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Water Weekly [February 2 - February 8]

Training Next Week (Updated)

Please note a change to Monday PM training for both the Yellow and Gold Squads. The session will be adjusted to a 1-hour practice, ending at 4:15pm.

As these swimmers will have been at the pool throughout the weekend, coaches will focus this session on reflection, reviewing video footage of their swims, and light recovery work. Swimmers should use the earlier finish to head home, rest, and ensure they stay on top of any outstanding coursework.

SSL Round 3

Detailed information for SSL Round 3 was shared yesterday (Thursday, 29th January) via a SchoolsBuddy notification. Please review that message for full logistical details.

Parent Access & Hall Procedures

- No parents from any schools should be in the sports hall.
- Each team, including HIS, will receive a set number of passes allowing designated adults to enter the hall to support the coaching team with marshaling children.
- Parents using these passes are acting as volunteers and will be assigned specific roles once inside the hall.

Leaving After Your Races / Departures

- Student-athletes are free to leave once all of their races are completed.
- Before departing, swimmers must check in with Coach Alan and Coach Lynn in the sports hall to confirm they have no remaining races.
- As there will be no awards ceremonies on Saturday or Sunday, swimmers who have finished all their events may leave.
- Lower School swimmers must not leave alone.
- It is polite and expected that swimmers go and thank their coach on deck before they leave.

- **Important:** If a swimmer leaves early and subsequently misses a relay without prior clarification, please note that they will not be selected for future relay teams until they can demonstrate reliability and commitment to the team. This protects fairness for all teammates and maintains the integrity of our relay squads.

Monthly Movers

KK. L., & Terrance. X., have been promoted from the Blue Squad to the Yellow Squad. Both boys have been working extremely hard on developing their skills, and their steady progress has not gone unnoticed. Their commitment, consistency, and positive training habits have earned them this well-deserved promotion. Congratulations again to both boys!



KK. L., Grade 3



Terrance. X., Grade 4

Meet Cancellations for the Spring Season

The following Spring season meets have been canceled:

- **Dulwich Puxi LCM - May, 2026**
 - Has been canceled due to on-going facility renovations that will not be completed by May 2026.
- **Vietnam Meet - May, 2026**
 - Since China Trips clashes with the dates of the Vietnam Meet, our department made the decision to cancel this trip.

We apologize for any inconvenience and appreciate your understanding.

SSL vs Beijing ALLSTARS

We would like to share an important update regarding the selection procedures for the upcoming SSL vs Beijing All-Stars Meet, May 30-31th, 2026. The league has recently revised how swimmers will be chosen for this new event.

Change in League Selection Process

Originally, the intention was to select the *fastest 16 swimmers* in each age group and event from the Shanghai/Hangzhou region. However, the league's Chair has updated the process to keep selections equitable and in line with school values.

Each school will now be allowed to send a maximum of four (4) swimmers. If overall participation numbers are low after all schools submit their entries, additional spots may become available.

To ensure fairness and consistency across the league, selections will be based primarily on results from SSL Round 4, rather than the Championships. This is due to the short timeframe between the Championship Meet and the All-Stars event, which limits preparation and evaluation opportunities.

The league made this change to:

- Promote balanced representation across all schools
- Uphold morals, ethics, and values shared across the SSL
- Avoid a competition dominated by only a few high-performing programs
- Provide a more inclusive All-Stars experience

What This Means for HIS

With the new 4-swimmer limit, the HIS coaching team faces the challenging task of selecting a small group from a talented pool of 8–12 swimmers who have shown All-Stars potential.

Next week, the coaching staff will hold a collaborative meeting to confirm our team's selection method and to ensure our approach is:

- Transparent
- Fair
- In alignment with league expectations
- Supportive of student-athlete development

Coach Cheryl's Proposed Selection Criteria

To guide this process, we may plan to use a weighted selection rubric, ensuring decisions are data-supported and easy to communicate.

HIS All-Stars Selection Rubric

Primary reference: SSL Round 4 results using the following categories in a percentage, that can be discussed by coaches.

A. Round 4 Performance

- Event performance using time standards or comparative rankings, points gained for the team.

B. Contribution to the All-Stars Team

- Relay value
- Versatility and ability to cover multiple events
- Overall competitive readiness

C. Consistency & Reliability

- Attendance at meets thus far
- Training commitment to HIS team
- Coachability and race preparation, with showing respect to coaches and our renewed structure since August 2026

D. Representation & Sportsmanship

- Upholding HIS values
- Leadership
- **Team**-first behaviour

Once the initial four swimmers have been selected, HIS will also name alternates, in case the league releases additional spots after evaluating submissions from all schools.

We will provide clear expectations ASAP.