

BW PASE

FITNESS AND WELLBEING



CLUB AND ACADEMY
KIT PARTNER



MAIN CLUB SPONSOR
AND EDUCATION
PARTNER



LEAD ACADEMY
PARTNER



AUTUMN 2019

Colindale Campus
Wed 06 November
15:30–18:30

Southgate Campus
Sat 09 November
10:00–14:00

Wood Street Campus
Wed 13 November
15:30–18:30

SPRING 2020

Southgate Campus
Wed 04 March
15:30–18:30

Colindale Campus
Sat 07 March
10:00–14:00

Wood Street Campus
Wed 11 March
15:30–18:30

SUMMER 2020

Colindale Campus
Thu 18 June
17:00–18:30

Southgate Campus
Tue 23 June
17:00–18:30

Wood Street Campus
Thu 25 June
17:00–18:30

OPEN EVENTS 2019-20



#BePartOfOurStory

barnetsouthgate.ac.uk | 020 8266 4000

Barnet
Southgate
College 



WELCOME

FROM MEGAN REID

LEAD THERAPIST AND MENTOR

DEAR STUDENT,

THANK YOU FOR COMPLETING THE ENROLMENT PROCEDURE AND FOR THE INTEREST YOU HAVE SHOWN IN OUR FITNESS AND WELLBEING PROGRAMME.

BOREHAM WOOD FC HAVE RUN THE LARGEST SPORTS EDUCATION SCHEME FOR 16-19-YEAR OLD'S IN THE UNITED KINGDOM SINCE 2002. THE PASE (PROGRAMME FOR ACADEMIC AND SPORTING EXCELLENCE) ACADEMY WAS ESTABLISHED WITH THE AIM OF GIVING YOUNG MEN THE OPPORTUNITY TO COMBINE EDUCATION WITH TOP LEVEL FOOTBALL COACHING, INFRA-STRUCTURE AND FACILITIES OUTSIDE THE PROFESSIONAL GAME.

WE HAVE NOW OPENED UP THE SAME OPPORTUNITIES FOR 16-19-YEAR OLD MALE AND FEMALES WHO MAY NOT HAVE THAT INTEREST IN FOOTBALL, BUT STILL WANT TO REMAIN FIT, HEALTHY AND ENGAGE WITH LIKE-MINDED INDIVIDUALS IN A SAFE AND PROFESSIONAL ENVIRONMENT TO DO SO.

BOREHAM WOOD FC'S PASE ACADEMY OFFERS SO MUCH MORE THAN SIMPLY EDUCATION AND FITNESS AND WELLBEING, AND AS LONG AS YOU HAVE THE CORRECT ATTITUDE, DISCIPLINE AND DESIRE, YOU WILL GET THE VERY BEST OUT OF YOUR EXPERIENCE WITH US.

WE UNDERSTAND AND EMPHASISE THAT YOUR EDUCATION MUST BE THE PRIORITY TO YOU AND WE ARE HERE TO SUPPORT YOU IN ANY WAY WE CAN. WE WANT TO WORK WITH YOU TO GET THE BEST EXPERIENCE YOU CAN WHILE ENROLLED WITH THE COLLEGE AND OUR FITNESS AND WELLBEING PROGRAMME, MAKING OUR EXPERTISE AND FACILITIES AVAILABLE TO YOU TO IMPROVE YOUR MINDSET, HEALTH, WELLBEING AND LIFESTYLE.

WE WILL SCHEDULE SESSIONS TO SUIT YOU AND YOUR EDUCATION WHILST ENSURING THAT WE ARE MAKING A PHYSICAL AND MENTAL DIFFERENCE TO YOU WHILST YOU ARE WITH US. PROGRAMME'S WILL BE CUSTOMISED TO YOUR NEEDS AND TAILORED TO YOUR GOALS, SHOULD THIS BE IMPROVING FITNESS, WEIGHT LOSS, TRAINING FOR AN EVENT, DEVELOPING BETTER COPING STRATEGIES, RECOVERING FROM INJURY, NUTRITION PLANNING OR LEARNING TO COOK WHOLESOME HEALTHY MEALS.

AS COURSES BASED AT WOOD STREET CAMPUS CAN BE INTENSE, WE REALISE THAT YOU MIGHT NOT WANT TO OR BE ABLE TO COMMIT TO REGULAR SESSIONS BUT THAT ISN'T A PROBLEM AS WE ALSO OFFER A WIDE RANGE OF OTHER SERVICES AND ENRICHMENT OPPORTUNITIES THAT MIGHT BE OF INTEREST TO YOU, THESE INCLUDE: -

OUR TOWN. OUR CLUB. OUR COMMUNITY.

- FULLY TRAINED PERSONAL TRAINERS WITH OVER 10 YEARS IN THE INDUSTRY
- FULLY EQUIPPED GYM FOR YOUR USE ON SITE AT BOREHAM WOOD FOOTBALL CLUB
- TAILOR MADE FITNESS PROGRAMS SPECIFIC TO YOUR NEEDS
- CUSTOMISED DIETARY PLANS
- COOKERY WORKSHOPS AND REGULAR HEALTHY RECIPE CARDS BY OUR OUTSTANDING CATERING DEPARTMENT
- PSYCHOLOGY WORKSHOPS
- ALL INJURY TREATMENT AND ADVICE GIVEN WHETHER FOOTBALLING INJURY OR SOMETHING ELSE, OVERSEEN BY OUR MEDICAL DEPARTMENT
- A BRAND NEW 4G ASTRO PITCH BUILT FOR YOUR TRAINING SESSIONS
- SUBSIDISED TRAINING KIT OFFER OF £175.00, WHICH WILL ALSO GIVES YOU A SEASON TICKET TO ALL BOREHAM WOOD FC HOME NATIONAL LEAGUE GAMES, PLUS ARSENAL FC DEVELOPMENT HOME GAMES PLAYED AT MEADOW PARK
- YOU WILL ALSO RECEIVE SUBSIDISED HOT MEALS FOR £1.50 DAILY ONSITE AT BOREHAM WOOD FC IF YOU PURCHASE A TRAINING KIT SET
- A MINIBUS SERVICE TO AND FROM THE WOOD STREET CAMPUS FOR TRAINING ONSITE AT BOREHAM WOOD FC
- PASTORAL CARE WEEKLY AT WOOD STREET IF REQUIRED TO HELP WITH ANY ISSUES THAT YOU ENCOUNTER
- REGULAR CORRESPONDENCE FROM US WITH CLUB UPDATES AND FITNESS AND NUTRITION ADVICE

PLEASE NOTE IF YOU HAVE ANY PROBLEMS WITH THE COLLEGE OR THE FITNESS AND WELLBEING PROGRAMME, OR JUST WANT MORE INFORMATION ON ANY OF THE ABOVE SERVICES OR FACILITIES PLEASE GIVE ONE OF THE TEAM A CALL ON 020 8953 5716.

KIND REGARDS,

MEGAN REID

BW PASE FITNESS AND WELLBEING
LEAD THERAPIST & MENTOR

	MENTOR- ING	SESSION 1	BREAK	SESSION 2	STAFF
MONDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
TUESDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
WEDNESDAY	NO SESSIONS				
THURSDAY	3.30-4.00PM	4.00-4.45PM	4.45-5.00PM	5.00-5.45PM	ANGELIKA BROWN
FRIDAY	NO SESSIONS				

ATTITUDE. DISCIPLINE. DESIRE.



INTERNATIONALS

ACADEMY PLAYERS WHO HAVE PLAYED INTERNATIONALLY...

FULL INTERNATIONALS

LEE HODSON - NORTHERN IRELAND

KYLE VASSELL - NORTHERN IRELAND

CALAUM JAHRALDO-MARTIN - ANTIGUA & BARBUDA

YOUTH INTERNATIONALS (ENGLAND SCHOOL'S & COLLEGE'S FA)

ELVIS BALIC

JON CLEMENTS

BRADLEY FRASER

JAY BRETT

JORDAN LAVAL

LEE CLOSE

CHARLIE HUNTER

RUDDOCK YALA

SAM DOOLAN

JAKE KNIGHT

MAXWELL HOLLAND

BEN GOODLIFFE

FRED BURBIDGE

SORBA THOMAS

ALEX MORGAN

ILIMAN N'DIAYE

CHEYCE GRANT

ARCHIE PEPPER

DANIEL CREESE

CHARLIE WICKHAM

HAMZA SEMAKULA



PASE PRO'S...

FORMER ACADEMY PLAYERS WHO HAVE BECOME PROFESSIONALS

LEE HODSON - WATFORD, MK DONS, RANGERS, GILLINGHAM

MATTHEW WHICHELOW - WATFORD

COREY WHITELY - DAG & RED, NEWPORT COUNTY

KYLE VASSELL - PETERBOROUGH UNITED, BLACKPOOL, ROTHERHAM UNITED

INIH EFFIONG - ROSS COUNTY

PELLY RUDDOCK - WEST HAM UNITED, LUTON TOWN

SIMEON AKINOLA - BARNET

CALAUM JAHRALDO-MARTIN - HULL CITY

BEN GOODLIFFE - WOLVES, DAG & RED

ILIMAN N'DIAYE - SHEFFIELD UNITED

SORBA THOMAS - BOREHAM WOOD

You could BE THE NEXT...

WEARETHEWOOD



OUR TOWN. OUR CLUB. OUR COMMUNITY.



ACADEMY KIT

GET YOUR PUMA TRAINING KIT SET TODAY!

FOR 2019/20 THE PASE ACADEMY
TRAINING KIT SET WILL BE MANUFACTURED
BY **GERMAN SPORTSWEAR GIANTS PUMA.**

KIT SET INCLUDES **7** ITEMS:

TRAINING JUMPER, T-SHIRT, SHORT & SOCKS
TRAVEL 1/4 ZIP JUMPER, TROUSERS & KIT BAG

ALL ITEMS BRANDED WITH BOTH BOREHAM WOOD FC & PUMA LOGOS

ONLY £175.00

WE ARE THE WOOD

ATTITUDE. DISCIPLINE. DESIRE.

OUR TEAM



CHARLIE HUNTER
CHIEF EXECUTIVE



LUKE GARRARD
HEAD OF FOOTBALL



MEGAN REID
LEAD THERAPIST & MENTOR



ANGELIKA BROWN
ACADEMY THERAPIST & MENTOR



CAMERON MAWER
ACADEMY MANAGER & MENTOR



RICKY SHAKES
PERSONAL TRAINER



MAY MASON
CLUB NUTRITIONIST



ADAM WOODROW
SENIOR THERAPIST



LORETTA BROWNE
KIT MANAGER



DANIEL HUNTER
GROUNDS & MAINTENANCE



BEN WILEY
MEDIA INTERN

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SUMMER UPGRADES

NEW NORTH BANK AND PREMIER LEAGUE STANDARD CHANGING ROOM INSTALLED AT MEADOW PARK



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GUNNERS VISIT FOR ANNUAL PRE-SEASON FRIENDLY

WOOD EARN 3-3 DRAW AGAINST COMPETITIVE ARSENAL XI SIDE IN FRONT OF A BUMPER CROWD AT MEADOW PARK



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UPCOMING FIXTURES

AT MEADOW PARK...



VS. STOCKPORT COUNTY
SAT 21ST SEPT KO 3.00PM
VANARAMA NATIONAL LEAGUE



VS. NOTTS COUNTY
TUES 24TH SEPT KO 7.45PM
VANARAMA NATIONAL LEAGUE



VS. SOLIHULL MOORS
SAT 5TH OCT KO 3.00PM
VANARAMA NATIONAL LEAGUE



VS. AFC FYLDE
SAT 26TH OCT KO 3.00PM
VANARAMA NATIONAL LEAGUE

WEARETHEWOOD

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BRING A FRIEND!

AND GET BWFC TRAINING KIT WORTH £150

ENCOURAGE A FRIEND TO JOIN **THE PASE ACADEMY** AND SHOULD THEY ENROL YOU WILL RECEIVE LAST SEASON'S **ERREA TRAINING KIT SET FREE OF CHARGE***

KIT SET INCLUDES 10 ITEMS:

TRAINING JUMPER, T-SHIRT, TROUSERS, SHORT & SOCKS
TRACKSUIT JACKET, TROUSERS & POLO
WINTER VEST & KIT BAG

OR PAY AN **ADDITIONAL £50** AND RECEIVE THIS SEASON'S **PUMA TRAINING KIT SET!**

*YOURSELF AND FRIEND MUST REMAIN ENROLLED ON THE PASE ACADEMY UNTIL 31ST OCTOBER 2019. SUBJECT TO AVAILABILITY.



ATTITUDE. DISCIPLINE. DESIRE.