



GLENTORAN FC YOUTH FOOTBALL ACADEMY

in partnership with the

FOWLER EDUCATION FOOTBALL ACADEMY

at Ashfield Boys' High School



WELCOME

Paul Millar and I are thrilled to announce that Glentoran's Youth Football Academy, for 16-19 year olds, at our training campus in Ashfield Boys' High School, will be extending to include a partnership with Robbie Fowler's Football Academy (*Fowler Education Football Academy - FEFA*) this coming August (2021).

Since Ali Pour took over at Glentoran we have set about trying to re-establish the club's connections with the local community. We are all in agreement that it is extremely important for us not just to be a club based in the community but, more notably, a club that is determined to work with, and for, the local community.

With this in mind, our full-time Youth Football Academy is one example of how we want to work as a club. The Academy's programmes are designed to not just help young footballers to develop and improve as players, but also to provide them with an academic pathway to Further and Higher Education and the world of work.

It is with this determination and dedication that we are now in a position to announce our latest exciting developments for our Youth Academy (*16-19 year olds*).

Please read through our brochure, watch our short presentation video and if you require any further information, or an application form, then do not hesitate to contact us via jmccolgan320@c2kni.net

We look forward to meeting the new Academy players and working with them over the coming two years. In the meantime, keep working hard, stay safe and good luck.

Mick McDermott & Paul Millar



MICK MCDERMOTT
Head Coach
Glentoran Football Club



PAUL MILLAR
Assistant Head Coach
Glentoran Football Club



A MESSAGE FROM ROBBIE FOWLER

I am proud that my Academy has partnered with a fantastic club in Glentoran FC and the renowned Ashfield Boys' High School. This area of Belfast has produced many international and professional footballers. It really is a hotbed of football talent and I am excited to see the talent on show. My good friend, Warren Feeney, speaks very highly about Glentoran and Ashfield Boys', his old school.

The partnership will enable my Academy to work closely to provide our expertise in delivering an excellent education and football programme for the Academy students. The journey the students take is so important as a good education and top football programme will provide lots of options for them when they are moving onto the next chapter of their life. Football is a passion for me as I am sure it is for the young students that will want to progress. I am equally as passionate about education, as footballers need intelligence more than ever in today's modern game.

We will put every effort into making this new programme a huge success and a national beacon of excellence as we have



in England. The Staff Team at Glentoran and Ashfield Boys' High School are excellent and together we will be second to none.

Of course, the young student footballers have to give everything they have every day in order to be a success. I worked very hard as an aspiring young footballer to improve. Hard work is something that must be there at all times. Our unique programme will undoubtedly help all of the Academy players to improve. What a fantastic opportunity to be part of something very special. I am really looking forward to meeting everyone in the very near future.

Robbie Fowler





PEARSON EDEXCEL BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT AND EXERCISE SCIENCE (EQUIVALENT TO 3 FULL A LEVELS)

Our combined BTEC and football model provides footballers, goalkeepers and those who are interested in the world of football the chance to develop their own football technical and tactical skills, alongside the study of sport and exercise science. Our Academy students will be given the skills needed to examine their own play, and that of their teammates, ensuring they develop as a player and an analytical thinker. This course also specifically prepares students for a role in sports science, sports medicine, physiotherapy and football as both a science and a business.

As part of the programme, our Academy students will travel to Liverpool, on two occasions (2 weeks in total), to attend

FEFA. They will also travel to the United States of America to take part in a five-day training camp and potential recruitment / scholarship trial with three days sightseeing in New York. Furthermore, by the end of the two-year course all students will have gained their IFA coaching badges (up to C License) and further qualifications in sports performance analysis, mental health awareness and football as a business. All students will be offered work placement opportunities with the Irish Football Association and/or Glentoran Football Club.

Entry Requirements

To study this qualification, preference will be given to applicants who play for a

recognised football team and achieve a minimum of five A*-C grades in their GCSEs / BTEC Level 2 (and/or equivalent qualifications). If the Academy is oversubscribed then further preference may be given to students who have gained five, or more, A*-C grades at GCSE / BTEC Level 2 (and/or equivalent subjects) with at least a C grade in their English and/or Maths and a Merit / B grade in BTEC / GCSE Level 2 Sport / PE.

All potential Academy students will be required to play for a football team and will complete a physical fitness assessment and a football trial. It is anticipated that physical fitness assessments and football trials will take place at the end of April / early May 2021.

WHAT YOUR DAILY / WEEKLY SCHEDULE WILL BE:

Our Academy students meet each morning in their cafeteria for breakfast, catch-up and a daily briefing. The weekly schedule is structured around four full days and two half days of teaching and practical sessions. Half days are every Wednesday and Friday to allow Academy students to prepare for Reserve and Under 18 matches. Weekly coaching blocks will extend over 3 x 1.5-hour pitch sessions per week, 3 x 1-hour Strength and Conditioning sessions per week, 1 x 1.5-hour session per week analysing performance data and video, a minimum of 1 match per week and recovery sessions (including pool based) every week. Pitch sessions are planned in six-week units covering attack and shooting, defence / out of possession and transition of play.

It is noteworthy that all of the BTEC Level 3 academic units are delivered by very experienced Sport Studies teachers, who are also UEFA qualified coaches and are either current or past Irish League footballers.

Academy students can also access resit classes in English and Maths, if required, emotional health and wellbeing support and careers / pathways information and guidance.



BARRY REID
HEAD OF SPORT, EXERCISE
SCIENCE AND PE

"I am an ex Irish League footballer having started my playing career playing for Glentoran U18s. I was very fortunate in securing a scholarship to Norwich University, Vermont USA, where I captained the team and was subsequently inducted into their Hall of Fame. When I returned home, I attended Ulster University to train as a PE teacher and spent 4.5 years playing for Glenavon before ending my career with a short spell at Crusaders.

I must admit that I have loved every second working with the Glentoran Youth Academy Footballers, helping them develop as players, secure top grades in their BTEC Level 3 and progress on to the next levels of education, work and sport."

DAY	TIME
Monday	9:00 – 9:20am Breakfast 9:30 – 12 noon Taught Session / Class based 12 noon – 12:30pm Lunch 12:30 – 1:30pm Strength & Conditioning / Fitness Training 1:30 – 3:00pm Pitch Session Evening session for Glentoran Reserve & U18s
Tuesday	9:00 – 9:20am Breakfast 9:30 – 12:00 noon Taught Session / Class based 12 noon – 12:30pm Lunch 12:30 – 1:30pm Strength & Conditioning / Fitness Training 1:30 – 3:00pm Pitch Session
Wednesday	9:00 – 9:20am Breakfast 9:30 – 12:30 noon Taught Session / Class based Students finish 12:30 pm – Evening match for Glentoran Reserves / Training for U18s
Thursday	9:00 – 9:20am Breakfast 9:30 – 12 noon Taught Session / Class based 12 noon – 12:30pm Lunch 12:30 – 1:30pm Strength & Conditioning / Fitness Training 1:30 – 3:00pm Pitch Session
Friday	9:00 – 9:20am Breakfast 9:30 – 11:30 Recovery Session / pool based 11:45 – 1:15 Taught session to include performance analysis / data breakdown / meetings Students finish 1:15 pm – Evening match for Glentoran U18s



CAMERON STEWART
SPORT STUDIES TEACHER AT ASHFIELD BOYS' HIGH
SCHOOL AND GLENTORAN 1ST TEAM PLAYER

"I have been a player with Glentoran since July 2019 having had previous spells with Linfield, Coleraine, Crusaders and Glenavon. In my career to date, I have won both the Irish League and Irish Cup. I have also played in Europe for both of Belfast's "Big Two".

I am honoured to work with our young footballers and thoroughly enjoy being able to share with them my experiences of playing in the Irish Premiership. To have one of my Academy students, Aaron Wightman, regularly train with me and the 1st team makes me incredibly proud. I have no doubt many more of the Academy players will follow Aaron and make their way onto Glentoran's 1st team. Regardless, I look forward to seeing them all develop as players and students of the game."

FOWLER EDUCATION FOOTBALL ACADEMY (FEFA)

The award-winning Robbie Fowler Education and Football Academy is extremely proud to be entering a partnership with Glentoran FC and Ashfield Boy's High School. The partnership will provide Academy players with expertise in sport science and football education.

Video match analysis with integrated player GPS data will provide the students with expert analysis of their performance. This will be delivered direct to the students via an app on their phone. This is invaluable for the coaching staff and students.

Heart rate data will be collected during fitness testing, training and matches. This will be used, alongside GPS and match analysis, to provide a complete picture of player performance; this will drive improvement and increase their technical, tactical, physical and psychological attributes.

The programme is robust and rigorous. The students study the many disciplines of sport science utilising their own and peer data. They will learn valuable skills and knowledge, which will provide clear pathways through the course.

The Robbie Fowler Education and Football Academy has won several prestigious awards including 'BTEC Global College of the Year' and 'North West of England Most Inspirational 16-18 Provider'. We are one of the most sought-after colleges in the UK.

We were English College Champions in 2018 and won the Dubai International Super Cup. Students have progressed to professional and semi-professional clubs as well as USA scholarships. Over 70 students have progressed onto University.

Robbie Fowler will visit the Glentoran Youth Academy students and they will regularly receive advice and guidance from football and sport science experts. This really is a unique opportunity for students to be immersed in football and sport science, which will hugely enhance their prospects of success.



BRIAN MCGORRY
PRINCIPAL AND ACADEMY DIRECTOR AT
FEFA / EX- PROFESSIONAL FOOTBALLER

EXPERT COACHING

Our UEFA 'A' qualified and experienced coaches design and implement a thorough coaching programme to develop all players. This involves regular one-to-one meetings with the coach and video analysis to help the player improve both technically and tactically. The end result of this coaching programme is the development of confident players with the right attitude and self-belief to maximise their potential.



RUSSELL BOWERS
GLENTORAN FC YOUTH
ACADEMY COACH
UEFA 'A' LICENSE COACH

"I have thrived sharing my extensive coaching experience with our current Academy players and I honestly can't wait to work with our latest group of players, who will be joining us later this year. In the past, I have been really privileged to work with and coach so many top young players.

Some of my coaching experiences include Ards U18, Glentoran U18, Knockbreda FC, Dundela FC and Glentoran Ladies Team. I have also led several football tours across the world including tours to USA, Russia, Germany and Malawi. I am excited about the opportunities our Academy players will have attending FEFA and also touring in the USA. What an amazing opportunity."



JOHN SPENCE
GLENTORAN FC YOUTH
ACADEMY HEAD COACH
UEFA 'A' LICENSE COACH

"I am a lifelong Glentoran fan having attended all games with my dad, Billy Spence, from I was very young. My dad worked for Glentoran for 36 years and I can most definitely say that I come from a renowned Glentoran family. I have also had the honour of working in Ashfield Boys' High School for just over 24 years.

In my coaching career I have coached the Glentoran 1st team, Glentoran Reserves and Glentoran U18s. I have also coached the Northern Ireland U18 Schoolboy team and Ballymena United Reserves. Like Russell, I have thoroughly enjoyed working with the Academy players and watching them develop as players and young men. I have no doubt that they will go from strength to strength and achieve their goals and aspirations."



SPECIALIST GOALKEEPER COACHING

Elliot Morris, Glentoran's full-time goalkeeper coach and true Irish League legend with over 700 appearances for Glentoran, will be providing specialist goalkeeper training for all of the Academy goalkeepers. The weekly schedule includes 3 x 1.5-hour goalkeeper training sessions per week plus further evening sessions with Glentoran's 1st team professional goalkeepers.



ELLIOT MORRIS
GLENTORAN'S 'IRISH LEAGUE LEGEND'
GOALKEEPING COACH

"It's fantastic to be involved in what is a very exciting project for our club and community. Now we are entering the second year of the project all our efforts are focused on making it even bigger and better for the students. We have been attracting a lot of quality players who I know we can help improve not just on the pitch but also educationally as we provide them with greater opportunities and pathways. My job will be on the pitch, mainly working with the goalkeepers, helping to make them even better keepers and, fingers crossed, one day progressing into the first team at Glentoran."





Strength & Conditioning Programme

Each Academy student has a tailored personal strength and conditioning programme with access to an on-site state of the art BLK Box gym. There are three scheduled strength and conditioning sessions each week taken by Sandy McDermott, Glentoran 1st Team's Strength, Conditioning and Fitness Coach. Programmes are designed and monitored to help all players develop their football fitness and reduce the risk of developing an injury.

Pre-Season Training

We will offer a full pre-season programme which includes a batch of football related fitness tests to assess baseline fitness. Specific training to improve football fitness and regular fixtures against local teams. Our pre-season programme, delivered and monitored by our staff, ensures all Academy players are fit and prepared for the season starting. We intend to start our pre-season from late July / early August 2021.

GPS Tracking by STATSports

Working with our IFA Education Officers and STATSports, we will utilise industry standard analysis software to provide statistical feedback to our players and coaches. The use of GPS systems will allow us to track all players' physical performance, monitor training load and measure performance metrics such as distance covered and top speed. Players will receive this information on their phone. This will be invaluable in maximising performance.



SANDY MCDERMOTT
STRENGTH, CONDITIONING
AND FITNESS COACH AND
SPORT NUTRITIONIST

"I have a BSc in Sport and Exercise Science and a MSc (Hons) Degree in Sport and Exercise Nutrition from Ulster University.

I have really enjoyed working with both the 1st team and the Academy players this year.

As a Strength, Conditioning and Fitness Coach it is always wonderful to see young players progress and develop. So many of our Academy players are starting to reap the rewards of following their personalised fitness programmes. They are the proof that hard work, dedication and a positive attitude do pay off. I look forward to continuing to work with Glentoran FC and the Youth Academy over the coming years."



ENRICHMENT OPPORTUNITIES

All of our Academy students are provided with a full 'Enrichment Programme' including tours to Liverpool, Holland and the USA. Also, our two IFA Education Officers make sure that by the end of the two-year programme all students have the opportunity to gain the following additional qualifications:

YEAR 1

- ▶ Grassroots Introduction to Coaching Award
- ▶ Level 1 Coaching Award
- ▶ IFA Roles & Volunteers Workshop
- ▶ Referee Introductory Certificate
- ▶ Mental Health Workshop
- ▶ Coaching Disabled Footballers Award Level 1

YEAR 2

- ▶ Coaching Fundamentals Certificate
- ▶ Futsal Introduction to Coaching Award
- ▶ Level 1 Futsal Coaching Award
- ▶ Show Racism the Red Card Workshop
- ▶ OCN Level 2 in Football Business
- ▶ Full Referee Award
- ▶ IFA C Diploma
- ▶ Personal & Professional Development Module in Performance Analysis and Coaching with Ulster University
- ▶ Sports Performance Analysis with StatSport

"Both Diarmuid and myself love working with the Glentoran Academy students and are incredibly excited to be working alongside the Robbie Fowler Education Football Academy too. It promises to be a fantastic programme for the students and players providing opportunities to perfect both personal performance and academic achievement. We have both said that we wish this course had of been available to us when we were 16. It really is amazing."



GARETH ALLEN
IFA EDUCATION
OFFICER



DIARMUID MCNEICE
IFA EDUCATION
OFFICER

UNITS STUDIED AS PART OF OUR BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT AND EXERCISE SCIENCE (EQUIVALENT TO 3 FULL A LEVELS)

13 of the following units will be studied over the two years:

- 1 Sport and Exercise Physiology
- 2 Functional Anatomy
- 3 Applied Sport and Exercise Psychology
- 4 Field and Laboratory-based Fitness Testing
- 5 Applied Research Methods in Sport and Exercise Science
- 6 Coaching for Performance and Fitness
- 7 Biomechanics in Sport and Exercise Science
- 8 Specialised Fitness Training
- 9 Research Project in Sport and Exercise Science
- 10 Physical Activity for Individual and Group-based Exercise
- 11 Sports Massage
- 12 Sociocultural Issues in Sport and Exercise
- 13 Nutrition for Sport and Exercise Performance
- 14 Technology in Sport and Exercise Science
- 15 Sports Injury and Assessment

Pathways & Progression

On completing the BTEC National Extended Diploma in Sport and Exercise Science, pupils will be ready to progress to Further / Higher education and/or employment. Through our partnerships with FEFA and IFA we have established close links with Ulster University and Liverpool John Moores University.

Some examples of courses students could apply for include:

- BSc in Sports Studies
- BSc in Sport and Exercise Science
- BSc in Football Coaching and Business Management
- Scholarship at a USA University
- Health & Exercise related courses at Regional College
- Professional contract with Glentoran FC or other professional Football Club
- Football coach
- Employment in sport, exercise or leisure

SOME OF OUR CURRENT ACADEMY PLAYERS



"Being an Academy player has helped me to progress to Glentoran's 1st team. The tailored Strength and Conditioning programmes along with the nutritional guidance and structured extra pitch sessions have really helped me progress and push on as a player."

AARON WIGHTMAN
Glentoran 1st Team & Reserves



"It really is a great course. I love being a part of the Academy and we get everything we need. It is like being at a professional club across the water."

CAOIMHIN NUGENT
Glentoran U18s



"I am glad that I decided to join the Glentoran Youth Academy at Ashfield. It has really helped me develop my strength, my skill levels, my fitness and my overall play. It has also helped me realise and decide upon my pathway. Next year, I intend to apply for a Sports Studies course at University. I have no doubt that the staff at the Academy will help me achieve this goal."

ROBBIE LEMON
Glentoran U18s



"My ambition is to play full-time football and this course has helped me get closer to this goal. I've enjoyed the challenge of training and playing with better players, every day, which has helped me develop and progress."

AARON BOYD
Glentoran Reserves



"This course has helped me both physically and mentally. I really enjoy all aspects of the Academy and believe it will continue to help me develop as a player and hopefully make my way onto the 1st team."

MATTHEW VERNER
Glentoran U18s



"I have really enjoyed being a part of this great course. It has definitely helped me improve as a player and further develop in terms of my education. It is also great fun to be a part of, all good lads who work hard and train hard."

CARTER COWEN
Glentoran U18s



GLENTORAN FC YOUTH FOOTBALL ACADEMY

AT THE **HEART** OF THE COMMUNITY



If you require any further information or an Application Form,
please email jmccolgan320@c2kni.net

