

# Trinity Elite Football Training Camp

A Professional Academy Experience  
With a focus on individual development



**Our unique day and residential training camps for 13-18 year olds, allow players the opportunity to gain an**



# Trinity Elite Football Training camp

A unique programme focusing on an individual's development

- Our programme offers a professional academy experience
- The focus centres around individual development for players
- We are unique, with unrivalled experience and expertise at combining both education and football at the highest level
- We have highly qualified staff with vast experience in football development both in Category 1 Academy environments and within an educational setting
- Our programme offers an environment found in professional football academies
- We have outstanding facilities for coaching and teaching set in a safe and spectacular campus in
- We have outstanding facilities for coaching and teaching set in a safe and spectacular campus on the idyllic South Devon coast in Teignmouth, with numerous professional clubs in a 20 minute radius
- London is easily accessible by direct train (2hrs 45 mins) with the station only 1km from the the school



# The premier independent education football programme from the top...



"With this coaching staff, there is no doubt that any player on this programme will develop. "

**Adam Lallana - Brighton, England national team and  
Champions League/Premier League winner with Liverpool**

## Coaching team

# A unique record of success in education & football



### **Greg Thurstans** Director of Football

**“Understanding the importance of supporting every individual in both their education and football is critical”**

- Over 20 years experience in teaching within independent education and 8 years as Director of Sport at a leading Independent School
- Notably one of the youngest coaches to achieve both outfield and goalkeeping UEFA 'A' Licences and also holds FA youth modules 1,2 and 3
- Previously a coach at Crystal Palace Academy, England Independent Schools national U16/18 teams and scout for Brighton FC
- As a player was at Chelsea FC for a period at the age of 21 and went on to play for a number of semi-professional clubs
- Educational qualifications; BSc Sport Science, PGCE in secondary PE teaching and Qualified Teacher Status



### **Matthew Rose** Director of Coaching

**“I have a passion for developing young players and delivering the best outcomes”**

- Over 25 years experience in professional football with a career in the Premier League with Arsenal and QPR playing over 300 games
- Only recently, kept Barnsley in the Football League Championship, in dramatic fashion as their Assistant Head Coach
- As an Arsenal Academy coach placed scholars at Arsenal, with other players going onto play for clubs in Europe including Ajax and Manchester Utd.
- Vast experience in coaching across Europe including FC DAC, which saw him in charge of the implementation of a training regime specific to the needs of developing young players
- Holds the UEFA 'A' Licence and has attended FA position specific courses

## Coaching team

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## Ryan Dickson

### Head of Football Programme

**“I create a culture where the player is motivated to fulfil their potential through knowledge and perseverance”**

- Over 20 year of experience in professional football, playing over 400 matches for Brentford, Southampton, Plymouth and Torquay
- Currently holds both the UEFA 'A' License and the UEFA 'A' Advanced Youth Award.
- Played with and against some of the best players in the world, learning his coaching methods under the likes of Mauricio Pochettino
- Worked in professional academies including Plymouth Argyle and Torquay utd
- Has developed players that have represented their countries including England internationals



## Abbie Britton

### Head of Girls Football

**“My proudest moments stem from witnessing player development, futhering their football careers”**

- 15 years of experience coaching within professional football, schools and elite development programmes
- Professional playing career with Bristol City, Swansea City, Cardiff LFC, and Exeter City and represented the senior Wales National team
- Currently holds the UEFA 'B' License
- Pivotal in the rise of Exeter City women within the elite female game as an academy coach, first team coach and development officer
- Clear and succesfull track record of developing players at the highest level

## Coaching team

# A unique record of success in education & football



### Jake Locker Head of Sport Science

**“My goal is to help young players maximise their athletic potential, by improving their physical performance and reducing their injury risk”**

- MSc in Strength & Conditioning and BSc in Sport & Exercise Science from Loughborough University
- Worked as a Strength & Conditioning coach for Leicester FC, working with their U12-U21 teams
- Pathway to UKSCA accredited coach, a BASES accredited sport scientist
- FA Level 2 qualified coach, with 7 years of coaching experience in both boys & girls grassroots football and independent schools
- Managed teams at Loughborough Uni's men's football teams
- Previous academy footballer and played senior football at Step 5 before starting University



### Phil Osbourn Head of Goalkeeping

**“I have a passion for developing goalkeepers, through high energy sessions and a knowledge based approach”**

- Over 15 years as a coach working in the professional game
- Held positions as Plymouth Argyle Head Academy goalkeeper coach, 1st team coach at Yeovil, Town and Torquay Utd
- Holds both the UEFA B' outfield and goalkeeping license, with FA Youth modules 1,2,3
- Worked with many Youth International Goalkeepers from around the world
- Track record of developing Goalkeeper's from grassroots to International level

## Coaching team

# A unique record of success in education & football



**Paul Maxwell**  
Lead Physiotherapist

**“Having been involved in the game at the highest level I look to support players using all my experience”**

- Over 30 years experience in Physiotherapy and is regarded as one of the best practitioners in the professional game
- Chartered Physiotherapist MSc in Sports Rehabilitation
- Worked with 1st teams at Plymouth Argyle, Stoke City and Ghana national team
- Specialises in sports injury prevention and rehabilitation



**Nick Taylor**  
Mental Performance lead

**“I have a warm and straight-talking approach, helping my clients to confront what is realistic and possible.”**

- Level 7 qualified Advanced Executive Coach
- 15 years of teaching experience with a degree in Physical Education
- Holds NLP, psychometric behaviour-trait profiling
- Certified Adult Mental Health First Aid qualifications
- Vast experience working with elite athletes with social, emotional and mental performance challenges.



## Elite environment

# Outstanding facilities, cultural development and set in the perfect location

- Trinity is in Devon, an outstanding location in the South West of the UK, set in a safe area of natural beauty and next to the beach
- It is crucially easily accessible to attainable professional academies
- London is easily accessible by direct train (2hrs 45 mins) with the station only 1km from the the school and internal flights between London Heathrow/ Gatwick and Bristol airports with pick up by the school



Elite environment

## Outstanding facilities, cultural development and set in the perfect location

- Trinity has future proofed facilities, including a Strength and Conditioning suite, grass pitches, multi-use astro, indoor sports hall and an indoor swimming pool
- Trinity offers numerous onsite activities including multi sports, music and drama
- We have multiple function rooms to cater for a host of activities



## Elite environment

# Outstanding facilities, cultural development and set in the perfect location

- Our boarding facilities are all onsite meaning our residential camps are all contained on the same campus
- Boarding has a capacity of 80 spaces for staff and students with a combination of single and double rooms
- All rooms and areas are either new or been recently fully refurbished to a high standard, including communal areas



What might a typical timetable will look like?

## A market leading programme for boarding students

DAY	MORNING (9am-12pm)		AFTERNOON (12-5pm)		EVENING (5-9pm)	
FRIDAY				START/ARRIVAL		PRESENTATION
SATURDAY				LIVE MATCH	DINNER	FOOTBALL QUIZ or CINEMA*
SUNDAY			LUNCH	DOWNTIME or SCOTNEY*		TABLE TENNIS or GOLF RANGE*
MONDAY			NUTRITION PRACTICAL			BEACH BOWLING*
TUESDAY	BREAKFAST	FOOTBALL				TORQUAY or CURLING*
WEDNESDAY		TRAINING		FOOTBALL	NUTRITION PRACTICAL	FIXTURE
THURSDAY				TRAINING	DINNER	TENNIS or SWIMMING*
FRIDAY			LUNCH			FIFA NIGHT or FOOT GOLF*
SATURDAY	NUTRITION PRACTICAL				DOWNTIME or SURFING*	DARTS
SUNDAY	BREAKFAST			END/DEPARTURE		

## What is included and how much does it cost?

# A market leading football and educational football

Dates (9 days)	Cost per person	All non * excursions	Coaching and boarding staff	Transport to and from excursions	2x 1.5 hour coaching sessions each day	Full board with 3 meals each day
	£1,200 - boarding  £650 - day	✓	✓	✓	✓	✓

“The facilities and setting were breathtaking. The boarding was a home from home and this was all just a short walk from the beach.”

“The coaching staff were outstanding, which made the camp the most enjoyable we have experienced”

“The detail on the delivery made us feel like we were at an academy but with the reassurance that she would receive the best education alongside this”



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[www.trinityschool-efp.co.uk](http://www.trinityschool-efp.co.uk)

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