

Gloucester Rugby Foundation have exciting developments and opportunities for young people within Gloucester Rugby's HITZ programme starting in September that we thought you would like to be a part of. It is very important to remember that HITZ is not a rugby course, nor is it even a sports specific course. It is a tailored programme, so although some of our past students have been keen on sports and rugby, others have been interested in animal care or catering and we support as many needs as possible. The programme is predominantly aimed at 16-19 year olds who are classed as NEETs (Not in education, employment or training).

What We Have Achieved

The Gloucester Rugby HITZ programme has grown massively with many success stories over the past few years. We have had students progressing onto a huge variety of industries and education, from construction and trade work, to forensic computer science at college. 2 have even progressed through Gloucester Rugby to gain employment at the stadium!

What We Offer

We are offering a 15-week programme. HITZ offers a Sport and Active Leisure qualification and an increase in functional skills that we accredit up to a level 2 (GCSE equivalent). The start and end dates for the three programmes are outlined below.

HITZ 1 – 24th October – 20th December 2022

HITZ 2 – 4th January – 6th April 2023

HITZ 3 – 17th April – 28th July 2023

Register an Interest Now!

How We Do It

Our HITZ Learning Academy at Gloucester Rugby looks to provide certain unique level of service to all the young people who come on our course.

- Effective work experience
- Tailor made personal development and progression planning
- Exciting and engaging outreach prospects
- Increase in Maths and English (with opportunities to gain qualifications)
- A choice of qualifications focusing on sports, gym instructing and employability
- Food and Travel allowance and support
- Holistic Development

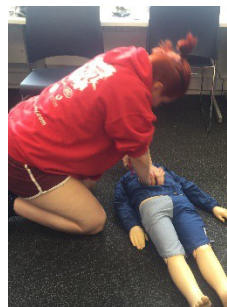
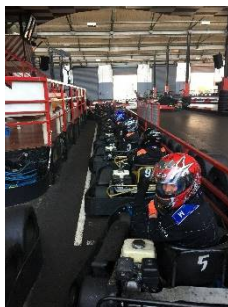
Effective Work Experience

This year, we have built up connections with local businesses and sponsors to provide excellent work experience opportunities that have developed into paid working openings for our past students. We don't want our students to just complete work experience, we want them to love it whilst also learning from their work experience. This is why we have spent the last year ensuring our students are going into the best possible work placement they can, safe in the knowledge that they will be getting out as much as they are putting in.

Tailor Made Personal Development and Progression Planning

We ensure our students are involved and excited about their future by the time they leave us. Although completing HITZ is a big achievement, we want our students to excel themselves and go onto further education, training or into employment.





Exciting and Engaging Outreach Prospects

From having some time to blow off steam at the Gym or playing a huge range of sports, working on their fitness in the gym, or gaining employability skills with local specialists we cram the programme full of both fun and useful outreach activities.

Maths and English Qualifications

Embedding Maths and English in everything we do is part of the HITZ programme, and we work with each individual student's strengths and weakness until we feel the young person is ready, where we can then offer them the chance to gain their Functional Skills Qualifications.

Food and Travel Support

Gloucester Rugby look to remove as many barriers to our young people's learning as possible. So much so we will pay for their transport to all activities (including work experience) and also provide lunch (*Subject to certain criteria*).

Holistic Development

All staff involved with HITZ are Mental Health First Aid trained and experienced in fitness training. We understand that improving our students' knowledge, health or emotional wellbeing is key to giving them the best chances possible for the future.

A week in HITZ

Below is a sample week of what could potentially be happening at HITZ. (*This is subject to change and final timetables will be issued closer to the start date*)

Week 1 & 2



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:30	Enrolment/ Introduction to the course	Maths Addition + Subtraction	English Organisational Features	Maths Number	English Textual Features
10:30 - 10:45	Break				
10:45 - 12:00	Team Building	SAL Unit 11 Skeletal System	Employability Self Evaluation	SAL Unit 11 Muscular System	Employability CV Building
12:00 - 13:00	Lunch				
13:00 - 15:00	Enrichment Team Building	Enrichment Tag Rugby	Enrichment Cricket	Enrichment Football	Enrichment Dodgeball
15:00 - 16:00	Individual Tutorials				

Week 3 – Week 8

Week 3					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:30	English Compare & Contrast	Maths Decimals	English Formatting	Work Experience	
10:30 - 10:45	Break				
10:45 - 12:00	SAL Unit 10 Taking Part in Fitness - Strengths & Weaknesses	Employability Leadership	SAL Unit 12 Accessing Results		
12:00 - 13:00	Lunch				
13:00 - 15:00	Enrichment	Enrichment	Enrichment Fitness Testing		
15:00 - 16:00	Individual Tutorials				

Week 9 – Week 15

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09.00 – 10.00	Maths: Budgeting through Independent Living	Workshop: Understanding Mental Health and Wellbeing	Work Experience Exact dates, times, and locations a dependant on each student. The tutors will do work-place visits and check on everyone’s progress.		
10.00 – 10.30	Break				

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10.30 – 12.00	SAL: Customer Service Workshop	English: How to effectively write a CV and Covering Letter	(There may be additional opportunities given to participants on these days, which will be communicated closer to the time)
12.00 – 13.00	Lunch		
13.00 – 15.00	Gym: Circuit Training	Sport: Hockey Tournament	
15.00 – 16.00	Reserved for individual tutorials		

What Our Students Have Said

"Before HITZ, I was lost and didn't know what to do with my life. I was always sat down at home thinking that I would do nothing with my life. HITZ has given me belief that there is something out there for me to do and that I can achieve this."

"HITZ has given me the confidence to come out of my comfort zone and push past my anxiety. I now work at McDonald's and feel that my anxiety has improved and don't worry as much. The support given to me before the programme started was next to none as they helped with travel support as this was something I was anxious about. Overall, I owe a lot to the HITZ programme, and this has changed my life".

"Overall, the HITZ programme has given me the knowledge and confidence to strive on towards my goals and targets which is to get into full time work as a mechanic and take up football again as I really enjoy the sport. I want to play football at the highest possible level and HITZ has given me that motivation and determination to move forward which I was lacking before the course. HITZ has had a massive impact in my life as it's given me that motivation to do something with my life instead of sitting at home and doing nothing".

Success Story

Theo's - HITZ to Commis Chef at Gloucester Rugby

Age: 17

Situation prior to programme start:

Before the Programme I was not doing anything regarding education because my anxiety was stopping me from going to school and to college. In year 7 and 8, I had no issues with my anxiety and then from year 9, is where my anxiety started to affect me. My anxiety affected my attendance as I felt I could not go into school and the days I did go into school, I sat in a room (isolation) on my own to fill in work sheets so felt I did not get the full support I needed. I fell behind with my work as I was not attending classes, and this affected my GCSE grades. I managed to achieve my French and Maths but struggled with my English. I went onto the GEM programme with Matt Russell who recommended the HITZ programme to me as I wanted to continue with education and achieve my English qualification. Matt Russell was trying to help with my confidence so I would attend the course.



On the Programme:

On the first day of HITZ, I was anxious and nervous as it was new to me and I did not know who was attending the course. Our Tutors allowed me to sit at the back where I felt more comfortable and did not pinpoint me out in front of the group as I do not like speaking in front of the group. As the HITZ programme has gone on, my confidence has grown within the group as the environment was completely different to school. I felt more chilled out as it was a smaller group, more 1 to 1 support and the enrichment/ sport opportunities enabled me to express myself within the group.

The HITZ Programme has given me a positive experience and has had a positive impact on me as I have been able to learn and refresh my knowledge as it's been a while since I've done classroom-based sessions. It is improved my social skills and now feel comfortable speaking to people on the course and my tutors. This has helped me develop friendships and



important relationships that I never thought I would be able to do. My Favourite experiences on the course has been playing football with everyone as this is a big hobby of mine and the cooking experience I had as I love food.

Quotes from and about Young Person:

"HITZ has enabled me to build my confidence and develop friendships which I never thought I could achieve. At the same time, I have been able to work towards my English qualification and had so much support towards this for me to achieve this qualification. I am so thankful that this opportunity was presented to me by Mat Russell and Gloucester Rugby Foundation. I am also thankful to Mike Hault (Tutor) and Mat Liddiard (Tutor) for ongoing support throughout the course and giving me the best experience possible, especially through Covid-19. They have supported me after the programme, and I am now working at Gloucester Rugby as a Commis Chef which I really enjoy as I love cooking food and I enjoy sport and this brings both together"

If you would like any more information or would know of any young people interested in joining any of our courses, please feel free to get in touch.

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