



Written by Coach Cheryl Philp: April 17th, 2026

Hangzhou Water Weekly: April 20-27

Training next week

Monday 20th April, adjustment to Gold and Yellow Squad practice, Coach Meg and Coach Cheryl will lead a 1 hr recovery session from 3:15-4:15pm, we then encourage the students to go home and tackle any course work and recover.

SSL Championships 2026

Forty-five student-athletes from our swim team qualified for the Shanghai Swimming League Championships 2026, however, 40 students will compete.

The team will travel to Shanghai American School for the 2-day event on Friday 17th 3pm and return on Sunday evening. All participants should have received all of the information via both SchoolsBuddy and our SSL Champs group chat.

Parents of Championship student-athletes, please remember, this is a Championship Meet, the students FULL attendance is required throughout the event until the last race on each day and remaining present during the awards ceremony.

On behalf of the full coaching department, good luck to all and we cannot wait to see you swim this weekend! GO DRAGONS.

Events for your diary

Next week we will confirm our last meet of the year for HIS which will be our Summer Splash and our End of Year Awards Ceremony.

Training until June

All programs will run until June 5th, 2026.