

# Sutton Coldfield Sports Argus

## SUTTON COLDFIELD COLLEGE SPORTS ACADEMY NEWS AND VIEWS ISSUE 8—MAY 2022

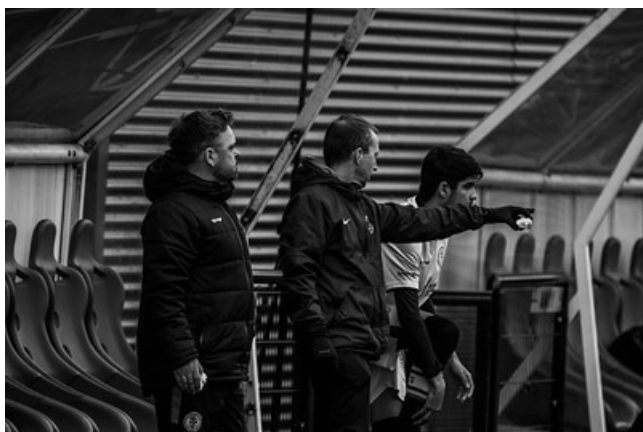


**Jason Allen (DM Sport, Fitness and Physical Activity)**

The Sports Department is well known for its sports success, locally, regionally and nationally. However, perhaps who are not as well known are the team of staff who work across the curriculum and academy offer to support students to be the very best that they can be. We may only see students for a short part of their education but we always want them to be successful. In this month's edition, I would like to introduce you to some of the team, providing some insight into their various skills and experiences.

I, personally, started at the College in 1997, having returned from working as a Football Coach (UEFA B Licence Coach) in the USA. I was looking for a different career path that I could combine with my Semi-Professional Football and was originally working in a local Sports Centre when I was asked if I was interested in applying for a job at the college. At that, they say is that: I went back to work in the USA in the Summer of 1998 but returned to a full time job at the college and have remained here ever since. I am a local lad, with many roots in Sport and Education. I have a long term interest in Sports Academy provision, Disability Inclusion Sport and have held several positions Regionally and Nationally in Football and also in a wider Sports Context. I am one of the original staff members who have seen the Sports Academy and Sports Education programme grow from just 1 teaching group to the large scale Department that it is today.

Let's meet some of the team ... (don't worry, over the next few issues, we will meet all the team!!)



**Stuart Jamieson (left) and Ian Badger (right)** have over 45 years experience in FE at BMET (Sutton Coldfield College). Stuart (Jamo) looks after the Level 1 Sport programme but is also the Men's Football 2nd Team and Ability Counts Football Manager. He is a UEFA B coach, whilst also the Lichfield City FC U21 manager.

Ian is also a UEFA B coach and works alongside Stuart with the Men's Football 2nd Team. He also supports the Premier League with Junior Tournaments and Football Development. At College, Ian is the course leader responsible for our Aston Villa FC Men's Scholar Education Programme.

A good combination of a Baggies and a Villa Fan!!

Another long serving Sports Lecturer here at the College is **Rob Haines**. Alongside his Level 2 Sport Course Leader responsibilities, Rob also is the Head Coach of the Cricket Academy. Rob is a coach at Sutton Coldfield Cricket Club and also a lead coach at Warwickshire County Cricket Elite Academy.

Rob looks after several other sports including the Volleyball Academy and he is a staff member always supporting the students at the AoC Sport National Championships.

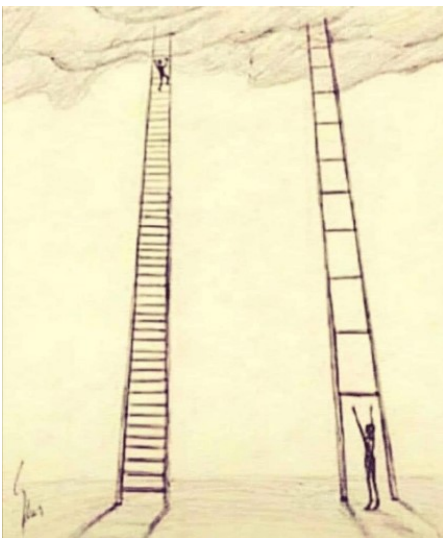




Introducing **Anthea Dunnett** and **Layton Plummer**. Anthea is the Head Coach of the Netball Academy as well as the nominated IQA for the Sports Coaching pathway. Anthea was a student at the college, returning as a Lecturer 8 years ago. Anthea leads on the Severn STARS Nova Academy partnership whilst also still a committed Netballer herself.

Layton is a trailblazer in Netball. A fine Netball Coach for the college and Yendys and Brand Nu Netball Clubs. Layton initiated Men's Netball at the college, identifying a niche opportunity with a pathway for National Representation.

The final staff member in this edition is **Katryna Cresswell-Lane**. Kat is another with vast experience at this college. She is the IQA for the Sport and Exercise Science Pathway as well as the lead for the Women's Football Academy—a former player herself with Wolverhampton Wanderers Ladies FC and another staff member with the UEFA B Football Coaching Licence. Kat coached the college Women's Football Academy to an unsurpassed Triple Crown when the team won the National Cup, their West Midlands League and the National Small-sided Competition in one season—this is never been done by any other college since.



Reaching your goals can feel that a great achievement when you get there but daunting if you are just starting out. Setting interim targets will help you with your overall success. So how do you approach it? Do you attempt fewer steps but with the danger of not reaching them or even starting out? Or do you break it down into smaller, more reachable targets, start to grow and develop, creating successful outcomes as a part of the bigger goal.

Reach for the stars—be the very best that you can, growth and development will result in success.

## Students in Focus: Student of the Month—May



### Harun Double

Harun competed at the AoC National Sports Championships in his 2nd sport of Table Tennis. He was part of the team which finished a creditable 7th place. Impressively, in his main sport of Athletics, Harun participated in the National Athletics Championships at Leeds Beckett University, winning 100m and 200m Gold as well as improved his indoor Shot Put Bronze to Outdoor Shot Put Silver



# Staff Health Screening Success sends some Staff to back into Sport and Physical Activity

*Matthew Stephens (Sports Lecturer)*

Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body.

With recent figures from the Teaching Wellbeing Index (2021) suggesting that within the education sector 72% of staff are stressed (with this figure rising to 84% among senior leaders) taking care of our health is of prime importance.



Health screening is an important and effective way for you to keep track of your personal health. A typical health screening assessment will look to check your general fitness using a variety of tests and is a great way to gain awareness and understanding of your own health and ensure that you are living a healthy lifestyle. The assessment can help you to identify any future health risks and steps you can take to minimise these risks.

As part of the HND Sport & Exercise Science course, four students conducted a health screening consultation with staff from Sutton Coldfield campus. The consultation lasted approx. 90 minutes and at its conclusion the staff members were provided with a detailed report discussing the results of their health screen and a personal 6 week training programme.

## Cricket in Action

Great to see the summer season underway with the Cricket Academy in action. Players from Sutton Coldfield and Matthew Boulton combining to represent BMET.



# Sport in Pictures



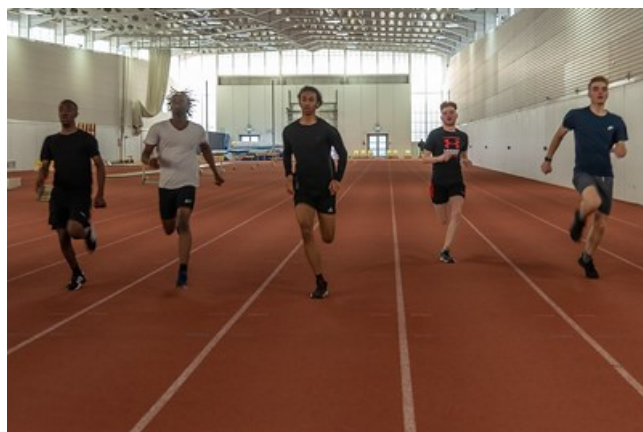
Community Games 'Buddy' with Sports Leader Rebecca Phillips and the Lord Mayor of Sutton Coldfield officially opening the Accessible Games at Sutton Coldfield College



Sports Students, supported by Tutor, Katie Singleton setting up at the Accessible Games



Kayden Shorthouse getting into his stride at the Hi-Pac facility in preparation for the AoC National Athletics Championships held at Leeds Beckett University



Athletics Academy students training at the Hi-Pac Centre at Alexander Stadium prior to the facility being handed over the Birmingham 2022 Commonwealth Games.



Great introductory session to Wheelchair Basketball at an Aim Higher Event taking place at Worcester University



Recent Work Real Experience at Worcester University where Level 3 students took part in a variety of activities including Blind Football

**All pictures, courtesy of Sports Lecturer Lee Chapman**



# 2021-22 RESULTS and FIXTURES

## RECENT RESULTS

### Netball:

Severn Stars Netball Academy

NOVA Academies 3rd/4th Play off:

BMET 42-36 Monmouth

(Bronze Medallists)



### Golf:

#### ICT National Golf Tour Final

##### Individual Results

(84 Finalists)

Sam Knowles 17th

Jamie Obee 23rd

Izzy Speck 30th

Charlie Faulkner 36th

Chloe Williamson 43rd

Lilly Phelps 44th

##### Team Results

NETT 7th Place (20 Colleges in the National Finals)

Gross 11th Place (20 Colleges in the National Finals)

### Cricket:

L vs Joseph Chamberlain by 10 runs

JCC 123-6 vs BMET 114-7

### Athletics:

#### National Outdoor Athletics

##### Championships (Leeds 11/5/22)

200m—Harun Double 1st (Gold)

Kayden Shorthouse 2nd (Silver)

200m—Charlize McFarlane 4th

800m—Oliver Chinn 3rd (Bronze)

Shot Put—Harun Double (Silver)

#### Other Activities this month include:

##### Boccia Academy Virtual League

##### (Rnd 1)

BMET lead after Round 1 after scoring 45/50 points

Currently, there are 20+ Inclusion Colleges competing in the Virtual Boccia League across England and Wales

## Coming up in the next Issue:

DM's Dialogue

Student of the Month Spotlight

Meet the Coaching Staff continued ...

Work Real & Ready Updates

Latest Results & Fixtures

Quotes and Notes

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