



Bolton

& Bolton Wanderers International Academy

English language or BTEC First Diploma + football coaching



9 month, 6 month, 1 month and weekly programme for 15 to 20 year olds

2009 / 10



Bolton Wanderers International Academy

Key football features:

- Football coaching programme with Bolton Wanderers FC International Academy
- Exposure to Premiership & Championship Academy Scouts
- Regular competitive match play
- Season ticket to watch every Premiership home game at the Reebok Stadium



Working on fitness on-site gym



training by the Reebok stadium

Key academic features:

- Start September or January / Full-time year round programme
- Start any Monday for weekly or monthly version
- 3 term - 9 month programme / 2 term 6 month programme / one month or weekly short stays all possible
- Foundation route to undergraduate degree in Sports Science

Choice of two academic routes:

- English language examination preparation: TOEFL / IELTS / Cambridge / Trinity GESE
- BTEC First Diploma in Sports Studies





The Reebok Stadium – home of BWFC



David Bailey of BWFC Intl. Academy



Football coaching at Bolton Arena



competitive match play



Typical home stay accommodation










David Bailey of BWFC coaching

- ✓ Home stay accommodation
- ✓ UEFA “B” qualified Course Leader
- ✓ Opportunity to qualify as an FA Level 1 Football Coach / Referee
- ✓ Full staff team on-site: Welfare & Accommodation Co-ordinator / Course Director etc.



Sample week timetable - BTEC First Diploma

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.45 hrs– 09.00 hrs	Check-in & registration (Course Leader)	Check-in & registration (Course Leader)	Check-in & registration (Course Leader)	Check-in & registration (Course Leader)	Check-in & registration (Course Leader)	
09.00 hrs- 12.00 hrs	BTEC lectures (09.00 to 12.30hrs) Orbis i.t. suite	 BWFC Academy football coaching (2 hour session)	English Football / Culture Seminars (09.00 to 12.30hrs) Mick Brennan and BWFC Academy Coaches (Reebok classroom)	 BWFC Academy football coaching Cool Down post match analysis & remedial (2 hour session)	Stamina & endurance coaching with Course Leader (2 hour session) Arena Running Track	 Weekly opportunity to: watch BWFC Academy games u16s/u18s watch BWFC Academy coaching (Dependant upon schedules of the teams training ans time in the season)
12.00hrs – 13.00hrs	Personal Fitness Plan Tutorials & Lunch Break (12.30 to 13.00)	Lunch Break	Lunch Break	Lunch Break	Individual Tutorial with Course Leader (12.30 to 14.00)	
13.00 hrs– 15.00 hrs	 BWFC Academy Fitness Work: speed, agility & quickness, weights sessions (2 hour session)	BTEC lectures (13.00 to 17.00 hrs) Orbis i.t. suite	 BWFC Academy Football Training Or friendly fixture (one per month tba) (2 hour session)	Add on qualifications: FA Level 1, FA Referee Award, Child Protection, First Aid (Reebok classroom) (13.00 to 17.00 hrs)	 BWFC Academy football coaching (2 hour session)	 BWFC Home Fixture Season Ticket
15.00 hrs – 17.00 hrs	Staff Supervised BTEC Assignment Workshop Orbis i.t. suite		Personal Fitness Plan (Arena Health & Fitness Centre)		Personal Fitness Plan (Arena Health & Fitness Centre)	Personal Fitness Plan (Arena Health & Fitness Centre)
Evening Activity	Rest & relaxation	Personal Fitness Plan (Arena Health & Fitness Centre) <i>optional</i>	1 quality evening social activity every term e.g. ten pin bowling followed by dinner together	Personal Fitness Plan (Arena Health & Fitness Centre) <i>optional</i>	Rest & relaxation	



Sample week timetable – English Language Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.45 hrs– 09.00 hrs	Check-in & registration (Course Leader/Coaches)	Check-in & registration (Course Leader/Coaches)	Check-in & registration (Course Leader/Coaches)	Check-in & registration (Course Leader/Coaches)	Check-in & registration (Course Leader/Coaches)	
09.00 hrs– 12.00 hrs	English Lessons Arena (09.00 to 12.00hrs)	 BWFC Academy football coaching (2 hour session)	 BWFC Academy Fitness & sports science (Reebok classroom & Track/Gym)	 BWFC Academy football coaching Cool Down post match analysis & remedial (2 hour session)	English Lessons Arena (09.00 to 12.00hrs)	Weekly opportunity to watch BWFC Academy watch BWFC Academy (Dependant upon sched training and time in the
12.00hrs – 13.00hrs	Personal Fitness Plan Tutorials & Lunch Break (12.30 to 13.00)	Lunch Break	Lunch Break	Lunch Break	Individual Tutorial with Course Leader (12.30 to 14.00)	
13.00 hrs– 15.00 hrs	 BWFC Academy Fitness Work: speed, agility & quickness, weights sessions (2 hour session) Track/Gym	English Lessons Arena (13.00 to 17.00 hrs)	 BWFC Academy Football Training – either high tempo match play Or friendly fixture (one per month tba) (2 hour session)	English Lessons Arena (13.00 to 17.00 hrs)	 BWFC Academy football coaching (2 hour session)	 BWFC Home Fixture / 09 season PLUS One full day quality gr every term
15.00 hrs – 17.00 hrs	Personal Fitness Plan (Arena Health & Fitness Centre)		Homework & self-study workshop		Personal Fitness Plan (Arena Health & Fitness Centre)	
Evening Activity	Rest & relaxation	Rest & relaxation	Rest & relaxation	Rest & relaxation	Rest & relaxation	

