

WELCOME TO THE NOMADS ACADEMY

EST. 2017.

The Nomads United AFC Academy was established in 2017 following the introduction of the National Club Licensing criteria and Talent Development pathway programme (TDP) by New Zealand Football. Nomads was the first club in New Zealand to achieve its club license, and have since developed into a leading club in this space across New Zealand. Within our Academy programme we offer players a holistic football and learning environment which provides targeted support for all aspiring Nomads players aged 13-17 who have a desire to push themselves to become the best that they can be.

Our aim is simple; we want to develop quality people and then in-turn develop quality footballers, with our programme designed to accelerate the players development and unlock a higher potential as they advance towards Senior football at Nomads and beyond.

Our Academy focusses on four key areas, with support tailored across each area to enable positive, long-term personal and player development:

Character Development | *Producing quality people that make a difference in the world.*

Individual Technique | *Producing players who thrive under pressure & can compete with the best.*

Football Intelligence | *Producing intelligent & tactically flexible players who can problem solve and work collaboratively.*

Physical Development | *Enabling and supporting life-long movement and physical development.*

We believe that this player-focused model offers our players the best chance to grow and be successful not only in football, but in life. For our parents; we believe that we must work together to develop young people, so building trusting relationships with you is also very important for us to deliver a successful programme. We look forward to working with you throughout the players football journey at Nomads United AFC.

MATT JANSEN

**Director of Football & General Manager
Southern League Men's Head Coach**

Nomads United AFC



For more information contact:

Email: dof@nomadsafc.org

Phone: 027 359 5795

NOMADS ACADEMY

VISION & VALUES

OUR VISION

Our aim for our performance pathway players is to have at least 80% of our players within our youth playing squads as homegrown players, and 50% of our Senior playing squad from within the Nomads community. We also want to provide an environment which will support individuals to go onto greater honours.

We will achieve this by providing a supportive environment where coaches and managers are trusted to develop respectful players with a strong work ethic. Our players will also be willing to learn, have the courage to take responsibility for individual and team performance, and above all be comfortable with the ball in every position.

OUR VALUES

Our committee, volunteers, coaches and managers will strive together to deliver on our vision which we believe will provide future success for the club as well as future success for individuals. Player pathway development is essential to the ongoing growth of our club and the game. The expectations of our players are no different to those of our coaches, managers, supporters and volunteers; to represent Nomads United AFC in a manner that abides by the Club Code of Conduct, and reflects our Club values.

As such our staff and players are asked to embrace our club values of:

- ❖ **Passion** | *We instil a love for the sport that encourages football for life.*
- ❖ **Respect** | *We promote ethical behaviour, fair play and respect for the game and all its participants.*
- ❖ **Integrity** | *We act in a fair, consistent and transparent manner.*
- ❖ **Dedication** | *We expect all members to make a commitment to the Club and to its teams.*
- ❖ **Excellence** | *We set, work towards, and achieve the highest standards whilst being responsive to change and opportunities for continual improvement.*

Nomads United AFC



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NOMADS ACADEMY PATHWAY

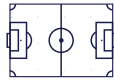
13th Grade



Academy Programme
3 Contacts
Pre-Hab Programme



Play Club Football
for Nomads in Canterbury
Development League



11 a-side
Reduced Field Size



CIC CUP Tournament
Western Springs Tournament



Tour
Preparation

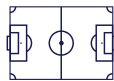
14th Grade



Academy Programme
3 Contacts
Pre-Hab Programme



Play Club Football
for Nomads in Canterbury
Development League



11 a-side
Reduced Field Size



CIC CUP Tournament
Auckland United Tournament



Tour
Preparation

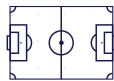
15th Grade



Academy Programme
3 Contacts
S&C Programme



Play Club Football
for Nomads in Canterbury
Development League



11 a-side
Full Field



CIC CUP Tournament



North-Island/Overseas Tour

17th Grade



Academy Programme
3 Contacts
S&C Programme



Play Club Football
for Nomads in Canterbury
Development League



11 a-side
Full Field



Western Springs Tournament
U19 CDL / Labour Day Tournament



NEW ZEALAND
FOOTBALL
U17 Southern League
U17 National League
U17 World Cup Cycles



USA University
Soccer Scholarship

Southern League
Mens First Team / U20's Link

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NOMADS ACADEMY GRADUATES

HIGHER HONOURS

LUKE SUPYK | Professional Contract with Wellington Phoenix First Team

JACOB ANDERSON | Canterbury United | Valencia FC Academy

MATTHEW JONES | Canterbury United | NZ U20 | USA Scholarship

BYRON HEATH | Canterbury United | NZ U20 | USA Scholarship

MAX COLLINGWOOD | Canterbury United | USA Scholarship

MASON STEARN | Canterbury United | USA Scholarship

JACKSON BRADY | Pro Contact Memphis 901 FC | Canterbury United | USA Scholarship

CALEB COTTOM | Canterbury United

JOHN OAKMAN | Canterbury United

ADAM SUPYK | Wellington Phoenix Academy | NZ U20

PADRIC BALLARD | Wellington Phoenix Academy

ALYSSA SANDERS | Wellington Phoenix Academy

AMBER DE WIT | NZ U16 Girls | Canterbury United Pride

DOROTHY YEK | Canterbury United Pride

DUBLIN BOON | Pro Contract - FC Roda (Netherlands)

FIRST TEAM DEBUTS

Jacob Anderson | Matthew Jones | Byron Heath | Max Collingwood | Mason Stearn | Jackson Brady | Caleb Cottom | John Oakman | Petram Hassanian | Joshua Collett | Nathan Dix | Harry Janes | Dublin Boon | Samuel Ryder | Owen Dabkowski | Liam Taylor | Dylan Smith | Yaquub Abdi | Patrick Reilly | Edward Bilcliff | Lorenzo Gauci | Oakley Maguire | Haroon Zeb | Joshua Peters | Joseph Lowe | Matias Gidden | Jacob Killick | Caleb Johnson | Samuel Confait | Jack Patient | Jake Myles | Nick Wilson | Regan Frame | Flynn Holdem | Luca Greasley | Aidan Sandys | Amber De Wit | Dorothy Yek

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2024 SEASON NOMADS ACADEMY INFO



COACHING & TRAINING

- Qualified OFC/NZF C & B Licence Head Coaches and OFC/NZF Youth Level 2 Assistant Coaches supported by a professional technical team.
- Licensed New Zealand Football Talent Development Programme.
- 3 term programme across 30 weeks with 3 trainings per week with trainings based on best practice and modern methodologies to improve skill learning and tactical development.
- Attacking & Pro-Active football philosophy fully aligned from our First team down throughout the club. Our players are encouraged to play on the ball and be comfortable on the ball in all situations.
- Our coaches provide a holistic approach to learning with an emphasis on developing character, respect, resilience and teamwork.
- Specialist focus on learning to outplay defenders and excel in 1v1 situations.



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2024 SEASON NOMADS ACADEMY INFO



INDIVIDUAL CHARACTER DEVELOPMENT

Character Development - *Producing quality people that make a difference in the world.*

As one of the four key corner stones that we focus on in the Nomads Academy, character development is possibly the most important for us.

All of our players are encouraged to give back to the sport that they love, whether through coaching a junior team, helping out at first kicks/fun football or being a ball-boy for one of our senior teams, giving back is a fundamental part of our club and culture.



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2024 SEASON NOMADS ACADEMY INFO



U13-U17

PERFORMANCE ANALYSIS - VEO

VEO is a leading performance analysis company which is revolutionising the way coaches and players prepare for matches and stay ahead of the competition. VEO is an online video analysis tool which allows coaches and players to watch recorded footage of a team/individual, create clips/drawings of specific moments in the game and create game highlights which can be distributed across the team or specific individuals, all in order to improve game understanding and performance. Did we mention that VEO automatically records the games - no more cameraman needed on match days!



SPORTS SCIENCE - UC SPORT

Professional Sports Science support with physical testing provided by the University of Canterbury (2 times per season). Following each testing session, players will be provided with detailed individual feedback plans aimed to improve results & linked to our pre-hab injury prevention programme.



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2024 SEASON NOMADS ACADEMY INFO



U13-U17

EDUCATIONAL WORKSHOPS

As part of our commitment to developing the whole individual, our players are provided with a variety of educational workshops throughout the season. These workshops are delivered by expert guest speakers and cover various topics such as player pathways, nutritional advice, sport psychology and high performance sport.

All of our Academy players are also up-skilled to become qualified referees through the Mainland Football Community Referee development course and qualified junior coaches through club-led coach development workshops.



SPORTS NUTRITION & FOOTBALL PERFORMANCE

Benefits of good Nutrition for Football Performance

Optimum gains from training program; Enhanced recovery within and between workouts and events; A reduced risk of injury and illness; Consistency in achieving high level performances in matches;

Nutrients:

Carbohydrates

Carbohydrates are the main source of energy for Football Performance. Daily intake; 50-60% of diet.

High GI: Corn flakes, bread, rice, banana, potato, honey, juices, smoothies, pasta, dates.

Low GI: Oat bran, oats, wholegrain bread, green leafy, brown rice, sweet potato, legumes, vegetables, most of fruits.

Protein

Responsible for muscle repair and mass gain; Protein leads to better strength, power and agility. Daily intake: 15-25% of diet.

Animal: Meat, fish, eggs, poultry and dairy products.

Vegetable: All kinds of beans, Soy, Peas, tofu, seeds (sesame, sunflower, flax, pumpkin, chia), all nuts, etc.

Fats

Provides energy, vitamins absorption, ideal body temperature and protection. Daily Intake: 20-30% of diet.

Sources: Nuts, vegetable oils, avocados, seeds, fish, meat.

Vitamins and Minerals

They are required for every process in our body as well to reduce harm caused by intense physical exercise.

Sources: Vegetables, fruits, beans, nuts, unsaturated oils, fish, dairy.



NOMADS UNITED AFC | Football Department



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2024 SEASON NOMADS ACADEMY INFO



REGULAR PLAYER FEEDBACK

All players within the Nomads Academy receive regular feedback from their coaches throughout the season to aid in their overall development. This comes in the form of:

Informal Player-Coach Meetings - enables coaches to check in with the players to see how things are going and for players to set and monitor seasonal goals.

Formal Player-Parents-Coach Meetings - enables coaches to discuss and review players development with both parents and players and discuss development plans for the player moving forwards.

Mid Season & End of Season Reports - detailed player feedback reports outlining social/emotional, technical/tactical, mental & physical development with key development areas identified for players.

INTERNAL

EXTERNAL

Nomads United AFC



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2024 SEASON NOMADS ACADEMY INFO



U13-U17

STRENGTH & CONDITIONING PROGRAMME

As part of our commitment to developing the whole individual, our players will have access to a strength & conditioning coach throughout the season in 2024.

Focussing primarily on developing positive movement patterns and improving football specific strength, durability, coordination, speed and conditioning, the S&C programme will be a valuable addition to our programme in 2024.

Our S&C coach will also be available for individual player sessions, and will be able to assist injured players with return to play plans following injuries.

In 2024, we will also be introducing a functional movements programme, approved by Sport NZ, which will help our young athletes explore a range of different movement patterns through pre-training warm-up exercises and become more effective movers over time.



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2024 SEASON NOMADS ACADEMY INFO



U13-U17

The Performance Act

Helping you grow!

Starting in 2024 we have teamed up with the Performance Act to secure professional mental skills services for our teams.

The Performance Act are a group of performance and sport psychologists who provide mental skills workshops which help to empower individuals and groups to achieve their full potential and lead fulfilling lives. Their evidence-based psychological skills programs are designed to help individuals overcome the mental barriers that may be holding them back and to develop the tools and techniques necessary for personal growth and success.

We have a number of workshops already booked in with the Performance Act for 2024 and we look forward to this exciting new addition to our program.

Meet The Team



**Jason Yuill
Proctor**

Director of Performance Psychology &
Performance Psychologist



James Orritt

Co-Founder and Psychological Skills
Coach



Cathy Robson

Educational Psychologist

Nomads United AFC



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2024 SEASON NOMADS ACADEMY INFO



WPX - PROFESSIONAL CLUB LINK

Nomads are official partners of the Wellington Phoenix, New Zealand only professional club. Established in 2022, our partnership has already seen a number of our players secure trials at the Wellington Phoenix Academy, as well as the Phoenix come down to Christchurch to deliver holiday programmes and training opportunities for our players. We have also seen a number of Academy players join the Phoenix full-time in recent years.

With regular communication and feedback on players provided to the Phoenix, our players are given the best possible chance of being scouted and recruited to join NZ's only professional club!



USA SCHOLARSHIP - WAGNER & WOOLF

Wagner & Woolf are an elite sports management group providing support for players looking to go and study and play in the American College system.

Wagner & Woolf have assisted many Nomads players in the past, helping them with recruitment & highlight packages, identifying the best College options and securing scholarships as well as providing on-going and continual support throughout their journey.

Contact our Director of Football, Matt Jansen, for more information.

Nomads United AFC



Official Partnership

Nomads United AFC



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2024 SEASON NOMADS ACADEMY INFO



KEY DATES - 2024 SEASON

TERM ONE

Monday 4th March - Thursday 11th April
Pre-Season Academy Camp - 22nd, 23rd and 24th April

TERM TWO

Monday 29th April - Thursday 4th July
July School Holidays - Christchurch International Cup (U13-U15)

TERM THREE

Monday 22nd July - Thursday 26th September

October School Holidays:

U13 Western Springs Tournament (Date TBC)

U14 Auckland United Tournament (Date TBC)

U15 North Island/Overseas Tour (Date TBC)

U17 Southern League Starts (Date TBC)

Note some dates are subject to change

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NOMADS ACADEMY

EXPRESSIONS OF INTEREST

PLAYERS EXPRESSIONS OF INTEREST

The Nomads Academy has an open team selection process at the beginning of each season for all interested players. If you would like to be considered for a team in the 2024 season, please complete our expression of interest form using the link below:

[PLAYERS CLICK HERE](#)

COACHES EXPRESSIONS OF INTEREST

The Nomads Academy is always on the lookout for aspirational coaches that want to get involved with coaching within the Nomads Academy programme. We believe in developing coaches as well as players, and have seen a number of coaches come through our Academy programme and move onto bigger and better things. If you're interested in getting involved, please fill out our coaches expression of interest form using the link below:

[COACHES CLICK HERE](#)

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