



BSI Football Academy

Train Like a Professional



Balderstone
Sports Institute

Training Champions,
Changing Lives

BSI Football Academy Overview

The BSI Football Academy offers the opportunity for high school students to join a full-time programme modelled on the leading football academies in Europe.

The programme combines a quality education with top class football training and athletic development, with the goal of developing well-rounded young people for success in life and on the football pitch.

All of this is presented in a structured and disciplined environment, allowing the students to flourish to their potential and at their own pace.

Students attend the BSI Study Centre (Sports School) at Huddle Park in Linksfield, Johannesburg in the mornings, and receive football-specific holistic training every weekday afternoon at Jeppe Quondam Sports Club.

The football programme is designed and managed by our **Technical Director Zeca Marques**. Zeca is a **UEFA Pro Licensed Coach**, and has extensive experience and success of coaching at professional and youth level.



About BSI

The **Balderstone Sports Institute** is a multi-sport training and education institution. It provides a wonderful opportunity for student athletes who are serious about the advancement of their sports careers, whilst at the same time maintaining a high quality education. We have been training champions and changing lives since 2004 and our approach to sport and education follows best practice from around the world.

Our Purpose

To provide an environment of excellence that encourages the development of each and every student to his or her full potential, in sports performance, education, personal development and in preparation for life.

To be a hotbed of talent development. To train and produce champions. To develop leaders and positive contributors to society.

Our Values

- ✓ **Commitment**
- ✓ **Excellence**
- ✓ **Continual Growth**
- ✓ **Positive Energy**
- ✓ **Family**

Football Programme

The football programme focuses on improving skills and football intelligence, covering physical and psychological aspects through a balanced conditioning programme that leaves the student fully prepared for the modern game. The programme includes;

Technical Aspects

Through drills and game-based training the players develop technical skills such as ball control, dribbling, shooting, heading, passing, free kicks, and defending techniques like tackling.

Tactical

We provide tactical training to develop football intelligence and understanding of football principles, tactical speed, tactical formations, as well as player functions and roles.

Psychomotor and Athletic Skills

Our sports science team provides strength and conditioning training to build coordination, agility, speed, aerobic power, balance, explosive power and flexibility.

Nutrition

Our dietician provides nutrition and hydration advice for good health, energy and optimal performance.

Psychological

We aim to build mentally strong players by working through mental preparation, psychological factors that influence performance, dealing with pressure and much more.

Attitude

We believe attitude can be trained through education and exposure to the right environment. Students must realise that the best football players have strong daily work ethics, continuously strive to improve and put the team first.



Football Programme

Sports Science Testing

Students undergo thorough testing procedures before we embark on any training, to assess injuries risks and guide the physical development plan. Our sports science team conducts height measurements every month to monitor growth spurts, which is essential for guiding players through the youth development stage.

Additional Learning

- Guest speaker sessions with former professional footballers and coaches.
- Traditional and social media training.
- Life skills.

Career Pathways

Through our extensive global network and connections, BSI Football Academy students have many career pathways open to them, including;

- ✓ European clubs
- ✓ Local clubs
- ✓ College in USA
- ✓ SA university
- ✓ Career within the football industry

Technical Director – Zeca Marques

Zeca is a UEFA Pro Licensed Coach, the highest qualification available worldwide. He regularly returns to Europe for learning and interacting with leading coaches.

Embodying BSI's value of Continual Growth, Zeca is an avid learner. He has a Neuro-Linguistic Programming certification (Emotional Intelligence), Cognitive Behaviour Therapy certification, Sports Psychology Diploma, Fitness and Nutrition Diploma and a KNVB (Dutch) Coaching certification.



Zeca's professional coaching career took him around the South African Premier Soccer League, including coaching positions at Bidvest Wits, Black Leopards, Santos and Moroka Swallows, where he led them to victory in the MTN 8 Cup. He is a regular analyst on Supersport.

He has now turned his attention to developing the next generation of talent to their full potential through the BSI Football Academy.

Academics

The students are schooled at the BSI Study Centre amongst top-level youth athletes across a variety of sports. The education is a blend of traditional and modern techniques, with **full tutor support in supervised classes**. This style of education is becoming more popular for talented young athletes as it allows more time and flexibility for training. Each student works at their own pace to a personalised work plan in each subject.

Curriculum Choices

We support 3 different curriculum choices;

- Cambridge (British International Distance College)
- South African CAPS (Impaq)
- American GED (from grade 11)

All are delivered in a disciplined environment within a flexible structure to suit the individual needs, goals and training/playing schedules of the athlete or player.

The choice of programme is entirely dependent on parental and student choice. Parents contract directly with their chosen academic providers. BSI will guide parents and students through this process. Each student needs their own laptop.



Expertise

The education at the BSI Study Centre is managed by Head of Academics, Mrs Jacqueline de Lange (Jaci). Jaci has a wealth of experience at some of the leading education institutions in South Africa, including Roedean School (2005-2012) and St John's (2013-2017).

Jaci's leadership skills, hands-on teaching experiences in Maths, English and Physical Education, along with her lifelong passion and involvement in sport, makes her the ideal person to guide our young student athletes along their individual academic journeys through the crucial youth development stage. Jaci heads up a team of specialist teachers and tutors, who support the students in all core subjects.

Energising Sessions

BSI adopts the latest best practice from around the world to promote optimal learning. For example the school day starts with a physical energising session, designed by our sports science department, to prepare the students in body and mind for the day ahead. This session also enhances physical literacy, which is an essential foundation for any athlete.



Fee Structure - 2019

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| Football Programme Includes; Football Training, Strength & Conditioning, Sports Science Testing, Personalised Plans, Mental Training, Tactical Training, Nutrition Advice, Life Skills, Media Training, Membership of Jeppe Quondam Sports Club, Transport from Huddle Park to Jeppe Quondam. Excludes; Sports Kit/Uniform | R30, 000 |
| Study Centre Includes; Teacher/Tutoring, Classroom Supervision, Academic Management, Energizer Sessions, Infrastructure, Use of BSI Fitness Centre. | R40, 500* (Payable to BSI) *10% discount on standard BSI Study Centre fee. |
| Registration & Subject Fees Cost is dependent on the curriculum and subject choices. | * See BIDC or Impaq Brochure. * BIDC/Impaq fees are excluded from fees payable to BSI. * BIDC/Impaq fees are payable directly to BIDC/Impaq. |
| Boarding | See Boarding Brochure |

Payment Policy and Options:

- Total fees of **R70, 500** is payable to BSI for 2019 academy year.
- R8, 000 non-refundable initial payment secures place, which will be deducted off total fees of R70, 500,
- **Upfront payment:** Pay full fees **before 11 January 2019** for 5% discounted price of **R66, 975 (R8, 000 initial payment plus balance payment of R58, 975)**. Discounted price is **not** applicable on credit card payments.
- **Payment Plan:** Balance of R62, 500 payable via monthly debit order over 10 months from 01 February to 01 November at R6, 250 per month (**Valid for South African bank accounts ONLY**).
- An additional international levy of R7, 000 is payable by all international students (payable to BSI).
- Please note international students are required to make upfront payments before 11 January 2019 and receive 5% discount off total fees. International students can only make use of monthly debit order option if you can provide BSI with a valid South African bank account before 01 January 2019.

Important Notes:

- You will be contracted with BIDC or Impaq directly.
- If a South African passport holder applies with foreign qualifications, then a fee of R5, 000 for SAQA evaluation (1 submission application) will be payable, along with the initial payment of R8, 000 which secures the student's place.

Please provide BSI with the following information in writing via e-mail to info@bsisports.com:

1. Your preferred payment option (Upfront payment or Monthly payment option).
2. A Debit Order Authority Form to be completed, signed and e-mailed to info@bsisports.com if monthly payment option is chosen.
3. If BSI doesn't receive your chosen payment option by 08 November 2018, the Upfront Payment option (default payment option) will be applicable to your account.