



# NQ Football Performance and Clyde FC Partnership

New College Lanarkshire boasts an extensive sports and fitness offering, and with a specialist sports campus in Broadwood Stadium, in the heart of Lanarkshire, the College is well positioned for any budding sports professional to reach their full potential.

The College is proud to announce an innovative partnership with Clyde Football Club, which has endorsed its NQ Football Performance programme to achieve the mutually beneficial goal of developing young footballers to a high standard while enhancing their skills and knowledge of the sport through academic study.

The Partnership aims to provide students with a complete pathway for development - whether in professional football, a career in the sports and fitness industry, or further academic study - students will have the joint resources of New College Lanarkshire and Clyde FC to help them achieve their ambition.

## About the Partnership

Clyde FC has linked with New College Lanarkshire to provide an opportunity for existing and future students and Clyde players.

Students on the NQ Football Performance course will have unique access to Clyde FC, and if they can prove their skills and dedication, may be considered for the under-20s team.

Likewise, team members already on the under-20s team will have access to the excellent learning resources, training facilities and experienced teaching staff that New College Lanarkshire has to offer, with the chance to join the course while continuing with the team.

The College will work cohesively with Clyde FC to provide a streamlined training and educational programme for the students and players.

## The Course

Students on the NQ Football Performance course, set at Level 5 on the Scottish Credit and Qualifications Framework (SCQF), will learn theoretical subjects essential for sports professionals, including Human Physiology, Nutrition, Session Planning and Delivery. Physical development is delivered through a strength conditioning plan that focuses on the needs of the individual, while technical and tactical development of football skills and knowledge is provided through practical training sessions with coaches qualified up to UEFA 'A' and 'Pro' Licence level.

Academic success will allow students to move on to the NQ Advanced Sports Performance course or Higher Sport and Fitness at SCQF Level 6, HNC Coaching and Developing Sport or HNC Fitness, Health and Exercise at SCQF Level 7. The course can open up various job opportunities outside of professional football, including coaching, health and fitness training or general employment within sports.

The course is provided in the football environment of Broadwood Stadium, giving students the chance to train and play in a professional stadium that can host just under 8,000 people.

## The Experts

Students will be taught, mentored and coached by professionals with years of experience in football and sport including former national players and current league managers. Students on the course will have the opportunity to benefit from each individual's experience, knowledge and support throughout their time on the course and beyond.

### **Sandy Clark**

Sandy is a UEFA Pro Licenced Coach and is currently the Assistant Manager at Dunfermline AFC after spells with Albion Rovers, Kilmarnock, Queen of the South and Aberdeen. An extensive playing career saw Sandy play for teams in both England - West Ham Utd - and in Scotland - Airdrie, Hearts and Rangers. As well as playing and coaching, Sandy has managerial experience taking charge of Hamilton Academicals, Berwick and St Johnstone.

### **David Hay**

David - a former Scotland International, Chelsea and Celtic player - boasts managerial and coaching experience with clubs in the UK and Europe. Lillestrom, Livingston, Dunfermline and Celtic have all been led by David and he brings vast levels of experience and knowledge to the coaching network at the College.

### **Allan Moore**

Allan is a UEFA A Licence and Youth Licence holder and has played for a number of clubs including St Johnstone, Queen of the South, Partick Thistle and Hearts. Allan was former manager of Arbroath FC, managed Stirling Albion to two promotions and narrowly missed out on taking Morton FC to the premier league. Allan has a wealth of experience in coaching and management both at full time and at a part time level.

### **Alasdair Breton**

Ally is a successful youth coach with Hamilton Academicals and Stirling Albion and holds an Advanced Children's Licence. He brings an in depth knowledge of content to the coaching structure at the College by gleaning current best practice from the pro youth set up across Scotland. With an academic background in sports science and coaching, Ally brings extensive knowledge to the department to assist the development of the NQ Football students.

### **Jim Griffin**

Jim is the Curriculum and Quality Leader for Sport at the Motherwell Campus. A former Motherwell FC player and Scottish Cup winner, Jim's seven year career at Motherwell was cut short due to injury but allowed him to move into coaching. He took charge of the youth team before progressing to reserve team manager and spending time as assistant manager with the first team under Billy Davies. Jim has extensive experience as a match analyst having worked for Celtic, Dunfermline and Motherwell to produce opposition analysis reports.

### **Todd Lumsden**

Todd is the Curriculum and Quality Leader for Sport at the Cumbernauld and Broadwood Campuses, where the NQ Football Performance course is based. Todd holds the UEFA A Licence and a Master's Degree in Performance Coaching. Having played for Stirling Albion, Raith Rovers and Hamilton Academicals, Todd finished his playing career as assistant manager at Albion Rovers before moving into the position of Manager. After a spell as assistant manager at Arbroath FC, Todd is currently manager of the League 2 club.

## The Possibilities

### Academic

Previous students have chosen to take on an academic route after completing the course, including Blair Munn, who turned his passion for football into a career when he joined New College Lanarkshire's NQ Football Performance course.

Since completing the course, the 20-year-old striker and coach has continued through the educational ranks, achieving a Sports Coaching qualification at HNC level and upon completion of the HND, will take on a soccer scholarship in Canada.

Recognised for both his academic achievement and talent in football, Blair was encouraged by his lecturers to pursue the scholarship – which will help him continue to develop as a player, coach and academic.

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*“Starting out on the NQ Football Performance course at New College Lanarkshire really helped me to get to where I am today as along with developing my football skills I have gained an academic qualification.*

*“I chose the course as it has a strong concentration on football and is based in a football environment so I knew I would remain motivated. It helped me to really enjoy the theoretical work as it was relevant to what I wanted to do – play and learn about football.*

*“It also offered really good opportunities, including the chance to train with coaches and managers who have amazing experience of the game. I learned different things from each of them which helped advance both my playing and coaching skills.*

### “Lecturers are genuinely passionate about football”

*“The course also provides the opportunity to train three days a week to improve your football ability while gaining a good qualification. The gym is really well equipped, and students are taught by lecturers who are genuinely passionate about football – making it a really enjoyable environment to come into every day.*

*“I decided to go on to study for the HNC and HND Sports Coaching as I felt I was ready for the next step having progressed well in the NQ course. Speaking with my lecturer, Todd Lumsden, also gave me confidence as he suggested I was also ready for it and would do well. Coaching was always a route I wanted to go down along with continuing to play.*

*“I was inspired to apply for the scholarship after my brother Gregg completed one in America last year and now stays there and coaches full time. After seeing how well he done it motivated me to do it too.*

### “I couldn't have done it without the College”

*“I'll now be moving to Nova Scotia in Canada and will be training and studying football for four years - I couldn't have done it without the College. Having attended for three years the knowledge I have gained has been great and has opened my eyes to the many routes I could take after the course. The staff have been supportive throughout everything. They are always happy to help me.*

*“I would really encourage others to join the courses at NCL – particularly those with an interest in developing their football skills while gaining an academic qualification. The pathway from there is great and if hard work is put in they too will get the rewards.”*

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## Professional

Many graduates of the course benefited from the additional technical training, strength conditioning sessions and the life skills learnt at the College as they continued to develop at their own Pro Youth club.

**Jonathon Fisher** .....Heart of Midlothian

**Lee Halpin** .....Stenhousemuir

**Gavin MacPherson** .....Stirling Albion

**Ross Brash** .....Stenhousemuir

**Jake Fitzgerald** .....East Stirling

**Grant Dickie** .....Clyde

**Scott Gallagher** .....Clyde

**Gerard Traynor** .....Clyde

**David Breen** .....Clyde

**Anton Houghton** .....Queens Park

**Harry Neil** .....Stirling Albion

**Joshua Flood** .....Stirling

**Darryl Jones** .....Ayr Utd

**Jordan McKechnie** .....Raith Rovers

**Ryan Metcalfe** .....Dumbarton

**Jack Nicholson** .....Cowdenbeath

**Scott Ferguson** .....Clyde

**Scott Jarvie** .....Stirling Albion

**Mark Aitken** .....Raith Rovers

**Callum Robertson** .....Raith Rovers

**Murray Lowdon** .....Airdrie

**Lee Connolly** .....Queens Park

## The Club

Clyde FC is a professional football club currently playing in the Scottish League Two. The team is managed by former Scotland football star, Barry Ferguson, and boasts a high calibre of coaches in both its Under-20s and First team.

Along with the success of the first team and a focus on developing youth teams, the Club has received the prestigious SFA Quality Mark Award at Standard and Development Level for its Football Schools in Cumbernauld and Glasgow Southside.

Many graduates of the under-20 team have gone on to play for the first team, along with graduates of the Football Performance course that progressed within the Football club structure and made the first team squad and debut - including Clyde FC forward, Scott Ferguson and defender, Gerard Traynor.

Playing for the under-20s would give an ambitious footballer with the right skills, discipline and dedication the opportunity to train with industry professionals and play against high-profile teams, with opportunities thereafter being limitless.



## The Opportunity

- Students will receive an industry-recognised National Qualification in Sport and Fitness
- Clyde FC will consider highly-skilled students for the U-20 team
- Coaching from football professionals
- Students will be learning practical skills side by side with professional football players and under the eye of Scottish football legend, Barry Ferguson
- Knowledge and skills learned on the course will benefit students as players and set them up for future academic study
- The variety of modules on the course can open up various opportunities within sport
- Access to state-of-the-art facilities, including a fully equipped gym, football pitch, and the wider college facilities available in New College Lanarkshire's six campuses across Lanarkshire
- All the perks that come with student life, including student discounts, access to college facilities, learner support and funding as well as a Passport to Leisure membership with North Lanarkshire Leisure due to being a college student.

## How to apply

Visit the website [www.nclanarkshire.ac.uk](http://www.nclanarkshire.ac.uk)

Contact Todd Lumsden for more information

[todd.lumsden@nclan.ac.uk](mailto:todd.lumsden@nclan.ac.uk)





# Frequently Asked Questions

## What is the purpose of the course? How did it come about?

The course will provide applicants the opportunity to be educated in sport while training like a full time professional football player. Clyde wish to offer players a tangible pathway of education whilst developing their football talent within the club.

## What does the course entail?

The Scottish Credit and Qualification Framework (SCQF) Level 5 course is a nationally recognised qualification in sport and fitness that covers units in anatomy, nutrition, contemporary training methods, session planning and delivery, how to work as part of a team as well as enhancing core skills in communication and IT. Within the curriculum there are also football specific training sessions and strength conditioning classes.

## How do I get on the course? What are the entry requirements?

To access the Football Performance course you are required to have three courses/subjects at SCQF Level 5 (eg National 5/Intermediate 2/Standard Grades at Credit level) or a group of relevant units at SCQF level 5. Physical Education and Communication are recommended. Other relevant work experience/prior learning within a sporting context may be considered. You must apply online through New College Lanarkshire's website, attend a formal interview to discuss your qualifications and longer term plans and participate in a practical assessment training session.

## How do I get selected for Clyde?

As part of the selection process Clyde will have representation at your interview to identify possible players that may progress into their under-20 squad. If this doesn't happen at the interview stage there will still be opportunities through the year when you could be selected to play for Clyde under-20s depending on your development whilst at College.

## If I don't get selected for Clyde, or if I play for another club, can I still attend the Football Performance course?

Yes, you are still able to attend college and play with your current team - whether that is at senior, junior, amateur or pro-youth level.

## Can I play for Clyde under-20s and not go to college?

Yes, the Club are keen to afford opportunity to all their players to develop. This means if your future did not involve enrolling on the Football Performance course you would still be able to play for the under-20s team.

## What if I'm over 20?

If you are over 20 you are still able to access the Football Performance course to enhance your education and football talent but league regulations may exclude you from playing for the under-20s team at Clyde.

## Can females access the course?

Females can apply for the Football Performance course through the same application process, however due to league regulations, may be unable to play for the under-20s team at Clyde.

## Is sport the only type of course I can do?

At present yes - sport is the only course on offer across two levels, SCQF 5 and 6. However part of the future planning is to investigate how the college could support further diversity in choice whilst still participating in the football development aspect of the partnership.

Being on the sports course will allow individuals interested in sport more time to develop technically, tactically and physically whilst learning the subject theory therefore enhancing their dedication to sport.

## What level would I enter?

Depending on what current grades you have you would access the Football Performance course at Level 5 or Advanced Sport Performance course at Level 6 which is equivalent to Highers. This allows progression to HNC level qualifications at Level 7.

## Are the Level 5 and Level 6 course the same?

The subjects in Level 5 and 6 are similar but not exactly the same. There is a progression in academic level and more units in the Level 6 course that align to the HNC Fitness, Health and Exercise. When learners have achieved the Level 6 course the units they have achieved will allow them to decide if they wish to progress their education into the HNC Coaching or HNC Fitness awards.

## What are my progression routes?

Entering the Football Performance course at Level 5 allows learners to participate in a second year of Football development at Level 6 by progressing to the NQ6 Advanced Sports Performance course. If learners successfully attain this award then they can progress onto either HNC Coaching or HNC Fitness. If successful in the HNC award then progression is onto Year 2 of the programme and entry to HND Coaching and HND Fitness is the next step. From the HND awards students quite often progress to university to complete a degree in a related subject. Opportunities for employment include coaching e.g. as a community coach or in the fitness industry as a gym instructor or leisure attendant.

## How will the course benefit me?

The course will give learners the best possibility to progress as a footballer, a student and an athlete by focusing on what is required to reach their potential - whether that is within New College Lanarkshire, Clyde FC or within their chosen industry.

## Where is the course based?

The course is based predominantly at Broadwood Stadium with access to the main campus in Cumbernauld if required.

## How many hours will I attend college?

Full time education whilst at college is 18 hours a week which is split over three days 9am-4pm. The days in College will be selected to maximise the training contact for students while also ensuring they get adequate rest and recovery.