



Swimming Handbook 2020-2021

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Competitive Swimming at HIS

The Hangzhou International School Swimming Team was started in 2011. The team consists of 4 swimming groups: Gold, Pre-Gold, Silver, and Bronze that all practice together at the Qianjiangshangtie Hotel Pool.

All capable swimmers are encouraged to try out for the team. The team focus is to develop competitive swimming techniques in preparation for competition. A typical practice consists of a warm up, stroke drills, pacing, technique work, starts/turns, and racing teammates. Swimmers are encouraged to practice on their own on the weekends to add additional practice & conditioning. Please see swim group descriptions below for more details regarding practice times and requirements for each group.

The team is coached by Coach Vivian Wang and Coach Donal Sha. Please contact either of them via email if you have any questions about the HIS swimming team:

swimming@his-china.org

Practice Location:

Qianjiangshangtie Hotel Pool. 54 Zhijiang Road

Practice Time: 3:15 – 5:00 pm

How to Join

All student athletes must fill out a Swimming Registration Packet which can be collected from the School Reception or the Athletics Department Office in the Gymnasium.

The swim team is for those students who love being in the water and already know how to swim. Tryouts for the swim team are held twice a year; usually in the first week of each Semester. Any interested students, new or returning, can meet at the rear school gate to load the bus to Qianjiangshangtie Hotel Pool. Bring a swim suit, goggles, towel, and a bag to carry it all in. There are locker rooms to change in at the pool facility.

Tryouts consist of swimming 4 lengths of the pool and show the ability to use the competitive strokes (freestyle, breaststroke, backstroke, butterfly). See the table on the next page for more details pertaining to the qualification requirements for each swim group. The team practices throughout the school year and is for those students who can commit to practicing weekly and attend meets on the weekend. Swimming is a great life skill that students can use their whole life. Encourage your child go out for the team!



Swim Groups

Bronze	Silver	Gold & Pre-Gold
<p>To Join: Swimmers on the Bronze Team are able to swim at least 3 out of the 4 competitive strokes. They also use rhythmic breathing during freestyle and can swim 4 laps without much stopping.</p> <p>Focus: The beginning team will develop general stroke competence in all four of the competitive disciplines (Butterfly, Backstroke, Breast Stroke, Freestyle). They will learn correct starts, turns and transitions. They will work on competitive elements of their swims to include pacing, sprinting and breathing correctly. The beginning team will also combine elements of games or activities to promote the lighter side of the sport.</p> <p>Swim Meets: Swimmers on the Bronze team will not be competing in Swim meets.</p> <p>Attendance: The expectation is that a Bronze swimmer attends practice a minimum of 2 times each week.</p> <p>Equipment Required: Kick board</p>	<p>To Join: Swimmers on the Silver Team are able to swim all 4 competitive strokes efficiently and effectively.</p> <p>Focus: Further development of stroke technique and form. Advanced start and turn techniques taught as well as speed and pacing work.</p> <p>Swim Meets: Swimmers on the Silver team show some proficiency in competitive swimming and will be invited to compete in meets during the year which coaches determine are suitable for their ability levels.</p> <p>Attendance: The expectation is that a Silver swimmer attends practice a minimum of 2 times each week.</p> <p>Equipment Required: Kick board, pull buoy.</p>	<p>To Join: Swimmers on the Gold Team have experience with competitive swimming, can swim all 4 competitive strokes, can dive and turn properly, and have an overall understanding of the technical aspects of swimming.</p> <p>Focus: Refinement of stroke techniques, starts, and turns with greater emphasis on lowering times, developing power and endurance, and preparing swimmers for several competitive meets during the season.</p> <p>Swim Meets: Swimmers in the Gold and Pre-Gold teams will be expected to compete at 80% of swim meets during the year.</p> <p>Attendance: The expectation is that a Gold and Pre-Gold swimmers attend practice a minimum of 3 times each week.</p> <p>Equipment Required: Kick board, pull buoy, snorkel, fins, paddles,</p>

Swim Team Uniform Requirements

At Practice

During practice, swimmers can wear any suitable swim suit of their own choice.

Competing At Swim Meets

Swimmers can only wear HIS swimsuits or their own swimsuit that is in HIS colors only and has been approved by the HIS Swim coaches prior to the swim meet. Blue should be the dominant color, with gold and white also permitted also permitted on the suit. A HIS Swim cap is also compulsory at all meets.

Traveling to Swim Meets and on Pool Deck

When traveling to swim meets as a team or when on pool deck during a swim meet, all swimmers should be easily identifiable as HIS student. Only HIS apparel is permitted to be worn. Clothing with brand names is not permitted (ie. Nike, Adidas etc). Swimmers can wear any HIS uniform / PE uniform, or items from the HIS Swim Team Apparel range (See below)

HIS Dragons Swim Team Apparel

HIS swim suits and swim caps are available to purchase throughout the year from the Dragon Shop.

At the beginning of each Semester, Swim team coaches will distribute HIS Swim Team Apparel order forms which will allow swimmers to purchase from a range of clothing including T-Shirts, Parkas, Tracksuits. These are for swim team members only.



Attendance Expectations

At the beginning of the season, swimmers will be asked to nominate their swimming practice days. It will be expected that they attend only on these days unless coaches are notified of a change in advance.

It's important that all swimmers attend practice on a regular basis. If a swimmer is absent due to illness, family emergency, or some unforeseen circumstance, the swimmer and/or parents should notify the coaches that their child will not be at practice.

For situations that allow for advanced notice, it's encouraged that the swimmer approach the coaches to tell them of an absence. Whenever possible, an alternative practice day should be arranged to make up for the missed practice.

Swimmers who fail to attend 3 practices without prior notification of coaches will have their eligibility for participation on the Swim team reviewed by Swim Team coaches and the Director of Athletics and Activities.

Swimming Conference Affiliations

The HIS Swim Team competes in 3 Swimming and Athletics Conferences throughout China that provide high level competitive opportunities for our swimmers.

Shanghai Swim League (SSL)



Hangzhou International Schools Athletics Conference (HISAC)



Association of China and Mongolia International Schools (ACAMIS)



Athlete Preparation Program (APP)

(High School Swimmers Only)

Physical conditioning is an integral aspect of good athletic performance. In addition to the 2 or 3 team practices during the season, all High School Swimmers should undertake some regular physical training to develop and maintain a good level of physical fitness and conditioning throughout the year. HIS supports students to develop their physical fitness and conditioning through our Athlete Preparation Program (APP). This program offers all high school student athletes the opportunity to complete individualized training programs that are tailored to specific students and the sports they are playing.

APP runs in the Fitness Room and Gymnasium each morning between 7:00am – 7:45am and after school from 3:15pm-5pm. All morning sessions will be supervised. Afternoon sessions may be supervised, but are intended primarily for more experienced student athletes who can complete their training programs with limited direct supervision. As a matter of safety, there is a limited number of students able to use the Fitness Room at any one time so athletes will be asked to register in advance for their preferred training sessions. This will be managed by the Director of Athletics, in consultation with coaches. Attending in pairs or groups is preferred for motivation and safety reasons, although most exercises in the individualized training programs do not necessitate a partner/spotter to maintain safety for the student athlete. There will always be a member of the Athletics Department in the adjacent gymnasium if you require assistance.

Students recovering from injuries should also use these APP training sessions as an opportunity to speed up recovery and are encouraged to seek professional medical advice which includes a list of suitable rehabilitation exercises.

Service to Sports Commitment

(High School Swimmers Only)

All high school swimmers are required to contribute a minimum of 10 hours in any the 3 areas of service outlined below. These hours can be counted towards your CAS service hours requirements. This will be managed and monitored by the Athletic Director, and the relevant coaches. Whether you participate in 1 or multiple sports, the 10-hour minimum commitment is the same. This minimum commitment of 10 hours is not per sport.

The 3 areas of service and examples of duties include;

Coaching and Leadership Roles

- Assisting a coach of a Middle School or Lower School Team.
- Conducting an activity-focused After-School Activity (ASA) for Lower School / Middle School students under the supervision of a teacher / faculty member.

Scoring, Officiating and Match Day Roles

- Operating scoreboards at matches/tournaments hosted by HIS.
- Acting as an official (ie. linesperson, scorer) at matches/tournaments hosted by HIS.
- Operating the music at matches/tournaments hosted by HIS
- Assisting Tournament Director at matches/tournaments hosted by HIS

Promotion and Photography Roles

- Being the team reporter during a Varsity Season
- Photographer at matches and tournaments hosted by HIS
- Creating posters promoting upcoming Athletics events hosted by HIS
- Traveling with a Varsity or Middle School team to a Saturday tournament as a photographer

Eligibility to participate in the Swim team will be reviewed by the Athletic Director if this service commitment is not being fulfilled.

Swimming Meet Schedule 2020-2021

There are 9 meets scheduled this season. Those swimmers on the Silver, Gold, and Pre-Gold teams will have the opportunity to participate in some/all of these meets during the year.

Meet	Date	Host
SSL Round 1 - Sprints	Oct. 18	Shanghai Community International School (SCIS)-Hongqiao Campus (9yo and older)
SSL Round 2	Nov. 14-15	Shanghai American School - Puxi Campus
HISAC All Ages Invitational Meet	Dec. 12	RDFZ Kings College - Hangzhou
SSL Round 3	Jan. 23-24	Nanjing International School (NIS)
SSL Round 4	Feb. 27-28	Suzhou Singapore International School
ACAMIS Senior Invitational	Mar. 12-13	Nanjing International School (NIS)
HISAC All Ages Invitational Meet	Apr. 17	Wellington College - Hangzhou
SSL Round 6 - Long Course	May 8-9	Dulwich College Shanghai - Puxi Campus
ACAMIS Junior Invitational	TBC	Beijing City International School (BCIS)



Appendix 1

HIS Swim Coaches

Year	Coach(es)
2011-12	Miranda Brunner
2012-13	Miranda Brunner
2013-14	Marja Koponen, Terrence Reuwer, Michelle Bellamy
2014-15	Dan Mullen, Julie Mullen
2015-16	Zachary Brooks, Aryanna Wetteland
2016-17	Zachary Brooks, Heather Kappler
2017-18	Zachary Brooks, Vivian Wang, Simon Lamplugh, Veronica Jenner
2018-19	Vivian Wang, Donal Sha, Jacqueline Caraglor
2019-21	Vivian Wang, Donal Sha

2020-2021 SWIM TEAM COACHES

Coach Vivian Wang

Email: vwang@his-china.org



Coach Donal Sha

Email: dsha@his-china.org



Appendix 2

Qualifying Times - Age 9/10

Girls								5C Meters		Boys							
AA girl	A girl	ACAMIS-G	SSL-G	HIS Gold-G	HIS Blue-G	Gold-G	Silver-G	Distance	Stroke	Silver-B	Gold-B	HIS Blue-B	HIS Gold-B	SSL-B	ACAMIS-B	A-boy	AA boy
33.29	39.99	49.49	55.07	1:00.00	1:05.00	1:10.02	1:17.31	50	FLY	1:16.25	1:12.82	1:05.00	56.00	48.02	47.29	39.09	37.19
38.69	40.59	48.44	48.25	52.00	57.00	1:01.59	1:20.26	50	BACK	1:03.44	53.39	50.50	47.50	45.68	44.30	40.99	38.99
44.09	46.19	51.13	53.05	55.00	57.00	59.77	1:04.12	50	BREAST	1:07.57	58.33	55.50	53.50	51.79	51.37	45.29	43.29
33.29	34.69	38.62	39.46	40.50	41.50	42.51	52.92	50	FREE	52.07	42.09	40.00	38.50	37.56	37.73	34.19	32.89
1:27.49	1:32.99							100	FLY							1:32.29	1:26.99
1:23.49	1:27.69							100	BACK							1:27.49	1:23.59
1:36.69	1:41.49							100	BREAST							1:39.59	1:35.29
1:14.39	1:17.89	1:29.74	1:50.53	1:57.00	2:03.00			100	FREE			1:50.00	1:40.00	1:27.45	1:28.19	1:16.99	1:13.69
2:43.89	2:51.89	3:36.88						200	FREE						3:36.49	2:44.99	2:38.18
1:29.19	1:25.19	1:39.05	1:49.95	1:55.00	2:00.00			100	IM			1:55.00	1:50.00	1:32.04	1:35.09	1:27.89	1:24.19
3:10.79	3:02.39							200	IM							3:08.89	3:00.69
5:39.59	5:54.29							400	FREE							5:47.79	5:33.29

Qualifying Times - Age 11/12

[illegible]

Qualifying Times - Age 13/14

Girls								5C Meters		Boys							
AA-girl	A-girl	ACAMIS-G	SSL-G	HIS Gold-G	HIS Blue-G	Gold-G	Silver-G	Distance	Stroke	Silver-B	Gold-B	HIS Blue-B	HIS Gold-B	SSL-B	ACAMIS-B	A-boy	AA-boy
				55.00	1:00.00	1:10.02	1:17.31	50	FLY	1:16.25	1:12.82	1:02.00	48.00				
				48.00	55.00	1:01.59	1:20.26	50	BACK	1:03.44	53.39	48.00	43.00				
				52.00	57.00	59.77	1:04.12	50	BREAST	1:07.57	58.33	52.00	48.00				
29.59	30.89	32.89	34.11	37.50	40.00	42.51	52.92	50	FREE	52.07	42.09	38.00	35.00	29.61	30.43	28.39	27.29
1:09.79	1:12.89	2:02.25	1:51.35	2:05.00	2:10.00			100	FLY			1:38.00	1:33.00	1:28.55	1:52.82	1:07.69	1:04.89
1:10.09	1:13.09	1:31.42	1:32.45	1:36.00	1:40.00			100	BACK			1:33.00	1:28.00	1:17.06	1:23.53	1:08.19	1:05.39
1:20.49	1:23.99	1:43.44	1:46.90	1:52.00	1:57.00			100	BREAST			1:40.00	1:36.00	1:31.17	1:31.19	1:17.09	1:13.89
1:04.29	1:07.09	1:14.58	1:16.19	1:19.00	1:23.00			100	FREE			1:16.00	1:11.00	1:06.86	1:07.66	1:02.19	59.59
2:18.99	2:25.09		2:55.29	3:02.00	3:08.00			200	FREE			3:30.00	3:22.00	3:16.41		2:15.39	2:09.79
4:54.29	5:07.09	7:07.81		7:15.00	7:20.00			400	FREE			7:00.00	6:50.00		6:26.73	4:49.99	4:37.89
								100	IM								
2:35.59	2:42.39	3:13.02	3:04.69	3:20.00	3:25.00			200	IM			3:03.00	2:58.00	2:52.60	2:54.91	2:31.59	2:25.19
10:05.29	10:31.59							800	FREE							10:00.99	9:35.99
19:06.19	19:55.99							1500	FREE							19:00.89	18:13.39
2:31.89	2:38.49							200	BACK							2:28.79	2:22.59
2:54.29	3:01.89							200	BREAST							2:48.89	2:41.89
2:34.39	2:41.09							200	FLY							2:29.99	2:23.69

Qualifying Times - Age 15/over

Girls								5C Meters			Boys							
AA-girl	A-girl	ACAMIS-G	SSL-G	HIS Gold-G	HIS Blue-G	Gold-G	Silver-G	Distance	Stroke	Silver-B	Gold-B	HIS Blue-B	HIS Gold-B	SSL-B	ACAMIS-B	A-boy	AA-boy	
				55.00	1:00.00	1:10.02	1:17.31	50	FLY	1:16.25	1:12.82	1:02.00	48.00					
				48.00	55.00	1:01.59	1:20.26	50	BACK	1:03.44	53.39	48.00	43.00					
				52.00	57.00	59.77	1:04.12	50	BREAST	1:07.57	58.33	52.00	48.00					
29.09	30.39	33.58	33.73	37.50	40.00	42.51	52.92	50	FREE	52.07	42.09	38.00	35.00	28.10	28.20	27.39	26.19	
1:08.39	1:11.39	2:18.13	1:28.55	1:35.00	1:40.00			100	FLY			1:33.00	1:27.00	1:22.67	1:21.80	1:04.69	1:01.99	
1:08.49	1:11.49	1:37.42	1:32.10	1:40.00	1:45.00			100	BACK			1:28.00	1:23.00	1:38.31	1:18.19	1:04.79	1:02.09	
1:18.89	1:22.39	1:53.50	1:37.95	1:45.00	1:50.00			100	BREAST			1:37.00	1:32.00	1:30.30	1:25.32	1:13.49	1:10.49	
1:03.19	1:05.89	1:14.57	1:17.12	1:21.00	1:26.00			100	FREE			1:12.00	1:07.00	1:02.72	1:03.27	59.59	57.09	
2:16.09	2:21.99		2:52.40	3:00.00	3:06.00			200	FREE			2:37.00	2:33.00	2:29.18		2:10.09	2:04.69	
4:48.09	5:00.59	5:55.00		6:05.00	6:15.00			400	FREE			5:50.00	5:40.00		5:31.88	4:39.49	4:27.89	
								100	IM									
2:32.69	2:39.29	3:39.78	3:04.69	3:15.00	3:25.00			200	IM			2:55.00	2:48.00	2:40.88	2:39.85	2:23.39	2:17.49	
9:56.09	10:22.09							800	FREE							9:39.89	9:15.69	
18:51.19	19:40.39							1500	FREE							17:37.89	18:23.89	
2:28.99	2:35.49							200	BACK							2:21.99	2:15.99	
2:50.79	2:58.19							200	BREAST							2:39.79	2:33.09	
2:31.39	2:37.99							200	FLY									

Appendix 3

TEAM RECORDS

9 &10						
Girl			SC Meters	Boy		
Year/Meet	Record	Name	Event	Name	Record	Year/Meet
2018 ACAMIS	41"99	Emily Tupper	50 Free	Shaun Chen	32"94	2018 SSIS
2019 NIS	47"60	Tiana Wang	50 Breast	Peter Pan	56"72	2019 NIS
2019 NIS	50"44	Anna Lu	50 Back	Paweike Tukula	48"25	2019 NIS
2019 NIS	42"63	Patricia Chacon Davila	50 Fly	Shaun Chen	36"81	2018 SSIS
2019 NIS	1'31"97	Patricia Chacon Davila	100 IM		1'24"34	2019 SSIS
2019 NIS	1'33"24	Tiana Wang	100 Free	Shaun Chen	1'13"75	2020 SSIS

11 & 12						
Girl			SC Meters	Boy		
Year/Meet	Record	Name	Event	Name	Record	Year/Meet
2019 NIS	34"33	Patricia Chacon Davila	50 Free	Tommy Arditti	32"94	2017 SSIS
2018 SSIS	57"12	Vinisha Tejawani	50 Breast	Tommy Arditti	50"99	2017 Santa Splash
2017 SCIS	51"51	Riva Aggarwal	50 Back	Benjamin Branham	41"98	2019 NIS
2018 SSL	1'05"10	Vinisha Tejawani	50 Fly	Shaun Chen	32"70	2018 ACAMIS
2016 DCSZ	1'56"64	Anna Gramann	100 IM	Shaun Chen	1'14"33	2018 SSL
2017 SCIS	1'26"97	Riva Aggarwal	100 Free	Shaun Chen	1'05"33	2018 ACAMIS
2017 SSIS	1'47"67	Riva Aggarwal	100 Back			
2016 SSIS	2'07"40	Anna Gramann	100 Breast	Shaun Chen	1'22"44	2018 ACAMIS
			100 Fly			
			200 IM	Shaun Chen	2'41"29	2018 ACAMIS
			200 Free	Shaun Chen	2'25"32	2017 SCIS
			400 Free	Shaun Chen	4'55"52	2018 ACAMIS

TEAM RECORDS

13 & 14

Girl			SC Meters	Boy		
Year/Meet	Record	Name	Event	Name	Record	Year/Meet
2018 ACAMIS	35"12	Anna Gramann	50 Free	Tommy Arditti	30"24	2018 ACAMIS
2019 NIS	51"65	Amy Zhang	50 Breast	Tommy Arditti	50"99	2017 Santa Splash
2018 NIS	44"53	Riva Aggarwal	50 Back	Bill Zhang	37"80	2017 SCIS
2018 NIS	44"93	Anna Gramann	50 Fly	Tommy Arditti	37"29	2018 NIS
2018 NIS	1'38"93	Anna Gramann	100 IM			
2018 NIS	1'20"03	Riva Aggarwal	100 Free	Tommy Arditti	1'10"71	2018 ACAMIS
2018 ACAMIS	1'37"92	Riva Aggarwal	100 Back	Tommy Arditti	1'37"11	2018 ACAMIS
2018 ACAMIS	1'53"18	Anna Gramann	100 Breast	Tommy Arditti	1'23"87	2018 ACAMIS
2018 ACAMIS	1'45"49	Anna Gramann	100 Fly			
2018 ACAMIS	3'39"18	Anna Gramann	200 IM	Bill Zhang	2'54"37	2017 SCIS
			200 Free			
			400 Free			

15 & Over

Girl			SC Meters	Boy		
Year/Meet	Record	Name	Event	Name	Record	Year/Meet
2019 NIS	31'64	Julia Semple	50 Free	Tommy Arditti	28"03	2019 NIS
2018 NIS	52"23	Elin Andresson	50 Breast			
2019 NIS	37"12	Julia Semple	50 Back	Tommy Arditti	34"75	2019 NIS
			50 Fly	Tommy Arditti	33"77	2018 ACAMIS
			100 IM	Lucas Gramann	1'22"57	2018 NIS
2018 ACAMIS	1'24"31	Elin Andresson	100 Free			
2018 SSL	1'41"01	Elin Andresson	100 Back			
2018 ACAMIS	1'52"01	Elin Andresson	100 Breast	Lucas Gramann	1'33"45	2018 SSL
			100 Fly	Lucas Gramann	1'28"81	2018 ACAMIS
2019 NIS	3'00"07	Julia Semple	200 IM	Lucas Gramann	3'10"71	2018 ACAMIS
			200 Free			
2018 ACAMIS	6'58"10	Elin Andresson	400 Free			

FOR MORE INFORMATION ABOUT SWIMMING @ HIS:

Visit our website @ www.his-china.org , click on the [EXTEND](#) button, click [HIS Golden Dragons Swim Team](#)

Email correspondence can be directed to : swimming@his-china.org

Parents of Swim Team members will also be invited to the team Wechat group where information and photos will be shared throughout the year.

You are also welcome to email HIS Director of Athletics and Activities, Mr. Filipe Nogueira : fnogueira@his-china.org



This handbook and its appendices is a compilation of resources from schools within the region and many schools worldwide and over the past 20+ years. Special thanks to Jakarta International School for their concise and thorough handbook example and the 'AD Institute' for presenting ideas on creating an athletic and/or activity handbook.

Revised: August 2020



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