



Middlesbrough College

Taking **you** higher

# SPORTS ACADEMIES



2024/25

THINK | TRAIN | PLAY LIKE AN ATHLETE

THINK  
LIKE AN  
ATHLETE

TRAIN  
LIKE AN  
ATHLETE

PLAY  
LIKE AN  
ATHLETE

## Every athlete has a superpower – what will yours be?

Whether your home is on the pitch or in the pool, redefine your greatness with a Sports Academy at Middlesbrough College, where every stride, serve, lift, and stroke is an opportunity to be better than the day before.

Are you an **elite footballer** in the making?

Does **basketball** get your blood racing?

Are you a **dedicated gymnast**,  
ready to train for championships?

With supportive, specialist coaching from highly qualified academy coaches, including ex-professional players and national-level coaches, Middlesbrough College Sports Academies invite you to think, train, and play like an athlete, and be the best version of you that you know you can be.



# A WELCOME FROM OUR ACADEMY DIRECTOR

Sammie manages all of our Sports Academies. She is a UEFA A License Coach and coaches Middlesbrough Football Club's U13s and U14s Boy's Academies as well as Senior England Para Squads. Sammie is also the current Coach for England Women's Blind Football Team.



## CONTENTS

## CONTENTS

<b>ABOUT OUR ACADEMIES</b>	4-7
<b>BENEFITS, BENEFITS, BENEFITS</b>	8-9
<b>WHERE CAN YOUR DREAMS TAKE YOU?</b>	10-11
<b>BASKETBALL ACADEMY</b>	12-13
<b>CRICKET ACADEMY</b>	14-15
<b>PRO16 MEN'S FOOTBALL</b>	16-19
<b>WOMEN'S FOOTBALL</b>	20-21
<b>GOLF ACADEMY</b>	22-23
<b>GYMNASTICS ACADEMY</b>	24-25
<b>SWIMMING ACADEMY</b>	26-27
<b>VOLLEYBALL ACADEMY</b>	28-29

# ABOUT OUR ACADEMIES

Launched in 2012, our Sports Academies are a place where **precision** meets **power**, **strategy** meets **strength**, and **agility** meets **attitude**.

However, we're more than just a place to train. Each Academy is a community packed-full of teamwork and sportsmanship, where your aspirations are sculpted into achievements, and your growth is encouraged at every practice.

\\ **Basketball**

\\ **Cricket**

\\ **PRO16 Men's Football**

\\ **Women's Football**

\\ **Gymnastics**

\\ **Swimming**

\\ **Golf**

\\ **Volleyball**

## Leave behind your limits

Each Academy is committed to nurturing talent and supporting your personal development, with the skills, knowledge, and experience needed to take you to the pinnacle of sporting excellence.

Our dedicated coaches go beyond the game: With experience either playing or coaching at the top level in the UK and/or abroad, they blend passion with performance to ensure you can not only deliver every measured movement, skill, and strategy, but you can do so with confidence. **Like an athlete.**



TASS is an athlete support programme to help talented athletes with balancing the demands of their sport and studies to be the best in both.



**Basketball**



**Cricket**



**Women's Football**



**PRO16 Men's Football**



**Gymnastics**



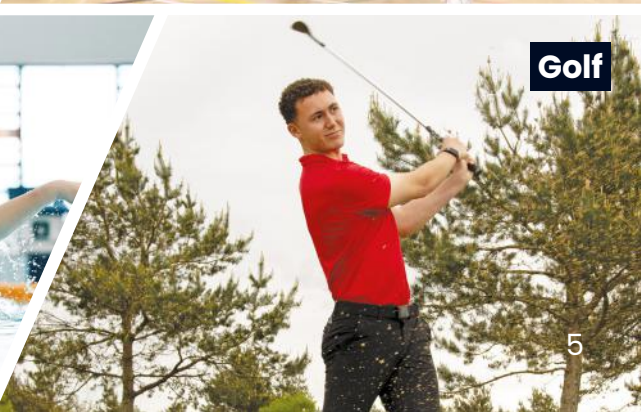
**Volleyball**



**Swimming**



**Golf**



# BREAK BARRIERS SHAPE THE FUTURE YOUR JOURNEY STARTS HERE

## Who can join a Sports Academy?

Are you an elite example of your sport?  
Can you demonstrate unparalleled talent,  
relentless commitment, and a passion for  
athletic excellence?

If so, we want to hear from you. Our Sports Academies are designed for the most dedicated and exceptional applicants, ensuring a competitive and high-performance environment where each individual is challenged to reach their full potential.

You must also be aged between 16–19  
and enrolled on a full-time course  
at Middlesbrough College.





**Scan here  
to visit the  
website**



### **How do I apply to a Sports Academy?**

You can register your interest for a Sports Academy on your course application form or by visiting our website.

### **Can I get a Scholarship?**

Each year, we offer Sports Scholarships within the Academies to help develop, define, and deliver sporting success. These Scholarships are recognition of the untapped potential within rising athletes, and a chance to turn raw talent into resounding success.

For more information on Scholarships, please speak to the specific Academy coach.

### **Are there any entry requirements?**

Each Sports Academy strives for sporting excellence, so you will be invited to showcase your skills and talent at a try-out selection process.

Try-outs allow our coaches to assess your technical, physical, and tactical skills, alongside your suitability for the Sporting Academy – so be prepared to bring your A game!



# BENEFITS BENEFITS BENEFITS

Our Sports Academy members strive for the best, which is why we strive for the best benefits in return. Each Sports Academy offers outstanding extras for everyone, including:

- High-quality, professional coaching
- Pre-season screening
- Free access to the sports injury clinic
- Free massage therapy
- Free strength and conditioning training and programming
- Performance analysis
- Sport Science support, including nutritional advice and psychological profiling
- State-of-the-art facilities, from a fully equipped health and fitness gym and a large six-court sports hall to a 3G AstroTurf pitch and everything in between!
- Assistance towards achieving a coaching qualification



In the 2023/24 season, Middlesbrough College Sports Academies claimed the North East crown in the AoC Sports League, recognised as the best for sporting opportunities and event victories!



# CELEBRATE YOUR SUCCESS



## PORT INTERCOLLEGIATE GOLF TOUR FINALS

PLAYER	(H1)	(H2)	(H3)	SCORE
WOLFEHARTMAN	1	1	1	3
EL CAYAL	1	1	1	3
ANDERSON	1	1	1	3
EL CAYAL	1	1	1	3
EL CAYAL	1	1	1	3

PLAYER	(H1)	(H2)	(H3)	SCORE
ANDERSON	1	1	1	3
ANDERSON	1	1	1	3
ANDERSON	1	1	1	3
ANDERSON	1	1	1	3
ANDERSON	1	1	1	3

18 SANDOZ  
18 BEESTON  
18 PETERS  
18 MAYLOR  
18 ROBBINS  
18 HALL

occ sport



# FROM PASSION TO PROFESSION

## WHERE CAN YOUR DREAMS TAKE YOU?

As a Sports Academy member, your chance of progressing to an elite sports institution in the UK or the USA is instantly enhanced.

Many of our students progress from Middlesbrough College to University, with some students who are exceptional in their studies gaining a bursary towards their learning.



### **HARRY CAYGILL**

LEVEL 3 SPORTS & EXERCISE  
EXTENDED DIPLOMA – GOLF ACADEMY

**Harry is a talented member of our Golf Academy and recently secured a Scholarship to study in America at Cumberland University!**

“ I’ve been passionate about golf for the past 8 years – as soon as I started playing, I fell in love with the sport and knew it was something I wanted to do professionally. My ultimate goal is to become a Professional Golfer and I have recently signed with an agency that will help me to secure a Scholarship where I can continue playing golf in America.

“ I chose to come to Middlesbrough College because the Golf Academy

is an amazing opportunity to help with my career progression, but also my course at the College allows me to have a backup plan of going into sport psychology.

“ The teachers here are so friendly and enthusiastic, and I’ve got great relationships with my tutors. Middlesbrough College is really great for helping you to prepare for your next steps! ”

## LEWIS BUTLER

FD SPORTS COACHING, DEVELOPMENT  
AND FITNESS

**Lewis studied Sports at the College and is now working as Head Coach at our Basketball Academy!**



“ I’d already studied the Level 3 and Level 4 Sports courses at the College, so I knew all about the progression routes available through the Level 5 course. I think the facilities are fantastic and I already knew the tutors, so continuing my studies here was a no-brainer!

“ It has also been amazing to receive £500 in funding to spend on additional training. So far, I’ve spent this on developing my coaching

skills which has really helped to enhance my CV.

“ I also work as Head Coach for Middlesbrough College’s Basketball Academy. Basketball is definitely my sport of choice and it’s great that the College has helped me start a career in something I love.

“ After my degree, I really want to go into teaching, either at a secondary school or college. ”



It’s not **just** about becoming a better athlete. Whether you want to own the field, dominate the water, or champion the springboard, it’s about being ready to face any challenge head on, with unshakeable confidence, both on and off the field. **And we have exactly the tools you need to do it.**



# BASKETBALL

# ACADEMY

# ACADEMY



# BASKETBALL

Originating in 2015, the Basketball Academy is a force to be reckoned with, powering from strength to strength through rigorous training and an unrivalled team spirit, both on and off the court.

Currently, the squad competes in the AoC leagues, within Regional and National championships, and has plans to move into the CBL in the next two years!

**Are you a Mohawks player in the making?** Many of our ex-academy players have gone on to join the likes of the

Mohawks and other teams at home and overseas!

It's not just about perfecting your jump shot or mastering a crossover dribble; our approachable, friendly coaches adapt training to meet your individual needs to help you thrive under pressure and reach your full potential.

## FACILITIES

- Double-sized sports hall with top-tier equipment
- On-site Physio Clinic
- State-of-the-art gym for strength and conditioning sessions



# MEET YOUR COACHES



## STEVE BUTLER

CHAIRMAN AND HEAD COACH OF THE  
TEES VALLEY MOHAWKS

Head Coach for England in the Tri Nations

17-year professional basketball career

12 National Division 1 titles with Tees  
Valley Mohawks

Coach for GB's 35+ Maxi Basketball  
Programme

Gold Medallist at the European  
Championships in Malaga 2022



## LEWIS BUTLER

BASKETBALL COACH

National League Player for Tees Valley  
Mohawks

High Basketball IQ and multiple MVP  
awards

Basketball England qualified coach

Proven success in developing players  
to National League Level

## SAM HUNT

LEVEL 3 SPORTS & EXERCISE SCIENCE

“ The Basketball Academy is fantastic;  
not only has it been rewarding to learn  
something new, but the social side of  
things also means I've met so many  
different people from around the  
College. ”



With numerous regional titles under their belt, the Cricket Academy is serious about delivering results. Here, we field with passion, hit with precision, and are dedicated to equipping you with the skills and experience necessary to reach your full potential.

We've also teamed up with Saltburn Cricket Club, seeing huge national and regional success. Because of this, our players have the opportunity to gain ECB coaching qualifications and placements at Saltburn

Cricket Club. Students can also earn entry to the winter indoor cricket league and the AoC indoor and outdoor competitions!

The Cricket Academy are previous national champions, currently placing 2nd for outdoor and 3rd for indoor cricket nationally!

## FACILITIES

- Exclusive access to the Saltburn Indoor Cricket Centre and outdoor practice wickets
- Bola bowling machines
- On-site Physio Clinic
- State-of-the-art gym for strength and conditioning sessions

# MEET YOUR COACHES



**ANDREW MAGUIRE**  
DIRECTOR OF CRICKET

Fully qualified ECB coach with 7 years at the Cricket Academy

Outstanding success in regional and national coaching

Master's degree in Sports Coaching

Course leader for the College's sports programmes



**LACHLAN KENNEDY**  
HEAD CRICKET COACH

Head coach of the Junior Pathway team at Saltburn Cricket Club

Former Captain of Middlesbrough College Cricket Team

5 years of cricket coaching in schools, junior clubs, and county teams

Previous player in the NYSD Premier League

## ALEX SMITH

### LEVEL 3 SPORTS & EXERCISE SCIENCE

“ My course is so interesting! We cover loads of different modules, so I've been able to gain a wide range of knowledge to help me with the next step. The Academy has also been fantastic, and with us regularly training and playing matches, my cricket has massively improved. ”



# PRO16 MEN'S FOOTBALL

# FOOTBALL

## PRO16 MEN'S

Are you passionate about football? The Men's PRO16 Football Academy revolutionises football training; every session is designed to sculpt you into an unstoppable force on the pitch; every kick, sprint, and skill is fiercely drilled to build you into the best player you can be.

The Football Academy is managed by Premier Player, a team of expert and ex-professional UEFA-qualified coaches, providing you with a unique insight into the game and an elite approach to training.

You will train like a professional for up to 9 hours a week, with various opportunities to gain extra qualifications designed to help build your future in football. These include Talent ID, Scouting, Opposition Analysis, and Refereeing qualifications!





# JOIN THE SQUAD

Are you an elite example of your sport, ready to take your game to the next level? Have you played at professional academy level, district or county level, in Teesside Junior Alliance leagues, or have other proven experience of playing elite level football?

**We want to hear from you.**

The Academy boasts a fierce curriculum and top fitness and SAQ sessions. Training is structured around the FA 4 corner model, with a proven track record of helping many young players join professional clubs, such as Middlesbrough, Leeds, Sunderland, and Newcastle!



## FACILITIES

- Full-sized Astro Turf
- State-of-the-art gym for strength and conditioning sessions
- On-site Physio Clinic
- Large Indoor Sports Hall
- Professional VEO camera, to analyse the performance of players
- Indoor Analysis Theatre, where you can watch opposition matches and identify training needs for future sessions
- Catapult Vests. Used by elite teams to track and compare metrics against some of the top players in the world!

# MEET YOUR COACHES



**ANDREW COLLETT**  
HEAD COACH

Football Academy Director with a professional career in the Premier League

Former pro goalkeeper with over 250 games for Middlesbrough, Bristol Rovers, and Darlington

Worked with England's partially sighted Futsal Squad

UEFA A Licence GK coach and UEFA B Licence Outfield Holder

GK scout, coaching Premier League players like Nick Pope & Kasper Schmeichel

Current first team coach at York City FC



**PHIL STAMP**  
FOOTBALL COACH

Former Middlesbrough FC midfielder, debut at age 17

Over 120 appearances for MFC, including 90 in the Premier League and FA Cup Final

Played during Bryan Robson's era alongside Ravenelli, Juninho, and Alen Boksic

Featuring in the 1997 FA Cup Final against Chelsea

Played for Hearts in the SPL



**NATHAN THOMAS**  
FOOTBALL COACH

Former pro footballer, started career at Sunderland

Played for Plymouth, Motherwell, Mansfield and Hartlepool

Sold to Sheffield United for £300,000

Over 300 professional appearances

Coaches on a 1-1 basis and group sessions with strikers



## **MATTY AUSTIN**

### **LEVEL 3 SPORTS & EXERCISE SCIENCE**

- “ Despite living in Marske, I chose Middlesbrough College because of the course and the tutor’s knowledge. My long-term goal is to work in professional football and, as part of my course, I am on a work placement with Middlesbrough Football Academy, working as a Performance Analyst across all age ranges. I am also learning how to use systems that would allow me to work for any Premier League team in the country.
- “ The College have been brilliant in supporting me every step of the way. ”



**ACCREDITED  
COLLEGE** ★ ★ ★  
PART OF ENGLAND FOOTBALL



**aoc**  
sport

We are delighted to be an AoC Accredited College, awarded 3 stars across all four pillars, including: Supporting talent, providing an inclusive environment, developing a student workforce, and engaging with the community.

# WOMEN'S

# FOOTBALL

# FOOTBALL

# WOMEN'S

Do you live, sleep, and breathe football? Are you a force on the pitch, looking for your next challenge? Then the Women's Football Academy is for you.

With 15 titles to date, including two National Championship titles, this squad is serious about setting new standards of sporting excellence. Here, we're not just levelling the playing field, we're making it our own. We're passionate about perfect precision on the pitch, providing players like you with the training you need to reach your full potential.

The Academy is run by experienced UEFA qualified coaches, providing you with up to 9 hours of training a week. This includes technical and tactical work, strength and conditioning, analysis, physiotherapy, physical and performance-based testing, and match days.

The Academy also creates opportunities to help you develop a career in football, with a track record into the Women's Super League, Professional Game Academies, and Scholarships to America!



# MEET YOUR COACHES



**DAN WILSON**  
FOOTBALL COACH

Involved in the first ever Middlesbrough College Football Academy

20+ years of coaching and analysis experience

Worked with England's partially sighted Futsal Squad

First team analyst at Spennymoor Town FC

Works with MFC

Supports Redcar and Cleveland's Middlesbrough Female District Squads

## EVE JACKSON

### LEVEL 3 SPORT AND EXERCISE SCIENCE

“ All of my tutors were really supportive and had good industry knowledge. Alongside my studies, I was also part of the Football Academy. I had so much fun being part of that team and made some amazing friends through it. ”



## FACILITIES

- Full-sized Astro Turf
- State-of-the-art gym for strength and conditioning sessions
- On-site Physio Clinic
- Large Indoor Sports Hall
- Professional VEO camera, to analyse the performance of players
- Indoor Analysis Theatre - watch opposition matches and identify training needs for future sessions
- Catapult Vests - used by elite teams to track and compare metrics against some of the top players in the world!

# GOLF ACADEMY



ACADEMY

GOLF

Do you putt with purpose? Based just 25 minutes away at the Stokesley Golf Range, the Golf Academy at Middlesbrough College is here to help you unlock your full potential.

Benefit from modern coaching techniques, dedicated training programmes, and state-of-the-art facilities designed to take your game to the next level. While our professional analysis tools support players in identifying their strengths and weaknesses, our experienced coaches

provide tailored support to help you develop your skills and techniques.

With us, you can expect everything from support with collecting relevant performance data to the opportunity to develop your own skills tests and practice sessions. We are also always looking for ways to take our learners further, with opportunities to represent the North in the AOC Ryder cup and compete in National Championships!

# MEET YOUR COACH



**JAMES ATTHEY**  
HEAD GOLF COACH

Fully qualified Class AA PGA golf professional

20+ years of coaching experience

Helped numerous juniors reach country and national squads

Coached boys and girls club and county champions

Assisted players in securing scholarships in America

## ALFIE BALDWIN

### LEVEL 3 SPORTS & EXERCISE SCIENCE

Alfie was part of a group of students who, this year, qualified as a team to compete in the AoC Sport Intercollegiate Golf Tour Finals! Alfie also qualified to compete as an individual, where he placed first.

On top of this, Alfie also qualified and competed in the European Junior Open in Spain!



## FACILITIES

- Access to Stokesley Golf Range
- Advanced analysis tools to provide performance data
- On-site Physio Clinic
- State-of-the-art gym for strength and conditioning sessions

## GYMNASICS

Vault, balance, and leap without limits with the talented Gymnastics Academy!

Receive specialist coaching sessions designed to fit around your individual needs, with experienced coaches who deliver bespoke training to your discipline. You can also expect the opportunity to partake in both regional and national championships!

The Academy competes in both regional and national championships, in a range of

disciplines including floor & vault, acrobatics, and tumbling. The team has even made it through to the National Milano Team Championships, with alumni members going on to represent Great Britain!

## FACILITIES

- Competitive sprung floor area
- High bar
- Rings
- Fast track trampoline
- High balance beams
- Foam pit



# MEET YOUR COACHES



**PAULA METCALFE**

GYMWORLD SENIOR SUPERVISOR

Started gymnastics young, competed in General, Tumbling, and Sports Acrobatics at regional level

20 years of coaching experience across various disciplines

Former coach at Acklam Gymnastics Club

Prepares gymnasts for regional and national competitions



**ROB DAVIES**

GYMWORLD SUPERVISOR

Involved in gymnastics from an early age, travelling around the world to compete

A Head Coach for Teesside Academy of Gymnastics

Specialises in Tumbling

Prepares gymnasts for regional and national competitions

## HOPE GODFREY

LEVEL 3 SPORTS & EXERCISE SCIENCE

“The facilities are great and the coaches are really supportive. I’ve been able to learn new routines and learn more on any areas I want to improve on. We’ve also had the chance to get involved in competitions which has been really exciting.”



Did you know, you don’t need to leave your current gymnastics club to join us? We’re here to support you and your club in every way we can!



# SWIMMING

# ACADEMY

# ACADEMY

# SWIMMING

Are you a serious swimmer, searching for a competitive training environment to help you prepare for your next challenge? Our Swimming Academy is a fantastic opportunity for keen swimmers, offering students the chance to compete in a range of galas throughout the year.

Here, you can expect to further develop your stroke technique and race-specific skills through individualised programming, as well as benefiting from access to strength and conditioning sessions, physiotherapy, and

bespoke 1 on 1 support.

Our specialist training sessions are held at The Neptune Leisure Centre and run by coaches at Middlesbrough Amateur Swimming Club (MASC) who have trained swimmers such as Olympian Jack Hatfield and Commonwealth Gold Medallist 2018 Aimee Willmott.

With a wealth of experience and passion, our coaches are highly skilled and able to train swimmers in all areas of the sport!

# MEET YOUR COACH



## **MYLES CARTER**

DIRECTOR & SWIMMING ACADEMY  
HEAD COACH

Competitive swimmer for over 40 years

35 years coaching experience

Level 2 Swimming Coach and Teacher

Represented Great Britain in the World  
Masters Swimming Championships

Masters swimmer and coach for  
Middlesbrough Swimming Club

## **THALIA ILLINGWORTH**

PERFORMING ARTS

“ The Swimming Academy is a great activity that helps both confident and non-confident swimmers. As a competitive swimmer myself, the academy is a great place to train in a non-stressful, fun and supportive environment. ”



## **FACILITIES**

- Access to pool at The Neptune Leisure Centre
- On-site Physio Clinic
- State-of-the-art gym for strength and conditioning sessions
- Bespoke 1 on 1 support

# VOLLEYBALL ACADEMY

# ACADEMY

## VOLLEYBALL

Are you ready to serve, set, and spike like a pro? Our ambitious Volleyball Academy could be your perfect next step. With a reputation for taking students to the next level, this Academy is the perfect environment to develop your skills, with professional training taking place up to four times a week.

As part of this team, you will have professionally planned and structured training sessions, alongside strength and conditioning sessions designed to take your physical abilities

to new heights. You can also expect to take part in regular competitions with other teams, both regionally and nationally!

In recent years, the team has competed at the AOC National Cup and the Local League, with a high percentage of our students continuing to play the sport at a high level after leaving us!

### FACILITIES

- State-of-the-art gym for strength and conditioning sessions
- On-site Physio Clinic



# MEET YOUR COACHES



**PAUL WELSH**  
HEAD VOLLEYBALL COACH

Over 15 years of coaching experience  
in Colleges and Universities

Impressive sporting history, winning  
multiple national titles

Worked with the England National  
Team and Senior Women's squad

Prepares players for international  
competitions



**KATIE NORTON**  
VOLLEYBALL COACH

Qualified Volleyball Coach

Previous Volleyball Academy player

Competed in various competitions  
during her time at University

Coached men's and women's  
Volleyball for the last 5 years, leading  
players to many regional successes

## DENISA SANDU

### A LEVELS

“ The extracurricular activities and Sports Academies helped me to socialise and meet new people. I had played Volleyball before and was so excited when I found out that Middlesbrough College had a Volleyball Academy. Joining the Academy has helped me to settle into life at College and make new friends. ”



Interested in a Sports Academy? Scan the QR code to find out more!



You can apply for a Sports Academy on your full-time course application form. Check out our range of courses at [mbro.ac.uk](http://mbro.ac.uk)

Or to find out more about our Sports Academies, contact the Sports Admin Team on 01642 333772 or [stpsadmin@mbro.ac.uk](mailto:stpsadmin@mbro.ac.uk)



Middlesbrough College

Taking **you** higher