



**FULHAM FC**  
*Foundation*



**Ark Globe  
Academy**



# Football & Education Impact Report

**2022/23**

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**Ark Globe Academy**



SEPTEMBER 2022  
JULY 2023

## STAFF QUOTES

"2022/23 saw the first year of our Football & Education programme at Ark Globe Academy. It's been brilliant to see how the student athletes have developed over the year, going from a group of individuals in September, to a supportive and functioning team by the end of the year.

The year has also seen some great experiences for the boys, including the opportunity to play at both Craven Cottage, and Fulham FC's First Team Training Ground.

We now can't wait for September 2023 when a whole new cohort of student athletes will join the programme, helping the team become even more competitive. "

- Moyo Arowolo, Ark Globe Head Coach





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# WHAT HAVE THE STUDENTS ACHIEVED **THIS YEAR?**



## **The Team Played in the Community & Education Football Alliance League**

This is the most competitive college academy team, with the Ark Globe team playing in the third league

## **The Team Took Part in our End of Year Football & Education Tournament, Played at Craven Cottage Stadium.**

All our Football & Education teams came together at the end of the year to take part in a tournament played on Fulham FC's Stadium, Craven Cottage

## **The Squad Was Given Tickets to Three Fulham FC Home Matches.**

Fulham v West Ham  
Fulham v Nottingham Forrest  
Fulham v Tottenham

## **The Team Played Several Fixtures at Fulham FC's First Team Training Ground.**

The team had several fixtures and training opportunities at Fulham FC's Training Ground.

## **The Team Took Part in 6 Workshops Throughout The Year.**

2 Mental Health Workshops  
2 Careers in Football Workshops  
2 Financial Literacy Workshops

## **The Team Had a Questionnaire & Answer Session with Fulham FC's First Team Player Tim Ream.**

Tim Ream spoke to the team about dealing with pressure, stress, and how to overcome adversity to still achieve your aims. He also spoke about the important his education played on his footballing career.

# OUTCOME 1 PARTICIPANTS HAVE IMPROVED PHYSICAL WELLBEING



## Student Quotes:

*"Since joining the programme I've become fitter and stronger. Furthermore, it's given me confidence and helped my relationships with peers and staff"*

*"I am able to last longer than before in a full 90 minutes match. It's also given me the motivation to stay consistent in the gym"*

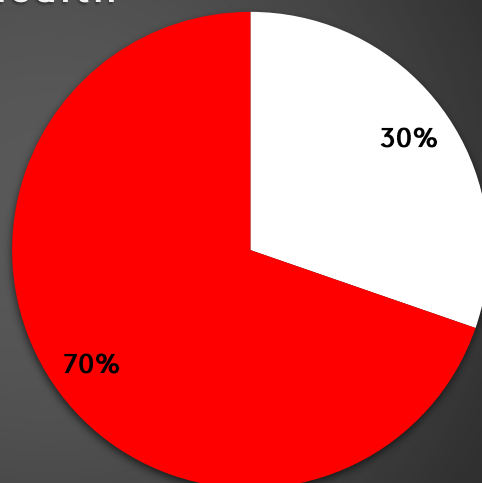
*"The gym sessions with coach Juan are useful and helped improve my overall fitness and endurance, which has meant I'm in better shape than at the start of the season."*

*"It's helped to improve my aerobic fitness so I can work harder for the entire 90 minutes match."*

*"I've become more active and it has motivated me to change my old habits."*

## The F&E Programme Improved My Physical Health

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree



# OUTCOME 2 PARTICIPANTS HAVE IMPROVED MENTAL WELLBEING



## Student Quotes:

*"It has improved my mental wellbeing by helping me become more optimistic and persistent even when there are obstacles in the way such as injuries."*

*"Its made me confident as a player and gain a stronger mindset to continue with football."*

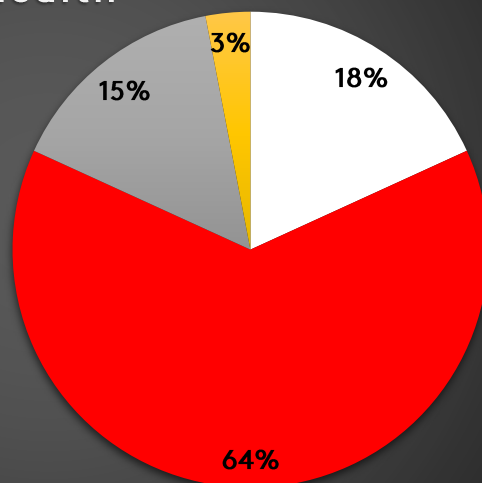
*"The coaches provide an environment where every player is key to the team which helps me enjoy my football and stay positive as it shows that putting the hard work in will benefit the team."*

*"The training program allows for me to relieve stress from class, and it helped me learn to control my anger."*

*"Its a good environment to be in surrounded by good players and coaches. This has helped motivate me to play football again."*

## The F&E Programme Improved My Mental Health

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree





# OUTCOME 3 PARTICIPANTS FEEL INSPIRES & ENGAGED TO CONTINUE THEIR EDUCATION



## Student Quotes:

“The Fulham staff were very supportive around education and always made sure we were where we needed to be, both on and off the pitch.”

“The football was motivation to stay in education and to open more paths after sixth form.”

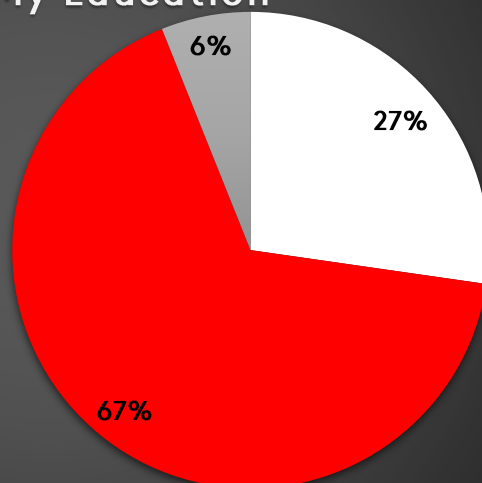
“Since we are privileged to have this program, we have to stay on top of everything for us to play. Meaning we are motivated in education as well as football.”

“I wouldn’t have come to sixth form if it didn’t have the football and education program because football is a very strong passion of mine.

“I came back to globe after leaving last year when I found out about the Fulham college program. It made me want to come back to continue me education, while playing a high standard of football”

## The F&E Programme Inspired Me To Continue My Education

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree



# OUTCOME 4 PARTICIPANTS DEVELOP THEIR FOOTBALLING SKILLS & KNOWLEDGE



## Student Quotes:

*“Before while watching football, I would always wonder why are they doing this move or this combination. Since joining Fulham, the coaches have helped me understand this so I’m able to play and read the game better.”*

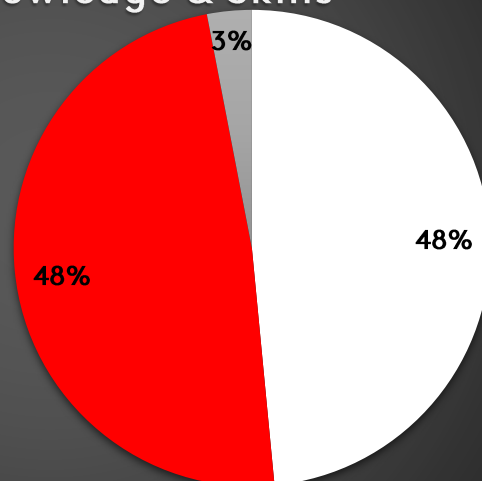
*“With the amazing coaches they have made me develop a better understanding of football and how smart you have to be when playing.”*

*“I am able to understand each role in football to another level and how critical it is to play as one unit.”*

*“The coaches provide an environment where every players strengths and weaknesses are identified through Development Plans. This helps me understand what skills I have, as well as what I need to work on to become a better player. The coaches then work with me to improve my weaknesses.”*

## The F&E Programme Improved My Footballing Knowledge & Skills

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree



# OUTCOME 5 PARTICIPANTS HAVE IMPROVED CONFIDENCE & SELF-ESTEEM



## Student Quotes:

*"The programme has helped me to be a better leader to my teammates and my school mates. This has helped me to boost my confidence off and on the pitch."*

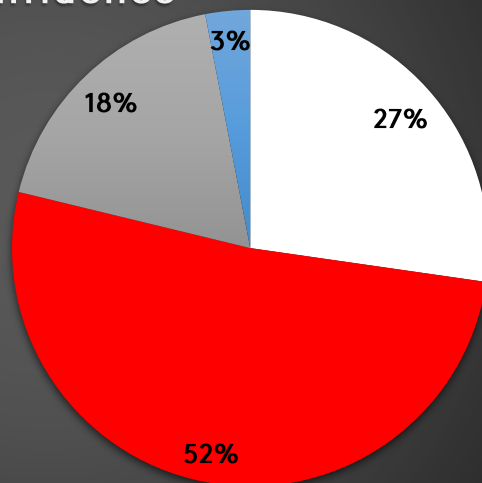
*"You feel more confident knowing that you are capable to follow and execute tactics given by the coach and it's really fun to do as it takes the whole team making us feel more rewarded."*

*"The coaches have made the team and me improve immensely which can improve your self-esteem and confidence as well as the coaches making a healthy competitive environment where everyone feels like they have a part to play in the team also improved my self-esteem and confidence."*

*"The excellent and realistic coaches are very supportive. They also make the players support each other. The mental wellbeing workshops also helped."*

## The F&E Programme Improved My Self Confidence

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree







### Student Quotes:

“When playing in different positions I’m not used to playing, it helped me overcome the challenges of trying a new position as well as helped me develop into a better player. As when I go back to my original position I know what is required of me as I’ve seen it in a different perspective.”

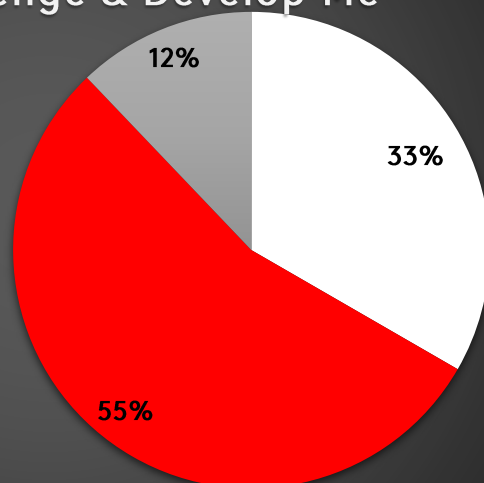
“This program has taught me a lot of football knowledge as well has key skills such as time management.”

“The football and education program helps you to be more organised and allows you to be more active during classes and out of classes.”

“It’s hard work as I don’t only train in school but I also train outside school so it’s really challenging as you have to balance everything including school work and has developed my organisational skills well as my athletic ability.”

### The F&E Programme Provided Experiences to Challenge & Develop Me

- Strongly Agree
- Agree
- Not Sure
- Disagree
- Strongly Disagree







# FULHAM FOOTBALL CLUB







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**BUILDING BETTER LIVES THROUGH SPORT**