



Culford

Culford Sport Useful Information

FOR PARENTS & PUPILS

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James Yates

Assistant Head (Co-curricular)

Welcome to Culford Sport

Culford is known for high levels of sporting achievement, but the foundation of our ethos is to provide every pupil with the opportunity to fulfil his or her sporting aspirations at whatever level.

The cornerstones of provision are: technical analysis and skill development; bespoke competitive programmes; sports specific strength and conditioning; and sports injury treatment and rehabilitation. All of this is allied to specialised coaching, and first class facilities.

I hope you find this document useful, however, should you require any further support, please contact the appropriate person using the useful contacts at the end of this document.

Curriculum Sports Programmes

Culford Sport offers a unique and wide-range of sports programmes. Our curriculum is designed to offer opportunities for all pupils to have a fun and active sporting life. For those pupils wishing to commit further and excel in a sport, Culford is able to provide bespoke, high quality coaching, informed by the latest technology and sports science.

Pre-Prep Curriculum Sport

Culford Pre-Prep offers a strong foundation in physical literacy, as well as an introduction to the core sports that are offered in Prep School.

Prep School Curriculum Sport

Culford Prep School prides itself on being able to offer a variety of sports to all pupils, including competitive opportunities.

Sport is provided three times a week as part of the curriculum with a double games lesson, double PE lesson and a Wednesday sports afternoon where fixtures are played most weeks against other schools in the area. There is also a wide-range of extra-curricular sporting activities on offer throughout the week in addition to the curriculum provision.

First and Second Form swimming is part of the curriculum alongside football, sports hall athletics, athletics/cross-country, hockey, rugby, netball and cricket. Third Form do not have swimming as part of their curriculum, however, swimming remains available to them through the after school activities programme.

Senior School Curriculum Sport

Senior School sport continues to offers the opportunity to play both recreational and competitive sport. In Fourth Form and Lower Fifth, pupils have the opportunity to play rugby, hockey, netball and cricket as part of the major games curriculum. Football is offered as part of the activity programme, as well as an academy sport.

Teams have plenty of opportunities to compete throughout the term, with both Saturday afternoon and mid-week fixtures. If you are selected for a fixture you are expected to play; not only to represent the school, but also to support your peers. For those pupils not selected for a team, there are alternative options available Monday - Friday through the activity programme; with basketball, tennis and football available on a Saturday afternoon.

Sixth Formers Curriculum Sport

It is important that pupils remain active between the ages of 16-18, forming habits that will stay with them for the rest of their lives. This promotes physical and mental well-being, as well as the enjoyment of sport. Sixth Formers enjoy a wider choice of sports as part of their curriculum.

We hope that pupils selected for a team will continue to train and represent the school in rugby, cricket, netball or hockey. We also offer social football, pilates, gym, basketball, tennis, swimming, badminton and table tennis as part of the sports curriculum.

Academy Programmes

Culford offers Academy Programmes across Prep and Senior School.

The sessions are taken by our professional sports coaches and offer a combination of technical, tactical, physical and mental training. Each pupil on an Academy Programme will have personalised low ratio coaching sessions, designed to enhance their understanding of the sport in question.

Academy sessions are charged at £100- £125 per term for a 55-90 minute session over 8-10 weeks depending on the length of the term. The days and times for each Academy is set out in the table below:

Prep School

	Monday	Tuesday	Wednesday	Thursday	Friday
Hockey U2				17:30 - 18:45	
Hockey L3/U3				17:30 - 18:45	
Cricket L2/U2					17:00 - 18:00
Cricket L3/U3	17:00 - 18:00				
Football L3/U3					17:00 - 18:00
Rugby U2	17:00-18:00				

NB Cricket Academy does not run in the Summer term

Senior School

	Monday	Tuesday	Wednesday	Thursday	Friday
Hockey			18:00-19:15		
Cricket F4/L5	18:00 - 19:00				
Cricket U5-U6		18:00 - 19:00			
Football F4/L5			17:00 - 18:00		
Football U5-U6	17:00 - 18:00				

In the Senior School we offer the following cycle of Academy Programmes:

Autumn term – Hockey (Boys and Girls), Cricket (Boys and Girls), Football (Boys and Girls)

Spring term – Hockey (Boys and Girls), Cricket (Boys and Girls), Football (Boys and Girls)

Summer term – Hockey (Boys and Girls), Football (Boys and Girls)

Individual Sports Programmes

Individual Sports Programmes allow pupils to access small group or individual coaching, from our team of highly qualified and experienced sports coaches; many of whom have played sport at national level.

Our individual programme sessions are 40 minutes long. Starting in Upper Second, programmes are available in extra-curricular slots. From Lower Third it may be possible for pupils to have a reduced timetable to access additional individual sessions in their chosen sport, if they are county standard or better. Other Prep School pupils can access programmes in the extra-curricular slots. Fourth Form pupils can remit subjects to take Individual Sport Programmes and from Lower Fifth, pupils can select an Individual Sports Programme as part of their academic choices. In Sixth Form, pupils can take full advantage of the opportunities available by using some of their private study periods.

We offer programmes in the following sports:

- Hockey
- Rugby
- Cricket
- Netball
- Swimming
- Football
- Tennis
- Golf
- Strength & Conditioning

The Individual Sports Programme for tennis and golf operate slightly differently, with 60 minute slots per lesson. Pupils can choose from a single, group or private lesson per week, up to a high performance programme.

Further details can be found in the Individual Sports Programme, by clicking the below link:

[Individual Sports Programme](#)

Strength and Conditioning (S&C)

Delivered by our highly qualified UKSCA coaches, strength and conditioning prepares the body to withstand and excel under the pressures exerted through playing sport, both recreationally and at a high level.

Strength and conditioning involves a range of sessions based on the athletes needs and can include: pilates, conditioning, speed and strength sessions. Sessions take place in our newly refurbished conditioning suite, using state of the art equipment combined with modern technology, that allows pupils to monitor their development.

[Athlete Development Pathway](#)

Alongside strength and conditioning, we offer sports massage to aids injury prevention and recovery. A sports therapist is available throughout the week to deal with the inevitable stresses that occur from playing a high volume of sport.

From September 2021, nutrition and sports psychology are offered as part of the scholars' programme and integrated into our sports programmes.

The majority of programmes with a high volume of activity include strength and conditioning as part of the package. However, programmes are also available to all pupils who wish to learn to train safely for a fit and healthy lifestyle.

Fixtures

How do I find out about Fixtures?

Culford uses SOCS Sport to keep parents fully informed regarding fixtures. By accessing SOCS, you will have full access to fixture dates, locations, travel details and team sheets.

If you sync your child's team to your mobile device, fixtures are automatically added to your calendar.

The SOCS sports website can be access at: www.culfordsport.co.uk

We do not publish paper match sheets; details of fixtures can viewed on screens in the sports centre, Ashby dining hall and under the Prep School playground arch.

Further details of how to use SOCS Sport can be found by clicking the below link:

[SOCS Sport Introduction](#)

Team Selection

Our aim is to create an environment where all pupils can enjoy sport at the correct level for their ability, this includes arranging a spread of challenging fixtures.

At Culford we believe in sport for everyone of every ability. The selection process for our teams is based on the professional opinion of the coach leading the team. Our 1st teams and A teams will be the most competitive team we can field. All team selections should be explained to pupils, particularly if a pupil is moved between teams.

In the Prep School, we aim to publish team sheets on the Friday prior to the following Wednesday afternoon fixture, however, this may not always be possible.

In Senior School, fixtures are published on Thursday lunchtime prior to the Saturday fixture. If you require additional notice, please contact the team coach and they will do their best to help.

Late returns and changes to fixtures

In Prep School, sports staff will inform reception of any late returns and changes to fixtures. Prep School reception will aim to contact parents directly and leave a written message on display in the Prep School library window.

Prep pupils are not allowed to have their mobile phones with them at fixtures unless they have the Head's permission.

In Senior School, pupils are responsible for contacting their parents regarding late returns and informing them of the new arrival time.

Senior pupils may take their phones to fixtures with them.

Catering

Prep School match teas are served to parents in Cadogan Hall, while Senior School match teas are served in Ashby.

Match teas for Culford pupils and the opposition are served in Ashby, all pupils are expected to attend. If on a rare occasion you need to depart before the match tea, please speak to your team coach so they are aware.

Dietary requirements for pupils will be taken into account using the school pupil management system, iSAMS. Please ensure this is up to date by contacting the school reception.

Transport

Teams will travel to matches by coach or mini bus.

Non-Participation

Parents or pupils must request permission to miss a fixture from the Head of Sport. To allow time to make changes to the fixture or team, please provide two weeks notice.

Policies

Kit and Equipment

Pupils should only wear kit contained on the kit list that can be found at:
culford.co.uk/parent-hub/uniform

Mouth guards are compulsory for rugby and hockey. A supply of mouth guards is kept at the Prep School and Sports Centre Reception – the pupil should give their name and it will be charged to their school bill.

All lost property should be taken to Sports Centre Reception for processing.

Pupil Non-Participation

Pupils should hand off-games notes directly to the member of staff taking their lesson at the start of the session. They should still be changed into kit and take part e.g. coaching or umpiring.

Boarders should provide an off-games note from the medical centre.

Long-term injury will be dealt with at the discretion of the Head of Sport.

Rewards and Discipline

In Prep School, sports staff will have an age appropriate approach to following the school's sanction policy. Parents will be contacted for ongoing minor issues in the first instance, in order for the school to be supportive.

In Senior School, pupils receiving two non-satisfies within the same block of activity will be referred to the Head of Sport and appropriate action taken, in line with the school sanctions policy.

All disciplinary action will be noted on iSAMS.

If a pupil is absent from a sports lesson without permission, they will receive a detention and parents will be alerted through HSMs.

Pupils will be awarded benefecits in Prep and Senior School for excellent effort, team work or performance.

Billing for Programmes

Programmes are added to the school bill and charged at the end of term. A pupil must be injured for more than four consecutive weeks to qualify for a reduction in fees for a programme at which point a 25% reduction will be made. If injured for six consecutive weeks a 50% reduction will be made. Staff will keep a register of attendance for individual programme lessons – if a pupil does not show up for a lesson it will still be charged.

Lesson charges are based on 30 weeks per annum and split across three terms e.g. Autumn term 12 lessons, Spring term 10 lessons and Summer term eight lessons. School is in session for 34 weeks to allow for unforeseen circumstances.

Saturday Sport and Major Games

Fourth Form, Lower Fifth and Upper Fifth Pupils

- All pupils are expected to play the major game of the term in both games sessions.
- All pupils are expected to represent the school on a Saturday if selected for the team.
- At the Head of Sport's discretion, pupils will be allowed to take up a different sport option after half term.
- Pupils doing an Individual Sport Programme (ISP) in tennis, golf, strength & conditioning and dance may be allowed to split their games sessions between one ISP and one games lesson if they are B team standard or lower. They will be required to attend the games session nearest to any fixture.

Sixth Form

- Pupils who have chosen to represent teams are expected to attend both games session unless specific permission is granted by the Head of Sport.
- All Sixth Form pupils will be encouraged to play the terms major game and represent the school in fixtures. We encourage all pupils to have an active and healthy lifestyle, therefore tutors and HSMs are expected to support this process.

Rugby

- All pupils have the right to opt out of contact rugby and will be contacted by the Head of Rugby before the start of the Autumn term.
- Pupils who do opt out may be offered a range of individual and team sports after half term. The first half term will be non-contact rugby.

Fixtures and Tournaments

All regular term time fixtures should rarely require a pupil to miss academic lessons.

The school enters cup competitions for pupils across all age groups in our sports where they have a competitive chance to go beyond the first round. Due to their nature these competitions may clash with lessons. Some events have tiers and the Head of Sport will choose the relevant tier based on the pupils level that year.

Our selection policy is to play the best team we can for these events.

Ahead of the sport of the term, the Head of sport to meet with DOS /HOS to discuss the potential pupils playing out of age, a discussion to be based around:

- Who they are
- Overall load of pupil
- Physical maturation
- Emotional maturity
- Effect on other pupils in age group

Pupils Playing in more than One Team

Some pupils will be involved in more than one team eg tennis/football or hockey/netball. Before a pupil can miss academic lessons for more than one sport the Head of Sport should liaise with teachers to ensure academic performance will not be impacted.

Catching up from Missed Lessons

A pupil who misses a lesson must do that lesson on Google Classroom in their own time, to a deadline set by the teacher. The pupil must provide some form of measurable feedback to indicate that they have definitely done the lesson, if feedback or assessment is not an integral part of the lesson.

Teachers should put pupils in catch-up without fail as a supportive measure.

Saturday School Elite Sport Policy

Pupils who are considered elite athletes in their chosen sports can request permission to miss Saturday school on occasion based on the following criteria:

They are of the appropriate standard in their chosen sport.

Sport	Standard
Tennis	Grade 3 level or higher
Golf	Regional level or higher
Swimming	Scholar level
Hockey	Regional level - PC trial standard
Rugby	Northampton Saints Academy / Leicester Tigers Academy / London & South East Division

Eastern Counties	
Cricket	EPP
Netball	Satellite
Football	Professional club academy

- Anomalies which will be reviewed on a case by case basis.
- Requests to miss sport must be made to the Head of Sport with teachers and tutors copied in. Teachers have the right of veto.

Criteria for Missing Collective Worship and Learning for Life (PSHCE)

- As a policy no remission of this subject will be given.

Individual Sports Programmes (ISP) - Prep School

- Pupils in Prep School should not miss games/PE lessons for these sessions with the exception of tennis and golf.
- They are accessible in curriculum time for music, art and DT for pupils of county standard or better. The Head of Sport will confirm the pupils level.
- Upper Second pupils can access ISPs in the extra-curricular time slots.
- The policy in Prep School is to encourage a wide range of sports and S&C for ISPs.
- Anomalies will be reviewed on a case by case basis.

Individual Sports Programmes (ISP) - Senior School

- Fourth Form pupils may request to remit subjects to take part in an ISP. This discussion should begin with their tutor.
- 12 Fifth Form pupils can select ISP's as one or more of their academic choices.
- Sixth Form pupils can use their private study periods to participate in ISP's.

Useful Contacts

Assistant Head (Co-curricular)	James Yates	James.Yates@culford.co.uk
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Head of Pre-Prep Sport & Development Tennis	Ashton Pepper	Ashton.Pepper@culford.co.uk
Head of Academic PE	Kerry Kemp	KKemp@culford.co.uk
Head of Netball	Sophie Hansell	SHansell@culford.co.uk
Head of Cricket	Alex Stafford	AStafford@culford.co.uk
Football Partnership Development Manager	Alan Lee	ALee@culford.co.uk
Head of Football	Paul Land	PLand@culford.co.uk
Head of S&C	James Earle	JEarle@culford.co.uk
Head of Swimming	Dan Pilbrow	DPilbrow@culford.co.uk
Head of Golf	Lawrence Dodd	LDodd@culford.co.uk
Head of Performance Tennis	Chris Johnson	CJohnson@culford.co.uk
Sports Therapist	Ben Clinch	BClinch@culford.co.uk
Sports Centre	Sean Collier	SCollier@culford.co.uk