

BOSS Academies

At BOSS we like to offer our students as many activities as possible and as well as the fantastic onsite activity programme that we offer when we don't have excursions, we also offer six professional academies, all onsite (apart from golf).

We of course offer football, tennis and do a lot of dancing during our onsite activity programme, but the difference between those activities and our academies is that our academies are run by coaches who are qualified in their sport or subject.

BOSS Academies are not only for those students who participate in their sport regularly and must maintain practise so as to maintain their level and develop, but also for students who simply want to experience something new.

Please note that BOSS Academies will take place during our onsite activity programme and include equipment but not kit.



Football Academy

The Buckswood Football Academy provides high quality coaching and support for ambitious young players. Buckswood School competes at the highest level of English school football, competing both at county, national and international level.

Hours: 6 hours per week (3 x 2 hour sessions)

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Football fitness testing
- Technique sessions
- Professional scouts overseeing coaching sessions
- Skills challenges
- Sessions on forward play, finishing, 1-on-1s, midfield play and defending techniques
- End of course certificate

**£240
per
week**



Horse Riding Academy

On our beautiful 30 acre campus, we have a riding centre. This centre has stables, tack room and hayloft and a very impressive sand school or arena. We have 8 horses for both novice and more experienced riders.

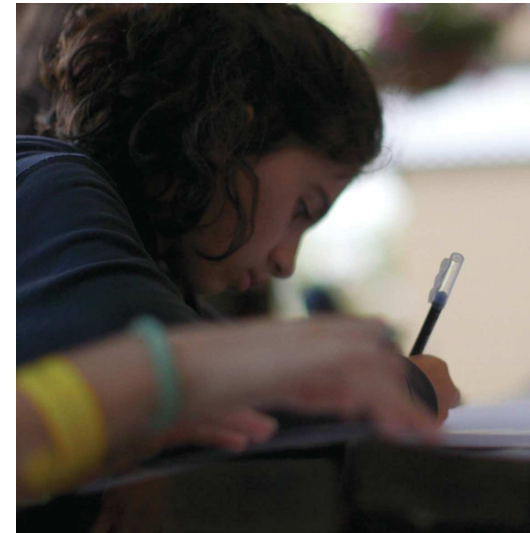
Hours: 3 hours per week (3 x 1 hour sessions)

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Show Jumping
- Hacking
- Stable Management
- Cross Country Jumping
- End of course certificate

**£180
per
week**



Extra English Academy

Although we offer 20 hours of English as standard during the week, we do get some students (parents) who want to squeeze in an extra few hours in order to prepare for an exam or simply to improve and grow in confidence. What ever your reason may be, our teachers are standing by to teach you even more English!

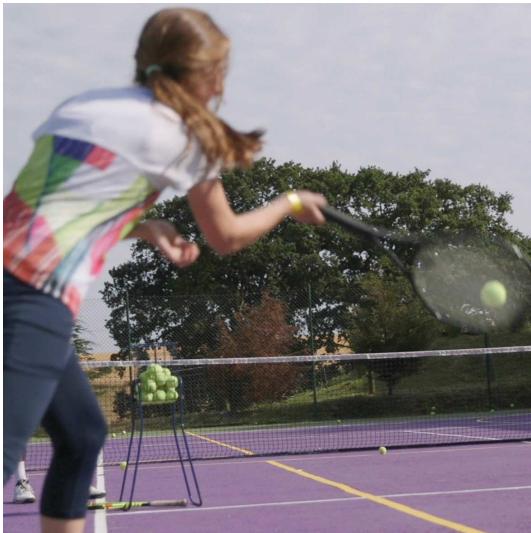
Hours: Minimum 1 hour per week, maximum 3 hours per week

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Small groups
- Subject specific courses
- Exam preparation
- End of course certificate

**£35
per
hour**



Tennis Academy

Playing tennis can help you build speed, power, and fitness. It's also a great way to spend time with your family or your friends. Learn the layout of the court, the scoring system, and all the playing techniques you need to improve as a player!

Hours: 6 hours per week (3 x 2 hour sessions)

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Forehands and backhands
- Hand-eye co-ordination
- The Serve
- Focus on movement on court
- The Volley
- Finishing the point at the net
- End of course certificate

**£240
per
week**



Golf Academy

Our Golf Academy aims to develop young golfers into golfers who can play at the highest level. We work with highly qualified and tour experience golf professionals and coaches to ensure that our golfers receive the best coaching in the area.

Where?: Sedlescombe Golf Club (14 minutes away)

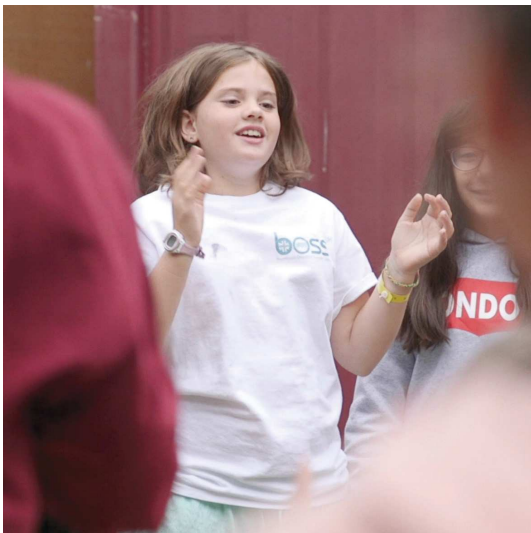
Hours: 4½ hours per week (3 x 1½ hour sessions)

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Solid setup
- Fundamentals of the swing, putting, chipping and bunkers
- Mechanics of the game
- Rules and etiquette
- Course management
- Card marking and handicaps
- End of course certificate

**£285
per
week**



Hip Hop and Street Dance Academy

Dancing is not only a way to express yourself and of course have fun, dancing can also help you to stay fit as well as improve strength and endurance. It is also an excellent way to build confidence and self-esteem!

Hours: 6 hours per week (3 x 2 hour sessions)

Days: Monday, Thursday and Friday

Levels: Suitable for all levels

- Dance fitness and aerobics
- Flexibility
- Body conditioning
- End of course certificate

**£240
per
week**

It is very important to us and to our academy coaches that any student who signs up to an academy learns something new, learns new techniques and learns more about themselves and their chosen discipline whilst of course improving.

We see our academies as an opportunity to experience something new - to ride a horse in a different part of the world, in a different environment; to play golf on a stunning course in an area of outstanding natural beauty or to play football with other players from all over the world.

Please note that our academies are add-ons and will run alongside our usual activity programme.

