

Hangzhou Water Weekly: Mar. 9-15

Training next week

Monday 9th, Tuesday 10th and Wednesday 11th all remains on our usual schedule.

Thursday 12th cancelations due to five (5) Aquatic Department members traveling to ACAMIS; Grade 1 swimming (Learn to Swim), Blue Squad, and Water Polo. However, Rainbow and Scuba class will continue to run as usual on Thursday.

Friday no sessions due to in-service.

Changes to training going into the Spring and Summer season

Thursday 5th March, 6:15am-7:30am was our last early morning training session for this academic year.

Mornings available for Yellow are Tuesdays and Friday.

Mornings available for Gold are Tuesday, Wednesday and Friday mornings, additionally available are Monday PM 15:15-17:15, Wednesday dry-land 15:15-16:00 and 16:15-17:15 a technique session.

Please email your primary coach if you would like make any changes and add a session.

SSL Round 4

The consent signup has closed, all families who consented were sent an email with a link for the hotel booking. All information will continue to the families who signed up.

ACAMIS Juniors 2026

The coaches are joining a video call today at 14:30, any information relevant to the traveling families will be shared on the ACAMIS group and via schoolsbuddy to those competing families.

Water Polo CCA

Water Polo is now running as a separate Team Sport with Coach Meg every Thursday from 4:15–5:15. To join, sign-ups must be sent directly to aquatics@hisdragon.org.cn. We're excited to grow the Water Polo Team and hope to launch a competitive season

next year. Coach Meg encourages Swim Team members ages 9–12 to give this fun, energetic sport a try!

Students already enrolled in the CCA for Semester 2 will be contacted separately about continuing.

Swimmers of the Month

The poster is titled "AQUA DRAGONS" in a light blue, sans-serif font at the top. Below this, a dark blue banner contains the text "Swimmer of the Month" in a large, white, italicized serif font. To the left of the center, a yellow rectangular box with a black border contains the word "FEBRUARY" in a bold, black, sans-serif font. Below the month box, the name "MILLA SUN" is written in a large, bold, blue, sans-serif font. To the left of the name is a logo featuring a stylized blue dragon head with the text "HIS 杭州 DRAGONS 州" in blue and black. In the center of the poster is a portrait of a young girl with dark hair, wearing a light blue polo shirt. To the right of the portrait is a paragraph of text in a black, sans-serif font. To the right of the text is a circular logo with a black border, containing a stylized orange and yellow dragon head and the text "SWIMMER OF THE MONTH" in a white, sans-serif font.

AQUA DRAGONS

Swimmer of the Month

FEBRUARY

**MILLA
SUN**

HIS 杭州 DRAGONS 州

Milla from Blue Team is our Lower School swimmer of the month thanks to her focused and diligent approach in every practice. She listens attentively, trains seriously, and shows patience and perseverance in her work. Her technical ability is consistently improving. Milla is hardworking, a natural leader, and has shown fantastic progress this past month - a true example of dedication and team spirit.

SWIMMER OF THE MONTH

AQUA DRAGONS

Swimmer of the Month

FEBRUARY

**LUCAS
LIU**



Our Upper School swimmer of the month is Lucas Liu from White Team because of his outstanding attitude. He approaches every practice with positivity, curiosity, and a drive to challenge himself. His mindset inspires those around him and shows what dedication looks like. He's personable, supportive of his teammates, and a great example of commitment both in and out of the pool.

