

Hangzhou Water Weekly: March. 24th-29th

Training next week

After careful consideration, we will continue the Thursday early morning practice each morning until early June, 2026. Thursday 26th March will run as usual.

Thursday AM, is a Gold Squad practice and at this time we invite an Grade 5's swimming in the Yellow Squad to join us and/or our captains for Yellow Squad (to allow a smoother and more comfortable transition after summer). All student-athletes who previously attended that session will be re-added to the session and if your child is eligible to attend and would like to start Thursday mornings, please contact your primary coach.

Scuba and Water Polo will begin again next week!

All other programs running as usual.

Late buses are running next week.

SSL Round 4 at The British International School, Puxi

Wish our team of forty-three student-athletes all the best at the one day meet on Saturday 21st March. All participating families have been sent all the information. We have a few students participating at an SSL in Shanghai for the first time!

Thank you to all the families who are continuing to sign up and support the team, as per our team expectations!

ACAMIS Juniors 2026

Twenty-nine students from our 9–12-year-old team presented HIS at ACAMIS Juniors this past weekend in Xian LiangJiaTan International School. Thank you to everyone for your support, particular shout out to the Aquatics Department! If these students are in your class, tutor group, please give them a shout out!

This championship meet was a true reflection of what ACAMIS is all about, students representing their school, competing as a team, and learning the invaluable lessons that come with competition. Our priority has always been to provide opportunities for student-athletes to grow not only in skill but also in character, embracing humility, grace, and sportspersonship. The experience was about more than medals; it was

about inclusivity, teamwork, and emotional growth. Every athlete contributed to the momentum of building a team culture that values respect and resilience.

At the same time, it is important to recognize the remarkable successes of our swimmers. In age-group swimming, China stands as one of the leading nations in the world. At the children's level, the sport here is more developed than anywhere else, rivaling even the powerhouse programs of America and Australia. In fact, until about the age of 13, Chinese swimmers often match or surpass their peers from those countries. Even more impressively, the swimmers from our team who found success and brought home trophies are performing within the **top 2–5% of the world in their times**. This places their achievements not just at a regional or national level, but on a truly global scale.

We are proud of our athletes for stepping into this competitive arena, representing our school with dignity, and showing that inclusivity and excellence can go hand in hand.

Team results (the first year SAS competed in ACAMIS Juniors):

Overall medal count: 3rd highest out of 23 teams.

Girls Team: 3rd out of 23 teams.

Boys Team: 5th out of 23 teams.

Overall Team: 6th out of 23 teams.

Exceptional results:

Ophelia Y broke two ACAMIS Junior records (which are also HIS school records).

Maya M gained second overall highest point scorer in the 11-12 age range and broke four (4) records.

Alison S, Luke P, Yihao Z and Sophia W all swam exceptionally and gained school records, medals and made numerous finals! Shout out to Sophia W for breaking this years FIRST lower school individual record!

Each child did an incredible job, and we had an incredible time together, learning new things and the students who represented HIS were:

9-10 boys: Max Z, Emo S, Steven W, Tim Z, Mingxi (Kimi) J, Jacob Z, JJ Y and Terrace X.

9-10 girls: Maise X, Lisa Y, Joy S, Nicole Z, Chloe L, Mia L and Sophia W.

11-12 boys: Felix D, Nikolas B, Luke P, Byron L, Yihao Z, Bowen X and Samuel L.

11-12 girls: Ophelia Y, Elizabeth T, Alison S, Ashlynn Z, Maya M, Chloe W and Talia Y.

ACAMIS Junior Records and HIS records can be found on the button below!

[ACAMIS Junior Records](#)

Monthly movers



Layton L, a multi-sport athlete!

Grade 6, Layton Lao is moving from our White Squad into our Gold Squad structure. Layton had an injury at the start of the academic year that prevented him from swimming. Upon his return to the White Squad he has been leading the lane with positive spirits, trying his hardest and being a respectful young-athlete. Looking forward to seeing Layton swim progressively faster and he will be attending SSL Round 4 directly after participating in another sport in the morning. Layton is one of our all-round athletes and it is great to see students in our team try a lot of sports and activities to get the most out of his middle school years!

Team and Family Culture Opportunity: Monday March, 30th

- Families in Yellow Squad should have already received the SchoolsBuddy email with the form (the link was re-sent earlier this week). If you do not have the link please contact Coach Cheryl Philp at cherylphilp@hisdragons.org.cn
- Yellow Squad practice will continue with Coach Alan on Monday, March 30th for those who don't sign up. Apologies if we told any families it would be canceled, we overlooked that Coach Alan would be available!
- Coach Meg will be present on the bus with families, but she'll be attending as a participant to enjoy the art and experiences, not in a supervisory role.
- A polite note that within a gallery students should be encouraged to stay close to their families, not touch art work and no running around, thank you.