

CHARLTON ATHLETIC COMMUNITY TRUST

FEMALE POST-16 FOOTBALL ACADEMY

SOUTH EAST LONDON

PROSPECTUS 2027/2028

COMMUNITY TRUST

At The Heart Of The Community

Principal Partner

ITRM

Specialists in Managed IT Services

SCL EDUCATION

Cleeve Park School

CRAY VALLEY (PM) FC

1919

EXPETOL AURUS





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POST-16 ACADEMY

The Post-16 academy is aimed at girls aged 16-19 who are interested in combining school work with the life of a professional footballer.

The football academy is a two-year, full-time education and football development programme, delivered in partnership with professional and non-League football clubs. Open to keen footballers, the programme is a must for any sports enthusiast.

A playing assessment is held to determine the football level for prospective students. Both the football and educational element of the academy are fully-funded, with a subsidised cost for purchasing training kit.

The programme offers those with aspirations of playing at higher levels links to the Charlton Athletic U21s PGA, as well as external clubs at different levels of the football pyramid, and provides Post-16 education in a range of subject areas, making the Post-16 Academy a truly educational football package.



THE PACKAGE

- Provide the educational support and guidance required to achieve on academic courses
- FA and UEFA qualified football coaches will lead the players at The Post-16 Academy in daily coaching sessions (an average of 6 hours per week)
- Entry into a league, to compete in weekly fixtures against other Post-16 Academies
- Access to a unique set of kit, available only to CACT linked Post-16 Academies
- Regularly organised fixtures against other professional clubs' Community Trusts and Non-League academies
- Domestic and overseas tours

MAIN OBJECTIVES

- To deliver a syllabus that supports holistic development
- Develop individual personal fitness / training plans for each player
- Develop individual psychological profiles and develop techniques to improve mental approach to performance and resilience on and off the field.
- Provide 1 to 1 player reviews regularly with coaches using specific logbooks designed by the Academy
- Provide a tailored education provision that meets the academic needs of the individual
- Provide the educational support and guidance required to achieve on academic courses
- Provide FA football coaching pathways and volunteer/job

MAIN AIMS

- To create well rounded young people who demonstrate self-confidence and determination but also humility and respect
- To establish effective School/ College/Club links
- To deliver a curriculum that is flexible around the needs of the young person, Academy and Club wherever possible
- To establish competition as part of the Football Academy Programme
- To ensure well qualified, registered and screened coaches within the Football Academy, providing a coaching programme and competitive matches
- To ensure players will be nurtured so they are not exposed to overuse injuries
- To provide a unique opportunity for young people around the local area
- To encourage young people to continue in education using sport as the medium to keep them engaged
- To provide opportunities for young people to gain coaching qualifications and volunteer opportunities so they can play a valued role in developing community sport

VALUES & MISSION

MISSION

To help develop higher performing individuals and teams through good education on and off the field, whilst delivering a great experience.

SEASON PURPOSE

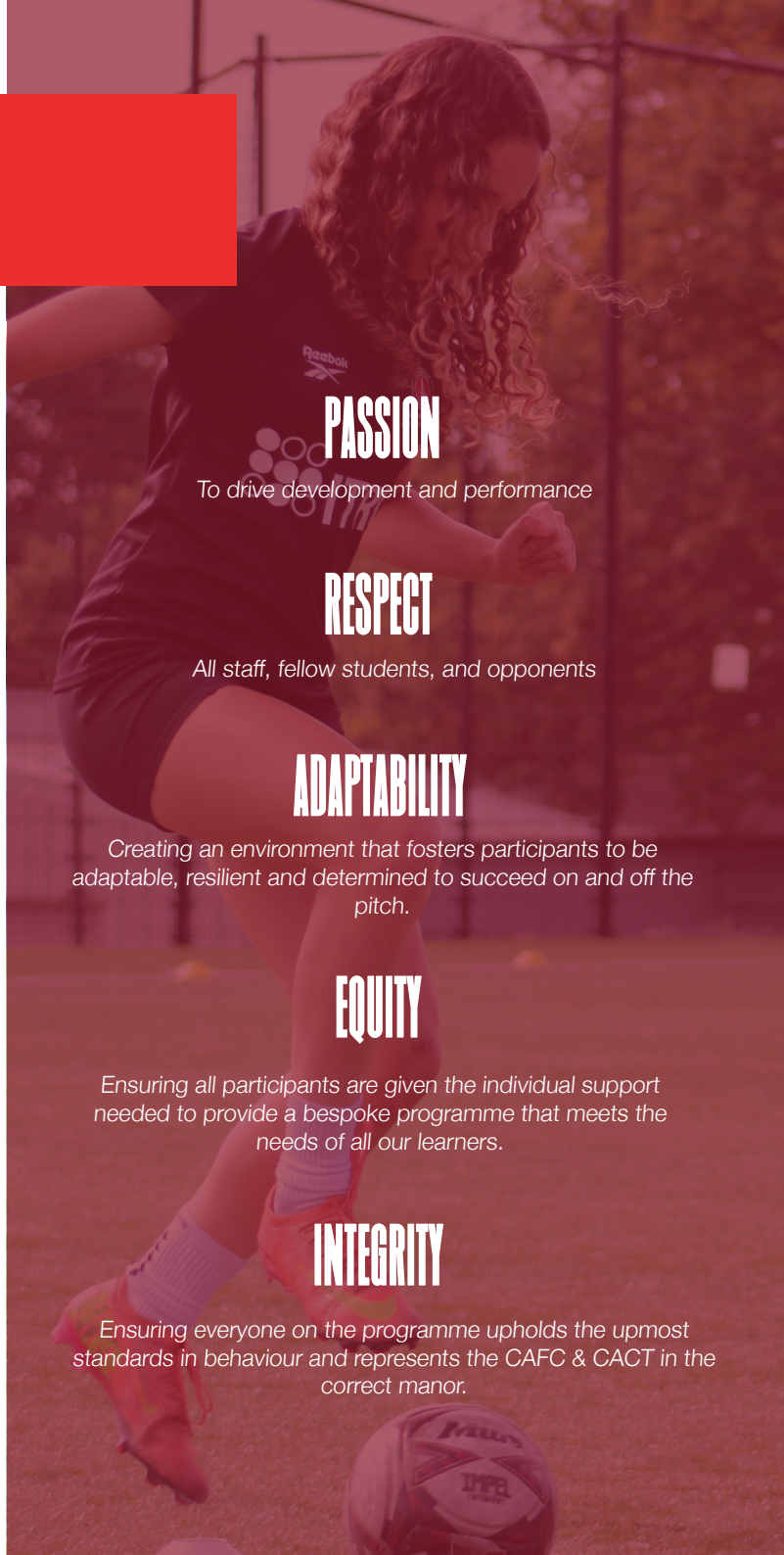
To be competitive across all levels whilst delivering a bespoke programme for our Performance and Development groups that meets the relevant needs. We aim to achieve these targets and goals by striving to create a safe, positive inclusive environment in line with the ethos of the club and Community Trust.

VALUES

Charlton Athletic Community Trust (CACT) runs a series of charitable strands in addition to Football and Sports Development.

CACT has grown out from its footballing roots to run a diverse range of programmes from youth services, to public health programmes and equality initiatives.

After a consultation with staff, trustees, ambassadors and service users, CACT formally published a guide to the values that underpin the work and ethos of its staff.



PASSION

To drive development and performance

RESPECT

All staff, fellow students, and opponents

ADAPTABILITY

Creating an environment that fosters participants to be adaptable, resilient and determined to succeed on and off the pitch.

EQUITY

Ensuring all participants are given the individual support needed to provide a bespoke programme that meets the needs of all our learners.

INTEGRITY

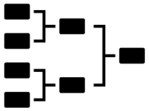
Ensuring everyone on the programme upholds the upmost standards in behaviour and represents the CAFC & CACT in the correct manor.

FOOTBALL DEVELOPMENT



TRAINING

Players will follow a mapped training curriculum, covering aspects across a variety of physical, psychological/social, tactical, and technical areas. The emphasis will always be on individual player development and progression for each player at every level.



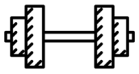
FIXTURES

Each week players will compete in one of the highly competitive leagues that our programme offers. Squads are chosen from those meeting academic expectations to face a host of Women's Super League, English Football League and National League community teams.



ANALYSIS

Using our Veo cameras and dedicated analyst, we are able to provide detailed analysis for players. The analysis is for the ongoing football learning of all our players. It is also vital in ensuring supporting evidence for those exploring overseas scholarships and football progressions.



STRENGTH & CONDITIONING

The physical development of our players is vital for our players footballing development. We will look to provide a S&C provision to all of our students to be able to gain the benefits.



INJURY & REHABILITATION

The demands of a full-time training and fixture programme can be challenging. Our designated fully licensed physiotherapist will be there to support our players with injury prevention, diagnosis, and rehabilitation plans over the course of the season.

VENUE & FACILITIES

CAFC TRAINING GROUND, NEW ELTHAM

- Access to 4 high quality FA accredited 3G training pitches – including the CACT, CAFC Academy, Footscray Rugby Club & University of Greenwich pitches
- Classroom on site and classroom at Greenwich and Avery Hill campuses
- 6 x purpose built changing rooms
- Seating and standing areas around the pitch for spectators



CLEEVE PARK SCHOOL, SIDCUP

- State-of-the-art 4G pitch and Strength and Conditioning Suite.
- Changing areas for all players
- Newly refurbished sixth form area with excellent learning facilities
- Purpose built classrooms
- Personal Chromebook for use in lessons and at home
- A number of function rooms including an Auditorium, Main Hall and Sports Hall



CAFC TRAINING GROUND

Our CACT Post-16 Football and education programme takes pride in helping to develop higher performing individuals and teams through providing a good education on and off the field, whilst delivering a great experience.

Our season purpose is to drive the highest standards on and off the field for all of the teams and individuals, thus ensuring high standards across the board.

We aim to achieve these targets and goals by striving to create a safe, positive and inclusive environment in line with the ethos of Charlton Athletic Football Club and Community Trust. Our female programme caters to young female athletes from a variety of backgrounds, taking a holistic approach to develop the 'person' before the 'player'. We look to instil values of hard-work, respect, and determination into our players so that they can enter the next stage of their footballing journey with confidence and integrity. Through our links to the Charlton Athletic U21s PGA, and local women's first teams, we can create strong footballing pathways along with many higher education and career pathways.



LUCY BAILEY

Women's and Girl's Football Development Officer

COACHING TEAM



YUSUF KAYALAR
Girl's Football Coach



MICHAEL LAWRENCE
Post-16 Football Academy Manager (Boys)



LEON FOSTER CONNIXIE
Men's Football Coach



DEYONTÉ RILEY
Men's Football Coach



TOBY TEVERSON-GREIG
Men's Football Coach



DAVE RIDGEON
Men's Football Coach



FRANKIE LEONARD
Goalkeeping Football Coach



MATT FAITHORN
Cleeve Park Head Coach



TED BARLOW
Physiotherapist

PATHWAYS

CACT DEVELOPMENT

A wider football perspective with more focus on career development, for those considering a non-playing career in sport with a keen interest in sports, coaching and science-based progressions.

CACT PERFORMANCE

A football-focused offer for those that aspire to be in the professional game. This pathway provides a direct route into CAFC Women's professional set up through U21s.

COACHING OPPORTUNITIES

We look to highlight any students who might express an interest in coaching during their first year on the Post-16 programme. We will then offer them voluntary work on our community programmes and in some school settings to give them confidence and experience in how these programmes run. Once they have completed a set amount of voluntary hours, we encourage them to complete their 'Introduction to Coaching Football' badge. This course is exclusively online, and also offers the 'Safeguarding Children' and 'Introduction to First Aid in Football' qualifications as part of it. We will then refund them the money for completing this course.

Once they have that qualification, they are then able to get paid work as part of our casual coaching staff, and are able to pick up after-school, evening, and weekend sessions that fit around their football & education timetable. We currently have 4 of our current/ex-students that are now working as casual coaches for CACT.

COURSES DELIVERED BY SCL

Our Education Provider are SCL Education who have over 20 years' experience in the industry. They are a post-16 further education provider delivering high-quality education, inspired through sport. Their recent Ofsted inspection rated 'Good' in all areas with two areas of outstanding: behaviours and attitudes and adult learning.

COURSES AVAILABLE IN 2027/2028

- NCFE Level 3 Extended Diploma In Sport and Physical Activity (2-years)
- NCFE Level 3 Extended Diploma In Sport and Physical Activity &/ Or AQA A-Level Psychology and/or Business Studies (2-years)
- Active IQ Level 3 Diploma In Gym Instructing & Personal Training (1-year)
- NCFE Level 2 Diploma In Sport (1-year)

Visit **cact,org.uk/post-16** to read more on each course



CLEEVE PARK SCHOOL



Three A-Level Pathway: Choose from a wide range of subjects, including Mathematics, Psychology, Politics, Biology, Business, Art, History, Chemistry, English, Economics, and more.

Specialist Applied Courses: Dive deep into Criminology or Music.

Sports Elite (3 A-Levels): Our Cambridge Technical Extended Diploma in Sport is run in partnership with Charlton Football Club. Train regularly with UEFA-qualified coaches and represent Charlton in The Tactics League and Kent School's League.

Cleeve Park Sixth Form offers the pathways, tools, and support you need to succeed in your next ambitious move.

We provide outstanding guidance for your future: expert Careers Advice, dedicated workshops for Apprenticeships, crucial work experience opportunities, and extensive support for University applications.

Go Further: Enhance your CV with our enrichment programmes and optional certified courses like Mental Health First Aid and the Duke of Edinburgh Award.



CRAY VALLEY PAPER MILLS

Cray Valley (PM) is a community-centred football club with the drive to continue reaching new heights on the pitch, making them one of the most ambitious non-league clubs in London.

With senior ranks in the Isthmian South East division and a desire to progress up the pyramid, the club provides perfect motivation for our ever-growing youth set-up. This setup now includes dozens of teams from mini soccer right up to Under-23s, creating a perfect pathway throughout the club.

A number of ex-Cray Valley (PM) players and youth team graduates now have successful careers in football, including Kyrell Lisbie, Kyreece Lisbie and Ade Adeyemo.

Our Post-16 programme aims to connect girls with local clubs for those looking for extra game time, and also to provide an exit route into senior women's teams once they leave our programme.

We are developing a partnership with Cray Valley to offer our girls access to a brand new senior women's team aiming to play at a top level of grassroots football. This is a fast-growing club with great facilities and a great structure for development in place that is open for our players to explore.



HIGHER EDUCATION & PARTNERS

PRIMUS SPORT PARTNERS:

Primus Sports Partners work alongside CACT to create personalized player pathways for our students to continue playing football & studying abroad. They have opportunities in places such as the US, Canada & more. Primus has a specialized & individualized process that ensures our students end up in an environment that is a good fit for them and they continue to help our students for the entire time they are abroad

www.primussportspartners.com

UNIVERSITY OF GREENWICH:

CACT & University of Greenwich have a long-standing partnership, we share expertise and facilities, as well as giving students employment and research opportunities and enhancing the staff and student experience.

www.gre.ac.uk/careers/partnerships

APPRENTICESHIPS:

CACT have a proven track record of employing Sport Apprentices to work alongside their dedicated team of coaches and football development officers. Over the past 4 years CACT have employed 4 students from the CACT Post-16 programme. The apprentice role is perfect for any aspiring football coach or PE teacher, to continue their development journey after their Level 3 Sport extended diploma.

CASE STUDY

Beth joined Charlton's first-ever female Post-16 cohort after deciding a traditional sixth form wasn't the right fit. Drawn by the programme's coaching opportunities and convenient location, she chose Charlton to combine her passion for football with a growing interest in coaching.

In her first year, Beth found it challenging to establish herself in a highly competitive squad. However, the growth of the female programme in her second year created two pathways, Performance and Development, giving players an environment better suited to their abilities and ambitions.

Placed in the Development pathway, Beth gained regular game time and even captained the team at the start of the season. The opportunity helped boost her confidence, build strong friendships, and thrive both on and off the pitch.

Alongside her studies, Beth developed a passion for coaching. After volunteering with CACT, she became a paid casual coach, delivering sessions across community programmes, including after-school clubs, Wildcats sessions, and holiday courses. She also completed her UEFA C Licence, a significant achievement at such a young age.

Beth secured a coaching apprenticeship with CACT, where she is working towards a Level 4 Sports Coaching qualification while gaining valuable practical experience.



EXTRA-CURRICULAR



TOURS & TRIPS

Opportunities to take part in UK and international Football Tours. In 2024, 50 players had the opportunity to travel to Copa Catalunya, Spain.



WORK OPPORTUNITIES

Offering support to complete the FA introduction to coaching (Level 1) along with work experience with the potential to become a casual football coach. Once they are qualified there is an opportunity for paid work coaching for CACT programmes such as Wildcats and Football Holiday Courses.

Previous players have also had the opportunity to be ball boys/girls for Charlton Athletic First Team matches.



OPPORTUNITY TO PLAY AT THE VALLEY

An annual girl's fixture to be played at The Valley



CHARLTON ATHLETIC COMMUNITY TRUST

At The Heart Of The Community

CONTACT US:

WWW.CACT.ORG.UK/POST-16

POST16ACADEMY@CACT.ORG.UK

FOLLOW US:

@CACT_POST16

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