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Hangzhou Water Weekly: Mar.16th-22nd

Training next week

Friday 20th early morning practice canceled for all squads, both Yellow Squad and Gold Squad.

Rainbow Squad will now run on Friday 20th 15:00-16:15, Coach West will stay back to run this session and take a train later to Shanghai to support the team leaving for SSL Round 4.

Thursday early morning sessions have been canceled for the next few weeks therefore no Thursday early morning training. If those who usually train would like to keep the Thursday early morning please email me directly.

Please note no late bus this week, all students must be collected, please remember we now run our program independently off of the CCA calendar so we can continue to run practice on all school days and have more flexibility on how we run our program!

Any canceled sessions/squads will receive SchoolsBuddy notification and a reminder on the HIS Quick Info Chat. Any parents on our swimming team are encouraged to join this group chat, if you are not in this group, please email your primary coach and we will send you a code.

SSL round 4

All communications will go out via the SSL Round 4 group and all the participants via SchoolsBuddy. Any issues with entries please contact your primary before 11am on Monday March, 17th.

Association of China and Mongolia International Schools Sports League (ACAMIS) Juniors Day 1

Five of our Aquatics Department teaching staff and twenty-nine students and numerous parents traveled to Xi'an to compete at a two-day swim meet.



ACAMIS Juniors 2026 (some of our group).

Day 1 was a huge success with the following highlights:

- Girls are sitting at an incredible 2nd overall position after Day 1, boys are sitting 7th overall, landing our team in an impressive 6th overall position.
- School records broken (announced next week).
- Medals (announced next week).
- Finalists (announced next week).
- Dozens and dozens of personal best times.
- Terrific positive attitude from all student-athletes, showcasing positive mindsets, team support and great efforts.
- Incredible parent support and energy, thank you!

2026 ACAMIS Junior Swim Xi'an			
Combined Men Women			
Team Scores			
RANK	SHANGHAI AMERICAN SCHOOL PUXI		232 >
1	SASX		
RANK	HANGZHOU INTERNATIONAL SCHOOL		148.5 >
2	HIS		
RANK	DULWICH COLLEGE SHANGHAI PUDON		142 >
3	DCSD		
RANK	THE ISF ACADEMY SWIM TEAM		141 >
4	ISF		
RANK	WELLINGTON COLLEGE INT SHANGHA		140.5 >
5	WCIS		
RANK	ISB-Dragons		124.5 >
6	ISB-D		
RANK	KEYSTONE ACADEMY		97 >
7	KEY		
RANK	SUZHOU SINGAPORE INT SCHOOL		65 >
8	SSIS		
RANK	BEIJING CITY INTL SCHOOL		58 >
9	BCIS		
RANK	WESTERN ACADEMY OF BEIJING TIG		57 >
10	WAB		
RANK	SHENWAI INTERNATIONAL SCHOOL		53 >
11	SWIS		

Day 1 female scores!

Team and Family Culture Opportunity: Monday March, 30th

As we get to know our families on a deeper level, I have learned about how many inspiring families we have within our parent community. In hope, as we move through the year and into other years beyond, we can call up these resources to deepen our strength and connection as a team.

Yonghui (father of Talia and JJ), who has led an incredibly inspired and interesting life. Currently, he spends his time as an artist, specifically calligraphy. Currently he has an exhibition on display and has invited our team and families to come and see the show, learn how to do calligraphy and hear insight about his experience from a footballer to a monk and into calligraphy. His insight will be an invaluable experience for us all and provide us with an opportunity to quieten our minds, focus and learn more about the link between high performance sport and having control of our mind. Please read more : [HERE](#)

In top performing sport, most athletes have a similar physical performance and set of skills, the top performers of this world tend to be those who have been able to control their mindset and thinking to work with them.

We will organise buses to go directly to the exhibit after school on Monday March, 30th.

At first we are going to extend the opportunity to our ***Yellow Squad families***, all Yellow Squad must travel with a family member or guardian. Yellow Squad will be sent a sign up directly via schoolsbuddy.

If we have an overwhelming interest, we might put on two different events at the respectful discretion of Yonghui's availability and time.
