



ACADEMY NEWSLETTER



Around The Age Groups

The **Under-9** boys have enjoyed their first month as Academy players, which included a great trip to Leicester in pre-season.

The **Under-11s** and **Under-12s** have enjoyed their return to Rockliffe for pre-season and are looking forward to the start of the games programme. They have shown a good energy and enthusiasm throughout and are eager to get started in playing in their new large-sided formats which they've stepped up to.

The **Under-11s** travelled to Leicester in pre-season to compete in a 7-a-side tournament against teams they would not usually have the opportunity to face, including the likes of Tottenham Hotspur, Ipswich Town and Luton Town. The boys represented the club fantastically well and were complimented by all opponents on their ability, attitude, and desire to compete.

There was a great start to pre-season for our 2010 birth year players with a trip to Belgium for the Bierbeek Tournament (pictured right). The tournament included fixtures against Club Brugge, Djurgardens and other elite international academies, it was a great experience for the boys in an exciting and high quality tournament, in which they finished 11th out of 40 teams.



Closer to home, the **Under-13s** and **Under-14s** each played Hibernian, and were unbeaten in two close games. They then followed this up with the Newcastle City Juniors tournament which took place over the Bank Holiday weekend, with our **Under-13s** finishing third overall.

A final pre-season fixture for the U13 and 14s v Man City at Queen Ethelburgs College was a tougher test where the U13s were beaten but a really close game throughout. The U14s dominated their game and showed some really positive and exciting football throughout.

The **Under-16s** played their first U16 Premier League fixture against Blackburn in August, winning 3-1. The side included three **Under-15s** playing up an age group. The **Under-16s** lost 3-0 to Sunderland the following weekend, this time with four **Under-15s** involved including two starters. Two **Under-16** players, Eddie Ormerod and Frankie Coulson, were used substitutes for our Under-18s against Sunderland, with Eddie scoring 2 goals.

Our **Under-18s** enjoyed a 14-day pre-season camp in the Netherlands. The trip was part of the Erasmus plus experience for apprentice groups and had our young players working hard both on and off the pitch.

U18s lead coach Lee Cattermole, who spent a season with Dutch side VVV-Venlo in his professional career said: "I would have loved to have had this experience as a 16-year-old apprentice, it will help to open their eyes to potential experiences across Europe and the world."

"The attitude and application of the players was exemplary...long may it continue."

As well as experiences on the pitch, the boys were given an educational tour around The Airborne Museum in Hartensein, which was the former headquarters of the British forces during operation Market Garden and the battle of Arnhem in September 1944.



First Team Debuts

Congratulations to Sonny Finch, Bryant Bilongo, Isaac Fletcher and Daniel Dodds, who made thier first team debuts in the Carabao Cup match against Barnsley, with Kamil Conteh and Calum Kavanagh on the bench too.



Internationals

Congratulations to Under-15 player Will McPartland (right) who was selected for an England training camp at St. George's Park at the end of August.



Oliver Lloyd (left) made his first start for Wales Under-15s against Denmark drawing 2-2. He then saved two penalties to win the match for Wales, also playing 40 minutes against Belgium. Well done Oliver!



Charlie Lennon and Ajay Mathews (right) were involved for England Under-17s' in the Nordic tournament in Norway last month, with matches against the host nation, the Faroe Islands and Finland.



Performance Analysis

The Academy performance analysis department have two new faces to welcome. Vedant Malik joins in a full-time capacity with three years of experience working with the Cardiff City academy alongside completing his undergraduate degree in the field. Alex Johnson will also be joining as a part-time member of staff, having worked as part of the Rochdale first team analysis department last season whilst completing a master's degree in performance analysis. Welcome both!

With all teams returning back from the summer break, it is going to be a busy September for the department, covering approximately 27 games throughout the Under-9 to Under-21 age groups.

Analysis sessions will be returning for the U9-U16 squads, taking place either before training or during the day release programme. These sessions are designed to encourage age-appropriate engagement from the players, with a focus on previous performances and tailored to the weekly training theme.

Last season was our first season with the new In-Play platform, which proved successful. There was plenty of interaction and engagement from the players. The analysis department will now look into ways this can be further enhanced to support player development as the season progresses.

Sport Science

Over the summer break, we welcomed Ally Hamilton in the role of Head of Academy Science & Conditioning.

The first round of Premier League Benchmark physical testing has been booked in for September. All Academy players will have the opportunity to complete these tests between 22 - 28 September (specific dates for age groups will be communicated by lead phase coaches). These tests will help inform the department on player progress and areas of focus for future programming/ILP work.

The department will be working on delivering a parental education programme over the course of the season to provide parents a greater insight into areas of the sports science programme and the reasons behind this work. Please keep an eye out for content being shared. Feel free to contact Ally on alastair.hamilton@mfc.co.uk should you have any questions regarding the sports science programme.

Education

Welcome to Simon James, a new appointment to the Education department. Simon, who has a wealth of teaching knowledge and experience, will become an integral part of the education team, supporting the full-time Under-18s with their L3 BTEC and SEP programmes, as well as day release and playing an active role within the player care team.

Day Release will start w/c 19 September:

- Tuesday: U15/U16
- Thursday: U13/U14
- Friday: U12

Barry and the team will re-connect with schools from Monday 5 September, if you have not done so as yet, please let Helen know any updates of school contacts, i.e. heads of year with contact e-mail and telephone numbers. The Under-12 group is especially important as the boys will be attending new schools.

Due to the reconfiguration of the main restaurant, warm nutritional food will be available for the boys in the parents' lounge. We are looking to secure an additional vehicle to support the academy's transport provision, and we will notify parents of the pick-up locations for this season.

Please note: There will be no return journeys, all boys will need to be collected from the Academy.

Safeguarding

Please watch out for the safeguarding induction invites via Helen, the session will be held online via zoom. Further updates will be communicated on day release during the same session.

Psychology

Alumni Episode 2

In the second episode of the Alumni Programme, Ryan and Neil had the privilege to speak with Jonathan Coleby during his recent visit to Rockliffe. Jonathan, who is now living and working in the USA as a certified Public Accountant, spoke about his time at Middlesbrough, the lessons learned, and how his academy football experience has helped him be successful in his move to America.



Parent 5C content

To further the communication and insight between the psychology department and parents, Ryan has created content aligned to the player-facing psychology programme, which will be sent out to parents across the season. Each of these documents focuses on one of the psychosocial topics, and contains information on the definition, associated behaviours and actions, and support which you can provide to your child to facilitate the work going on within the club. The documents have been uploaded onto the PMA for access/download.

The psychosocial topics will run for three weeks each, with two full cycles occurring over the coming season. The first topic of **COMMITMENT** ran from 1–21 August. We are currently on the second topic of **COMMUNICATION** from 22 August – 11 September. The topic from 12 September will be **CONTROL (emotions)**.

Parent reporting form

Once again, the Academy would like all parents to be able to report information of concern directly to a member of staff. We appreciate how some parents may want to remain anonymous when doing this, and therefore, we have created an anonymous reporting form for you to use. This form is to be used by you, as parents, to report any concerns or observations you have made in and around the club. This information will be submitted to the academy and appropriate action will be taken if necessary.

[You can access the form here](#)

Parent Support Programme

Ryan will be leading on our Parent Support Programme again this season. We have outlined seven sessions to be delivered over this season, with the topic of our first session being 'Mental Health and Wellbeing'. Ryan will be speaking about mental health within youth football, parental pressure, breaking the stigma and self-care for parents. The delivery dates are Tuesday 20 September and Thursday 22 September, face-to-face and online simultaneously, to ensure accessibility for all parents.

Addis & Ussuf Dore's Sports Foundation



Academy players Addis and Ussuf Dore have set up a foundation to help people less fortunate than us and provide them with football boots, kit and old MFC clothes. With their parents, the boys flew to Africa in the summer and made donations to people in Ethiopia, Liberia and Guinea.

The aim of the foundation is to raise aspirations through sport for children who are less fortunate. They said: "It makes us feel really proud doing such a good thing and helping people."

Medical

PDP:

All screening for PDP players has been completed

YDP:

With the restart of the U9-16s games programme, the medical department is now structured so that the all new injuries with suspected time-loss from training and games are to be reviewed on Monday evenings from 5pm. During these triage clinics, all rehabilitation plans will be discussed with players, parents and coaches.

Academy Recruitment

The following boys have registered with the Academy ahead of the new season after succesful trial periods:

- Oscar Mills (Under-10)
- Jack Reed (Under-12)
- Lewis Lambert (Under-15)
- Joseph Aungiers (Under-16)

Congratulations to all, enjoy every minute of the Academy experience.

Our Pre-Academy Manager, Phil Mason, has recently gained the Talent ID Level 3 qualification, after a year-long, intense and in-depth residential course held at the FA headquarters , St George's Park. Well done to Phil, who passed with flying colours.