

Sports Academies

Essential Guide

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Welcome to **Moulton College**

We are proud to have a rich history of sporting success as one of the best sporting colleges in the country.

Over the past decade we have invested millions of pounds to ensure that our students have access to international-standard sport facilities that allow you to combine your passion for sport with an outstanding academic education.

To complement your studies, we run Sports Academies including, Athletics, Basketball, Cricket, Football and Rugby. These are run in partnership with some fantastic organisations including, AFC Rushden & Diamonds®, Coventry Rugby Club, Future Elite Sports, Northamptonshire County Cricket Club and Northamptonshire Titans Basketball Club.

The academies provide high-quality coaching sessions delivered by top-class professional coaches, access to strength and conditioning coaches and physiotherapists, and the ability to play competitions and matches against other students from across the country. Some of our academy students will also have access to innovative video analysis technology which enables them to receive feedback on improving the technical and tactical aspects of their game. All of which is available alongside their chosen academic programme.

I look forward to welcoming you to Moulton.



Leigh Jones Head of School - Sports

In association with















99.7% of sport students passed their qualifications in 2020



of sport students felt that support from teachers helps them to improve



of sport students progressed within education or on to employment in 2020



of sport students said they would recommend the College to others



Millions

of pounds have been invested in sport facilities at the College over the past decade



92%

of sport academy students were happy with the quality of academy coaching sessions

Why choose sport at Moulton College?

INTERNATIONAL STANDARD **FACILITIES**

Over the past decade we have invested millions of pounds to ensure that students have access to the best possible sport facilities. Depending on your course and sport specialism you will have access to multiple grass and state-of-the-art AstroTurf pitches, fully equipped gyms, sports halls, rehabilitation and strength and conditioning suites, golf simulator and much more.

COMBINE YOUR STUDIES WITH HIGH LEVEL TRAINING & COMPETITION

Our Sport Academies enable students to combine their passion for sport with a specialised education, developed by our team of industry level professionals.



AMAZING PROGRESSION OPPORTUNITIES

Students have multiple opportunities to showcase their sporting abilities to support their progression to University, professional and semi-professional sports teams, and sport scholarships to USA.

TRAIN LIKE A PROFESSIONAL **ATHLETE**

Students have a unique opportunity to train like a professional athlete while studying their chosen qualification. They will take part in multiple sports coaching sessions each week, strength and conditioning and video analysis sessions, and access to medical facilities such as pre-event sports massage and medical clinics with charted physiotherapists and sport therapists.





Meet Tom Brinkley Associate Programme Co-ordaintor

Part of my role is to support the development of academy students by ensuring that high standards of quality are maintained throughout all our academies.

I have always been involved in elite sport from a young age. My sporting career has involved transitioning from a promising swimmer, where I represented my country in various aquatic disciplines, to coaching where I worked on National Team staff with Basketball.

Having spent time away from education, the opportunity to work at Moulton College was too great a lure to ignore.

Having known students who had studied at the college, to having competed against them at national championships in basketball. The blueprint of greatness has always been there.

Being given the ability to make changes to young athletes on a day-to-day basis and to push the quality of not just our students but supporting upcoming athletes was something I just had to be part of.



Football Academy

As a talented footballer you will have the chance to study, train and play in an environment that is as close as it gets to a professional club.

Operating in both our Further Education and Higher Education sport programmes, students can be part of the Football Academy regardless of whether they have just left school or are finishing the final year of their degree.

We have an outstanding track record of developing players as well as preparing them for a career beyond their sport. Our successful academy partnerships with AFC Rushden & Diamonds and Future Elite Sport are built on the following core principles (as chosen by the players themselves).

COMMITMENT RESPECT DESIRE



ACADEMY OVERVIEW

- The football academy has a total of seven Men's Teams, four at U19s, three at U23s, and one Women's team at U19s.
- Compete in a variety of prestigious and high-level leagues and cup competitions, including the FA Youth Cup, BUCS national championships and the National Youth Alliance/National Youth Football League.
- The academy is partnered with AFC Rushden and Diamonds®, and Future Elite Sport which enables us to provide unrivalled support for our players upon leaving the College, whether that be progression into professional, semi-professional clubs or sports scholarships in the USA.
- All coaches are qualified UEFA licenced coaches, and will seek to develop every part of your game in accordance with the FA's development model and the England DNA
- All coaches have a vast level experience in both men's and women's professional and semi-professional games.



FACILITIES

- Multiple high-standard grass football pitches, also used professionally by Northampton Town 1st Team and U18s.
- Artificial 3G Astro-turf football pitch
- Access to a multi-functional strength and conditioning gym

OUR FOOTBALL PHILOSOPHY

- Play attacking and creative football.
- Display a positive attitude, showing respect and sportsmanship for all.
- Win the game, but not at the expense of the above.

Moulton College Football Academy in association with AFC Rushden & Diamonds® and Future Elite Sports







FOR A 1ST TEAM PLAYER AT U19s IN 2020

Monday

09.00 - 11.15 **Academic Sessions**

11 15 - 12 00 Lunch

12.00 - 13.00 Strength & Conditioning

13.30 - 15.00 **Football Training**

Tuesday

09.00 - 12.30**Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 14.15 Strength & Conditioning

14.45 - 16.15 Football Training

Wednesday

Match Day

Thursday

09.00 - 16.30 **Academic Sessions**

Friday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 14.15 Strength & Conditioning

14.45 - 16.15 **Football Training**

Meet Ethan

A current Football Academy student

I have studied Sport at Moulton College for the past three years. I initially started out on the Level 2 BTEC course, as I didn't quite get the grades I wanted from school

After successfully completing my first year, I combined my second and third years playing as part of the Football Academy and studying the Level 2 and Level 3 Principles of Sports Coaching courses. These courses were perfect for me as they are very practical in nature and I have learnt new coaching skills in multi-skills coaching.

The support I have had since being at the College has been amazing, and the staff care massively about me personally and professionally.

During my second year at College (and my first on the Football Academy). I fell back in love with the game of football and made some great friends, as well as only losing one game all year which was enough to win the league.

The partnership with AFC Rushden & Diamonds® has given the players the chance to represent the great club in the U19 scholarship as well as having opportunities to play for their u18 team and to watch and learn from their first team.

I am very honoured to be able to represent AFC Rushden & Diamond's U19 scholarship. This year has taught me so much about leadership and the skills needed to become a better person and player on and off the pitch.



Rugby Academy

Our Rugby Academy has been established for well over a decade, and Moulton is well known for developing exceptional rugby players that go onto to have extremely successful Rugby careers at both professional and regional level.

From September 2021, our Rugby Academy will also be available to students looking to study a sports degree and compete in BUCs competitions. Students will also have the opportunity to showcase their rugby talent in front of Coventry Rugby and progress through their playing pathway if good enough. Our extensive links with national and local counties provide opportunities to obtain nationally recognised coaching and/or officiating qualifications, gain invaluable work experience and build links for your future career.

ATTITUDE FOCUS COMMITMENT RESPECT DESIRE



ACADEMY OVERVIEW

- The rugby academy has a total of four Men's Teams, two at U19s, and one at U23s, and one Women's team at U19s.
- Our Rugby academy is closely linked with Coventry Rugby, and there are multiple opportunities to become part of Coventry's U18 and U23 programmes.
- A strong focus on individual development with an emphasis on positional requirements such as breakdowns, high ball catching, lineouts and scrum development.
- Preparation for the transition into the adult game
- Development of athlete understanding of rugby education and key principles required to elevate attack and defence.



WHAT ATHLETIC SUPPORT DO OUR RUGBY PLAYERS GET?

- High Performance and Development squads which differentiate training schedules between elite and non-elite players.
- Personalised fitness and conditioning programmes, access to strength and conditioning coaches, video analysis and skill-development sessions.
- Access to physiotherapy, lifestyle support, as well as nutrition, psychology and sport science support and testing.

FACILITIES

- Two high quality grass pitch rugby pitches
- Artificial 3G Astro-turf
- Access to a multi-functional strength and conditioning gym
- State of the Art video analysis provision using VEO technology



Monday

09.00 - 11.15 **Academic Sessions**

11.15 - 12.00 Lunch

12.00 - 13.30 Rugby Training

14.00 - 15.00 Strength & Conditioning

Tuesday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 14.45 **Rugby Training** 15.15 - 16.15 Video Analysis

Wednesday

Match Day

Thursday

09.00 - 16.30 **Academic Sessions**

Friday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 14.45 **Rugby Training**

15.15 - 16.15 Strength & Conditioning

Meet Rowland

Director of Rugby at Coventry RFC

Our partnership with Moulton College is a game changer for rugby development across the Midlands.

At Coventry Rugby, this partnership underpins our Performance Pathway by offering talented aspirational rugby players the opportunity to combine their education with their development on the pitch.

We have now seen first hand how players can benefit from studying at Moulton and thrive in the playing environment created by our coaching team, and go on to represent Coventry at the elite level in the Championship.

We are looking forward to the partnership growing, increasing the offering to more and more talented players, and working so closely with an organisation that matches our values and can deliver success.





Basketball Academy

Our Basketball Academy has been established for many years at the College, and in the past couple of years the Academy has taken huge steps forward in competing at the highest standards.

In 2019, the Academy partnered with Northamptonshire Titans, who offer opportunities for Moulton College Basketball players to play at U18, Division 3 and Division 2 level.

ATTITUDE FOCUS COMMITMENT RESPECT DESIRE



ACADEMY OVERVIEW

- The basketball academy has a total of two Men's Teams at U19s
- Compete at the highest standard possible in Academy Basketball League (ABL), as well as other AoC competitions against other colleges and sixth forms across the country.
- Strong links with the national and international basketball community which encourages our players to aspire to play at the highest level.
- Our Basketball coaches have decades of experience within elite sports academies and international sport teams.
- A focus on individual development in accordance with the Basketball England and British Basketball Federation guidance.

KEY FACTS ABOUT OUR BASKETBALL ACADEMY

- All basketball players will be provided with game-by-game and season stats which can be compared with other players from around the country.
- All games are filmed using VEO camera technology, and players get in depth analysis of their game at an individual and team level.
- All players will get timetabled strength and conditioning sessions to develop the physical side of their game.



Moulton College Basketball Academy in partnership with Northamptonshire Titans Basketball Club



FOR A 1ST TEAM PLAYER AT U19S IN 2021

Monday

09.00 - 11.15 **Academic Sessions**

11.15 - 12.00 Lunch

12.00 - 13.00 Video Analysis

13.30 - 15.00 Basketball Training

Tuesday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

Basketball Training 13.15 - 14.45

15.15 - 16.15 Strength & Conditioning

Wednesday

Match Day

Thursday

09.00 - 16.30 **Academic Sessions**

Friday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

Strength & Conditioning 13.15 - 14.15

14.45 - 16.15 **Basketball Training**

Meet Jamal

A current U19 Basketball **Academy student**

I joined the Academy for the 2018-19 ABL season. In my first year I performed well whilst also playing for partner NBL Club Northamptonshire Titans in their U18 Premier Team.

I have progressed academically at Moulton, and my ability on the court has followed a similar trajectory.

With an average efficient rating of 7.8 per game in my first season in the ABL, I have put in a lot of effort and hard work in, with the coaching support provided at the College and I was nominated as most improved player in the conference for the 2019-20 ABL season with an average efficiency score of 18.2 per game.

I am now in my third year at College, studying the Level 3 Principals of Sports Coaching, and this course has helped me develop my coaching ability which will prove invaluable when I leave the College and go in search of employment opportunities.

I have been lucky to see the Academy and College evolve during my time at the college, and I feel that as the College has got bigger and stronger, so have I.





Cricket Academy

As part of our Cricket Academy, students will strike a balance between their academic and sporting commitments.

They will benefit from our extensive links with Northamptonshire County Cricket Club, allowing them to combine playing for Moulton and the opportunity of training within the professional setting at the County Ground.

ATTITUDE FOCUS COMMITMENT RESPECT DESIRE



ACADEMY OVERVIEW

- Training sessions take place at the famous 'County Ground', home of Northamptonshire County Cricket Club.
- Opportunities to compete against other colleges and sixth forms in AoC competitions, including Regional and National Championships.
- All Cricket coaches are qualified to a minimum of level 2 and all have vast experience within the cricket community and can offer opportunities for further development at club level.

- Cricket Training takes place on a Tuesday and Thursday from 1.15pm - 4.30pm, with academic sessions spread out throughout the other times and days of the week.
- All Cricketers will have the opportunity to attend early morning or lunch time strength and conditioning sessions.



Moulton College Cricket Academy in partnership with Northamptonshire County Cricket Club



FOR A CRICKET ACADEMY STUDENT FOR 2021

Monday

09.00 - 15.00 Academic sessions

Tuesday

09.00 - 10.00 Strength & Conditioning

10.30 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 16.30 Cricket Training at

Northamptonshire Country

Cricket Club

Wednesday

Private study

Thursday

09.00 - 12.30 Academic Sessions

12.30 - 13.15 Lunch

Cricket Training at 13.15 - 16.30

Northamptonshire Country

Cricket Club

Friday

Private study

Meet Ewan

A former Moulton College Cricket **Academy student from 2019**

I graduated from Moulton College in 2019 after successfully completing the BTEC Level 3 Sport Studies course, whilst being part of the Cricket Academy. These courses were perfect for me as a sportsman and at the time a top-level athlete in cricket.

The support and help I received at the college was amazing and they supported me extremely well.

I was training with Northamptonshire county 1st team and the support I received from the college guided me through the course whilst being part of the Northants Cricket Academy. The staff took a huge interest in my progress as a cricketer and kept me on track with my work making sure I was keeping high standards.

The opportunity we had to train at Northants cricket ground with some high class coaches was amazing and to be able to train twice a week really helped us improve as cricketers. I have some really happy memories from my time at Moulton College and I am super proud to say I was a part of this fantastic place.

I was released as a cricketer at the end of my college time but I came out with distinctions from my course and now I am currently a trainee PE teacher at a private school. Thanks to Moulton College it's helped me find another career that's still sports related and something I am passionate about.



Athletics Academy

Not many colleges across the county can boast of their own Olympic-standard athletics track and academy.

We at Moulton can! With student athletes having the ability to train not only at the track but completing trail runs across our wonderful campus. This coupled with strength and agility sessions, we will support and develop you athletically and academically.

ATTITUDE FOCUS COMMITMENT RESPECT DESIRE



ACADEMY OVERVIEW

- Proven track record of developing athletes as well as preparing them for a career beyond their sport.
- Personalised training schedules which cater for club commitments, previous performance, aspirations and current form.
- Personalised session plans which include sessions for out-of-college time.
- Opportunities to compete at English Schools events and AoC competitions, including Regional and National Championships.
- All Athletics coaches have years of experience within elite sports academies and international teams.

KEY FACTS ABOUT OUR ATHLETICS ACADEMY

- Athletics Training takes place on the track with fully qualified Athletics coaches on a Tuesday and Thursday from 1.15pm - 4.30pm, with academic sessions spread out throughout the other times and days of the week.
- All Athletes will have the opportunity to attend early morning or lunch time strength and conditioning sessions.



FOR 2021

Monday

09.00 - 15.00 Academic study

Tuesday

09.00 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 16.30 **Athletics Training**

Wednesday

Private study

Thursday

09.00 - 10.00 Strength & Conditioning

10.30 - 12.30 **Academic Sessions**

12.30 - 13.15 Lunch

13.15 - 16.30 **Athletics Training**

Friday

Private study

Meet Emeillia

A former Moulton College Athletics Academy student

Moulton has given me the opportunity to grow as a student and an athlete. After leaving school I was a little unsure as to what I wanted to do, but after speaking with the College's sports lecturers, I knew Moulton was the correct path for me to reach my career destination, and as an athlete.

Choosing to study on the Level 3 Extended Diploma alongside the Athletics Academy has given me the knowledge and the confidence to continue to strive towards my aspiration of becoming a Sports Agent.

The coaching in the Athletics Academy has been guided by an extremely experienced athletics coach who has ensured that I have improved performance both physically and mentally, despite the challenges of the Covid pandemic.

I am now looking forward to next year and the opportunities that this will bring. I'm hoping to compete on behalf of the College and achieve the highest grades possible so that I can progress onto university.



Academic Courses

FURTHER EDUCATION

- **Certificate in Principles of Sports Coaching** Duration: 1 year
- **Diploma in Sport Duration: 1 year**
- Diploma in Principles of **Sports Coaching** Duration: 1 year
- **Extended Diploma in Sport** Duration: 2 years
- **Diploma in Sport** Duration: 2 years
- **Extended Diploma in Sport** & Exercise Science Duration: 2 years
- **Access to Higher Education: Sport Science** Duration: 1 year

HIGHER EDUCATION

- **FdSc Sports Performance** & Coaching Duration: 2 years full-time or 3 years part-time
- **FdSc Sport Therapy** Duration: 2 years full-time or 3 years part-time
- **BSc (Hons) Sports Performance** & Coaching Duration: 3 years
- **BSc (Hons) Sport Therapy** Duration: 3 years
- **BSc (Hons) Strength &** Conditioning **Duration: 3 years**

Please note that only the Football and Rugby Academies are available alongside Higher Education study.



All of our sports courses are based at our beautiful campus in Moulton, in the heart of the Northamptonshire countryside.



A number of these courses enable you to earn UCAS points for further study at university.



Career opportunities include community sport coaching, teaching, high performance coaching and talent identification and performance conditioning.



Scholarships and Financial Support

SCHOLARSHIPS AVAILABLE FROM SEPTEMBER 2022

Our sports scholarships are designed to develop and support talented students here at Moulton College.

The scholarships on offer here provide financial and performance support services that utilise our outstanding facilities.

To be eligible for a Sports Scholarship you must:

- Be of a regional, county, national or, international standard in your sport.
- Be accepted on to one of our full-time Sport courses or already be studying with us on one of our full-time Sport courses.

For more details on how to apply for one of our Sport Scholarships, please visit our website www.moulton.ac.uk



STUDENT BURSARIES

If you are struggling to cover the cost of equipment, uniform, travel, meals or childcare while studying we have a limited amount of student bursaries that can help. If you would like to apply for financial support please speak in confidence to a member of Student Services during your application interview.



THOMAS HARRISON TRUST AND SIR THOMAS WHITE **CHARITY**

We are very lucky to be able to award bursaries to students from both of these charitable organisations. To be eligible for consideration you need to be living in Northampton and have a household income of less than £25,000 per year. The awards can be used to help with course costs, materials and equipment.



ADVANCED LEARNER LOANS

If you are aged 19+ and looking to study a Level 3, 4, 5 or 6 qualification you may be eligible to apply for an Advanced Learner Loan to cover your course costs. For more information please see our website or speak to one of our Student Services team.



ADVANCED LEARNER LOAN BURSARIES

If you are accepted for an Advanced Learner Loan you can apply for an Advanced Learner Loan Bursary payment. This can be used to help with the costs of childcare, travel or accommodation.

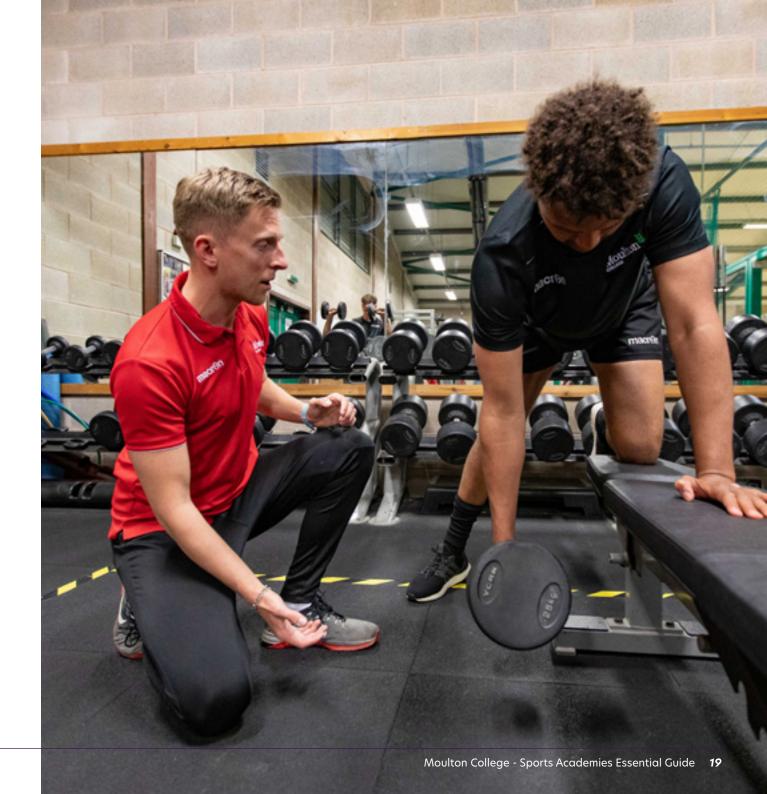
TASS ACCREDITATION

The TASS Dual Career Accreditation Scheme recognises our commitment to dual career support for talented athletes who are in full-time education. The Scheme operates at further education and higher education level, with both colleges and sixth forms, as well as universities invited to apply to become TASS Dual Career Accredited Sites.

The Dual Career Accreditation Scheme acknowledges an enhanced level of academic flexibility and understanding within Moulton, allowing talented athletes to balance their studies with a hectic sporting schedule.

Achieving the Accreditation recognises our commitment to supporting gifted student-athletes and supporting them onto their future sport career pathways.





Accommodation

Whether you live close to the College or further away, living on campus could be the right choice for you.



We have over 300 rooms available,

each equipped with their own en-suite facilities.



We have several rooms especially adapted for students with specific needs and disabilities.



Our accommodation has been designed to give you the chance to socialise, with a shared kitchen and lounge area.



You also get the benefit of your own space,

with a bed, ample storage space and a desk for your studies.



Our excellent Student Welfare Team are always

on hand to help

you settle in and answer any questions that you may have.



Take a virtual tour

of our campus accommodation on our website: www.moulton.ac.uk/studying/

student-accommodation



Benefit from:



Fn-suite rooms



Competitive prices & payment plans



Free Wi-Fi



Utility bills all included



On-site, coin operated laundry facilities



On-site parking



Free access to the on-campus gym



Security and dedicated warden team available 24/7

Our self-catered halls provide the following facilities:

- cooker
- toaster
- fridge/freezer
- iron
- microwave
- ironing board
- kettle

How to find us

Moulton College is located in the heart of the Northamptonshire countryside.

Come and see for yourself!

OPEN EVENTS

We hold a number of open events on campus throughout the year. In addition we have an on-demand virtual open event where you can find out more about the College and the different course options available to you.

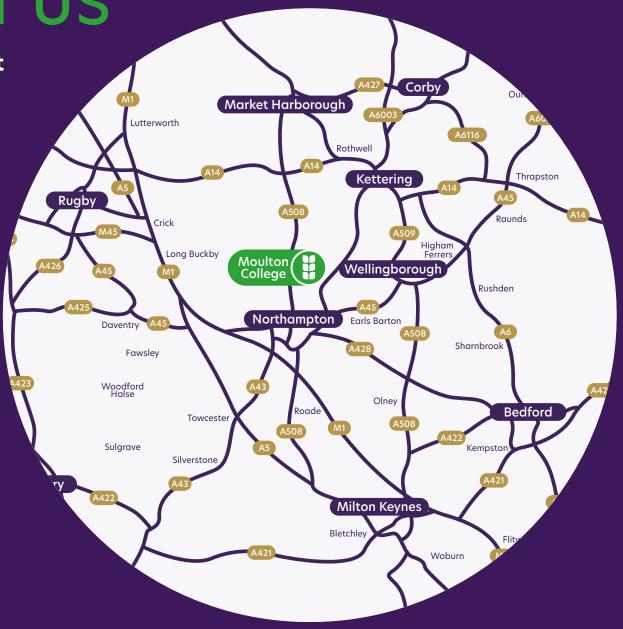
- Speak with our lecturers and discuss your course options
- Take a virtual tour of our facilities
- Chat with our transport team
- Discuss the financial support options available to you
- Chat with our pastoral team about any concerns you may have regarding your time at College



If you have any questions at all, please contact our friendly Student Services team on 01604 491131 who will be more than happy to help.

Why not have a look around by viewing the video tours and image gallery on our website. Just scan this QR code!





Support Services

We understand that embarking on your studies is a big step, and we all need a little TLC in times of change but we have lots of support services and facilities to help you settle in quickly.



Student Services Team



Library



Moodle



Student Support & Wellbeing Team



Additional Learning Support



Information Technology



Residential Wardens



Student Services Team

Our friendly Student Services Team can help you with everything from course choices and financial support through to sorting out your bus pass!

Library

This is where you will find all the research materials you need to succeed on your course.

Moodle

Our very own Virtual Learning Environment gives you easy access to your course materials and your tutor from any internet PC.

Student Support & Wellbeing Team

Our team of Health Practitioners are available for general health advice or to speak to if you have any health related questions. They can also refer you to counselling services if you need additional support with your mental health.

Additional Learning Support

If you need additional support due to a disability. sensory impairment, learning difficulty or medical condition our Additional Learning Support Team can organise special equipment or arrangements to help you. Just let us know that you need additional support on your application and we will invite you to an informal meeting to discuss how we can help.

Information Technology

Our campus is fully equipped with all the IT you will need on your course including IT suites, printers, scanners and free Wi-Fi.

Residential Wardens

These are available on-site to support our residential students with any practical queries or even as a sounding board if you need to talk to someone.

How to apply

In order to apply for one of our sports academies, you will firstly need to apply for one of our associated sport courses.

FULL-TIME FURTHER EDUCATION COURSES

1. Choose the right academic course for you

Be inspired by our courses from this guide, our website or our main college prospectus.

2. Make an application

Once you have selected one of our academic courses, it takes just a few minutes to apply through our website. On your application form you will have a drop down option of which academy you would also like to apply for.

3. Interview and Trials

You will be contacted by one of our Student Services Team to arrange an academic interview and a date to attend a trial day for the Academy.

4. Accept your offer

Just reply to your email offer to secure your place!

FULL-TIME/PART TIME HIGHER EDUCATION COURSES

You apply for these courses via UCAS (Moulton College Institution Code - M93) www.ucas.com

1. Choose the right academic course for you

Click on the course either through the Moulton College website or the UCAS website.

2. Register with UCAS

Visit www.ucas.com to register and complete your online application for your academic course.

3. Apply for sports academy

Once we receive your application via UCAS we will contact you about joining one of our academies.

4. Interview and Trials

If we make an offer, we will invite you for an interview and a trial for your sports academy.

5. Check the progress

You can check the progress of your application through your UCAS account.

MOULTON CAMPUS

West Street, Moulton, Northamptonshire NN3 7RR Telephone: 01604 491131

enquiries@moulton.ac.uk







