



FULHAM FC  
Foundation

# RAYNES

PARK HIGH SCHOOL



## Football & Education Impact Report

**2022/23**

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**Raynes Park High School**



SEPTEMBER 2022  
JULY 2023

## STAFF QUOTES

“The boys have developed holistically this year as people as well as players. They have been challenged on and off the pitch through a variety of experiences which has helped them to maximise their academic and football potential. A couple of highlights of the programme this year has been the boys playing at Craven Cottage, and the multiple engagements with the Academy throughout the year.

A success of the programme this year has been the various exit routes provided for the players leaving the programme after 2 years, with players going on to university, joining apprenticeship schemes or finding employment. The coaching staff are excited for September to integrate the new cohort ahead of the new season.”

- Ed Turnbull, Raynes Park Head Coach



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# WHAT HAVE THE STUDENTS ACHIEVED THIS YEAR?



## **One Student Played in a Fulham FC U18's Match.**

One F&E student played for the Fulham FC U18's team in their fixture against Sutton United.

## **The Squad Had 13 Training Opportunities Against Fulham's U18's Team.**

On 13 occasions this season the F&E students were invited to take part in training with the Fulham FC U18's Squad.

## **We Played one Fixture Against the Fulham FC U18's Team.**

Our team played one training fixture against the Fulham U18's team this season.

## **The Squad Took Part in 8 Workshops Throughout The Year.**

Two Mental Health Workshops  
Two Careers in Football Workshops  
Two Financial Literacy Workshops  
Two Nutrition Workshops

## **Both Teams Played in the Community & Education Football Alliance League**

The 1<sup>st</sup> Team came Sixth in the Top League

The 2<sup>nd</sup> Team came Eighth in the second League

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

Fulham v West Ham

Fulham v Nottingham Forest

Fulham v Tottenham

## **The Students Attended One University Visit.**

A selection of the Year 13 students attended a visit to Roehampton University to see what courses they offered

## **Several Students Attended Our FFC Careers Event Hosted at Fulham FC's Training Ground.**

This was to provide students the opportunity to learn more about different careers available to them within football.



# OUTCOME 1 PARTICIPANTS HAVE IMPROVED PHYSICAL WELLBEING



## Student Quotes:

*"At the start of the programme my physical wellbeing was poor but due to the training provided by Fulham I can say it's improved massively."*

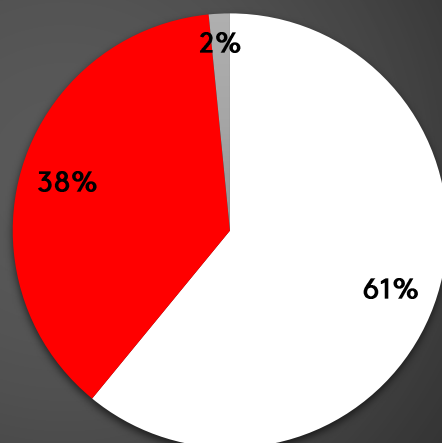
*"My stamina has improved a lot due to the amount of fitness we've done, which has benefited me as a player and benefited the team as it improved our performance as we progressed during the season."*

*"Playing football everyday has improved my health and my physical appearance which has helped me stay happy and enjoy my time on the programme."*

*"Every Monday we have fitness at the beginning of the session which has helped the whole squads fitness levels. I now feel very comfortable playing a full 90 mins without fatiguing."*

## 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:

*"I feel very happy balancing my football and my education. I also feel very happy when playing with my teammates and making new friends."*

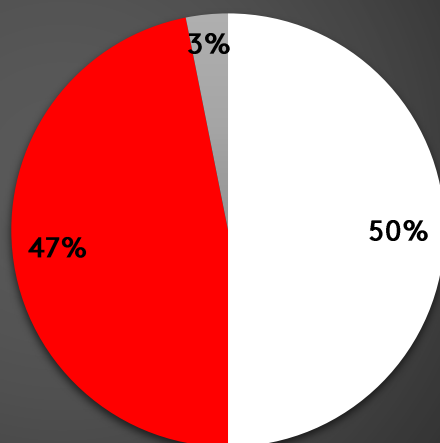
*"Being apart of this programme has helped me develop friends and people I feel I can share my problems with. On top of that the football aspect allows me to let go of any problems and forget my stresses from the week."*

*"Being a part of this program has really helped my mental wellbeing. Being around my teammates and friends has really benefitted my mental health as I feel respected and included."*

*"This program has helped me to be more confident and helped me to be more open about my situations both at school and football."*

### 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:

*"Without this programme I probably would of gone to any other college or football programme and then wouldn't have taken my education any further. However, thanks to Fulham I have now realised that I want to go to university and further educate myself."*

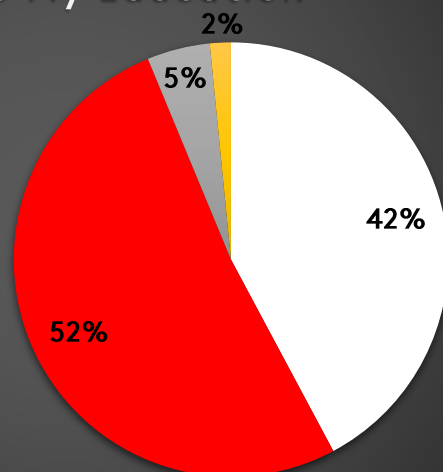
*"The programme made me realise that every footballer needs a Plan B after they retire, or in case they don't make it as a professional footballer. So I now see how important my education is so I can have a Plan B."*

*"Events and workshops I've taken part in while on the programme have inspired me and given me an interest in what I want to study at university. The program has also showed me that I am able to balance football and school work and I can make sacrifices."*

*"I wouldn't of done a levels without F&E and on top of that having to keep myself in check at school in order to play matches kept me motivated to do well in school."*

## 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:

*"The coaches were able to explain to me what I was doing wrong, through the analysis sessions. This allowed to understand how to improve, and the coaches then helped me implement this in training and matches which improved me as a footballer."*

*"On the pitch, I was not the most technically gifted however, my skills and knowledge have vastly improved which has now made me one of the better players."*

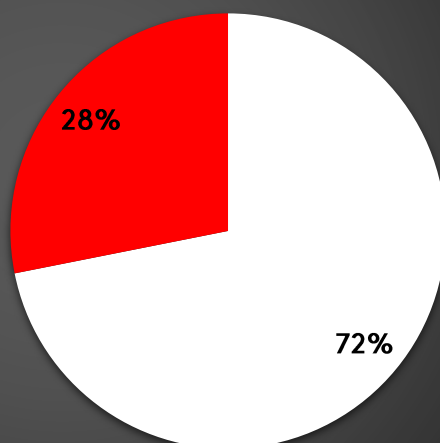
*"I am a better player tactically, technically, and mentally due to the coaching I have received from Fulham and I couldn't be more grateful."*

*"We always start training with a technical practice to make sure our technical ability is on form."*

*"The coaches have taught me different roles and different phases of play that benefited me in the programme, but will also help me in the future."*

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

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



## OUTCOME 5 PARTICIPANTS HAVE IMPROVED CONFIDENCE & SELF-ESTEEM



### Student Quotes:

*"Being able to play in numerous positions has allowed me to face new challenges and become the best possible player I can be which has very much boosted my confidence."*

*"Before joining I was seen as a huge introvert but now I'm seen by my teammates and coaches a bubbly extrovert that has come out of their shell."*

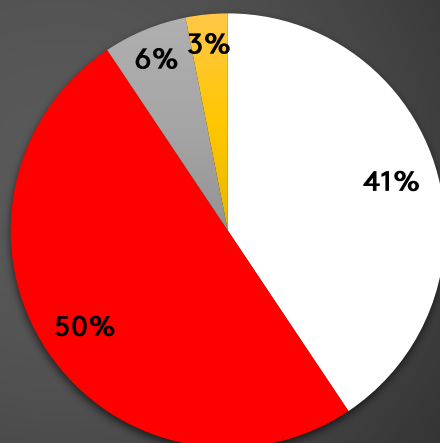
*"I'm much more confident in situations both on and off the pitch. For example, I now come forward and share my opinion on how a game is going at half time and how I feel we can improve our team performance."*

*"Thanks to Fulham I feel more confident in whatever I do, and like I'm ready for any challenge that comes my way. This has boosted me and means I now want to get better all the time."*

*"The encouragement and support I get from my teammates and coaches if I make a mistake, encourages me to be confident in football and education."*

### The F&E Programme Improved My Self-Esteem & Confidence

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





# OUTCOME 6

PARTICIPANTS ARE PROVIDED EXPERIENCES TO CHALLENGE & DEVELOP THEMSELVES



## Student Quotes:

*"Experiences such as playing against the Fulham Academy, playing at stadiums, and training at St Georges park has definitely developed me and provided me with unforgettable experiences."*

*"It gave us a lot of opportunities to showcase our abilities to higher level coaches and players, and potentially get scouted."*

*"Playing in professional clubs stadiums was an amazing experience."*

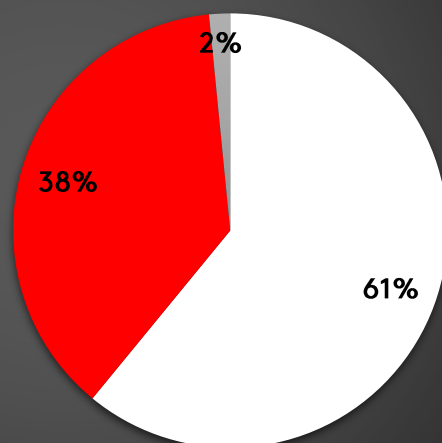
*"I have really enjoyed the workshops, particularly the careers in football workshop which explained the different careers I could have within football."*

*"On the program I've had to speak in front of my teammates and staff at different events which has helped me develop as a person and benefited my character."*

*"At Fulham, we regularly play with the academy which is major challenge as there's a gap in our abilities, but this makes me work harder to improve."*

## The F&E Programme Challenge & Helped Me Develop

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













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