Individual Performance Programmes

2026-27

Culford

Culford School is proud to welcome St Edmundsbury Wealth Management and Larkbridge Mortgages as new supporters of Culford Sport for the 2026/27 academic year.

This exciting partnership marks a shared commitment to nurturing sporting talent and promoting the values of dedication, teamwork and excellence. The support from these two respected local firms will help enhance the opportunities available to pupils across all levels of sport at Culford.

Both St Edmundsbury Wealth Management and Larkbridge Mortgages recognise the positive impact that sport can have on young people's development, both on and off the field. Their involvement will contribute to the continued success of Culford's sporting programme.

Culford is delighted to have their support and looks forward to a successful year ahead.

St Edmundsbury
Wealth Management Ltd

Larkbridge
Mortgages

Contents

4-5	Sports Scholarships
6-8	Golf
9-14	Tennis
15-16	Swimming
18-19	Football
20-21	Cricket
22-23	Hockey
24-25	Netball
26-27	Rugby
28-29	Basketball
30-32	Strength & Conditioning
34	Sports Medicine Support Services

To be a Culford Sports Scholar requires commitment, determination and a real passion for your chosen sport. When selecting Scholars, we take many factors into consideration, including: future potential, highest playing level reached, current playing level, overall physical conditioning, attitude and desire.

Culford provides a coherent pathway to develop pupils at Foundation, Development, Performance and Elite levels, and each sport is 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**
- **Access to specific support workshops such as psychosocial development**
- **Comprehensive competitive schedules**

We pride ourselves on our holistic and flexible approach to individual pupils. 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. Training will be centred around the chosen sport, as agreed with the Deputy Head (Co-curricular).

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:

Major Games	2 group sessions, level 2 Strength & Conditioning
Tennis	1 individual, 2 group sessions, level 3 Strength & Conditioning
Golf	1 individual, 2 group sessions, level 2 Strength & Conditioning
Football	1 individual, 2 group sessions, level 2 Strength & Conditioning
Swimming	All squad training, level 1 Strength & Conditioning

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

Scholars also have access to the Culford Sports Scholars' Programme, which runs throughout the year. The programme includes lectures on sports psychology, talks from motivational speakers and a range of nutrition workshops.

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

Prices within this booklet are inclusive of VAT and are based on 30 weeks per year which allows for illness, excursions and exams.

Images: Former Sports Scholars, Tyler Weaver at the 2025 US Open and Megan Knight, U16 National Tennis Champion.

Golf Academy

Our team of PGA professionals bring a wealth of experience that provides exceptional coaching to aspiring young golfers of every skill level. With outstanding on-site facilities, Culford is the perfect environment for young golfers to thrive and reach their full potential.

Lawrence Dodd, our Head of Golf, won the first of three consecutive men's county championships at age 15, earning him a scholarship to the University of Tennessee. He went on to represent England and compete on the PGA European Tour before joining Culford in 2015.

Acknowledging the importance of playing a wide variety of sports from a young age, he says: "At Culford, we create an environment that I did not experience until playing international golf. However, we remain committed to equal opportunities and provide a pathway for all our young golfers"

In April 2023, Culford were crowned National Golf Champions at the Independent Schools Golf Association (ISGA) Championship. More recently, Culford golf alumni have been making an impact on the national and international stage, with Nellie Ong qualifying for the 2026 US Open and Tyler Weaver qualifying for the 2025 US Open.

Facilities
We are able to combine an excellent education with a specialised golf programme due to the high standard of our on-site facilities.

- Trackman powered swing studio
- Floodlit all-weather Huxley short game area
- Floodlit covered driving range
- Access to four local golf courses

> There's no doubting Dodd's passion, nor the expertise of the team that he heads up. They are key factors in why Culford's golf programme has become such a success story.
>
> The Professional Golfers' Association

The High Performance Golf Programme typically includes:

- Weekly coaching sessions with PGA professionals
- Video analysis
- Nutritional support
- Mental skills
- Specialised Strength and Conditioning
- Goal setting and tournament planning
- Optional international training camp and residential holiday training
- Access to local golf courses
- Term time tournament schedule

High Performance Golf Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Foundation	8-18	1 x Individual	£685
Foundation I	8-18	1 x Individual 1 x Activity	£840
Development	11-18	1 x Individual 1 x Group (3 hours) 1 x Course lesson 1 x Activity Level 2 Strength & Conditioning	£2,175
Development I	11-18	1 x Individual 2 x Group (4.5 hours combined) 1 x Course lesson 1 x Activity Level 3 Strength & Conditioning	£2,985
Performance	11-18	2 x Individual 2 x Group (4.5 hours combined) 1 x Course lesson 1 x Activity Level 4 Strength & Conditioning	£4,035

Prices are inclusive of VAT.

SH YOUR POTENTIAL
RACKMAN

Tennis Academy

Widely regarded as one of the premier school tennis programmes in the UK, Culford School has consistently been ranked amongst one of the best tennis schools in Great Britain, developing players who compete successfully at regional, national and international level.

Culford has consistently won national titles in both boys and girls competitions from U18's to year 7-8 events over the last ten years, and we are the current Year 9 and 10 and Aberdare Cup National champions. Culford is one of the few schools where tennis, strength and conditioning and academics take place on the same site.

Culford tennis is led by Chris Johnson, who is a Level 5 Licensed Master Performance Coach with an excellent track record of producing players who have gone on to compete at a professional level.

Culford is an LTA Accredited Regional Player Development Centre (RPDC) and acts as a centre of excellence for the East Region. Funding may be available for players who meet the LTA criteria. The RPDC is led my Mat Lowe, a former ATP professional who has worked in top British and American academies. The RPDC is integrated into the whole school programme to ensure a seamless player development pathway.

Tim Henman OBE shares advice with Culford Tennis Academy players

> Culford offers a great balance for those who are looking to combine a first class education with a full time tennis programme. We put the individual at the centre of development to help them maximise their potential.

Chris Johnson
Head of Tennis

Facilities
Our exceptional tennis facilities include:

- Six outdoor courts
- Four championship standard indoor courts
- Two indoor courts covered by a single skin air-hall

Tennis Programme
The tennis programme is open to all pupils, offers 11 different levels and varies from squad to individual sessions based on the player's ability, potential, desire to succeed and progress.

Programme Details - Mini Orange, Green and Normal Ball

Programme	Age	Weekly Hours (Average)	Weekly Sessions (Average)	Termly Cost
Level 1	4-18	1.5	1 x Squad	£325
Level 2	4-18	1	1 x Individual	£685
Level 3	4-18	2.5	1 x Squad 1 x Individual	£1,010
Level 4	4-18	4	2 x Squad 1 x Individual	£1,335
Level 5	4-18	5.5	3 x Squad 1 x Individual	£1,660
Level 6	4-18	7	4 x Squad 1 x Individual	£1,985
Level 7	4-18	5	2 x Squad 2 x Individual	£2,020
Level 8	4-18	8	3 x Squad 2 x Individual Level 1 Strength & Conditioning Programme Support*	£2,825

Prices are inclusive of VAT.

** Consists of tournament support, holiday tennis provision, goal setting and planning, and video analysis.*

Tennis Programme

The school tennis programme is open to all Culford pupils over the age of nine who are committed to their tennis and are competing regularly. Suitability for programmes Level 9 and higher is determined by interview with the Head of Tennis and assessments by our team of coaches. Player desire, potential, commitment and family support are all considered during this process.

Sessions for pupils on the tennis programme are scheduled around the academic timetable and may occur during the school day, at lunch, and before and after school. Pupils may be required to drop academic subjects to accommodate sessions. Although a large portion of their day will be focused on tennis, it is expected that players remain up-to-date with their academic work, and they will have full support from teachers and their tutor to do so.

The tennis programme typically includes:

- Individual, paired and squad sessions
- Strength and conditioning training
- Tournament visits (where applicable)
- Holiday coaching programme (subject to availability)
- International training camps (additional cost)
- Goal setting, planning and reporting
- Video analysis
- Nutritional support, if required
- Mental skills
- Live streaming of lessons and matches

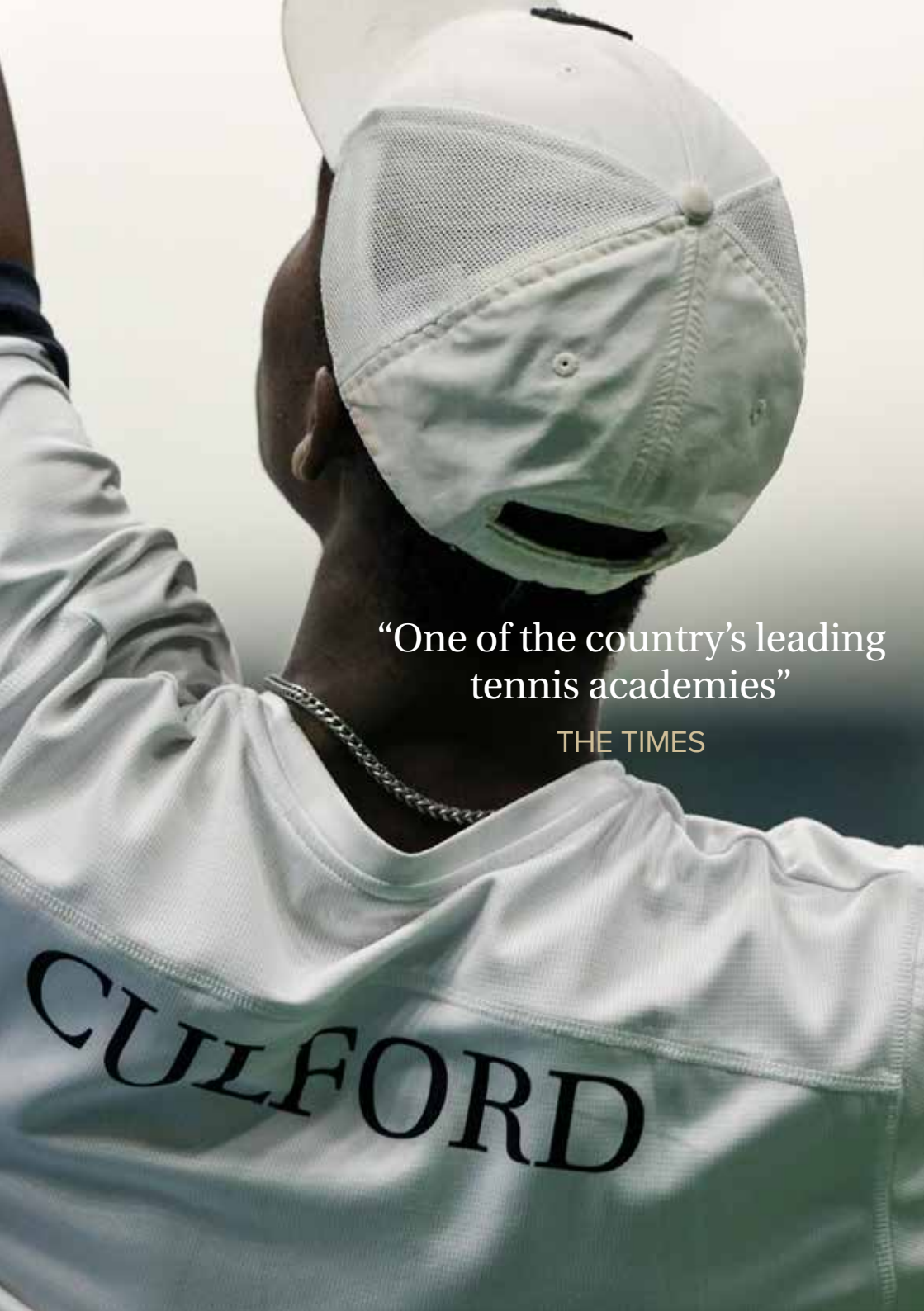
Performance Tennis Programme Details

To meet the individual performance needs of our pupils, we offer the following packages:

Programme	Age	Weekly Hours	Weekly Sessions	Termly Cost
Level 9	9-18	11.25	4 x Squad, 2 x Individual, Level 3 Strength & Conditioning Programme Support	£3,690
Level 10	9-18	12.75	5 x Squad, 2 x Individual, Level 3 Strength & Conditioning Programme Support	£4,015
Level 11*	11-18	17	6 x Squad, 3 x Individual Level 4 Strength & Conditioning Programme Support	£5,390

Prices are inclusive of VAT.

* Subject to application to the Head of Tennis, Chris Johnson, CJohnson@culford.co.uk



"One of the country's leading tennis academies"

THE TIMES

Mini Tennis Red Programme
Pupils starting their tennis journey play mini tennis, which uses smaller courts and rackets and different balls to make the game more accessible to younger players.

Mini Tennis Red Programme Details

Programme	Age	Weekly Hours (Average)	Weekly Sessions (Average)	Termly Cost
Red Individual	5-8	1	1 x Individual	£365
Red Squad	5-8	1	1 x Squad	£145
Red Squad	5-8	1.5	1 x Squad	£218

Prices are inclusive of VAT.

Swimming

Culford is a unique place for a swimmer to progress, thanks to our partnership with West Suffolk Swim Club (WSSC), a national club that provides coaching of the highest standard and is an outstanding pathway to national and international success for our competitive swimmers.

The Culford Swimming Programme is open to all pupils over the age of eight. Our performance swimmers are coached by Dan Pilbrow, the current Head Coach of WSSC and an ASA Level Three Coach. A five-time British Junior Champion, he represented England and Great Britain on multiple occasions and was a double Olympic trials finalist.

> My coaches inspired me; I want to do the same for the swimmers at Culford.

Dan Pilbrow
Head Coach

Facilities

Our six lane indoor 25m swimming pool is dedicated to the development of high performance swimmers and pupils of all ages across the school.

The Swimming Programme typically includes:

- Squad sessions with club performance coaches
- School, club, county, regional and national competitions
- Goal setting and performance profiling (competitive and performance)
- Technical and stroke analysis (competitive and performance)
- Underwater video analysis

Swimming Programme Details

Programme	Age	Weekly Sessions	Monthly Cost
Skills	8-11	3 x Squad	Contact WSSC*
Development	10-14	4 x Squad	Contact WSSC*
Competitive	12-18	6 x Squad	Contact WSSC*
Performance	14-18	Up to 8 x Squad	Contact WSSC*

*Contact West Suffolk Swimming Coach: Dan Pilbrow, headcoach@westsuffolkswimming.co.uk

Group Technical Sessions

For development swimmers, the above Programme may be supplemented with Group Technical Sessions:

Group Size	Weekly Sessions	Termly Cost
4 to 1	1 x 30 minute	£210

Prices are inclusive of VAT.

Individual Technical Sessions

For competitive and performance swimmers, the Programme may be supplemented with Individual Technical Sessions:

Group Size	Weekly Sessions	Termly Cost
1 to 1	1 x 30 minute	£350

Prices are inclusive of VAT.

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.

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.

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.

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 16 years of experience as both a coach and player.

Facilities
Pupils who are part of the Football Academy have access to all of Culford's sporting facilities, including the full size and junior grass pitches, the floodlit all weather pitch, and all facilities at Bury Town FC.

The Football Programme typically includes:
- Coaching sessions with highly experienced Culford and THFC staff
- Customised strength and conditioning
- Individualised nutrition and sports psychology support
- Psychosocial development talks and sessions
- 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

Football Programme Details

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.

Major Games | Cricket

The Culford Cricket Programme offers pupils individual and small group coaching during the Autumn and Spring terms. These sessions are designed to provide players with a range of essential components that will enable them to develop their talent and significantly improve their cricket abilities.

Callum Guest and Alistair Younger lead the Culford Cricket Programme. Alistair is a lead Suffolk County coach and Callum is the current Cambridgeshire 1st XI Captain and works in both the Cambridgeshire and Sunrisers pathways. Cricket professional Ben Claydon completes the team as a Cambridge men's county player.

The Cricket Programme typically includes:

- Detailed, focused and progressive skill and technical development training
- Strength and conditioning (development and high performance)
- Coaching linked to county structures
- Video analysis
- Nutritional support, if required

Cricket Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Level 1	7-18	1 x 1 hour Cricket Academy session	Free of charge
Level 2	11-18	1 x Small Group session (3-6 players)	£280
Foundation	7-13	Small group session	£170
Foundation	11-18	1 x Individual session	£480
Development	12-18	1 x Individual session and 1 x Group session	£760
Performance	12-18	1 x Individual session, 1 x Group session and Level 2 Strength & Conditioning	£1,160

Prices are inclusive of VAT.

- Termly parental meetings reflect on players' progression
- Player profiles track players' cricket progression

Cricket Academy Sessions
In preparation for the cricket season, Cricket Academy sessions take place weekly in the Sports Hall during the Autumn and Spring terms and are offered to U9, U11, U13, U15 and Senior First Teams.

Culford Hockey has produced a steady stream of international representatives and has consistently been competitive in tournaments across the East of England. We have had considerable success from Prep to Senior School, with national finalists at U11, U12, U13, U14 and U18 level and the opportunity to compete at regional and national level.

The Hockey Programme is led by Olympian Graham Moodie, an ex-International hockey player with more than 200 International caps and a leading performance coach who has worked on Scotland and GB International programmes since 2012. Graham is supported by Head of Hockey, Alex Bibby (Current Cambridge City Women National League Coach), and hockey professional, Holly Dean, who is a national league player and talent academy coach. Our strong partnerships with both Bury St Edmunds and Cambridge City Hockey Clubs gives pupils the opportunity to play club hockey outside of Culford. We are also delighted to host England Hockey's East Talent Academy.

Facilities
Culford has two immaculate, sand-dressed, flood-lit pitches, with areas for spectators. Alongside this, Veo video analysis facilities makes us one of the best hockey facilities in the region. With the addition of our high-quality strength and conditioning facilities, the Hockey Programme at Culford offers players endless opportunities.

The Hockey Programme typically includes:

- Detailed, focused and progressive small group skill and technical development training
- Goal setting
- Strength and conditioning training (development and high performance)
- Video analysis and live match streaming
- Nutritional support if required (development and high performance)

Prep School Hockey Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Hockey Academy	8-13	1 x Session a week (pupils can opt in and out termly)	Free of charge
Prep Foundation	8-13	1 x Skill specific hockey group	£170
Prep Development	8-13	1 x Skill specific hockey group and Level 1 Strength & Conditioning	£360
Prep Performance	8-13	2 x Skill specific hockey group Level 2 Strength & Conditioning	£740

Prices are inclusive of VAT.

Senior School Hockey Programme Details

Programme	Age	Weekly Sessions	Annual Cost
Hockey Academy	13-18	1 x Session a week (invitation only)	Free of charge
Foundation	13-18	1 x Skill specific hockey group	£280
Development	13-18	2 x Skill specific hockey group Level 2 Strength & Conditioning	£960
Performance	13-18	2 x Skill specific hockey group Level 3 Strength & Conditioning	£1,290
High Performance	13-18	3 x Skill specific hockey group Level 4 Strength & Conditioning	£1,935

Prices are inclusive of VAT.

Major Games | Netball

Netball is one of our leading sports at Culford and our teams consistently reach county and regional finals. We have a strong base of players, coaches andsupport staff across the school.

Hannah Phillips, Head of Netball, leads a group of dedicated netball professionals. Hannah has represented England at U21 level, and has coached for over 20 years. Netball professional Meg Holland plays for Norfolk United in the Premier League and has played in the U21 Mavericks programme. Florrie Pettitt-Grigg joins the team and has recently played Next Gen League for Nottingham Forest.

The Netball Programme is available all year round, with competitive netball available in the Autumn and Spring terms. In addition, we host the West Suffolk Winter and Summer Leagues, to which a number of our pupils access through local club teams.

Facilities
We have five outdoor courts and two indoor courts.

The Netball Programme typically includes:

- Strength and conditioning training with development and performance programmes
- Detailed, focused and progressive small group skill and technical development training
- Coaching linked to England Netball Player Pathway and County Player Development Programme
- Goal setting, performance profiling and mentoring
- Nutritional support, if required
- Video analysis

Netball Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Netball Academy	8-13	1 x Session a week (pupils can opt in and out termly)	Free of charge
Prep Foundation	8-13	1 x Skill specific group	£170
Prep Development	10-13	1 x Skill specific squad Level 1 Strength and Conditioning	£360
Prep Performance	10-13	1 x Skill specific squad Level 2 Strength and Conditioning	£570

Prices are inclusive of VAT.

Programme	Age	Weekly Sessions	Termly Cost
Netball Academy	13-18	1 x Session a week (pupils can opt in and out termly)	Free of charge
Senior Foundation	13-18	1 x Small group skill specific session	£280
Senior Development	13-18	1 x Small group skill specific session Level 2 Strength and Conditioning	£680
Senior Performance	13-18	1 x Small group skill specific session Level 3 Strength and Conditioning	£1,010

Prices are inclusive of VAT.

Major Games | Rugby

Culford has a proud history of producing several International, Professional and Semi Professional rugby players over recent years. The rugby provision is led by Mark Bolton, former professional rugby union and rugby league player and Great Britain Rugby League player. Mark is also a Level 4 coach and has a Masters in High Performance Coaching. Alongside this, he is the Defence Coach for the Jamaica National Team and leads the Leicester Tigers U16 PDP in Norfolk. Mark has support from Spencer Williams, former Saracens player and England U18 International, alongside Gus Bentley, Old Culfordian, who captained Royal Holloway University first team. Rugby is the major game throughout the Autumn term, followed by rugby 7s in the Spring term and an annual rugby tour for Senior School players.

> We aim to develop players who have excellent all-round skills to play a fast, explosive style of rugby.

Mark Bolton
Head of Rugby

Facilities

- Three senior fields
- Four junior fields
- Training grid for small sided games and technical work
- Dedicated scrum machine area

Culford School has links with local rugby clubs including:

- Cambridge RUFC (National 1), Bury St Edmunds RFC (National 1)
- Sudbury RFC (London 1)

The Rugby Programme typically includes:

- Detailed, focused and progressive small group skill and technical development training
- Strength and conditioning training (development and high performance level)
- Coaching linked to county structures
- Video analysis
- Nutritional support, if required

Prep School Rugby Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Rugby Academy	8-13	1 x Session a week (pupils can opt in and out termly)	Free of charge
Prep Foundation	8-13	1 x Skill specific rugby group	£170
Prep Development	8-13	1 x Skill specific rugby group and Level 1 Strength & Conditioning	£360
Prep Performance	8-13	2 x Skill specific rugby group Level 2 Strength & Conditioning	£740

Prices are inclusive of VAT.

Senior School Rugby Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Rugby Academy	13-18	1 x Session a week (invitation only)	Free of charge
Foundation	13-18	1 x Skill specific squad	£280
Development	13-18	2 x Skill specific squad Level 2 Strength & Conditioning	£960
Performance	13-18	2 x Skill specific squad Level 3 Strength & Conditioning	£1,290

Prices are inclusive of VAT.

Basketball

Our Basketball Programme offers individual and small group coaching tailored to pupils of all skill levels, providing an excellent supplement to school team training. Designed to enhance basketball skills, increase enjoyment and prepare pupils for competitive play, our coaching ensures a comprehensive development experience.

Pupils will master essential skills, including team collaboration, defensive and offensive strategies, 1v1 tactics and shooting techniques. Our programme is dedicated to fostering excellence both on and off the court, helping pupils build character, confidence and leadership through score-keeping duties and refereeing. In addition to regular coaching sessions, we host an annual school basketball tournament, offering a supportive and competitive experience. Throughout the year, we also play fixtures against other schools with various age groups, including boys, girls and mixed teams.

Facilities
Our coaching sessions are available to pupils all year round in our indoor sports hall. During the Summer term, pupils can also take advantage of our outdoor basketball court.

Coaches
Basketball coaches Phil Green and Mike Whittingham, are experienced coaches who have both competed at national league level. Phil's background in sports performance has enabled him to coach young players along their pathway to earn basketball scholarships in the US and represent England at junior level. Mike has extensive experience in coaching junior players across all levels and recently participated in the GB programme. Both coaches are dedicated to helping pupils achieve their full potential.

The Basketball Programme
We offer personalised instruction through individual and small group coaching, tailored strength and conditioning programmes, and Spiideo video analysis. Our programme also provides a clear pathway to regional and national league clubs (NBL) and optional trips to basketball events and camps.

The Basketball Programme is only available to pupils in the Senior School.

Basketball Programme Details

Programme	Age	Weekly Sessions	Termly Cost
Basketball Academy	13-18	2 x Training sessions	Free of charge
Foundation	13-18	2 x Training sessions 1 x Small group session	£280
Development	13-18	1 x Individual session 2 x Training sessions	£480
Performance	13-18	2 x Training sessions 1 x Small group session 1 x Individual session Level 2 Strength & Conditioning	£1,160

Prices are inclusive of VAT.

I've always known what
I wanted. I've always wanted
to be on top of that podium.

Strength & Conditioning

Strength and Conditioning is available to all pupils through our team of qualified coaches, led by Dr James Earle. James and his team are accredited Strength and Conditioning coaches with numerous years of experience supporting young athletes and professionals. Culford has a fitness suite and a specific performance-based Strength and Conditioning gym on-site. 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.

Culford Strength and Conditioning covers the following:

Pilates
Designed to improve physical robustness, flexibility, posture and overall coordination. Pilates is an excellent compliment to strength training to minimise injury risk.

Speed, Agility and Quickness
Designed to improve running technique and change of direction ability. These sessions are focused on enhancing multi-directional movement including acceleration, deceleration and top speed.

Conditioning
Cardiovascular training to build endurance through various methods, targeted development for Senior School pupils.

Gym
Structured gym sessions tailored to the pupil's age and developmental stage, focusing on teaching functional movement, strength, power, coordination and mobility for long-term athletic development. All training is delivered electronically and pupils have personal accounts where they can store and access their training programmes anywhere in the world.

Physical Testing
A range of assessments including speed, change of direction and explosive power that provide insights into a pupil's current athletic ability. The results guide training programmes and monitor progress.

> We aim to support young athletes in improving their physical performance, reduce the likelihood of injury and promote enjoyment and success whilst at Culford and beyond.
>
> **Dr James Earle**
> Head of Strength and Conditioning

Strength and Conditioning Programme Details
Strength and Conditioning is included in all development and high-performance programmes, at no extra cost.

Standalone Strength and Conditioning Programmes are as follows:

Programme	Weekly Sessions	Termly Cost	Out of Term Session Cost
Level 1	2 x one of the three options: pilates; conditioning; speed, agility and quickness	£190	£22.20
Level 2	1 x Gym session and 1 x of the three options: pilates; conditioning; speed, agility and quickness 2 x Physical testing throughout the year	£400	£22.20
Level 3	2 x Gym and 2 x of the three options: pilates; conditioning; speed, agility and quickness 2 x Physical testing throughout the year	£730	Free of charge
Level 4	3 x Gym and 1 session of each: pilates; conditioning; speed, agility and quickness 2 x Physical testing throughout the year	£1,095	Free of charge

Prices are inclusive of VAT.

Strength & Conditioning

Physiotherapy
Physiotherapy is provided by Ella Wood Physio, who operate an independent clinic with appointments available for direct booking. They can accept some providers of private medical insurance and can also arrange referrals for diagnostic scans.

Physiotherapy appointments can include:

- Diagnosis of musculoskeletal injuries
- Movement screenings
- Sports massage and soft tissue treatment including Trigger Point Therapy
- Joint mobilistations
- Strapping and taping
- Concussion screening and management
- Personalised rehabilitation exercises and programmes
- Return-to-play protocols
- One-to-one exercise prescription

Evidence will be communicated to sports coaches to ensure the most efficient transition back to sport for the pupil.

To book Physiotherapy appointments please visit: https://ewoodphysio.co.uk/

Sports Massage
Ella Wood Physio also offers Sports Massage. For pricing and availability, please contact them directly.

Sports Psychology
We are pleased to be able to recommend private Sports Psychology to pupils through our partnership with Dr Luke Olsson, who specialises in sport psychology and focuses on how sports people think, feel, and behave in order to perform consistently high for their level and potentially beyond. Please note, his services are only available for those who are 12 years old and above. For further enquires about his services, please contact Luke at: lfc_olsson@hotmail.co.uk

Culford School does not take any payment and all contracts are between parents and Dr Luke Olsson.

Billing for Sports Programmes
The cost of Sports 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 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 a 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.

Culford School
Bury St Edmunds
Suffolk
IP28 6TX

culford.co.uk
+44 (0) 1284 385 308
admissions@culford.co.uk

Culford