

FOOTBALL ACADEMY

The College of
Haringey, Enfield
and North East London



In partnership with **Leyton Orient Football Club**

Are you the next
**Rashford, Sterling,
Oxford or Alli?**

Join **CONEL's** Football
Academy *today!*

- Professional coaching
- Competitive matches
- European tournaments
- FREE training kit
- Gym and fitness suite
- Medical and physio support
- Technical analysis



For more information call

020 8442 3055 | www.conel.ac.uk/football-academy

PLAYER PROFILE

Aspiring footballer *Ruben Junior* won a trial at Leyton Orient FC after impressing while playing for our Football Academy.

Coaches at the League Two side agreed to offer trials to a handful of players this season and immediately saw his potential.

Portuguese-born Ruben began playing in his home country for his local team Real Massama near Lisbon before joining the junior squad at European giants Benfica.

"This was the opportunity I'd been waiting for since I came to England over a year ago," said the 16-year-old, on getting a trial at the east London club.

"The football programme at CONEL is very good. The coaches really motivate the players and encourage you to work hard and not to give up. We're lucky to have ex-players as coaches. I don't know if other teams are as privileged as us."

Ruben, who is nicknamed Pogba by his teammates, due to his likeness to Manchester United's French midfielder Paul Pogba, cites Liverpool as his favourite English club and Philippe Coutinho and Roberto Firmino among his favourite players among the Reds.

The Level 3 Diploma in Sport student also admits to being a fan of Cristiano Ronaldo, Mario Ballotelli and former international stars, including Dutch midfielder Clarence Seedorf.

"My ambition is to become a professional footballer, playing at the highest standard in the Premier League, and even get into my national team," added Ruben.

"I love everything about football from training to playing the game, and the hunger and competitiveness to win."



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The Teams



The Academy's official name is the Leyton Orient Football Club Development Squad. The squad includes an Elite Team and a Second Team, which both compete in the Association of Colleges Football League.

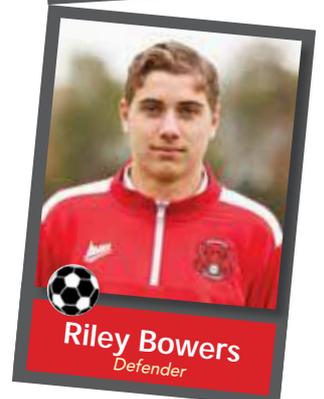
Joining the Football Academy

To be eligible to be considered for the Football Academy, you must;

- Be enrolled on a full-time course at our Enfield Centre.
- Be 16-18 years of age on 31 August of the year you enrol.

If chosen, you'll get to sign a 'contract' at Leyton Orient, which outlines the perks you will get as a player, including:

- Top quality training with coaches from Leyton Orient FC
- Competitive weekly matches against other colleges
- Tournaments abroad with teams from across Europe
- Use of £1.5million sports centre with sports hall and gym
- Tailored fitness, exercise and nutrition programmes
- Physio and medical support to recover and prevent injury
- Football training kit, tracksuit and kit bag
- Technical analysis of games and performance
- Complimentary tickets to selected top matches
- Work experience opportunities at Leyton Orient FC
- Elite Team only - Opportunity to join the Sports Sponsorship Programme worth up to £2,500 a year





COACHES AND BACKROOM STAFF

The Football academy's coaching and physio staff are made up of professional coaches from Leyton Orient FC and employees contracted by the College.



Miguel De Souza Head of Youth Recruitment

Miguel is a highly-experienced coach and former footballer who started his professional playing career at Charlton Athletic in 1989. He also played in the Championship for Birmingham City and enjoyed successful spells at Wycombe Wanderers and Peterborough United.



Mark Bentley Head Coach

Mark is an ex-professional footballer who has played for Football League clubs including Southend United from 2004 to 2006, where he was involved in successive promotions. He also played for Gillingham where he was twice runner-up in the club's Player of the Season award.



Darren Baker Coach

Darren is an ex-professional footballer who began his career as a youth player at Tottenham Hotspur in 1985 before signing a professional contact with Coventry City. He was forced to retire early due to injury and later formed Nova Sports Coaching.



Nader Farhead Physio

Nader graduated from Leeds Metropolitan University in 2014 with an MSc in Sport Therapy and now runs his own business Petros Therapy in Enfield. He has previously worked for Chesterfield FC and Northamptonshire Elite Basketball Club.



Alice Rollinson Physio

Alice is a former Watford Ladies FC youth player who is on an internship at the College while studying for a BSc in Sport and Exercise Rehabilitation at Middlesex University having previously completed a Diploma in Sport.

CONEL also runs a Basketball Academy and Martial Arts Academy. Find out more at more at our Sports Centre in Enfield or call 020 8442 3055 or visit www.conel.ac.uk.



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