



THE FEMALE FOOTBALL ACADEMY IN LOCKDOWN

Report by Gracie White

Since lockdown has been enforced, the Chichester College Female Football Academy have been keeping themselves active at home in a variety of ways during these unprecedented times.

Unfortunately, the 19/20 season ended abruptly for the academy girls and so they have had to find their own ways of keeping fit ahead of next season when football returns. Many of our academy players play for teams outside of college, so a majority have been fortunate enough to have been provided with sessions to do by their external clubs - these sessions include high-intensity interval training, gym conditioning sessions and yoga/pilates. As well as this, many players have been utilising their one hour of exercise a day to complete a bike ride, a 5k run or simply to take their dogs out on lengthy walks.

In addition to keeping fit, many of the academy players have been enjoying hobbies such as baking and listening to music, and some have been playing FIFA to get their football fix! However, a large majority of this time has been dedicated to spending time with family; lots of players have been video calling family members, playing board games and going out for dog walks and evening walks along the beach.

As well as staying in touch with family members, the Chichester College Female Football Academy have been staying in contact with each other in a variety of ways.



Despite some of the older students leaving this year to take a gap year or attend University in September, a good effort has been made to stay in touch with the team from this year. They have been texting in a team group chat on WhatsApp and a couple of weeks ago, their team captains (Amber Howden and Nicole Robinson) organised a team quiz, where questions were asked around the 19/20 playing season and their unforgettable trip to Seville. This was a fun and interactive quiz that helped the girls to reminisce and think positively in an unusual time like this, which certainly helped to keep spirits high.

Whilst lockdown remains for the foreseeable future, the academy players aim to continue staying in contact with each other and they will continue to work hard to stay fit ahead of the next playing season.

