

# ACADEMY



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## ***PROSPECTUS***

**2022**

# Table of Contents

<b>1.</b>	<b><i>The NFL Academy</i></b>	<b>7</b>
<b>2.</b>	<b><i>Football Programme</i></b>	<b>8</b>
<b>3.</b>	<b><i>Character Development and Life Skills</i></b>	<b>9</b>
<b>4.</b>	<b><i>Education</i></b>	<b>11</b>
<b>5.</b>	<b><i>Financial Support</i></b>	<b>15</b>
<b>6.</b>	<b><i>Timetable</i></b>	<b>17</b>
<b>7.</b>	<b><i>Performance Support Programme</i></b>	<b>19</b>
<b>8.</b>	<b><i>Loughborough College</i></b>	<b>20</b>
<b>9.</b>	<b><i>Loughborough University</i></b>	<b>21</b>
<b>10.</b>	<b><i>Accommodation and Meals</i></b>	<b>22</b>
<b>11.</b>	<b><i>Academy Values</i></b>	<b>27</b>
<b>12.</b>	<b><i>Further Support</i></b>	<b>28</b>
<b>13.</b>	<b><i>Useful Contacts</i></b>	<b>29</b>

***“THIS IS AN  
OPPORTUNITY THAT  
WILL CHANGE YOUR  
LIFE FOREVER.”***

**KHALID ADISA**

**Defensive Back**  
Class 2019





# ACADEMY

## *Overview of the Academy*

The NFL Academy is a major International initiative by the NFL that aims to use American football to create life-changing opportunities for young people.

The NFL Academy offers student athletes aged 16-19 from around the world the opportunity to combine their education with life skills and intensive training in the sport, under the guidance of full-time professional coaches.

In partnership with Loughborough College and Loughborough University, the NFL Academy aims to create pathways into further education, employment and NCAA college football in the United States.

The NFL Academy benefits from the Loughborough campus and elite sport environment and is centrally located:

- The distance between Loughborough College and Loughborough University is less than 100m
- Regular intercity services operate between Loughborough and other main line towns – including regular trains to and from London St Pancras International, 90 minutes away.
- Loughborough train station is 10 mins from campus
- East Midlands Airport is 7 miles away and offers both national and international flights
- Birmingham International Airport is approximately an hour away by car



## Football Programme

### Coaching Staff

The NFL Academy has an outstanding team of coaches including, our Head Coach, Offensive and Defensive coordinators, along with specialist positional coaches allocated for each positional group. The coaching staff will have a vast amount of experience in both playing and coaching at the highest level across US Colleges, the NFL and in Europe.



### Training

On-field practice occurs three times per week, with each session working on the various aspects of the game with the specific positional coaches. All kit and equipment is provided for these sessions.

### Film Review

Ahead of each practice there is a classroom session to review and analyse training footage in preparation for practice and to further develop the knowledge of the game.

## 2. Character Development and Life Skills

Character Development at the NFL Academy is a major part of all the student-athletes' timetables. These workshops are run for all athletes weekly as a team. The sessions emphasize the importance of the NFL values of Respect, Integrity, Responsibility to Team and Resilience. An example of the key themes explored previously are as follows:

**Health & Wellbeing** – adjusting to life in Loughborough, strength and conditioning, sexual health, psychology and nutrition.

**Preparing for the Future** – financial responsibility, UCAS and NCAA applications and employability skills.

**Life Skills** – kitchen coaching, food hygiene, volunteering opportunities, communication, leadership, relationship building and decision making.

**Mental & Emotional wellbeing** – The NFL Academy is dedicated to the holistic development of student-athletes to propel them towards success. This success is not just limited to the field, but in life through career development, volunteering opportunities, leadership development, responsibility and personal enhancement. Students will be encouraged to set targets and reflect/review to enable them to link theory with practice. Our Character Development programme is a commitment to equipping all NFL Academy student-athletes with the skills necessary to succeed in life during and after sport.





**“YOU’RE GOING  
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**KHALID ADISA**  
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## Education

An integral part of your journey in the NFL Academy is your education. Whatever path you choose to take, whether it be to an US College, UK university or into full time employment your studies remain a key priority and are fundamental to everything you do.

As part of the NFL Academy, you must be enrolled on a full-time academic programme at Loughborough College. Timetables are tailored to accommodate classes, field practice, film review, character development and strength & conditioning.

As part of this programme, there is a unique and bespoke sporting excellence education programme, enabling you to work with a range of specialists and high-performance staff to gain further understanding to aid both progression in football, further studies and employment.

Before you fully enrol onto any course, your previous academic achievements will be reviewed to ensure suitability for the Academy and academic pathway.

There are a range of courses offered, which are not limited to the following:

- A Level packages (minimum three subjects)
- BTECs in various subjects
- GCSE & Functional skills (Mandatory government requirement to re-sit if you have not achieved a GCSE grade 4)

For more information regarding specific entry requirements for the courses listed above, visit <https://www.loucoll.ac.uk/apply/info/level-information>



### Additional Learning Support

Loughborough College has a large additional learning support department that caters for specific learning needs. The support teams offer a wide range of in class and out of class support tailored to the specific needs.

The college works with learners in a person-centred way, offering support for learners with a range of needs, including; moderate learning difficulties, dyslexia, dyspraxia, dyscalculia, autism, mental health difficulties, physical disabilities or any other long-term condition that might affect their studies. A range of support is offered, from in class support, one to one specialist tutoring, exam access arrangements and study skills support.

### Progression Routes

There are several pathways a student can follow, whether that be a US college, UK university or full-time employment. The goal of the Academy is to support each student irrespective of their preferred route.

We work closely with the National Collegiate Athletic Association (NCAA) to assist in mapping your eligibility for US college opportunities.

This includes the following:

- Support in the application process
- GPA calculations
- Core course assessment
- NCAA eligibility timeline
- Support and guidance with SAT/ACT tests

In addition, support for your progression for the following areas, relevant to each student will also be provided:

- UCAS Applications to UK based university
- Applications for Apprenticeships and Traineeships
- Work experience opportunities
- Full-time employment

Academic achievements are paramount to be eligible to attain an offer at a college in the US, accepted for a UK university or into full time employment. We strongly advise that you apply yourself fully to your current education to give yourself every opportunity to be academically eligible to achieve in whichever path you choose.

### International Students

The NFL Academy welcomes applications from prospective international student athletes. To support your application, your qualifications will be assessed through NARIC to interpret your current level of academic progress to the UK framework. This will enable the Academy to advise the appropriate course to enrol on. Prior to enrolment qualification transcripts from your home countries will need to be provided and translated fully into English.

Please contact the team for support with your application  
[NFL@loughcoll.ac.uk](mailto:NFL@loughcoll.ac.uk)





**“THE ABILITY TO  
STUDY FILM IS  
REALLY INCREDIBLE.  
BEING ABLE TO WATCH  
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LEARNING THE  
GAME OF FOOTBALL  
TO A LEVEL YOU DON’T  
GET A CHANCE TO IN  
THIS COUNTRY”**

**ALEX GREENHALGH**

Linebacker  
Class 2019

## Financial Support

The NFL Academy should be accessible to all, irrespective of their financial status.

International and UK current prospective students should not hesitate to contact the team for assistance with accessing financial assistance. To access this financial support, you will need to demonstrate your financial need by working with the staff to provide the required information.





## Timetable

### College/NFL Academy Timetable

	AM	PM
Monday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Team Meet/Position Classroom Sessions</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Team Meet/Position Classroom sessions</li> <li>On-Field Training</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Team Meet/Position Classroom sessions</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Character Development</li> </ul>	<ul style="list-style-type: none"> <li>Character Development</li> <li>Team Meet/Position Classroom Sessions</li> <li>On-Field Training</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Team Meet/Position Classroom Sessions</li> <li>On-Field Training</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> </ul>





**“I DON’T  
THINK THERE  
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BETTER IN  
EUROPE AT THE  
MOMENT, SO  
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TO BE PART OF  
THIS”**

**TIMOTHY SCHURMANN**

**Linebacker**  
Class 2019

## **Performance Support Programme**

Loughborough’s University’s Performance Support Team has a vast shared experience of working with coaches and athletes at the very highest level. Their holistic approach is designed to maximise athlete potential and performance.

### **Strength & Conditioning**

Sessions in the Powerbase Strength & Conditioning facility are scheduled 5 days per week in line with your Football and education programme. Athletes will be provided a programme to follow with their progress monitored throughout the time at the Academy.

### **Physiotherapy**

At every practice there is Physiotherapy support from our team of therapists to manage and support with injury concerns as and when they occur. In addition, treatment and injury prevention sessions run through the week to aid recovery back to the field and full fitness.

### **Nutrition**

The Academy will provide athletes with an education into the importance of nutrition in American Football. Giving you guidance on when, what, how to eat well and the reason for making those right choices.





## Loughborough College

For more than 100 years, Loughborough College has provided high-quality education and training for post 16 learners. We offer a range of A-levels, vocational, and higher education courses delivered in industry-standard facilities by highly skilled staff who are both qualified teachers and technical specialists.

We place students at the heart of everything we do whilst promoting the highest ambitions, both inside and outside the classroom. Our passion for delivering high performance means we take the time to learn about our students to support their achievements. We care about their wellbeing, prioritise their safety, understand their aspirations and create an environment that allow them to flourish.

Loughborough College is one of the leading colleges nationally for sport. In particular, it specialises in elite sport, providing a dual career programme that enables learners to develop both in and out of sport. The college has 14 sports academies and works with 14 National Governing Bodies (NGBs) of sport, many of whom use the college facilities for delivery. There are 7 NGBs or professional sports clubs that have full-time academies operating from the college campus.

These academies provide students the opportunity to combine high-level sports performance, with the academics within the College.

The impact of our student success is that the college is renowned for its sporting excellence and has led to its prominence both in the UK and internationally. Loughborough is synonymous with sporting excellence, which can be best summarized by the impact at Commonwealth and Olympic level sport.

## 8.

## Loughborough University

Loughborough University is the Times and Sunday Times Sports University of the Year 2022 and has a global reputation for sporting excellence.

The campus is home to multiple Olympic, Paralympic and World Champion athletes and has the country's largest concentration of world-class sports facilities.

Loughborough's long history of sporting success spans performance, facilities, expertise and working partnerships, culminating at Tokyo 2020 where Loughborough associated athletes secured 20% of Team GB's medal haul.

Recent high-profile names to benefit from the sporting ecosystem include Adam Peaty, Alex Yee, Holly Bradshaw, Thomas Young, and Sophie Hahn. Other international athletes to come through Loughborough's pathway include England football internationals Ben Chilwell, Jude Bellingham and Steph Houghton, England Netball stars Nat Panagarry and Beth Cobden, and Olympic medallist Keely Hodgkinson.



## 9.



## Accommodation and Meals

10.

Loughborough College offers a comprehensive student accommodation service on campus. All accommodation is within a fifteen-minute walk from the college, training facilities, Students' Union and town centre.

The College has a total of 187 single bedrooms in purpose-built halls, the Gables, including separate accommodation for under 18's and over 18's that is housed on the college campus itself.

College halls include an expansive living space, shared kitchen and laundry amenities. Blocks have either en-suite bathroom facilities or shared bathroom facilities, with shared kitchens, including fridges, microwaves and ovens.

The site is fully secure with swipe access on staff and learner ID badges, and in addition all accommodation blocks are equipped with swipe access, key locks and combination keys.

All learners living in our accommodation have access to a range of social activities and support from our Accommodation Support Officers, 24 hours a day, seven days a week.

The Gables' under 18 provision is subject to inspections by Ofsted for compliance to national standards. The Gables were last inspected in November 2021 with an 'Outstanding' rating.

All learners are provided with additional support measures to help them adapt to living away from home. These include:

- Accommodation blocks, that are staffed 24/7 by Accommodation Support Officers
- The NFL Lifestyle and Welfare Officer works closely with accommodation staff and curriculum teams to ensure that all learners are supported and feel safe

As well as outstanding care and support provided by our Accommodation Support Officers, learners all have access to a free confidential 24/7 student assistance programme through Health Assured. This can provide support with a range of issues, including access to counselling support and is free to all students.





## Accommodation and Meals (cont.)

### Meals

Meals will be provided on a full board basis. Food will be provided to players either in accommodation or on college campus, a short walk away. This will provide convenience and flexibility to support students' timetables.

The college has vast experience in providing food packages to elite performers though previous elite academies and camps based out of the college campus, and catering staff will work with sport science support staff and academy coaches to devise the meal plans/menus.

Accommodation facilities will also provide access to a kitchen area, so students have the ability to cater for any additional needs they may have as and when required.

### Safeguarding, Mental Health and Wellbeing

Loughborough College considers the welfare of children, young people and vulnerable adults of paramount importance and aims to safeguard and promote their welfare, safety and health by providing an open, caring, responsive and supportive learning environment which responds to needs immediately.

The college also employs sector leading approaches within central services to mental health, including the use of therapy dogs, highly qualified mental health practitioners, counselling services, wellbeing services, a qualified social worker and access to therapeutic services, such as psychologists.





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**ALEX KOME**  
**Defensive Back**  
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## Academy Values

11.

### NFL Academy Student Charter

The Charter does not distinguish between students, coaches and staff; it is a point of reference for all members of the NFL Academy. The Charter is a living document and its impact and values will be reviewed annually.

### Respect

Everyone matters. Everyone contributes. We embrace all people for who they are regardless of status, title or background. We celebrate diverse opinions and perspectives.

### Integrity

We always look to make the right call. We do the right thing when no one is looking, and even when it’s unpopular when they are looking. We accept responsibility when we get things wrong and then work to make them right.

### Responsibility to Team

As a team, we support one another, we depend on one another. Everything we do has a consequence for someone else and we embrace our interdependence.

### Resiliency

We set high standards, and continuously strive for excellence. Anything is possible. We overcome adversity and turn losses into lessons. We embrace the greatest challenges and rise to meet them.



## Further Support

Loughborough College aims to support students to succeed on their courses, develop personally and progress on to suitable opportunities.

The college offers a free, professional, friendly and confidential service open to all students across the college. The services are accredited by Matrix, an external standard that recognises quality in advice and support services.

### Additional Support Services:

Careers Advisors

Progression Coaches

Learning Coaches

Learning & Enrichment Assistants

Enrichment Assistants

# 12.

## Useful Contacts

[NFL@loucoll.ac.uk](mailto:NFL@loucoll.ac.uk)

# 13.











**ACADEMY**