

Sutton Coldfield Sports Argus

SUTTON COLDFIELD COLLEGE SPORTS ACADEMY NEWS AND VIEWS
ISSUE TWO—OCTOBER 2021



DM's Dialogue: **The importance of Starting Points**

Jason Allen

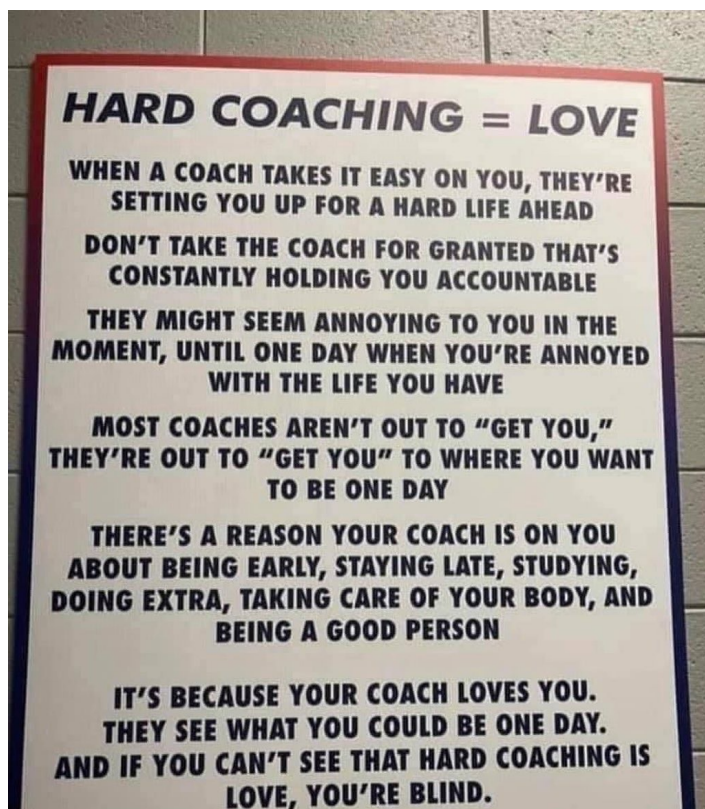
Everything needs a starting point. Getting out of bed in the morning is the daily start point; the introduction to the assignment usually signals the starting point. I say usually, as sometimes we might discover we have the answer first and have to work back; we all have learnt new skills in sports or other activities and these became the starting points for growth and development. Do we consider the importance of establishing starting points? Do we use these foundations to then define our growth mindset? What do we actually want to achieve? How high do we want to go? How successful do we want to be? Do we have multiple starting points? Who possesses the hunger, ambition, strive for development, achievement and excellence. Why cannot be you this time? Many questions and many more that we should ask ourselves every day. Establish **YOUR STARTING POINTS** but recognize that they are the **STARTING POINT** and hard work, good ethics, mature approaches plus much, much more are needed to make progress. Will you reach the end? What is the end? Or do we just re-establish our goals and then strive to better ourselves. Give yourself the best starting point and then ... reach for the moon!

Gobinder Gill

Sports Lecturer. TASS Psychologist

The use of **mindset** is something that can help to develop performance. However, too often we neglect our own mindset and focus on other factors. These other factors relate to physical, physiological, technical and nutritional. Whilst these factors are indeed important, the actual use of mindset can help to develop each of these to support performance. A useful tip to develop mindset is by starting to use goal setting.

Setting goals need to be specific, measurable, attainable, realistic and timed. To develop the mindset of goal setting I encourage performers to set goals that are related to process and performance. Too often, we set goals that are outcome based and if these outcomes aren't met then motivation levels drop. Therefore, set goals that will help your process and eventual performance as these enable you to have



Coaches Corner

Netball Coach and Sports Lecturer: Anthea Cottrell

"It doesn't matter how fit you are or what size you are," says Helen Housby (England Roses Player). "Netball is literally for anybody."

I could not agree with this statement more. Personally Netball has played a huge part in my life since I was at primary school, playing with my same netball club right up until today. **I was a student here at Sutton College where I represented the college in league and cup matches, regional and national tournaments, and felt so proud to represent my College...** Skipping forward to the present, I have now coached the Colleges 1st Team for just over 7 years, and with this background of mine I find myself being able to relate well with the new students who join the netball academy each year.

College netball teaches the girls so much more than just 'playing netball' they learn to interact and build relationships with different walks of life as we have players join from level 1, 2 & 3 courses, from Vocational courses such as Sport, Public Services, Business, and A levels. Sport in general brings people together, and with today's current issues regarding 'social media', 'mental health' and 'being in a pandemic' more now than ever we need friends.

Last year our college team were unable to play any matches, yet our academy girls turned up to training week in week out to see each other, have fun, keep fit and stay in contact. However, this year we are able to start playing in the AoC West Midlands League 2, with our first game on 29th September, and we can't wait!

We still held a sports award for 2020/21, and we had some great success from the **Netball Academy, our Captain Sofia Sturch won Sports Women of the year**, who successfully has just got into the 1st team at BCU. Netball is stereotyped towards women however last year we had a keen interest from our male students where we held mixed netball sessions which proved to be a success, and this year we continue to retain our male members as well.



As well as college netball, in the last 4 years we have formed a strong partnership with Severn Stars. Here at Sutton College we run a Nova Academy for u17s, the Academy is an elite pathway for our athletes to break into the U17/U19/U21 squads and eventually into the VSNL team. We have many success stories since being part of Severn Stars, 2 ex BMet Nova athletes,

who started their elite netball journey with us, have recently been selected for England Roses Academy 21/22 programme and also for the U21s Netball Europe Squad - Issy Eaton and Halee Robinson, we wish them both the best of luck!

Congratulations to the following students who have been nominated and approved as our 2021-22 Sports Leaders and Ambassadors

AoC Sport Inclusion:

Hunar Salahi

Sam Lawrence

Rebecca Phillips

This Girl Can:

Paige Inman

Abbie Hitchman

ECFA Football Ambassadors

Luke Bishop

Kian Goodson

Lee Walters

QUOTE:

ONLY COMPARE YOUR PROGRESS OF DEVELOPMENT WITH YOURSELF, NEVER OTHERS. WE ALL LEARN AND GROW AT DIFFERENT TIMES IN OUR LIFE.

**Sports Student of the month—
September**



Evie Rabjohn

Defender, Evie Rabjohn is a regular in the England Under 17 squad and will be again joining up with the squad for the forthcoming international vs Poland. Evie is 1st Year student, studying L3 National Foundation in Sports Science.

SPOTLIGHT: CAREERS IN SPORT

Sports Employer Board Officially Launched

In a great addition to the Curriculum Area, we have introduced our new Sports Employer Board. It includes Alumni Students who have gone on to have great careers or run their own successful businesses.

Introducing: Andrew Mulligan (CEO: Sports Plus Scheme—School Sport & PE Delivery); Anthea Cottrell (BMET Sports Lecturer and Severn Stars Netball Coach); Neil Dawson (Wilson Stuart School Sports Partnership); Dennis Kennedy (CEO: Community Games); Mark McKain (Fitness Industry); Chloe Williams (Cardiac Physiotherapist); Luke Morbey (Personal Training/S&C Coach). The groups discussed key topics aimed at supporting the preparation for work including: Life and Work Skills; Intent, Implementation and Impact of the current Sports & Fitness curriculum offer; Future Workforce and planning; the local employment landscape.

The Group will meet termly with a view to: add value to the Sports Offer; support through purposeful discussions and contribute to student growth. Welcome to all members and hopefully we will provide a **STARTING POINT** (refer to DM's Dialogue) for a new sports strategy as well as scoping for GROWTH AND DEVELOPMENT of the Sports Department

A Different Type of Employer's Board



Students looking for purposeful work experience or Work REAL activities will now find a **Sports Employment Board** in the OLD SPORTS HALL (outside the main Sports Office). Paid and Voluntary Employment Opportunities are regularly posted and in an era when experience is key to successful applications and interviews, proactive students may well find an opportunity awaits.



Sport are launching our new logos and branding. There will be some positive additions over the next few weeks, including new artwork on the Sports Hall. New pictures can be found on the 1st Floor Corridor and this term will see the launch of the Sporting Legends Wall and an expansion on the Sports History Boards mapping the Sporting Success in the college since the start of the Sports Academy in 1997

Sport in Pictures



Golfers: A Level student Harvey Roberts and Sports Student Lilly Phelps are part of the team playing in the AoC, ICT and BS&C Golf Tours 2021-22



Level 1 Sports Student Famalah Drammah opened his goalscoring account in a recent AoC Cup match vs King Edwards Stourbridge



1st Team Captain, Dylan Green, supported by Oliver Cooksey on the attack in a recent game vs Birmingham City FC Youth Development Team



Roller Disco proved to be popular during the September Induction Period with 115 participants led by the Active Academy Students



Time out in the Basketball Team 2 game. Coach Barnes leading the Tactical Changes

We are still recruiting for the Sports Academies:

- Men's and Women's Basketball
- Men's and Women's Netball
- Mixed Cricket
- Women's Football
- Golf (need a handicap lower than 10)
- Mixed Volleyball
- Tennis, Badminton and Table Tennis
- Men's and Women's Rugby

Register Interest in the Old Sports Hall.

2021-22 RESULTS and FIXTURES

RECENT RESULTS

Men's Football:

1st Team Results & Fixtures:

Lost 1-6 vs Hednesford Town FC

W 2-0 vs Redditch Utd (FAYC)

L 1-2 vs Birmingham City FC

W 1-1p vs KHFC (FAYC)

2nd Team Results & Fixtures

W 4-1 vs Solihull VI Form

L 1-3 vs KE Stourbridge (AoC Cup)

20/10/21 vs South & City

03/11/21 vs Heart of Worcester

17/11/21 vs KE Stourbridge

24/11/21 vs KHFC

3rd Team Fixtures

L 2-3 vs Sandwell College 2nd's

03/11/21 vs Walsall College 3rd's

17/11/21 vs Sandwell 4th's

24/11/21 vs NSCG 3rd's

Ability Counts Football

W 6-0 vs Dudley

Women's Team Fixtures

L 0-7 vs Bilborough

Golf:

29/9/21: AoC Region Rnd 1

C Faulkner 77; Team 2nd

13/10/21: ICT Region Rnd 1

C Faulkner 77; S Knowles 77

TEAM Gross 2nd; NETT 1st

20/10/21: AoC Championship
(Celtic Manor)

Basketball

1st Team Fixtures

W 63-47 vs CoB Rockets

13/10/21 vs Dudley

20/10/21 vs Hereford VI (Cup)

17/11/21 vs Aspire 2 BE

24/11/21 vs Wolverhampton

2nd Team Fixtures

29/09/21 vs Newcastle (NSCG)

L 51-73 vs Wolverhampton

L 26-95 vs Aston Manor (Cup)

20/10/21 vs Hereford VI Form

17/11/21 vs Worcester VI Form

24/11/21 vs Walsall

Rugby Union:

24/11/21 vs Bilborough

Netball:

L 25-49 vs Hartpury

03/11/21 vs Hereford VI Form

17/11/21 vs NSCG

24/11/21 vs Worcester VI Form

Activity Academy:

Roller Disco (OSH)

115 students attended the first event

AoC West Midlands Regional Qualifiers :

13/10/21:

Boccia (Walsall College) 3rd Place

Cricket (NSCG) 3rd Place

Men's Football (Stoke) Group Stage

Netball (Stoke) Group Stage

Coming up in the next Issue:

DM's Dialogue—When there is a will—there is a way.

Player of the Month Spotlight

Coaches Corner—Rob Haines— The Importance of Purposeful Practice

October & November Results + December Fixture List

Quotes and Notes

If you would like to contribute to the Newsletter, please contact Jason Allen Jason.allen@bmet.ac.uk or Tracy Cottrell tracy.cottrell@bmet.ac.uk