

Kingston College Academy of Sport

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 KINGSTON
College



Welcome to Kingston College

This publication is designed to provide you with information about the opportunities available within the Faculty of Professional and Leisure Studies and our excellent Academies of Sport.

Kingston College currently has six established Academies which include Basketball, Men's Football, Women's Football, Rugby, Tennis and Trampolining. The Academy of Sport provides an excellent opportunity for individuals to continue their study whilst pursuing their passion for sport and developing as an athlete. The Academy of Sport is available for those aged between **16-19 years** of age.



As a member of an Academy, you will receive an exceptionally high standard of coaching and have regular access to a personal strength and conditioning coach.

Students must enrol on a full-time academic sports course to be eligible to participate in an Academy programme. The College offers a comprehensive provision of Sport and Leisure related courses to meet the needs of individuals and employers in the local area. The Academy programme delivers first rate training, mentoring and support to individuals who dream of pursuing a career at an elite level in sport.



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Accuracy

This brochure is published as a guide to the sport programmes on offer and every care has been taken to ensure its accuracy. Kingston College undertakes all reasonable steps to provide educational services set out in this publication. It cannot, however, guarantee the provision of such services. We do apologise if, subsequent to publication, changes have become necessary.



Kingston College Academy of Sport

Kingston College Academy of Sport is partnered by several top-flight sports clubs and organisations to further enhance the excellent provision currently available.

The Academy of Sport has developed Performance Programmes in men's football (in partnership with Staines Town Football Club), women's football (in partnership with England International Alex Scott), tennis with David Lloyd Sports Complex at Raynes Park, trampoline with Kingston Trampoline Academy, men's basketball and rugby (in partnership with Kingston RFC).

The Academies produce excellent team and individual successes. In tennis, students have previously represented Kingston at the London Youth Games and have reached the British Colleges' Finals in successive years. Tennis Academy students have the opportunity to compete in the US Florida Super Series and have been victorious in recent years. Past students have secured US tennis scholarships and are currently playing their tennis in the USA.

The Men's Football Academy, since its formation in the year 2000, has had many successes at local, regional and national levels. It is now recognised as one of the premier Further Education football academies in the country. Many past and current students have moved on to professional or high-level semi-professional football. Others have opted for scholarships in America, while some have continued their education within the British university system. The partnership with Staines Town Football Club has gone from strength to strength over the years, and the Academy can now boast quality training facilities, a high level of coaching, and excellent grounds of non-league standard.

The Women's Football Academy has established itself as one of the top female football academies in the

country, with distinguished successes in both regional and national British Colleges' competitions. Players have gained representative honours with the British Colleges' National Team and have thrived on the professional set up of the Academy which facilitates player development and in turn provides opportunities to progress to an elite level.

The Trampoline, Basketball and Rugby Academies have also been successful in various inter college competitions. Most notably two members of the Trampoline Academy have competed at the World Championships.

As a graduate from Kingston College Academy of Sport, there are opportunities to progress into semi-professional or professional sport.

In recent years Academy members have been accepted on scholarship programmes in the USA.

For further information on any of our Academies please contact:

Adam Douthwaite, Academy of Sport
Development Officer on 020 8268 2679 or

Email: sports.academies@kingston-college.ac.uk

Kingston College Basketball Academy

Kingston College Basketball Academy has been designed to offer students the ability to play basketball within a professional structure. Our dedicated coaching team aims to develop your skills and knowledge as a basketball player, whilst offering support off the court to help you achieve academic excellence in the classroom.



Our programme offers:

- Up to 8 hours of basketball, 3 days a week (6 hours of Academy training plus a game each week)
- Participation in the BCS Basketball League and Tournament
- Access to a fully equipped gym
- Individual strength and conditioning training
- Individual skills development
- Individual assessment, monitoring and evaluation
- Career opportunities within basketball
- Experienced England Basketball qualified coaching
- Academic support

Kingston College Men's Football Academy

In partnership with Staines Town Football Club

We can offer you the opportunity to develop your prospects of a career in football whilst you continue with your education.

Our Football Academy provides you with a programme of football training whilst you work on a full-time course of academic study. You will receive up to 8 hours coaching per week from UEFA Licensed coaches, and take part in regular fixtures against high opposition - a 'shop window' for players to be seen by professional clubs or agents.

Our training facilities are based at Hampton Wick, Bushy Park. We also offer excellent playing facilities at Staines Town FC and at Arena Sports. Our Under 19s play in the English Colleges' League whilst our Under 18s play in the Southern Youth League (floodlit evenings), with the added opportunity to enter numerous Cup competitions, including the FA Youth Cup, English Academy College Cup and ESFA Colleges Cup.



Kingston College Women's Football Academy

In partnership with Alex Scott

For talented female football players aged between 16 - 19, our Academy provides first class training and development alongside full-time academic study and is backed by England International Alex Scott.

Our Football Academy helps you make the transition from Youth Football to Women's Football and aims to produce good quality players to secure the future of women's football. You will receive up to 8 hours of coaching per week from UEFA Licensed Coaches, with regular fixtures against highest opposition, playing in the BCS Elite League providing a 'shop window' for players to be seen by America Universities and senior clubs.



We offer excellent training facilities based at Kingston University's new sports complex Tolworth Court, excellent playing facilities and the use of the College's Arena Sports complex.

Our Women's Academy competes in the BCS Women's Under 19s Elite League and the British Colleges Cup League. Our Academy students have access to high performance strength and conditioning coaching, whilst being encouraged to gain coaching awards and coaching experience working with children from the local community.



Kingston College Rugby Academy

In partnership with Kingston Rugby Football Club

Kingston College Rugby Academy enables up-and-coming rugby players to develop their existing skills whilst continuing full-time academic studies.



As an Academy member you will receive up to 8 hours of coaching per week with an RFU approved coach using the latest coaching methods, including in-depth performance analysis and testing. Students will take part in training and home matches at Kingston Rugby Club, and benefit from access to Arena, the Colleges excellent gym facilities.

Kingston College Rugby Academy provides you with a complete understanding of what is required in the industry, developing your game through regular participation in RFU sanctioned leagues and tournaments, along with furthering your studies with practical experience.



Kingston College Tennis Academy

In partnership with David Lloyd Raynes Park

If you are an aspiring tennis player, our Tennis Academy enables you to build upon your existing skills whilst continuing your full-time academic education.

You will receive up to 8 hours of coaching per week with an LTA Approved Coach. The latest coaching methods are employed, with statistical analysis of performance and digital video analysis of stroke production and match play. You will have access to the College's Sports and Fitness Centre and play on David Lloyd's excellent outdoor and indoor courts and also have access to the leisure facilities at the club including the pool.

The Tennis Academy offers regular tournament play and participation in LTA Sanctioned Tournaments. Each member has the opportunity to visit a US University Tennis Scholarship Programme - links with these US Universities have led to some of our students progressing on to a US Tennis Scholarship. Kingston College Tennis Academy provides you with a better understanding of the industry whilst ensuring your game is developed further.



Kingston College Trampoline Academy

In conjunction with Kingston Trampoline Academy

Our successful Trampoline Academy has been running since September 2005, and since its inception has had huge success at regional, national and international competitions.

Whilst continuing a programme of full-time education at Kingston College, you will receive up to 6 hours first class coaching. Coaching is led by High Performance Coach Sarah Silvester, and includes gym work, strength and conditioning, ballet, rig work and video analysis. Academy members are given the opportunity to compete in colleges' and schools' trampoline competitions throughout the year.

Student successes includes:

- National Schools Team and 1st and 2nd individual champions
- British Colleges Team and 1st and 2nd individual champions
- National Under-19 Team champions and 1st and 2nd champions
- London Youth Games team champions and 1st and 2nd placed individuals
- World Age Group synchronised champions



Academy Success Stories



Polly New

- **Women's Football Academy (2007/10)**
- **English College Captain (2008/09)**
- **English College Captain (2009/10)**
- **USA Scholarship (2010)**

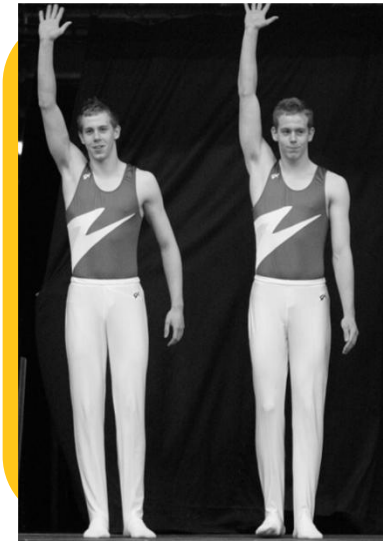


Lyle Taylor

- **Men's Football Academy (2006/08)**
- **Millwall F.C (2007/09)**
- **Concord Rangers (2009/10)**
- **A.F.C Bournemouth (2010)**

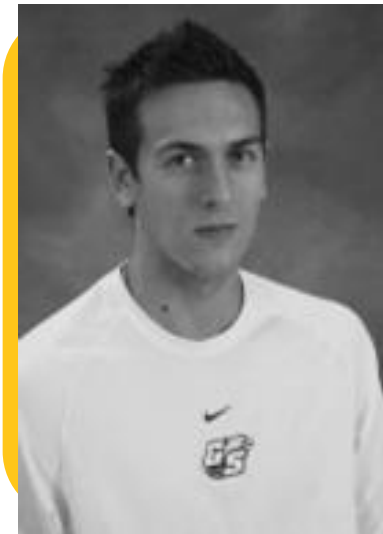
Andrew & Michael Freeman

- **Trampoline (2005/2010)**
- **National Champions BCS and Schools (2005/2007)**
- **World Age Syncro Champions (2006)**
- **St Marys HE Graduates First Class honours degrees (2010)**



Alex Yuille

- **Tennis Academy (2005/07)**
- **National Champion Senior Students BSTA Men's (2006)**
- **USA Scholarship (2007)**



Arena Sport Facility

Kingston College's own sporting centre, Arena, offers excellent training facilities. With a large dance and exercise studio, 60 station health and fitness suite, and a sports hall seating 500 spectators, Arena is a first class sports and leisure complex. Alongside a dedicated IT suite and teaching rooms, Arena's facilities enhance the students' learning experience.



As part of one of our six Academies you will have access to a range of top quality facilities and a diverse recreational timetable. Activities include spinning, pilates and circuit classes.

Fully qualified fitness instructors and personal trainers are available to offer support and advice on optimising your performance.

Arena sports facilities are open 5 days a week to support the needs of Academy students outside of timetabled strength and conditioning sessions.



Academy Fees

Why is it charged? *Unlike your academic qualification that is LSC funded, the Academy is not funded so the College requires funding support from you to pay for the numerous outgoings e.g. staffing costs, facilities, equipment, hospitality, etc.*

What does it go towards? *The fee is a one-off **great value** payment that you pay per academic year; (Note if you joined a regular sports club you would be expected to pay subs on top of a membership fee which we do not charge).*

We will then provide you with:

- 2 structured training sessions per week over the 32 week term
- Match play (pending selection based on your performance in training and if you are up to date with your academic work)
- Pre-season training
- Highly qualified staff at all sessions
- Strength and Conditioning programme

- Free use of the Arena gymnasium for the academic year
- Transport to selected away fixtures
- Hospitality for selected fixtures
- Use of excellent facilities and equipment
- Academic support with your College course
- Academy Awards Evening
- Logbook and Playbook
- Opportunities to compete at BCS National and Regional Tournaments

Your Next Step?

Please remember that it is a requirement of our Academy membership that you study on a full-time sports programme.

Please note that Kingston College's Academy of Sport is not residential. The College is unable to assist with finding accommodation for young people nor take responsibility for their welfare outside of College hours.

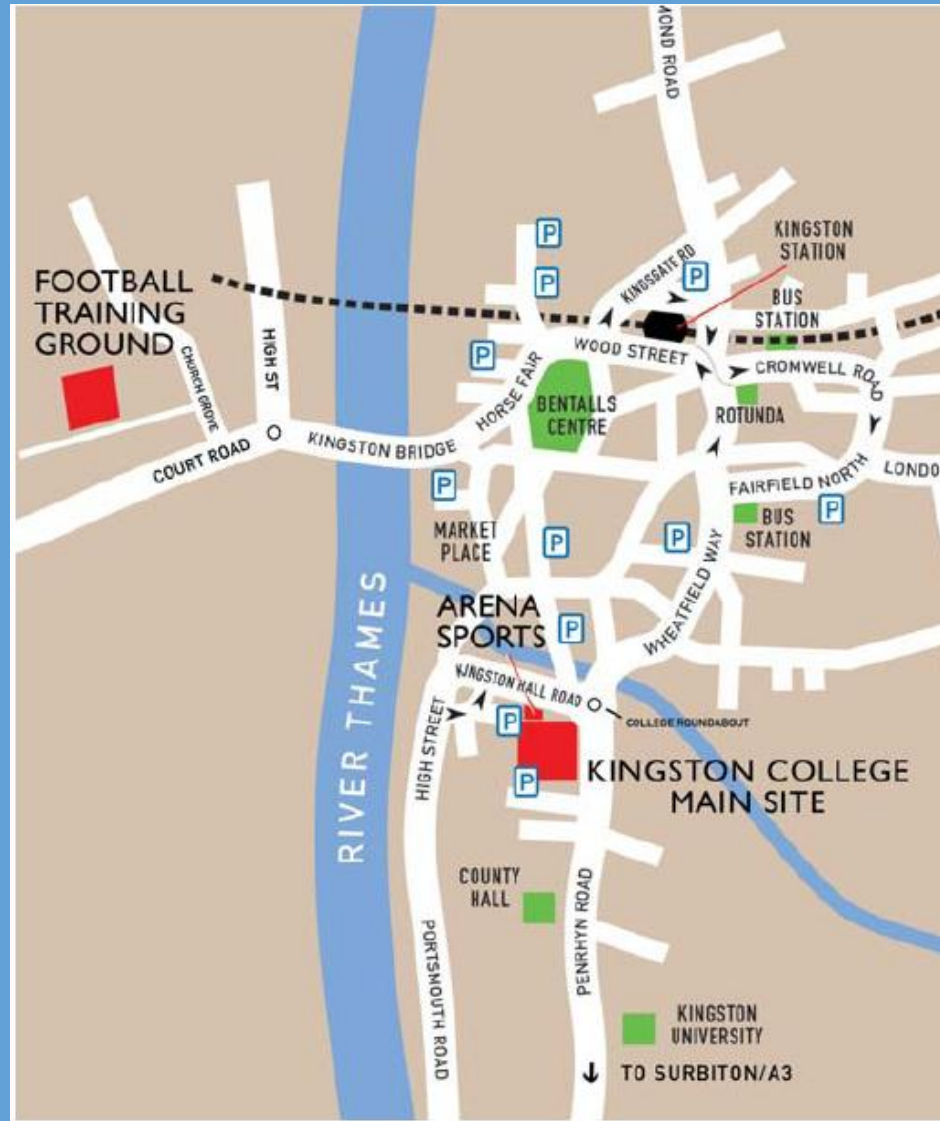
For advice and guidance on the best course for you, please contact a member of our Faculty. We can discuss the many options open to you, and help you select the most suitable course. Our Academies are very popular and we recommend that you apply early.

Suggested Full-Time Courses for our Academy Students:

- Level 1 Health, Exercise and Coaching
- Level 2 Coaching and Leadership
- Level 2 Fitness Instructing
- Level 3 Personal Training
- BTEC Level 1 Diploma in Sport & Active Leisure
- BTEC Level 2 Diploma in Sport
- BTEC Level 3 Extended Diploma in Sport (Performance & Excellence)



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