in its sports provision with state-of-the art facilities at the Honeywell campus.

The College is continuing to grow and develop its support of students and has also focused on developing a national reputation for supporting individual athletes and producing some of the region's strongest and most successful sports teams.

So, if you are a current or prospective College student who is talented within any sporting field, then we would like to hear from you. Our Sports Performance and Athlete Coordinator will work with you and your tutors to tailor a personalised support plan to help you combine studies, training and competition.



# OUR AIM IS TO UNITE EDUCATION AND SPORT

We will provide opportunities for students to achieve both academic and sporting excellence.

Whilst each Performance Academy functions in its own unique way, each provides:

### Facilities:

- Outdoor floodlit third generation synthetic turf pitch
- Multi-use games area
- Two Sports Halls with performance standard sprung flooring
- Two state-of-the-art Fitness Centres
- Professionally maintained grass pitches
- Sports Science and Physiology Lab equipped with the latest performance analysis software
- Specialist Sport Massage suite
- Conference and meeting rooms
- 16 classrooms fully equipped with interactive and specialist technology

- Expert technical and tactical coaching
- Performance analysis
- Physiological conditioning
- Psychological development workshops
- Nutritional advice, guidance and support
- Access to sports therapy
- Opportunities to gain additional sports qualifications\*

\* subject to conditions

### Sports Performance Academies The Sports Academy offers a series of Performance Academies for:

- Football
- Referees
- Rugby Union
- Basketball
- Netball
- Health and Fitness
- Individual Athletes



# ACADEMIC EXCELLENCE

Once a student enrolls to a College course they will be assigned a Personal Tutor who will work alongside the Programme Manager to tailor a balanced personalised learning programme.

Performance-based training and competition will be determined by the student's ability to meet all of their academic targets.

The Programme Manager and Academy staff will liaise closely with Personal Tutors to ensure all students maintain progress within their area of study.

## How to become part of the Sports Academy

No matter which subject area you study, you can also become part of the Sports Academy (subject to meeting the criteria).

If you are not yet a student but you intend to enrol to the College, ask our Information Advisers, your Interviewing Tutor or Student Services to put you in contact with our Sports Performance and Athlete Coordinator.

For existing College students who would like to become part of the Sports Academy, contact the Sports Department Reception on 01226 216 676 or visit our website [www.barnsley.ac.uk/sports-academy](http://www.barnsley.ac.uk/sports-academy)

A member of the team will then arrange for you to visit the Sports Centre and meet our Academy team.

## Membership Criteria Summary

- Aspire to achieve academic and sporting excellence.
- Submit academic work to deadline.
- Maintain an Excellent level of attendance (academic and performance sessions).
- Adhere to the Academy and College code of conduct.
- Be a gifted, talented or high level performer.

# SPORT BURSARIES

We are committed to supporting our high performing athletes in combining sporting and academic excellence. We have a number of Elite Sport Bursaries to award to performers who meet specific criteria.

You don't have to be studying sport to apply for an Elite Sports Performer Bursary – all students are welcome.

## Recent successes



**Beth England**  
Former A Level student  
Chelsea and England Ladies



**Amy Turner**  
Former Level 3 sport Student  
Manchester United and  
England Ladies



**Marc Roberts**  
Former Level 3 Sport student  
Birmingham City  
Football Club



**Jordan Barnett**  
Former Level 3 Sport student  
Barnsley Football Club

# BASKETBALL ACADEMY

**The Academy offers talented young players the opportunity to combine Basketball alongside any programme of study within the College.**

A total of six to eight hours of specialist coaching is programmed into the timetable. Training takes place at Honeywell Sports Centre's outstanding facilities and the Basketball Performance team competes in the Association of Colleges Sport North East Regional League on Wednesday afternoons.

The College has teamed up with Sheffield Sabres who compete in the English Basketball League. The partnership aims to help players progress and continue with their development once they have completed their studies.

Furthermore, players will receive strength, conditioning and psychological development workshops, along with nutritional advice and physiotherapy support.

# REFEREES' ACADEMY



**Barnsley Sports Academy has teamed up with Barnsley and District Referees' Association and the Sheffield and Hallamshire County FA to launch and develop an exclusive Refereeing Academy at the Honeywell campus.**

The Academy will offer a programme that gives young referees an excellent opportunity to combine education and officiating.

This unique academy allows young referees studying at the College to receive expert technical development training, coaching, mentoring and assessments, fitness and conditioning coaching, as well as nutritional advice and psychological and physiotherapy support.

The students will develop and enhance all areas of their performance from the use of effective player management strategies to law interpretation and application.

**Furthermore, referees will gain invaluable officiating experience working as a Referee and Assistant Referee on:**

- English Colleges FA, Premier/Development Leagues
- Association of Colleges Sport, Elite/Development Leagues
- Barnsley FC Academy matches

All qualified referees must be registered with Sheffield and Hallamshire County FA and should be members of Barnsley and District Referees' Association.





# FOOTBALL ACADEMY

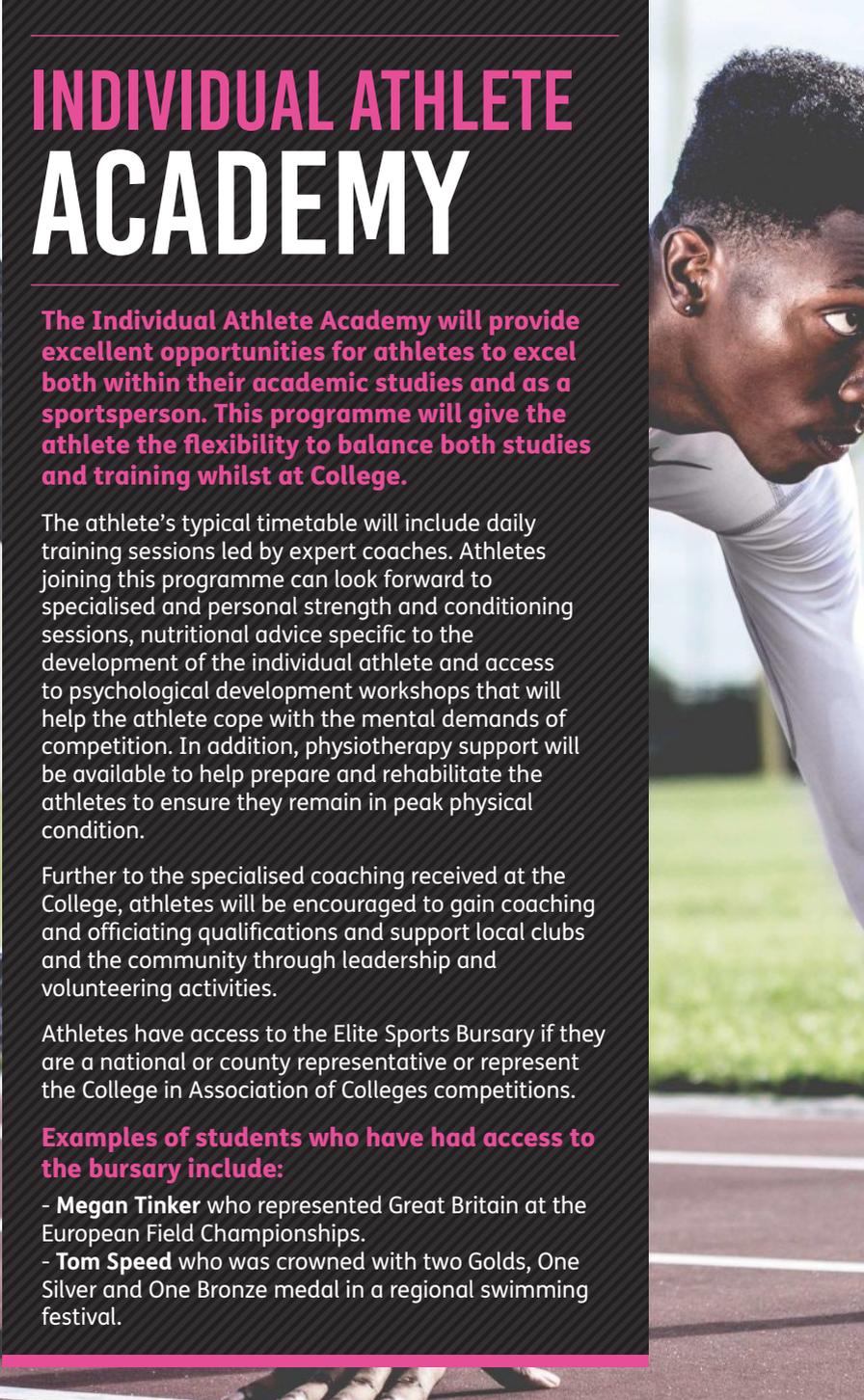
The Football Academy offers talented young male and female footballers the opportunity to combine performance and academic excellence.

The programme often attracts high-ability students and offers them a route into professional football academies. The College's Football Performance teams have an excellent reputation both regionally and nationally and compete in the English Colleges FA League structures.

Footballers within any of the development squads have access to six to eight hours per week of expert coaching and sports science support. This includes technical, tactical, strength and conditioning coaching. Further support is also offered in the form of both nutritional and psychological advice and sports physiotherapy.

Our Academy partnerships strengthen the success of the teams, offering gifted and talented footballers the possibility of development opportunities with Barnsley FC, Barnsley Ladies, Worsbrough Bridge Athletic FC and Stocksbridge Park Steels FC age-group academies, as well as many professional football clubs. There is a strong working partnership with Pass4Soccer where footballers have the opportunity to progress onto USA Scholarships.

The Academy also offers excellent playing facilities as a result of its strong partnerships with local semi and professional football clubs. Moreover, players are presented with the opportunity to earn selection for county and national colleges squads and are able to experience international cup tournaments.



# INDIVIDUAL ATHLETE ACADEMY

The Individual Athlete Academy will provide excellent opportunities for athletes to excel both within their academic studies and as a sports person. This programme will give the athlete the flexibility to balance both studies and training whilst at College.

The athlete's typical timetable will include daily training sessions led by expert coaches. Athletes joining this programme can look forward to specialised and personal strength and conditioning sessions, nutritional advice specific to the development of the individual athlete and access to psychological development workshops that will help the athlete cope with the mental demands of competition. In addition, physiotherapy support will be available to help prepare and rehabilitate the athletes to ensure they remain in peak physical condition.

Further to the specialised coaching received at the College, athletes will be encouraged to gain coaching and officiating qualifications and support local clubs and the community through leadership and volunteering activities.

Athletes have access to the Elite Sports Bursary if they are a national or county representative or represent the College in Association of Colleges competitions.

**Examples of students who have had access to the bursary include:**

- **Megan Tinker** who represented Great Britain at the European Field Championships.
- **Tom Speed** who was crowned with two Golds, One Silver and One Bronze medal in a regional swimming festival.

# NETBALL ACADEMY

**The Academy focuses on supporting talented young Netballers to develop as performers and coaches whilst also achieving academic excellence as part of any programme of study within the College.**

Specialist coaching will be delivered by County Coach, Amy Horsfield, and will be timetabled across the week. The Netball Performance team will compete in the Association of Colleges Sport league.

Training and matches will take place at the outstanding indoor and outdoor facilities at the Honeywell Sports Centre.

Players joining the Netball Academy can look forward to a range of exciting and challenging training sessions delivered by our expert coaching staff.

Performers will also receive fitness, strength and conditioning plans, match analysis, psychological development workshops, nutritional advice and physiotherapy support to help them cope with the demands of the sport.

Our Netball provision will act as a pathway for students to progress into County Netball. We have established a partnership with Leeds Rhinos Super League Development and Academies to offer gifted players excellent development opportunities.

In addition to the coaching and sports science support received, students will have the opportunity to gain awards in coaching, officiating and support local community clubs through leadership and volunteering activities.

# RUGBY ACADEMY

**The Rugby Academy gives young talented rugby players the opportunity to combine academic excellence with player development.**

**The Academy provides expert coaching from RFU Rugby Coach Paul Kelly. Training and support will include:**

- Technical and tactical coaching
- Strength and conditioning training
- Nutritional guidance
- Psychological development workshops
- Physiotherapy and sports therapy support

The performance teams compete in the Association of Colleges Sport North East League and national cup competitions.

The playing and training facilities are utilised at Honeywell Sports Centre. Students also have the opportunity to trial for selection to represent the county and the Association of Colleges Sports national squad.

The past two years have seen three of the female squad represent Yorkshire and Humber at the Association of Colleges National Championships.

We have also developed partnerships with Barnsley RUFC and Sandal RUFC enabling students to further their rugby experience during or after College.

Further to this, students are encouraged to gain coaching and officiating qualifications and support local clubs and the community through leadership and volunteering activities.

# HEALTH AND FITNESS ACADEMY

**The Academy runs sessions designed to offer something different from regular gym routines.**

Every Wednesday students will have the opportunity to work alongside a Personal Trainer and professional support.

The Academy is supported by Enzo Guarini who has a wealth of experience within his field. Enzo has worked with a range of people from beginners to elite athletes, ensuring that each person reaches their desired goals. The Health and Fitness Academy offers a unique combination of one to one support as well as online support, making sure results can be achieved around busy schedules!

Not your 'same old workout', every session is a different challenge with a focus on dumbbell, kettlebell, bodyweight and cardio movements.

Our Health and Fitness sessions are a great way to mix things up while making yourself stronger, faster and leaner.

The Academy offers students the opportunity with an interest in Health and Fitness to pursue their goals from increasing fitness levels or losing weight, to bodybuilding. All bases are covered.

**Get ready to move, sweat and have fun getting active!**



# BSA LEADERSHIP WORKFORCE

**The workforce focuses on supporting students who have a desire to progress into various aspects of sport including; Ambassadorial roles, Coaching/Leading, Performance Analysis, Sports Therapy, Strength and Conditioning and Participation and Engagement.**

Specialist staff will manage and support each element of the workforce and provide students with personal development opportunities.

**Students will have the opportunity to gain real life experience within sports performance through:**

- Performance analysis and producing reports for coaching staff and players.
- Shadowing the Academy Physiotherapist and acquiring First Aid qualifications to become pitchside staff.
- Supporting the coaching staff to develop as coaches and practitioners within their chosen sport and take active roles in the development of the performance teams.
- Shadowing and supporting the Strength and Conditioning coach within the Sports Academies for all athletes.

**Roles include:**

- Recruitment
- Marketing
- Planning
- Delivery
- Data collection
- Measurement and Evaluation





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## Our Partners

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PRO-AM KITS



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### Postal address

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