







NEWARK'S FIRST AND ONLY MULTI-SPORTS ACADEMY

BTEC L3 EXTENDED DIPLOMA IN SPORT

Choose from Rugby or Football! 2-YEAR PROGRAMME STARTING IN SEPTEMBER 2018

- **→ NO FEES**
- **→ HIGH PROFILE COACHES**
- **→ FIRST CLASS FACILITIES**
- **→ EXCLUSIVE, BRANDED KIT**







www.youcandosport.co.uk www.facebook.com/youcandosportltd FOR
MALE AND
FEMALE
STUDENTS
AGED
16-18 YEARS

TO LEARN A SPORT, YOU HAVE TO PLAY THE SPORT!

- Available to male and female students aged 16 18 years
- Study a BTEC Level 3 Extended Diploma equivalent to 3 A-Levels
- Specialise in either Rugby or Football and benefit from professional coaching
- 2-years, full-time beginning in September 2018

The full programme is a combination of academic studies, theoretical training and practical sports coaching, alongside additional enrichment courses. These provide employability and opportunities for RFU and FA accredited sporting qualifications including coaching and refereeing.

TRAIN exclusively at local sports clubs with brand-new, first class facilities

LEARN from the best with industry qualified & professional coaches

STUDY 10 hours per week at Magnus CofE Academy, Newark

PLAY weekly competitive league matches with other clubs and academies

GO PRO with RFU and FA certified qualifications such as coaching or refereeing

MEET sporting stars from the past and present with exclusive special events

GO FAR with connections to pro clubs, scholarships, universities and employers

NO FEES just bring your 'A' Game!





ABOUT YOU CAN DO SPORT



You Can Do Sport Ltd is devoted to developing sporting potential. Our mission is to make further education in sport accessible to all young people, regardless of background or starting point. We motivate and encourage others to achieve their own personal and professional fulfilment and enable them to make educated and informed decisions that are not limited by self-belief, opportunity or circumstance. Together, we believe that the best in each of us enriches all of us.

Our Multi-Sports Academy programme offers its students more choices in further education and allows them to remain on home ground. Through the programme, students will become more confident, respectful and considered young people who aim to set high standards within sports education, creating an aspirational pathway for others. For those with a love for the 'game', it will provide an outlet in which to develop their understanding and skill through enjoyment and achievement.

"I HAVE 25 YEARS' WORKING WITH PLAYERS INCLUDING INTERNATIONALS LIKE HARRY KEWELL, JONATHAN WOODGATE, JERMAINE JENAS AND ANDY REID. I ALWAYS EMPHASISE THE IMPORTANCE OF COMBINING THEIR FOOTBALL WITH LEARNING."

PAUL HART, ASSISTANT MANAGER LUTON TOWN.

MAGNUS COFE ACADEMY





WHY STUDY AT MAGNUS?

Magnus Post 16 gives you the opportunity to further your education and offers all the support and information you need to make the right choices for your future.

Magnus Academy has a highly successful programme delivering the BTEC Level 3 Diploma in Sport. Their sports students achieve excellent results year on year with a 100% pass rate in all elements, and an average grade of Distinction* (equivalent to A*).

Strong business links in the local community also mean that they are able to offer work-related opportunities and experience alongside courses and qualifications. The small class sizes encourage more one-to-one teaching, enabling the staff to get to know their students and thus offer specific advice and encouragement tailored to individual needs.

There is a strong mentoring and tutorial system in place to enable new students to integrate quickly, a feature which is often highly praise by our current students.

- Students from Magnus have gone on to do sports related courses at top Sports Universities such as Loughborough
- 100% pass rate in all elements, including the written exam
- Average grade Distinction* which equates to an A*





"MY TEACHERS
BELIEVE IN ME,
IT'S IMPORTANT
TO HAVE A
LEARNING
ENVIRONMENT
THAT IS
POSITIVE."

ERYK-YEAR 13.

Magnus Academy is an 11-19 mixed comprehensive school at the heart of Newark. Our Academy is built on mutual respect, positive relationships, and the desire to help everyone achieve excellence in all that they do.

We have a vibrant, growing sixth form with over 19 A Level and Vocational courses on offer. We already offer an A level sports qualification that achieves excellent results year on year. Working with 'You Can Do Sport' is the natural next step for us in developing our sixth form provision further. They clearly share our passion for improving education and opportunities for the young people of Newark.

We believe that Magnus's academic expertise, coupled with You Can Do Sport's knowledge of the sporting industry and access to high quality coaching offers a truly unique experience for the young people of this town. It will help us to continue to work towards delivering our vision by developing excellence in those who have sporting talent.

"I BELIEVE THIS IS A VERY EXCITING
OPPORTUNITY FOR OUR SCHOOL,
TOWN AND LOCAL COMMUNITY AND AM
DELIGHTED TO BE ABLE TO SUPPORT THIS."

MRS A MARTIN, PRINCIPAL.

OFF THE PITCH!

- Study BTEC Level 3 Extended Diploma in Sport
- 10 hours per week in the classroom
- Equivalent to 3 A Levels

The BTEC Level 3 Extended Diploma in Sport gives a broad insight into the diversity of disciplines and careers available in sport. Beyond the qualification, You Can Do Sport will provide a full spectrum of potential progression routes including university, scholarships, professional and semi-professional sports contracts, employment and apprenticeships.

To ensure students have a robust and holistic understanding and appreciation for Sport, they will be educated across a number of aspects including nutrition, physiology, psychology and anatomy.



SUBJECTS COVERED ON THE PROGRAMME INCLUDE:

- Anatomy and Physiology
- Sports Leadership
- Applied Fitness Testing
- Coaching for Performance
- Work Experience in Active Leisure
- Rules, Regulations and Officiating in Sport

ON THE PITCH!



Whether you choose Football or Rugby, you will receive 10 hours coaching per week at state of the art facilities.

There is no substitute for hands-on experience, so you'll benefit from plenty of pitch action, be it as a player, a coach or a referee. From midweek match days to extra-curricular opportunities, you will not only be taught skill and teamwork but dedication, responsibility and respect for other players, officials and for yourself.

SESSIONS WILL FOCUS ON:

- Skill based training
- Strength & Conditioning
- Analysis
- Nutrition workshops
- Wellbeing workshops
- Individual player profiling and feedback

ADDED BENEFITS:

- Entry into a competitive league with match fixtures
- Guest speakers and coaches from former and current professional players and managers
- Overseas football tour in second year
- Branded Kit

www.facebook.com/youcandosportltd

MEET THE COACHES



Head Coach – Ian McParland

Ian has the UEFA A, B and Pro coaching licenses meaning he is qualified to coach football at the highest levels of the game.

Key experience includes:

- Director of the Nottingham Forest Elite Academy
- Coach to the Nottingham Forest 1st Team
- Nottingham Forest Caretaker Manager during which time he was named Manager of the month for being the only unbeaten team
- Manager of Notts County FC 1st Team
- Assistant Manager to Roy Keane for the Ipswich Town FC 1st team
- International Scout



Consultant Coach –

Paul also has the UEFA A, B and Pro coaching licenses meaning he is qualified to coach football at the highest levels of the game.

Key experience includes:

- Playing career includes
 Nottingham Forest,
 Leeds United, Sheffield
 Wednesday and Notts County
- Manager for teams including Nottingham Forest, Queens Park Rangers, Notts County and Swindon Town
- Manager of Leeds United Academy team winning the FA Youth Cup
- Manager of Nottingham Forest Academy winning the under 19s title

CHOOSE FOOTBALL



Coach - Andy Reid

A talented midfielder, Andy began his career at the Nottingham Forest Academy before going on to play for Tottenham Hotspurs, Charlton Athletic, Sunderland and Blackpool. Andy returned to Forest in 2011. Andy has the UEFA A licence.

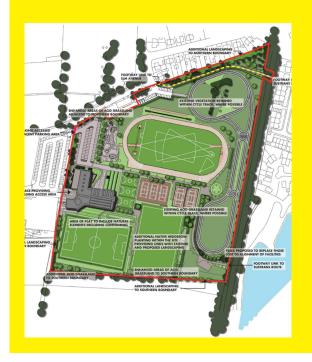
Key experience includes:

- 451 professional appearances
- 60 goals
- 44 International caps for Ireland
- 2 times Nottingham Forest Player of the Year



FOOTBALL FACILITIES:

Football coaching will be based at the new Nottinghamshire YMCA sport and community village on Bowbridge Road, Newark. The brand-new facilities will boast two 3G pitches, a grass pitch and three 5-a-side pitches. Included will also be excellent changing facilities and full disabled access.



MEET THE COACHES



Head Coach - Jed Chapple

Jed has UKCC Levels 1 and 2, Rugby Ready and Scrum Factory qualifications. Having begun to play Rugby at the age of 4, Jed has travelled the world both as a player and a coach.

Key experience includes working with:

- Newark Rugby Club
- NLD 20s
- Midlands 20s
- Valsugana Italy (Serie A)
- Berlin Grizzlies Germany (Bundesliga 1- Premiership)

RUGBY FACILITIES:

Rugby coaching will be based at the Newark Rugby Club on Kelham Road. The club has some of the best facilities in the 3 counties compared to the sound of the sou



best facilities in the 3 counties comprising 5 full size pitches, of which 2 are floodlit for evening use. There are 7 further pitches of various sizes to suit the needs of different teams and training sessions.

Newark Rugby Club is currently completing a £1.5 million development of its clubhouse facilities. The development details are detailed on the opposite page.

"I WISH NEWARK RUGBY CLUB THE BEST OF LUCKWITH THEIR NEW COLLABORATION WITH MAGNUS SCHOOL. RUGBY HAS THE POWER TO INSPIRE, BUT MORE IMPORTANTLY TO PROVIDE VITAL LIFE SKILLS TO PREPARE YOUNG PEOPLE FOR THE NEXT STEP."

LEWIS MOODY, EX-ENGLAND RUGBY PLAYER.

COACHING AT NEWARK RUGBY CLUB

Newark Rugby Club has been going strong for 45 years! Amongst its many achievements, it was the first club in the area to introduce Youth Rugby, and was where Dusty Hare started his stellar career before playing with Leicester, England, The British Lions and Barbarians. John Wells is another product of the Club's success having played and coached at the highest levels in the game for 35 years. Both Tom Ryder and Greig Tonks have played for Scotland, having learned their rugby at Newark.

In the more recent past, Newark Rugby Club has been spectacularly successful in helping to develop talented local players. Over the past 5 years their youth sections have helped produce:

- 4 England Schoolboy internationals
- 2 England U20 internationals
- 1 U18 England girls 7's international
- The U15 Girls National Cup Winners

The brand new development is well underway and is due for completion in the summer of 2018. It will comprise of the following -

- 6 changing rooms (all to the RFU specification)
- 2 referees rooms and a physio/medical room
- New gentlemen's and ladies toilets
- Disabled and baby changing facilities
- Club Office and Meeting Room,
- Replacement of the current Clubhouse, Kitchen and Shop

Once completed, we believe that Newark Rugby Club will have the best facilities for a junior club in the East Midlands, thus continuing their proud tradition of leadership in the world of rugby.

APPLY NOW!*



You must be between the ages of 16 - 18 years to apply. Both males and females are welcome.









We expect players to bring their 'A' game and share in our core values:

- 100% Punctuality
- 100% Dedication
- A Positive attitude
- Enthusiasm for the programme
- A willingness to learn
- Respect for themselves and for others
- Determination to succeed

This is not a programme for passive participants. With limited places competition is fierce and students must take an active role in every aspect of the programme.

Check the website for Taster Days where you are welcome to join us to hear more about the programme and meet the team.

Contact us:

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* PLACES ARE LIMITED. DON'T DELAY AND APPLY TODAY!

APPLY ONLINE AT

www.youcandosport.co.uk

