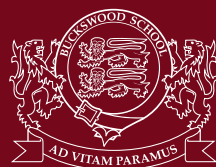


BUCKSWOOD  
SPORTS ACADEMIES  
2023/24





# Rugby academy

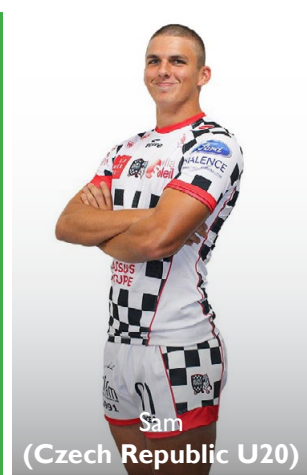
Rugby at Buckswood is not about being 'the best', it's about being 'your best'.

## Highlights include:

- ★ Training: 3 evenings per week & Saturday morning (7 hours per week)
- ★ International trips: 1 per year to Tbilisi, Georgia
- ★ Matches: competitive matches against other schools and clubs
- ★ Outside coaches and coaching sessions
- ★ Opportunities: semi-professional opportunities for Buckswood Rugby Academy members

Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)

Success after Buckswood



Sam  
(Czech Republic U20)



Stash  
(Poland seniors)



Irakli  
(former Georgia U18)



Povilas  
(Lithuania seniors)





# Tennis

Tennis at Buckswood is not about being 'the best', it's about being 'your best'.

## Highlights include:

- ★ Lessons are taught 1:1 with our professional tennis coach on Buckswood's own tennis courts
- ★ Fundamentals of the sport & required techniques
- ★ Mechanics of the game
- ★ Rules and etiquette of tennis
- ★ Game management

Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)



Anthony Yan





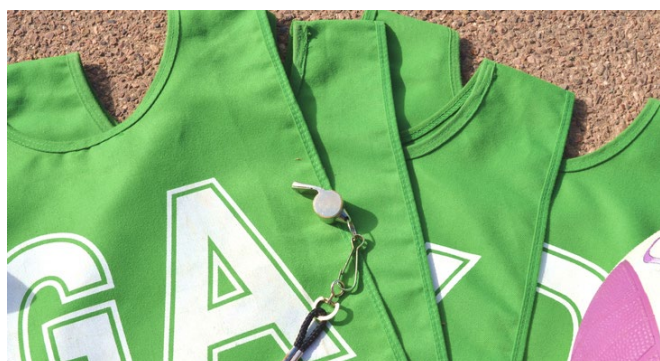
# Netball academy

Netball at Buckswood is not about being 'the best', it's about being 'your best'.

## Highlights include:

- ★ Training: 3 evenings per week
- ★ Level 1 & 2 qualified & C Award Umpire netball coach
- ★ Netball pathways include training with Hastings Town Netball Club, up to training with Eastbourne Junior Regional Netball Club
- ★ Trips include: super-league Netball tour

Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)





# Riding

Horse Riding at Buckswood is not about being 'the best', it's about being 'your best'.

## Highlights include:

- ★ Seven horses at the Buckswood stables
- ★ Lessons are taught 1:1 with our professional riding instructor
- ★ Pony club sessions & British Horse Society registered centre
- ★ Bronze & gold riding awards
- ★ Rides around the local countryside
- ★ Trips to horse shows & competitions



Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)





# Golf academy

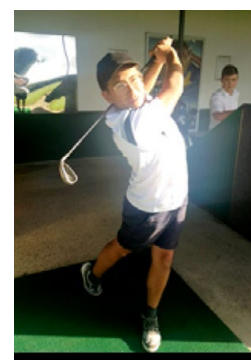
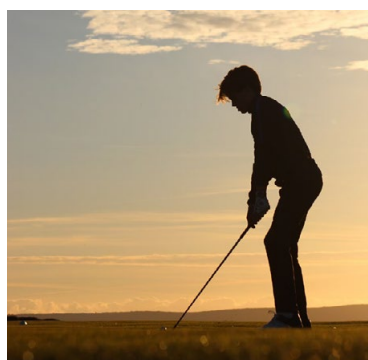
Golf at Buckswood is not about being 'the best', it's about being 'your best'.

## Highlights include:

- ★ Elite PGA golf professional coaches
- ★ Fundamentals of the sport & required techniques
- ★ Eighteen hole course
- ★ Golf swing studio - perfect your technique
- ★ At least two sessions of golf per week



Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)





# Football academy

Football at Buckswood is not about being 'the best', it's about being 'your best'.

- ⚽ Regular competitive Matches in both local and National competitions
- ⚽ 8 Hours of football training per week
- ⚽ 2 Hours of GK Specific training
- ⚽ 2 Gym Sessions per week for U16's +
- ⚽ Video Analysis Sessions with VEO
- ⚽ Matches recorded and livestreamed
- ⚽ GPS Units to track Physical Data
- ⚽ Professional football scouts to watch our games
- ⚽ Physiotherapy in our on-site surgery
- ⚽ AOC England trials for the top players
- ⚽ Individual development plan every 12 weeks
- ⚽ International Trip – Dubai & Manchester

Find out more online at: [www.buckswood.co.uk](http://www.buckswood.co.uk)



## Highlights include:

- ★ Training: 3 evenings per week & Saturday morning (8 hours per week)
- ★ International trips: Dubai and Manchester
- ★ Matches: competitive matches against other schools and clubs

Guestling, Nr. Hastings, East Sussex TN35 4LT

+44 (0)1424 813813

[achieve@buckswood.co.uk](mailto:achieve@buckswood.co.uk)

[www.buckswood.co.uk](http://www.buckswood.co.uk)

©2023