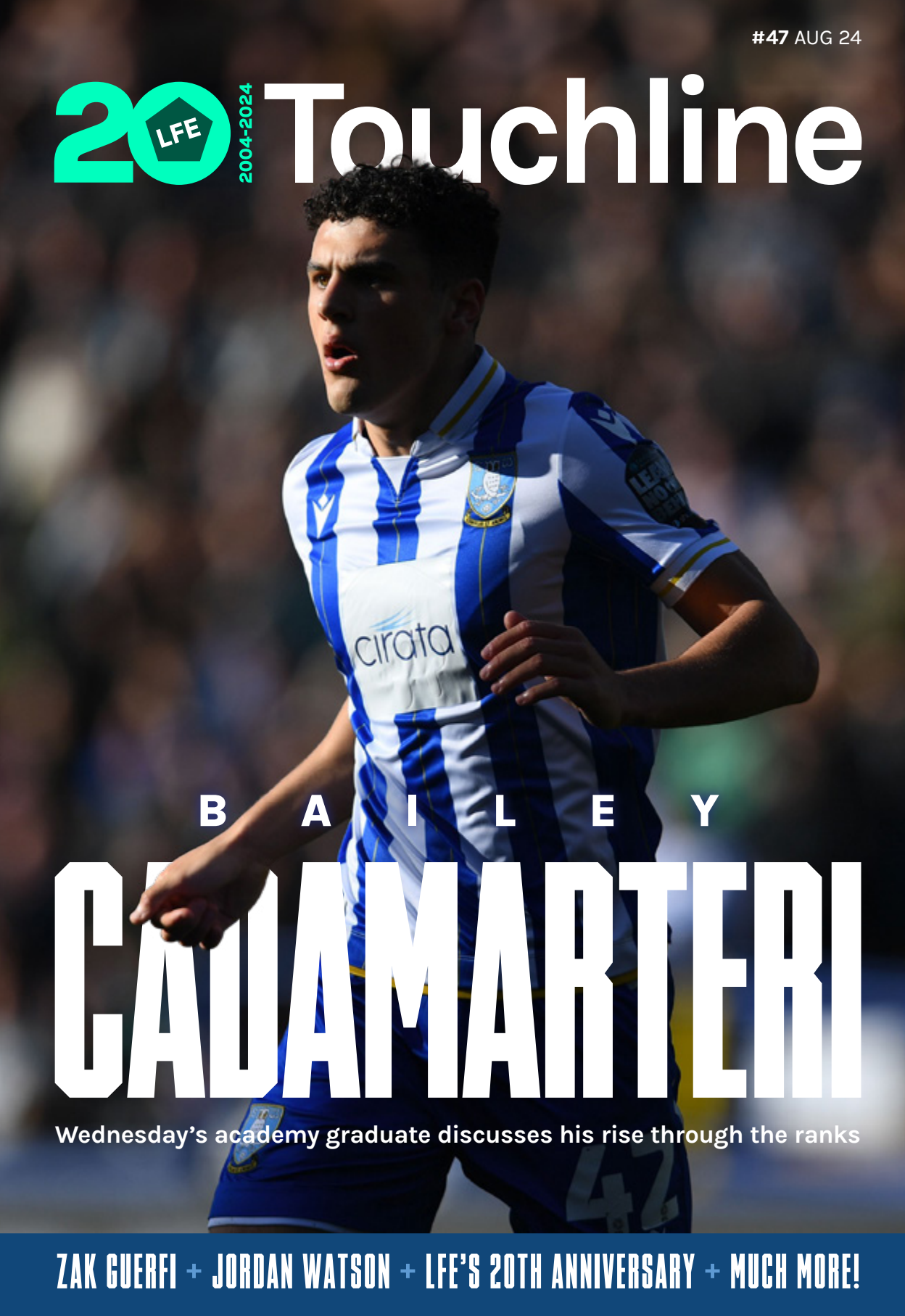




# Touchline



B A I L E Y

# CAVAMARTERI

Wednesday's academy graduate discusses his rise through the ranks

ZAK GUERFI + JORDAN WATSON + LFE'S 20TH ANNIVERSARY + MUCH MORE!

## Careers

LFE learners can take advantage of employment opportunities thanks to LFE's partnerships with a variety of different organisations. Browse the range of exciting pathways at [lfe.org.uk/careers](http://lfe.org.uk/careers)

## LFE Transition Officer

Academy players can seek information, advice and guidance regarding alternative options at any time from LFE's Transition Officer, Anthony Cato.

Contact him at [acato@lfe.org.uk](mailto:acato@lfe.org.uk)

## Higher Education

All LFE apprentices can pursue a route to university in the UK or abroad if they achieve the required academic qualifications.

Download our informative guides to Higher Education or USA Scholarships at [lfe.org.uk/touchline-downloads](http://lfe.org.uk/touchline-downloads)



## LFE's Regional Officers



**Paul Bartlett**  
North & North East



**Carl Craner**  
West Midlands



**Simon Dwight**  
South & London



**Peter Hood**  
North East



**Ben Lavelle**  
North West



**Keith Leighton**  
Midlands



**Gabriel Mellor**  
North East



**Will Morford**  
South West



**Tom Palmer**  
South



**Craig Skinner**  
North West



**Ian Tombs**  
East Midlands



**Claire Wilberforce-Marsh**  
North West & Midlands



**Gavin Willacy**  
South & London

## ALUMNI PLAYER VOICE

In June 2021, LFE launched the Alumni Player Voice initiative to facilitate a safe and confidential space for past apprentices to talk about experiences, best practices, and areas for development regarding the transition support provided by clubs and wider organisations.

If you are an ex-apprentice and would like to contribute to our next session, contact PCT Support Officer, Ryan White ([RWhite@lfe.org.uk](mailto:RWhite@lfe.org.uk)) or LFE Communications ([communications@lfe.org.uk](mailto:communications@lfe.org.uk)).

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# GOAL OF THE MONTH

LFE'S GOAL OF THE MONTH COMPETITION RECOGNISES THE BEST STRIKES FROM ACROSS THE ACADEMY LEAGUES. FROM INDIVIDUAL MOMENTS OF BRILLIANCE TO EXCELLENT TEAM GOALS, THE 2023/24 CAMPAIGN WAS FILLED WITH MEMORABLE STRIKES. HERE ARE ALL THE WINNERS FROM EACH MONTH, INCLUDING GOAL OF THE SEASON...



**FLETCHER HUBBARD**  
AUGUST WINNER

Hubbard of Swindon Town was the winner of LFE's August competition. Hubbard's fantastic long-range strike versus Oxford United claimed a massive **778 votes (55%)**.



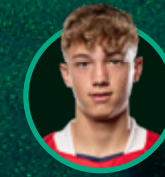
**JOHN DUNLOP**  
SEPTEMBER WINNER

Rochdale's John Dunlop picked up September's award for his brilliant long-range effort versus Morecambe, a goal that accumulated **1451 votes (38%)**.



**KOBY MOTTOH**  
NOVEMBER WINNER

Koby Mottoh of Portsmouth won LFE's November award after his pinpoint curled strike versus Plymouth Argyle. Koby's goal picked up **570 votes (47%)**.



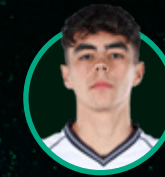
**FRANKIE COULSON**  
DEC & JAN WINNER

Boro's Frankie Coulson was the winner of the joint December and January award after his fantastic finish versus Wolves claimed a huge **1420 votes (39%)**.



**JOEL SULLIVAN**  
FEBRUARY WINNER

Defender Joel Sullivan claimed the February award for his excellent half-volley versus Swindon Town. The goal sealed the South West Youth Alliance title for Plymouth Argyle and picked up **1407 votes (43%)**.



**HARLEY IRWIN**  
MARCH WINNER

Bolton Wanderers' Harley Irwin was the winner in March, with his fantastic curling effort versus Wrexham accumulating **892 votes (55%)**.



**JORDAN HODKIN**  
APRIL WINNER

Jordan Hodkin of Crewe Alexandra picked up the final Goal of the Month trophy of the campaign after his powerfully struck effort into the top corner against Wigan Athletic claimed **404 votes (44%)**.

**JOEL SULLIVAN**  
GOAL OF THE SEASON

Plymouth Argyle defender Joel Sullivan's pin-point half-volley versus Swindon Town was also named the LFE Goal of the Season, with the excellent strike picking up **2,053 votes**.

# ACADEMY LEAGUES ROUND-UP



## EFL YOUTH ALLIANCE NORTH EAST DIVISION

Following a really strong start to the season from **Burton Albion**, which saw them sitting at the top of the table in January, **Mansfield Town** came strong in the second half of the campaign and went onto secure the North East Youth Alliance title, finishing an impressive eight points clear of the young **Brewers** in second place. With the most potent attack in the league, and the joint best defensive record (shared with **Grimsby Town**), it's no surprise the **Stags** came out trumps in the end..



## EFL YOUTH ALLIANCE SOUTH EAST DIVISION

**Luton Town** successfully defended their North East Youth Alliance crown; however, they were given a stronger run for their money by **AFC Wimbledon** this time around. **The Hatters** finished 12 points clear of the **Dons** at the end of the 2022/23 season, but it was a lot tighter this time around, with **Luton** finishing the campaign just three points ahead of the same runners-up. Again, the Bedfordshire side proved effective in both boxes, boasting both the best offensive and defensive records in the division. **Stevenage** and **Sutton** finished both third and fourth respectively, with both teams enjoying positive campaigns.



## EFL YOUTH ALLIANCE NORTH WEST DIVISION

**Preston North End** were crowned eventual North West Youth Alliance champions following an extremely tight title race, with just two points separating the Lilywhites at the top of the pile and **Morecambe** who finished the campaign in fourth place. It went right to the wire, with **Preston** needing a hard fought 1-0 win against **Walsall** on the final matchday to get it over the line. **Wrexham** were the team who ran **Preston** the closest, finishing in second, just one point behind the league winners.



## EFL YOUTH ALLIANCE SOUTH WEST DIVISION

In the South West Youth Alliance division, **Plymouth Argyle** held off **Swindon Town** to be crowned champions. The two sides were at it hammer and tongs all season, with both enjoying strong campaigns, however, the Devonshire side edged the **Robins** by two points in the end following a crazy clash between the two on the final matchday which finished four a piece, with **Swindon** failing to collect all three points that were needed to win the title on **Plymouth's** patch.



# ACADEMY LEAGUES ROUND-UP



## MERIT LEAGUE ONE

South West Youth Alliance champions **Plymouth Argyle** also proved too strong for the rest of the pack in Merit League One, finishing a comfortable six points clear of second placed **Leyton Orient**. The rest of the division in itself, however, was closely contested on the whole, with just six points separating **Orient** in second and **AFC Wimbledon** in 10th position.



## U18 PROFESSIONAL DEVELOPMENT LEAGUE

The 2023/24 campaign was both transformative and extremely memorable for **Birmingham City**. After finishing second bottom of the PDL North division in 22/23, not many would've expected the young Blues to go on and finish on top of the pile the following season. In their respective PDL North division, Birmingham finished an impressive 10 points clear of the 22/23 overall PDL champions, **Barnsley**. This set up a clash with PDL South division winners **Charlton Athletic** in the PDL national final after both teams progressed through their respective semi-final ties. In the final, Martyn Olorenshaw's Blues side went onto 3-2 after extra time and were crowned PDL National champions.



## U18 PREMIER LEAGUE

After a long and competitive season in both the north and south U18 Premier League divisions, two of the big hitters in **Manchester United** and **Chelsea** made it through to the national final after both won their respective leagues. The final was played at Stamford Bridge and United's no.9 Ethan Wheatley put the young reds ahead after 21 minutes. Chelsea levelled it all up on 47 minutes when Josh Acheampong headed home from a Tyrique George cross. However, United responded swiftly with Ethan Williams firing home the eventual winner for Adam Lawrence's side, crowning them as U18 Premier League national champions.



## MERIT LEAGUE TWO

In the second of the two Merit Leagues, **Brentford** were the team who took home the title following an extremely tight run in with **Gillingham** who eventually finished second. Both sides finished up with almost identical records, with the same number of wins, draws, losses and even goals scored, however, the Bees were crowned champions having conceded two fewer goals than the Gills.



# DEBUTANTS

A selection of talented young apprentices who have made their first team debuts since the beginning of the 2023/24 campaign.

CHAMPIONSHIP



**Luey Giles**  
Cardiff City

Full-back Luey Giles was thrust into the action for Cardiff City in the 77th minute of their home clash with Southampton. The Wales U19 international replaced the injured Ollie Tanner whilst the game was hanging in the balance at 1-1. The Blue Birds would go onto win the match 2-1, with Giles providing the assist.



**James Wilson & Ajay Matthews**  
Middlesbrough

James Wilson was handed his first senior league minutes by Michael Carrick on the final day of the season in Boro's 3-1 win against Watford at the Riverside, with the young defender being introduced in added time. Meanwhile, striker Ajay Matthews made his first Championship appearance for Carrick's side during the late stages of a 3-4 home loss to Leeds in April.



**Theo Mawene**  
Preston North End

Preston's Theo Mawene played out the final few minutes of a home loss to Leicester City in April. The midfielder, who was just 16 years old at the time of his Championship debut came on in the 86th minute, replacing Alan Browne.



**Aimar Govea**  
Swansea City

Ecuador youth international Aimar Govea was given his first taste of Championship action back in March during Swansea City's 1-1 draw vs Sheffield Wednesday at Hillsborough, with the Madrid born winger playing out the last 20 minutes plus stoppage time.



**Benjamin Hatton**  
Rotherham United

Midfielder Benjamin Hatton, who was a second-year apprentice at the time made his Rotherham United first team bow in a 2-0 loss at West Brom in April, with the 18-year-old entering the field in the 91st minute.



**Dylan Scott**  
Burton Albion

Brewers youngster Dylan Scott was called upon for the first time in League One for Burton's clash with Port Vale back in March. Scott was introduced with six minutes to play as his side chased an equaliser.

**Kofi Shaw**  
Bristol Rovers

Current second-year apprentice Kofi Shaw made his professional debut for the Pirates in their defeat at Wigan in April, replacing Luke Thomas with 12 minutes remaining.



**George Hoddle**  
Cambridge United

Hoddle was awarded his first senior minutes for Cambridge United during a narrow 0-1 home defeat to Bristol Rovers in April, with the midfielder entering the fray in the 81st minute.



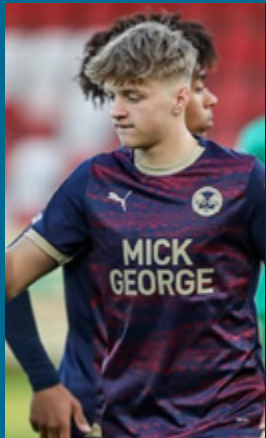
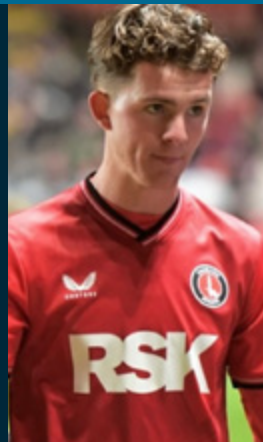
**Aran Fitzpatrick**  
Carlisle United

Full-back Aran Fitzpatrick was handed his maiden League One outing versus Wycombe Wanderers at Brunton Park, coming on for the final five minutes.



**Patrick Casey**  
Charlton Athletic

Prolific forward Patrick Casey was awarded his league debut for the Addicks in their narrow New Year's Day loss at home to Oxford United. Casey played out the final few minutes as his side searched for a late equaliser.



**Harley Mills**  
Peterborough United

Harley Mills was handed a spot in the starting eleven for his League One debut at Cheltenham Town by manager Duncan Ferguson, with the full-back seeing out the full 90 minutes.



**Anjola Popoola**  
Accrington Stanley

Popoola, a well thought of young striker at Accrington, made his League Two debut at just 16-years of age back in February in the 'Owd Reds' home defeat versus Crawley Town, entering the pitch with 10 minutes remaining.

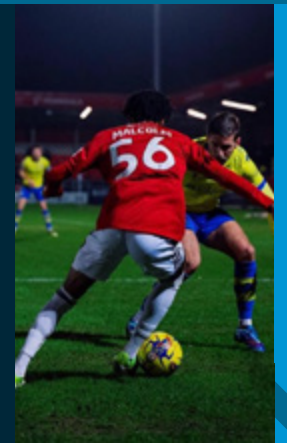
**Nelson Sanca**  
Newport County

Portuguese defender Nelson Sanca's progress within the Club's academy was rewarded with a place in the starting eleven for Newport's clash with Tranmere in April. Sanca played the full 90 minutes as the Exiles fell to a narrow 1-2 defeat.



**Kyrell Malcom**  
Salford City

Young forward Kyrell Malcom was included in Salford City's starting eleven for their League Two fixture against Colchester United back in February, with the now second-year apprentice playing almost an hour.



**Redman Evans, Joel McGregor & Harley Hunt**  
Swindon Town

All within the month of April, goalkeeper Redman Evans made his first senior appearance for the Robins in their League Two clash with Morecambe, midfielder Joel McGregor was handed his first minutes away at Sutton United and young defender Harley Hunt was given his first taste of first team football at Walsall.

**Vinnie Tume**  
Sutton United

Defender Vinnie Tume was handed his Sutton United debut during the Us' 3-1 home victory against Accrington Stanley in March, with Tume coming on in added time.



# THE 11

League Football Education has recognised eleven Under-18s footballers for their outstanding efforts on and off the pitch in the latest edition of 'The 11'. The accolade acknowledges performance on the pitch and in the classroom, as well as assessing other factors, including involvement in community or charity-based initiatives. 'The 11' for May 2024 is as follows:



**CHARLIE PARKS**  
LINCOLN CITY

Imps central defender and second-year apprentice Charlie Parks was a regular for the Club's U18s and U21s last season and also excelled off the pitch, producing fantastic work in his educational endeavours. His work was said to be of a consistent high level, while hitting his deadlines every time.

Charlie had to be patient last season after suffering a long-term injury, but thanks to his commitment, close work with the Club's strength and conditioning team and keeping a keen eye on maximising his recovery through nutrition, he returned stronger and fitter.

His LFE Regional Officer, Paul Bartlett, said: "Charlie is making a real difference to the lads attending on the hybrid programme and is a great role model for the younger age groups. He is performing brilliantly in education and was training with the 1st team earlier on in the season."



**MAX ADAMSON**  
DONCASTER ROVERS

Max Adamson joined the Apprenticeship Programme from a grassroots football team. Upon starting the programme, he required additional learning support which was provided by the Club and LFE. The then Rovers forward worked really hard to achieve a pass grade in his SEP (Sporting Excellence Professional Programme) and his BTEC Extended Certificate. He also achieved various additional qualifications such as his UEFA C Coaching and referee badges during his time at Doncaster.

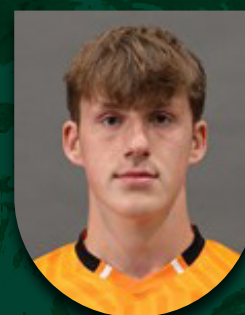
Craig Collins, Head of Education at Doncaster said: "For someone who didn't particularly like education, he went from strength to strength and achieved some great qualifications for life."



**ALFIE PERRY**  
HULL CITY

Versatile Tigers midfielder Alfie Perry has really shone since starting his apprenticeship in 2023, especially educationally. Alfie began the programme needing to complete his English Functional Skills and has since achieved that feat. He's also completed his SEP portfolio, and his work is considered to be "high quality."

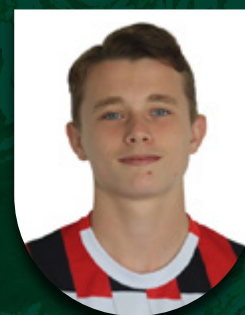
Head of Education, Dean Jennings, said: "He should be extremely proud of his achievements to date and everyone at the Academy are really pleased with the progress he is making, especially during his education sessions."



**SEB STACEY**  
MK DONS

MK Dons shot stopper Seb Stacey was described as an "outstanding apprentice" who always completed his work ahead of schedule to a very high level and set the tone for the rest of the group when it came to work in the classroom. He also excelled outside of the classroom last season.

His LFE Regional Officer, Gavin Willacy said: "He's lived away from home and been a mature and positive influence. A goalkeeper who has trained regularly with the first team, been on loan to both St Neots and Biggleswade Town in non-league and has earned a professional contract."

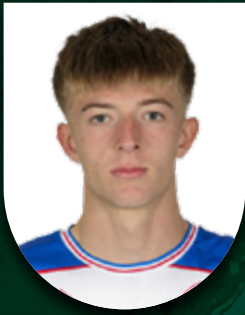


**DAN CARTER**  
LEYTON ORIENT

"That's easy, Dan Carter" were the words of David Bass, Head of Education at Leyton Orient when asked who he'd like to nominate for the 11.

Dan Carter has been described as an "intelligent, well-spoken and respectful young man" who listens intently and reflects on his experiences to make the gradual changes to improve his performance. The Orient midfielder excelled both on and off the pitch in the 2023/24 campaign. In the classroom, as of April, he had achieved a distinction grade in every single BTEC assignment so far and was close to completing his SEP portfolio. On the pitch, Dan has become an integral member of the U18s squad and recently featured in The Standard newspaper where he was recognised as one of London's top 50 Academy stars.

THE 11 CONTINUED ON THE NEXT PAGE



## JAKE LEAHY QUEENS PARK RANGERS

Jake Leahy is said to have been a “highly consistent and driven performer” both on and off the pitch during his time as an apprentice. In the classroom, Jake had been studying for an A Level in Business Studies and is hoping for a high grade having shown excellent knowledge of the subject and has displayed a fantastic attitude and attendance. As of April, he was also on course to complete his BTEC Diploma to a D\*D\* (double distinction star) grade. He progressed from the U18s to the Elite Development Squad last season and earned himself a professional deal. His LFE Regional Officer Simon Dwight describes him as a “highly driven and engaging young man with a bright future.”



## GEORGE HODDLE CAMBRIDGE UNITED

Us midfielder George Hoddle enjoyed a very successful 2023/24 season. On the pitch, George found himself involved with the first team on occasions and also earned a professional contract.

Away from the pitch, Harsh Joshi, Head of Education at the Club was full of praise for George. “George’s dedication to his studies was evident in his SEP and BTEC results, as he consistently produced high-quality work and achieved impressive grades. Despite the demands of his busy schedule, he has managed to balance all his football commitments and excel in his academics.

“Overall, George was a dedicated and hardworking scholar who was committed to his academic success. His exceptional performances on the pitch and positive attitude off the pitch made him a standout scholar, and I have no doubt that he will continue to achieve great things in the many seasons on and off the pitch.”



## ERNIE WEAVER SHEFFIELD WEDNESDAY

Sheffield Wednesday’s Ernie Weaver has been described by his A Level tutor Kaz Copeman as “the best student she has ever had.” She went onto say: “Ernie’s attitude is perfect. I can’t fault him in any way shape or form. Ernie continues work exceptionally hard, he is always engaged in live lessons and makes invaluable contributions that benefit his peers too.”

Football wise, Andy Sharp, Lead PDP Coach added: “Ernie had a long layout with injury which meant a long and challenging period of work for Ernie. However, Ernie remained positive throughout, overcame his injury and returned positively to pre-injury physical condition and is now making an impact on the pitch.”



## CLAUDE KAYIBANDA LUTON TOWN

Hatters defender Claude Kayibanda was described by his former LFE Regional Officer Gavin Willacy as an “outstanding apprentice.” Claude lived away from home but despite this he showed excellent maturity across all aspects of his apprenticeship. He was said to be a positive influence within the group and worked extremely hard last season on and off the pitch. In the classroom he was a D\*D\* (double distinction star) student and also undertook an A Level. Football wise, Claude turned out for the Club’s U21s side regularly and is seen as a versatile asset to the Club having played in many different positions. He’s also just earned himself a one-year professional contract.



## REUBEN WYATT NORTHAMPTON TOWN

Cobblers midfielder Reuben Wyatt was named the 2023/24 League One LFE Apprentice of the Season at April’s EFL Awards, so it’s no surprise to see the second-year apprentice selected for the 11.

Head of Education at Northampton Town, Pete Stephenson, gave LFE a breakdown of Reuben’s progress this year. “Reuben applied himself enthusiastically in all areas of his apprenticeship. After completing his SEP EPA and achieving a distinction prior to last Christmas, he continued to apply himself to his BTEC education.

“On the pitch, Reuben had been on a work experience loan since just before Christmas and established himself in the starting XI at his loan club (AFC Rushden and Diamonds) and received great feedback for how he applied himself.”



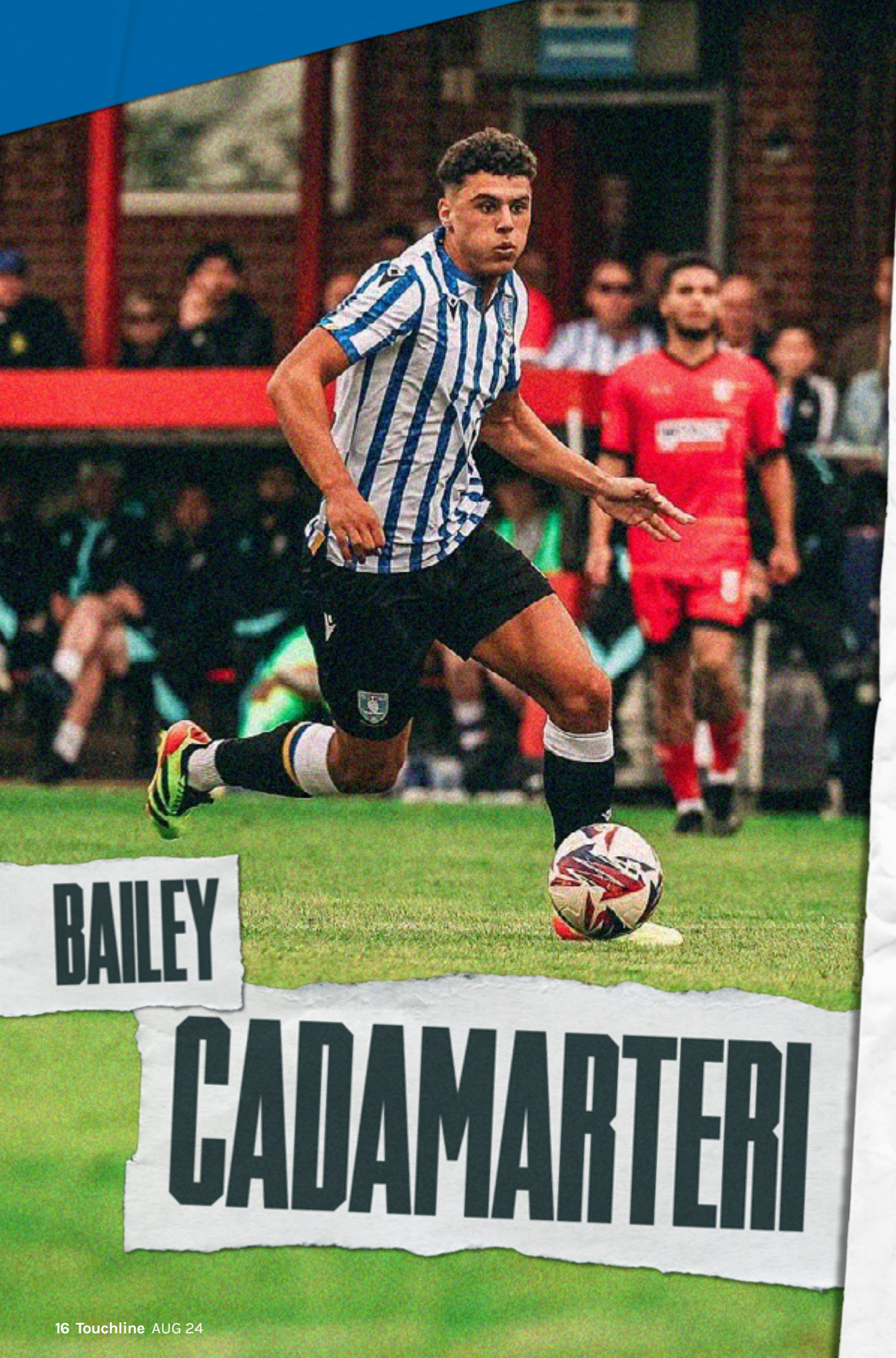
## BYRON PENDLETON BIRMINGHAM CITY

Byron Pendleton was an apprentice who performed at a high level in all aspects of his apprenticeship. Firstly, his initial educational data showed his target grades as PP (pass pass) but as of April, Byron was well on course to achieve a DD (double distinction) which is a significant uplift. He also achieved a distinction in all three areas of his SEP programme.

On the pitch, the midfielder was the first apprentice to be offered a professional contract back in October 2023 after becoming a regular for the Blues’ U21 side.

Head of Education, Tim Smith described Byron as “a thoroughly respectful, hardworking and committed individual who represents himself with the highest standards every time he is in the building.”





**BAILEY**

**CADAMARTERI**

Growing up, Sheffield Wednesday's **BAILEY CADAMARTERI** would be on the sidelines watching his father score goals. Danny Cadamarteri, most commonly known for his time at Everton, was a forward just like Bailey, so it was only natural that the Leeds-born youngster would follow in his footsteps.

"My dad played the game, so I was always going to get into football. He was a forward like me, so I watched him when I was younger and grew up wanting to score goals as well," Cadamarteri told LFE. "He was a really big influence on me growing up, always there helping me out and giving me little pointers. Obviously, the game has changed now and it's a big contrast to when he was playing, but he always helps."

Cadamarteri joined Sheffield Wednesday's Academy at the age of eight and has since enjoyed an impressive rise throughout the youth ranks. He admits that above all, hard work has been the key to his success so far. "It's taken a lot of hard work and a lot of guidance from everyone around me. I wouldn't be where I am without all of my teammates that I've played with coming through. Some of them are still in the game now and some aren't, but I have to thank them as they've always been by my side and helped me get to where I am now. The main thing is hard work though. You have your goals and know where you want to get to, but you have to work hard to get there.

Continuing to reminisce on his journey in the academy, the 19-year-old looked back on his time as a scholar and discussed the importance of the LFE Apprenticeship Programme, also encouraging current apprentices to apply themselves in all areas. "Obviously when you want to be playing football all the time, you don't necessarily want to be going into the classroom and doing education, but it's all very insightful. The apprenticeship is sport-related, so everything that you are learning in the classroom helps towards your football. Some bits are nutrition, sports, and muscular related, so it definitely helps. Just show a good attitude and trust the process.



As much as some people might not enjoy things like education, it's something you have to do and I can tell you from my own experience, it does help with your football because it's all related. Just stick with it.

"As for the Life Skills sessions, you find that a lot of the people who come in to talk to you have been in your position. Quite a few are ex-professionals who have come out of the game and want to share their stories, such as instances where things might have gone wrong for them, and they want to ensure you don't take a similar path and help you with the next steps of your career. The support was good. They all play their role in helping you get to where you want to be, so they were always helpful." ▶



Following an impressive first season as an apprentice, Cadamarteri was offered his first professional contract in the summer of 2022. A proud moment, but the striker wasn't about to rest on his laurels. "The hard work I'd put in for all those years had paid off to the point where I could call myself a professional footballer, but there was and still is a lot of hard work to put in. I'm not the finished article and I need to establish myself."

Upon completing his two-year apprenticeship in 2023, the then 18-year-old was catapulted straight into the first-team environment. "It was a big jump, but I feel like I adapted it to quite well. You go from playing with boys to playing with men, so your personality traits have got to change as well. You have to turn into a man and realise that this is my career now. It's not kids' football anymore; I need to work hard if I want to get to where I want to be."

Cadamarteri was handed his first Championship start by manager Danny Rohl in a home fixture vs Leicester City in November 2023. Just four days later, the forward netted his first goal for Wednesday vs Blackburn Rovers at Hillsborough. "A lot of people ask me about that goal, and I can't describe the feeling! It was an unbelievable one and I'd love to go back to it, but I just can't describe it. It was great, but if I remember it was more of a relief and weight off my shoulders. Some people take a while to get their first goal, so to do it on just my second start was such a relief but left me raring to go and get more."

The Owls Academy graduate would then go on to net a further three goals in December, with his electric pre-Christmas form earning him the EFL Young Player of the Month award. "It gave me lots of confidence going forward and I was very grateful to receive the award."



"People like Jude Bellingham have won that award, so if I could go on to have half the career he's having so far, I think I'd have done well, so hopefully I can get to that point."

"A lot of credit to Danny Rohl. It's not an easy decision to just put a young player into a team which at the time was struggling, so I'm very thankful to him because he took a risk on me and I'm happy that I was able to repay him with a few goals."

Cadamarteri, who is also eligible to represent Ireland, Italy, and Jamaica at international level, was called up to the England U19s squad for the first time in March and netted on his debut versus Morocco. "It's a great feeling representing your country. That's what you grow up wanting to do, play through the age groups and hopefully break into the senior team one day, so to play in an England squad at any level is great and I want to stay within the setup for as long as I can."

Cadamarteri signed a four-and-a-half-year deal with Wednesday back in January but has recently completed a season-long loan move to League One side Lincoln City. Looking forward into the immediate future, the Imps' new no.9 just wants to score goals. "I just want to play. I've signed a long-term contract at Sheffield Wednesday but first things first I want to play here (at Lincoln) and score some more goals. I've got five so far in my career, so to increase that tally this season would be great." ■



**THE APPRENTICESHIP IS SPORT-RELATED, SO EVERYTHING THAT YOU ARE LEARNING IN THE CLASSROOM HELPS TOWARDS YOUR FOOTBALL. SOME BITS ARE NUTRITION, SPORTS, AND MUSCULAR RELATED, SO IT DEFINITELY HELPS.**

# COPING WITH ILLNESS AND INJURY

## WAYS TO HELP YOURSELF



### Confidence building

You want to have faith in your own abilities and preparation. Why not track your progress in a creative way such as a video blog.



### Use your support network!

Your family, friends, coach and physio are just a few people around who can support you.



### Research how you can help yourself

If you're a problem-focused copier, you might want to read into your injury and how others have coped.



### Your rehab environment

Know what environment best supports your rehab. You might want to remain involved by watching training and matches.



### Remain positive and pro-active!

Your thoughts can influence your feelings and behaviours during recovery from illness and injury. Stay positive and focused on what YOU can do to support your own progress.



### Motivation

To have the best chance of recovering fully, you need a strong purpose to do so. Identify what motivates you to recover.

## COPING STRATEGIES



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W [thepfa.com](http://thepfa.com)

For football.  
For life.

Ben Brereton Diaz



(£7m)

Former Nottingham Forest apprentice

Tom Bayliss



(free transfer)

Former Coventry City apprentice

Jayden Bogle



(undisclosed)

Former Derby County apprentice

Brandon Thomas-Asante



(undisclosed)

Former MK Dons apprentice

Ryan Sessegnon



(free transfer)

Former Fulham apprentice

Jaden Philogene



(£18m)

Former Aston Villa apprentice

Cameron Archer



(undisclosed)

Former Aston Villa apprentice

Cheyenne Dunkley



(free transfer)

Former Crewe Alexandra apprentice

Harrison Burrows



(undisclosed)

Former Peterborough United apprentice

John McAtee



(undisclosed)

Former Shrewsbury Town apprentice



# ON THE MOVE

The summer transfer window has seen many former LFE apprentices making moves. Let's take a look at some of the most notable deals so far...

# 20



2004-2024

League Football Education (LFE) is celebrating two decades of nurturing the next generation of football talent and fostering educational excellence as the organisation marks its 20th anniversary.

Over the last 20 years, LFE has:

- Successfully guided over 11,000 apprentices through its programmes.
- Delivered 12,714 BTEC qualifications to apprentices and CCO learners.
- Enabled 10,722 English and maths aims to be met and functional skills achieved.
- Reached a total of 150,000 people through its various initiatives.
- Provided over 100,000 hours of one-on-one reviews and support.
- Facilitated 293 European player placements.
- Rated 'Outstanding' by OFSTED, testament to LFE's unwavering commitment to the development of young people.

LFE works with 64 EFL Clubs to deliver the Level 3 Sporting Excellence Professional Apprenticeship Standard to 1,184 apprentices, as well as partnering with 13 EFL Club Community Trusts to provide the Level 3 Sports Coaching and Development programme to nearly 600 16-18-year-olds.

Sarah Stephen, Chief Executive for League Football Education, said:

"Reaching our 20th anniversary is a proud moment for League Football Education and is testament to the hard work and dedication of so many people.

"We are incredibly proud of the impact we have made over the past two decades and we are excited to continue building on our success so far and helping young footballers achieve their potential, both on and off the field."

Trevor Birch, Chief Executive of the English Football League (EFL), added:

"LFE has played an integral role in developing young football talent while also prioritising their educational achievement.

"The role they play in supporting young footballers is vital in developing them into well rounded young men who can thrive in the game and beyond, and they have made a hugely positive impact on so many lives over the past 20 years.

"We look forward to seeing LFE continue to thrive and support the next generation of players and professionals."



To celebrate, LFE staff went on a residential trip to Keswick, Lake District in June.

Over the course of the three days spent in Cumbria, staff embarked on a number of challenging and morale building activities such as rock climbing, ghyll scrambling, canoeing and more!





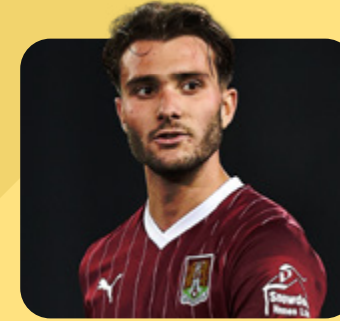
# APPRENTICE OF THE SEASON

In April, the Grosvenor House Hotel in London hosted the 2024 EFL Awards, with numerous current and former LFE apprentices taking home personal accolades.



**Archie Gray**  
Championship

Firstly, Archie Gray, then of Leeds United, picked up the **Championship Apprentice of the Season** award, as well as being named Championship Young Player of the Year. The all-action, versatile midfielder has made over 40 appearances for Daniel Farke's side this season at just 18 years of age. Gray told LFE: "I'm really grateful to have won this award. There's a lot of people that could have won both awards I have received. The Apprentice of the Season one takes into account all of the stuff you do off the pitch and for people to vote for me is really important to me."



**Reuben Wyatt**  
League One

Northampton Town's Reuben Wyatt went home with the **League One Apprentice of the Season** award following a hugely successful campaign on a personal level. The Cobblers midfielder has turned out for the first team in the EFL Trophy and has performed exceptionally in his educational endeavours. It's the second time in two years that Northampton have seen one of their apprentices win an Apprentice of the Season award after Josh Tomlinson was named League Two Apprentice of the Season at last year's awards. Wyatt told LFE: "It's a privilege. It's such a shock to receive it, but it's really nice to see my hard work has been recognised."



**Callum Tripp**  
League Two

Callum Tripp of MK Dons meanwhile was named **League Two Apprentice of the Season**. The imposing midfielder has enjoyed a memorable season having made his first senior start back in August in the EFL Trophy, shortly followed by his League Two debut in October and FA Cup debut in November. Tripp told LFE: "To be honest, I can't put it into words. I've had a great season, league debut, FA Cup debut. A huge thank you to my parents for everything they have done for me in helping me get to this position so far. I'm so happy to win this award, but now I'm looking ahead to next season and to try and improve."



Elsewhere, four former LFE apprentices claimed various other awards on the night.

From left to right: Will Vaulks (ex Tranmere Rovers apprentice, now of Sheffield Wednesday) won **EFL Player in the Community**, Harrison Burrows (ex Peterborough United apprentice, still of Peterborough United) won **EFL League One Player of the Year**, Rob Apter (ex Blackpool apprentice, now of Tranmere Rovers) won **EFL League Two Young Player of the Year**, and Jodi Jones (ex Dagenham & Redbridge apprentice, now of Notts County) won **EFL League Two Player of the Year**.

## TURNING PAIN INTO

# POWER



For those who are born into underprivileged surroundings, football can often be a release, an escapism from reality. Growing up in London, this was very much the case for **Zak Guerfi**.

“My middle name is Zidane, Zakary Zidane Guerfi. So, from a young age, football was instilled into me. Growing up where I’m from, football was a way out of a life that you didn’t want to live,” Zak told LFE.

“I grew up in a single-parent household, just with my mum, but my relationship with my father was built through football, which meant as my career progressed, that put more pressure and stress on me.”

“Playing grassroots football as a kid in my area I was always known as one of the better players. I ended up signing for Stevenage when I was 11. From there, I made my way through the academy. From the age of about 13, I was regularly playing not just one or two years up, but three or four. From the age of 15, I was representing Tunisia at the international level. I went on my first trip with the U18s squad, so again, playing well above my age group. I always thought that because I was constantly playing with older age groups and representing Tunisia, my career was just going to blossom, and that football was always going to be my journey.”

Zak’s career seemed to be on an upward trajectory, with the then-Tunisia youth international seemingly destined for success. However, going into the first year of his apprenticeship at Stevenage, obstacles began to halt his progress. “The transition from leaving school and becoming an apprentice at Stevenage was difficult for me. I really struggled in that first year, and at one stage I did think about giving up. However, I stuck it out and in my second year, everything changed. I was the youth team captain and trained with the first team. I went on trial with Brentford halfway through the season and thought everything was heading in the right direction, but then I was released at the end of my scholarship.”

The midfielder was now very much back at square one. “I’m back in the real world with no job and no income. My cousin told me I needed to get a job and keep busy, so I went to work on a building site. I remember on my first day at about 11 am I looked around and thought this isn’t for me, so I took my helmet and gloves off and left. It was a reality check.”

After trying his hand in construction and realising that it wasn’t for him, Zak set his sights on getting straight back into football. However, the former Stevenage youth product was going to have to work his way back up through the notoriously unforgiving world of non-league football. “To be completely honest, I had a huge ego as a kid. So, when I came out of Stevenage I just thought ‘Yeah, I’ll be fine, I’ll get another club’ but that was just a coping mechanism, a defensive one. I went and played for a team in step three, and they got rid of me after five games. Went and played for another team in step three, they also got rid of me after five games. It wasn’t anything to do with my ability, I just couldn’t function as I was still hurting and hanging onto where I’d previously come from. I kept making mistakes, signing for one team because they were in a higher division than another, not playing, and then having to drop back down.”

Whilst struggling to settle and make a name for himself in the lower echelons of the English football pyramid, Zak reached out to LFE for some help. “Huge shout out to Gavin Willacy, my LFE Regional Officer. Great guy. I called him one night and I think I asked him about a job at LFE or something like that. He mentioned a player placement programme. I just said please get me on that. I’ll get myself fit, just get me out there. He called me a few weeks later and said ‘Zak, are you ready to go next week?’. I went out there and earned a two-year contract at Bodens BK. In my first season, we ended up winning the league. In my second season, I ended up getting a call-up to the Tunisia senior squad and eventually ended up getting sold for a substantial figure to a team in Tunisia. Sweden was beautiful. Sweden set me up for success, not just in football but in life because I was in a new environment where I had to learn values to be a man. Values that I would never have learned being at home in London. I feel like I’m in debt to the country of Sweden and to LFE because they did something for me that was invaluable.”

A successful period in Sweden led to a call-up for the Tunisian National Team, something that Zak admits came completely out of the blue. ▶



“They had been watching my games and even though I didn’t think I was playing well at the time they must have seen something they liked. I went out there for a couple of weeks and it was an amazing experience. I learned so much from it.”

With his contract at Bodens BK running down to the final months, clubs began to display interest in the former LFE apprentice. “I spoke to a few teams and even had the opportunity to stay in Sweden, but I ended up signing for US Monastir in the Tunisian first division. It was sold to me as this unbelievable package, but on day one I realised, it was a mistake. I didn’t settle, I didn’t speak the language and then I got injured. Loads of things happened and I ended up terminating my contract. It was a catastrophe really.”

Following a tough period in Tunisia, Zak found himself back at home in London, pondering his next steps and trying to kickstart his career on English shores once again. However, he faced an uphill task. “I started training in a park every day with a friend, training hard. The next step for me was to go back into non-league. I went to a few clubs, but none of them worked out. I struggled to adapt and settle anywhere.”



Fast forward to 2023 and Zak is presented with a rather unexpected opportunity following a phone call with his agent. “I got a call from my agent, and he said the BBC was going to contact me about going on a TV show. I was really confused about what it was going to be. I didn’t think it would be about football, but it was. I had a Zoom call and within ten minutes of the call, they said they wanted me to come down to the studios. I went down there and got it all signed. The programme was called ‘Boot Dreams’. It was about 16 footballers who were given a month to get back into the professional game. Ronan Kemp was presenting it alongside Bruno Fernandes. On the first day, I trained really well, but then I got injured in the game and ended up missing the next week of training. After that, I got back into it, but it just didn’t materialize for me. But, again, I learned so much from that experience and built some amazing connections. I said in the last interview I did on the show that if I didn’t get anything from this, I’d be retiring. A few people on the show said I was crazy and that I could still achieve something in the game, but I knew I had something greater inside of me than being on a football pitch. I knew that I could offer more to the world.”

Following his television experience and deciding to call it quits on his professional playing days, Zak launched his own company, a company that would allow him to help inspire the next generation. “I founded the company (Sports2Inspire) and our whole ethos is about developing humans through sport. We go into schools across London, Hertfordshire, and Essex delivering PE lessons, extracurricular activities, and half-term camps. We want to develop people through physical education, because, if you look at me, I was from a disadvantaged background and I made something of myself through sport. Anything I’ve done in football is not my best achievement, my best achievement is the person it’s made me today. Going into these schools, especially around London, a lot of these kids come from similar backgrounds to me. I give these kids a piece of me and try to set them up for success in the future. I’m just trying to create change. I never thought anything would replace the feeling of scoring a goal or winning a game but seeing children grow, adding value to their lives and helping them develop as a human, nothing compares.” ■



Sweden set me up for success, not just in football but in life because I was in a new environment where I had to learn values to be a man ... I feel like I’m in debt to the country of Sweden and in debt to LFE because they did something for me which was invaluable.







MUSLIM CHAPLAINS IN SPORT  
Empowering Sports Through Faith

ISLAMOPHOBIA  
AWARENESS MONTH  
NOVEMBER 2024



## INTRO TO ISLAM & CULTURAL AWARENESS WORKSHOPS

Each year in the UK November is dedicated to Islamophobia Awareness month where Islamophobia is challenged through workshops and education throughout the country.

Join in this year and support Muslim Chaplains In Sport's challenge of visiting one club each day of the month and delivering a full day's workshop.

Workshops on Intro to Islam & Cultural Awareness will be delivered by MCS to academy players, 1st team and all club staff, and are free to take for all EFL clubs.\*

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League Football Education

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## SHREWSBURY TOWN YOUNGSTERS DONATE BOOKS TO LOCAL LIBRARY

In February, Shrewsbury Town apprentices donated a package of 20 diverse books to Shrewsbury library.

As part of their commitment to equality, diversity and inclusion, the club says "it is essential that education is made a key component to ensuring Shrewsbury Town FC is as EDI-friendly as possible."

After the event, Head of Academy Player Care, Natalie Wood said: "Today, I believe we have done something very meaningful with the books that we have received. Not only will the books support education around equality, diversity and inclusion, but they will encourage our academy players and children in the community to visit the library and read more."

"We have received support from the first team players who have all signed the books. We have added a QR code in the books as we would love to hear what the children have most enjoyed about the books."

Academy goalkeeper Frankie Beckles added: "I hope people enjoy reading the books as there are some fantastic topics."

"They'll hopefully allow people to educate themselves about these important topics."

# LAPS EVENTS

Back in March, LAPS (Life After Professional Sport) held their annual 'Ahead of the Game' events at three fantastic venues across the country.

'Ahead of the Game' events are designed to help current and former players think about and plan for careers and opportunities beyond, or around football.

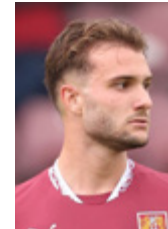
Interactive, informative and fun, 'Ahead of the Game' events are amazing opportunities for players to discover possible new careers, think about training and qualifications and meet potential employers and exhibitors from a variety of sectors.

Hundreds of LFE apprentices from EFL Clubs attended the three events, with many benefitting profusely from their experience.



**Anthony Cato**  
LFE Transition Officer

"To think about your personal development and transition is something that should be seen as a positive. It's so important to have an open mindset"



**Reuben Wyatt**  
Northampton Town

"The percentage of players who make it is quite low, so using all these connections that engage with us through football to help us after our career is so key"



**Jack McMillan**  
OptimaYoga & Ex Apprentice

"Treat football like a chapter in your life. There are other opportunities out there in life that you can take advantage and explore through what you've learnt in football"



**Jack Lenehan**  
Active Soccer & Ex Apprentice

"It's important for them to come to these events and see the opportunities. Open your mind and think about all the opportunities out there"

# LOOKMAN THE HERO IN ATALANTA EUROPEAN TRIUMPH

In May's Europa League Final, former LFE apprentice and Charlton Athletic Academy graduate Ademola Lookman made history by becoming the first ever player to score a hat-trick in a Europa League Final as his side Atalanta sank the all-conquering Bayer Leverkusen 3-0 in Dublin.

The Italian outfit went into the final as huge underdogs given Leverkusen's historic season to date. The Bundesliga champions had gone 51 matches unbeaten in all competitions going into the game and required just a win on the night and a win in Sunday's forthcoming DFB Pokal Final (in which they went onto win) to go undefeated for a whole campaign. However, Ademola Lookman and co tore up the script completely.

Lookman sent Atalanta into an early lead in the 12th minute, capitalizing on some rare defensive confusion between in the Leverkusen back line and finishing smartly into the roof of the net.

Then just 14 minutes later, the former Charlton man produced a moment of sheer brilliance, nutmegging Granit Xhaka before sending a powerful curled effort into the far corner to put Gian Piero Gasperini's side firmly in the drivers seat.

Xabi Alonso's team had no answers on the night and with just 15 minutes remaining Lookman made his way into the box, skipped past a Leverkusen defender and thundered a shot into the top corner to make sure of proceedings and hand Atalanta their first ever European trophy.

In and amongst the full time whistle celebrations, Lookman told TNT Sports: "One of the best nights of my life. Amazing performance from the team, we did it. We played a fantastic game. From the first minute we showed our intent, we played a fantastic first half and in the second half we didn't rest on our laurels, we kept pushing and we got opportunities."



In the post match press conference, the former Addicks apprentice was asked if he could ever of imagined in his wildest dreams he'd a experience a night like this. Lookman replied: "Probably yes. I've always had the confidence in my ability to create, to score goals and to help my team-mates. In the past two-years I've been able to take my game to a new level and I've been able to show that on a more consistent basis. I'm pleased with the progress that I've made but this is just the beginning. I hope for more nights like this and to progress and get better and better. That's the key."

The Atalanta winger came through the ranks at Charlton Athletic and was part of the 2014-2016 LFE Apprenticeship cohort. His Regional Officer at the time, Gavin Willacy, told LFE: "It's fantastic to see his progress and it's wonderful that such a lovely young lad is making the most of his talent and having such incredible experiences."

**Congratulations from everyone at LFE, Ademola!**



# JORDAN



Jordan Watson was just eight years old when he first got a taste of academy football, with the young goalkeeper joining one of the world's most prestigious football clubs.

# WATSON

“Manchester United picked me up at the age of eight. I was in the same year as Jesse Lingard, Sam Johnstone, and later on the likes of Paul Pogba,” Jordan told LFE. “I played at United until I was 15. I then joined Preston and got a scholarship there and started to do well. I was training with the first team at 16 and traveling with them to fixtures to get some experience. It was a successful period as an apprentice. We won two league titles, did well in the FA Youth Cup, and got a couple of first-team squad shirts which was nice.”

Despite enjoying a successful spell as an apprentice at Deepdale, Jordan wasn't offered a professional contract. “At the end of my scholarship I didn't get offered a professional deal, so I went around for a few trials and played some non-league football at teams like Fylde, but I didn't love football enough to play at a level where I wasn't going to be paid well. I didn't love it enough to continue banging the drum and try and make my way through the lower leagues.”

The former apprentice's reluctance to get straight back into football at the non-league level potentially meant a period away from the game or the prospect of trying his hand at something different, and that didn't faze him. However, it was a lack of identity that Jordan struggled with the most following his release from Preston. “The challenge with being in the space of football is that whether it's what you want or not, football is your definition and it's what you're known for. I used to get introduced as a footballer from about the age of eight so it's really difficult to think about other walks of life or a back-up plan so to speak when you're a young person. I didn't really have one, but I wasn't concerned. I was quite comfortable with the thought of being eighteen or nineteen and going back to college to reskill for anything that I wanted to be at that moment in time. The difficult bit however was the mindset shift. Football no longer defined me, so who am I?”

Jordan was soon presented with the chance to fly stateside and continue his football career alongside his education, but bad timing forced that opportunity to be delayed. Now out of full-time football, the ex-Preston shot stopper needed to find something to keep himself busy. “I got offered a scholarship out in Baltimore, but because I didn't get told I wasn't getting a professional contract at Preston until the very last minute, I missed the recruitment intake period for that calendar year, so I was forced to almost take a gap year. During that time, I was playing a bit of football and just kicking around in the lower leagues. But, in the day, I was at home, and I couldn't sit around any longer. I had a mate who had a business coaching football with kids in schools so I asked if I could help him out. I didn't even want to be paid or anything, I just wanted to be out and around people.

“I turned up on the first day and recognized quickly that the skills that I had come out with from school and the work I did during my apprenticeship, literally just general computer skills, were way above and beyond anything they were used to. I had to explain to them that you didn't need Excel on your screen and a calculator on your desk. You didn't need to take numbers out of a calculator and input them into the documents. With the IT skills that I had, I took all of their planning spreadsheets and reformatted all of them. They thought it was the best thing they'd ever seen, like magic!

“Over the school holidays when we weren't coaching, they looked at what I'd done with Excel and wanted to explore what else was out there. We found a coding tool and spent six weeks messing around on a computer all day and trying to build something. I also got a job coaching at Blackburn Rovers coaching the young kids. That was how my 'gap year' was planned out. Gym, mess around in the office working on various bits, coach the kids, and go and play a bit of football.” ▶



**THERE ARE LOTS OF SMALL, REALLY INTANGIBLE LIFE SKILLS THAT YOU LEARN IN PROFESSIONAL SPORTS THAT ARE ALREADY CATAPULTING YOU FURTHER UP THE LADDER WHEN IT COMES TO OTHER WALKS OF LIFE AND GETTING A JOB.**

Jordan had found a routine to keep himself busy and make the transition away from an elite sporting environment easier, however, he admits there was still an element of pain attached to his Deepdale departure. “The transition out of football for me was easier due to the fact I found something else that I was good at straight away. Like I said, I was never football mad. Some of the lads at Preston would stick around after a game and watch football matches, but that wasn’t for me. After leaving Preston there was a grieving process still. I couldn’t sit and watch their games as there were people that I knew playing and I would think that could be me. There was a lot of grief, but I can only imagine that feeling would be heightened a lot if you lived and breathed the game, and I didn’t.”

Whilst Jordan was patiently waiting for his collegiate journey in America to begin, he continued to work away on developing his tech skills and a chance conversation in a local café one day gave the then 19-year-old his first break. “One day I was doing a bit of work in a café and got talking to a guy who owned a successful construction company. He was asking me what I was doing, and I just showed him this coding stuff. I told him I could make him so much more money if I built him an app, kind of tongue in cheek, but he called my bluff and just said ‘Start Monday and I’ll pay you £400 a week.’ Going from being an apprentice on £50 a week or however much it was at the time; £400 a week was mind-blowing!

“I started working for this guy and the coding they were using at the time was owned by Apple. Somehow someone at Apple got wind of a cocky 19-year-old going around multi-national companies telling them they should be using a different tool and installing new software. This was all going on in the background so at the time I didn’t know much about it.”

After a period of working for the construction company, it was time for Jordan to head to the US for his scholarship. His time in Baltimore, however, would prove to be short-lived due to an incredible opportunity arising back in the UK.

“I went out to America for my scholarship and one day received a random phone call from Apple asking if I’d like to go and work for them at their offices in London. So, I had a decision to make. Do I stay out in the US, do my degree and maybe try and get drafted into pro football, or do I go and work for Apple and take this once-in-a-lifetime experience? In the end, I took the Apple route and left America early.”

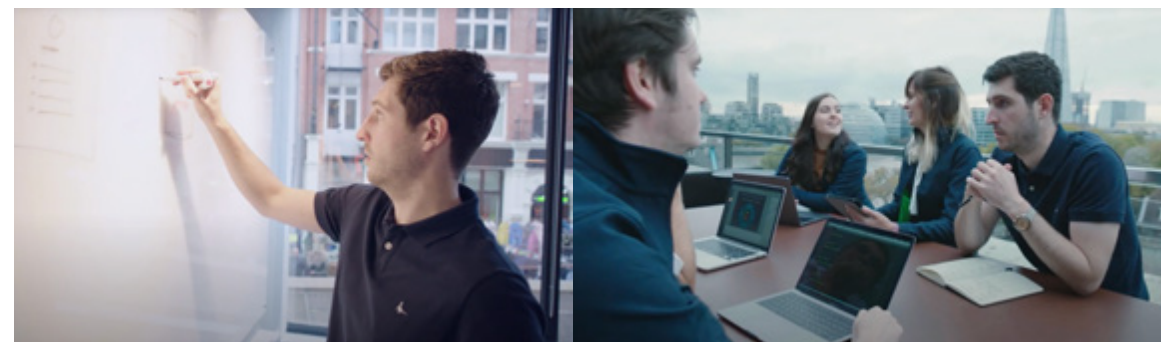
After some time gaining experience working at Apple, Jordan decided he was ready to set up a business of his own. “A couple of years later having worked for Apple and working closely with some other business, I set up my own company, Neptune Digital. We’re currently a team of fifteen people full-time, and we provide bespoke software to businesses and organisations. We work with the FA, Formula 1, Mercedes, McLaren, Team GB, and more. In essence, if the software doesn’t exist, pay us and we will make it for you.

“We treat our team like they are professionals. Fortunately for us, we are one of two companies in the niche area of work we operate in. We put trust in our staff. They operate like professionals, they’re well-paid people and don’t need nannying so to speak. We try to create an environment where they can get on and do what they do best.

“We offer loads of perks like gym memberships, pensions, life insurance, etc. We do this to try and remove as much outside pressure as we can for them so they can solely focus on what they are doing.

Before the launch of Neptune Digital, Jordan gained some experience working alongside some of the country’s most powerful people. “In 2022, I took the role of Head of Systems & Innovations at Downing Street. I was part of the Prime Minister’s direct office, and my role was to take the Prime Minister’s priority areas and try to make sure that the different government departments were thinking innovatively about solutions. I exited that role as the political turmoil began to heighten and set up the business that I run now.”

Now a successful entrepreneur and business owner, the ex-North End keeper believes the skills he honed and developed during his time as an apprentice placed him in good stead to transition into a different world. “I think you learn lots of transferrable skills from growing up in professional environments, in my case an academy. I know there are many basic skills that I wouldn’t need to teach to an employee of mine who came from that type of environment. For example, timekeeping and correctly representing a company. I remember when I was at United or Preston, as soon as you are wearing that badge on your chest, all eyes are on you and you’re representing a wider organisation. Before I was a business owner myself, I think people knew they could trust me. If you put me in front of someone, I would present myself in the right way, even just shaking someone’s hand properly and using the correct manners. There are lots of small, really intangible life skills that you learn in professional sports that are already catapulting you further up the ladder when it comes to other walks of life and getting a job. You learn some really valuable life skills as a young footballer, and I don’t think I’d be where I am today without my experiences.” ■



# CAMBRIDGE UNITED FOUNDATION'S SENIORS AFTERNOON TEA

Over the past two seasons, Cambridge United U18s have been taking part in the Cambridge United Foundation's seniors afternoon tea.

Apprentices help make refreshments for the elderly and sit down and engage with them for the afternoon.

Harsh Joshi, Head of Education at the Club's Academy told LFE "Engaging in afternoon tea not only allows our scholars to connect with seniors in Cambridge and season ticket holders, but also equips them with valuable life skills and a deeper understanding of the foundation's important work, speaking to the seniors and hearing about their life experiences and club memories.

"I strongly believe in nurturing well-rounded individuals, and the addition of this experience contributes to the holistic development of our scholars."



# SSSSH!

You are not allowed to pass **inside information** on to someone else which they then use for betting.

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If you are approached by someone with a view to providing inside information for betting, you must call The FA's Integrity Unit on 0208 795 9640 or email them at [Integrity@TheFA.com](mailto:Integrity@TheFA.com). Players may also contact The PFA on 0161 236 0575.

To view The FA's Rules and Regulations, visit [TheFA.com](http://TheFA.com)

# BREWERS APPRENTICES COMPLETE THREE PEAKS CHALLENGE



In July, members of Burton Albion's U18s squad and staff successfully completed the three peaks challenge.

The National Three Peaks Challenge involves climbing the three highest peaks of Scotland, England and Wales, often within 24 hours. The total walking distance is 23 miles (37km) and the total ascent is 3064 metres (10,052ft).

Throughout the upcoming 2024/25 season, the Club's U18s and staff are aiming to raise £5,000 for various charitable causes by partaking in a number of fundraising events, such as the recently completed three peaks challenge.

**Congratulations to all involved!**

## THE THREE PEAKS



**BEN NEVIS**  
SCOTLAND  
1345m high



**SCAFELL PIKE**  
ENGLAND  
978m high



**SNOWDON**  
WALES  
1085m high



# SUNDERLAND U18S VISIT LAKE DISTRICT

Sunderland's U18 squad recently embarked on a team building trip to the Lake District where they enjoyed a variety of activities through the course of a day, hosted and guided by a local adventure company.

The young Black Cats started the day at the bottom of cat bells mountain, where they were tasked with an orienteering activity. The squad split into two separate groups, were given maps and had to lead the group from their start point to the location of their next activity, rock climbing. "Jaydon Jones and Fin Holcroft did a great job at leading their groups with some good teamwork from the rest of the group too" said Academy Player Care Lead, Evie Innes.

A couple of hours rock climbing followed once the apprentices successfully navigated themselves to the location, with all taking part and a few conquering some fears. The apprentices then finished off the day with some canoeing on Derwent Water.

Following the trip, Evie Innes said: "The day was great. An opportunity for the staff to spend time with the boys, pushing them out of the comfort zone, providing them with new experiences and the opportunity to develop new skills. Neil and the team at Discover Edventure were great. At the end of each activity, they had a debrief with the boys about what they might have learnt/ found challenging which is a great foundation for the work we will do with them during their scholarship."



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17.3K tweets | 2,293 following | 7,651 followers

**Crewe Alexandra FC Academy @academy\_cafc**  
 Our 1st Year Scholars attended a presentation with the CAFC Club Doctor this week, discussing awareness around drugs and banned substances as part of their @LFEonline Induction.  
 @crewealexfc #playercare #education

**League Football Education @LFEonline**  
 For the past two seasons, @cufcacademy1 apprentices have been participating in the @CUFCFoundation's seniors afternoon tea initiative. #CamUTD

**League Football Education @LFEonline**  
 LFE CEO Sarah Stephen flying the #LFE20 flag at last weekend's #CarabaoCupFinal!





# SPORTING CHANCE

THE MENTAL HEALTH PEOPLE FOR PROFESSIONAL SPORTSPEOPLE

We understand that it takes courage to ask for help, either during or following a career in football - so when you're ready to reach out, we're ready for **you**.



## 24 HOUR HELPLINE

Our helpline is staffed 24 hours a day, seven days a week by trained professionals



## TALKING THERAPY

A network of 250 mental health experts that can be connected to within 24 hours



## RESIDENTIAL

The only rehabilitation clinic in the world exclusively for professional sportspeople with an addictive disorder

You can contact us confidentially on **07500000777** or visit our website for information on accessing support.



Professional  
Footballers'  
Association

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