



Written by Coach Cheryl & Coach Meg: April 23rd, 2026

Hangzhou Water Weekly: April 28th - May 3rd

Training next week

No training next Monday due to inservice day.

Dates for your diary

Summer Splash & Aquatics Awards Ceremony 2025-26 will be held on **Tuesday 2nd June 3pm - 8pm**. All of our squads in our full team including the Rainbow Squad are warmly welcome to compete at Summer Splash! Rainbow Squad will not be part of the full awards ceremony, they be part of the first 5mins, celebrated and then they should leave (6:50pm approx.) and the full ceremony will continue!

Dress code: Smart casual (no shorts, no hats and boys should wear a collared shirt/t-shirt).

Last week of practice from **June 1st - June 5th** for all groups, CCA's and activities at The Wave for the academic year of 2025-26.

The International Lifeguard Training Program (ILTP)

Swim team members 15 & over, you already have the strength, discipline, and water skills. Now take it further. The International Lifeguard Training Program (ILTP) is the gold standard in proactive lifeguarding, and it's designed for student-athletes like you.

ILTP pushes you with real-world rescue scenarios, teamwork under pressure, leadership development, and first-responder skills, including CPR, AED, First Aid, and

emergency oxygen. It's challenging, hands-on, and a powerful addition to your personal growth, university applications, and future employment.

If you want to step up as a role model in our Aquatics community and earn a globally recognized certification, join ILTP through CCA, or contact Coach Nat at natalioliares@hisdragons.org.cn. Become someone others can rely on.

Become an ILTP lifeguard, the course enrolment opens now and will begin in August 2026, the course is eligible for those who are already 15 OR will turn 15 years old by June 2027.



Image above shows last years lifeguards who will be renewing their license soon!

Shanghai Swimming League Championships 2026

Forty HIS student-athletes competed in two-day meet that brought together 23 schools from across Shanghai and neighboring cities, with qualifying times required to enter, making it the pinnacle of the academic year of swimming.



Image above from left to right: Calvin L (SASX) & Jean M (HIS) two of the leagues fastest swimmers, who swam a blistering 100 meter Freestyle.

The outstanding results were as follows:

- 13 individual HIS records broken & 5 relay records
- Numerous personal bests achieved
- Multiple Top 8 finishes and medals



Image above shows from left to right: Tim, Emo, JJ and Aiden, members of our Yellow Squad with Coach Meg.

Standout individual performances included:

- Ophelia Y (Grade 5): 3 HIS records, PBs in every event, and winner of the 11–12 Girl's age group.
- Jean M (Grade 8): Winner of the 13–14 Boys age group.
- Other record breakers (with number of records listed): Luke P (2), Shirley L (1), Carol Z (1), Anna L (3), Evan H (2), and Maya M (1).
- Our team finished 6th out of 23 teams of the league, which qualifies us into the top tier of the league, which qualifies HIS to more invites to quality meets. Delighted that we met our target, well done team! On day one we were hundreds of points behind the 7th place team and day two the team swam with such strength!

Team highlights:

- The 13–14 Girls Relay team broke two HIS records - Shirley L, Carol Z, Maya M, Mabel L.
- HIS swimmers and staff were backed by an incredible Cheer Squad, creating the most spirited and supportive atmosphere of the meet.
- Achieving our team wide seasonal goal of raising the team from last year's 13th place into the top 6th!



Image above shows Dragons on 3!

1, 2, 3! DRAGONS!

This event was a fantastic way to round off the SSL season, showcasing not only individual excellence but also the unmatched team spirit of HIS.