Hurst

Pre-Season Training

Check list for pre-season sessions

- Smart Hurst kit
- Packed lunch/refreshments (catering is not provided)
- Named water bottle
- Sun cream
- No jewellery

Boys should also bring:

- Sports kit
- Boots
- Trainers
- Gum shield (a temporary gum shield will suffice)

Girls should also bring:

- Sports kit, including a white or red t-shirt and blue skort
- Astro/Netball trainers
- Hockey stick
- Shin pads
- Gum shield (a temporary gum shield will suffice)

Sport information presentation for parents

Monday 24 August
10.15am–10.45am

Parents of Years 7 and 8

Monday 24 August
12.30pm–1.00pm

Parents of Shell, Remove, Fifth Form and Sixth Form

Medical questionnaire

You can find this on the Parent Portal: **portal.hppc.co.uk** under My Children/Forms

Please complete by Friday 12 June

Scan the QR codes to sign up for pre-season sessions:

Years 7 and 8
Pre-Season Sport
sign up form

Shell and Remove
Pre-Season Sport
sign up form

Fifth Form and Sixth Form
Pre-Season Sport
sign up form

Hurst

Pre-Season Training

Monday 24 August 2026						
Year groups	**Years 7 and 8**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming		
Timings	10.00am – 12.00pm	10.00am – 12.00pm	10.00am – 12.00pm	8.00am – 10.00am		
Location	Ruckford	West Astro	Ruckford Tennis Courts	Swimming Pool		
Year groups	**Shell and Remove**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Boys' Hockey	Girls' Netball	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	10.00am – 12.00pm	8.00am – 10.00am
Location	Ruckford	South Astro	Highfield Astro	Ruckford Netball Courts	Ruckford Tennis Courts	Swimming Pool
Year groups	**Fifth Form and Sixth Form**					
Sport	Boys' Hockey	Girls' Netball *(Michaelmas Term Core Sport)*	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	10.00am – 12.00pm	8.00am – 10.00am
Location	Highfield Astro	Ruckford Netball Courts	Eastfield	South Astro	Ruckford Tennis Courts	Swimming Pool

Hurst

Pre-Season Training

Tuesday 25 August 2026						
Year groups	**Years 7 and 8**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming		
Timings	10.00am – 12.00pm	10.00am – 12.00pm	12.00am – 2.00pm	8.00am – 10.00am		
Location	Ruckford	West Astro	Ruckford Tennis Courts	Swimming Pool		
Year groups	**Shell and Remove**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Boys' Hockey	Girls' Netball	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	12.00pm – 2.00pm	8.00am – 10.00am
Location	Ruckford	South Astro	Highfield Astro	Ruckford Netball Courts	Ruckford Tennis Courts	Swimming Pool
Year groups	**Fifth Form and Sixth Form**					
Sport	Boys' Hockey	Girls' Netball *(Michaelmas Term Core Sport)*	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	12.00am – 2.00pm	8.00am – 10.00am
Location	Highfield Astro	Ruckford Netball Courts	Eastfield	South Astro	Ruckford Tennis Courts	Swimming Pool

Hurst

Pre-Season Training

Wednesday 26 August 2026						
Year groups	**Years 7 and 8**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming		
Timings	10.00am – 12.00pm	10.00am – 12.00pm	10.00am – 12.00pm	8.00am – 10.00am		
Location	Ruckford	West Astro	Ruckford Tennis Courts	Swimming Pool		
Year groups	**Shell and Remove**					
Sport	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Boys' Hockey	Girls' Netball	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	10.00am – 12.00pm	8.00am – 10.00am
Location	Ruckford	South Astro	Highfield Astro	Ruckford Netball Courts	Ruckford Tennis Courts	Swimming Pool
Year groups	**Fifth Form and Sixth Form**					
Sport	Boys' Hockey	Girls' Netball *(Michaelmas Term Core Sport)*	Boys' Rugby *(Michaelmas Term Core Sport)*	Girls' Hockey *(Michaelmas Term Core Sport)*	Tennis	Swimming
Timings	10.30am – 12.30pm	10.30am – 12.30pm	1.15pm – 3.15pm	1.15pm – 3.15pm	10.00am – 12.00pm	8.00am – 10.00am
Location	Highfield Astro	Ruckford Netball Courts	Eastfield	South Astro	Ruckford Tennis Courts	Swimming Pool

Hurst

Pre-Season Activities

Pre-Season Activities – August 2026				
Date	**Time**	**Year group**	**Activity**	**Venue**
Monday 24 to Wednesday 26 August	N/A	Fifth Form Lower Sixth Upper Sixth	DofE Silver Expedition Assessment and Expedition	The South Downs
Wednesday 2 September	6.30pm to 8.00pm	All Years (Senior School)	Music (Choir) Practice	Chapel

For staff contact details, please see the Parent Handbook