



Written by Coach Cheryl Philp: April 3rd, 2026

Hangzhou Water Weekly: April 13-19

Training over the holiday break

Rainbow Squad students should have opportunities to explore out with formalized swimming lessons. Play-based exploration helps them build confidence, coordination, and love for the water.

All teams can fill out an activity log which can be found below:

[Blue Squad](#)

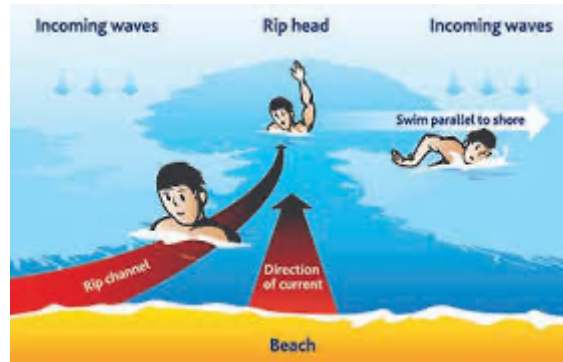
[Yellow Squad](#)

[White Squad](#)

[Gold Squad](#)

Holiday Safety announcement

Children are never truly safe around water without constant supervision. Please remember: never turn your back, and always keep your eyes on your child. Drownings don't only occur from swimming difficulties, they can happen due to leg cramps, feeling light-headed, or unexpected slips. Just because your child is on a swim team does not mean they are immune to risk in the water. The key is vigilance: never get complacent around water. Let's all work together to make this holiday a safe and happy one for every family.



Tip: how to escape from a rip current.

Training the week after the holidays April 13-19

All CCA programs before and after school on Friday 17th April will be canceled due to SSL Swimming Championships.

Cancellations include: Early morning training Yellow and Gold Squads from 6:15am-7:30am. All pool CCA's from 3pm-6pm; including Grade 1, Blue Squad, Rainbow Squad, Artistic Swimming and White Squad. All impacted families will receive a cancellation email via SchoolsBuddy on Monday 13th April.

SSL Championship Meet 2026

The Aquatics Coaching Team is thrilled to announce that we will be bringing our full competitive squad to the upcoming event, with only one member of our 13–14 girls team sidelined due to injury. In an incredible milestone for our first year together, forty-two of our athletes have qualified for two or more events, showcasing the depth of talent and commitment across the team. Organization for the meet is nearly complete, and we will share the final details as soon as they are released by the host school—typically midweek before the competition. We look forward to celebrating this achievement and cheering on our athletes as they take to the water!

Yellow Team Family Culture Trip - Calligraphy Exhibition



On Monday, members of the Yellow Team, together with their families, attended the Art Exhibition of Mr. Yonghui - Talia and JJ's father. The event offered a wonderful opportunity to enjoy a guided tour of the building, hear detailed explanations of each artwork, and take part in a thoughtful discussion on mental calmness. It also included a hands-on practical activity that challenged participants to draw (or at least attempt to draw) straight lines.

This experience highlighted how art, particularly calligraphy, can help train the mind to achieve a state of calmness and create greater self-awareness. As a former athlete, Mr. Yonghui - supported by Ms. Yuko - explained how these meditative techniques can be applied in similar ways before and after swimming races.

We extend our heartfelt thanks to Mr. Yonghui for generously inviting families into the space and enlightening us on such a beautiful and meaningful practice.

