

HANGZHOU WATER MONTHLY

OCTOBER ISSUE

UPCOMING MEET
INFORMATION: SSL R1,
HISAC SR, SAS/ISB

SWIMMERS OF THE
MONTH

MONTHLY MOVERS &
NEW MEMBERS



UPCOMING DATES

SEPT 25-OCT 4: SCHOOL BREAK

OCT 9: SAS/ISB SIGN UP OPENS (INVITE ONLY)

OCT 14: ACAMIS SR MEDIA DAY

OCT 17: SSL ROUND 1 - GERMAN SCHOOL

OCT 20: NO TRAINING, CONFERENCE DAY

OCT 21: WHOLE TEAM MEDIA DAY

OCT 21: SAS/ISB ENTRY DEADLINE

OCT 24: HISAC SENIOR - HIS

OCT 27: SSL R2 SIGN UP OPENS

OCT 27: UPPER SCHOOL AQUATICS BEGINS

OCT 30-31: SAS/ISB MEET - SAS PUDONG

NOV 14: SSL ROUND 2 - DULWICH PUDONG, SH

NOV 27: NO TRAINING, PD DAY

Please note that any changes to the calendar will be shared via the weekly updates email and on the school website under Aquatics

COACH NATALIO LIARES AQUATICS COORDINATOR



HIS is proud to be an International Lifeguard Training Program (ILTP) Training Center, supporting the development of essential water safety, rescue, first aid, and emergency-response skills by providing ongoing professional training that equips lifeguards, students and staff members within our school community.

Recently, our facility "The Wave" successfully passed its annual ILTP Advanced Facility Safety Audit, conducted by Jeff Ellis & Associates across all three assessed areas: individual lifeguard performance, simulated emergency response, and safety administration. This achievement reflects the HIS Aquatics department's ongoing commitment to maintaining high safety standards every day.

**"EVERY SAFE SWIM BEGINS WITH AWARENESS,
PREPARATION AND CARE FOR ONE ANOTHER"**

As an ILTP Training Center, HIS supports ongoing training in water safety, rescue, first aid, and emergency response and also empowers our community to develop lifesaving skills. With World Restart a Heart Day on October 16, this is a timely reminder that learning to help can make a lasting difference. "Two hands can save a life" Learn the skills, support one another and help build a safer swimming community.

Our commitment continues every day through water-quality monitoring, equipment checks, active lifeguard supervision, and regular staff training. Swimmers and families play a part too: follow pool rules, walk on the pool deck, and listen to lifeguard instructions. Together, we help create a safe environment where every swimmer can build confidence and enjoy the water.



WHOLE TEAM PHOTOS

21ST OCTOBER
15:00-16:00

WEAR: HIS PE KIT ONLY
MORE INFO:

Blue and Yellow team practice will be cancelled in advance. More information via SchoolsBuddy



SWIM TEAM MEDIA DAYS

ACAMIS SENIOR PHOTOS

14TH OCTOBER
15:00-15:30

WEAR: HIS PE KIT OR HIS ZIP UP JACKET

MEET INFORMATION

SSL ROUND 1, HISAC SENIORS, SAS/ISB

SSL ROUND 1 - GERMAN SCHOOL, SHANGHAI - OCTOBER 17TH

MEET INFORMATION

Sign up has closed and information has been passed to the hosts.

Information is typically released by the hosts and this will be sent to all participants via SchoolsBuddy. Please expect this information by Thursday 15 from the host school.

Those traveling independently should expect an early warm-up. Warm up time is to be confirmed.

THOSE TRAVELING BY BUS

After school on Friday, all students and families traveling by bus are to meet at the school canteen at 15:00 ready for departure at 15:30. The bus will return to HIS on Saturday after the event.

MORNING TRAINING

Early morning training will still run on Friday. Students who are traveling to SSL Round 1 have an option to swim in the morning session or to take rest. Alternatively swimmers traveling to Shanghai could opt to come in at a later time of 6:30 for a 1 hr session.

INDEPENDENT TRAVELERS

Independent travelers in Upper School that are traveling without parents should drop their passport to the HIS front desk (admin building) on Thursday/Friday.

Student-athletes should arrive on Friday ready to travel with their belongings. Suitcases can be left outside of The Wave during school hours.

ADDITIONAL COSTS

Students should bring approximately 300 RMB each for food costs.

SUPERVISION

HIS Aquatics department will ensure all independent travelers are well taken care of throughout the trip.

The students under the coaches care should remain under the coaches care throughout the trip and will have a room-mate and buddy throughout the trip.

Parents cannot come to the hotel and take their child for dinner as this leaves the buddy alone.

HISAC SENIOR

DATE: OCT. 24, 2026

LOCATION: HANGZHOU INTERNATIONAL SCHOOL

SIGN UP LIVE: INVITE ONLY VIA SCHOOLSBUDDY

SIGN UP DEADLINE: OCT. 14, 2026

OTHER INFO:

HIS is proud to host a new HISAC Swimming format. The Conference will host two swimming competitions, a Senior for Upper School student-athletes and a Junior for Lower School students.

The HIS coaching staff will select and invite swimmers for each competition.

The Senior Championships has invited 39 swimmers to compete at The Wave, where trophies can be won, records can be broken, and lots of fast swimming to be seen. More information to follow.

SAS/ISB

DATE: OCT. 30-NOV. 1

LOCATION: SAS PUDONG, SHANGHAI

SIGN UP LIVE: INVITE ONLY VIA SCHOOLSBUDDY
(QUALIFICATION TIMES APPLY)

SIGN UP DEADLINE: OCT. 21ST 22:00 (VIA SCHOOLSBUDDY)

OTHER INFO:

Parents are required to attend this meet and organise all hotel and transportation arrangements for their child. Since this is an invitational meet coaches will attend in a coaching capacity only.

Requirements - 2 qualifying times, student-athletes who qualified for two events have been pre-selected and invited.

Hotel recommendations:
Ramada Plaza Pudong Shanghai
Marriott Pudong East

OTHER INFORMATION

ALICE SMITH INVITATIONAL - CANCELLED

THE INVITATIONAL TRIP TO MALAYSIA WAS
CANCELLED DUE TO A LACK OF INTEREST

SSL ROUND 2 - NOVEMBER 14

SIGN UPS WILL OPEN ON OCTOBER 23RD AND
CLOSE NOVEMBER 4TH. THE SIGN UP IS
AVAILABLE TO MEMBERS OF BLUE, YELLOW,
WHITE & GOLD TEAMS

OTHER COMPETITIONS

FOR MORE INFORMATION REGARDING OUR
COMPETITION CALENDAR, PLEASE SEE OUR
WEBSITE.

SIGN INFO IS SENT VIA SCHOOLSBUDDY

SWIMMERS OF THE MONTH

For the month of October, we are celebrating the student-athletes that have demonstrated kindness, consideration and teamwork within their respective teams, and are awarding them our Swimmer of the Month title. These student-athletes have been upstanding members of our swimming community and have stood out to the coaches.

Whilst swimming is an individual sport, HIS Swim Team fosters an environment of community and belonging, where we all work together to be part of something exciting! It is students like our Swimmers of the Month that make our team so special.

Thank you and congratulations to all of those listed below!

MAX YE



KIRA H



RAINBOW
TEAM

BLUE
TEAM



YUCHING
W



BIEBER D

MIA L



KIMI J



YELLOW
TEAM

GOLD
TEAM



AFONSO
Q



MABEL L

KIRA W

MOVED FROM RAINBOW TO BLUE

YASMINE Z

MOVED FROM RAINBOW TO BLUE

EFFIE L

MOVED FROM BLUE TO YELLOW

OSCAR H

MOVED FROM BLUE TO YELLOW

MONTHLY MOVERS

Congratulations to these swimmers who have progressed into a new Team:

JACQUES X

MOVED FROM BLUE TO YELLOW

TALIA R

MOVED FROM WHITE TO GOLD

AFONSO Q

MOVED FROM WHITE TO GOLD

WILLIAM Y

MOVED FROM WHITE TO GOLD

AUSTIN Z

MOVED FROM WHITE TO GOLD

ELIZAVETA M

MOVED FROM WHITE TO GOLD

NEW HIS SWIM TEAM MEMBERS:

A warm welcome to the following students:

RAINBOW TEAM

LEVIN O

SOPHIA C

JENNIFER S

VITTORIA C

ETHAN Y

TINA Z

ARABELLA R

BLUE TEAM

GRACE L

YUCHING W

AMY X

SIMON G

LEONOR M,A,Q

APRIL Q

LUCAS L

YELLOW TEAM

BRANDON Y

MATTHEW H

OSCAR H

WHITE TEAM

LUIS L

ZACHARY Z

TANGRUI C

COLIN L

JAYDEN J

CHELSEA X

VINCCI Z

KIMI Y

JOYCE Y

GOLD TEAM

JASON Y

MAGGIE H

KILIAN C

ERIN C