



BRIGHTLINGSEA
REGENT FC



SIGMA TRUST



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BRFC Colne Football Academy



'Providing quality education and training to realise the player's true potential'



The Colne Community School and College

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The BRFC Football Academy is an exciting venture between Brightlingsea Regent FC and the Sigma Academy Trust. Places at the Academy are open to school leavers who demonstrate the potential and flair for football and who are able to combine studies as part of the programme.



"This is a great opportunity for players to gain an excellent education combined with regular high quality technical and tactical coaching. This provision allows all members of the Academy to fulfil their potential"

Jon Taylor, Director of Sport
UEFA 'A' LICENSED COACH



The Aim

The BRFC Football Academy Programme will provide quality education and training to realise each players' true potential. By combining top class football coaching with full-time education and other training opportunities, the BRFC Football Academy Programme is able to offer a best route for students to progress into the Sports Industry and Further Education

"The Academy offers an outstanding opportunity for the talented and gifted footballer. Academic excellence through study with professional coaching and match play is the perfect combination. My experience in professional football has taught me that many boys can come into the professional game as late developers. This can be a slow process; here at the Academy we will offer football opportunities through education. The only limit is the player's potential"

Micky Cook, Director of Football
Ex-Colchester United F.C./Leyton Orient Professional
UEFA 'A' LICENSED COACH



Academic Programme

Students access full-time studies alongside their football coaching. Students have the option of following BTEC Sport courses, equivalent to 2 or 3 A levels, or a combination of BTEC and A level study.

In addition, students can also achieve Football Association coaching awards, other National Governing Body qualifications, leadership awards, sports injuries treatment qualifications as well as opportunities to coach young people in the community.



"The facilities and resources offered by the Academy will undoubtedly play a tremendous part in the development and success of these potential athletes"

Ryan Salter
BRFC Academy Coach



Technical Programme

The programme will consist of 2 hours per day of coaching (and/or matches) covering all technical and tactical aspects of the game. In addition players will be given guidance on individual fitness programmes including speed, agility, balance and endurance work. Strength and conditioning will also be developed in addition to video analysis.

Advice will also be given on diet, nutrition and hygiene together with comprehensive sports injury back up.

Competitive Opportunities

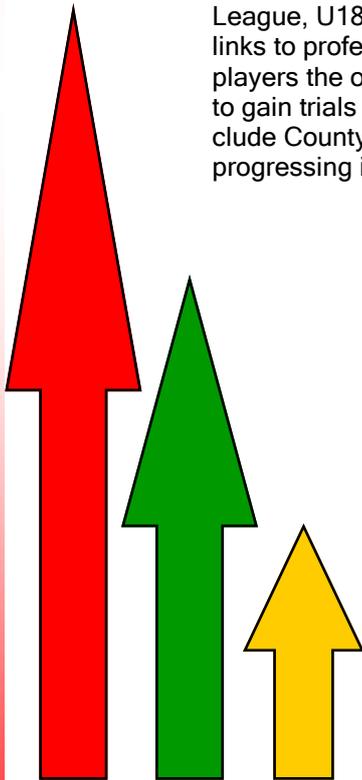
Students will play in the Football Conference Youth Alliance League, U18 floodlit league and FA Youth Cup. Established links to professional clubs will be further enhanced to give players the opportunities to strive towards standards needed to gain trials at this level. Representative honours may include County and National squad selection, in addition to progressing into BRFC senior teams.

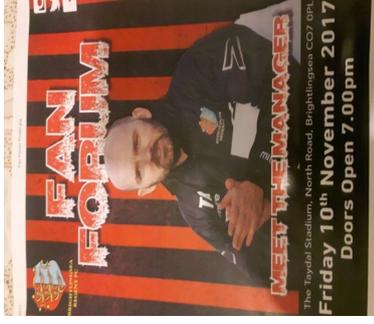
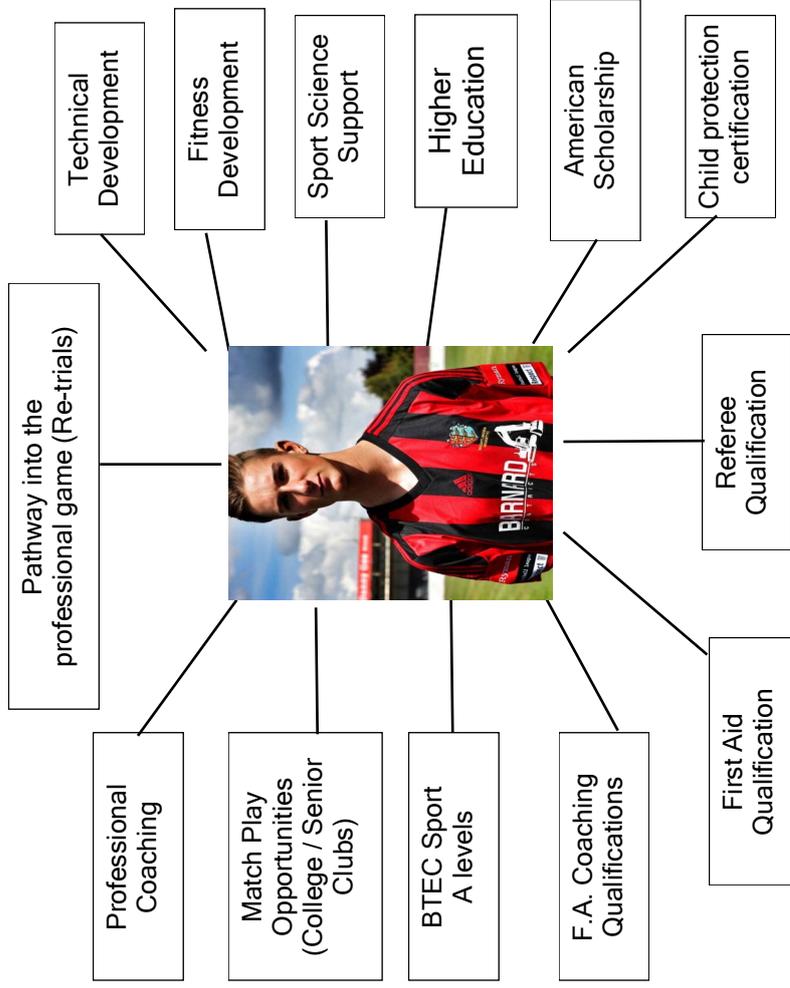


Progression

From the Football academy, students may progress to further education and/or a career in a number of different areas including Coaching, Sports Centre Management, Sports Injuries and Sports Administration.

The Colne already has established links with a number of Further and Higher Education providers including Essex University.





“An opportunity to gain academic qualifications and access quality football coaching. With regular mentoring students will be able to combine both disciplines and, alongside coaching qualifications, will be able to progress into sports related occupations and play football at a higher level.”

Tom Rothery
BREC 1st Team Manager

What should I do next?

To find out more about the BRFC Football Academy and the associated courses and opportunities, contact us immediately by filling in the tear-off slip and returning it to us.

Name: _____

Date of Birth: _____

Address: _____

_____ Postcode: _____

Telephone No: _____

Preferred playing position: _____

Teams played for (year): _____

Football background: _____

Secondary School attended: _____

*There will be a charge required towards kit
and physiotherapy*

PLEASE
AFFIX
STAMP
HERE

BRFC COLNE FOOTBALL ACADEMY
The Colne Community School and College
Church Road
Brightlingsea
Colchester
Essex
CO7 0QL