



BBCS

SPORTS
ACADEMIES

ABOUT BCS SPORTS ACADEMIES

BCS Sports Academies were developed to provide a platform for young athletes and pupils to reach their potential in sport. We work to create an environment where the pupils feel happy to push themselves to their limits and are supported in doing so. The academies primary aim is individual improvement which also feeds into whole school sport improvement.

Training takes place around school lessons, before and after school and we aim to have minimal impact on academic studies. The academies can boast international and national gold medallists as well as grade 9 and A* A level academic grades across various subjects. We are passionate about the academies and have worked hard at building them from their roots.

Richard Harrison-Poole
Director of School and Academy Sport
@BCSport

COACHING PHILOSOPHY

Our team of coaches are all sportsmen in the true sense of the word, encouraging our pupils to win, but also preparing them to act as suitable ambassadors for their sport and their school.

Many of our pupils are being trained for elite success, but as a school our Sports Academies have been designed to ensure that Academy members maintain their sense of reality, of moral living, of sportsmanship and of the need to support their teammates.

As a school, the Academy has been designed to not only deliver the very best sporting opportunities, but also to make sure that the educational, pastoral and social needs of the Academy pupils are carefully and expertly nurtured.

BCS has a range of top coaches and support staff who have local, national and international experience in their chosen fields. The expertise that these experienced coaches and staff bring to the school has enabled our own sports and physical education department to excel, and the school teams are more successful than ever.

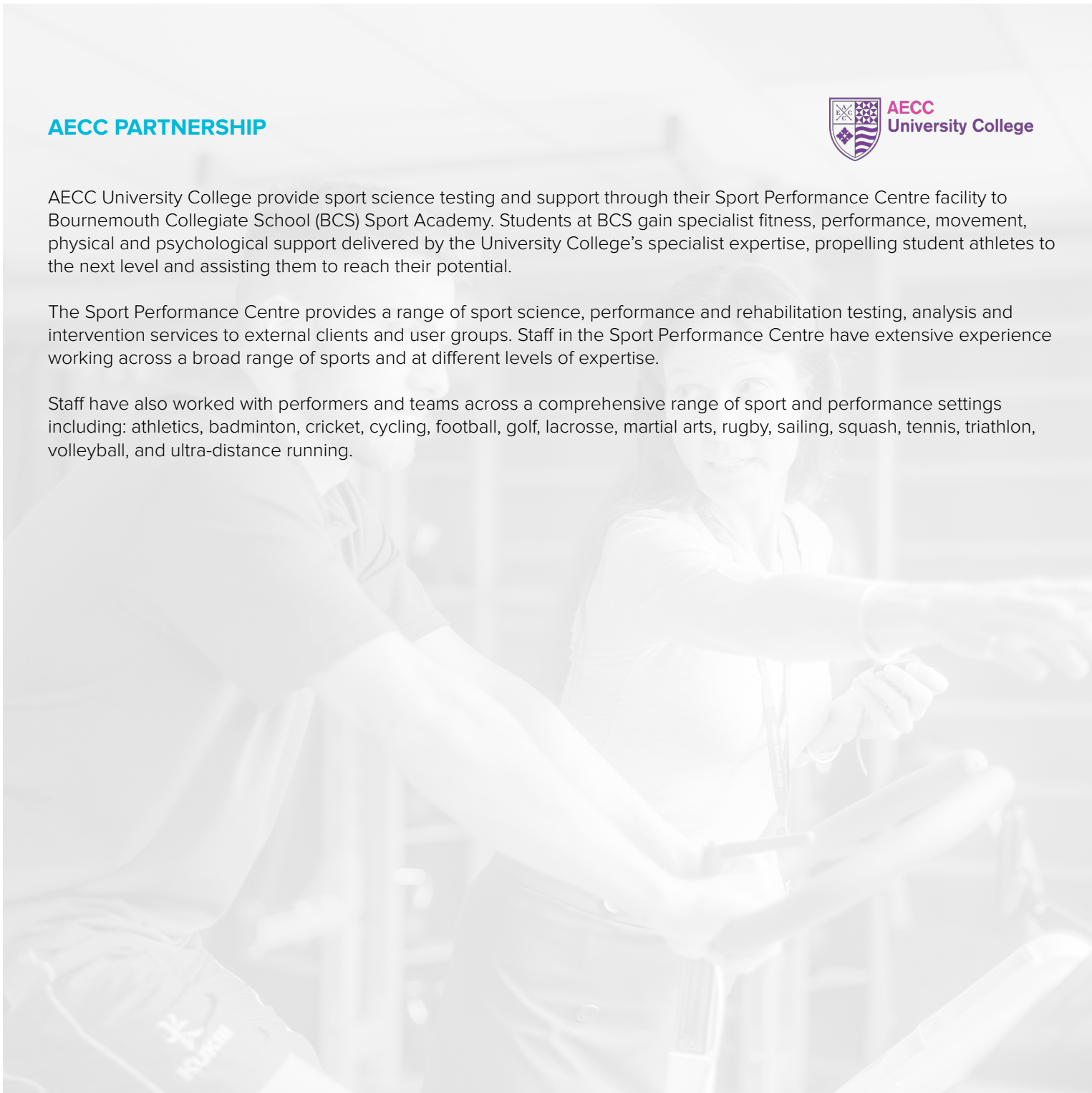
AECC PARTNERSHIP



AECC University College provide sport science testing and support through their Sport Performance Centre facility to Bournemouth Collegiate School (BCS) Sport Academy. Students at BCS gain specialist fitness, performance, movement, physical and psychological support delivered by the University College's specialist expertise, propelling student athletes to the next level and assisting them to reach their potential.

The Sport Performance Centre provides a range of sport science, performance and rehabilitation testing, analysis and intervention services to external clients and user groups. Staff in the Sport Performance Centre have extensive experience working across a broad range of sports and at different levels of expertise.

Staff have also worked with performers and teams across a comprehensive range of sport and performance settings including: athletics, badminton, cricket, cycling, football, golf, lacrosse, martial arts, rugby, sailing, squash, tennis, triathlon, volleyball, and ultra-distance running.





BADMINTON ACADEMY

ENTRANCE CRITERIA

Entrants can join on two levels.

Development – Players need to be at a good school level.

Advanced - Playing at county level

KEY FEATURES

- Offers a focussed programme for players who have the potential to perform at a national or world class level
- Promotes a consistent Talent Identification System
- Player management
- Fitness testing throughout the year to evaluate fitness and conditioning levels
- Physiotherapy and psychological support
- School programme Badminton England Graded
- 5 hours of coaching a week with strength and conditioning both internally and externally combined
- Reports
- Goal setting
- Players can also gain access to 1-2-1 training with Helen Troke MBE during the week.

COACHES

Helen Troke MBE

Former Commonwealth and European Gold medallist

Former world Bronze medalist

Head coach of the Helen Troke Badminton Academy

Head Coach of the Bournemouth Performance Centre

Badminton England World class Coach

115 England caps

COST

Due to the nature of the Academy programme and each player having a bespoke timetable, the cost of the programme is unique to that player.

TIMETABLE

	7.00am - 8.00am	Lunch	Co-curricular	Evening
Monday		School club session		
Tuesday				Club sessions Performance centre 5.30pm-7.30pm
Wednesday				Club sessions Performance centre 6.30pm-8.30pm
Thursday		Yoga		
Friday				Club sessions Performance centre 4.00pm-5.00pm

Timetables are subject to change.



BASKETBALL ACADEMY



ENTRANCE CRITERIA

Entrants must have a love for the sport and commitment to training. Players must have sound ball skills, match awareness and the ability to learn

KEY FEATURES

Academy members will receive:

- Focussed programme for those who show potential to achieve at county, regional and national levels
- Specialist skills and techniques coaching
- Junior and Senior specific training sessions
- Position specific skills training
- Video analysis and feedback
- Game level fitness training
- Team building, motivation and positivity
- Licensing and insurance through England Basketball

COACHES

Oliver Wood

25 Years playing experience
Former Southampton University Womens Coach
Former Southampton University 1st Team Player

Chris Mills

Level 4 (International) Referee
Level 2 Coach

COST

Senior Squad : £410
Development Squad: £185

TIMETABLE

	Period 4 - 5	Co-curricular 3.45pm - 4.45pm	4.45pm - 6.30pm	6.00pm - 7.30pm	7.45pm
Monday	Sixth Form Training	Junior Pathway Year 7 - 8 (Open to all)	Full squad training session		
Tuesday					
Wednesday					
Thursday		Senior Year 9 - Sixth Form (Open to all)	4.45pm - 6.00pm Junior only session Year 8 - 11	Senior Seahawks Only	Solent home match Tip-off time
Friday					

Timetables are subject to change.

Senior Home Matches played Thursday Evenings. Away Matches vary, but due notice is given at the start of the season.



FOOTBALL ACADEMY



ENTRANCE CRITERIA

Applicants must have a sound technical understanding of passing, receiving, turning, moving with the ball and shooting. Players should be playing school level football and are ideally involved at beginner club level.

KEY FEATURES

Academy members will receive:

- A progressive coaching programme meeting individual needs with a view for team improvement
- Coaching sessions delivered by the FA and UEFA qualified coaches
- Futsal sessions
- Daytime sessions based around the players academic timetable
- Fitness testing throughout the year to evaluate fitness and conditioning levels
- Classroom based sessions including player and match analysis, performance profiling and goal setting
- Specific goalkeeper training
- Entry in local, regional and national competitions / tournaments
- Player pathway into Junior Premier League club - BCS United
- Opportunities to trial for Independent Schools FA representative teams
- Bespoke Football Academy clothing
- Opportunities to visit AFC Bournemouth

COACHES

Tom Symons – Director of Football
UEFA B licenced coach
Football Coach Educator

COST

BCS Football Academy Fees will be £495 and this will be billed across two terms with 50% on each of the spring and summer term bills.

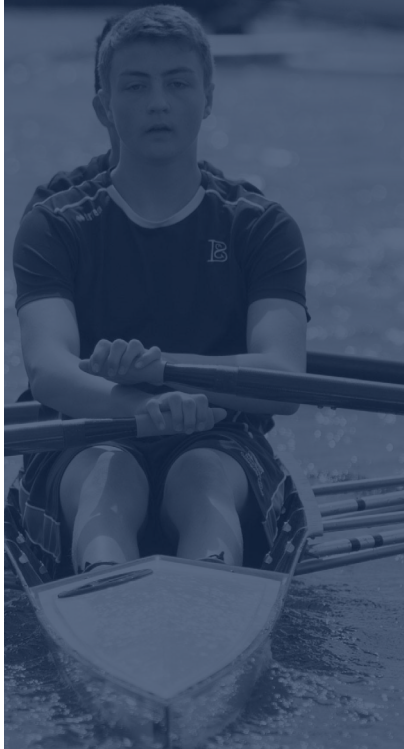
TIMETABLE

	AM	Periods 1-3	Lunch	Period 4	Period 5	Co-curricular	External
Monday							
Tuesday	7am-8.30am Year 7 - 11 Technical Tactical Training			Year 9 U14 Fixtures		Year 7/8 Squad Training	
Wednesday			Year 7-11 Strength & Conditioning Session	Year 7/8 U12/U13 Fixtures		Year 10/11 Squad Training	JPL Training Off Site
Thursday	7am-8.30am Year 7 - 11 Technical Tactical Training		Year 7/8 Winter Term Yoga	Year 10/11 U15/U16 Fixtures		Year 9 Squad Training	
Friday			Year 7-11 Goalkeeper Specific Training				
Saturday	Selection ONLY - Junior Premiere League Match Day						

Timetables are subject to change.



ROWING ACADEMY



AFFILIATION WITH CHRISTCHURCH ROWING CLUB



ENTRANCE CRITERIA

As rowing is a sport that you cannot participate in until secondary school all pupils to try out the sport. A four week taster course as well as learn to row sessions in the school holidays is offered.

After the taster course, the coaches will discuss you joining the Academy.

KEY FEATURES

All water sessions are run at Christchurch Rowing Club and all land sessions are held at BCS in the gym and the sports hall.

Rowers will receive:

- BCS Rowing Academy kit
- Transport to and from Christchurch Rowing Club for training sessions (except before school sessions, where parents are responsible for getting their child to the club)
- Fee paid to Christchurch Rowing Club, which covers the use of all agreed club equipment
- Timetabled sporting sessions
- High performance support
- Reduced fees for physiotherapy support
- Elite level coaching
- Progress reports
- Mentoring with your coaches

COACHES

[Jasmine Foley](#) - Head Coach
UKCC Level 2 Rowing Coach
Level 3 Advanced Personal trainer
RYA National Powerboat Level 2
NARS Life Guard
Emergency First Aid at BCS

[James Erwin](#) - Assistant Rowing Coach

TIMETABLE

	Morning training 6:45am-8:45am					Lunch session 12:30pm – 1:30pm	Games 1:15pm-3:30pm BUS LEAVES AT 1:15pm	Co-curricular training 3:45pm- 4:45pm
Monday	Group 1 + 2	Lesson 1 - 9:10am	Break - 10:10am	Lesson 2 - 10:30am	Lesson 3 - 11:30am	Yoga (Jones hall) All rowers	GAMES Sixth Form (body circuit)	
Tuesday	Group 1					Swimming Optional to all rowers	GAMES Year 9	Running (hill sprints) Year 9+10+11 + Sixth Form
Wednesday	Group 1 + 2					Jumps and core (gym) Year 9+10+11	GAMES Year 7+8 and Sixth Form	Ergo/weights (gym) Year 9+10+11+ Sixth Form
Thursday	Group 3						GAMES Year 10+11	

Timetables are subject to change.

COST

The cost is £665 per school year which can be paid in one lump sum or split over the three termly bills.

Additional costs

- Race entry fees throughout the year
- Transport with parents to and from racing events
- British Rowing membership, a requirement. (Fee is age dependant)
- Visit the link: <http://www.britishrowing.org/membership/types> to become a member. The coaches will let you know when your child is ready to race and at this point you will need to purchase them a British Rowing Membership.



RUGBY ACADEMY

THE BCS RUGBY ACADEMY WITH BATH RUGBY CLUB



OFFICIAL
SCHOOL
PARTNER

ENTRANCE CRITERIA

As a minimum players must be able to perform at school rugby level with some previous experience desired:

- Club players
- Potential to play at county level

KEY FEATURES

Academy members will receive:

- Training session at Bath Rugby's elite training facility, Farleigh House
- Gifted & Talented - 1 to 1 development for pupils selected by the school.
- Timetabled training sessions
- Fitness testing throughout the year to evaluate fitness and conditioning levels
- Physiotherapy and psychological support
- Reports
- External rugby trips
- Strength and conditioning
- Yoga

COACHES

[Michael Pope](#)

Head of Rugby

Cornish Pirates, Exeter Chiefs, Exeter University (BSc)

Level 2 Rugby Coach

COST

£ 225 per annum

TIMETABLE

	AM (7.20 – 8.00)	Periods 1-3	Lunch	Period 4	Period 5	PM (4.45 – 5.30)
Monday						
Tuesday				Year 9 U14 Fixtures		Rugby
Wednesday	Strength & Conditioning			Year 7/8 U12/U13 Fixtures		
Thursday			Yoga 12.30-1.10	Year 10/11 U15/U16 Fixtures		Rugby
Friday						

Expectation of all academy players is that they are expected to play for the school.

Timetables are subject to change.



ENTRANCE CRITERIA

Entrants will undergo a trial in an academy session to decide which level they would swim at. Swimmers will be placed in either the blue, silver or white training group. This directly dictates the level and amount they swim with blue being the higher ability swimmers performing at National level.

KEY FEATURES

- Timetabled swim sessions incorporated into the BCS school day
- A yearly integrated competition calendar/racing plan
- High performance support
- Elite level coaching both in the pool and gym
- Progress reports
- Mentoring sessions with your coaches
- Long course training sessions

ADDITIONAL COSTS:

- Race entry fees throughout the year
- Transport to and from racing events
- ASA membership is a requirement and will be taken care of by the BCS club secretary Richard Ashford membership@bcsswimming.co.uk

COST

For BCS Students

Blue Group £25.00 per month

Silver group £20.00 per month

White group £15.00 per month

Swim England £60.00 per month

External swimmers pay an increased monthly coaching fee dependant on squad, plus an annual membership fee of £60 along with the annual Swim England membership fee of £60.

TIMETABLE

	Development		Age Group		Youth	
	AM	PM	AM	PM	AM	PM
Monday	6am - 7.30am Prep	5.30pm-7.15pm Senior		5.30pm-7.15pm Senior 4.55pm -5.25pm S & C	6am-8am Senior	3.45pm-5.30pm Senior 5.30pm-6pm S & C
Tuesday			6am-8am Senior	3.45pm-5.30pm Senior	6am-8am Senior	5.30pm-7.15pm Senior 4.45pm-5.30pm S & C
Wednesday	6am-7.30am Prep				6am - 8am Senior	3.45pm-5.15pm Senior
Thursday			6am-8am Senior	5.30pm-7pm Senior 4.55pm-5.25pm S & C		3.45pm-5.30pm Senior
Friday	6am - 7.30am Prep	4pm-6pm Senior		4pm-6pm Senior	6am-8.15am Senior	
Saturday	5.45am-7.45am Senior	7.50pm-8.20pm S & C	5.45am-7.45am Senior		7.45am-9.45am Senior	

S & C: Strength & Conditioning

Expectation of all academy players is that they are expected to play for the school.

Timetables are subject to change.

OUR COACHES

Sam Woodward

Head Coach

County Coach

ASA club coach - level 3

Asa level 2 teacher with advanced coaching

IOS level 3 assessor

Tony Watson

Development Coach

ASA club coach - level 3

Olympic coach - Sydney 2000

World championship coach 2003

Commonwealth games 2002

Multiple World Cup meet swim coach

James Ryan

Swimming Coach

ASA level 2 coach

ASA level 2 teacher

Hayley Morris

ASA Level 2 coach

Level 3 triathlon coach



TENNIS ACADEMY

BCS TENNIS ACADEMY WITH THE WEST HANTS CLUB

THE
WEST HANTS CLUB

ENTRANCE CRITERIA

Entrants must have a 8.2 rating or better by the April prior to entry in year 7. All applicants must be assessed for academy selection. LTA national ranking is also considered.

Entry into other year groups is by application and player must meet the age group criteria. Academy applicants will be expected to spend a trial day in BCS and a tennis assessment day at The West Hants Club the January before the September start.

KEY FEATURES

Players will receive:

- Programmes tailored to individual needs and devised to maximise potential and deliver high performance training.
- Training delivered by a West Hants Academy coach at West Hants facilities
- Daytime sessions based around the players academic timetable
- Fitness testing throughout the year to evaluate fitness and conditioning levels
- Musculoskeletal screening with specialists to assess any imbalances to apply corrective measures.
- Physiotherapy and psychological support
- National Coaches support
- Annual tournament plans
- School National Team competition entry
- Video analysis and goal setting
- Junior membership to West Hants
- Player development
- Academy clothing

COST

Due to the nature of the academy programme and each player having a bespoke timetable, the cost of the programme is unique to that player.

TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		Group strength and conditioning	Basketball skills 7.25am-8.15am		
Lesson 1					Individual session
Break					
Lesson 2					Individual session
Lesson 3		Individual session			
Lunch			Individual session		
Lesson 4		Group session	Individual session	Group session	
Lesson 5		Group session		Group session	
Co-curricular		Individual session			
PM	Group Strength and conditioning and squads		Squads		

Note: This is an example of the bespoke timetable players will receive. Timings/activities will vary depending on the individual.

THE WEST HANTS COACHES

Mark Reid

Director of Tennis

Holds the LTA Performance Coaches Award
Coach Educator for the LTA for 15 years
Been with West Hants since 1999

Karim Aouichaoui

2nd in LTA Performance Coach of the Year
Hampshire Captain
Represented Great Britain from under 10- under 16

Richard Irwin

Academy Coach

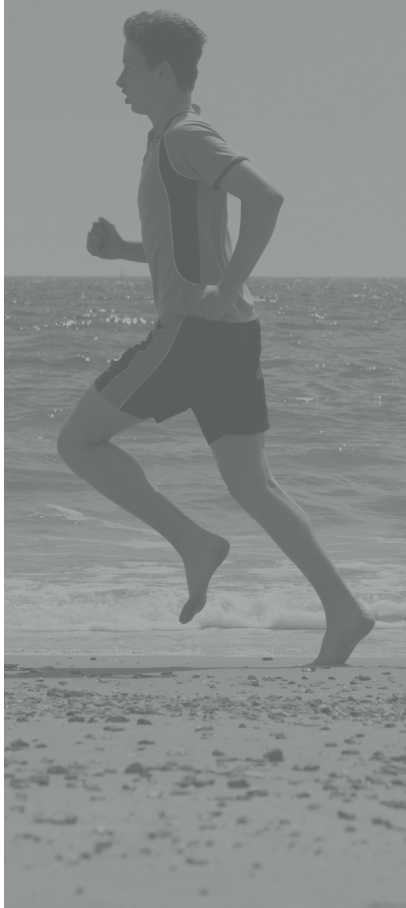
LTA Level 4 coach
Ex-pro and top 600 in the world

Maz Bury, Justin Pimm & BWT Physiotherapist

Strength and Conditioning and fitness screening, physio support.



TRIATHLON ACADEMY



ENTRANCE CRITERIA

To access the whole programme entrants need to be of county level swimming and running ability. For new entrants coming into year 7 they need to be of swimming club ability and have a passion for running and access to a bike.

If entrants have had less exposure to club swimming they will be invited to a trial period. Following this coaches will invite those entrants who show commitment and talent onto the programme.

Successful entrants will be expected to represent the school at cross country and track running events along with multi sports school events throughout the school calendar year.

KEY FEATURES

Academy Members will receive:

- Training to enhance pupils skills and fitness
- Education on training principles including importance of nutrition
- Focused sessions on strength and conditioning and injury prevention
- Training involves a split of swimming, running, strength and conditioning and tri specific skills.
- In the summer months open water swimming takes place

COACHES

[Hayley Morris](#)

British Triathlon Level 3 Coach
BSc Sports Science
Masters in Nutrition
Open Water Swimming Coach
Triathlete

COST

£20 per month or if they are on a key swim programme the fee will reflect that programme.

TIMETABLE

	7.00am - 8.00am	Lunch	Co-curricular	5.00pm - 6.30pm
Monday		BCS Squad Training All ages	BCS Squad Training All ages	
Tuesday		Compulsory Academy Strength & Conditioning Year 10 - 13		
Wednesday		HIIT Session	BCS Squad Training Tri Session	
Thursday		Compulsory Academy Strength & Conditioning Year 7 -9		
Friday		BCS Squad Training Tri Swim		

Timetables are subject to change.

CURIOSITY COMMITMENT CREATIVITY COMMUNITY

SPORTS ACADEMIES

BCS SENIOR

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