



INDIVIDUAL ATHLETE ACADEMY

The Individual Athlete Academy will provide excellent opportunities for athletes to excel both within their academic studies and as a sportsperson. 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.

Our Academy players have access to top-class facilities in the Barnsley Sports Academy, supporting players to perform at elite level.

State-of-the-art facilities include:

- > Two gyms
- > Video analysis
- > Structured training schedule
- > Match analysis
- > Sports therapy
- > Strength and conditioning facilities
- > Sports massage suite



All individual athletes are part of the TASS scheme, a Sport England-backed programme that provides young sportspeople with the opportunity to gain qualifications alongside their sporting pursuits, follow other interests and further their personal development.

THE ELITE SPORTS PERFORMER BURSARY

The Barnsley College Sports Academy is committed to supporting elite athletes, combining sporting and academic excellence, and has a number of sports bursaries to award to our elite athletes who meet specific criteria.



APR0424AA

For more information please email Luke Forgione at:
✉ l.forgione@barnsley.ac.uk