HANGZHOU INTERNATIONAL SCHOOL

HANGZHOU WATER MONTHLY

ONCE A DRAGON, ALWAYS A DRAGON!

NOVEMBER ISSUE

UPCOMING MEET INFORMATION: SSL R2, ACAMIS SR

COMPETITION ROUNDUP: SSL 1 & HISAC SR

SWIMMER OF THE MONTH & MONTHLY MOVERS

UPCOMING DATES

OCT 24: SSL RD 2 SIGN UP DEADLINE

OCT 27: UPPER SCHOOL AQUATICS BEGINS

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

NOV 2: ACAMIS SENIORS DEADLINE

NOV 9-13: NO LATE BUSES RUNNING

NOV 13: RAINBOW TEAM CANCELLED

NOV 14: SSL ROUND 2 - DULWICH PUDONG, SH

NOV 18: SANTA SPLASH DEADLINE

NOV 18: START OF WATER POLO

NOV 19: YELLOW TEAM THURS AM STARTS

NOV 27: NO TRAINING, PD DAY

DEC 3-5: ACAMIS SENIOR -HIS

DEC 11: SANTA SPLASH - HIS

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



COACH MEGGY

ASSISTANT AQUATICS COORDINATOR

Over the past eight weeks, our Grade 1–5 students have completed their first block of Lower School swimming lessons. At the heart of our curriculum is Water Mastery, developing students' physical literacy in the water. From learning about water safety, blowing bubbles and developing coordination, to refining stroke technique and underwater transitions, students experience a progressive programme of high-quality teaching and coaching that supports a wide range of abilities.

We recognise that swimming can be both an exciting and challenging part of school life, and that every student arrives with a different level of confidence and experience. A key focus for our Aquatics Department is therefore to build positive relationships with the water, ensuring every student feels safe, supported and encouraged to challenge themselves.

"BE BRAVE ENOUGH TO TRY, CURIOUS ENOUGH TO LEARN, AND PROUD ENOUGH TO CELEBRATE EVERY STEP."

We have been incredibly proud of how our students have responded. Across the grades, we have seen wonderful teamwork, encouragement and a willingness to learn. To finish the block, students reflected on something they were proud of achieving in the pool. Their responses were a wonderful celebration of their progress, confidence and enthusiasm for learning.

Scan the QR code to read some of our students' reflections!

MEET INFORMATION

SSL ROUND 2 - DCSD, SHANGHAI, NOVEMBER 14

MEET INFORMATION

Sign up has closed on SchoolsBuddy and no more signs ups can be accepted

Our department is delighted that 67 student-athletes have signed up for this event, our biggest sign up yet.

Information such as events, entries, warm up times and meet programs will be released nearer the date when the competition hosts release it.

THOSE TRAVELING WITH THE TEAM

Team travel arrangements have been finalized and all those traveling with the team are confirmed.

After school on the Friday, all students and families traveling with the team will meet in the school cafeteria at 15:00 for a bus departure of 15:30. The bus will return to HIS on Saturday after the events on the 14th.

Independent travelers should bring their passport to the front desk (reception) in the days prior to the meet. They can store their bags and luggage in the Aquatics office on Friday morning.

THOSE NOT TRAVELING WITH THE TEAM

Anyone who has not had prior communication and correspondents with Coach Cheryl are assumably arranging their own travel and hotel.

SUPERVISION

Any Lower Schoolers attending the competition will be under the supervision of their families or guardians. This includes during truck stops (for those on the bus), at the hotel and during transport transitions.

However, please note that parents and guardians are not permitted inside the rest hall at the competition venue. The hosts have allowed 2 parent passes which our department will be offering to parent volunteers. These volunteers will assist in the supervision and marshelling of our team

Independent travelers in Upper School will be supervised and under the care of the Aquatics staff for the duration of the competition.

MORNING TRAINING

Morning training on Friday will run as usual.

ACAMIS SENIOR CHAMPIONSHIPS

DATE: DEC 3-5

LOCATION: HIS, HANGZHOU

SIGN UP LIVE: INVITE ONY VIA SCHOOLSBUDDY

SIGN UP DEADLINE: NOV 3, 2026

HIS Aquatics Department is thrilled to invite 37 schools to HIS, where we will be hosting the prestigious ACAMIS Senior Championships. The Senior Championships include the following age ranges: 13-14 years old and 15 & over. Each age group and gender have six (6) available slots.

More information regarding confirmed swimmers, events and entries will be released soon.

Due to the scale of the competition, our department will need a lot of volunteer support - we will be requesting this support soon!

!

We are so excited to host this premier event!

DEUTSCHE SCHULE SHANGHAI

17 OCTOBER

SSL ROUND 1

39 student-athletes (not all pictured here) travelled to the German School to compete in the first of five rounds of the Shanghai Swimming League events.
Many of our student-athletes broke personal bests, challenged themselves, made new friends, and took risks! Our lower schoolers exceeded expectations, winning a prestigious 3rd overall for the 9-10 boys age category. In total, our lower schoolers earned seven gold medals, eight silver medals, ten bronze medals, six 5th-place finishes, and four 6th-place finishes.
At this event, our top-performing upper schoolers were resting to compete in this coming weekend's HISAC Senior Championships, proudly hosted here at HIS 'The Wave'. Come support our team and watch them in action! Congratulations again to all involved.





COMPETITION ROUND UP

HISAC SENIOR

HANGZHOU INTERNATIONAL SCHOOL

24 OCTOBER

Our 31 HIS Swim Team athletes delivered an outstanding performance, achieving some incredible results:

3 Age Division titles
13 HIS School Records broken
23 HISAC Records broken
Overall Champions - title retained!

Beyond the records and results, the weekend was a fantastic celebration of hard work, commitment and teamwork. Congratulations to all our swimmers on an exceptional achievement!
A huge thank you to everyone who helped plan, run and support the competition, especially our wonderful volunteers. Events like these are only possible through our community's dedication, and we are incredibly grateful to everyone who played a part.



SWIMMERS OF THE MONTH

LOWER SCHOOL

For the month of November, we are celebrating Swimmers of the Month who have had an exceptional achievement or displayed a high level of progress. Whilst we are not a results-driven team, it is important to reflect on the fact that results and progress is a direct result of hard work, commitment and a good attitude.

These swimmers may have seen gold medals, PBs, the development of a new stroke, overcoming something difficult, or even a new school record!

ETHAN Y



TINA C



RAINBOW TEAM

BLUE TEAM



KIRA W



LUCAS H

JOY S



MAISIE X



YELLOW TEAM

SWIMMERS OF THE MONTH

UPPER SCHOOL

WHITE TEAM

ABIGAIL C



DENNY C



GOLD TEAM

LUKE P



OPHELIA Y



MONTHLY MOVERS

Congratulations to these swimmers who have progressed into a new Team or have entered the team for the first time:

KAI C
MOVED FROM LTS TO RAINBOW

TINA C
MOVED FROM LTS TO RAINBOW

MAX L
MOVED FROM LTS TO RAINBOW

CHLOE J
MOVED FROM LS LESSONS TO BLUE

LUNA W
MOVED FROM RAINBOW TO BLUE

LINDA W
MOVED FROM RAINBOW TO BLUE

HARRY Z
MOVED FROM RAINBOW TO BLUE

MATTHEW W
MOVED FROM RAINBOW TO BLUE

SIMON G
MOVED FROM BLUE TO YELLOW

PUBLISHED: OCTOBER 9 2026