



July 2023

Football on the Brain newsletter

Welcome to the latest edition of the Football on the Brain newsletter. This newsletter is sent every ~3 months to Football on the Brain partner organisations and University of Oxford members who are involved in or interested in the project. Please feel free to forward it to your colleagues, or encourage them to sign up to the newsletter mailing list by emailing hanna.smyth@ndcn.ox.ac.uk. In this month's edition below you will find updates about the various strands of the project, including ways to get involved and stay in touch.



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Youth module in development with Ignite

Over the summer term, Louise Aukland from the University team has been reviewing and trialling some of the youth module content with young footballers at Oxford City, in collaboration with Jordan Piper and Ellen Hopkins from Ignite Sport. Lessons learnt from this early pilot will be combined with feedback from researchers to produce a final 'core curriculum' and associated resources for 10 youth sessions. Please contact louise.aukland@ndcn.ox.ac.uk if you would like to see and comment on the proposed core curriculum content.



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Oxford United in the Community

We have developed 'roadshow activities' - interactive games teaching key messages about the relationship between neuroscience and football – which we will bring to OUtC's tentatively planned primary schools tournament this autumn, as well as various other venues 2023-2024.



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Next SheKicks insert

Are you ready for Women's World Cup Australia and New Zealand 2023? Which team has the travel advantage? How will teams prepare and counteract the effects of jet lag? Could you cope with 2-3am viewing times? The Football on the Brain team produced a special pull out for SheKicks magazine covering the science of the circadian clock and what that means for international travel and sleep disruption, available in the current issue and available on our project website under 'Resources'.



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Football Beyond Borders staff training

We welcomed Football Beyond Borders staff (as well as Ellen from Ignite Sport!) to our research centre at the University of Oxford on 31 May for a professional development and collaboration day. After a morning of talks from our scientists, the staff trialled our roadshow activities in development and suggested ideas for improvement; they then had a demonstration of our MRI scanner, and attended a 'research café' to have informal chats with scientists researching a variety of brain and mind topics relevant to football. Please see the evaluation summary inserted in this newsletter (following pages) for photos and quotes.



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Forthcoming Football Beyond Borders tournament – researcher volunteers needed!

The University team plan to join FBB at their end of year tournament on 27 July. The research team will bring a selection of 'roadshow activities' for young people to try out in between their games. If you are a researcher at the university and are interested in joining the team for a day, please get in touch with Louise at louise.auckland@ndcn.ox.ac.uk.



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Sports Ambassadors programme with Oxford University Sport

Our Sports Public Engagement Ambassadors Eliza Copland, Denise Kohlhepp, Lauren Rudd, and Zhiyu (Jerry) Zheng, students recruited from across the University of Oxford for their interest and experience in both sport and science, are involved with every strand of the Football on the Brain project. We continue to appreciate the unique perspectives, expertise, and enthusiasm that they bring to everything from our roadshow activities to the next SheKicks insert.





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Keep in touch

The Football on the Brain website tracks all strands of the project, has blog posts about related topics and links to resources the project has developed. See the latest post on the neuroscience of international travel (to complement our SheKicks pullout for the Women's World Cup), and watch out for the next one on ACL injury in women's football. You can also follow along with the latest updates on Twitter and Instagram (@FootballOnBrain). We are always open to suggestions (or submissions) from project partners for the blog, so please do get in touch with hanna.smyth@ndcn.ox.ac.uk if you have an idea. The next edition of this newsletter will be sent in autumn 2023.



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