



Culford

# Culford Sport Useful Information

FOR PARENTS & PUPILS

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## Useful Contacts:

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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, dance, sports hall athletics, athletics/cross-country, hockey, rugby, netball, basketball and cricket. Third Form do not have swimming as part of their curriculum, however, swimming and tennis remain 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, with the curriculum being adapted for those who wish to opt out of contact rugby. Football is offered as part of the activity programme, as well as an academy sport for an additional cost.

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 and tennis available on a Saturday afternoon. Pupils in Upper Fifth are able to choose their selected sport in senior games, though we strongly encourage those who play the major game of the term to take part.

## **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 volleyball, pilates, gym, basketball, tennis, swimming, badminton and table tennis; as well as a whole range of outdoor pursuits such as mountain biking and archery as part of the sports curriculum.

## Team Training Sessions (Invitation Only)

Culford offers team training sessions across Prep and Senior School in football and our major games: rugby; cricket; netball and hockey.

The sessions offer a combination of technical, tactical, physical and mental training. Team training sessions are free of charge to pupils invited to attend.

### Autumn Term

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>17:00-18:00</b>	U11, U13 Boys' Rugby	U9, U11 Cricket	U15 Football	U13 Boys' & Girls' Cricket	U13 Football
	U11, U13 Girls' Hockey	U18 Girls' Hockey	U15 Boys' & Girls' Hockey (17:00-18:30)	U18 Boys' Hockey	
	U14, U15, U16, U19 Netball (17:00-18:30)		Prep Fixtures		
	U18 Football				
<b>18:00-19:00</b>	U15, U18 Boys' Rugby	U15, U18 Boys' Cricket		U18 Girls' Cricket	

# 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 show good potential. Other Prep School pupils can access programmes in their extra-curricular slots, if logistics allow. Fourth Form pupils can remit subjects to access 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.

## **Specialist Sports:**

Basketball  
Cricket  
Hockey  
Netball  
Rugby  
Strength & Conditioning

## **Academy Sports:**

Tennis  
Golf  
Swimming  
Football

Academy sports 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 booklet, by clicking [here](#).

## **Individual Sports Programmes (ISP) - Prep School**

- Pupils in Prep School can request to miss their PE lesson to take part in an ISP.
- They are accessible in curriculum time for music, art and DT for pupils of a high potential. 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.
- 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.

## 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.

Pupils will be automatically re-enrolled in their programme each term, following the Autumn term. A parent must provide 1/2 a term's notice if their child no longer wishes to participate in a sports programme.

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. Billing will be issued in September, January and April for additional sports programmes.

## 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 athlete's 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 aid 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.

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.

## Scholarships

Culford has a proud tradition of developing aspiring athletes in our range of sports on offer.

The Scholarship programme offers a range of psycho-social workshops, practical nutrition workshops, Individual Development Programme's (IDP's), Motivational speakers as well as the practical coaching and mentoring required to maximise a pupil's athletic and sporting potential.

Further details can be found in the Sports Scholarships and Programmes Booklet, by clicking [here](#). Or on our website: [culford.co.uk/culford-sport/sports-scholarships](http://culford.co.uk/culford-sport/sports-scholarships)

# 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](http://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, if this is not possible a staff member will do it.

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 and opposition pupils are served in Ashby for rugby teams. Match teas for hockey, cricket and netball are normally provided pitch side.

Dietary requirements for pupils will catered for.

## **Transport**

Teams will travel to matches by coach or mini bus. Details will be provided through SOCS Sport as to when and where fixtures are taking place.

## **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.

## **Kit and Equipment**

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

## **Parents Spectating at Fixtures**

We love having parents at our fixtures and are proud of how Culford parents support and encourage both their children and their team mates. Positive parents can play such a key role in making sport fun and enjoyable for their children and we appreciate your ongoing support to encourage key behaviours we can develop through sport, which are crucial for all areas of life including:

- Fairness and sportsmanship
- Being able to cope with disappointment and mistakes
- Building confidence and having a positive attitude
- Working hard for their team and giving their best
- Setting goals and working to achieve them
- Being a good team mate by encouraging and supporting their peers

Lastly, we ask all parents to remember that although a small percentage of children may go on to play sport at the highest level, this is school sport (not the World Cup final yet!) and our overall role is to help your child enjoy sport and activity so that we lay the foundations for an active life beyond school.

# Policies

Mouth guards are compulsory for hockey, rugby and non-contact rugby. 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. Shin pads are compulsory for football and hockey - we do not keep a stock of these so they should be sourced before the start of the academic year.

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

## **Pupil Non-Participation**

Boarders should provide an off games note from the medical centre and hand this directly to the member of staff taking their lesson at the start of the session. Day pupils should have a note for the head of sport or sports teacher on the session, providing the reason for non-participation. Pupils should still change into kit to take part in the lesson e.g. coaching or umpiring, unless their injury or illness prevents them from doing so.

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 iSAMS.

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

## **Saturday Sport and Major Games**

### **Fourth Form and Lower 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 a team.
- Pupils doing an Individual Sport Programme (ISP) in tennis, golf and strength & conditioning may be allowed to split their games sessions between one ISP and one games lesson if they are not in a team. They will be required to attend the games session nearest to the Saturday fixture.

### **Upper Fifth and 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 will play touch rugby and we will offer a number of competitive fixtures against other schools, if available.

### **Physical Contact Policies**

Please [click here](#) to understand the risks involved in participating in sports.

### **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 start 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.

<b>Sport</b>	<b>Standard</b>
Tennis	Grade 3 level or higher
Golf	Regional level or higher
Swimming	Scholar level
Hockey	Talent Academy standard
Rugby	Northampton Saints Academy / Leicester Tigers Academy / London & South East Division
Cricket	EPP
Netball	Mavericks standard
Football	Professional club academy

- Anomalies 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 if a pupil is not meeting their academic potential.

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

- As a policy no remission of these subjects will be given.

#### **Parents Watching 1:1 Lessons during the School Day**

Parents are able to watch their child play by invitation of their coach. When a parent arrives to watch their child they should sign in at the Sports Centre Reception to collect a visitors badge and then proceed directly to the venue their child is playing.

Parents are limited to the following areas of the site whilst visiting: public footpaths; Paddy & Scott's cafe; toilet facilities and the tennis courts.

Whilst visiting the site, parents should not engage with other pupils and should not disturb staff who are working, unless invited to do so.

## Useful Contacts

Assistant Head (Co-curricular)	James Yates	JYates@culford.co.uk
Head of Prep Sport/ Rugby	Mark Bolton	MBolton@culford.co.uk
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Head of Hockey	Alex Bibby	ABibby@culford.co.uk
Assistant Head of Prep School Sport	Amee Bullett	ABullett@culford.co.uk
Head of Pre-Prep Sport & Development Tennis	Ashton Pepper	APepper@culford.co.uk
Head of Academic PE	Kerry Kemp	KKemp@culford.co.uk
Head of Basketball	Phil Green	PGreen@culford.co.uk
Head of Netball	Sophie Hansell	SHansell@culford.co.uk
Head of Senior School Cricket	Callum Guest	CGuest@culford.co.uk
Head of Prep School Cricket	Alistair Younger	AYounger@culford.co.uk
Head of Football	Paul Land	PLand@culford.co.uk
Head of S&C and Sports Scholarship Programme	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 Tennis	Chris Johnson	CJohnson@culford.co.uk
Head of Regional Player Development Centre (RPDC)	Mat Lowe	MLowe@culford.co.uk
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