



# SCN ACADEMY

MAGAZINE



## SCN PROJECT



**INTERVIEW**  
**ROBERTO CARLOS**  
**FERNÁNDEZ**

**TORALIN**  
**STADIUM**

**TECHNOLOGY**  
**AND**  
**PERFORMANCE**



Dirección: Calle Burgo Nuevo, 4, 1, 24001 León  
 987 20 42 89  
[logosleon@academialogosleon.com](mailto:logosleon@academialogosleon.com)  
[academialogosleon.com](http://academialogosleon.com)



# SUMARIO

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## 06 SCN ACADEMY A PROYECT OF SPORT COACH NORTH



08 ROBERTO CARLOS FERNÁNDEZ



12 TECHNOLOGY AND PERFORMANCE



18 TORALIN STADIUM

Sport Coach Norte Servicios Deportivos S.L.  
 Avda. José Aguado nº 34 bajo  
 24005 León  
 E-mail: [info@sportcoachnorte.com](mailto:info@sportcoachnorte.com)

- SCN ACADEMY A PROYECT OF SPORT COACH NORTH 06
- ROBERTO CARLOS FERNÁNDEZ PÉREZ DIRECTOR OF SCN ACADEMY 08
- TECHNOLOGY AND PERFORMANCE 12
- SEAN JANSON. EXECUTIVE DIRECTOR. COLUMBIA PREMIERE 18
- TORALIN STADIUM 20
- MOLINASECA: STAGE OF THE CAMINO DE SANTIAGO 22
- S.D. PONFERRADINA: THE DREAM FULFILLED 24



Ismael Fernández  
SCN ACADEMY COORDINATOR

## Seven years...

...and not exactly in Tibet, like the Brad Pitt movie. Seven years already being part of Sport Coach Norte, at first as a student of that first promotion of Sports Technicians in Football and lately developing other functions, but already within the workplace.

It all started one afternoon, with a coffee, I already knew Roberto Carlos from passing by those soccer fields at children's games on the weekends, so when I found out that a training project for coaches was starting, I wanted information and to clear up my doubts. I have always been a bit of a fan of studying and expanding knowledge, so after that coffee it didn't take me long to decide what my next destination would be as a student, I had to be a Sports Technician (the true purpose of this sports education) and thus obtain the coach's card, something that, at that time, was beginning to be mandatory if you were involved in grassroots football.

That first year passed, I already had my level 1 coaching card, there was no problem dedicating myself to one of my passions, coaching children, especially the youngest ones in 7-a-side football, but with one more year of study I would have the title of Sports Technician in Football (Medium Degree of Professional Training), I had to continue and I continued, I obtained the level 2 of coaching and my title and another dilemma arose, stop or continue the studies of the higher cycle, the answer was obvious, so I saw him as a Senior Sports Technician in those first three years.

The first coffee was followed by many more, in which we talked about many topics, but mainly about football and the possibility of being a teacher once I finished high school, this was one of my frustrated professions, one of those that you love but that you never think you can develop. Once again to study for another year and obtain the corresponding official certificate to be able to teach and so I found myself, on the fifth year of starting the relationship, in a Sports Technicians class, but this time on the other side, having the students in front of me. students.

Three years have passed as a teacher in the three courses of sports education, the experience is incredible, it has been making a dream come true. But not everything has stayed there.

As life takes many turns, sometimes more than you would like, you find that

one day, at work, they do an ERE and that takes you to the dark side, professionally speaking. They say that when one door closes another opens and it is true, that allowed me to get more involved in Sport Coach Norte and continue maintaining contact with sports, extracurricular classes at the Peñacorada school, soccer training programs, camps at various times of the year. year, an endless number of ideas, projects and experiences that the head of Roberto Carlos has that never rests.

All these projects were recently joined by the opening of the middle cycle of Sports Technician in ravines, climbing and mid-mountain and the SCN Academy, in which students from different countries are already present, a spectacular project that has allowed us to learn about other ways of seeing the football including an unforgettable trip to the United States.

In a few weeks we will have a new year here, full of projects that will soon see the light of day and full of ideas from the head that never rests.

Thank you so much for everything Rober.

SCN ACADEMY is an international football academy that was created with the aim of offering a comprehensive training service, to promote improvement and adaptation processes to professional football.



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# SCN ACADEMY A PROJECT OF SPORT COACH

SPORT COACH NORTE is a comprehensive sports training center where we offer different academic, sports performance, psychological counseling, leisure and recreation services.

With the MISSION of achieving a differential service based on excellence, individualization and professionalism of our services with the aim of optimizing all resources in order to achieve the highest performance.

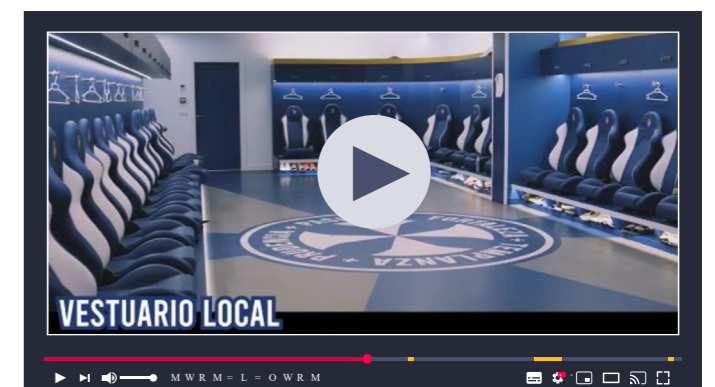
Scn was born with the purpose of offering official academic training services in the field of sports and

business, from middle grade, higher grade in football to training in different areas of sports and business performance, in addition to the management of stays and sports experiences transcultural.

Sport Coach Norte is made up of personnel with extensive background in the sports and professional field, from professional athletes to business managers, including Doctors and Graduates in Physical Activity and Sports Sciences, Graduates in Physiotherapy, Doctors, Higher Sports Technicians in Football, Graduates in Psychology or Graduates

in Business Administration and Management. Sport Coach Norte is made up of personnel with extensive background in the sports and professional field, from professional athletes to business managers, including Doctors and Graduates in Physical Activity and Sports Sciences, Graduates in Physiotherapy, Doctors, Higher Sports Technicians in Football, Graduates in Psychology or Graduates in Business Administration and Management. Our main objective is to get the most out of all athletes and professionals in the sports and business fields, as well as

to obtain the maximum potential in the emotional and leadership area through coaching.





# ROBERTO CARLOS FERNÁNDEZ PÉREZ

## DIRECTOR OF SCN ACADEMY



**How did the idea of founding SCN Academy come about?**

SCN Academy arises from the fruit of both personal and professional experience. The experience of the hours in the training field that allows us to combine a series of factors such as training, sports, and culture with the aim of obtaining the greatest sporting performance from the footballer.

**What is the goal of SCN Academy?**

The objective of SCN Academy is to offer a professional service, an international and multicul-

tural facility that allows footballers to benefit from all these factors, use the new technologies of the academy to prepare footballers in optimal and adequate conditions both personally and in the professional scope.

**Which athletes is the academy aimed at?**

SCN Academy is aimed at all boys and girls in the age group between 14 and 23 years old. Minors will attend school, while adults will study a training degree. In the sports field, they will develop all the programs that make up SCN Academy.

**In which countries is the SCN Academy management operating to recruit soccer players?**

SCN Academy tiene programas de captación de futbolistas y propios que se van a comenzar a implementar en Estados Unidos, China, Arabia Saudí, La India, Japón, Senegal, Guinea, Niger, Sierra Leona, Kazajistán, México, Australia y República Dominicana.

**What professionals make up the technical staff of SCN Academy?**

The SCN Academy staff is made up of professionals with extensive experience first as soccer players and then as professionals in the world of soccer. I am the director of this staff, a graduate in physical activity and sports and a UEFA Pro coach. The cast is completed by top-level professionals such as psychologists, nutritionists, physiotherapists, rehabilitation workers, trainers, etc. A structure that corresponds to all the professional areas that the footballer will encounter in the world of football.

### What is the academy's work methodology?

The SCN Academy methodology is based on the individualized work of the footballer. Using all the programs and resources of the academy to optimize the performance of our footballers to the maximum. Visualizing and enhancing their strengths and above all working and optimizing the weakest aspects of the footballer with the aim of bringing the player closer to professional football.

### What is the duration of the footballer in the academy?

The instance at the academy will not be more than ten months, which corresponds to the training of two courses of the degree. During this time, the physical condition of the footballer, the technical-tactical aspects and, above all, the psychologists who bring the footballer closer to the world of professional football will be optimized, in this case to the adaptation and professionalization of the S.D. Ponferradina, our main partners.

In some cases, especially in second-year youth players, this process will last for two seasons to optimize the maturation and evolutionary process of the footballer to Spanish professional football.

### What is a work day like at the academy?

The footballer's daily life begins with what we call invisible training, eight hours of rest are essential for the footballer's good performance, the day begins with a healthy breakfast with the energy and nutritional contribution necessary to face the rest of the day.

### Once the footballer's journey in the academy ends, what will he be prepared for football-wise?

In the morning three days a week we work on technique and tactics on the field, defensive aspects and offensive aspects to finish with the generic aspects of each player's demarcation. In this work, the specific individual work on duels is very important, a very important aspect in the

physical football that is practiced today. Subsequently, specific strength work is done. This work is individualized and for this we implement current technological means with the aim of optimizing the footballer's conditions. In the afternoon we have training with the club with which they are competing at the national, provincial or regional level.

### As director of the academy, what do you think are the differentiating points to be the point of reference for footballers?

The differentiating points of SCN Academy are the vision we have as an academy, the personal treatment through a pleasant and motivational atmosphere, the very close and personalized personal treatment to bring out the best version of the footballer. We are very constant and very meticulous in our work methodology, basing assessments and measurements on scientific knowledge to plan professional work that helps the footballer give his best and place him at the highest possible level in football. Without forgetting the recreational and cultural sphere. Enjoying all the cultural wealth that León and its province provides us. Without forgetting personal relationships, keys to being a good person and basic to being a good footballer.

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- DAILY TECHNICAL TRAINING
- INDIVIDUALIZED CONDITIONAL TRAINING PROGRAM
- INDIVIDUAL STRENGTH WORK PLAN
- PERSONALIZED TACTICAL KNOWLEDGE CLASSES
- MONTHLY PERFORMANCE RECORDS
- INDIVIDUAL AND COLLECTIVE VIDEO ANALYSIS
- INSERTED IN COMPETITION TEAMS
- PROFESSIONAL PROFILE BY POSITION
- INDIVIDUAL COACHING AND PSYCHOLOGICAL PROGRAM
- MONTHLY BIOIMPEDANCE ANALYSIS

# TECHNOLOGY AND PERFORMANCE

At SCN Academy we strive to provide our players with the latest technologies in the sport. GPS will offer very valuable data for analysis such as:

The workload of each player per match and training  
 Number of actions and distance traveled in high intensity actions.

Comparison between players.

Playing positions and strategies, etc.

The video analysis, a tool increasingly used every day in all areas of sport. With the recording yo can acces a large amount of statistical data that will

allow the player to improve both their collective and individual performance.



## Paul's Tabern

CALLE CERVANTES 6 VALVERDE DE LA VIRGEN 987302044



one of the focuses of our work, through a unique methodology and a program adapted to each player, with video analysis

**Conditional area**

We know that in today's football it is essential to optimize all physical capabilities to the maximum, which is why we develop an individualized conditional work program at the level of functional strength and the rest of the capabilities through scientific quantification with medical analytics, GPS, force platforms. among others.



**Educative area**

All our footballers will be immersed in different educational programs, from formal education to university degrees, through different degrees of sports education at an official academic level.

**Language area**

Our academy will be marked by the diversity and global nature of the athletes that make it up, so the study of a second or third language will be one of the axes of our training program..

**Personal Development area**

We firmly believe that optimal development of personal skills is key to reaching elite football, so these will be transversal themes to be worked on by the different departments.

**Technical area**

The development and improvement at the individual technical-tactical level of the player will be

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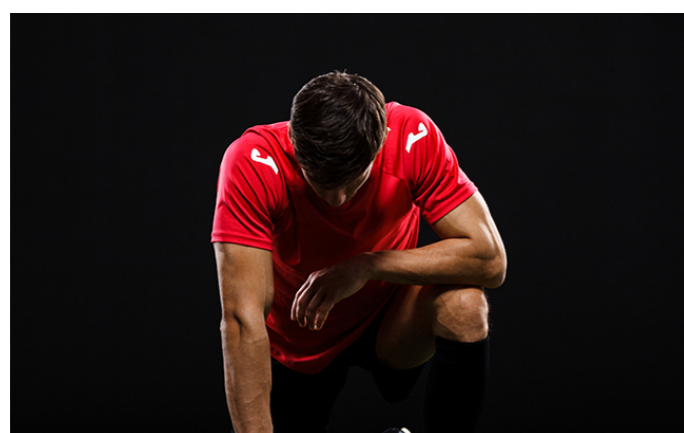
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### Professional football area

It will be one of the departments that we will implement through master classes and talks with professional players and coaches who will provide that extra motivation and extra knowledge of professional football to facilitate their adaptation.



### Game knowledge

If something differentiates Spanish football, it is the knowledge and mastery of the internal logic of the game. Perceptive and decision-making work will be present in all our training at a tactical level, both individually and collectively, with the work of different structures that increase the player's tactical background.



### Psychological and Behavioral area

One of the differentiating aspects in elite sport is the mental aspect and at SCN Academy we have a behavioral and coaching program to get the best personal and professional performance from our footballers.

### Nutritional area

Another vital aspect in the elite is nutrition, in our academy all menus will be supervised by a nutritionist, who based on a prior analysis will adapt to each player the caloric intake they must ingest.

P.º Salamanca, 67, 24010 León. Teléfono: 987 87 10 27





# SEAN JANSON

## EXECUTIVE DIRECTOR.

### EXECUTIVE DIRECTOR COLUMBIA PREMIERE

**Briefly describe the history of Columbia Premiere**

Columbia Premier is SW Washington's oldest and largest soccer club. Founded as Orchards Soccer Club in 1982 the club has grown into 3,500 members competing across all levels of competition.

**What are the objectives of Columbia Premiere**

Our Mission: The Columbia Premier Soccer Club is committed to providing oppor-

tunities for youth to aspire to their highest level in soccer and in life through competition, teamwork and personal achievement.

**What is the working method of Columbia premiere?**

Columbia Premier has over 2,000 kids in its grassroots program and over 1,200 in its youth academy. We are governed by a volunteer board of directors.



**What professionals make up the academy?**

Our full time staff includes the Executive Director, Technical Director, Operations Manager, Facilities Director, Player Development Director, Girls Director, Boys Director, U11/U12 Director, and Grassroots Director.

**What ages are the boys and girls who are part of the academy? What work is carried out with each of them?**

Our Junior Academy starts with 7 year olds. This is a 10 month program that includes 16 league games in spring and fall, 4 tournaments in summer, and weekly futsal training in the winter. Our Academy teams (10 years old and up) play year around with breaks for high school players. Each of our Academy players is provided and individual training program by their coach.

**Where do the footballers that make up the academy come from?**

The vast majority of our players come from SW Washington with some exceptions for players from the Portland area.

**Currently footballers play in official competition?**

Our teams compete in a variety of leagues based on age and skill level. SW Washington Youth Soccer Association, Oregon Youth Soccer Association, Washington State Regional Club League, Elite Club National League Boys, and Girls Academy League.

**Are some of the footballers who have gone through the academy currently in professional football?**

Yes

**What differences exist between USA soccer and European soccer?**

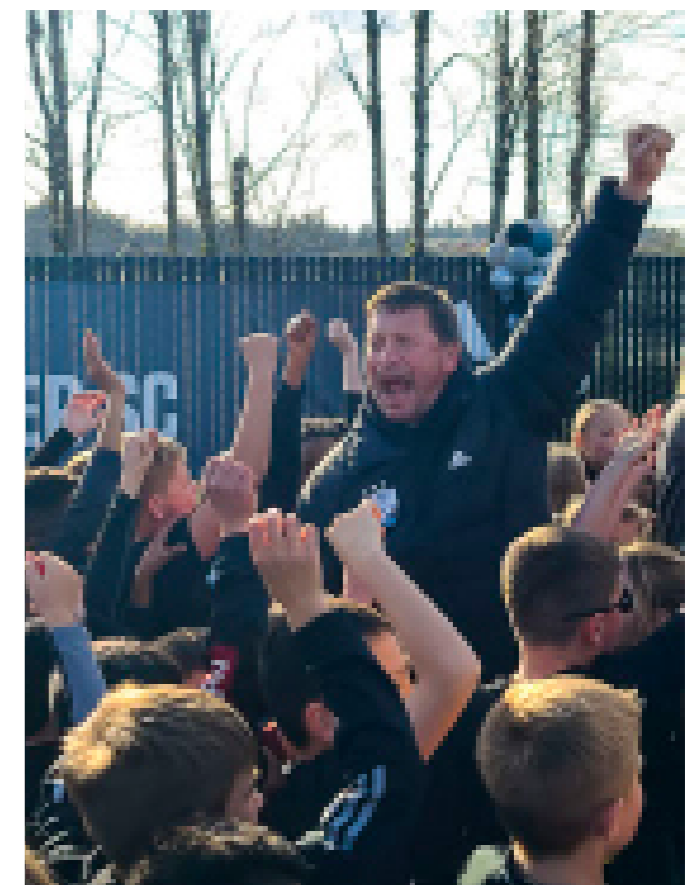
Many, USA soccer while growing tremendously, is still not the prominent sport in our nation.

**Do they also deal with the educational training of footballers?**

No

**What do you think SCN Academy can contribute to the soccer training and experience of the Columbia Premiere soccer player?**

A lot. Bringing SCN to train our players and coaches will advance our understanding of the game and training concepts.





# TORALIN STADIUM

The new Municipal Stadium “El Toralín” was officially inaugurated on September 5, 2000 in a friendly match that pitted Sociedad Deportiva Ponferradina against Real Club Celta de Vigo (0-2), although the first official league match Second Division B played in the stadium was against the Universidad de Oviedo with a 1-0 score and a goal scored by Jesús Panadero (3rd matchday - 2000-2001 season).

The stadium was built in the area known as “El Toralín” within the urban center by the Hon. Ponferrada City Council, forming part of the set of sports

facilities in the city. The project was conceived with the purpose of the city team having a field to play their matches and currently it is the headquarters of the Sociedad Deportiva Ponferradina.

The capacity of the stadium is 8,400 spectators, all of them seated and complying with the regulations that UEFA imposes for international sporting events. The first match of this category that was played in the stadium was on June 1, 2001 for the XIII European Under-21 Championship with the match between Spain and Bosnia (5-1).

The dimensions of the playing field are 105 x 70 meters, a measurement that UEFA has adopted for its official competitions. It has correct drainage and sprinkler irrigation.

The facilities have a press room, 16 independent and soundproofed radio booths, platforms for television cameras, located in the covered tribune area, gym, reception room for authorities, and cafeteria. In addition to the offices, meeting room, locker rooms, infirmary, laundry, etc.





# MOLINASECA: STAGE OF THE CAMINO DE SANTIAGO



Attendees stay in the facilities that the SCN Academy has in Molinaseca, a town near the city of Ponferrada, where they have all the comforts to make their stay unforgettable. Recently acquired they have:

- Natural grass soccer field.
- Gym.
- Reading and study area.
- Wi-Fi/internet zone
- Game's zone.
- Gardened area.

### **Molinaseca: Stage of the Camino de Santiago**

The more than thirty kilometers that separate Molinaseca from Villafranca del Bierzo run through vineyard fields and quiet towns full of services.



### OLIMPIC OF LEON

The complex has a covered 7-a-side soccer field, where the little ones can train and play their games without depending on inclement weather. In addition, the complex will also have an 11-a-side football field for teams in the higher categories.

### FITNESS ROOM

A modern and spacious space to take care of your body through physical activity. 800 m2 of fitness training Machine area equipped with Technogym's ARTIS line

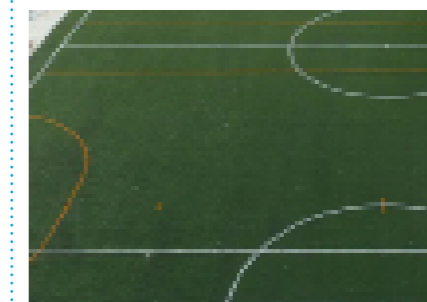
- Technogym Biocircuit
- Functional training area
- Mywellness Connectivity

### ESPARTAL SPORT CENTER

Espartal Sport Center is a sports center located in Salinas, Castriellón (Asturias).

More than 4,000 square meters of sports facilities, with the best and most modern equipment, where you will receive personalized treatment from our staff, made up of the best professionals.

### SALAMANCA





## The dream fulfilled

With the return to Second B, Deportiva began a period of unstoppable growth. José Fernández Nieto assumed the presidency, the team moved to El Toralín and, step by step, Ponferradina consolidated itself in the category until once again dreaming of promotion to the Second Division. In 2005 he tried after achieving his first bronze category champion title, but was prevented by RDS Alcalá. In 2006 glory came. Fran's legendary goal in Alicante catapulted the team coached by Pichi Lucas to Second Division A and unleashed the biggest celebration in its history in Bierzo. The first stage in the Professional Football League lasted one season, but the team did not give up. He persevered in search of a new promotion and achieved it again in 2010 after an eternal penalty shoot-out against UE Sant Andreu, with José Carlos Granero as coach. A third promotion was still necessary to achieve consolidation. It was in Tenerife in 2012 to culminate a season in which the team led by Claudio Barragán experienced another historic mi-

lestone by facing Real Madrid in the Copa del Rey. This new stage in LaLiga extended over seasons, in which, twice, the team was just one goal away from qualifying for the playoff for promotion to the First Division. The cycle ended with relegation in 2014 and a tough road through Second B that ended in the 18/19 campaign with the fourth promotion to Second A in history, culminating in an impeccable promotion phase that was decided by beating the team in the final duel. Hércules CF, with Jon Pérez Bolo as coach. Since then, the club has been part of LaLiga and is combining its sports commitment with constant modernization in all areas. With José Fernández Nieto at the helm of the blue and white project, Deportiva has continued to grow and has had the opportunity to celebrate its centenary in the best possible way, which took place on June 7, 2022. The extensive renovation of the El Toralín stadium, recently attack, has joined the great milestones of the club throughout its hundred years of history.

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Calle Bilbao, 5, 24400 Ponferrada, León. Teléfono: 987 41 58 08 - [mambabfc.com](http://mambabfc.com)



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