



Hurst

Hurst Swimming

2025



Our Aims and Objectives

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To deliver a multi-pathway swimming programme that nurtures top performance while ensuring every pupil gains confidence, competence, and enjoyment in the water

To provide recreational, learning, racing and competitive experiences for our swimmers which will establish Hurst as a national leader in school swimming, fostering excellence, inclusivity, and swimming skills for life

Links to a swimming club: Pupils have the opportunity to access sessions with Mid Sussex Marlins during the week to assist with their competitive swimming programme. Find out more at: midsussexmarlins.org

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

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 Electives, Games and Activities sessions through the week. We also offer one-to-one and club link sessions to pupils requiring this.

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.

Strength and Conditioning support for club swimmers

The Hurst Sports department is able to support our young swimmers with a Strength and Conditioning 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

Hurst PASS Programme and Sports Scholarships

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 and talented athletes. We can provide one-to-one video stroke analysis and work on swim skills (e.g. start, turns, takeovers).

To find out more, see page 11 or visit hppc.co.uk/senior-school/co-curricular/sport/sports-scholarship-programme



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 programme

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 (SSSL). This competition is in its third year and includes 24 schools from the South East of England.

Hurst is now taking the competition nationwide and working with ESSA to roll the league out in other areas of the country.

At Hurst, we deliver technical and skills based sessions during the school timetable and in selected school holidays. These are open to Hurst pupils, club link swimmers and prospective pupils.

Hurst Swimming Coaches



Mr Stephen Murphy (BSc)

Mr Murphy is the Head of Senior School Swimming at Hurst.

Mr Murphy joined Hurst as a Swimming Coach in 2019. He has been coaching swimming for 20 years and coached on the Swim England national programme as well as being county Head Coach for a number of years. He also guided his former club to the county championship title six years in a row.

Mr Murphy has coached numerous county and regional record holders, national medallists/champions and placed swimmers on a number of English, British and Irish junior international teams. As a youth swimmer he swam at national level.



Mr Anthony Gray (BSc)

Mr Gray is the Head of Prep School Swimming at Hurst.

He has been a lifelong swimmer and former member of Worthing Swimming Club Water Polo team, where he played at Junior and Senior level.

In 2015 he began teaching swimming at private swim schools and founded the company Drenched Mini Water Polo, to bring the game to a wider audience and increase grass roots interest in the sport.

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 (under the appropriate school then co-curricular/sport/swimming)

The Swimming Programme at Hurst Prep School

Swimming Lessons

Hurst pupils have swimming lessons from Reception through to Year 6, to ensure they are well prepared and competent in swimming by the time they progress to the Senior Prep School.

Our youngest pupils (Reception to Year 2) have weekly lessons as part of their Physical Education (PE) curriculum. The lessons continue bi-weekly for pupils in Years 3 to 6.

Our timetable ensures that there is swimming provision that caters for pupils at all levels, whether they need a little extra help to become confident in the water, or they want to join the Hurst swimming team.

We aim to make swimming enjoyable for pupils and in 2025 the Senior Prep School held their first House Swimming Competition.

Swimming Team (Years 3 to 8)

We offer additional swimming sessions for pupils from Years 3 to 8 who compete in the Hurst Swimming teams.

Pupils in Years 7 and 8 have the opportunity to join team training sessions on Wednesday and Friday mornings alongside the Senior School Swimming Squad.

Link with Mid Sussex Marlins

Our club link with Mid Sussex Marlins allows our Year 7 and 8 swimmers (who are at the appropriate level) to access after school swimming sessions. These include four 2-hour sessions on Mondays, Tuesdays, Thursdays and Fridays.

We actively liaise with the clubs our pupils attend outside of school, to ensure we are working together in line with the competition programme and annual training plans.



Swimming Timetable – Prep School

Time	Monday			Tuesday			Wednesday			Thursday			Friday		
	Reception, Years 1 & 2 (Junior Prep)	Years 3–6 (Junior Prep)	Years 7–8 (Senior Prep)	Reception, Years 1 & 2 (Junior Prep)	Years 3–6 (Junior Prep)	Years 7–8 (Senior Prep)	Reception, Years 1 & 2 (Junior Prep)	Years 3–6 (Junior Prep)	Years 7–8 (Senior Prep)	Reception, Years 1 & 2 (Junior Prep)	Years 3–6 (Junior Prep)	Years 7–8 (Senior Prep)	Reception, Years 1 & 2 (Junior Prep)	Years 3–6 (Junior Prep)	Years 7–8 (Senior Prep)
Before school 6.30am - 7.30am															
Swimming lessons Weekly As part of the PE curriculum. <i>Days/times vary depending on the year group</i>															
Swimming lessons Bi-weekly As part of the PE curriculum. <i>Days/times vary depending on the year group</i>															
Extra Swimming lessons After school. By invitation for those that need extra support. Years 3 and 4 Improvers.								 Years 3 and 4 Improvers level			 By invitation	 By invitation			
Swimming Team sessions Fridays after school. Wednesdays and Friday mornings for Years 7 and 8 team (with the Senior School team)						 Morning								 After School	 Morning and After School
Club sessions with Mid Sussex Marlins 6:30pm – 8:30pm															

The Swimming Programme at Hurst

Senior School and Sixth Form

Swimming sessions during the day

Senior School pupils (Years 9 to 11) and Sixth Form students will be able to access the swimming pool at least once every day in the 2025/26 academic year.

Swimming options take the form of Activities, Electives and Games options (during the school day) which pupils can choose at the beginning of each term. We provide a structured set of training programmes for pupils of all swimming levels in each year group.

Morning Swimming

We offer three optional morning swimming sessions before school, from 6.30am.

Swim Squad sessions

We offer additional Swim Squad sessions for swimmers who are competing for the Hurst team.

Link with Mid Sussex Marlins

Competitive club swimmers have the additional option to train with Mid Sussex Marlins swim club, who hire the pool on four evenings each week.

This is particularly useful for pupils who are boarders/flexi boarders at Hurst or for those who find it easier to remain onsite after school. Pupils who want to take up this option must contact Mr Murphy in the first instance to make arrangements.

We actively liaise with the swim clubs our pupils attend to ensure we are working together in line with the competition programme and annual training plans.



Swimming Timetable – Senior School and Sixth Form

Time	Monday				Tuesday				Wednesday				Thursday				Friday			
	Shell (Year 9)	Remove (Year 10)	Fifth Form (Year 11)	Sixth Form (Years 12 & 13)	Shell (Year 9)	Remove (Year 10)	Fifth Form (Year 11)	Sixth Form (Years 12 & 13)	Shell (Year 9)	Remove (Year 10)	Fifth Form (Year 11)	Sixth Form (Years 12 & 13)	Shell (Year 9)	Remove (Year 10)	Fifth Form (Year 11)	Sixth Form (Years 12 & 13)	Shell (Year 9)	Remove (Year 10)	Fifth Form (Year 11)	Sixth Form (Years 12 & 13)
Before school 6.30am - 7.30am	Recreational Swim	Recreational Swim	Recreational Swim	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am	6.30am to 7.30am
Games sessions Times vary depending on the day/year group				4.35pm to 6.00pm	2.40pm to 3.50pm		4.35pm to 6.00pm	4.35pm to 6.00pm						4.40pm to 6.00pm	2.20pm to 3.55pm	2.20pm to 3.55pm	2.25pm to 4.00m			
Elective sessions Times vary depending on the day/year group	4.45pm to 6.00pm	4.45pm to 6.00pm	4.45pm to 6.00pm	3.20pm to 4.40pm																
Activities sessions Times vary depending on the day/year group						5.00pm to 6.00pm							4.40pm to 6.00pm							
Club sessions with Mid Sussex Marlins 6.30pm - 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm					6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm	6.30pm to 8.30pm

Exceptional Facilities and Investment

Hurst has invested in a new, state-of-the-art on-site swimming pool. The new facility opened in September 2025.

The Pool

Six lane deck level 25m competition pool

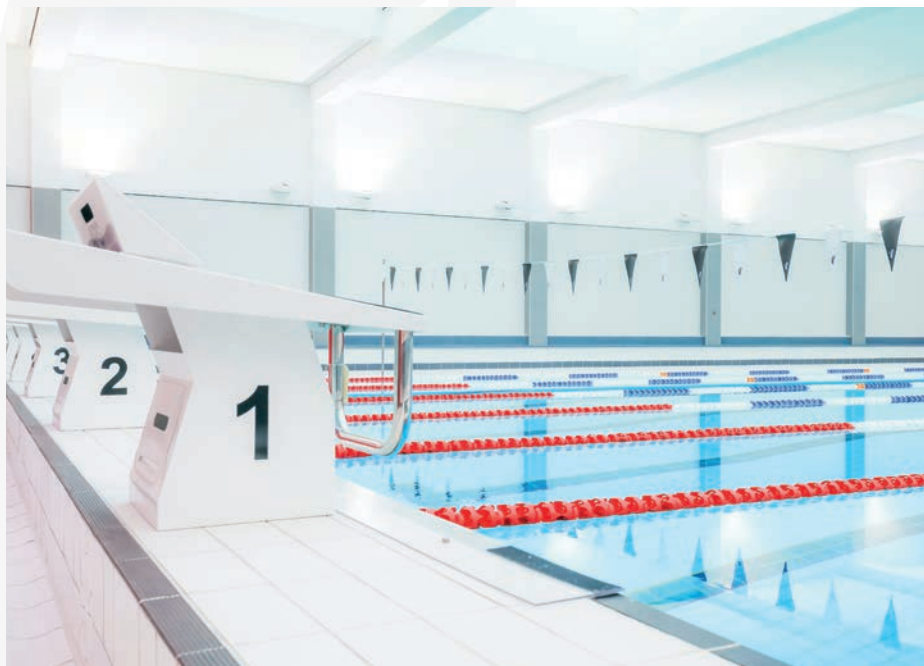
Electronic timing system and scoreboard

Wedge starting blocks

Anti-turbulence lane ropes

Viewing area for up to 50 people

Changing areas, toilets and lockers



Alongside our College-based swimming, the Hurst pool is also used for swimming lessons by the Hurst Education Trust (HET) schools, private hire by swim schools and swim clubs, and for special events.

For details about hiring the swimming pool, please see the Hurst website at hppc.co.uk and/or contact Hurst Lettings at Lettings@hppc.co.uk



Hurst Swimming Performance Pathway

Age Group and Performance Pathway	Target Competitions	Performance Aims	Annual Commitment (Including number of competitive fixtures for school expected)	Training Access	Min. number of expected sessions per week	Other Sports and level of involvement
Junior Prep School Reception to Year 6 (Under 11 years of age) Young Athlete Development – Fundamentals	- Annual Hurst Invitational Gala - ESSA regional events (including Summer Open) - IAPS Galas - Schools Swimming Super League - Internal House competitions	Proficient in all four swim strokes and developing the key swim skills. Introduction to school swimming galas.	Once per month	Three sessions per week	Up to three	Multi sport
Senior Prep School Years 7 and 8 (11–12 years old) Young Athlete Development – Learning to Train	- Annual Hurst Invitational Gala - ESSA regional events (including Summer Open) - IAPS galas - Schools Swimming Super League - Secondary school relays (MT) - Internal House competitions	Developing the ability to train effectively and efficiently on all strokes (developing an efficient technique) with a focus on individual medley, aerobic development and skills. Exposure to more competitive environments and situations, learning to race.	Once to twice per month	Four sessions per week Up to four club evenings One to two land sessions per week	Three to five	1st and 2nd sports (2nd sport changes with the terms)
Middle School Years 9 to 11 (13–16 years old) Competitive pathway Training to Train – Training to Compete	- Annual Hurst Invitational Gala - ESSA regional and national events (including Summer Open) - HMC and independent schools Galas - Schools Swimming Super League - Secondary school relays (MT) - Internal house competitions - Bath Cup (LT)	Committing to the swim training programme and school swim competition programme. Some general focussed training and some more specific to strengths of the individual. Racing in the higher level competitions and executing racing skills under pressure.	Once to twice per month—all year round	10 to 11 sessions per week available Two land sessions per week Mentor support for managing academic studies	Four to six	Shell (Year 9): Swimming plus a team sport (ensuring pupil is attending swim sessions) Remove (Year 10): Swimming plus a team sport (ensure pupil understands swim events/swim training takes priority) Fifth Form (Year 11): Swimming and Strength and Conditioning (S&C) focussed
Sixth Form Years 12 to 13 (16–18 years old) Performance pathway – Training to perform, Training to win	- Annual Hurst Invitational Gala - ESSA regional and national events (including Summer Open) - HMC and independent schools Galas - Schools Swimming Super League - Secondary school relays (MT) - Internal house competitions - Bath Cup (LT)	Focus on individual strengths/event focussed training group working to succeed at the highest levels and events.	Once to twice per month—all year round	10 to 11 sessions per week available Two land sessions per week Mentor support for managing academic studies	Five or more sessions, according to individual programme	Swimming and Strength and Conditioning (S&C) focussed

Schools Swimming Super League



The Schools Swimming Super League was established in September 2023 by a team of coaches from Hurst; Stephen Murphy, Anthony Gray and Rob Kift (Director of Sporting Partnerships).

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.

Find out more about the Schools Swimming Super League online.

swimmingsuperleague.com



Instagram

@SwimSSSL

[instagram.com/swimsssl](https://www.instagram.com/swimsssl)



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

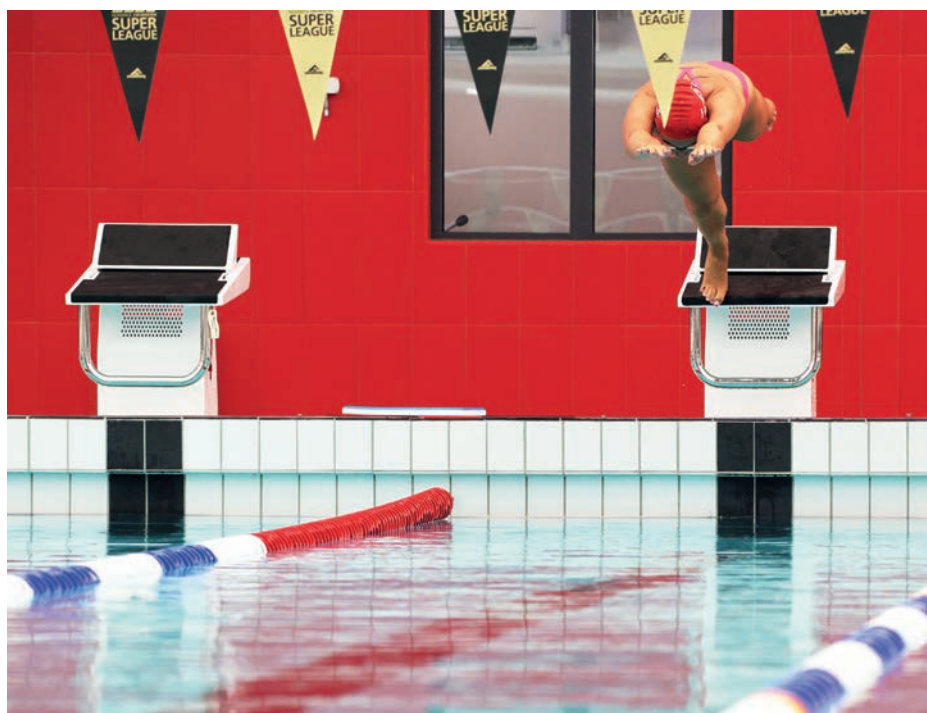
We have no expectations that our Sports Scholars will go down the 'sporting route' with their academic studies. However, we do offer options for those that want to do so.

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.

The 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

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