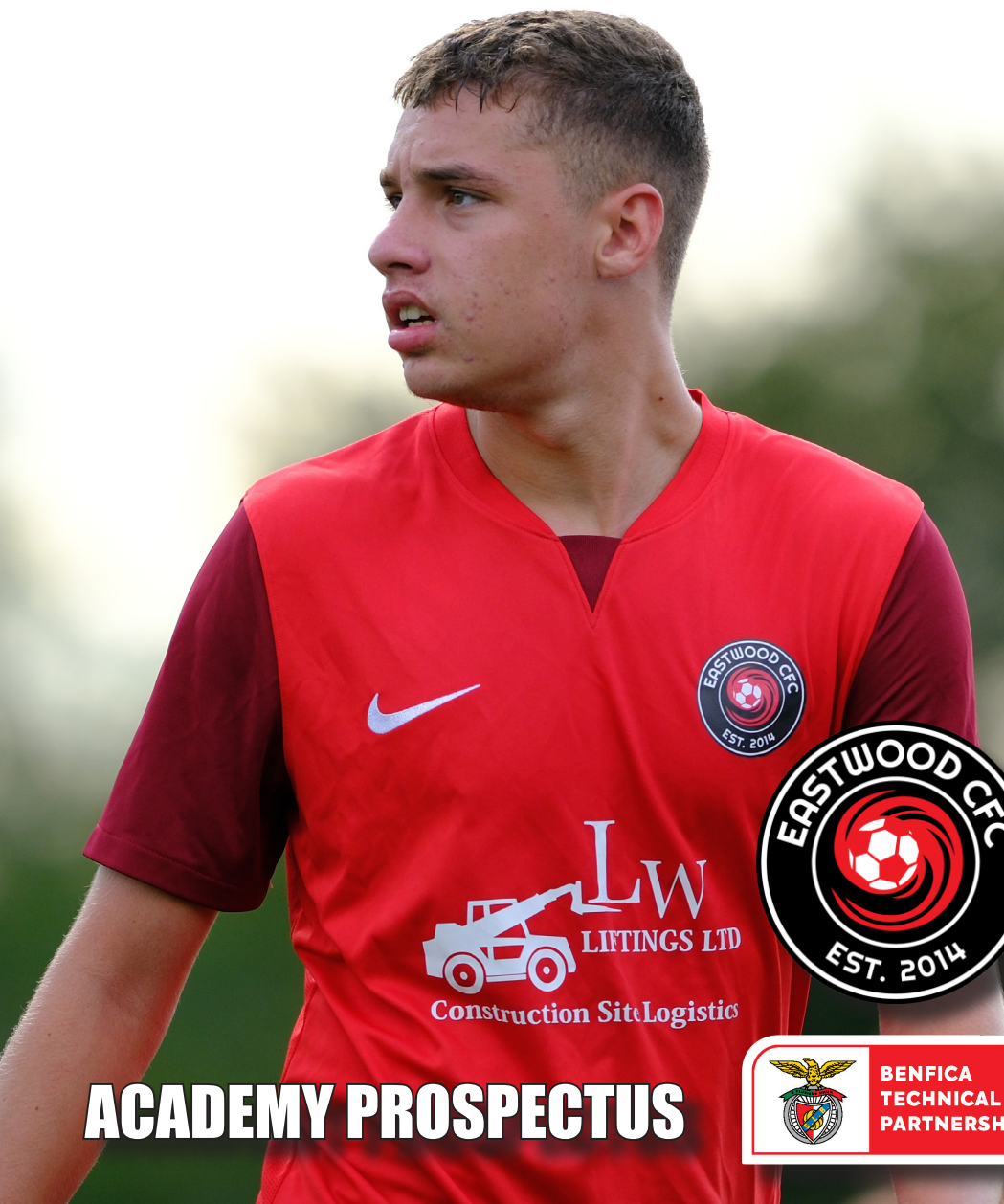


# EASTWOOD COMMUNITY FOOTBALL CLUB



## ACADEMY PROSPECTUS







## Welcome to the Eastwood Community Football Club Academy

We are delighted to present our prospectus, providing an in-depth look into the exceptional opportunities and comprehensive programs available at our esteemed academy. With a fusion of football excellence, top-class education, and the expertise of coaches from the prestigious SL Benfica, we offer a holistic approach to nurturing young talent and shaping well-rounded individuals.

We look forward to welcoming you to the Eastwood Community Football Club Academy, powered by SL Benfica, where success is not only measured by goals scored but also by the growth, character, and achievements of our students.

### Our Vision:

At the Eastwood Community Football Club Academy, our vision is to create an inclusive and supportive environment that empowers student-athletes to reach their full potential, both on and off the field. We are committed to instilling values of teamwork, discipline, and respect while providing the necessary tools and guidance for personal and athletic growth.

### Our Mission:

Our mission is to deliver world-class football training, top-quality education, and personal development opportunities that foster the growth of well-rounded individuals with the skills and character to succeed in all areas of life. Through our partnership with SL Benfica, we aim to inspire, challenge, and nurture the next generation of football stars.

**Together, we'll shape your future and empower you to achieve greatness in every aspect of your life!**



## Football Excellence:

At the core of our academy is our commitment to football excellence. Through our collaboration with SL Benfica, renowned for their expertise in player development, we offer:

- Elite coaching by experienced and UEFA licensed Benfica coaches who bring a wealth of knowledge and a winning mentality.
- Tailored training programs designed to enhance technical skills, tactical understanding, physical conditioning, and mental resilience.
- Access to state-of-the-art facilities, including pristine pitches, modern training equipment, and advanced technology to facilitate comprehensive skill development.

## Top-Class Education:

We believe in providing our student-athletes with a well-rounded education that prepares them for a successful future beyond the football pitch.

Highlights of our educational offerings include:

- A comprehensive range of educational classes, courses, and qualifications tailored to suit individual interests and aspirations. Students can pursue traditional academic subjects, vocational training, or specialised qualifications.
- Highly qualified and dedicated teaching staff who prioritise academic growth and offer personalised attention to each student.
- Flexible learning programs that accommodate training schedules, ensuring a balanced approach to education and football development.

## Community Spirit:

At Eastwood Community Football Club Academy, we value community, teamwork, and character development. Our academy fosters a sense of belonging and offers:

- A supportive and inclusive environment that encourages camaraderie, teamwork, and mutual respect among students.
- Emphasis on character development, leadership skills, and values such as discipline, respect, and integrity.
- Opportunities to actively engage in community initiatives and contribute to the wider society through volunteering and outreach programs.

## Pathways to Success:

We provide numerous pathways for our students to showcase their skills, gain exposure, and pursue their football dreams. These opportunities include:

- Regular matches, tournaments, and showcases against other academies and professional clubs.
- Exposure to a vast network of contacts within the football industry, facilitating trials and potential opportunities for further advancement.
- Higher Education and career support to guide students in pursuing their desired educational and professional paths, including assistance with University applications and scholarship opportunities.

## Personal Growth and Well-being:

We believe in nurturing not only the physical skills of our student-athletes but also their mental and emotional well-being. Our approach includes:

- Specialised training programs focused on mental and physical well-being, including sports psychology support and access to sports medicine resources.
- Guidance in time management, goal-setting, and resilience-building to develop a growth mindset that extends beyond the football field.
- Opportunities for personal enrichment through extracurricular activities, leadership programs, and community service initiatives that promote personal growth and character development.

**We believe in providing our student-athletes with a well-rounded education that prepares them for a successful future beyond the football pitch.**



## Introducing Our Education Partner:

At Eastwood CFC Academy, we believe that education plays a pivotal role in shaping young minds and nurturing their potential. We are delighted to announce our esteemed education partner, Future Lions, a leading institution dedicated to providing exceptional learning opportunities and empowering students to excel on their sporting journey.

With a shared vision of holistic education, Eastwood CFC Academy and Future Lions are committed to cultivating a stimulating and inclusive learning environment that fosters intellectual growth, character development, and a passion for lifelong learning. Together, we aim to equip our students with the knowledge, skills, and values necessary to thrive in an ever-evolving world.

Future Lions bring a wealth of expertise and a proven track record in delivering quality sporting education. Founded by football professionals, Future Lions are focused on delivering only the very best. Their team of dedicated educators embraces innovative teaching methodologies, personalised learning approaches, and a comprehensive curriculum designed to ignite curiosity and inspire academic excellence. Through their commitment to individualised attention, they strive to create an engaging and supportive educational journey for every student.

As our education partner, Future Lions will collaborate closely with Eastwood CFC Academy in all aspects of our academic program. Their experienced faculty will work to enhance the curriculum, offer specialised course guidance, and provide valuable insights. This partnership will enable us to create a well-rounded education experience that empowers our students to reach their full potential academically, socially, and emotionally.

At Eastwood CFC Academy, we believe that education extends beyond the classroom walls. We are excited to embark on this journey as we combine our collective strengths to create a nurturing and empowering educational ecosystem. Together, we aim to inspire a lifelong love for learning, foster critical thinking, and cultivate future leaders who are ready to make a positive impact in the sporting world.

Future Lions and Eastwood CFC, prioritise innovation in education. To set you up for success, we provide access to a virtual learning platform, where you will experience a personalised and first-class digital learning environment. This platform equips you with the necessary tools to achieve your goals. Our programs offer diverse modules that empower students to make informed choices about their future careers.

**We believe that education plays a pivotal role in shaping young minds and nurturing their potential.**

## Courses we offer:

### BTEC Sport Level 3 in Sport and Coaching:

2 year 180 Credit Extended Diploma with up to 168 UCAS tariff points available.

The course modules include but are not limited to:

- Anatomy & Physiology in Sport
- Sports Nutrition
- Psychology for Sports Performance
- Sports Coaching
- Health and wellbeing
- Sports Injuries
- Sports Development
- Careers in Sport
- Technology in Sport

Specific details of the qualification can be found on Pearson's website here.

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html>

## How will it be delivered?

The course comprises of several assessment methods to include:

- NO Examinations
- Presentations
- Written Assignments
- Advertising & Marketing
- Social Media
- Practical Elements

We assess our students this way as we believe it enables us to get the best out of our students academically and put them under less stress and pressure that exams bring.

## Entry requirements

### Higher Level 3

Entry on to the BTEC Level 3 Higher Course (equivalent to 3 A-Levels over 2 years) requires GCSE grades 4-9 in both Maths and English. We do take this on individual merit as we also like to accept students on to our course who have good attendance, are disciplined and well-mannered and have a passion for sport.

### Lower Level 3

You will need a grade 1 in GCSE maths and a grade 2 in GCSE English (Equivalent to 2 A-Levels over 2 years). Students on this course will have to retake their maths and English GCSE exams.

We do take this on individual merit as we also like to accept students on to our course who have good attendance, are disciplined and well-mannered and have a passion for sport.



At Eastwood CFC we want to create an environment that nurtures students and not only develops them physically and technically but also academically and emotionally.

We believe that the development of the person is as important as the development of the footballer.

Unfortunately many players will not go on to become professional footballers and we want graduates of our academy to feel equipped and ready to tackle the challenges that lie away from the football field.

We have a set of **ARCH** values that will be the foundation of everything we do and what our philosophy will be built upon.

We believe there are some key skills that we must **ARM** our children with in order to be successful not just in football but in life.

We want everyone in our organisation to have the drive to fulfil their potential and become the very best version of themselves. We value striving for excellence.

We believe mutual respect is key to a harmonious and productive environment. We value treating our teammates, opponents, coaches, and officials with respect and dignity, and embrace diversity and inclusion in all aspects of sportsmanship.

We value having the courage to compete with determination, and show resilience in the face of a setback, defeat or injury.

We value being humble and recognise that success is a team effort and it's important to recognise the contributions of all team members.

The ability to adapt to new situations and challenges is an important skill for success. Students who are adaptable are better able to cope with change and respond to new situations in a positive and productive way.

Resilience is the ability to bounce back from setbacks and overcome obstacles. Children who are resilient are better equipped to handle adversity and can recover quickly from setbacks.

Motivation is the driving force that pushes us to achieve our goals. Children who are motivated are more likely to work hard, persist in the face of challenges, and take on new challenges.

# Ambition

# Respect

# Courage

# Humility

# Adaptability

# Resilience

# Motivation



## Developing As A Footballer

At the Eastwood Community Football Club Academy we are dedicated to providing young footballers with a comprehensive and dynamic training program that focuses on developing their skills, knowledge, and passion for the beautiful game.

At our academy, we aim to provide a pathway for talented individuals to pursue their dreams of becoming professional footballers.

Here we aim to give you an insight into the football side of our academy and why we think it's the best choice for you.

### Coaching Excellence:

We take pride in our team of experienced and highly qualified coaches who are committed to nurturing young talent. We are delighted to have a partnership with SL Benfica, one of Europe's most renowned football clubs. Our academy benefits from pro-licensed SL Benfica coaches who bring their expertise and follow the famous Benfica methodology. With their guidance, our players receive top-notch coaching and training every day.

### Training Commitment:

To ensure our players reach their full potential, we emphasise a minimum of 10 hours of training each week. These training sessions are meticulously designed to focus on various aspects of the game, including technical skills, tactical understanding, physical conditioning, and mental resilience. Our coaches create a challenging and supportive environment that encourages players to push their boundaries and continually improve.

### Our Commitment to Progression:

While we focus on nurturing talent, we also recognise the importance of individual progression. Our coaches closely monitor the development of each player, providing regular feedback and guidance to help them set and achieve their personal goals. We understand that the journey to becoming a professional footballer can be challenging, and we are dedicated to supporting our players every step of the way.

## Competitive Opportunities:

We believe that competitive matches are an integral part of a player's development. As a member of our academy, you will have the opportunity to showcase your skills and test your abilities in two key leagues:

- **Future Lions Leagues** - The Super and Development u19s leagues have quickly become the most competitive and popular leagues across the Midlands over the past few years. Creating a full pathway to reserves and Men's football, many of our football students are now making their way in the game through playing in the Future Lions leagues.

The development league caters for all football students of different abilities, providing a springboard for Super League selection, which is considered a very competitive league featuring some of the best u19s players in the Midlands region.

Those that impress the most will also get additional opportunities to be part of our representative side to face EFL u18s professional academies to test themselves against the best in the area.

From our representative squad, a select few have gone on to represent our partner club South Bend Lions in USA, to play in the USL 2 league during the summer.

Alumni Connor Duggan and Sahel Yessen have secured lucrative scholarships through this pathway with D1 Colleges, as well as being financially assisted in line with their top athletes.

- **Friday Night Development Squad** - North Midlands Development League: Additionally, we have a dedicated Development Squad that competes in the North Midlands Development League. This league offers players the chance to gain valuable match experience, further refining their skills and enhancing their understanding of the game.
- **Training Camps**- There will be opportunities throughout the year to attend training camps at our technical partner club SL Benfica, where you will train and play at the world renowned Benfica Campus.

**Our coaches create a challenging and supportive environment that encourages players to push their boundaries and continually improve.**



## Facilities:

Our state-of-the-art facilities are designed to create an optimal learning environment for our players. From a meticulously maintained pitch to cutting-edge training equipment, we ensure that our players have access to the best resources to enhance their footballing abilities.

Join us at our Academy and embark on an exciting journey towards realising your footballing potential. With our esteemed coaches, comprehensive training program, competitive opportunities, and commitment to individual progression, we are confident that you will flourish as a footballer.

## Empowering You On and Off the Field:

A Fusion of Football Excellence, Top-Class Education.

Are you looking for an academy that not only nurtures your footballing skills but also prioritises your education?

Look no further than the Eastwood Community Football Club, where we are committed to providing a well-rounded experience that combines top-class football training, a diverse range of educational opportunities, and the expertise of coaches from the prestigious SL Benfica.

Join the Eastwood Community Football Club Academy and embark on a journey of football excellence and educational growth. With the guidance of Benfica coaches, access to a diverse range of educational opportunities, and state-of-the-art facilities, you'll be empowered to become a well-rounded individual poised for success both on and off the field.

## Enrolment Information:

Our academy welcomes talented young players of school leaving age (16)

## Admission Process:

We have a thorough and selective admission process designed to identify individuals who demonstrate exceptional talent, dedication, and a commitment to both academics and football. Detailed information regarding the application process, deadlines, and requirements can be found on our website or by contacting our admissions team.

At the Eastwood Community Football Club Academy, we understand that every student-athlete is unique. Therefore, we are committed to tailoring our programs to meet the individual needs and aspirations of our students. We strive to provide an environment where passion for football is coupled with a pursuit of academic excellence, personal growth, and a strong sense of community.

To learn more about the Eastwood Community Football Club Academy, explore our website, attend our information sessions, or contact our admissions team.

We invite you to join our exceptional academy and embark on a transforming journey where football dreams come alive, educational aspirations are achieved, and lifelong friendships are forged.

## Contact Info:

Eastwood Community Football Club  
Coronation Park  
Chewton Street  
Eastwood  
NG16 3GL

Tel: 01773 432414  
email: [info@eastwoodcfc.co.uk](mailto:info@eastwoodcfc.co.uk)

[www.eastwoodcfc.co.uk](http://www.eastwoodcfc.co.uk)

**Join us at our Academy and embark on an exciting journey towards realising your footballing potential.**



## The Benfica Way

Sporting clubs worldwide each possess their unique cultures and principles, yet few can rival the distinct character of Portugal's Benfica.

This club has firmly established itself as not only one of the most triumphant and beloved teams within its homeland but also across Europe.

The very essence of Benfica's success hinges on their distinctive approach. From their youth academy to the senior team, the club follows a clear philosophy that places emphasis on qualities like hard work, discipline, and a steadfast pursuit of excellence. This article will delve deeper into the essence of the Benfica approach and examine what sets it apart.

The core of Benfica's philosophy centres around their commitment to nurturing young talent. The club's renowned youth academy, known as Caixa Futebol Campus, is celebrated for its role in developing some of Portugal's most promising soccer talents. It doesn't solely focus on honing players' technical skills but also emphasizes their mental and physical attributes.

Discipline and hard work are also deeply ingrained in Benfica's culture. Players are expected to give their utmost on the field and maintain a high level of professionalism off it. This culture of diligence and discipline has been instrumental in helping the club overcome challenges and achieve success even in the face of adversity.

Furthermore, the Benfica approach extends beyond the confines of the football pitch. The club possesses a strong sense of community and social responsibility, actively engaging in various initiatives aimed at making a positive impact on the lives of fans and society at large.

The Benfica approach represents a unique philosophy and culture that has propelled the club to success both on and off the field. From youth development to captivating soccer and an unwavering commitment to hard work and discipline, these values are deeply ingrained in the club's DNA.



Through interactions with Benfica's seasoned coaches and exposure to European football methodologies, our students will be constantly learning and evolving. This partnership provides a unique platform for them to expand their knowledge, refine their techniques, and gain fresh insights into the ever-evolving world of football.

It's a two-way street of knowledge sharing that elevates the entire Eastwood CFC community, fostering a culture of continuous improvement and excellence.

Find out more about the Benfica coaches that are with us here at Eastwood on the following pages.

# CAMP 38 ES





# Paulo Jorge do Carmo Lobo Filipe



## Education

- **Post-graduate Diploma Technical Director of Football**  
European University
- **UEFA A Coaching Licence**  
Portuguese Football Federation
- **Football Coaching Tutor Diploma**  
Setúbal Football Association
- **Team Management Certification**  
Portugal Football School

## Work Experience

- **2021/23 - Technical Coordinator & HC U11|U17|U18|U19**  
Benfica Soccer School Washington DC
- **2019/21 - Technical Coordinator**  
Technical Partnership SL Benfica & Feillie, China

- **2019 - Sports Director**  
Oriental Dragon FC, Portugal
- **2018 Technical Coordinator**  
FC Barreirense, Portugal
- **2013/17 - Head Coach U15|U17|U19|1st Team, National League**  
FC Barreirense, Portugal
- **2012/13 Head Coach 1st Team, National League**  
Escola de Futebol Feminino de Setúbal
- **Former Professional Football Player**  
Portuguese 1st & 2nd League
- **Portugal Under-18 Player**  
Portugal National Team





# Paulo Jorge do Carmo Lobo Filipe

## ©Paulo Filipe (PF)

- UEFA A Coaching License
- Technical Director
- Specialized in Technical Coordination & Sports Management
- Former Professional Footballer
- SL Benfica & VFC Academy Player

- 🎯 Football Player Development.
- 🎯 Focus on International Programs.
- 🎯 High-Performance Projects for Football Academics.

*With over 25 years of experience linked to Football as a Professional Player, Coach, and Technical Coordinator, I have developed a holistic approach that ranges from tactical analysis to managing relationships with players, coaches, and stakeholders.*

***"Everything is important...  
... But the Player is the most important!"***

*I am fascinated by player development and building highly competitive teams and always looking for new opportunities to learn, grow, and expand my skills and knowledge of this beautiful game.*

*My goal is to leave a lasting impact on the lives of the players I mentor.*

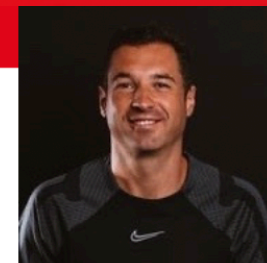


*USA - Benfica Soccer School Washington DC  
Virginia State Cup Under-19 Finalist  
2022/2023*





# Ricardo João Leopoldo Fernandes



## Education

- **Football Coach**  
UEFA Basic Coach
- **Masters Degree in Teaching Physical Education**  
Instituto Piaget - Instituto Superior de Estudos Interculturais e Transdisciplinares
- **Degree in Sports Sciences**  
Instituto Piaget - Instituto Superior de Estudos Interculturais e Transdisciplinares
- **Strength & Conditioning Coach**  
Academia Clinica Espregueria

## Work Experience

- **2022/23 - Assistant Football Coach (Fitness) 1st Team**  
Villa Athletic Club

- **2017/22 - Assistant Football Coach - 1st Team | U17**  
Futebol Clube Barreirense
- **2016/17 - Assistant Football Coach - 1st Team**  
Clube Olimpico Montijo
- **2013/17 - Implementation, Development and Coordination of a Football School**  
Santoantoniense Futebol Clube
- **2014/16 - Football Coach U10 | U11 | U12**  
Sport Lisboa e Benfica Escola Futebol
- **2011/13 - Football Coach U7 | U8 | U9**  
Leao Altivo Associacao
- **2009/11 - Football Coach U6 | U7 | U8 | U9**  
Escolas Academia Sporting Clube Portugal
- **2007/09 - Football Coach U6 | U7 | U16 | U17**  
Galitos Futebol Clube







# Ricardo João Leopoldo Fernandes

## Ricardo Fernandes

- . UEFA B Coaching License;
  - . Training specialist with Young athletes;
  - . Specialist in long-term athletes development;
  - . Fascinated by player development and building highly competitive teams.
- 
- With over 16 years of experience linked to Football as a Coach and with functions related to the increase in the performance of soccer players.
  - Always looking for new opportunities to learn, grow and expand my skills as a coach so that my intervention has a positive impact on the development of athletes as children and players.



*Portugal - Trophies won in national competition.*



# STUDY PROGRAMME EXPRESSION OF INTEREST FORM



<https://vqr.vc/i2DTeBPJz>

## ECFC ACADEMY APPLICATION FORM



SCAN ME

