



Hurst



Swimming

2024-25

All Schools

Aims and Objectives

To provide quality swimming sessions and training for all abilities

To provide appropriate racing and competitive experiences for our pupils/swimmers

To offer a Junior and Senior squad style training programme from Monday to Friday during term time

To support club swimmers at school with training and Strength and Conditioning so they can progress whilst swimming for their club at meets and Swim England/ Aquatics GB competitions

To encourage participation in swimming and the development of the sport

To support Hurst, and the local community of swimmers, through skills and technical holiday training sessions

What to expect from swimming at Hurst College

Quality swimming sessions and training for all abilities.

We offer a structured programme throughout the week for our developing and competitive level swimmers to help them progress and excel. We take all ages and abilities into account with our sessions.

The training schedule includes our timetabled Games sessions and Swimming Squad sessions. We also offer one-to-one sessions, as required.

Racing and competitive experiences for our pupils/ swimmers.

We provide a variety of competitive experiences for our pupils/swimmers.

Friendly swimming competitions are an established part of our House competitions in the Senior School and involve pupils of all ages and abilities.

For those who want to take their swimming further, we run a number of entry level competitions so that developing swimmers have the chance to race and be part of a school swimming team.

We also utilise school match fixtures and team swimming events such as the Schools Swimming Super League, English Schools Swimming Association (ESSA) and the Bath Cup. We also join, and host, a number of invitational school meets.

A Junior and Senior squad style training programme.

We provide a structured set of planned training programmes for our pupils in each year group throughout the week (Monday to Fridays during term time). This includes swimming being included in the Hurst timetabled Games and activities programme.

We offer additional squad sessions before and after the school day to ensure our best swimmers are able to maintain their club level training whilst at Hurst.

We actively liaise with the swimming clubs our pupils attend to remain informed about their club competition programme/annual training plan and to ensure continuity in their training programme. In doing so, we have supported former pupils who have achieved national championship titles with their club.



Hurst Swimming team in the Schools Swimming Super League final 2024



Schools Swimming Super League, K2 Crawley

Our swimmers can also benefit from our Performance Athlete Scholarship Support Programme (known as the Hurst PASS Programme). This is specifically designed to assist our Sports Scholars. Further information about PASS and Sports Scholarships can be found on page 6.

We can also provide video analysis for stroke technique development and for improving swimming skills.

Strength and Conditioning support for club swimmers.

The Hurst Sports department is able to support our young swimmers with a Strength and Conditioning ('S and C') programme which may not be accessible to them at their swimming club.

We set-up and deliver programmes which are appropriate to a pupil's age and level. These programmes further support pupils to excel in their swimming. Before embarking on Strength and Conditioning, we liaise with the pupil's external club coaches to ensure continuity with their competition programmes and annual plans.

Find out more about Strength and Conditioning at Hurst at: hppc.co.uk/senior-school/co-curricular/sport/strength-and-conditioning



Strength and Conditioning at Hurst

The promotion of swimming as a sport and a development of the sport at Hurst and in the wider community.

We promote swimming as an important and enjoyable sport by:

Including swimming in the Hurst Games and activities programmes

Running a series of development swim galas

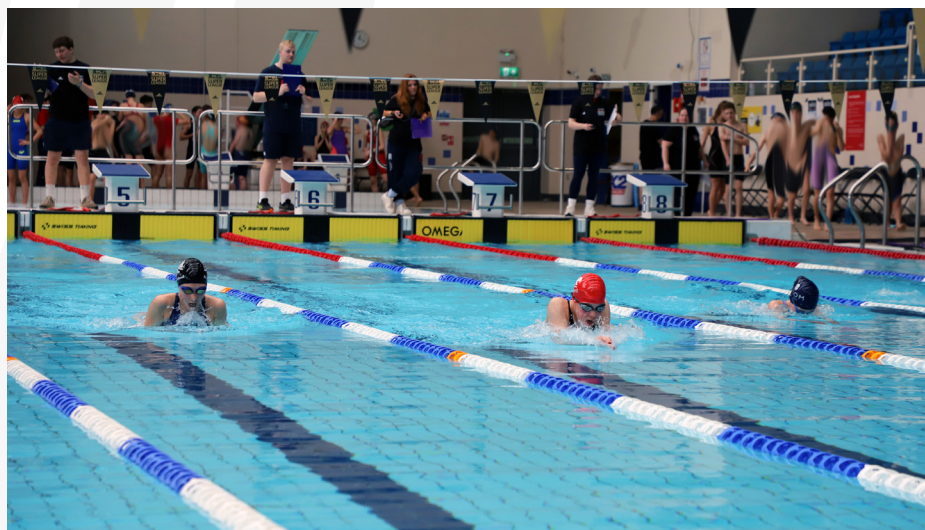
Running a number of entry level competitions so that developing swimmers have the chance to race and be part of a school swimming team

Establishing and running the Schools Swimming Super League (swimmingsuperleague.com)

Through these initiatives we aim to provide opportunities for more pupils to get involved and develop their swimming ability

Supporting swimming in the local community

We work to support swimming in the local community through initiatives such as the Schools Swimming Super League. This competition currently involves 20 schools from the South East of England.



Competitive swimming in 2024

We also deliver technical and skills based training sessions during the school holidays, which are open to Hurst pupils and children from other schools.

We actively liaise with local swim clubs and coaches and find ways to support them, such as the use of the Hurst pool for their club championships, time trial events, weekend sessions or swimming camps.

Contact us

Feel free to contact us if you have any further questions.

Mr Stephen Murphy
Head of Senior School
Swimming
stephen.murphy@hppc.co.uk

Anthony Gray
Head of Prep School
Swimming
anthony.gray@hppc.co.uk

Find out more about swimming at Hurst at:
hppc.co.uk/senior-school/co-curricular/sport/swimming

Schools Swimming Super League

The Schools Swimming Super League was established in September 2023 by a team of coaches from Hurst College; Stephen Murphy (Master-in-Charge of senior school swimming), Anthony Gray (Swimming Coach) and Rob Kift (Director of Sport).

The aim was to provide regular and purposeful school team swimming competitions across the South East of England.

The competition provides both experienced club swimmers and developing swimmers the opportunity to experience a quality team competition with their school team.



Schools Swimming Super League launch, 2024



Find out more about the Schools Swimming Super League at: swimmingsuperleague.com

Or on social media:



X
@SwimSSSL
x.com/swimsssl



Instagram
@SwimSSSL
instagram.com/swimsssl



Schools Swimming Super League, K2 Crawley



Schools Swimming Super League, 2024

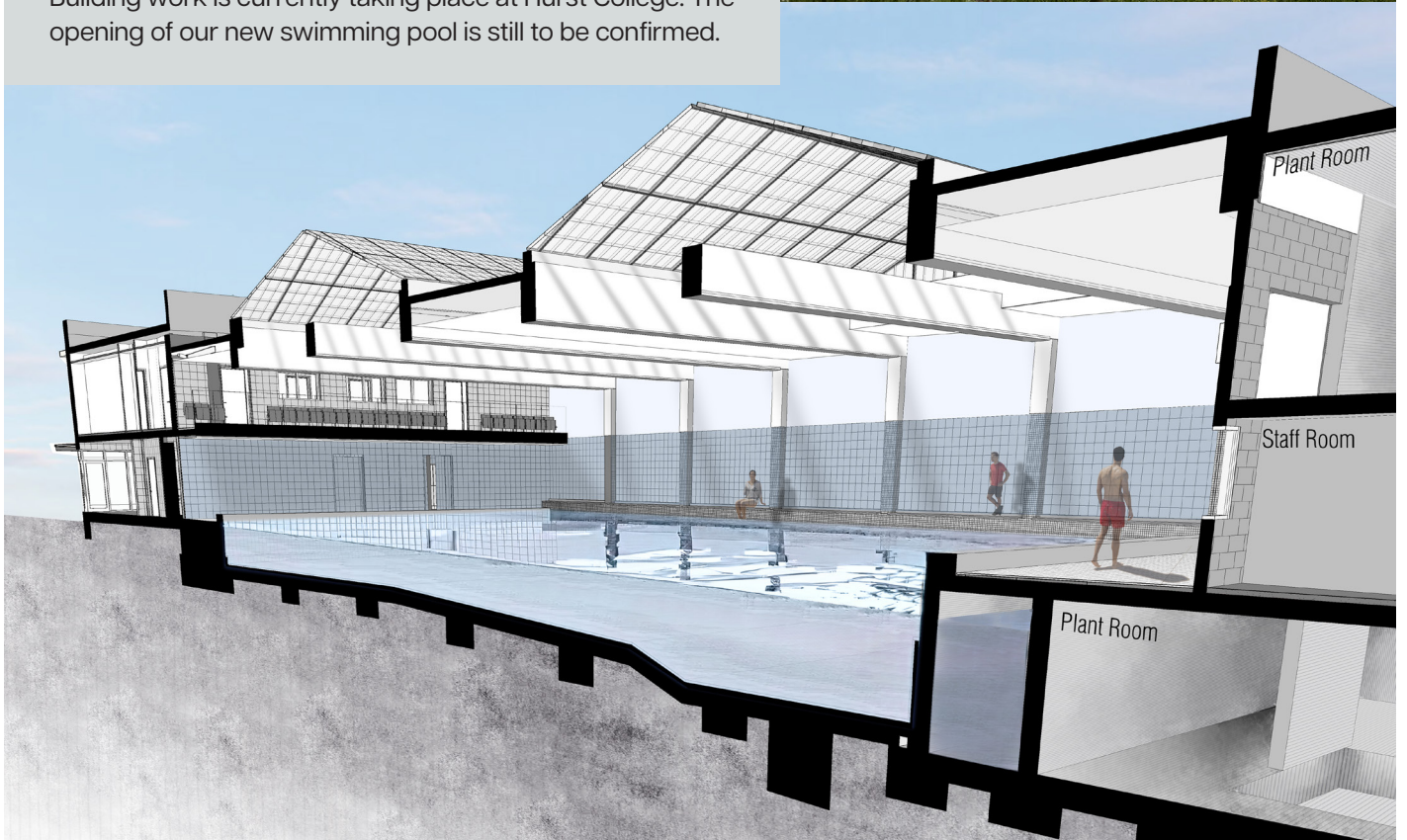
Exceptional facilities and investment



Hurst has invested in a new, state-of-the-art swimming pool which is currently being built on the Hurst campus.

The plan for the new swimming pool and facilities is shown on the right.

Building work is currently taking place at Hurst College. The opening of our new swimming pool is still to be confirmed.



The Hurst PASS Programme

The Hurst Performance Athlete Scholarship Support (PASS) Programme has been designed to assist our Sports Scholars in achieving their potential while at Hurst.

The programme offers a range of support that is underpinned by our six pillars of development:

Strength and Conditioning

Nutrition

Practice

Lifestyle

Performance Analysis

Leadership and Role Modelling

Alongside these pillars, scholars are offered mentor support by our Head of Sports and Sports Performance Managers. Each scholar is allocated a full-time mentor and a 'buddy' from another year group. This mentor system ensures our scholars always have someone to talk to or seek advice from, whether it's sports or school-related. Our buddy system enables peer sharing and support.

Our scholars also attend a variety of presentations by guest speakers. These include current and former professional sports people, sport psychologists, nutritionists, people working in professional sport and those with sports-based university guidance.

Supporting Academic Aspirations

We have no expectations that our Sports Scholars will go down the 'sporting route' with their academic studies.

In Years 10 and 11 pupils can study GCSE Physical Education which gives an excellent foundation to the factors that affect sporting performance which enables pupils to apply it to their own sporting performance.

In the Sixth Form we are in an enviable position with regards to course options. The department offers two options; the Level 3 Diploma in Sport, or A-level (GCE) Physical Education with OCR.

A-level Physical Education delves deeper into sporting performance with specific topic areas being Anatomy and Physiology, Exercise

Physiology, Biomechanics, Socio Cultural Studies, Sports Psychology and Skill Acquisition. Within the A-level, 15% of the final grade is based on a pupil's own sporting ability.

Level 3 Diploma in Sport (BTEC) equates to two A-level qualifications where pupils will study similar topic areas to the A-level, however, it is assessed through 9 units that are internally and externally marked. The style of learning in this qualification differs from the A-level as it is ongoing across the two years. As units are completed, pupils receive a mark and can keep track of their learning. Within the BTEC there is no assessment of a pupils sporting ability.

Find out more about the PASS Programme at:

hppc.co.uk/senior-school/co-curricular/sport/sports-scholarship-programme

Find out more about Hurst's Scholarships and Bursaries at:

hppc.co.uk/admissions/scholarships-bursaries



Sports training with the PASS Programme



Sports training with the PASS Programme

Hurst
College Lane, Hassocks,
West Sussex BN6 9JS
01273 833636
info@hppc.co.uk

✕ @Hurst_College
f @HurstCollege
@Hurst_College

hppc.co.uk

