WSL Academy Careers Event

Thursday 28th October
9:30-4:30pm

#WSLAcademyCareers
# Order of the Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45 – 10:00</td>
<td>Introduction to University in England</td>
</tr>
<tr>
<td>10:00 – 12:00</td>
<td>Presentations from TASS Delivery Sites (English Universities)</td>
</tr>
<tr>
<td>12:00 – 12:30</td>
<td>Introduction to University Abroad</td>
</tr>
<tr>
<td>13:00 - 13:30</td>
<td>Player Q&amp;A – English Universities</td>
</tr>
<tr>
<td>13:30 – 14:00</td>
<td>Player Q&amp;A – Universities Abroad</td>
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<tr>
<td>14:00 -16:00</td>
<td>Premier Sports Network – Employer Carousel</td>
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#WSLAcademyCareers
WSL DiSE Programme Coordinator
Loughborough College
Sam.James@loucoll.ac.uk
07929043102

Grace Harrison
WSL Project Coordinator
Talented Athlete Scholarship Scheme
Grace.Harrison@tass.gov.uk
07734372433

Vicky Cheshire
Player Education Coordinator
FA
Vicky.Cheshire@thefa.com
07816 109 669

Leandra Little
FA WSL Academy Lifestyle Project Lead and Education and Welfare Officer
FA
Leandra.Little@thefa.com
POST-18 TRANSITION

HE Overseas

Apprenticeship

HE in England

Part-Time or Full-Time Job
Higher Education in England

Thursday 28th October
9:45-10:00am
Higher Education in England

Undergraduate Degree (BSc/Ba)
Minimum of 3 years (can be extended at the University’s discretion). e.g. BSc Applied Football Studies

Sandwich Degree
A year abroad or a year in industry may be offered prior to the final year of study.

What are you passionate about? What are your future career goals? Football/Education/Social?

Foundation Year
If a student does not have the required grade profile, an extra year of study before an undergraduate degree. Provides students with an alternative and more gradual route into university.

Foundation Degree
Usually takes 2 years, and students can continue for a further 1 year to gain a full undergraduate degree.
Higher Education in England

“Do you need to go to University to pursue your dream job?”

“Which university is best for you?”

“What subject should you study?”

“Where does football fit within these choices?”
Key Considerations

“Where will you be most challenged?”

“What are your career aspirations?”

Wellbeing

Experience

Performance sport options

Academic/Sport priorities

Dual Career Opportunities

Geographical Location

Flexibility

Financial implications

FA Women’s Super League Academy
October of Year 12:
• Start to consider all options available to you.
• Research requirements for future career.
• What is best for you?

January of Year 12:
• Start to explore the specifics.
• Tiers/level of study/location.
• Eligibility and time of process.
• Look to create a criteria list.

May of Year 12:
• Start UCAS process.
• Can you apply to more than one ‘route’?

October of Year 13:
• Applications submitted and offers received.
• Reflect on current situation professionally and personally.

January of Year 13:
• Prepare to pursue that route.
• Work to get the grades required.
• These guides have now been updated for the 21/22 season
• The guides highlight all opportunities that are available to you within education and football
• There is a key focus on post-18 options, providing information to support you in your decision making
University in England

TASS Delivery Site Presentations

10:00 – 12:00
University in England

North West

10:00 - 10:20am
LJMU & TASS FOOTBALL TACTICS BOARD

IN POSSESSION PRINCIPLES

- Scholarship offers are not dependent on LJMU football representation
- 2 Tier support system
- Sport science support
- Lifestyle advisor
- Academic- career management
- Bursary awards

OUT OF POSSESSION

- Career development - Community development
- Ambassador roles – Alumni network

SQUAD GOALS

- Over 90% graduation rate
SPORT AND EXERCISE SCIENCE SUPPORT

STRENGTH AND CONDITIONING
NUTRITION
PSYCHOLOGY
Lifestyle
PHYSIOLOGY
PHYSIOTHERAPY
HIGH ELITE ATHLETE GRADUATION RATES & ALUMNI ENGAGEMENT
HINTS AND TIPS

• DO YOUR HOMEWORK
• VISIT UNIVERSITIES, APPLICANT-OPEN DAYS
• SPEAK TO UNIVERSITY SPORT PERFORMANCE LEADS
• SPEAK TO ACADEMIC MODULE LEADERS
• SPEAK TO PAST PLAYERS
UNIVERSITY APPLICATIONS

KEY DATES: APPLY UCAS 26th JANUARY 2022
- OFFERS MADE MAY 19TH
- SPORT SCHOLARSHIP APPLY MAY 31ST
CLEARING OPPORTUNITIES JUNE
SHAPE YOUR WORLD WITH US
AN INTRODUCTION TO MMU SPORT
SOMETHING FOR EVERYONE...
We support 60+ athletes through our scholarship programme.

Our scholarship package is more than just a bursary; it's a range of services, support and financial assistance that allows you to maintain academic and athletic balance.

Our programme recognises and is tailored to each athlete’s individual needs.

Performance sports are Netball, Water Polo, Rugby Union, Swimming, Basketball and Lacrosse.
Sport Scholarships

The total package is worth up to £7,000 per year. Additional University support is available for exceptional applicants:

• Up to 40% off fees
• Performance Sport townhouse accommodation
• Financial expense contribution
• Access to top class sporting facilities, either on campus or within a ten-minute drive
• Personalised sport science support
• Bespoke nutritional support
• Physiotherapy and Sports massage
• Access to our performance sport science suite
• Bespoke strength and conditioning programmes
• Free sports club membership
• Lifestyle support
The Talented Athlete Scholarship Scheme (TASS) provides the opportunity for young athletes to get the very best out of their academic and sporting ability, without having to make the hard decision between the two.

- 38 TASS Deliver Sites across England – MMU Sport have been a site since 2017
- On average MMU Sport have between 10-15 athletes

The TASS Dual Career Accreditation Scheme recognises an education institution’s commitment to dual career support for talented athletes who are in full time education.

MMU achieved the Accreditation in 2020 and have athletes who are supported (Education, physio and nursing)
Elite Athlete Support

MMU Sport offers TASS Performance Support for the FA WSL Academy Programme.

Currently offering **Manchester City Football Club** Strength and Conditioning for academy players. The *Practical delivery and season long project to inform future direction of the physical performance programme within the Girls Academy. Additional support includes Lifestyle and Nutritional support*

**Manchester United**

Currently in discussions with MUFC on how we can best support them over this year
Club training as well as our free active campus sessions take place at these facilities
More than a building. We are:

A **community of over 1000 students**, spanning different courses including sport science, nutrition, marketing and management and many more.

An agent for change championing everything that sport can do – from strengthening communities to pushing the limits of human performance.

Using a **holistic approach to research**. This means that we can explore issues from the cellular to the societal level.

Bringing together experts from a range of fields who have links with sporting and health organisations. This means that our activities have “real-world” input and impact.
DEVELOP
Join our student workforce and gain essential skills for your future career

Future Coach Programme offers students the opportunity to gain high quality practical coaching experience under the supervision of our qualified professional coaches.

Roles available in Sport Development, Physio, Coaching Marketing, Photography, Videography, Event Management

Rise

Part of the wider Student Centred Curriculum (SCC) project and supports the project’s objective to create ways of enabling students to tailor their studies.

Rise gives students the opportunity to get involved in a mix of flexible opportunities throughout the year, together with more focused activity after the exam period in May.

Students will earn ‘Rise Points’, and once they earn 300 Rise Points, can claim practice credits on their transcript.
University in England

Midlands
10:20 - 10:50am
Investment in Sport
How our courses help you get jobs
BA (HONS) PHYSICAL EDUCATION AND SCHOOL SPORT

BA (HONS) SPORT BUSINESS MANAGEMENT

BA (HONS) FOOTBALL COACHING AND PERFORMANCE

BSC (HONS) SPORT AND EXERCISE SCIENCE

BSC (HONS) SPORT AND EXERCISE THERAPY
WLV Sports Scholarship

WLV Sport Scholarship Complimentary Package includes:

- WLV Sport Scholars can receive support up to a value of £4,500 over three years
- Physiotherapy
- Strength & Conditioning
- Playerlayer Tracksuit
- Funding towards elite coaching, competitions, training costs and equipment
- Annual WLV Gym Membership
- Mentoring support
WLV Sport
Martin Harrison (Lecturer, Football Coaching and Performance)
m.harrison5@wlv.ac.uk
07966868612
ALUMNI SUCCESS STORIES

Desmond Duffus
Strength and conditioning coach, Welsall Football Club

Desmond was always keen to investigate how sports science and training can improve performance on the football pitch. Since completing his Bachelor's degree in Physical Activity, Exercise and Health, he has gone on to complete a Master's in Sport and Exercise Science at the University and is now leading strength and conditioning and sports science at Welsall F.C.'s academy. His tasks include planning and delivering progressive conditioning sessions to academy players and working towards developing athletic ability.

Kerys Julia Harrop
Footballer, Birmingham City Ladies

English footballer and Champions League semi-finalist, Kerys studied on the postgraduate Sports and Exercise Science course where she gained vital skills in leadership, communication and team work. The current Birmingham City Ladies defender, who was part of the Great Britain team to win Gold in Kazan at the 2013 World University Games, completed an internship at one of our partner professional football clubs.

Craig Parkes
Assistant professor, University of South Alabama

Craig graduated from the University with a physical education degree and continued his learning into a postgraduate programme. Whilst the degree provided him with the knowledge and skills to be a successful teacher, the course also allowed him to gain positions in American universities. Craig is currently assistant professor at the University of South Alabama, having spent the past six years delivering courses at Pennsylvania State University.

Matt Belcher
Recruitment analyst, West Bromwich Albion Football Club

Football enthusiast Matt left university determined to gain experience in professional football. His sports coaching degree provided him with the necessary skills in sports science and training performance to become an influential part of the backroom staff at West Bromwich Albion Football Club. As a recruitment analyst his skills in team and statistical analysis, based on the club's philosophy, help to support individual players and the team's overall development plans.

Anittah Poselay
Trainee clinical scientist/specialist cardiac physiologist

Anittah was always interested in the clinical side of physical activity, exercise and health. During her time at the University she utilised our range of sector partnerships to gain work experience within the field of cardiac rehabilitation at Action Heart, based within Salford Royal hospital. As a specialist in cardiac physiology, Anittah's role involves the diagnosis and treatment of adults and children with heart disease.

Rudy Robinson
Gym owner

Entrepreneur and Aerolock gym manager Rudy completed his sports studies degree before starting his own business, which specialises in martial arts and fitness training. The centre located in Birmingham, doubles up as an educational hub for various schools and community providers, with the aim of promoting positive youth development through sport and martial arts.
Do you need a degree in sport?

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Leisure Operations</th>
<th>Exercise and Fitness</th>
<th>Community Sport</th>
<th>Performance Sport / Sports Admin</th>
<th>Physical Activity / Health</th>
<th>Qual Level (England)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chartered Fellow (e.g. CEO / Director)</td>
<td>Department Manager/Head of ...</td>
<td>Group Fitness Manager</td>
<td>Head of Coaching</td>
<td>Head of Department Sports Scientist Performance Analyst</td>
<td>Head of Health</td>
<td>7</td>
</tr>
<tr>
<td>Member</td>
<td>Operations/General Manager</td>
<td>Contract/Area Fitness Manager</td>
<td>Community Sports Development Manager</td>
<td>Functional Manager</td>
<td>Health Manager</td>
<td>5/6</td>
</tr>
<tr>
<td>Advanced Practitioner</td>
<td>Advanced Swimming Teacher</td>
<td>Advanced Personal Trainer</td>
<td>Advanced Community Coach</td>
<td>Advanced Performance Coach</td>
<td>Health Referral Co-ordinator</td>
<td>4</td>
</tr>
<tr>
<td>Associate</td>
<td>Supervisor/Duty Manager</td>
<td>Fitness Team Leader/Supervisor</td>
<td>Community Sports Development Officer</td>
<td>Sport Administration Officer</td>
<td>Health Supervisor</td>
<td>3</td>
</tr>
<tr>
<td>Affiliate</td>
<td>Lifeguard Recreation Assistant</td>
<td>Gym Instructor Group Exercise Instructor</td>
<td>Coaching Assistant</td>
<td>Performance Coach Assistant</td>
<td>Lifestyle Instructor</td>
<td>2</td>
</tr>
</tbody>
</table>
CAREERS IN SPORTS AND LEISURE

Career opportunities in the sports industry aren't limited to those with athletic prowess; there's a wide range of positions in the field for non-athletes too. These jobs support the sports industry by providing mental and physical health services, sales and marketing revenue, and sports media content.

Business Development Manager
Business development managers find new customers, and persuade existing ones to buy extra services.
£25,000 Starter to £60,000 Experienced
38 to 40 a week.
You could work evenings attending events or appointments.

Fitness Instructor
Fitness instructors organize exercise programmes to improve people's health and fitness.
£14,000 Starter to £30,000 Experienced
32 to 34 a week.
You could work as a contractor/ self-employed as customers demand.

PE Teacher
Physical education (PE) teachers work in schools and colleges, teaching sport and fitness to young people.
£16,250 Starter to £61,005 Experienced
33 to 35 a week (term time)
You could work evenings/ weekends attending events or appointments.

Health Trainer
Health trainers promote healthy living and help people make healthier lifestyle choices.
£16,750 Starter to £28,500 Experienced
37 to 39 a week.
You could work evenings/ weekends attending events or appointments.

Football Coach
Football coaches develop the skills and motivation of football players and teams.
£14,000 Starter to £250,000 Experienced
36 to 38 a week (varies)
You could work evenings/ weekends/ bank holidays/ flexibly.

Sports Physiotherapist
Sports physiotherapists diagnose and treat sports injuries.
£22,000 Starter to £45,000 Experienced
38 to 40 a week.
You could work evenings/ weekends/ bank holidays/ away from home.

Sports Coach
Sports coaches teach sports skills to individuals and teams of all abilities.
£14,000 Starter to £35,000 Experienced
36 to 38 a week (varies)
You could work evenings/ weekends/ bank holidays/ away from home.

Leisure/Sport Centre Manager
Leisure centre managers look after the day-to-day running of sports and leisure centres.
£18,000 Starter to £35,000 Experienced
39 to 41 a week.
You could work evenings/ weekends/ bank holidays/ flexibly.

Sports Development Officer
Sports development officers organize projects and training to encourage people to take part in sport and have a healthier lifestyle.
£21,000 Starter to £50,000 Experienced
36 to 38 a week.
You could work evenings/ weekends attending events or appointments.

Sports Scientist
Sports scientists use knowledge of how the body works to help people improve their health or sporting ability.
£18,000 Starter to £60,000 Experienced
37 to 39 a week.
You could work evenings/ weekends attending events or appointments.

All data from: nationalcareersservice.direct.gov.uk
University in England

South

10:50 - 11:30am
The University of Brighton is based in the South East of England.

We have over 19,000 students studying at our four campuses in Brighton and Eastbourne.

Subjects range from medicine to engineering, psychology to illustration, sport science to English literature.

Students are at the heart of all that we do and take an active role in their learning experience. They leave us ready to make a difference to the world.
Our Women's Football Club

—we have 2 Teams currently participating in BUCS Competition

1st Team
- Eastbourne Campus
- BUCS South Eastern Tier 1

2nd Team
- Brighton Campus
- BUCS South Eastern Tier 3

Futsal Club
- Eastbourne Campus
- Premier League
Our Scholarship Opportunities

**Dual-career athlete support package:**
- Academic Flexibility
- Access to all fitness facilities
- Lifestyle mentorship
- Workshop series
- S&C support
- Financial reward
- Reduced rate access to physiotherapy/massage therapy
Scholar Spotlights

Josie Longhurst; Sport Management
- Brighton & Hove Albion U21s & Wales

Cerys Jones; Primary Education with QTS
- Brighton & Hove Albion U21s & Wales U23s

Iesha Swaby; Social Science
- Brighton & Hove Albion U21s & Crawley Wasps

Emily Copeland Dinan; Physiotherapy
- Futsal; University & Canadian National team

Grace Hill; Primary Education with QTS
- Futsal; University team & England Unis Triallist
Women's Super League Dual-Career Programme

We provide support in the following areas:
- Strength & Conditioning
- Physiotherapy
- Lifestyle

This is mixed-site, majority delivered at BHA Training Ground, some provided at the University

Current first team squad regulars Libby Bance and Maya Le Tissier have come through this programme
Women's EURO22 Legacy Programme

- Brighton will host 3 matches (Including a Quarter Final) at the Brighton and Hove Community Stadium
- Supported by a drive to get more women and girls playing football
- University of Brighton to sign-up 66 volunteers over 3 years dedicated to improving coaching, refereeing, and participation
- Includes FREE access to Level 1 in Coaching Football, Nike training wear, refereeing courses and a wide range of development opportunities
The University of Brighton are supported by Nike for playing and social kits.
Welcome to Dual Career at Buckinghamshire New University

Dr Fiona McCormack
Study at BNU

Guardian University 2022 – ranked 77th

Where Education meets Employability
Where is BNU?
What can you study with us?

School of Art, Design and Performance

School of Aviation and Security

School of Business and Law
DUAL CAREER and PERFORMANCE SPORT SUPPORT

TASS DELIVERY SITE
WSL ACADEMY PARTNER
DUAL CAREER ACREDITATION
SWIM ENGLAND PERFORMANCE CENTRE
SEMI PROFESSIONAL MEN FOOTBALL ACADEMY A23
WOMENS FOOTBALL LINKS

CURRENT STUDENTS: EMMA HARRIES (READING) – early years and primary education

Also players at Oxford United and Watford

ALUMINI: MOLLY BARTRIP (READING) – sport and exercise science
More information

https://www.bucks.ac.uk/

https://www.instagram.com/Bucksnewuni/

https://www.facebook.com/Bucksnewuni

https://twitter.com/Bucksnewuni
University of Gloucestershire

FA Women’s High Performance Football Centre

Sports Scholarships = cash bursary from £500 - £1500+
Scholarship programme including Strength and Conditioning, sports psychology, nutrition etc. (For full range of benefits visit our website)

Flo Allen Video

Website: https://www.glos.ac.uk/sport/sport-scholarships/
Contact: sportscholarships@glos.ac.uk
University of Essex

Women’s Football Academy
THE RELENTLESS PURSUIT OF ATHLETLE–CENTRED SPORTING EXCELLENCE; DRIVEN BY INNOVATIVE PRACTICE, INFORMED BY SCIENTIFIC INSIGHT AND DICOVERY.

OUR FOCUS – IT’S YOU
WELCOME – Susy Davies
The University of Essex

TOP 15 for the 7th consecutive year in National Student Survey

https://vimeo.com/335154439

TOP 25 for Research Quality
The Times and The Sunday Times Good University Guide 2020
Employability

The Essex Graduate
Through your time with us we expect you to become:
• enterprising and prepared for your future
• able to creatively apply your understanding to enrich the wider world
• globally engaged and ethically aware
• scholarly and equipped for life-long learning

90% of SRES courses employed within 6 months

Essex Abroad
Paid Internships
Work-based Learning
Football at The University of Essex

- TASS accredited Dual Career Site
- TASS WSL academy partner with Ipswich Town FC
- Women’s Team play in BUCA Tier 1
- Individual Sport Bursaries and Postgraduate Fee Waivers
- Links with Human Performance Unit
- Work Based Learning with SRES
- Study any course
- Flexi Leagues
- Football Activator programmes
How do we support athletes?

• Dedicated Coaching
• Strength and Conditioning
• Bursaries
• Lifestyle Advisors
• Applied Sport Science
• Sports Therapy
• Physiotherapy
• Academic Flexibility

• TASS Accredited Delivery site and Dual Career
WE ARE ESSEX
ARE YOU?
University of East London
Football Programme
Programme Overview

- Strength & Conditioning
- Lifestyle & Dual Career
- Medical Services
- Nutrition
- Sports Psychology
- Welfare and Mental Health
Coaching and Football

Session Design

A few points for each week – The warm up each week should be used as an introduction to the session ahead and also to work on the fundamental movements. The sessions are based around an hour and a half session. Roughly split into a 10 minute warm up, 25 minute technical, 25 minute skill, 25 minute game and a 5 minute cool down/debrief. If possible home challenges/competitions should be set each week for the players to work on different skills, ball control etc.

Philosophy, priorities and themes

It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change. C Darwin

An UEL football student must be able to adapt to the differing circumstances that will undoubtedly present themselves through their football, career and their life.
## Minimal Expectations

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<thead>
<tr>
<th>S</th>
<th>SAFE</th>
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<tr>
<td></td>
<td>- WAS A RISK ASSESSMENT COMPLETED?</td>
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<td>- WAS THE SESSION DELIVERED SAFELY?</td>
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<tr>
<th>M</th>
<th>MAXIMUM PARTICIPATION</th>
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<td>- WAS THE BALL ROLLING FOR 70% OF THE SESSION?</td>
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<td>- WAS EVERYONE ENGAGED IN THE SESSION?</td>
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<th>L</th>
<th>LEARNING</th>
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<tr>
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<td>- WAS THERE A CLEAR LEARNING OUTCOME?</td>
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<td>- WAS LEARNING ACHIEVED ON AN INDIVIDUAL BASIS?</td>
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<th>E</th>
<th>ENJOYABLE</th>
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<td>- DID EVERYONE ENJOY THE SESSION?</td>
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<tr>
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<th>SUCCESS</th>
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<tbody>
<tr>
<td></td>
<td>- HOW WAS SUCCESS MEASURED?</td>
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<td>- WHAT SUCCESS WAS ACHIEVED?</td>
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Aqua East
Courses and Study

• Pacing a Degree
• Assessment Flexibility
Applications and Bursaries
Players & Clubs