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Hangzhou Water Weekly: Feb.16-22

祝大家马年健康、快乐、成功!



Thank you to Nemo Z, member of our Gold Squad who took the time to gift our team with a beautiful blessing. Wishing you all a wonderful Year of the Horse!

Training for the week after CNY

Monday, February 23 – In-Service Day

9–10 year olds ACAMIS Team of 2025-26:

8:00 AM – 10:00 AM

Location: HIS The Wave Aquatics Centre

11–12 year olds ACAMIS Team of 2025-26 (invites are open for all Gold Squad members)

1:00 PM – 3:00 PM

Location: HIS The Wave Aquatics Centre

We explored the option of securing two lanes at a few long-course (50m) pools. However, the rental quotes we received were not reasonable.

Tuesday, February 24

- All training runs as usual, including early morning practice.

Wednesday, February 25

- Early morning training running as normal
- **All PM sessions cancelled**

Thursday, February 26

- **All sessions cancelled (AM & PM)**

Friday, February 27

- **All sessions cancelled (AM & PM)**

Cancellations are due to the platform going back in the water since we are about to start early years curriculum swimming. We tried to get the platform put back in during CNY however, due to the national holiday this was not possible. Training/all programs will resume on Monday, March 2.

Parent meeting

Friday, February 27: 3:30pm - 5:00pm

The purpose of this meeting is to help parents gain a deeper understanding of what we are building at HIS Aquatics.

During the session, we will:

- Discuss our vision and the long-term development pathway we follow based on sport science, pedagogy & high performance methodology for age-groupers.
- Revisit the goals we set in August 2025.
- Share insights into our training philosophy and team culture.
- Provide an opportunity for parents to ask questions and connect with one another.

Meeting Structure:

- 3:30 PM – 4:15 PM: Presentation
- 4:15 PM – 5:00 PM: Q&A and time to mingle with other parents

To help us prepare the appropriate number of chairs, food, and drinks, without creating unnecessary waste, please use the form below to sign up for the evening: [HERE](#)

SSL Round 4

March, 21st at BISS Puxi.

Link for hotels etc., will come out first week back.

For those who would like to swim at this meet please express your interest via consenting on schoolsbuddy, deadline is February, 27th. Only those who consent will receive all the information for hotels.

Things to note:

SSL Round 4 is the last SSL Meet of 2025-26 before the Championships. A team expectation is that anyone on our Yellow and Gold Squad should do their best to attend as many of these meets as possible. Blue and White Squad should attend at least two (2) of these meets per year. Our swim team is GIVE to GAIN situation, we provide an incredible swimming program and the students sign-up to represent our school, our school even pays the meet fees! First year in the program we understand those who are settling in, second year in the program we will uphold the expectations.

SSL Round 4 is last chance for students to qualify for SSL Championships. Our Championship Team will be selected by the coaches, students who we will consider are:

- Students who qualified for two (2) events or more.
- Students who are meeting our one (1) practice per week at HIS.

ALL-STARS selection method

The All-Star selection method has not yet been finalized and continues to undergo adjustments as the process is reviewed. Please note that the selection process is being determined by the SSL Executive, and updates are being made daily as they work toward establishing the fairest and most accurate criteria.

In the meantime, and as we have been encouraging all season, any swimmer who is serious about securing a place at ALL-STARS must sign up for and compete in SSL Round 4. Participation, performance, and commitment at this round will be an important consideration in the final selection.

Thank you for your patience and understanding as the SSL Executive finalizes the method. Please ensure your swimmer is registered and ready to compete if they wish to be considered.

SSL Round 3 celebrations & achievements



Congratulations to everyone who participated in SSL Round 3! Overall 3rd place team is an incredible achievement. Congratulations to the girls in the 11-12 age category and the 15 & over boys who placed 2nd team high points!



Congratulations to Jean Mao.

We are proud to announce that Jean Mao has won the FINA High Point Trophy for the boys. Each meet awards only one male and one female swimmer with this prestigious honor.

The trophy is awarded to the swimmer whose performance ranks closest to the world record based on FINA's points system. Jean earned this distinction for his outstanding swim in the 50m

Backstroke, posting an impressive time of 26.73, which earned him 985 FINA points. For those interested to know more about the FINA high point system please see this video (youtube) created by a young swimmer: [HERE](#)