

APP Case Study

Combining my studies with rugby couldn't have been made easier by having the support of the Athletes Performance Programme at South Nottingham College, because it allowed me to complete a BTEC National Diploma in Sport, Health and Lifestyle as well as developing my rugby alongside my education. This gave me the opportunity to compete in the British Colleges of Sport East Midlands Premier League, and be chosen to represent England Colleges. John Widdowson and Neil Fowkes were instrumental in helping me gain a Distinction Profile Diploma, because they helped with my goal setting for my education as well as with rugby. My rugby development continued with Nottingham Rugby Academy, and gave me the opportunity to compete against Aviva Premiership academies such as Leicester Tigers. It also gave the opportunity to have sports conditioning and nutritional advice in a professional environment, whilst completing my diploma. Having this support from the Rugby Performance Programme has helped me continue to develop my rugby and education in tandem, and I have been lucky enough to represent the Midlands u20's in Ireland. I was also lucky enough to go to South Africa to coach children from the townships with Balls to Poverty, and that opportunity was offered to me due to the effort I had put in on the Athletes Performance Programme. On the education side I have taken a place on the Sport, Physical Education and Coaching Science course at the University of Birmingham; where I continue to work towards my goal of becoming a PE teacher. Having the extra time in the day to train when I wasn't in lectures was very important in my positional development, because I was often coached 1 to 1 with either John or Neil which was a fantastic experience. My development both on and off the field with Nottingham Rugby Academy is still ongoing, as I move through the programme with the continued support of John Widdowson and the rest of the academy coaching staff.

