



COMMUNITY TRUST

At The Heart Of The Community

CHARLTON ATHLETIC COMMUNITY TRUST

FEMALE POST-16 FOOTBALL ACADEMY SOUTH EAST LONDON

PROSPECTUS 2026/2027

Principal Partner



Cleeve
Park
School





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POST-16 ACADEMY

The post-16 academy is aimed at girls aged 16–19 who are interested in combining school work with the life of a professional footballer.

The football academy is a two-year, full-time education and football development programme, delivered in partnership with professional and non-League football clubs. Open to keen footballers, the programme is a must for any sports enthusiast.

A playing assessment is held to determine the football level for prospective students. Both the football and educational element of the academy are fully-funded, with a subsidised cost for purchasing training kit.

The programme offers those with aspirations of playing at higher levels links to the Charlton Athletic U21s PGA, as well as external clubs at different levels of the football pyramid, and provides Post-16 education in a range of subject areas, making the Post-16 Academy a truly educational football package.



"I really valued my time at Charlton, where my teachers supported me in gaining knowledge and techniques that I can now take forward to university. They were kind, helpful, and understanding, guiding me through the UCAS process and making my transition to higher education as smooth as possible. On the football side of the programme, the coaches were equally supportive, pushing me to improve, challenging my ability, and helping me develop significantly as a player."

Libby, Post-16 student

AIMS & OBJECTIVES

THE PACKAGE

- Provide the educational support and guidance required to achieve on academic courses
- FA and UEFA qualified football coaches will lead the players at The Post-16 Academy in daily coaching sessions (an average of 6 hours per week)
- Entry into a league, to compete in weekly fixtures against other Post-16 Academies
- Access to a unique set of kit, available only to CACT linked Post-16 Academies
- Regularly organised fixtures against other professional clubs' Community Trusts and Non-League academies
- Domestic and overseas tours

MAIN OBJECTIVES

- To deliver a syllabus that supports holistic development
- Develop individual personal fitness / training plans for each player
- Develop individual psychological profiles and develop techniques to improve mental approach to performance and resilience on and off the field.
- Provide 1 to 1 player reviews regularly with coaches using specific logbooks designed by the Academy
- Provide a tailored education provision that meets the academic needs of the individual
- Provide the educational support and guidance required to achieve on academic courses
- Provide FA football coaching pathways and volunteer/job opportunities

MAIN AIMS

- To create well rounded young people who demonstrate self-confidence and determination but also humility and respect
- To establish effective School/ College/Club links
- To deliver a curriculum that is flexible around the needs of the young person, Academy and Club wherever possible
- To establish competition as part of the Football Academy Programme
- To ensure well qualified, registered and screened coaches within the Football Academy, providing a coaching programme and competitive matches
- To ensure players will be nurtured so they are not exposed to overuse injuries
- To provide a unique opportunity for young people around the local area
- To encourage young people to continue in education using sport as the medium to keep them engaged
- To provide opportunities for young people to gain coaching qualifications and volunteer opportunities so they can play a valued role in developing community sport

VALUES & MISSION

MISSION

To help develop higher performing individuals and teams through good education on and off the field, whilst delivering a great experience.

SEASON PURPOSE

To be competitive across all levels whilst delivering a bespoke programme for our Performance and Development groups that meets the relevant needs. We aim to achieve these targets and goals by striving to create a safe, positive inclusive environment in line with the ethos of the club and Community Trust.

VALUES

Charlton Athletic Community Trust (CACT) runs a series of charitable strands in addition to Football and Sports Development.

CACT has grown out from its footballing roots to run a diverse range of programmes from youth services, to public health programmes and equality initiatives.

After a consultation with staff, trustees, ambassadors and service users, CACT formally published a guide to the values that underpin the work and ethos of its staff.

PASSION

To drive development and performance

RESPECT

All staff, fellow students, and opponents

ADAPTABILITY

Creating an environment that fosters participants to be adaptable, resilient and determined to succeed on and off the pitch.

EQUITY

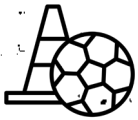
Ensuring all participants are given the individual support needed to provide a bespoke programme that meets the needs of all our learners.

INTEGRITY

Ensuring everyone on the programme upholds the upmost standards in behaviour and represents the CAFC & CACT in the correct manor.

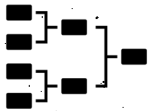
FOOTBALL DEVELOPMENT PROGRAMME

TRAINING



Players will follow a mapped training curriculum, covering aspects across a variety of physical, psychological/social, tactical, and technical areas. The emphasis will always be on individual player development and progression for each player at every level.

FIXTURES



Each week players will compete in one of the highly competitive leagues that our programme offers. Squads are chosen from those meeting academic expectations to face a host of Women's Super League, English Football League and National League community teams.

ANALYSIS

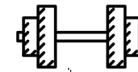


Using our Veo cameras and dedicated analyst, we are able to provide detailed analysis for players. The analysis is for the ongoing football learning of all our players. It is also vital in ensuring supporting evidence for those exploring overseas scholarships and football progressions.



INJURY & REHABILITATION

The demands of a full-time training and fixture programme can be challenging. Our designated fully licensed physiotherapist will be there to support our players with injury prevention, diagnosis, and rehabilitation plans over the course of the season.



STRENGTH & CONDITIONING

The physical development of our players is vital for our players' footballing development. We will look to provide a S&C provision to all of our students to be able to gain the benefits.



CAFC TRAINING GROUND, NEW ELTHAM



CLEEVE PARK SCHOOL, SIDCUP



VENUES & FACILITIES

CAFC TRAINING GROUND, NEW ELTHAM

- Access to 4 high quality FA accredited 3G training pitches – including the CACT, CAFC Academy, Footscray Rugby Club & University of Greenwich pitches
- Classroom on site and classroom at Greenwich and Avery Hill campuses
- 6 x purpose built changing rooms
- Seating and standing areas around the pitch for spectators

CLEEVE PARK SCHOOL, SIDCUP

- State-of-the-art 4G pitch and Strength and Conditioning Suite.
- Changing areas for all players
- Newly refurbished sixth form area with excellent learning facilities
- Purpose built classrooms
- Personal Chromebook for use in lessons and at home
- A number of function rooms including an Auditorium, Main Hall and Sports Hall



Cleeve
Park
School



CAFC TRAINING GROUND PROGRAMMES

Our CACT Post-16 Football and education programme takes pride in helping to develop higher performing individuals and teams through providing a good education on and off the field, whilst delivering a great experience.

Our season purpose is to drive the highest standards on and off the field for all of the teams and individuals, thus ensuring high standards across the board.

We aim to achieve these targets and goals by striving to create a safe, positive and inclusive environment in line with the ethos of Charlton Athletic Football Club and Community Trust. Our female programme caters to young female athletes from a variety of backgrounds, taking a holistic approach to develop the 'person' before the 'player'. We look to instil values of hard-work, respect, and determination into our players so that they can enter the next stage of their footballing journey with confidence and integrity. Through our links to the Charlton Athletic U21s PGA, and local women's first teams, we can create strong footballing pathways along with many higher education and career pathways.



LUCY BAILEY

Women's and Girl's Football
Development Officer

TRAINING GROUND COACHING TEAM



MICHAEL LAWRENCE
Post-16 Football Academy
Manager (Boys)



SEGUN OLATUNJI
Post-16 Football
Development Officer



HARRY HONOUR
Female Football Coach



MATT FAITHORN
Cleeve Park
Head Coach



TONY STEVENSON-BREIG
Men's Football Coach



DAVE HODGSON
Men's Football Coach



JOSH COVILL
Men's Football Coach



FRANKIE LEONARD
Goalkeeping Football
Coach



OSCAR BIRD
Physiotherapist

CACT PATHWAYS

CACT DEVELOPMENT

A wider football perspective with more focus on career development. If you are considering a non-playing career in sport, but have a keen interest in sports, coaching and science-based progressions.

CACT PERFORMANCE

A football-focused offer for those that aspire to be in the professional game. This pathway provides a direct route into CAFC Women's professional set up through U21s.

COACHING OPPORTUNITIES

We look to highlight any students who might express an interest in coaching during their first year on the Post-16 programme. We will then offer them voluntary work on our community programmes and in some school settings to give them confidence and experience in how these programmes run. Once they have completed a set amount of voluntary hours, we encourage them to complete their 'Introduction to Coaching Football' badge. This course is exclusively online, and also offers the 'Safeguarding Children' and 'Introduction to First Aid in Football' qualifications as part of it. We will then refund them the money for completing this course.

Once they have that qualification, they are then able to get paid work as part of our casual coaching staff, and are able to pick up after-school, evening, and weekend sessions that fit around their football & education timetable. We currently have 4 of our current/ex-students that are now working as casual coaches for CACT.

NCFE LEVEL 3 EXTENDED DIPLOMA IN SPORT AND PHYSICAL ACTIVITY [2-YEARS]

The NCFE Level 3 Extended Diploma in Sport and Physical Activity (Sports Coaching) is intended for learners aged 16 and over and provides the knowledge, skills and understanding required within the sport and physical activity sector. It will also allow learners to gain transferable skills and progress to employment, an apprenticeship or higher education in a sport-related or different sector in line with career aspirations.

NCFE LEVEL 3 EXTENDED DIPLOMA IN SPORT AND PHYSICAL ACTIVITY &/OR AQA A-LEVEL PSYCHOLOGY AND/OR BUSINESS STUDIES [2-YEARS]

Learners will study a BTEC/NCFE Level 3 Extended Diploma in Sport, to develop a wide range of vocational knowledge and skills in combination with an A-Level in Psychology and/or Business Studies over two years. Learners will also explore psychology in context by applying psychological knowledge and understanding in a range of different contexts.

COURSES

Our Education Provider are SCL Education who have over 20 years' experience in the industry. They are a post-16 further education provider delivering high-quality education, inspired through sport. Their recent Ofsted inspection rated 'Good' in all areas with two areas of outstanding: behaviours and attitudes and adult learning.

DELIVERED BY SCL EDUCATION AT CAFÉ TRAINING GROUND

ACTIVE IQ LEVEL 3 DIPLOMA IN GYM INSTRUCTING & PERSONAL TRAINING (1-YEAR)

The Active IQ Level 3 Diploma in Gym Instructing and Personal Training will develop learners' knowledge and skills in gym instruction and personal training, to enable you to pursue a career in personal training. This qualification will provide a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients.

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness). This accredited achievement is valued and recognised by employers and can assist you to increase/enhance your career opportunities, progression and earning potential.

NCFE LEVEL 2 DIPLOMA IN SPORT (1-YEAR)

The NCFE Level 2 Diploma in Sport (Sports Coaching) is intended for learners aged 16 and over and provides the introductory skills to either start a career in sport or develop knowledge and skills that can be transferred to other industries. This qualification can also prepare learners for apprenticeships or further study.

The NCFE Level 2 Diploma in Sport (Sports Coaching) is designed as a 1-year, full time course and will provide foundations to progress onto the NCFE L3 Diploma in Sport and Physical Activity.



CLEEVE PARK SCHOOL

ACADEMIC EXCELLENCE: YOUR PATH, YOUR CHOICE

3 A-Level Pathway: Choose from a wide range of subjects, including Mathematics, Psychology, Politics, Biology, Business, Art, History, Chemistry, English, Economics, and more.

Specialist Applied Courses: Dive deep into Criminology or Music.

Sports Elite (3 A-Levels): Our Cambridge Technical Extended Diploma in Sport is run in partnership with Charlton Football Club. Train regularly with UEFA-qualified coaches and represent Charlton in The Tactics League and Kent School's League.

Cleeve Park Sixth Form offers the pathways, tools, and support you need to succeed in your next ambitious move.

We provide outstanding guidance for your future: expert Careers Advice, dedicated workshops for Apprenticeships, crucial work experience opportunities, and extensive support for University applications.

Go Further: Enhance your CV with our enrichment programmes and optional certified courses like Mental Health First Aid and the Duke of Edinburgh Award.



CASE STUDY

BETHANY WEYMAN

Beth was a part of our first ever female Post-16 cohort at Charlton. She first discovered the Post-16 programme after realising that a traditional sixth form didn't feel like the right fit for her. She also explored other footballing post-16 options but felt that Charlton could provide more coaching opportunities for her, a profession she was beginning to show a real interest in, as well as the location being closer to home for her.

During her first year on the course, we only had one squad available on the female side of the programme, playing in the NFYL Premier 2 Division. Beth struggled at times to find her place in a highly-competitive team with girls from a variety of footballing backgrounds and experience. She noticed a big shift coming into her second and final year on the programme. The female side had grown, allowing us to build two pathways on offer: 'Performance' and 'Development'. This provided more opportunities for Beth, and all of the other girls on the course, to sit in an environment that suited them and was adapted to their current needs and ambitions for the future.

Beth was placed in the Development group and was able to pick up more consistent game time, even captaining the team for the start of the season. This vital growth in our female programme gave Beth the confidence boost that she needed, and she was able to settle in this team with girls of a similar mindset to her, building a solid friendship group, and excelling on the education side of the programme as well.

There were still some barriers to overcome, as Beth faced a long-term injury during her second year which then limited her ability to take part in training and matchdays. Beth received support from our on-site physio, and had rehab plans provided to her to help to get her back to full strength and allowing her to return to play before the end of the season.

During her time out injured, Beth went from strength to strength with her coaching work. Having done voluntary work with CACT during her first year on the course, Beth had since come on board as a casual member of our coaching staff, picking up paid sessions around her studies. Beth began coaching boys and girls of different ages on a variety of our community sessions, from after-school football clubs, to our girls-only Wildcats sessions, and our Football Holiday Courses. This provided valuable experience and time on the grass for Beth to hone her craft whilst she completed her UEFA C License coaching badge, a big achievement for a coach at such a young age.

Towards the end of her time on our Post-16 programme, Beth was introduced to a variety of exit routes. She explored the options of a US Scholarship, doing a third-year with us on our Year 14 Personal Training Course, going to University, or looking at apprenticeships. After much consideration, Beth decided to apply for our apprenticeship role at CACT, with our partners SCL providing the education aspect of it, which will allow her to gain a Level 4 Sports Coaching qualification, and a wealth of practical coaching experience alongside it.

"Taking part in the programme has developed me in ways which I don't think would have happened in another environment, it is fair to say I have been through my fair share of challenges whilst going through the course but the people I have met and the experiences I have had throughout my time during the post-16 programme have been something I wouldn't change, and would 100% recommend for a future pathway."



HIGHER EDUCATION & PARTNERSHIPS



PRIMUS SPORT PARTNERS:

Primus Sports Partners work alongside CACT to create personalized player pathways for our students to continue playing football & studying abroad. They have opportunities in places such as the US, Canada & more. Primus has a specialized & individualized process that ensures our students end up in an environment that is a good fit for them and they continue to help our students for the entire time they are abroad

www.primussportspartners.com



UNIVERSITY OF GREENWICH:

CACT & University of Greenwich have a long-standing partnership, we share expertise and facilities, as well as giving students employment and research opportunities and enhancing the staff and student experience.

www.gre.ac.uk/careers/partnerships



APPRENTICESHIPS:

CACT have a proven track record of employing Sport Apprentices to work alongside their dedicated team of coaches and football development officers. Over the past 4 years CACT have employed 4 students from the CACT Post-16 programme. The apprentice role is perfect for any aspiring football coach or PE teacher, to continue their development journey after their Level 3 Sport extended diploma.

EXTRA-CURRICULAR ACTIVITIES



TOURS & TRIPS

Opportunities to take part in UK and international Football Tours. In 2024, 50 players had the opportunity to travel to Copa Catalunya, Spain.



WORK OPPORTUNITIES

Offering support to complete the FA introduction to coaching (Level 1) along with work experience with the potential to become a casual football coach. Once they are qualified there is an opportunity for paid work coaching for CACT programmes such as Wildcats and Football Holiday Courses.

Previous players have also had the opportunity to be ball boys/girls for Charlton Athletic First Team matches.



OPPORTUNITY TO PLAY AT THE VALLEY

An annual girl's fixture to be played at The Valley





CONTACT US:



WWW.CACT.ORG.UK/POST-16



POST16ACADEMY@CACT.ORG.UK

FOLLOW US:



@CACT_POST16

Principal Partner



SCL
EDUCATION



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