



BROOKE HOUSE COLLEGE
ENGLAND

Oct 2024

Welcome to the Football Academy!

I appreciate for some this has been a delayed start, and others are already up and running. We aim to do our very best to catch up for lost time and ensure the programme is to be jam packed with a variety of sessions, fixtures, activities, and opportunities between now and the end of term.

We will have a “Mini Pre-Season” during the first couple of days of the half term where we will cover inductions, system sign ups, kit allocation and a variety of testing as well as some introductions and refreshers on our philosophy, values, and expectations. The main reason for reducing the Pre-Season is because we have had to delay our start in a few competitions and leagues meaning we have several games to catch up on, with the first fixtures starting from the Wednesday of half term.

With this in mind, I hope each player has kept on top of their training programme and that they are in good physical condition to be able to hit the ground running on arrival. All players will complete the physical testing that we have in place to provide us a baseline fitness level. This baseline level will support the medical team should they get injured and highlight any issues that may arise, as well as collecting further data to log improvements made across the year. Each player will get a MATCHmeeting log in to be shared with parents to ensure you are able to view their fixtures, feedback, player profiles, and reports via this software.

Some key points to be aware of is the fact that we have banned the “mini” size shin pads as they have proved to offer little and no protection to the players and we have brought in a policy that shin pads must be worn for every training session and game unless told otherwise. This is to ensure that the players avoid any unnecessary injury that may result in them missing training and games but also to allow us to train at an intensity level that would enhance individual development with an added peace of mind.

We will be filling the programme with as much football as possible which is likely to include some evenings and weekends but are also mindful of the students having time to focus on their studies. Every student’s timetable could look different depending on the demands of their programme. We’re running the programme from Monday 21st October until Friday 6th December, with potential opportunities to attend some trips, tours, tournaments, and further events on offer for some students post the end of term as well as an option to stay on for a non-football Winter Camp.

I look forward to welcoming you all to Brooke House College Football Academy on Monday 21st October.

Kind Regards,

Ashley Foyle,

Brooke House College Football Academy Manager