



NSCG
ACADEMY OF
SPORT

One team
One dream

NSCG

NEWCASTLE
AND STAFFORD
COLLEGES GROUP

Become unstoppable

Welcome to the NSCG Academy of Sport.

Your journey is up to you, whether you want to compete, coach, volunteer or just keep fit and have fun, the choice is yours. You decide what you want to study and where sport fits in. It's not about choosing between studies and sport.

Being a part of the NSCG Academy of Sport means you can have it all.



The Academy of Sport Team | Newcastle

Whatever your level, you can enjoy our knock-out facilities and see why we've earned our reputation as the Midlands' top sports college.

At NSCG you can get stuck into six Performance Academies.

We've gained national recognition for our sports academy offer, including:

- > Badminton
- > Basketball
- > Football
- > Netball
- > Rugby
- > Volleyball



The Academy of Sport Team | Stafford

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Get social

 @NSCGAoS

 /NSCGAoS

www.nscg.ac.uk/sport

The World at your feet

Let's face it. If you're serious about sport, you want the best. And who else can give you access to floodlit 3G pitches, amazing facilities, international trips AND superstar academy coaches?



On-site Gym



Stafford Town Football Club

Top Class Facilities

We've a reputation for the quality of our facilities, so whatever the weather, you'll have access to full size 3G Astroturf pitches and indoor sports halls, home to many games and training sessions.

And to top it off you'll have access to:

- > A big sports hall
- > Gym access
- > Fitness classes*
- > Air-conditioned training areas
- > A sports science lab

*Availability may vary between sites.

Top Academic Results

And, just in case the parents are fretting, NSCG is in the top 10% of General Further Education Colleges in the country, so our students also put in a solid academic performance too. With an A Level pass rate of almost 98% and vocational pass rates standing at 99.2%. So you're definitely in safe hands.

TEAM:NSCG

Being part of TEAM:NSCG means you're ready to share the same collective dream, which quite simply is to be the best we can be, and having fun doing it. So, if you're good at sport and you've got that fire inside you, it sounds like you're ready to join the team.

This is the competitive element of the NSCG Academy of Sport. There might be sweat, there might be a few tears along the way, but you'll make friends for life, have a blast and share a passion for sport. Who knows you might even add a few more trophies to the collection.

So, if you're ambitious and up for the challenge, join one of our successful Academy of Sport programmes that play

within the Association of Colleges (AoC) Sport competitive leagues and cups at both a national and regional level.

As part of TEAM:NSCG, you'll train hard with our expert coaches and play at a competitive level in a specific sport, as well as receiving support to reach your goals.

Being part of the NSCG Academy of Sport also gives you the opportunity for unique one-off experiences. Learn what it feels like to walk out on the pitch of the BET365 stadium, meet your sporting heroes or be recognised for your sporting talents at our annual awards evening. All these things are possible when you join **TEAM:NSCG**.



Sports Awards Evening



Stoke City Play on the Pitch



Jack Butland Visits

National Championships

This is the big one, all sports represented by NSCG have the opportunity to compete at the West Midlands regional finals, held at Lilleshall Sports College in Shropshire. If successful you'll compete as part of the West Midlands team against the rest of the country at the national finals, held at The University of Nottingham.

Cross Country

If you're already part of a local running club, cross-country team or even just want to take your running to the next level you could be part of our Cross Country team.

As part of our National Championship squad, you have the opportunity to compete against other like-minded individuals up and down the country, all leading up to the main event where you'll run on the stunning grounds of Wollaton Hall, Nottingham.

Dream team

Badminton Academy

Our Badminton Academy is all about developing your racket skills, matchplay ability and fitness, as well as having fun alongside people who are as passionate about this energetic sport as you.

The Academy is open from beginners to those playing at national and international levels and by being part of this fast-paced academy; you will get the chance to play both regionally and nationally.

You will be in great company too as NSCG has an excellent record in these competitions; having in the last year produced individual regional male and female winners, as well as winning gold medals at the National Championships, competing against some of the best talent from across the country.



No matter what your standard is you will be welcome to join and enjoy playing this fantastic sport at NSCG.



Academy Success

Student:

Abbygael Harris

Course:

A Levels in Maths, Physical Education and Psychology

Abbygael Harris is a current NSCG A Level student and member of the Badminton Academy.

Abbygael is the current No.1 England U19 and has represented the sport of badminton at both national and international level. She is currently working towards qualifying for the 2020 Tokyo Olympic Games.

Making a racket

Basketball Academy

Our Basketball Academy has a long history of producing teams of champions. If you're dedicated, focused and ready to put in 100% then this is the academy for you!

You will get the chance to play in the AoC Sport regional and national leagues, with fixtures taking place throughout the academic year.

Open to players of all levels and abilities, the Basketball Academy will identify your development needs, working on drills, shooting, strength and conditioning as well as general fitness to ensure you're ready to face the competition.

A little extra

As part of the Basketball Academy, you also can take the opportunity to enhance your development off the court, by taking on Basketball Coaching qualifications.



Meet the Coach

Anthony Walton

Anthony is currently in his third season coaching the Newcastle College Men's Basketball team. Anthony brings a wealth of experience to the team, shaping and guiding teams of league champions over the years.



Academy Success

Student:

Ciaran Leech

Course:

BTEC Level 3 Extended Diploma in Business (D*D*D*)

Destination:

Apprenticeship in Accounting

Ciaran's passion for the game of Basketball was unrelenting during his time at NSCG. Representing the Basketball team for three years, Ciaran helped the team to top the AoC Sport West Midlands Category 2 League.

Alongside his Basketball training, Ciaran also took up the role of Basketball Ambassador in our volunteer programme and undertook his Level 2 Basketball Coaching qualification to allow him to share his love of the game with others.

Slam Dunk

A game of two halves

Football Academy

Our Football Academy is open to both male and females. We're looking for players who are good team players, hardworking and committed. So, if you're ready to conquer the league - then it's game on!

As a member of the Football Academy you will be a part of a Football Development Centre that is recognised as a Football Association Focus College.

You could be the next Messi or just enjoy a kick around with your mates. With teams playing across multiple leagues and categories there's something for everyone. Your training sessions will usually take place on 3G pitches, grass pitches or at local football clubs, where you'll get help developing your individual skills as well as working on

team tactics and set pieces, from our professional, experienced and licensed coaches.

Ability Counts

Now in it's fifth season, the Staffordshire Ability Counts League is for players with a disability/impairment that want to play football on a regular basis. Students wishing to participate, will receive expert coaching on a weekly basis with fixtures against other teams throughout the year.

A little extra

As part of the Football Academy, you also can take the opportunity to up your game and study for a Level 1/2 FA Coaching Badge, setting you apart from the competition when it comes to working in the industry.

There are also visits to professional clubs, top sports universities and St Georges Park, home of the FA. You will also get invaluable advice on applying for football scholarships to the USA.



Meet the Coaches

Across both campuses, our coaching staff are proven to get results. From ex-Premiership Footballers and England internationals to UEFA qualified coaches, you can rest assured you're in safe hands, sharing their experience of international, national and county football.



Academy Success

Student:

David Neligwa

Course:

A Levels in Computing, Maths and Physics

Destination:

Loughborough University to study Aerospace Engineering

As well as being an vital part of the Football Academy men's first team, David's talents were also noticed by the English Schools Football Association (ESFA) who gave him the opportunity to represent his country and become part of the ESFA England team, allowing him to play competitive football against teams from the UK and Europe.

Football

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Available at Newcastle and Stafford College



Looking to play and study at the same time?

Available at both Newcastle and Stafford College, The Andy Griffin Football Academy offers you the best of both worlds allowing you to study A Levels or Vocational subjects alongside playing football at a high-level.

Learn more at nscg.ac.uk/AGFA



Netball Academy

Netball at NSCG is an adrenaline fuelled, fast-paced sport where you'll get the chance to play all over the UK as part of a close-knit squad. Sound good? What are you waiting for?

Games can be tough and you'll be playing against some of the best colleges in the UK. Led by a supportive team of coaches, you'll be encouraged to develop

your tactics on the court, working on shooting, strength and conditioning, defence and footwork. The Academy gives you the chance to play in the AoC Sport regional and national leagues, with fixtures taking place throughout the academic year.

Not only will you make great friends and gain an amazing social life, previous squad members have also been selected to represent England and go onto compete professionally - so you could be looking at your future career.



Meet the Coaches

Jenny Winch, Emma Minshall and Meryl Cotton

With over 15 years experience coaching Netball between them, Jenny, Emma and Meryl are qualified Netball Coaches who have seen great success with squads over the years, often progressing through to regional finals and claiming league titles.



Academy Success

Student:

Dominique Ford-Gordon

Course:

BTEC Level 3 Extended Diploma in Sports Performance (D*D*D*)

Destination:

Manchester Metropolitan University to study Sports Science

Since leaving NSCG, Dominique Ford-Gordon has gone onto play in the Netball Superleague, where she currently plays for Severn Stars having previously represented The Wasps and Premiership side Tameside Netball. While at NSCG, Dominique also represented England in the under 17's Netball team.

Shoot for the stars

Fast and furious

Rugby Academy

If you've got a tenacious attitude, quick-fire pace and don't mind getting a few bruises, our Rugby Academy can help nurture your talents to ensure you're part of a fearsome squad of players, ready to take on the competition.

Competing in the Rugby Football Union (RFU) and AoC Sport Leagues, you'll need your wits about you, but with our RFU qualified coaches we'll ensure your passing is on-point, your

reactions are quick and your defence is tight. Training takes place on the College's grass pitches and at local Newcastle and Stafford Rugby Clubs.

Competing in this league you need to show composure and the ability to make split second decisions. Adapting training around your individual needs our coaches will look to develop you in four key areas:

► **Physical:** Designed to instill lifelong fitness habits, the physical aspect of training will work on strength and conditioning ensuring you are match fit.

► **Technical:** Your training will revolve around improving your rugby skill levels.

► **Psychological:** It's not just about how fit you are, you also need to have the right mindset, here we learn what motivates you and use it to help unlock your full potential.

► **Tactical:** You'll understand how to read the game, whether it be individually or as a team.

Meet the Coaches

Robin Websdale and Vinny Fullegario

Our Rugby RFU qualified coaches, have an extensive knowledge of the game, with over 50 years of experience between them at all levels, both playing and coaching. They're no stranger to achieving great results with many squads going on to achieve cup and league successes.



Academy Success

Student:

Tom Taylor

Course:

BTEC Level 3 Extended Diploma in Sport and Exercise Science (D*D*D*)

Destination:

Stafford College to study Level 3 Active IQ Diploma in Personal Training for Health Fitness and Performance

Tom is a highly talented rugby player who has represented the NSCG squad for the last two years. A strong runner who leads by example, his defensive capabilities are of the highest level. Arriving from Devon where he was in the Exeter Chiefs Developing Player Programme, he is currently a member of Lichfield Rugby Club. Tom has previously won the County Cup with Stafford Rugby Club and was captain of the Staffordshire U18s. It is this ability that has seen him watched closely by Premiership Rugby Clubs.

Rugby

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Available at Newcastle and Stafford College





Academy Success

Student:

Lauren Cadwgan

Course:

**A Levels in Art & Design,
Biology and Geography**

A current NSCG student and England Junior International player, Lauren is an outstanding volleyball talent who is set to go far in the sport.

During her time at NSCG she's helped the Ladies' Volleyball team win the West Midlands Regional Championships, reach the final of the AoC National Championships and win the AoC National Volleyball Knock-out Cup.

Volleyball Academy

In partnership with Volleyball England our energetic Volleyball Academy works with players to shape them into a team of motivated like-minded individuals with the drive to win.

Playing as part of a men's, ladies and mixed squad, our Volleyball Academy launched to ensure continued competition with our European neighbours and increase success at Junior International Level.

The Academy will provide you with an enhanced level of support, working closely with Volleyball England and in partnership with

and Newcastle Volleyball Club, you will work with a professional coach to establish daily training, appropriate support and ancillary services.

Alongside this, Volleyball England will deliver divisional and national team competitive programmes for a select group of academy players; providing an extended exposure to international representative volleyball.

So if you're ready to be part of one of the top college volleyball squads in the country - let's get to work!

Meet the Coaches

Anthony Viggars and Ross Cope

Anthony is a former England International playing top league English Volleyball for 20 years. Since 2012, along with Co-coach Ross Cope they have led both Men's and Ladies Volleyball teams to multiple AoC Sport National Championship titles.



Danger zone



Take the Lead

The world has enough followers.



Going for
gold

Elite Sports Performance

The Elite Sports Performance Programme (ESPP) was created to allow super talented athletes to continue studying whilst training and competing to the highest level.

As you might of guessed by the title, you've got to be the best of the best to be selected. You can be competing in any sport, but need to showcase that you are performing at a high county, national or international level.

The Benefits

There is a rigorous application process you have to complete. But, if you're accepted on to the programme, you'll be loving life with the following benefits:

> Sports Scholarship Funding

You can apply for scholarship funding that will give you financial help towards training costs, transport and essential equipment

> Free use of sports facilities and gym*

*For students at Stafford College gym facilities are delivered in partnership with iMotion Gym.

> Free fitness programme

> Free ESPP kit

> University workshops at top sports institutions

> Dedicated Sport Science Support Officer

> Physiotherapy, sports massage and rehabilitation services

Talented Athlete Programme

In partnership with the University of Derby, you can join our Talented Athlete Programme if you're competing at county level or above. You'll receive FREE strength and conditioning sessions, support with maintaining a healthy lifestyle, nutrition advice and lots more. To top it off, you could be in with a chance of gaining a scholarship to study at the University of Derby.



Academy Success

Student:

Greg Butler

Course:

A Levels in Graphic Design, History & Physical Education

Greg is a professional swimmer representing Great Britain at junior level and is the current U18 100m and 200m Breaststroke Champion. Training approximately eight times per week, spending 16 hours in the pool and a further 4 in the gym. Greg carefully balances his studies with his sporting commitments.

Most recently, Greg has made the British Swimming 2019 World Class Performance Squad, hoping to compete in the 2019 World Championships in Gwangju, South Korea and beyond that the 2020 Tokyo Olympics.

Our trophy cabinet looks pretty impressive too.

Our ladies and mixed volleyball team were crowned knock-out cup winners. The women's Cross Country team were AoC Sport National Champions for a third consecutive year. Oh, and we've won several regional titles too.

We don't want to brag, but here is just a small selection of our other awards that we've received in 2017/18:

Ladies Football

- > **Winners:** AoC Sport West Midlands Category 2
- > **Runners-up:** AoC Sport Regional Championships
- > **Runners-up:** FA People's Cup

Men's Football

- > **Runners-up:** ESFA U18 Colleges Trophy
- > **Runners-up:** ECFA West Midlands Category 2
- > **Runners-up:** ECFA West Midlands Category 3

Men's Rugby

- > **Winners:** AoC Rugby Union West Midlands Category 3

Netball

- > **Runners-up:** AoC Sport West Midlands Category 1
- > **Third Place:** AoC Sport West Midlands Category 2

Ladies' Volleyball

- > **Winners:** AoC Sport National Volleyball Knock-out Cup
- > **Winners:** AoC Sport West Midlands Regional Championships
- > **Runner-up:** AoC National Sport Championships

Men's Volleyball

- > **Winners:** AoC Sport West Midlands Regional Championships
- > **Runner-up:** AoC Sport National Volleyball Knock-out Cup
- > **Runner-up:** AoC National Sport Championships

Winwin



Join the Team

The key thing about the Academy of Sport is you don't have to study sport in order to join.

Coaching takes place around your curriculum to suit you. So, don't worry, you won't be missing any classes. Every academy offers structured professional coaching sessions, ran each week by highly qualified coaches.

You don't have to pay to join, but once you're a member of the Academy of Sport you will have to pay for your training kit.

Sport for Fun

Even if you're not very sporty, there is still a place for you at the Academy of Sport.

A whole variety of sports and physical (but fun, we promise!), activities are available at lunchtime and after college for every NSCG student at both campuses. Sports activities include table tennis, badminton, volleyball, netball, football, basketball, dance, swimming, running/walking, athletics and much more.

So whether you want to come along to keep fit or just to have fun with your mates, there will be something for you.

Volunteering

The Sports Volunteering and Leadership Programme provides you with the opportunity and incentives to become involved in the local area, through coaching and volunteering.

As part of the programme, you could be signed up to the AoC Sport Leadership Academy, a national volunteering programme, which sees you logging your volunteering hours to work towards a nationally recognised certificate.

You may already have a volunteer placement set up that you attend every week, but if not, we will help you to find a placement through our sporting industry partners and local universities.

Any questions?

If you've still got some questions that need answering, get in touch with the Academy of Sport Manager, David Sutton on 01782 254269 or email david.sutton@nscg.ac.uk



Coaching session at Stafford Town F.C.

We're game



Newcastle and Stafford Colleges Group | Knutton Lane
Newcastle-under-Lyme | Staffordshire ST5 2GB

www.nscg.ac.uk



The Small Print: All our course information was correct when we printed this magazine.
But hey, sometimes things change at the last minute. For all the latest info, it's always best to check our website.