

HANGZHOU
INTERNATIONAL
SCHOOL



ONCE A DRAGON,
ALWAYS A DRAGON!

AQUATICS HANDBOOK



26/27



FILM NEGATIVE

FILM NEGATIVE



FILM NEGATIVE



"JUST KEEP SWIMMING"

-DORY



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A MESSAGE FROM OUR ATHLETIC DIRECTOR

Welcome to the HIS Aquatics Program!

I am very proud to welcome you to our aquatics community. With around 250 swimmers, our program is the largest at HIS, yet despite its size we continue to run a tremendously successful and tightly-knit swim team. The development of our swimmers and the unforgettable experiences we shared last year were nothing short of remarkable.

Beyond competitive swimming, our aquatics program also offers water polo, scuba diving, and lifeguarding. This diversity of opportunities is a real strength of our school and allows students to explore different aquatic disciplines while building confidence, teamwork, and lifelong skills.

What impresses me most is the passion that fills our pool every day, from our experienced coordinators and assistant coaches, to the parents who bring energy, enthusiasm, and care, and above all to the swimmers themselves. I am continually inspired by how hard our athletes train and how high they compete, while still flourishing in other areas of school life.

Thank you for being part of this vibrant community. I look forward to another exciting year of growth, achievement, and shared memories.

A stylized white signature of Rob West on a dark blue background.

ROB WEST
ATHLETIC DIRECTOR

HIS AQUATICS PHILOSOPHY



“THE HIS MISSION IS TO PROVIDE INTERNATIONAL LEARNERS WITH OPPORTUNITIES TO PURSUE ACADEMIC AND PERSONAL EXCELLENCE WITHIN A CARING COMMUNITY”



THE FOUR PILLARS OF AQUATICS

The HIS Aquatics Programme is built upon four pillars: Community, Inclusivity, Achievement, and Safety. We strive to create a welcoming environment where every student feels a sense of belonging, has access to meaningful opportunities, and is supported in pursuing their personal pathway to excellence. Through high-quality teaching, expert coaching, and dedicated supervision, we nurture confident, capable swimmers while prioritising the wellbeing, safety, and growth of every learner.

MEET THE STAFF



CHERYL PHILP

AQUATICS DIRECTOR | HEAD OF SWIM TEAM

Coach Cheryl brings over 26 years of international swimming coaching experience across Scotland, the USA, Thailand, and China. Holding a BSc in Sports Coaching and Sports Management and an ASCA Level 5 International Performance Coach certification, she delivers progressive, student-centred programs that build confidence, enhance performance, and create meaningful pathways for swimmers of all abilities.

In recent years, Coach Cheryl has expanded her work into coach education, delivering swimming teaching and coaching courses while mentoring both aspiring and experienced coaches. She will also serve on the coaching panel at Australia's SwimCON 2026, joining some of the brightest minds in contemporary swimming coaching to share her expertise with aquatic professionals from around the world.

NATALIO LIARES

AQUATICS COORDINATOR | HEAD OF OPERATIONS & FACILITIES

A successful aquatics program begins with a safe facility, a prepared team, and clear systems that allow learning to thrive. For nearly two decades, Coach Nat has worked across the Philippines, Saudi Arabia, the UAE, and China, building experience in aquatic operations, water safety education, program leadership, staff development, and performance coaching.

As Head of Operations and Facilities, he oversees pool safety, facility systems, risk management, emergency preparedness, and the delivery of lifeguarding, safety and health, and scuba-diving programs. He holds a BSc in Commerce, majoring in Management. He is an Aquatic Professional (AqP), Certified Pool Operator, Safety and Health Instructor Trainer, ASCA Level 5 International Coach, Certified Triathlon Coach, and a Scuba Educator.

A former endurance athlete and auxiliary member of the Air Force's 505th 3rd Search and Rescue Squadron, Coach Nat brings a disciplined, service-centered approach to leadership. He is committed to creating safe, sustainable, and welcoming aquatic environments where learning, exploration, and personal growth can flourish.



MEG SHAUL

ASSISTANT AQUATICS COORDINATOR | HEAD OF CURRICULUM

Born and raised in the United Kingdom, Coach Meg brings a lifelong passion for aquatics to her role as an educator, teacher, and coach. She has nine years of experience teaching swimming across the UK, South Korea and China, and holds both a Swim England Level 1 Coaching Qualification and an ASCA Level 1 Coaching Qualification. At HIS, she oversees the development of the curriculum and serves as the primary coach of the Yellow Team, Water Polo Team and heads our Learn to Swim program. A former regional-level swimmer specialising in backstroke, Meg is passionate about helping students build confidence and develop a meaningful connection with the water.

ASSISTANT COACHING STAFF



LYNN LU



ALAN HUANG



TAO WANG



CATHY FENG

OUR FACILITY

THE WAVE



HOSTING COMPEITIONS & PERFORMANCE EQUIPMENT

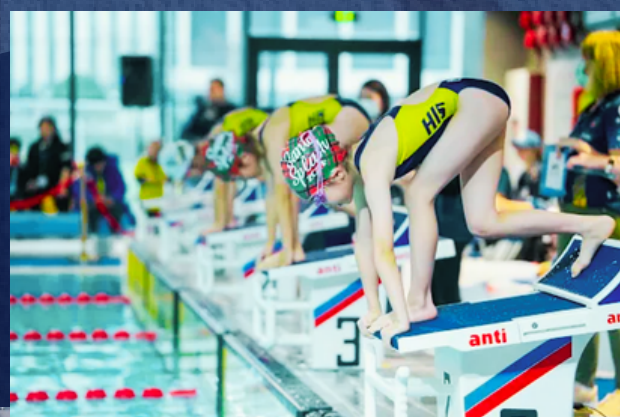
The Wave is equipped to host high-quality school and international swimming competitions, supported by professional starting blocks, electronic timing, a Daktronics scoreboard, and a competition-ready lane setup. Our performance equipment, including underwater cameras and land-training machines, helps coaches provide detailed feedback and develop technique, strength, and race skills.

Within this academic year, the department will be hosting ACAMIS Senior Swimming Championships along with five other domestic competitions.



GENERAL FACILITIES

The Wave is HIS's purpose-built, indoor, climate-controlled aquatics facility, conveniently located on campus and accessible throughout the school year. Its 25-meter, 6-lane pool measures 15 meters wide with a depth of 2 meters. Flexible lane configurations, adjustable programming spaces, and access to specialist equipment allow the facility to accommodate a wide range of activities. Comprehensive safety and water-treatment systems provide a welcoming, well-managed environment for swimmers of different ages, abilities, and experience levels.



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HIS DRAGONS



SWIM TEAM



"WORK PATIENTLY,
YOUR TIME WILL COME"



INTRODUCTION TO OUR SWIM TEAM

Whether swimming for enjoyment, school competition, or aspiring to compete at junior national level, every athlete is supported within a world-class environment.

Guided by a student-centred approach and sports science-based coaching, our program follows Long-Term Athlete Development principles, focusing on technical excellence, individual growth, and sustainable performance through a strong Individual Medley (IM) foundation.

The HIS Dragons Swim Team is a program that is runs throughout the academic year, taught and coached by a highly qualified and dedicated group of educators and coaches. While the team is inclusive and welcoming, selection is based on skill level and commitment. Swimmers are grouped by division and ability:

LOWER SCHOOL: Yellow, Blue, Rainbow

UPPER SCHOOL: Gold, White



CALENDAR & SCHEDULES

Our 26/27 Calendar details all available competitions that are currently confirmed. HIS Swim Team members have the opportunity to compete in various leagues and levels all across China - and beyond! View our competition calendar through the QR code.



COMPETITION CALENDAR

The facility schedule outlines our available sessions. Different teams are given different training hours.

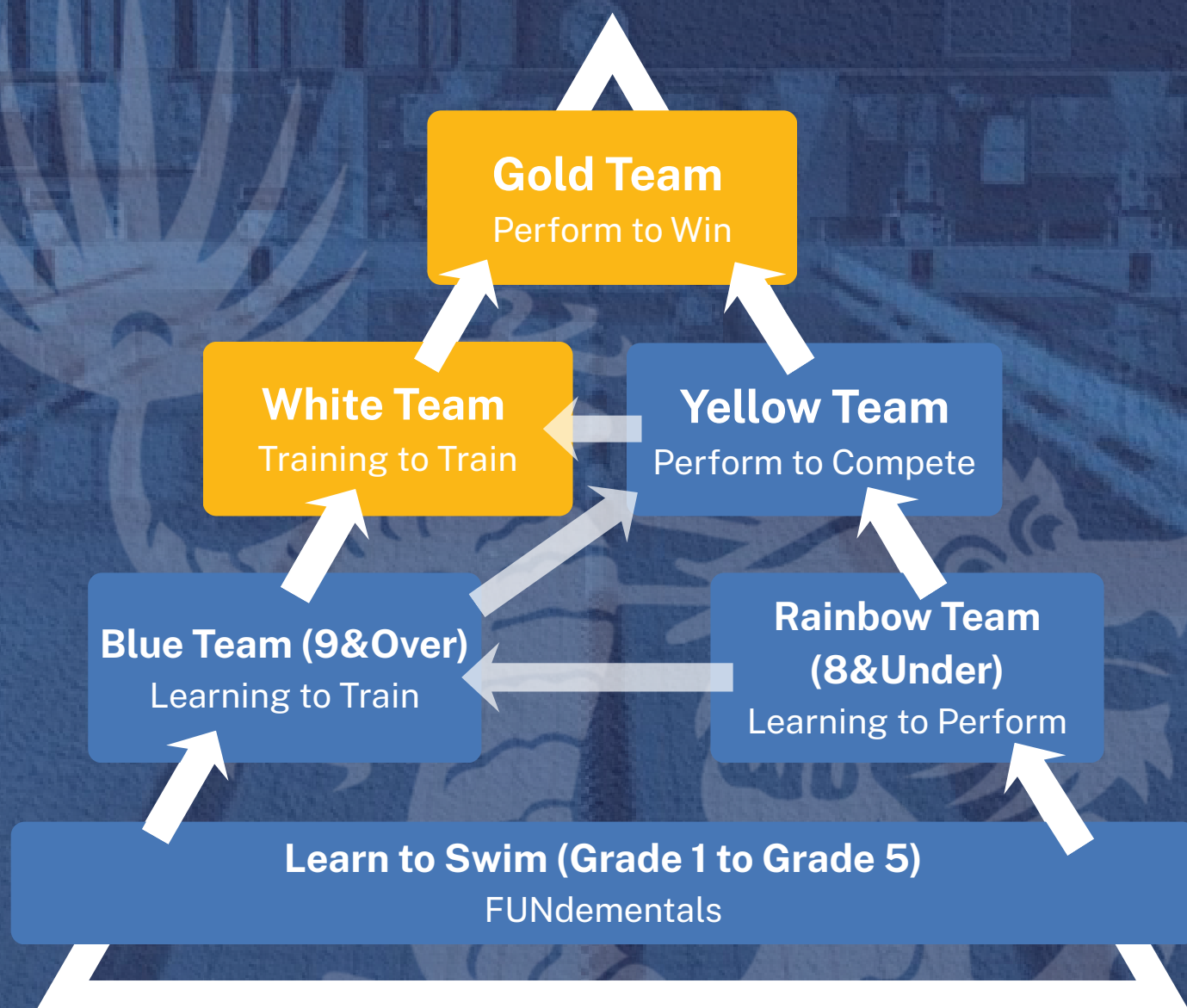
Any updates to this schedule will be communicated in advance. Please see the schedule through the QR code.



FACILITY SCHEDULE

PATHWAY

SWIM TEAM PROGRESSION PATHWAY



- Upper School
- Lower School

REGISTRATION

New students will be asked to do a placement assessment with one of our coaches who will look at ability, confidence and safety.

Returning students will remain in their teams following any lengthy breaks. Any team movement can be communicated between the primary coach, parents and students.

WHAT MAKES A DRAGON GREAT?

DEDICATION

ADAPTABLE

ORGANIZATION

SPORTSPERSONSHIP

RELATIONSHIPS

GRATITUDE

NEVER GIVE UP

ATTITUDE & BEHAVIOURAL EXPECTATIONS:

Dragons are honest, upstanding student-athletes who prioritize open communication. We believe everything is a conversation and remain committed to transparent discussion. Our swimmers build supportive relationships, can take ownership of their training while remaining receptive to guidance. By modeling exceptional behavior and integrity, you define what it means to be a Dragon.

SWIM TEAM COMMITMENT AND STANDARDS:

While we expect the utmost in attitude, effort, and behavior from every Dragon, we recognize that commitment levels vary. HIS Swim Team utilizes a structured framework that balances skill-based standards with commitment metrics to define our groups. Please scan the QR code below to view the specific expectations and pre-requisites:

TEAM EXPECTATIONS,
COMMITMENTS
& STANDARDS



AWARDS & REWARDS

The HIS Swim Team aims to celebrate and uplift individuals that commit to our values and expectations wherever possible. Throughout the year, teams are rewarded through various initiatives, such as Swimmer of the Month, USA Motivation Time Standard Bad Tag, as well as a highly anticipated End of Year Awards Ceremony.

UNIFORM & EQUIPMENT

EQUIPMENT EXPECTATIONS

- All HIS Swim Team members are expected to bring a swimming suit, cap, goggles, towels and a water bottle to each session
- All Swim Teams from Rainbow to Gold are expected to possess a kick board and short fins
- Gold and Yellow Teams are also required to possess a snorkel
- Swimmers should bring the required kit to every practice. The Wave has poolside storage if swimmers wish to leave their kit between practices

UNIFORM EXPECTATIONS

Practice expectations

Lower Schoolers are encouraged to wear both the HIS cap and HIS suit to build and foster team unity, team pride and a sense of belonging. Upper Schoolers are given freedom to wear any cap and suit at practice.

Meet expectations

Every student athlete must wear the HIS cap in both warm-ups and races to represent HIS Swim Team proudly!

PARENT COMMUNICATION

OUR NEWSLETTER: HANGZHOU WATER MONTHLY

Communication is the heartbeat of our team. At the end of every month, the aquatics team releases the Hangzhou Water Monthly to keep our swimmers and parents informed and inspired. From critical schedule changes and travel logistics to celebrating record-breaking performances and team rewards, the HWM covers it all. Weekly facility updates will also be shared.

Please see our Newsletter and Weekly updates via the HIS website. Our Newsletter will also be displayed outside the Wave and on various online forums.

Please find our weekly and monthly information through this QR code:



HANGZHOU
WATER
MONTHLY

EMAILS



Parents and Upper School students can contact us during school hours via our aquatics email:

Aquatics@hisdragons.org.cn

SCHOOLS BUDDY



HIS Aquatics uses the SchoolsBuddy system to organise travel opportunities, registers and push notifications.

OFFICE HOURS



To arrange a meeting with one of our Aquatics staff, please contact the aquatics email for our office hours.

ADDITIONAL ACTIVITIES



LEARN TO SWIM

Our Learn to Swim program is the heart of our developmental pathway. It's designed to build essential swimming skills, water safety awareness, and confidence in a supportive environment. The program is grouped by grades and then split across the year in an aim to provide opportunity for all. Whether your child is just starting out or preparing to join the Swim Team, this program lays the groundwork for lifelong aquatic success.

Running during our competitive season in the deep pool, our Water Polo program is offered to students from Grade 5 to Grade 7. It brings together a fun and energetic team of individuals who already possess a strong swimming foundation but want to dive into something new. While currently non-competitive, the sessions focus on building teamwork and mastering the fundamentals in an engaging, high-energy environment.

WATER POLO

ILTP: LIFEGUARDING CERTIFICATION

HIS is an accredited International Lifeguard Training Program center, providing students and staff with practical training in water rescue, CPR & AED, oxygen administration, first aid, and emergency response. The program develops confident, capable responders while strengthening our school-wide culture of safety and care. Training combines online/classroom learning, hands-on practice, and realistic emergency scenarios. Beyond earning a lifeguarding qualification, participants develop leadership, teamwork, communication, risk assessment, and emergency management skills. These transferable skills prepare them to remain calm under pressure, make responsible decisions, and take an active role in keeping others safe. This program is available for students aged 15+.

The HIS Scuba Diving program gives students the opportunity to earn the internationally recognized PADI Open Water Diver certification. Students complete knowledge development, confined-water training in The Wave, and open-water dives under professional supervision. An overseas diving trip provides opportunities for exploration and connects learning with travel, marine science, and ocean conservation. Along the way, students develop confidence, independence, teamwork, and environmental responsibility, which opens the door to a lifetime of underwater adventure. This program is available for students aged 15+.

SCUBA DIVING

BUILDING A LIFELONG LOVE FOR WATER

one drop at a time



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