



# FOOTBALL PROGRAMME

TRURO SCHOOL'S FOOTBALL PROGRAMME IN CONJUNCTION WITH SAINTS SOUTH WEST

LEAD COACH: RHYS SULLIVAN

Truro School has partnered with leading football development centre, Saints South West, to provide Sixth Form students with a unique football programme.

The programme has been designed to offer first-class football coaching alongside theoretical sessions, enabling boys and girls to further their footballing journey and gain professional football qualifications alongside their A-Levels or associated courses.



## PROGRAMME

The Truro School Football Programme delivers coaching and medical qualifications, leadership experience opportunities, a chance to earn in the holidays and a high-quality practical footballing experience, on and off the pitch.

The flexibility it offers ensures that a good balance between this programme and the student's academic studies is attainable and sustainable.

In designing this programme, we put our students' academic commitments at the forefront of our thinking. The programme is flexible and can be adapted to fit each individual's needs, especially around the mock exam and exam months.

There are 5 Periods allocated for the programme over the school's two-week timetable, in addition to after school sessions and during Wednesday Afternoon Activities.

The programme offers a strong practical element, with two-thirds of the time given to practical elements (analysis, one-to-one coaching, strength and conditioning, nutritional help and mentoring), which will all sit alongside the time on the pitch, crafting new skills and techniques. Again, this has been designed to be flexible to help support our students' academic needs if required.



**SAINTS SOUTH WEST**  
Saints South West, an official club partner of Southampton Football Club, shares Truro School's strong ethos towards education and personal improvement. They have a strong record of producing fantastic football experiences and programmes, whilst delivering and promoting the need for a strong education. Furthermore, working with Saints South West will give those who choose the football programme an understanding into how a high-quality sporting programme is managed and delivered. There will be opportunities to help with the delivery of festivals and tournaments, mentoring other students and, in the school holidays, a chance to put their qualifications to use and earn money during camps and activities.

### COMBINATIONS

The football programme can be chosen alongside a range of academic options. A-Levels, CTECH in Sport and Physical Activity and the Leiths Introductory Certificate all complement this programme.

### QUALIFICATIONS

The qualifications students will receive alongside the coaching include:

- FA Level 1 and 2 Coaching
- Refereeing Course
- Level 1 and Level 2 First Aid

The courses are flexible in their timing and can be paused at any time, to allow balance for the students, if needed.



*The football programme will re-enforce the core values and standards of the school. Excellent programmes will ensure players and students enjoy themselves and that students have the expertise to stay in football after they leave school.*

**RHYS SULLIVAN, LEAD COACH**

### THREE REASONS TO CHOOSE THE FOOTBALL PROGRAMME

- Gain coaching and medical qualifications
- Evidence to interviewers that you have strong leadership and technical skills and that you can work well with others
- Open the door to future job opportunities in the football industry in the UK and beyond

### PROFESSIONAL COACHING

Lead Coach, Rhys Sullivan will be leading the delivery of the programme. Overseeing Rhys and the programme, will be Truro School's Head of Football, Glynn Hooper and Dan Sanderson, Director of Sport.

#### Rhys Sullivan - Lead Coach

Mr Sullivan joins us from Plymouth Argyle, where he most recently coached the women's team. He brings over 20 years of coaching experience to the School and will divide his time between running the football programme at Truro School and the Saints Southwest (SSW) Regional Programme, supporting players transitioning from grassroots football to regional centres of excellence and beyond.

#### Glynn Hooper - Head of Football

Mr Hooper is Truro School's Head of Football, a Head of Year and Senior Pastoral Lead. Mr Hooper also works for the Football Association as a Coach Educator and offers his time to run the Cornwall Senior, U18 and U16 squads. He also played for Ipswich Town FC before becoming a PE teacher.

#### Dan Sanderson - Director of Sport

Mr Sanderson joined Truro School in 2018 after retiring from professional rugby in the same year. Over a 9-year playing career, he represented Northampton Saints, Rotherham Titans, Worcester Warriors and Leeds. A qualified RFU coach, Mr Sanderson also played semi-professional football, as a goalkeeper, and was involved with the sporting giants' programme for the 2012 Olympics in Volleyball.