HANGZHOU WATER MONTHLY

DECEMBER ISSUE

UPCOMING MEET INFORMATION: ACAMIS SENIORS, SANTA SPLASH & SSL R3

COMPETITION ROUNDUP: SSL 2

SWIMMER OF THE MONTH & MONTHLY MOVERS









UPCOMING DATES

NOV 27: SSL R3 SIGN UP OPENS
DEC 1: RELAY PRACTICE FOR ACAMIS SN
DEC 3: NO EARLY MORNING PRACTICE
DEC 3: ACAMIS DAY 1 (START 3PM)
DEC 4: ACAMIS DAY 2 (FULL DAY)
DEC 5: ACAMIS DAY 3 (FULL DAY)
DEC 11: ALL PRACTICE CANCELED
DEC 11: SANTA SPLASH
DEC 17: ALL PRACTICE CANCELED
DEC 18: ALL PRACTICE CANCELED

2027 HAPPY NEW YEAR

JAN 11: ALL PRACTICE RESUMES AS USUAL
JAN 18: DEADLINE: CONSENT SSL R3
JAN 23: HIS HOSTS SSL R3 - DAY 1
JAN 24: HIS HOSTS SSL R3 - DAY 2
JAN 25: ALL PRACTICE CANCELED - REST DAY

HAPPY LUNAR NEW YEAR

HIS AQUATICS DEPARTMENT

THANKSGIVING SPECIAL

"I AM THANKFUL FOR ...

I'M THANKFUL FOR QUIET, PEACEFUL MOMENTS EVERY DAY. - LYNN LU

HAPPY THANKSGIVING.
I'M TRULY GRATEFUL FOR EVERY STUDENT ON THE GOLD TEAM. THANK YOU FOR STAYING FOCUSED, TRYING YOUR BEST AND SUPPORTING ONE ANOTHER. IT'S AN HONOR TO COACH YOU.

I ALSO WANT TO THANK THE AQUATICS DEPARTMENT FOR YOUR GREAT TEAMWORK AND SUPPORT. NONE OF THIS WOULD BE POSSIBLE WITHOUT OUR COLLABORATION.

WISHING EVERYONE A WONDERFUL THANKSGIVING!
- CATHY FENG

"THANK YOU TO THE ENTIRE TEAM FOR EVERY COLLABORATION. DESPITE HAVING DIFFERENT CULTURES AND PERSPECTIVES, WE WERE STILL ABLE TO OVERCOME DIFFICULTIES TOGETHER AND MOVE FORWARD HAND IN HAND." - ALAN HUANG

"I'M GRATEFUL FOR THE SUPPORT AND HELP FROM EVERYONE ON THE TEAM. I'VE LEARNED SO MUCH AND GAINED BOTH GROWTH AND WARMTH HERE." - TAO WANG

I AM THANKFUL FOR THE STUDENTS IN MY TEAM THAT SHOW UP TO EVERY SESSION WITH POSITIVITY, ENERGY AND A DEDICATION TO IMPROVING THEIR ABILITY AND THEMSELVES AS YOUNG PEOPLE - MEG SHAUL

"I AM THANKFUL TO BE SUPPORTED BY AN INCREDIBLE TEAM OF PROFESSIONALS, AND AN INCREDIBLE ATHLETIC DIRECTOR & A SUPPORTIVE TROOP OF PARENTS & SWIMMERS!" - CHERYL PHILP

"THIS THANKSGIVING, I'M GRATEFUL FOR THE PEOPLE WHO MAKE LIFE FEEL LIKE HOME. FOR MY FAMILY, AND THE LITTLE MOMENTS WE SHARE THAT I WISH I COULD SLOW DOWN. FOR MY COLLEAGUES, WHO SHOW UP FOR ONE ANOTHER ON THE BUSIEST DAYS. AND FOR OUR STUDENTS, PARENTS, AND THE HIS COMMUNITY, WHO REMIND ME HOW GOOD IT FEELS TO BE PART OF A TEAM. THANK YOU FOR GIVING ME SO MANY REASONS TO BE GRATEFUL. " - NATALIO LIARES

MEET INFORMATION

SANTA SPLASH

DATE: DEC 11, 3-6PM

LOCATION: HIS, HANGZHOU

SIGN UP LIVE: LIVE VIA SCHOOLSBUDDY

SIGN UP DEADLINE: DEC 2

HIS Aquatics Department is thrilled to host another year of our fun and festive Santa Splash!

This internal competition is open to all Swim Teams from Gold, White, Yellow, Blue and Rainbow Team. The sign up is live on SchoolsBuddy until December 2.

Coaches are making entry decisions and individual swimmer events will be released in the coming days.

Following the swimming, a Team Dinner will be available in the school canteen for participating swimmers and volunteers.



SSL ROUND 3

HIS Aquatics Department is thrilled to host the prestigious SSL Round 3 at the Wave, inviting teams from Shanghai and beyond to compete in the 2 day event.

This internal competition is open to swimmers from Gold, White, Yellow and Blue. The sign up is live on SchoolsBuddy until December 18.

As this is a home competition, we are keen to enter as many student-athletes as possible, and Teams should push towards a full roster! Last year, we were able to place highly in several age groups for Round 3 - this year, we believe we can do even better.

Entries, volunteer sign up and additional information will be released nearer the time.

DATE: JAN 23-24

LOCATION: HIS, HANGZHOU

SIGN UP LIVE: LIVE VIA SCHOOLSBUDDY

SIGN UP DEADLINE: DEC 18

INTERNATIONAL SPLASH - BANGKOK

DATE: MAR 6-7

LOCATION: ISB, BANGKOK

SIGN UP LIVE: PENDING INTEREST OUTREACH

SIGN UP DEADLINE: N/A WAITING ON TRAVEL AGENT TO SEND INFO!



ACAMIS 26-27

HOSTED AT HIS 'THE WAVE'



3 GOALS FOR THE MEET AS HOSTS

- TO FILL ALL OUR OUR VOLUNTEER SLOTS
- TREAT OUR GUESTS & VOLUNTEERS WITH THE UTMOST HUMILITY & CARE
- ENSURE THE HIGHEST STANDARD OF DATA COLLECTION AND TIMING SYSTEMS

3 EXPECTATIONS FOR THE STUDENT-ATHLETES

- ALL STUDENT-ATHLETES TRY TO PUSH PAST THEIR LIMITS
- RELAY TRANISITION (2,3 & 4) THAT USE MOVEMENT AS MOMENTUM
- STUDENT-ATHELTES SHOWING POSITIVITY & RESPECT TO THE PROGRAM



STANDING ACAMIS RECORDS HELD BY HIS

INDIVIDUAL RECORDS

13-14 GIRLS	13-14 BOYS
400-M FREE QIANLIN L, 4:31.98	50-M BACK JEAN M, 27'14
100-M FREE QIANLIN L, 57'82	50-M FLY JEAN M, 25'12
100-M FLY QIANLIN L, 1:04.13	50-M FREE JEAN M, 23'49
100-M BACK QIANLIN L, 1:04.96	ALL BROKEN IN 2025
ALL BROKEN IN 2023	

RELAYS

FLYNN Y, CAROL Z, SHIRLEY L & JEAN M
4 X 50 MIXED FREE, 1:46.02
ALL BROKEN IN 2025



PLEASE JOIN US ON DEC 3-5 IN SUPPORTING AND CELEBRATE OUR ACAMIS SENIOR SWIMMERS



SSL ROUND 2

Congratulations to all student-athletes that competed in SSL Round 2 at DCSD a few weekends ago.

Please see the data debrief from this event using the QR code - celebrating out successes and stories

SWIMMERS OF THE MONTH

LOWER SCHOOL

In December, we are celebrating Swimmers of the Month who have taken a risk, overcome a challenge or shown strength and resilience in the face of new opportunity.

These student-athletes might have overcome a fear, shown resilience, and kept going when things did not go as planned; kept trying a skill; and/or grabbed an opportunity.

Well done to these student-athletes. Please ensure you grab a 'Swimmer of the Month' cap at the Aquatics Department or at your next training session.

ELLA W



KAI C



RAINBOW TEAM

BLUE TEAM



SHERMAN L



DORIS J

SOPHIA W



TONY T



YELLOW TEAM

SWIMMERS OF THE MONTH

UPPER SCHOOL

WHITE TEAM

JOYCE Y



JAYDEN J



GOLD TEAM

WILLIAM Y



MAGGIE Z



MONTHLY MOVERS

Congratulations to these swimmers who are new to the team & those who will move groups after the winter break!

AEON Y
MOVED FROM LS LESSONS TO BLUE

LORENZA W
MOVED FROM LTS TO BLUE

ALICA S
MOVED FROM LTS TO RAINBOW

IVY D
MOVED FROM LTS TO BLUE

MILLA S
MOVED FROM BLUE TO YELLOW

SIENNA S
MOVED FROM LTS TO BLUE

JOYCE Y
MOVED FROM WHITE TO GOLD DEV