



Culford



Culford School Football Academy

In partnership with Tottenham Hotspur



Welcome to the Culford School Football Academy

Culford is an unapologetically ambitious school, where we aim to put the most motivated, knowledgeable and passionate staff in front of every one of our young people. Our partnership with Tottenham Hotspur is testament to this approach and gives our pupils a unique opportunity to achieve academic success while fulfilling their football ambitions.

Partnership Vision

Culford School will work in close partnership with Tottenham Hotspur to maintain excellence in footballing standards and create an environment that delivers coach and player development across all ability levels.

KEY OBJECTIVES

- Culford Academy will use the inspiration from Tottenham Hotspur First Team and Academy to develop young players and coaches
- Develop a regional hub for girls' football
- Tottenham Hotspur will provide a full time experienced football development coach
- Tottenham Hotspur will design an appropriate coaching curriculum for Culford based on the Club's coaching philosophy
- Culford School teams will have a unique football experience at Tottenham Hotspur Training Centre
- Player pathways available for all pupils into the Global Football Development and Academy settings
- Opportunities to attend Tottenham Hotspur Academy and Women's fixtures
- Tottenham Hotspur will provide a mentoring pathway into coaching through the Tottenham Hotspur Coaching Excellence Centre

Academy Programme

Our co-educational football programme allows pupils of all abilities access to outstanding coaching, support and guidance from a fully qualified team of professionals.

All academy players work towards an individual development plan specifically designed by the Head of Football. This bespoke approach paves the way to opportunities in the semi-professional/professional game and coveted scholarships at top universities across the USA.

Former Republic of Ireland international and Premier League striker, Alan Lee, now serves as Culford's Football Ambassador. He is joined by Ed Upson, a former professional with over 400 Football League appearances for clubs including Ipswich and Millwall, who as Head of Football leads the day-to-day running of the Football Academy with more than 18 years of experience as both a coach and player.

The Culford coaching team are joined by head coach Paul Land, who is an FA A licenced coach, and ex Swansea academy coach. Paul brings the THFC coaching DNA to Culford and works alongside the Culford team as liaison with THFC.

Our market leading sports science programme is delivered by a team of expert coaches under the guidance of James Earle PhD. The programme is designed to cultivate a high-performance environment to unlock our pupils' full potential, while driving both talent and athletic development to unprecedented levels.

KEY FEATURES

- Coaching excellence from Culford and Tottenham Hotspur staff
- Customised strength and conditioning
- Individualised nutrition and sports psychology support
- Psychosocial development talks
- Academy group coaching
- Individual technical coaching
- Competitive matches for Culford School
- Pathways to local club and professional academies
- Individual mentoring and performance reviews from the Head of Football

FACILITIES

Our expansive grounds boast top-tier facilities, which include:

- Full size and junior grass pitches
- Floodlit all-weather pitch
- Strength and Conditioning Gym
- Fitness suite
- Indoor sports hall
- 25-metre indoor swimming pool
- On-site physiotherapy and medical services

Programme Costs

2026-27

Weekly Programme	Second Form Yrs 5 & 6	Third Form Yrs 7 & 8	Fourth Form - Sixth Form Yrs 9 - 13
Performance	1 x Academy squad training 1 x Individual skills session	2 x Academy squad training 2 x Individual skills sessions Level 2 Strength and Conditioning	3 x Academy squad training 3 x Individual skills sessions Level 3 Strength and Conditioning 1 x Elite academy (invite only)
Termly Cost	£535	£1,470	£2,335
Development	2 x Academy squad training	2 x Academy squad training	2 x Academy squad training 2 x Individual skills sessions Level 2 Strength and Conditioning
Termly Cost	£510	£510	£1,470
Foundation	1 x Academy squad training	1 x Academy squad training	1 x Academy squad training 2 x Individual skills session
Termly Cost	£255	£255	£815

Prices are inclusive of VAT.





Weekly Training Timetable

Day	Sessions
Monday	U16, U17, U18 Academy Squad U11, U12, U13 Academy Squad
Tuesday	U16, U17, U18 Academy Squad U14, U15 Academy Squad*
Wednesday	U14, U15 Academy Squad
Thursday	U16, U17, U18 Academy Squad* U14, U15 Academy Squad
Friday	Rest
Saturday	U16, U17, U18 Academy Squad U14, U15 Academy Squad U11, U12, U13 Academy Squad
Sunday	Rest

*every other week

Scholarships

Culford provides a clear pathway to optimise the potential of every pupil directed by highly qualified staff with experience in leading and coaching high performance athletes.

These tailored programmes share the same cornerstones and key values:

- First-class individual coaching with a focus on core skill development
- Access to detailed and sport specific strength and conditioning, including functional screening
- Access to medical and nutritional support
- Comprehensive competitive schedules

Culford's success at integrating pupils' academic life with their sporting aspirations has led to a number of pupils achieving Sports Scholarships both in the UK and the USA, with many progressing to professional pathways. All Sports Scholars who specialise in a major game are expected to represent the School in all three major games.

Culford Sports Scholarships are designed to provide the recipient with a programme that supports their aspirations by developing their athletic, sporting and academic potential.

THE CORE PROGRAMME AWARDED TO SCHOLARS INCLUDES:

- 2 team training sessions
- 1 small group coaching session
- Level 2 Strength and Conditioning
- Lectures on sports psychology and nutrition
- Workshops from motivational speakers

The core programme may be enhanced, following discussion with individual mentors and at an additional cost, outlined in this publication.

In exceptional circumstances, a Sports Scholarship may carry a 10% remission of school fees; and in all cases, families can apply for a means-tested bursary.

Prices are based on 30 weeks per year which allows for illness, excursions and exams.

STRENGTH & CONDITIONING

Strength and Conditioning is available to all pupils through our team of qualified coaches, led by James Earle. James and his team are accredited Strength and Conditioning coaches with numerous years of experience supporting young athletes and professionals. The number of sessions pupils undertake each week depends on their age, ability and identified training needs. Sessions are often held in small groups and may bring together athletes from different sports.



Excellence in Education

A school is, simply, as good as its teachers. No number of facilities or resources - as blessed as we are with these - will ever do the job of an incredible teacher.

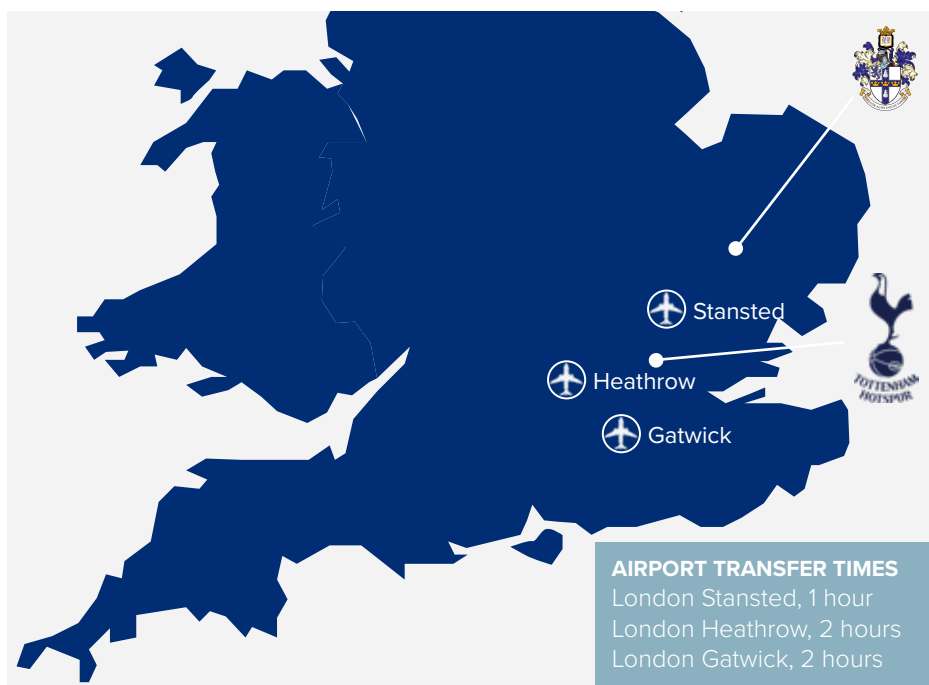
We look to ensure academy pupils enjoy their learning so that they develop a passion and innate interest in the subjects they study. One of the ways we do this is to ensure that lessons involve a full range of active learning techniques so that pupils are involved and engaged at all times.



Universities and employers are increasingly seeking applicants who can match exceptional academic results with confidence, motivation and a desire to be their best, and this is exactly what a Culford School education provides.



How to Find Us



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