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YCDS

ACADEMY

YCDS ACADEMY IS A MULTI-SPORTS ACADEMY OFFERING YOUNG PEOPLE AN UNPARALLELED PERFORMANCE PATHWAY TO FURTHER THEIR EDUCATION AND IN WHICH TO CHAMPION AND NURTURE NEW MALE AND FEMALE TALENT IN SPORT.

Our programme is designed to retain and attract students into further education using sport as the foundation.

www.youcandosport.com

ACADEMY BENEFITS

When you join YCDS Academy you will benefit from a unique mix of sport, education and life skills. The programme offers a combination of traditional further education, practical elite sports coaching, and professional and personal enrichment experiences that include employability, career guidance, health and wellness and exclusive industry focused insights and excursions.

Programme benefits include:

- 8-10hrs per week, skills-based training from fully qualified, former professional athletes
- Player and performance analysis reports
- Tailored strength and conditioning programme
- Rehabilitation sessions including yoga and foam rolling
- Person centred wellness and nutrition advice
- First class, state-of-the-art facilities
- Competitive, league and non-league match fixtures, home and away
- Free match and training kit
- Industry accredited awards i.e. FA Level 1 in Coaching Football Qualification
- L3 Award in Emergency First Aid
- High profile, guest coaches and speakers from across the sports industry
- Exclusive enrichment activities, workshops and excursions
- Volunteering and work experience opportunities throughout a network of partners and supporters
- Annual YCDS Graduation Ceremony with celebrity guest
- Discounted access to local venues, including gym memberships

DID YOU KNOW?

- There are no fees to join the academy and we offer a travel bursary for students joining us from further afield.



EDUCATION PATHWAYS

Through a blended approach to study, we offer students the opportunity to study a 2-year, full-time, education and sports development programme like no other!

Due to exceptionally qualified and experienced teachers and as an integrated part of Magnus CoE Academy Sixth Form, we can offer students a choice of qualifications. This includes,

- a) BTEC Level 3 Extended Diploma in Sport
- b) Double BTEC Diploma in Sport and an additional A-Level of your choice.

Both pathways are UCAS/performance tables recognised level 3 qualifications and are equivalent to 3 A-levels giving our students the opportunity to access all avenues post-18.

We achieve a 100% pass rate, with many of our graduates' securing places at top sporting universities, international scholarships in the USA, apprenticeships, and employment.

● IN 2020/21 65% OF OUR GRADUATES SECURED PLACES AT UNIVERSITY

● OVER 40% OF OUR GRADES ARE A*-A AWARDED OUR STUDENTS MAXIMUM UCAS POINTS

YCDS ACADEMY ENTRY REQUIREMENTS

You must achieve 5 x GCSE's level 4 and above. Maths and/or English can be retaken as part of the programme if necessary.

Due to the competitive nature of the programme, you should have some experience in your chosen sport to join the academy, however, the aim is for you to improve significantly during your time with us, both physically, academically, and mentally.

DID YOU KNOW?

- Level 3 qualifications are all weighted the same in terms of UCAS points
- Most Universities do not differentiate between BTEC and A-Level qualifications
- If a University/High-Ed course you are considering requires a particular A-Level for entry, our education provider may be able to include this in our programme – just ask us!

FOOTBALL ACADEMY

Based at the YMCA Community & Activity Village in Newark, this brand-new sports development boasts state-of-the-art 3G football pitches where you will train 4 days a week and play your home fixtures.

Our Football team deliver an unparalleled coaching experience having played, managed, and coached at the highest levels. Our FA and UEFA qualified coaches include Gary Charles, Andy Reid, Ian McParland, and Paul Hart.

Former England international and Head Football Coach, Gary Charles career as a skilled right-back saw him playing at the highest level for clubs including Nottingham Forest, Aston Villa and West Ham and alongside legends including Roy Keane and Brian Clough. Gary also has his own Sports Management Agency managing elite football players.

Designed to support your current club commitments and development as a player, our students play regular competitive matches, both home and away, as part of

AoC Sport East Midlands Men's Football Invitation B League.

In addition to our own training programme, as part of an exclusive partnership with Nottingham Forest Community Trust, YCDS female students train with Nottingham Forest female students one day per week at The Forest Sports Zone. Through this collaboration our female students compete in the Community & Education Football Alliance (CEFA) and represent Nottingham Forest against other Premier League and English Football League clubs across the country.

Our advanced coaching programmes, both indoor and outdoor cover strength and conditioning, technical, tactical, physical, psychological, and social development, and individual performance analysis.

DID YOU KNOW?

- Our football students have trained at St Georges Park, been Guards of Honour at a Stoke City match, had a tour of the Ethihad Stadium and received awards from Burnley FC Manager, Sean Dyche.



BOXING ACADEMY

Based at Carl Greaves Boxing gym in Newark, students benefit from top-notch facilities in a professional boxing gym including 18ft and 12ft boxing rings, bags, pad master, floor to ceiling ball, speedball, wall pads, mountain climber, ski-erg, prowler, battle ropes and a variety of weights.

Now a professional boxing manager, promoter and trainer of champions, World Champion and Head Boxing Coach, Carl Greaves had a stellar boxing career winning the WBF Super Featherweight World Champion title amongst many others.

Training covers:

- Technical/skill work
- Boxing training
- Foot work drills
- BoxFit circuits
- Punching power circuits
- Strength and Conditioning / Injury prevention
- Physical/Psychological/ Social development



DID YOU KNOW?

- Coach Carl Greaves won 32 out of his 39 fights as a professional boxer and was 2 x British Title Challenger

NETBALL ACADEMY

Based across two sites, Magnus CoE Academy and the YMCA Community & Activity Village, students benefit from both indoor and outdoor play.

Head Netball Coach, Connie Xavier has represented Notts County Netball and East Midlands Netball at both U21 and senior level. She is Assistant Coach at Nottingham Trent University and Head Coach for Notts Academy Netball Team. She is also a Loughborough Lightning Hub Coach, U17 Head Coach and Lead Coach for Notts Sirens regional Netball Squad.

Designed to support your current club commitments and development as a player, our students play regular competitive matches, both home and away, as part of AoC Sport East Midlands Netball League.

Training will focus on:

- Ball work and footwork
- Game sense / confidence building
- Passing and catching
- Speed and reaction
- Technical and tactical work
- Strength and conditioning / injury prevention
- Positional work
- Match fit nutritional advice

DID YOU KNOW?

- Students will have the opportunity to study a coaching or umpiring qualification through England Netball



COMING
2022

RUGBY ACADEMY

This is an unparalleled opportunity for students with a keen and active interest in rugby or sport more broadly. Be it as a relative beginner or as a former academy player capable of playing at semi-professional and elite levels.

The Rugby programme is based across two sites, Magnus CoE Academy and the Newark Rugby Club. Having recently undergone a £1.2 million pound redevelopment, students benefit from some of the best rugby club facilities in the East Midlands.

Designed to support your current club commitments and development as a player, rugby students play regular friendlies, both home and away, as part of the AoC Sport East Midlands Rugby League. This extra time and support in training will allow students to flourish at club/county level and higher.

Training will focus on personal performance and development, with a focus on the areas below. The programme is run similar to the elite player development groups as our coaches have worked in this format across county, regional and club level in the Midlands.

Training will focus on:

- Individual skill development
- Contact work
- Game sense
- Tactical organisation
- Position specific strength and conditioning
- Speed and reaction
- Communication
- Performance led nutritional advice

Head Rugby Coach, Calvin Beech has 20 years coaching experience working in the independent schools sector, with Leicester Tigers' Elite Player Development Group and more recently England Women. He has a 1st class honours degree in Human Biology, is a Sports Coaching Lecturer at Bishop Grosseteste University and is working towards his RFU Level 3 Award.



DID YOU KNOW?

- **Leicester Tigers Prop, Joe Heyes (above) has confirmed his support for the Academy as a guest coach.**

Our training programme has been designed to support your current club commitments and development as a player - you can continue to play for your current club, or we can help you join one.



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IN ASSOCIATION WITH



For males and females aged 16-18 years with a keen and active interest in sport, be it as a relative beginner or as a former academy player aspiring to play at semi-professional and elite levels.



Whether you wish to pursue a career in sport or not, through a combination of elite-level coaching from fully qualified former pros, with further education as an integrated part of a schools sixth form, our engaging sports programme will encourage you to thrive academically and professionally.

**APPLY
ONLINE AT**
www.youcandosport.com



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