



Culford

Individual Sports Programmes

2023-24





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To be a Culford Sports Scholar requires talent, commitment, determination and a real passion for your chosen sport. Sports Scholarships are offered in all major games, as well as tennis, golf and swimming.

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, including functional screening
- Access to medical and nutritional support
- 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 Assistant 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
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 10% remission of school fees; and in all cases, families can apply for a means-tested bursary.

All our Individual Sports Programme prices are based on 30 weeks per year which allows for illness, excursions and exams.

Images: Culford Sports Scholars, Tyler Weaver, England U18 National Golf Champion and Megan Knight, England U12 National Tennis Champion.





The Golf Academy is a well established programme at Culford. Our golfers have access to our first-class golf studio, brand new Huxley short game area and on-site driving range.

Our Head of Golf, Lawrence Dodd, is a PGA professional who won the first of his three consecutive men's county championships at the age of 15, and his achievements earned him a scholarship to the University of Tennessee. Lawrence has also represented England and played on the PGA European Tour.

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. We remain committed to equal opportunities and provide a pathway to excellence."

In April 2023, Culford were crowned National Golf Champions at the Independent Schools Golf Association (ISGA) Championship.

Facilities

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

- Trackman indoor swing studio
- Floodlit Huxley short game area
- Golf simulator
- Floodlit covered driving range
- Access to four local golf courses



We create an enjoyable learning environment that allows pupils to reach their full potential. Golf demands focus and determination, both of which are valuable life skills.

Lawrence Dodd

Head of Golf and PGA Professional

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
- Access to local golf courses
- Term time tournament schedule

High Performance Golf Programme Details

Programme	Age	Weekly Sessions	Annual Cost
Foundation	8-18	1 x Individual	£1,565
Foundation I	8-18	1 x Individual 1 x Activity	£2,050
Development	11-18	1 x Individual 1 x Group (3 hours) 1 x Course lesson 1 x Activity Level 2 Strength & Conditioning	£4,845
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	£6,265
High Performance	11-18	2 x Individual 2 x Group (4.5 hours combined) 1 x Course lesson 1 x Activity Level 4 Strength & Conditioning	£8,615

Please note that, in addition to the above, there is a charge for each tournament entered.



“One of the country’s leading
tennis academies”

THE TIMES

Culford School's Tennis Academy is amongst the finest in the UK and is consistently ranked as one of the top three schools in Great Britain. In 2019 we were crowned U18 Girls' National Champions and in 2021 as Boys' National Champions for the second time, as well as Year 9 and 10 Boys' National Champions. Culford are the current Year 7 and 8 boys' National Champions.

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 by 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.



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 Performance 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

School Tennis Programme

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

School Tennis Programme Details

Programme	Age	Weekly Hours (Average)	Weekly Sessions (Average)	Annual Cost
Level 1	4-18	1.5	1 x Squad	£720
Level 2	4-18	1	1 x Individual	£1,565
Level 3	4-18	2.5	1 x Squad 1 x Individual	£2,285
Level 4	4-18	4	2 x Squad 1 x Individual	£3,005
Level 5	4-18	5.5	3 x Squad 1 x Individual	£3,725
Level 6	4-18	7	4 x Squad 1 x Individual	£4,445
Level 7	4-18	5	2 x Squad 2 x Individual	£4,570
Level 8	4-18	8	3 x Squad 2 x Individual Level 1 Strength & Conditioning	£6,355

Performance Tennis Programme

Beyond the school tennis programme, our Performance Tennis Programme is open to all Culford pupils over the age of nine who are committed to their tennis and are competing regularly. Suitability is determined by an interview with the Head of Tennis and an assessment by one of our seven full-time performance tennis coaches. Player desire, potential, commitment and family support are all considered during this process.

Sessions for pupils on the Performance Tennis Programme are scheduled around the academic timetable and may occur during the school day, at lunch, and before and after school. 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.

Sessions in the performance programmes focus on technical and individual skill development, game understanding, tactical awareness, strength and conditioning and mental development.

The Performance Tennis Programme typically includes:

- Individual, paired and squad sessions with a performance coach
- Strength and conditioning training
- Tournament visits by our performance team
- Holiday coaching programme
- International training camps at La Manga, Spain (additional cost)
- Competitive trips including TE12/14 and ITF U18 (additional cost)
- Goal setting, planning and reporting
- Spiideo 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 (Average)	Weekly Sessions (Average)	Annual Cost
Level 9	9-18	11.25	4 x Squad 2 x Individual Level 3 Strength & Conditioning	£8,240
Level 10	9-18	12.75	5 x Squad 2 x Individual Level 3 Strength & Conditioning	£8,960
Level 11*	11-18	17	6 x Squad 3 x Individual Level 4 Strength & Conditioning	£12,030

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



Mini Tennis 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 Programme Details

Programme	Age	Weekly Hours (Average)	Weekly Sessions (Average)	Annual Cost
Red	5-8	1	1 x Individual	£820
Red Performance Squad	5-8	1.5	1 x Squad	£465
Red Foundation Squad	5-8	1	1 x Squad	£9 per session
Orange	7-9	1	1 x Individual	£980
Orange Performance Squad	7-9	1.5	1 x Squad	£720
Orange Foundation Squad	7-9	1	1 x Squad	£10 per session
Green	8-10	1	1 x Individual	£1,565
Green Performance Squad	8-10	1.5	1 x Squad	£720
Green Foundation Squad	8-10	1	1 x Squad	£11 per session

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

Swimming

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	Annual 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	Annual Cost
4 to 1	1 x 30 minute	£165

Individual Technical Sessions

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

Group Size	Weekly Sessions	Annual Cost
1 to 1	1 x 30 minute	£590



Culford Football Academy offers a co-educational programme, which allows pupils to achieve academic success while fulfilling their football ambitions. By taking a holistic approach to the development of each individual, coaches ensure technical, academic and personal growth.

The Football Academy is overseen by Alan Lee, a former Republic of Ireland international player with 25 years of professional playing and coaching experience. Alan is a UEFA A and FA Advanced Youth Award Licensed Coach, and Head of Player Development at Bury Town FC, ensuring total integration and supervision within the semi-professional club environment for those pupils who wish to play club football.

The Football Academy is led by Head of Football, Paul Land, a UEFA A and Elite Youth A Licence coach and FA Coach Developer. Paul joined Culford from academy football in his previous role at Swansea City Football Club, he specialised in developing players from the foundation to the youth development phase and into the professional game. The Football Academy is further supported by Ed Upson, former professional player with over 400 football league appearances with Ipswich and Millwall. Ed has over 16 years of experience as both a coach and a professional player, who is currently on his UEFA B Licence course.

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, including a 4G training pitch.

The Football Programme typically includes:

- Group coaching and competitive matches
- Individual and small group coaching
- Small group strength and conditioning programme
- Individual mentoring with the Head of Football
- Coaching Sessions linked with Bury Town FC (Upper Fifth upwards)
- Puma Performance Pathway coaching and matches (Lower Fifth and below)

Football Programme Details

Programme	Age	Weekly Sessions	Annual Cost
Academy 1	11-18	1 x Academy training session	£540
Academy 2	11-18	2 x Academy training sessions	£1,080
Foundation	11-18	1 x Skill specific squad and 1 academy squad	£1,150
Development	13-18	2 x Skill specific squad, 2 academy squads and level 2 Strength & Conditioning	£3,155
High Performance	13-18	3 x Skill specific squad, 2 academy squads and Level 2 Strength & Conditioning	£3,765



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 alongside Culford cricket ambassador and former England cricketer, Nick Knight. 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.

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	Annual 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)	£410*
Foundation	11-18	1 x Individual session	£696
Development	12-18	1 x Individual session and 1 x Group session	£1106*
High Performance	12-18	1 x Individual session, 1 x Group session and Level 2 Strength & Conditioning	£1,965*

* Prices are based on Autumn and Spring terms only. Lessons continuing through the Summer term are billed per session.

- Programmes are overseen by Culford Cricket Ambassador and former England cricketer, Nick Knight
- 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. Nick Knight, our Cricket Ambassador, attends several of these invitational sessions.



Nick Knight masterclass with Fourth Form girls.

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 Alex Bibby, Head of Hockey and hockey professional, Holly Dean, who is a national league player for Cambridge.

Our strong partnership with Bury St Edmunds Hockey Club gives pupils the opportunity to play club hockey at Culford. We are delighted to host England Hockey's new East Talent Academy, with Graham Moodie as Head Coach.

Facilities

Culford has two immaculate, sand-dressed, flood-lit pitches, with areas for spectators. Alongside this, Spiideo 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	Annual 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	£360
Prep Development	8-13	1 x Skill specific hockey group and Level 1 Strength & Conditioning	£765
Prep Performance	8-13	2 x Skill specific hockey group Level 2 Strength & Conditioning	£1,575

Senior School Hockey Programme Detail

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	£610
Development	13-18	2 x Skill specific hockey group Level 2 Strength & Conditioning	£2,075
Performance	13-18	2 x Skill specific hockey group Level 3 Strength & Conditioning	£2,790
High Performance	13-18	3 x Skill specific hockey group Level 4 Strength & Conditioning	£4,185





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 and support staff across the school.

Sophie Hansell, Head of Netball, leads a group of dedicated coaches who produce excellent results. Sophie has achieved international honours for both England and Wales and competed in Australia, New Zealand and South Africa. In addition to her role at Culford, she delivers camps and masterclasses for Saracens Mavericks and is the lead coach for the Norfolk County Netball Association U11 Academy. Sophie is supported by our netball professional, Ameer Bullett, who runs the Cockfield Netball Club and has a wealth of knowledge to share with our pupils.

Pupils play netball in both the Autumn and Spring terms. During the Autumn term, we focus on preparing for county competitions, whilst in the Spring term we compete against other schools.

Facilities

We have five outdoor courts and two indoor courts. These courts are available all year round to pupils who are keen to play netball and to develop their skills across all three terms.

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	Annual Cost
Prep Foundation	10-13	1 x Skill specific group	£360
Prep Development	10-13	1 x Skill specific squad Level 1 Strength and Conditioning	£765
Prep Performance	10-13	1 x Skill specific squad Level 2 Strength and Conditioning	£1,215

Programme	Age	Weekly Sessions	Annual Cost
Senior Foundation	13-18	1 x Small group skill specific session	£610
Senior Development	13-18	1 x Small group skill specific session Level 2 Strength and Conditioning	£1,465
Senior Performance	13-18	2 x Small group skill specific session Level 2 Strength and Conditioning	£2,075



Our player-centred approach ensures that individuals reach their full potential on the court, as well as in other aspects of their school life.

Sophie Hansell
Head of Netball

Culford Rugby offers an exciting and thriving Rugby Union and Sevens programme, led by Mark Bolton, former Irish and Great Britain Rugby League international. Mark is a Level 3 rugby coach currently studying for a masters in High Performance Coaching from Stirling University. He is supported by Spencer Williams, a former England U18 and Eastern Counties coach. Rugby is played throughout the Autumn term, with Sevens being the focus in the Spring. The Rugby Programme is available from Third Form through to Senior School.



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 RFC (National 1), Bury St Edmunds RFC (National 2),
- Sudbury RFC (London 1) and Diss RFC (London 2).

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

Rugby Programme Details

Programme	Age	Weekly Sessions	Annual Cost
Prep School (Third Form)	11-13	1 x Skill specific group Level 1 Strength & Conditioning	£765
Foundation	13-18	1 x Skill specific squad	£610
Development	13-18	2 x Skill specific squad Level 2 Strength & Conditioning	£2,075
Performance	13-18	2 x Skill specific squad Level 3 Strength & Conditioning	£2,790

We provide individual and small group basketball coaching for pupils of all abilities, which complements school team training. The Basketball Programme is designed to improve pupils’ skills, increase their enjoyment of basketball, and prepare them for competitive play. Pupils develop essential skills, including team collaboration, one-on-one skills, shooting technique and strategic plays.

The programme is designed to help pupils excel both on and off the court and provides an opportunity to build character, confidence and leadership skills.



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 Maxibasketball 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. The programme can be delivered in free periods for Sixth Form pupils, or in any free periods a pupil may have in other year groups, if applicable. Academic subjects may not be remitted for the basketball programme.

Basketball Programme Details

Programme	Age	Weekly Sessions	Annual Cost
Basketball Academy	13-18	2 x Training sessions	Free of charge
Foundation	13-18	2 x Training sessions 1 x Small group session	£610
Development	13-18	1 x Individual session	£1,045
Performance	13-18	2 x Training sessions 1 x Small group session 1 x Individual session Level 2 Strength & Conditioning	£2,510



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. 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

A series of exercises designed to improve physical strength, flexibility and posture to enhance physical co-ordination.

Speed, Agility and Quickness

Improve multi-directional and game-based speed. This is crucial for young athletes who want to improve their explosive movement capabilities and awareness during sport.

Conditioning

Aerobic training builds running technique and endurance through a variety of methods, including intervals and small sided games.

Gym

Structured gym-based training sessions based on the pupil's age and maturation that teach functional movement, strength, power, co-ordination and mobility. All our training is provided electronically through TeamBuildr. Training programmes and physical data are stored in pupils' personal accounts, which they can then access from anywhere in the world

Physical Testing

A selection of measurements provide an insight into a pupil's current athletic ability. The results are used to plan and direct 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.

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	Annual Cost	Out of Term Session Cost
Level 1	2 x one of the three options: pilates; conditioning; speed, agility and quickness	£405	£17.50
Level 2	1 x Gym session and 1 x of the three options: pilates; conditioning; speed, agility and quickness 3 x Physical testing throughout the year	£855	£17.50
Level 3	2 x Gym and 2 x of the three options: pilates; conditioning; speed, agility and quickness 3 x Physical testing throughout the year	£1,570	Free of charge
Level 4	3 x Gym and 1 session of each: pilates; conditioning; speed, agility and quickness 3 x Physiological testing throughout the year	£2,355	Free of charge

**Strength and Conditioning**

Team: from left to right -
Phil Green, Ben Clinch,
Emma Archer and James Earle.

Sports Therapy

Sports Therapy is available at the school through our sports therapist, Ben Clinch. Ben has a first-class degree in Sports Therapy from the University of Gloucestershire and is also a Strength and Conditioning coach. He is able to assess, diagnose, treat and rehabilitate injuries and provide return to play protocols to optimise a pupil's return to sport.

Sports Therapy appointments can include:

- Diagnosis of musculoskeletal injuries
- Movement screenings
- Sports massage and soft tissue treatment including Trigger Point Therapy
- Joint mobilisations
- 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 Sports Therapy appointments email: ben.clinch@culford.co.uk.

Please note that services require written consent, which must be completed prior to the initial appointment. A chaperone is also required for pupils under 16. This can be arranged upon request.

Sports Therapy Details

Sports Therapy Initial Assessment	£55
Sports Therapy 30 minute Follow-Up Appointment	£40
Sports Therapy 60 minute Follow-Up Appointment	£55

Sports Massage

In addition to Sports Massage, Ben also provides sports massage services. Sports Massage is utilised to decrease swelling following injury, promote recovery and enhance sports performance. Sports massages can also alleviate tightness in muscles and reduce muscular pain, so is therefore not specific to injury but can also be used to help with daily living.

To book Sports Massages contact: ben.clinch@culford.co.uk.

Sports Massage Details

Sports Massage 30 minute Appointment	£30
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Nutrition Support

Kathryn Peters has helped clients to achieve their health and lifestyle goals, for over seven years, with a particular focus on nutrition and eating habits. In 2021 she completed an MSc in Dance Science at Trinity Laban Conservatoire of Music and Dance, where her dissertation focused on disordered eating and exercise behaviours amongst dancers. Kathryn has an MSc in Applied Sports Nutrition accredited by the UK Sport and Exercise Nutrition Register (SENR), and graduated as a sports nutritionist. She has worked with Sports Scholar athletes at St Mary's University across a range of sports, including gymnastics, rugby union, taekwondo, karate and athletics (endurance), and dancers at the English National Ballet School. She provides nutrition support using one-to-one consultations, recipe cards, meal plans, education sessions and resources, all tailored specifically to each athlete and their training goals and demands.

To book Nutrition Support appointments email: Kathryn.peters88uk@gmail.com.

Sports Psychology

We are pleased to be able to recommend private Sports Psychology to pupils through our partnership with the University of Essex. To purchase one-to-one psychology support, please email Kelly Murray (Human Performance Unit Manager: hpu@essex.ac.uk), who is the initial point of contact and liaises with psychology support staff.

Culford School does not take any payment and all contracts are between the parent and the University of Essex.

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 half a terms 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: 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 September, January and April for additional sports programmes.





Culford School
Bury St Edmunds
Suffolk, IP28 6TX
+44 (0)1284 385308
admissions@culford.co.uk

culford.co.uk



Culford

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