



Culford

Culford Sport Useful Information

FOR PARENTS & PUPILS

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Our Mission

To unlock the potential of every pupil.

Our Vision

To provide exceptional opportunities that empower individuals and teams to reach their full potential, by creating an inspiring learning environment led by expert professionals in a stunning and supportive setting.

For some pupils, sport at Culford is a chance to develop athletic skills and a healthy lifestyle while having fun and representing the school in a sport they are passionate about. For others, it serves as a springboard to elite competition, with pupils representing not only Culford, but also their club, county, region, and even their country.

For those looking for extra support to get to the next level, we offer individual development through the Individual Performance Programme. In addition to this, internal and external applicant can apply to become part of our class-leading Sports Scholarship Programme, which was highlighted as a 'significant strength' in our recent ISI inspection.

The Sports Department is led by a dedicated team of specialist coaches, many of whom have competed at national level. United by a passion for excellence, the department is committed to delivering high-quality sport and physical activity sessions for all pupils, guided by three clear principles:

Participation for all

With over 1000 school fixtures a year, we aim to offer all pupils the opportunity to represent the school in a competitive setting.

Athletic and sport specific skill development

With up to three major games sessions each week, alongside a wide range of activities and specialist academies, we aim to equip all pupils with the fundamental skills needed for lifelong participation in sport and physical activity.

Developing key transferable characteristics

We place high value on the behaviours and qualities that drive success both on and off the sports field. From preparation, commitment, and sportsmanship, to purposeful practice, teamwork, and leadership. These attributes are recognised, encouraged, and rewarded throughout the school.

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

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

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 games lesson, PE lesson and sports afternoon where fixtures are played 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. If you are selected for a fixture you are expected to play, not only to represent the School, but also to support your peers.

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

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 - Thursday through the activity programme; with basketball available on a Saturday morning as part of the ACE Programme. 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 Form

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, archery, horse riding and table tennis.

Individual Performance Programmes

Individual Performance 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 Lower 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 Performance Programmes and from Lower Fifth, pupils can select an Individual Performance 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
Swimming

Academy Sports:

Tennis
Golf
Football
Dance

Academy sports operate slightly differently, with up to 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](#).

Prep School - IPP

- Pupils in Prep School can request to miss their PE lesson to take part in an ISP.
- For pupils of a high potential, IPPs can be accessed in curriculum time in replacement of music, drama, art, DT and or a language. The Head of Sport will confirm the pupils level.
- Second Form 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.

Senior School - IPP

- Fourth Form pupils may request to remit subjects to take part in an ISP.
- Fifth Form pupils can select ISPs as one or more of their academic choices.
- Sixth Form pupils can use their private study periods to take part in an ISP.

Billing for Programmes

The cost of Sports Programmes are added to the school bill. 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 applied. If a pupil is injured for six consecutive weeks, a 50% reduction will be applied. Staff keep a register of attendance for individual programme lessons, and fees will be charged for no-shows.

Pupils are automatically re-enrolled in their programme each term, following the Autumn term. A parent must provide one terms notice if their child no longer wishes to participate in a sports programme.

In the Summer term Upper Fifth and Upper Sixth pupils will be enrolled until the commencement of study leave, at which point, unless they confirm continuation of their programme, they will be removed.

Lesson charges are based on 30 weeks per annum and split across three terms: Autumn term 12 lessons; Spring term 10 lessons and Summer term eight lessons. This allows for unforeseen circumstances; school is in session for 34 weeks per year. Billing will be issued in October, January and May 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 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 injury prevention, rehabilitation and sports massage through our Physiotherapy provider JL physio. Appointments can be booked by emailing info@JLPhysio.co.uk.

JL Physio is an external service provider and your payments will be made directly with them.

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 Programmes (IDP), Motivational speakers as well as the practical coaching and mentoring required to maximise a pupils 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

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 teams for First Form by the Tuesday and for Second and Third Form by the Friday before their Wednesday 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.

For both Prep and Senior schools if a pupil is selected for a fixture they are expected to play, both to represent their school and to support their peers.

If a senior pupil if unable to play in a fixture please email fixtures@culford.co.uk with a minimum of two weeks notice. The email account is monitored by the Head of Senior School Major Games and the Head.

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 or near the fixture depending on the sport.

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

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

Policies

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 and our overall role is to help your child enjoy sport and lay the foundations for an active life beyond school.

Mouth Guards

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. Parents of day pupils should provide a note to their sports teacher 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.

Boarders will be added to the off-games register on iSAMS by the health centre. Day pupils will be added by the sports administrator.

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-satis 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 or mid-week 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 afternoon games session.

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.

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 sport of the term, the Head of sport to meet with Head of Senior School Major Games or Head of Prep Sport 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 e.g. 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.

Catch up for missed academic 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	Talent Academy standard
Rugby	Northampton Saints Academy / Leicester Tigers Academy / London & South East Division PDP
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
Head of Senior School Major Games	Graham Moodie	GMoodie@culford.co.uk
Head of Hockey	Alex Bibby	ABibby@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	Edward Upson	EUpson@culford.co.uk
Head of S&C and Sports Scholarship Programme	James Earle	JEarle@culford.co.uk
Head of School Swimming	Cate Nash	CNash@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
Sports Centre Manager	Sean Collier	SCollier@culford.co.uk