

BROOKE HOUSE COLLEGE FOOTBALL ACADEMY

PRE-SEASON INFORMATION PACK



PRE-SEASON INFO

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BROOKE HOUSE COLLEGE
ENGLAND



PRE-SEASON TRAINING CAMP INFORMATION

The 2025-26 Pre-Season Training event will take place from Tuesday 9th September to Saturday 12th September. Pre-Season is compulsory for BHCFA students, and it is expected that all students will attend without fail unless permission granted by the Football Academy Manager.

Pre-Season will be based at Brooke House College & Harborough Town Football Club for the 2025-26 Season.

Please ensure that consent & medical forms are returned promptly. Failure to return these forms will strictly mean a player will not be permitted to participate the event.

The 2025-26 season is due to commence on the week commencing 15th September so attendance during Pre-Season is essential.

PRE-SEASON ARRIVAL – TUESDAY 9th SEPTEMBER (09:00 ONWARDS)

Pre-Season is a vital event in the Academy's annual calendar; it helps our teams to start the season well. It offers players an opportunity to familiarise themselves with the Academy values and provides a crucial team-building opportunity.

Please confirm each student's arrival date and time with the Admissions Team & Head of Boarding.

On Arrival Each Student Will;

- Register with the Director of Admissions for Enrolment Checks.
- Register with Head of Boarding for Room Allocation.
- Register with the Football Academy
- Undergo a Health Check with the Head of Medical (Height & Weight Measured).
- Issued FA Kit & Bag (FA Profile Picture)
- Register for Data Management System MATCHmeeting

ACCOMPANYING PARENTS & PRE-SEASON

Parents wishing to visit Harborough Town to watch training sessions are welcome. You will need to provide your own transport & please advise the Football Academy Manager of your plan, so we're aware of visitors at the training ground.



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WHAT WILL BE INCLUDED IN PRE-SEASON

- Brooke House College Football Academy Inductions & Workshops
- Physical Fitness Testing
- Gym & Strength and Conditioning Sessions
- Technical Mastery Sessions
- Squad Sessions
- Internal or External Fixtures



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OFF SEASON TRAINING PLAN

– PERSONAL PREPARATION

As the season starts the week following pre-season camp all players should complete an off-season program training programme prior to arrival to ensure match fitness. For guidance, please refer to the suggested training plan in this document and feel free to adjust it for your personal level.

We would recommend a 6 Week Off Season Training Plan.

Off Season Training Plan							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Loading Phase (Week 1)							
5km (STRAVA)	REST/RECOVERY	Squad Based Gym Session	Flexibility Focus Session	Squad Based Gym Session	Slow 6km Run	REST/RECOVERY	
Loading Phase (Week 2)							
6km (STRAVA)	Accessory Gym Session	Rest/Recovery	Squad Based Gym Session	Flexibility Focus Session	Slow 5km Run	REST/RECOVERY	
Fitness Phase (Week 3)							
5km (STRAVA)	Squad Based Gym Session	Slow 6km Run	Accessory Gym Session	Flexibility Focus Session	Run B + 3km Run	REST/RECOVERY	
Fitness Phase (Week 4)							
5km (STRAVA)	Squad Based Gym Session		Slow 6km Run	Accessory Gym Session	Flexibility Focus Session	Run A + 4km Run	REST/RECOVERY
BHCFA Prep Phase (Week 5)							
Slow 6km Run	Squad Based Gym Session	Flexibility Focus Session		Squad Based Gym Session	Flexibility Focus Session	Run A + 4km Run	REST/RECOVERY
BHCFA Prep Phase (Week 6)							
5km (STRAVA)	Squad Based Gym Session	REST/RECOVERY	REST/RECOVERY	REST/RECOVERY	REST/RECOVERY	REST/RECOVERY	



FOOTWEAR POLICY

IMPORTANT FOOTWEAR NOTIFICATION

FOOTWEAR ON 3G & 4G PITCHES at HARBOROUGH TOWN FOOTBALL CLUB

The College has been instructed that the only footwear permissible on the artificial pitches will be **rubber stud** football boots which are clean and not covered in mud.

No other footwear e.g., metal studs, blades or trainers will be allowed on the surface.

Any player not wearing the correct footwear will not be allowed on to the artificial pitches and the club will be applying this policy rigidly.

We would recommend students bringing metal studs for the Grass Pitches.

HARBOROUGH TOWN COMMUNITY FOOTBALL GROUND

Boots you **CAN** and **CAN'T** wear

ARTIFICIAL GROUND (AG)	FIRM GROUND (FG)	HARD GROUND (HG)	ASTROS (AG)
Specifically for 3G RECOMMENDED	Round/Hollow studs RECOMMENDED	Ideal on 3G and grass RECOMMENDED	Dimpled soles ONLY WHEN DRY
			
			

METAL STUDS (SG)	MIXED STUDS (SG)	BLADES (Metal or Plastic)	TRAINERS, FUTSAL & INDOOR
Causes damage to pitch BANNED	Can cut the surface BANNED	Limited movement CAN CAUSE INJURY	Flattens the pitch NO GRIP
			
			



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THANK
YOU

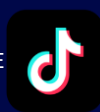
WE LOOK FORWARD TO WELCOMING
YOU TO BROOKE HOUSE COLLEGE



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