

DSE MIDLANDS



LANDAU
FORTE
ACADEMY
TAMWORTH
SIXTH FORM



MISSION STATEMENT

Our objectives at CornerPost is support young people in reaching their maximum personal potential. To archive this outcome, we have created a learning environment away from the traditional classroom where athletes feel safe and comfortable to challenge their academic abilities.

The Boxing Gym has been designed to ensure it is "fit enough" for National Preparation Camps, Talent ID Assessments and Squads.

The delivery team has been developed around the needs of Boxers looking to improve their technical ability and tactical awareness and understanding. Not only to become fitter but understand how endurance, speed, strength, stability, agility, power and flexibility are gained.

CornerPost wanted to support the DiSE programme because we believe that we could make a difference to the development of boxers in the Midlands and East Midlands Associations.

The CornerPost Gym is geography centrally based to the motorway network. We have better connections to public transport with Tamworth Train Station less than $\frac{1}{2}$ mile away from the gym.

Tamworth has split level lines servicing both North, South, East, and West lines, major cities like Wolverhampton, Leicester, Nottingham, Stafford, and Dudley are all under the hour with Birmingham only being 12 minutes away.

Within the Town, CornerPost Gym is not far from the Castle Grounds which provide excellent opportunities for a variety of runs.

The CornerPost Gym boasts 3 rings, each ring is covered by 4 cameras providing different angles for video analyses. 12 moving punch bags that provides realism to punch and move, an outside space for training in the better weather, a weights gym for strength and conditioning.

The CornerPost Education Centre has been supporting Young People in Education since 1995. The DiSE programme moved to the Centre in September 2021. Nationally the DiSE Programme is supported by England Boxing. Locally our

Partner is Landau Forte Academy Tamworth Sixth Form. They support the students' academic access to Level 3 Certificate in Sport and Physical Activity (year 1) and Diploma in Sport and Physical (year 2). Landau Forte also facilitate the requirement for students to resit English and Maths if they have not reached Grade 4.



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COURSE CONTENT

Level 3 Diploma in Sporting Excellence

The Level 3 Diploma in Sporting Excellence (DiSE) qualification supports talented and committed young athletes who have realistic potential to be high achievers in their sport. It is the officially endorsed boxing education programme supported and recognised by England Boxing. With a value of 64 UCAS points, it combines boxing and full-time education so that participants have the skills, knowledge and competence to pursue sporting excellence alongside education. DiSE offers aspiring boxers aged 16 to 18 the chance to train full-time in boxing while also studying full-time to gain qualifications that will benefit them outside of the ring. The following course is quality assured by South Gloucestershire & Stroud College (SGS).

Level 3 Diploma in Sport & Physical Activity

The OCR Level 3 Cambridge Technical Diploma in Sport & Physical Activity introduces the sector for learners looking to build a career in sport. This course provides a more practical, real-world approach to learning alongside a theoretical background, giving students the knowledge, understanding and skills that they need to prepare for employment or progress to university. The following course is quality assured by Landau Forte sixth form Tamworth.

The course involves a varied range of assessments including presentations, coursework, practical assessments and exams.

On successful completion of the two-year programme (including the DiSE and Level 3 Sport) students will achieve the equivalent of four A-levels and the associated UCAS points depending on the grades achieved.

Students that have not achieved their GCSE English or Maths at a grade 4 or above will be provided with an opportunity to retake one of these subjects at Landau Forte sixth form.

DiSE Midlands – Study programme

- Students will study towards a Level 3 OCR Sport Diploma and a Level 3 Diploma in Sporting Excellence
- Each day will be split between both courses providing a combination of practical and theory
- The course will be taught in a practical setting as well as being classroom based
- DiSE Midlands provides a full-time study programme
- Additional opportunities to gain coaching awards, work with guest coaches and attend overseas training camps may also be available for suitable candidates
- School leavers who wish to pursue a career in sport
- 16-18 year olds who want a positive environment in which to develop
- Male and female boxers that possess the skills to be a high-level performer
- Young people wishing to train and learn in a sporting environment

Course content Below is a selection of some of the units studied:

- Anatomy and physiology
- Sports coaching
- Sports nutrition
- Practical skills
- Sports organisation
- Performance analysis
- Physical activity for groups



STAFF BACKGROUND



Ivan Cobb is Lead Coach for Midlands DiSE, Ivan is one of the few England Coaches that have boxed for England. Ivan boxed from 11 years of age and had close to 150 competitive bouts, before he started his coaching career. He has an England Boxing Level 4 coaching qualification, 3 Stars IABA international coaching qualification and gained a MSc In Sports Coaching at Loughborough University. Ivan has been a key player in the development of boxing, previously being involved with Coach Education, Coached at GB and the co-founder of 'The Box Gathering' which started as a communication and interactive webinar to support coach development.

Ivan has been involved with the DiSE programme in the Midlands since it started back in 2011. His current role for England is as a Performance Coach, working squads for international competition and with Boxers on the Talent Pathway.

DiSE has had several homes over the years starting off in Leicester then moving to Birmingham. The Colleges and Universities that we have delivered the DiSE from have been excellent venues, but the boxing facilities have not always been the best. The CornerPost Gym is used by England Boxing, the Students do their learning on site giving us the perfect environment to study and train. In the first year of working out at CornerPost, 7 students have become National Champions.



Mat Close has been involved in sport for over 10 years. This includes coaching and teaching from the foundation stage to university level across the midlands. Mat's long list of qualifications include sport science degree, assessors award, coaching awards and PGCE. He recently completed a postgraduate qualification in strength & conditioning and is now qualified with a master's degree. Mat's own sport involvement includes achieving a black belt within judo and actively competing within judo winning a Bronze in National Competition. Mat still trains in the sport of Judo and coaches at a local club. He also competes in strength-based sports to include bodybuilding and powerlifting.

Mat has been working on the DiSE programme for 5 years leading on the academic studies and supporting students to develop their strength and conditioning. Mat has been instrumental in developing the academic partnership between CornerPost and Landau Forte Sixth Form Academy.

The academic lead role is designed around an athlete centred approach to support all aspects of the student athletes' needs. Mat has seen many success stories in this programme to include students progressing into various fields to include full time GB boxers, professional boxers, university progression and relevant employment.





Alan Keast has been involved in Boxing for over 40 years after a short career he qualified as a level 1 coach at the age of 18. He worked through the coaching qualifications achieving a Level 4 qualification at the considerable young age of 30. Alan's International coaching career started in 1997 and coached on Olympic Qualifiers, World Championships for Youth and Junior European Youth and Junior Championships, countless Multi National tournaments and Multi National Training Camps. He has also spent time in Swaziland on behalf of the Olympic movement to develop a coaching programme. AIBA awarded Alan the European 1-star award for international experience.

Alan is also heavily involved in coach education; he was lead coach on the National roll out for the updated Level 1. He has also played an intrinsic part in the development of the Level 2 course and continues to push Coach Education in the world of boxing.

Alan is manager of the CornerPost Education Centre in Tamworth and has been developing CornerPost as a Boxing Hub. The opportunity to work with the DiSE programme came along in 2021. The goal was to create an athlete centred environment where boxers can have the opportunity to develop their boxing techniques alongside their academic development. Alan will continue to look at increasing the experiences for students on the DiSE programme to ensure they achieve the best possible outcome for themselves.

STUDENT TESTIMONIALS

Zara Aitchison – I have really enjoyed my time on the DiSE course. I've not only developed my boxing and knowledge, I have gained a better understanding of anatomy and the components of nutrition. The course has really benefited me to become a better athlete as a whole.

Dempsey McManus – I am really enjoying the DiSE programme as I feel that it is boosting my confidence as we train here every day, and it is a good environment. Everyone here is friendly and approachable. I am really enjoying my experience so far on the DiSE programme.

Derelle McKenzie – The DiSE programme has really helped me to develop my boxing skills and I've noticed positive improvements within a short space of time. I have also enjoyed learning about the theory behind training to include how the body works and nutrition.

Joshua Rose – I personally have really been enjoying the DiSE course as it has a great community and provides a platform for a high standard of boxers. Ever since I joined, I feel that it has changed my perspective on a lot of things and has boosted my confidence.

Sophie Shore – I have been really enjoying the DiSE course. I feel that it's a great training environment where we have the opportunity to learn and develop. Since starting, I can tell that my boxing has improved massively. The physical training alongside the theory work really helps me to have a deeper understanding. I think that I have felt more confident and motivated since joining.

Tom Robinson – I am really enjoying the DiSE course as it is teaching me how to learn both practical and theory related to boxing. It is a good experience and also a good opportunity to improve your boxing skills and achieve relevant qualifications.



BOXING CHAMPIONS



Jay Van-Gelder
National Youth Dev Champions
Studio ABC (57kg Youth development)

Sophie Shore
National Youth Champion
(Impact, Female Youth Under 63kg)

Derelle Mackenzie
National Youth Champion
Hall Green, (Male Youth, Under 80kg)



Joshua Rose
National Youth Champion
Hall Green

Tom Robinson
National Youth Champion
South Derby
(Male Youth Cadet Under 75kg)

Dempsey McManus
National Youth Champion
Wodensborough
(Male Youth Cadet Under 92kg)



Zara Aitchison
National Youth Champion
Leicester Lighting
(Female Youth Under 60kg)

This
could
be
you



DiSE
MIDLANDS

TESTIMONIALS

Rob McCracken (GB Boxing Performance Director)

"Young people need to invest in their education and ensure that they can thrive for the future. This is the same for boxing. It is about learning, developing new skills and becoming better every day"

Frazer Clarke Tokyo Olympic Medallist 2020

It's amazing to be here, what a fantastic opportunity to surround yourself with England Coaches who will guide you on the right path, teach you the qualifications and Boxing skills at the same time.

GB Boxer & Commonwealth 2022 Team Member Delicious Orie

Getting involved in the DiSE programme is a no-brainer for anyone who wants to progress in boxing and be supported academically

GB Boxer & Commonwealth 2022 Team Member Nile Farrell

I was on the DiSE programme before I got on to GB. It helped me so much in and out of the ring to learn about your body, how it works and nutrition.

Kieron Conway WBA Inter-Continental Super Welter Weight Champions 2020

It's great to see boxers getting education alongside coaching. I am a massive fan of what goes on here.

Matt Windle British Fly Weight Title Challenger

DiSE provides a fantastic opportunity for boxers emerging through, not only to work on their boxing game but their education for life after boxing.



Rob McCracken
(GB Boxing Performance Director)



Frazer Clarke
Tokyo Olympic Medallist 2020



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Tamworth Train Station is extremely well situated and uniquely has connections from North, South, East and West lines. From the train station it is 0.5 miles to CornerPost.

From CornerPost to Landau Sixth Form it's only 0.8 miles.



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