LIVERPOOL FC
FOOTBALL EXCELLENCE PROGRAM

2020
Around the world our LFC International Academies provide young players with an opportunity to develop, learning new techniques and skills, all under the guidance of our coaching staff.

We offer something different and something unique by developing players both on and off the pitch, educating them through experiences that will shape their progression into young adults and giving them skills that can be used throughout their lives.

Our overall aims are to bring LFC to our young fans around the world and to demonstrate just how special our football club is.

Wherever you are lucky enough to attend a LFC coaching venue we hope you have fun and enjoy learning how to play 'The Liverpool Way'.
Southern Cross University is a different kind of university. It combines academic excellence, global-leading research and great learning opportunities with the heart and soul of real Australia.

With campuses at Lismore, Coffs Harbour and Gold Coast we touch the ocean, live in the city and are surrounded by trees. By that we mean all three of our main campuses offer something unique by way of their location and the vibrant communities that live in these subtropical areas.

You will see wallabies and koalas in Lismore, and dolphins and whales at Coffs Harbour and the Gold Coast. We are proud to be part of such naturally beautiful and welcoming parts of Australia.

Southern Cross has the equivalent of about 12,000 students, with around 4000 in Lismore. In 2019 we celebrated our 25th anniversary and it is significant that even as a young university, our research was measured at “world standard or above” in 23 different areas including nursing, engineering and environmental sciences.

Our psychology and social work degrees were ranked number one in Australia for student support by the 2019 Good Universities Guide.

The Times Higher Education university rankings places Southern Cross’s life sciences in the top three percent among universities worldwide, and our physical sciences in the top four percent.

We are a university on the move. In 2020 Southern Cross will lead Australia with a science degree majoring in regenerative agriculture and postgraduate degrees in naturopathic medicine. We are a university that steps forward boldly and innovatively.

And it is the same with sport. Our Elite Athlete and Performer Program supports students juggling the rigours of study and top-level competition. We understand dedicated sportspeople, whether they are professional, semi-professional or just devoted to the love of their game.

The Liverpool FC Football Excellence Program is a way of achieving the very best footballing credentials while still maintaining your academic goals. You may have trained at a football academy elsewhere and now wish to graduate to our exclusive excellence program. It is a great choice.

You will find the lecturers and tutors at Southern Cross personable and supportive, in part due to our smaller class sizes but also because of their passion for their field. Many of them have written the text books used to study their subjects in universities around Australia. And they are right here in front of you helping you through your degree.

Southern Cross University is recognised globally for its outstanding student support, ranked number one in Australia by the International Student Barometer and five-star by the Good Universities Guide. We will support your dreams and goals, on the field and in the classroom.

The Liverpool FC Football Excellence Program is unique in Australia to Southern Cross University at our Lismore campus in the heart of the Northern Rivers, New South Wales.

Operating out of the Southern Cross University Football Centre just a short drive from the main campus, the program is undertaken at some of the best facilities in the region, including our all-weather synthetic field.

Participants must be Southern Cross students and will undertake the football excellence program in addition to their studies.

**KEY COMPONENTS INCLUDE**

30 weeks delivered over three sessions (excluding exams and study breaks):

- **Session 1** – March to end May – 13 weeks
- **Session 2** – July to End September – 12 weeks
- **Session 3** (pre-Christmas only) – November to Mid-December – 5 weeks

Up to 15 hours (average) per week covering:

- 3 x skills development (football playing) sessions per week
- 3 x football theory and lecture sessions each week
- 2 x practical coaching application sessions each week

More than 450 hours total over 30-week program

- 150 hours football skills
- 150 hours theory and lectures
- 150 hours practical coaching application
Liverpool Football Club is recognised around the world as one of an elite group of clubs with a truly worldwide reputation.

Liverpool FC have a very special philosophy which is well known by the players, staff and fans - At Liverpool FC International Academy ‘The Liverpool Way’ is part of everything we do ensuring a leading coaching program with coaching sessions absolutely authentic to those that are delivered at the Liverpool FC Academy.

Each component of the Liverpool FC Football Excellence Program will be delivered in a manner consistent with The Liverpool Way and in line with proven Liverpool FC methodology and philosophy including the following developmental areas:

**TECHNICAL**
Sessions that allow the players opportunity to practice specific techniques/skills and repetition of that technique/skill, e.g. dribbling, passing, turning, forward moves, receiving and shooting etc.

**TACTICAL**
Sessions that allow specific decision making opportunities and the ability to adapt and combat different pressures and systems of play with and without the ball.

**PHYSICAL**
Sessions encouraging players to carry out fundamental movements as well as more game related movements.

**SOCIAL**
Sessions to encourage players to interact with each other, problem solve, compete and work as a team.

**MENTAL**
Preparation, brave with and without the ball, accepting pressure, freedom of expression and positive body language are all aspects considered in this area.

At Liverpool FC International Academy NSW our mission is to inspire people to be the best they can be, enabling opportunity and creating an environment for success.

We achieve this through a commitment to delivering quality programs while being role models of our values.

Under the Guidance of UEFA A Licenced Liverpool Academy Coach James Gow and an experienced team of Liverpool FC International Academy accredited coaches, participants will see this commitment in action as our coaches utilise proven Liverpool FC training methodology and philosophy to provide the most authentic club development program.


“...I am very confident that the program will inspire each individual on their journey in football. ...”

– James Gow, Liverpool Academy coach
FOOTBALL EXCELLENCE PROGRAM

FOCUS ON FOOTBALL
The Football Excellence Program is open to males and females who are current and enrolled Southern Cross University students. Participants must be Southern Cross students and will undertake the football excellence program in addition to their studies.

Under the watchful guidance of Liverpool FC International Academy accredited coaches, over 30 weeks participants will have the opportunity to experience how Liverpool prepares its teams to play and how our training sessions give a competitive edge.

STUDENT PARTICIPANTS RECEIVE:

- Full LFC Training Kit:
  - Training shirts, shorts, mid-layer top, tracksuit pants, rain jacket, socks and kit bag
  - Southern Cross Gym Membership and a personalised training program with input from the university's sports scientists
  - Access to Academy injury management and treatment advice (at allocated times);
  - Individual ‘Hudl’ account to access performance analysis video
  - Access to Session Planner software for building coaching sessions
  - Site visits to relevant sporting organisations
  - Guest lectures
  - Periodic individual participant feedback
  - Sessions run at the world class Southern Cross Football Centre facility
  - Match Play as part of Southern Cross FC Team or appropriate local team with full fees paid.

- Up to 15 hours of scheduled sessions a week
- Football theory delivered by experts
- One on one coaching advice
- Maximum of 30 participants in program
- Official Certificate of Completion from SCU and Liverpool FC
- On campus accommodation available to rent
- Liverpool FC playing and training kit
- Top quality fields at Southern Cross University Football Centre
- Academic mentors and study support available
- Quality competition games across the region

New South Wales

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Opening in 2014 as the University responded to a growing demand for higher quality football facilities in Australia the Southern Cross University Football Centre is located just two kilometres from the main Lismore campus and utilises some of the best facilities in the region, including an all-weather synthetic field.

In 2016 the partnership with the Liverpool Football Club was struck and the centre now offers the only high performance training program for football in the Far North Coast Region and the only Liverpool Football Club International Academy in Australia.

Working collaboratively with local and state the nationally accredited football bodies the football centre develops and integrates players aged between 6–15 years into higher level local and state-based competitions.

The new Liverpool FC Football Excellence Program seeks to build on that success enabling older players and adults to enjoy an authentic Liverpool Football Club program with relevance to a range of careers in football.

Welcome to the world’s biggest football family – Liverpool Football Club.

The academy has established a very strong reputation in the region and the Football Centre boasts:
• Three pitches including an all-weather full size synthetic pitch
• No wash-outs
• Four central change rooms
• High-quality lighting
• Air-conditioned class room and administration area
• Covered grandstand seating
• Extensive parking
• BBQ and canteen facilities
• All-weather football

The synthetic surfacing system is LigaTurf Premier R-RS Re-Creation and is marked to FIFA international standard (105m x 68m playing field).

LOCATION

Lismore is easily accessed from three airports and an upgraded highway.
The Football Centre is:
• 15 minutes form Lismore Airport
• 30 minutes from Ballina Byron gateway Airport
• 90 minutes from Gold Coast International Airport
The Bruxner Highway leads directly from Australia’s main Pacific highway to Lismore.

There is limited public transport to East Lismore where the centre is located so private transport is required.

ACCOMMODATION

Our Lismore campus has a variety of accommodation to choose from at “SCU Village”, with two-, three-, four- and even six-bedroom apartments available at three different complexes on campus.
The University also provides assistance with finding local accommodation in Lismore. A special scholarship is available to new international students choosing to study a full degree in Lismore. They are eligible to receive six months free accommodation at Orion college on campus. See scu.edu.au/international for more details.

STUDENTS

Southern Cross attracts students from all over the world, in both undergraduate and postgraduate degrees. The majority are from the nearby region but we welcome students from dozens of different countries including India, Nepal, Sri Lanka, China, Cambodia, Indonesia, Philippines Vietnam and many more.
Southern Cross University has a good mix of mature-age students as well as school leavers and more females than males.

LIFESTYLE

Lismore and the surrounding Northern Rivers district offer a lifestyle second to none. The world-renowned beaches of Byron Bay are just 40 minutes away, as are world heritage rainforests and waterfalls in the other direction.
It is the festivals capital of Australia with Blues Fest, Splendour in the Grass and the Byron Writers Festival major drawcards. Its subtropical climate means it is warm all year round.
Major shopping centres and domestic airports are located in Lismore and Ballina while the Gold Coast International Airport is just 90 minutes away.
It’s not just about the amazing training, it’s also about life skills. The core values are what makes Liverpool Football Academy more than just a club.

– Rachael McClymont

The professionalism and the environment of excellence which we have become accustomed to at Liverpool Academy, extends from the management and coaches through to all the staff.

– Catherine Rixon

The Academy has provided the opportunity for young footballers to experience the ‘Liverpool way’ through an authentic training program which is implemented by professionally trained coaches.

– Damian Chapelle

World class facilities, outstanding coaches and mentors, authentic Liverpool FC technical programs and access to cutting edge sports, performance and nutritional advice make it one of standout assets of regional NSW.

– Melinda Cox

I cannot speak highly enough of the academy as a whole from the support staff, technical directors and the coaches.

– Markus Tuckett

If we were to sum up in one word the partnership and football program being delivered by Southern Cross University and Liverpool Football Club International Academy NSW it would be, OUTSTANDING.

– Cameron & Robyn Lawrence

Players from 50 different nationalities attended our 2019 camps
**Course title** | Liverpool FC Football Excellence Program
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**Delivered by:** | Liverpool FC International Academy NSW Coaching Team
**Core Components** | 
- Football skills development - playing football / training sessions  
- Liverpool FC applied coaching principles and placement  
- Lectures on a range of football related subjects  
- Access to external qualification programs
**Duration** | One year (30 weeks)
**Hours Per Week** | 15 (average) scheduled sessions
**Start date** | Session 1, March, 2020
**Cost** | $10,990 per person in 2020 in addition to SCU course fees
**Program Size** | Maximum of 30
**Delivery methods** | Classroom and practical sessions

**How to apply**
In the first instance submit your online application at www.scu.edu.au/liverpool
You will be asked also to submit a CV or Summary of your football experience, knowledge and participation. This document should be succinct and include recent years in particular. A significant degree of physical fitness is required to complete the Football Excellence Program. Inclusions in your CV should be verifiable including character and playing referees.
Southern Cross University will keep you informed by email on the progress of your application.

**Visas, Immigration and Relocation**
The Liverpool FC Football Excellence Program is open to domestic and international male and female students. However, neither the Program nor the Southern Cross University Football Centre is able to provide assistance or advice on visas or immigration. Relocation to Lismore, where required, is at the student’s expense. Acceptance into the Football Excellence Program is contingent on continued active enrolment at Southern Cross University.