



KHFC GIRLS ACADEMY

19/20 SEASON
U19S TRIAL DATES + FAQs

#PRIDEOFWORCESTERSHIRE

EDUCATION

WHERE DOES THE COURSE TAKE PLACE?

Lessons will take place at the Centre of Sporting Excellence (CoSE), Zortech Avenue, Kidderminster, DY11 7DY. Other off-site locations, such as the University of Worcester, may be used throughout the year. Transport will be provided for these visits.

COURSES AVAILABLE

Level 2 - BTEC Certificate in Sport (*one year*)

Level 3 - (*year one*) BTEC National Extended Certificate in Sport/BTEC National Foundation Diploma in Sport

Level 3 - (*year two*) BTEC National Diploma in Sport/ BTEC National Extended Diploma in Sport

ANY REQUIREMENTS?

Level 2 - You will need four GCSEs at grade D/3; one or two GCSEs at grade C/4, or a Level 1 Sport qualification with grade Merit.

Level 3 - You must have successfully completed a Level 2 programme of learning with GCSEs, vocational qualifications including four GCSEs, or equivalent qualifications including Maths, English, Science & PE.

Please note, the offer of a place on the Academy course is also subject to a successful football trial.

You will be sent further details of how to register for the trials via the college website following receipt of your application and interview.

WHAT DOES THE COURSE CONSIST OF?

The course will be mainly delivered through taught classes and lectures, with some learning taking place using the college's VLE (Moodle), and other electronic means, including YouTube.

Assessments on the course will be varied, and could include written assessments, individual and group presentations, production of booklets and practical performance. There will also be an external component of assessment, in the form of synoptic assessments and examinations, which will be sent off to the exam board for marking and assessment.

WHAT ARE THE PROGRESSION OPPORTUNITIES?

If you have successfully completed and pass all units from the Level 2 qualification in a year, you may progress to further learning through the Level 3 Extended Certificate or Foundation Diploma, or alternatively seek employment within the sport and leisure industry. Alternatively, you could progress onto a second Foundation Diploma in a complementary sector, or a larger size BTEC National in the sport sector. This may include the Pearson BTEC Level 3 National Extended Diploma in Sport Development and Coaching.

WHAT AREAS OF THE SPORTS INDUSTRY WILL THE COURSE ENABLE ME TO FOCUS ON?

The course is designed so students/players can utilise their skills, and develop in areas of sport, even outside of football. Transferable coaching skills that can be applied across sports, will be part of your ongoing development during the course. You also gain an understanding of recovery, injury prevention methods, managing sports events and understanding the sporting industry from a business point of view.

MODULES INCLUDE (DIFFERS BASED ON LEVEL OF COURSE)

Anatomy and physiology
Fitness training and programming for health, sport and well-being
Professional development in the sports industry
Sports leadership
Application of fitness testing
Practical sports performance
Sports event organisation

Coaching for performance
Sports injury management
Investigating business in sport and the active leisure industry
Skill acquisition in sport
Sports performance analysis

FOOTBALL

**IT'S REALLY GOOD,
EVERYTHING IS VERY
WELL STRUCTURED,
TRAINING IS HARD
BUT IT GETS US READY**

Hannah Gallimore (RB)
Enjoying life as part of the KHFC Girls Academy!



HOW OFTEN IS TRAINING?

You will train three times per-week (Monday, Tuesday and Friday).

WHAT DOES THE GAMES PROGRAMME LOOK LIKE?

Games will take place weekly on a Wednesday in the AOC Championship.

CAN PLAYERS PLAY FOR OTHER CLUBS WHILE BEING PART OF KHFC?

It is paramount the players are given the best chance to develop as footballers. We provide a pathway to the Harriers Ladies first team, allowing our students to match experience at senior level.

Alternatively, if we feel that players will benefit from time at other clubs, then we will look to arrange this during the course of the season. This will be communicated every step of the way.

**WE MIX UP TRAINING
USING THE GYM, YOGA,
ANALYSIS SESSIONS,
AND SOCIAL EVENTS SUCH
AS PLAYING FOOTGOLF.**

Siobhan Hodgetts
Female Development Officer



WHAT PROGRESSION ROUTES ARE AVAILABLE AT KHFC?

The natural progression is for players from our U19s to progress into our U23s squad. This isn't a given, and every individual player will be different. Within our U23s programme, there are two routes to go down: a Football Business Management and Sports Coaching Foundation Degree (2 years), or a Personal Training (PT) course (1 year). Others may progress onto other Universities across the country to continue, if they wish, on a sports pathway in areas such as coaching, teaching, sports therapy, analysis, disability sports and sports business and management.

WHERE DOES FOOTBALL TRAINING TAKE PLACE?

All training and games take place at the Centre of Sporting Excellence (CoSE), Zortech Avenue, Kidderminster, DY11 7DY.



OTHER INFO

ACADEMIC ACHIEVEMENTS

OUR PASS RATES V NATIONAL AVERAGE
(17/18 ACADEMIC YEAR)

BTEC Level 1 Diploma in Sport and Active Leisure **100%** (85%)

BTEC Level 2 Extended Certificate in Sport **100%** (75%)

BTEC Level 3 Diploma in Sport: **92%** (87%)

BTEC Level 3 Extended Diploma in Sport **100%** (88%)

WHAT STAFFING STRUCTURE IS IN PLACE?

A large and high-quality staffing structure is in place, to ensure that players are given the best possible opportunity to develop both in the classroom and on the football pitch. Our staff will be responsible for the day-to-day running of the football programme:

Siobhan Hodgetts (U19s Girls Head Coach & FDO, UEFA B License)

James Long (Football Development Officer)

Andrew Blakeley (Academy Education Manager)

Thomas Palmer (U19s GK Coach & First Team Player)

Luke Astley (Lecturer)

Adam Evans (Lecturer)

Andrew Glover (Lecturer)

Pete Sollis (Sports Therapist)

Dan Jackson (PhD Sports Therapy Student)

Elliot Turner (Strength and Conditioning Coach)

Taylor Ormond (Performance Analyst)



IS THERE ANY TRANSPORT PROVIDED DURING THE COURSE?

Transport is provided from Stourbridge and Kidderminster train station each day if required, subject to approval (times to fit around training and education timetables).

WHAT EXTRA OPPORTUNITIES ARE AVAILABLE?

All students get opportunity to undertake the FA Level 1 coaching qualification. However, this is available on a first come, first served basis, and course fees are applicable.

All Level 3 year one students will undertake a Level 2 qualification in Community Sports Leadership

All students will undertake a two week work experience placement

WHERE CAN I FIND ACCOMMODATION?

Once a student is 18, student accommodation is available via Kidderminster Harriers where required.



ALTHOUGH IT'S A COLLEGE PROGRAMME, IT'S A REAL FOOTBALL ENVIRONMENT WITH THE U19S BOYS, U23S, AND FIRST TEAM ALL TRAINING AT COSE. IT REALLY BRINGS THE GIRLS TOGETHER, WHICH IS GREAT FOR OUR SQUAD. THE COURSE HAS A GREAT BALANCE OF FOOTBALL AND EDUCATION.

Siobhan Hodgetts
Female Development Officer



19/20 TRIAL DATES

Monday 17th February 2020

Friday 17th April 2020

Friday 29th May 2020

HOW DO I APPLY?

All applicants must apply via <https://bit.ly/2UHCVTO>

Any queries or questions, please email

siobhan.hodgetts@harriers.co.uk (Female Development Officer).



STAY UP TO DATE AND FIND OUT MORE:



[HARRIERS.CO.UK/TEAMS/ACADEMY](https://www.harriers.co.uk/teams/academy)



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[HARRIERS ACADEMY](https://www.youtube.com/HARRIERSACADEMY)

