

# Junior English & Football Vacation Programme

English and football coaching with Blackburn Rovers Football Club (English Premiership Champions 1995) for students aged 11 to 16 years



# BREC

## Introducing Blackburn Rovers

### The History

Blackburn Rovers are one of the original members of the English football league. The club was formed and began playing regular games in 1875. Blackburn grew in importance during the Industrial Revolution when the Lancashire cotton mills became the powerhouse of the first industrial society.

These successful economic origins helped the whole area to develop a strong football tradition. In fact, Lancashire and the North West of England is still the home to some of the most influential and successful football clubs in the Premiership like Manchester United, Manchester City, Liverpool, Everton and Bolton Wanderers.

### The Success

Blackburn Rovers won the Premier League championship in the 1994-95 season. You will find a replica of the trophy in the stadium, Ewood Park, during the tour of the ground on the first day of your course. Blackburn did very well in the 2000-01 season, too when they finished second in the Premiership.

The 2002-03 season was also a good one for Rovers when they finished in the top 6 of the Premiership, along with Manchester United, Arsenal, Newcastle, Chelsea and Liverpool. As a result of this they qualified for the UEFA Cup competition.

### The Players & the Managers

It was the Liverpool and Scotland legend, **Kenny Dalglish** that managed the side that became **Premiership Champions in 1995**. However, their current Manager is **Graeme Souness**, a highly successful Scotland international with 35 years of playing history behind him. Blackburn has bred many players in the past, with many coming through its highly rated youth Academy.

Some of the biggest names that have played for Rovers over the years include England internationals **Alan Shearer**, **Graeme Le Saux** and **David Batty**. Like all English Premiership clubs, Rovers have worked with many talented foreign players including **Lorenzo Amoruso** (from Italy), **Kerimoglu Tugay** (from Turkey), **Dwight Yorke** (from Trinidad & Tobago) and **Damien Duff** (from Ireland).



# Your course

## The Programme The Lessons

<b>English lessons</b>	20 x 45 minutes per week English language lessons by <b>inlingua</b> Cheltenham (all classrooms are inside <b>the</b> Ewood Park Stadium complex and have a view of the football pitch)
<b>Football Coaching</b>	3 x 2.5 hours per week football coaching by Blackburn Rovers Football Club (all weather training ground within the BRFC complex)
<b>Location</b>	secure and safe environment within the BRFC complex – “all under one roof”
<b>Age Range</b>	age 11 to 16 years – boys and girls
<b>Course Duration</b>	minimum 1 week
<b>Activities</b>	3 evening activities and 1 full day excursion per week plus competitive football tournament supervised by Blackburn Rovers Football Club
<b>Accommodation</b>	full board accommodation with carefully selected local host families

Students follow a structured programme designed to make the most of the **inlingua** method and **inlingua** materials.

Students will learn how to use the language they already know and will learn new language in the most natural way possible - by speaking.

Students are encouraged to participate actively in class and to mix with students of other nationalities out of the classroom.

Above all, they are encouraged to use their English as much as possible.



# Coaching

## Football Coaching by Blackburn Rovers

The Blackburn Rovers' coaching team is dedicated to ensuring that all young football players improve their level of physical fitness and achieve their full potential in the game. They will encourage each participant to achieve their maximum personal technical excellence.

All this will be done in a safe and secure environment. BRFC coaches are both FA qualified and fully trained in accordance with the club's Child Protection Policy.

### The BRFC Football Coaching Programme includes:

- Training in all elements of the game, from basic techniques through to strategy and tactics
- Specific training to improve ball control, shooting, dribbling and short and long passing
- The development of balance, speed and attitude
- A weekly competitive football tournament
- General fitness training
- A ratio of one coach to a maximum of 16 young players

### You will receive:

- A full tour of Ewood Park, the home and stadium of Blackburn Rovers Football Club
- A certificate of attendance
- A Blackburn Rovers' medal
- A certificate from **inlingua** Cheltenham

Many talented young football players that attend this course and show potential can be channelled in the right direction by Blackburn Rovers FC staff to develop their football skills to a higher level.



# Each week

## Sample Programme

### Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00	Day spent with host family	Assembly	Assembly	Assembly	Assembly	Assembly	Excursion to the seaside town of <b>Blackpool</b> and the <b>Pleasure Beach</b> amusement park
9.15		inlingua English Lessons	Blackburn Rovers FC Football Coaching	inlingua English Lessons	Blackburn Rovers FC Football Coaching	inlingua English Lessons	
12.30		Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	
13.30		Blackburn Rovers FC Induction and stadium tour	inlingua English Lessons	Tour of the National Football Museum	inlingua English Lessons	Blackburn Rovers FC Football Coaching	
16.45		With host family	With host family	With host family	With host family	With host family	
19.30		Barbecue Evening at Blackburn Rovers FC	With host family	(pre-season) Premiership friendly Football Match	Film night at Blackburn Rovers FC	Competitive football tournament supervised by Blackburn Rovers FC	
22.00		With host family		With host family	With host family	With host family	

### Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00	Day spent with host family	Assembly	Assembly	Assembly	Assembly	Assembly	Excursion to the city of <b>Manchester, Old Trafford</b> and the <b>Manchester United FC</b> museum
9.15		Blackburn Rovers FC Football Coaching	inlingua English Lessons	Football Coaching at the <b>BRFC Youth Academy</b>	inlingua English Lessons	Sport and fitness training	
12.30		Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	Lunch at the "Blues Café"	
13.30		inlingua English Lessons	Blackburn Rovers FC Football Coaching	inlingua English Lessons	Blackburn Rovers FC Football Coaching	inlingua English Lessons	
16.45		With host family	With host family	With host family	With host family	With host family	
19.30		Ten pin American Bowling	With host family	Competitive football tournament supervised by Blackburn Rovers FC	Football quiz night at Blackburn Rovers FC	Barbecue evening at Blackburn Rovers FC	
22.00		With host family		With host family	With host family	With host family	

# Accommodation

## Host Family Accommodation

Students attending **inlingua** Junior Programmes are accommodated with very carefully selected local host families who specialise in looking after young people. Our students' welfare and happiness is always priority. For this reason these important factors are carefully monitored by the full time accommodation officer throughout the course.

### The advantages of living with a local host family:

- Safe and secure – family accompanies students to and from the Ewood Park stadium complex
- Students are part of a friendly and happy family environment
- More opportunity for students to practise and improve their English language skills
- Breakfast & dinner eaten with the family (lunch is eaten at the 'Blues Café' within the stadium complex).
- Students learn more about British life and culture
- Students share a twin room with another student of a different nationality



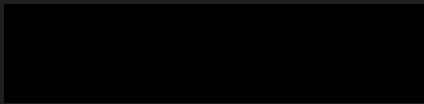
# Don't forget...

## Please bring with you ...

You will be playing football 5 days a week so please remember to bring with you:

- 2 full football kits : shirts & shorts
- 3 or 4 pairs of football socks
- 1 track suit (the weather can be cold and wet in England even in Summer)
- shin pads
- 2 plastic refillable water bottles
- 1 pair of football boots (outdoor – grass) + 1 pair of training shoes (indoor – all weather)
- 1 large sports' bag
- 2 large towels
- Form E 111 (entitlement to free medical treatment – EC nationals)
- Adequate medical insurance (Non-EC nationals)



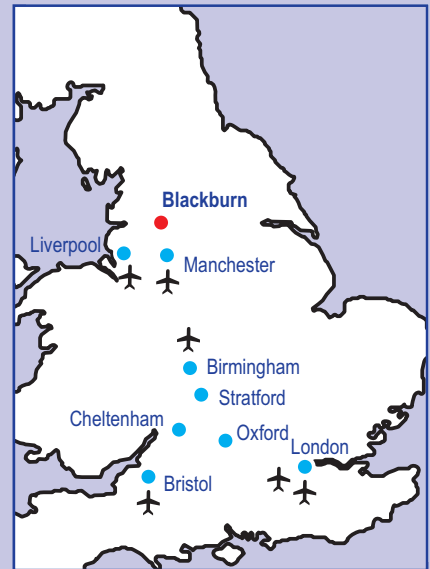


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