GIS Dragons Swimming & Water Polo - Year 2025/26
Trials, Criteria, Expectations, Information, Timetable

Trials Information

In term 1, all swimmers must attend the Trials.
Pre-registration is required for everyone in Term 1.
In Term 2 and Term 3 only new swimmers must go for trials
Parents will be notified by email about the outcome of the trials.

Term 1		Term 2		Term 3	
Mon 18th Aug 2:30 - 3:30 pm	Year 2 (25m Pool) Water Polo (50m Pool)	Tues 6th Jan 2:30-3:30 pm	Year 2-3-4 (50m Pool) Year 5-6 (50m Pool)	Tues 21st April 2:30-3:30 pm	Year 2-3-4 (50m Pool) Year 5-6 (50m Pool)
Tues 19th Aug 2:30 - 3:30 pm	Year 3-4 (50m Pool)	Wed 7th Jan 2:30-3:30 pm	Secondary (50m Pool) Water Polo (50m Pool)	Wed 22nd April 2:30-3:30 pm	Secondary (50m Pool) Water Polo (50m Polo)
Wed 20th Aug 2:30-3:30 pm	Year 5-6 (50m Pool)				
Thurs 21st Aug 2:30-4:00 pm	Secondary (50m Pool)				

Google Form Registration Trials Pre-Dragons (Year 2)
Google Form Registration Trials Water Dragons (Year 3-4)
Google Form Registration Trials Junior (Year 5-6)
Google Form Registration Trials Senior (Year 7-13)
Google Form Registration Trials Water Polo Junior and Senior (Year 6-13)

Swimmers who do not do the Trials will not be included in the Dragons Squads.
Attendance criteria will be followed weekly and monthly, swimmers who did not follow the required weekly attendance will be excluded from the squad.

Dragons Swimming Website (includes all this information and more)

Dragons training sessions will commence on 20th April (Term 3) as per the following timetables

DRAGONS AQUATICS Timetable 25/26 Term 3

50m Swimming Pool

GIS DRAGONS		GIS - 50M 16 LANES (+2)														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Monday	05:30 - 07:15												Senior Performance Coach Jose				
	06:00 - 07:15								Junior Performance Coach Ignatius								
	14:30 - 15:30	PRE-DRAGONS SQUAD (Coach Sarah / Coach fatheen/ Coach Joey		WATER DRAGONS A Coach Jimmy													
	14:30 - 16:00			WATER POLO Junior Coach Victor									Senior Performance Coach Lai Kwan				
	15:30 - 16:30	Junior Development B Coach fatheen							Senior Development A Coach Choon Fai								
Tuesday	05:30 - 07:15												Senior Performance Coach Eileen				
	06:00 - 07:15	Junior Development B Coach fatheen			Senior Development A Coach Cheng				Junior Performance Coach Ignatius								
	14:30 - 15:30	WATER DRAGONS A Coach Jimmy			Junior Development A Coach Choon Fai		Junior Perfromance Coach Kingsley		WATER DRAGONS B/C Coach Sarah, Coach Vincci				Senior Performance Coach Lai Kwan				
	15:30 - 16:30					Senior Development B Coach Vincci							Senior Performance Coach -Lai Kwan Land + SD A Land				
Wednesday	05:30 - 07:15												Senior Performance Coach Lai Kwan				
	06:00 - 07:15		WATER DRAGONS A Coach Jimmy						Junior Performance Coach Ignatius								
	14:30 - 15:30	WATER DRAGONS B/C Coach Joe & Coach Choon Fai			PRE-DRAGONS SQUAD (Coach Sarah / Coach Fatheen / Coach Joey)												
	14:30 - 16:30						Senior Performance Coach Eileen & Jose						WATER POLO Senior & Junior Coach Jose & Viktor				
	15:30 - 16:30	Senior Development B Coach Choon		Junior Development A Coach Joe													
Thursday	05:30 - 07:15												Senior Performance Coach Jose				
	06:00 - 07:15		Junior Development A Coach Jimmy			WATER DRAGONS A Coach Jimmy											
	14:30 - 15:30	WATER DRAGONS B/ C Coach Joey and Coach Sarah				Senior Development B Coach Choon Fai			Junior Performance Coach Ignatius				Senior Performance Coach Lai Kwan / Yi Ting				
	14:30 - 16:00																
	15:30 - 16:30		Senior Development A Coach Joe			Junior Development B Coach Choon Fai							Senior Performance Coach Lai Kwan / Yi Ting Land				
Friday	05:30 - 07:15	Senior Performance Coach Jose & Cheng															
	06:00 - 07:15					Senior Development A Coach Joe			Senior Development B Coach Joe				WATER POLO Senior Coach Jose & Cheng				
	13:20 - 14:20	WATER DRAGONS A/B/C Coach Vincci / Coach Yi Ting / Coach Viktor												Junior Development and Junior Performance Land Training Coach Lai Kwan and Coach Kingsley at C-Rooms			
	14:20-15:20	Junior Development A Coach Viktor			Junior Development B Coach Vincci												
	14:20 - 16:00								Junior Performance Coach Yi Ting				Senior Performance Coach Lai Kwan				

Selection Criteria

Pre-Dragons Squad Year 2. Coach Sarah

Your child must be able to swim 25 metres continuously, using basic technique appropriate for the stroke.

For example,

Freestyle, demonstrate bilateral breathing.
Backstroke, continuous arm and leg action.
Breaststroke, basic simultaneous kick.
Butterfly, to show the basic understanding of the stroke.

They must meet two qualifying times in freestyle and a stroke of their choice.

Stroke	Freestyle 25m	Breaststroke 25m	Backstroke 25m	Butterfly 25m
Pre-Dragons Squad	45	55	55	Basic technique

Water Dragons A Squad Year 3-4. Coach Jimmy

Water Dragons B Squad Year 3-4. Coach Sarah

Water Dragons C Squad Year 3-4. Coach Vincci

WATER DRAGONS CRITERIA (QUALIFYING TIME) (Must qualify at least 3 stroke timing)

Stroke	Freestyle 50m	Breaststroke 25m	Backstroke 25m	Butterfly 25m
Water Dragons A	45	30	29	28
Water Dragons B	55	35	34	33
Water Dragons C	1:10.00	40	40	39

Selection Criteria

50m Freestyle (breathing to both sides and able to tumble turn)

25m Backstroke (continuous arms and legs action)

25m Breaststroke (with simultaneous leg action)

25m Full stroke Butterfly arms recovering over the water

Able to dive, showing a streamlined position

Attendance Criteria

Training with GIS - 5 Sessions per week are available, **minimum 2 sessions per week are expected**.
Training with Club - 5 Sessions per week are available, **minimum 1 sessions per week are expected**.

Swim Meet Participation

All groups are **compulsory** to participate in the competition at least once per term.

Junior Performance Year 5-6. Coach Ignatius

Must qualify for at least 3 marks with good technique according to the time standards.
Freestyle- Breathing on both sides. Continuous kicking, Shoulder rotation
Butterfly- Wide arms without bending elbows. Arms and legs coordination.
Breaststroke- Keyhole pull. Gliding technique. Correct kicking technique
Backstroke- Continuous kicking. Straight arms. Body position
~ Students must be able to perform a decent dive. Underwater for both back and freestyle must be shown together with turns.

~Minimum requirement 3 sessions per week for none club swimmers. 1 session a week for club swimmers (Not implemented for private coaching training). One Morning training session is compulsory for every junior performance swimmer.

- Participate actively in school and external **swimming competitions.**
- **Expected swim meet, prakl, aims swim series**
- Demonstrate discipline, maturity, and coachability
- Positively contribute to the squad environment and display a strong work ethic

Time Standards

Junior Development A Squad (Year 5 - 6). Coach Joey

Must qualify for at least 3 marks with good technique according to the time standards.
Freestyle- Breathing on both sides. Continuous kicking, Shoulder rotation
Butterfly- Wide arms without bending elbows. Arms and legs coordination.
Breaststroke- Keyhole pull. Gliding technique. Correct kicking technique
Backstroke- Continuous kicking. Straight arms. Body position

Elite Senior Squad (Secondary) Coach Jose

The Senior Elite Squad is designed for swimmers who demonstrate strong competitive potential and commitment, working toward achieving national time standards or performance benchmarks. This squad program aims to direct also Senior Performance sessions providing a challenging and focused environment.

Training Availability:

- **10 swimming sessions per week** available
- **2 land training session per week** available

Minimum Training Commitment:

- **6 swimming sessions per week** (including at least **2 early morning**)

  1 land training session per week

  To be selected and **maintain** a place in the Senior Elite Squad, swimmers must:

- Commit to and consistently meet the **6-session weekly requirement**

- Show steady progress toward or achievement of **Performance** **Time Standards**
- Participate actively in school and external **swimming competitions**
- Demonstrate discipline, maturity, and coachability
- Positively contribute to the squad environment and display a strong work ethic

Senior Performance (Secondary). Coach Jose

The Senior Performance Squad is designed for swimmers committed to high-level competitive swimming and long-term athletic development. This squad trains with a performance-focused approach, preparing swimmers for top-level school, regional, and national competitions.

Training Availability:

- **10 swimming sessions per week** are available
- **2 land training sessions per week** available

Minimum Training Commitment:

- **At least a total of 4 swimming sessions per week, with at least 1 early morning session per week**
- **At least 1 land training session per week**

Selection Criteria:

To be selected and **remain** in the Senior Performance Squad, swimmers must:

- Meet the **Senior Performance Time Standards**
- Show consistent commitment to **minimum training expectations**
- Display a high level of motivation, behaviour, responsibility, and a performance mindset.
- Be actively participating in **competitive events**

Progression & Expectations:
Swimmers in this squad are expected to manage time effectively between academics and sport, uphold school core values, and strive for continuous personal improvement.

Senior Development A (Secondary). Coach Joe

Development Squad A is designed for swimmers who have progressed beyond the fundamentals and are now training with the intention of entering competitive swimming. This squad focuses on

refining technique, developing race skills, and building a strong aerobic base. This squad leads to Senior Performance access upon time selection criteria and attendance commitments.

Time Standards

Training Expectations:

- **Up to 5 swimming sessions** per week available
- **1 land training session** per week available
- **Minimum training commitment**

  2 swimming sessions per week
- **Competition participation:** Required for schools and regional competitions (under PRAKL)

Progression Pathway:
Swimmers in this squad are being prepared for advancement to the **Senior Performance Squad**, with increasing expectations in training consistency, race performance, and technical excellence.

Senior Development B (Secondary). Coach Choon Fai

Development Squad B is a bridging group for swimmers who have established a solid technical foundation and are ready to explore structured training in a more flexible environment. The focus is on continued skill development, technique refinement, and the introduction to aerobic conditioning.

Time Standards

Training Expectations:

- **Up to 4 swimming sessions** per week are available
- **Minimum attendance:** 1 swimming session per week
- **Competition participation:** Optional (but expected for Club Nights and AIMS Swim Series)

Squad Purpose:
Development Squad B is ideal for swimmers who are beginning to engage with performance swimming, whether aiming to move into the competitive pathway or simply looking to maintain and enhance their swimming in a structured, motivating environment.

Water Polo Junior (Year 6-7-8-9). Coach Jose

100 metres Water Polo freestyle (head up) without stopping
2x25m eggbeater kick

Water Polo Senior (Year 10 to 13). Coach Jose

100 metres Water Polo freestyle (head up) without stopping
2x25m eggbeater kick

Training Attendance and Behaviour

- If you are not able to fulfill the above training commitment, please speak to your Head coach as soon as possible. This may lead to a swimmer being given an Individual Participation Agreement.

- Individual Participation Agreements will be signed by the student, parent, Aquatics director, and Athletics director.

- If you are not able to maintain the minimum criteria applicable to your squad. If a swimmer misses 3 sessions during the year, for unjustified reasons (only official certificates and medical certificates will be accepted), an email will be sent to families informing them that the following session in a week missed will involve the exclusion from the team. There will be a full one-term cool-down period before the same swimmer can trial out again to access the team.

- Failure to attend galas will be interpreted as an indication that a swimmer does not wish to participate in a competitive environment and as such the offer of a squad place may be at risk. Any swimmer who has entered an open meet and then wishes

to withdraw from the meet, a session or a race may only do so after consultation with their coach.

- When attending open meets or team gala events, you are representing the School and should always wear School kit such as DRAGONS swim hats and DRAGONS Tops. In accordance with the School Codes of Conduct, an appropriate level of behavior should be maintained at all times.

- Movement between squads. It will not be allowed to move to a different year group squad under any circumstances. The only exception to this rule will be transitions to new squad offered in Term 3 only. Even if lower squad swimmers can fullfil Time Standard criteria for a higher squad.
- Swimmers training outside school, in swimming clubs, are required to have a meeting with the group lead coach, and, after the agreement, a minimum of 1 session per week is needed.
- Swimmers training outside the school will lose their Dragons swimming selection opportunities if they fail to attend the once-per-week session more than 3 times during the academic year. All absence days must be properly justified, preferably with MC or a verified document.

SCHOOLSBUDDY Groups

All swimmers confirmed in their respective squads must request to be added to their sessions on Schoolsbuddy. This is an important step; whoever has not registered and allocated in Schoolbuddy for the session to attend will not be allowed to take part in that session. This follows the school child protection policy. **Schoolsbuddy registration window will be shared by the School and CCA Team with all school students.**

Swimming Meets Entry Requirements:

Selection Policy (2025/2026):

Only students who do train at school Dragons squads will be selected. This is a requirement of all students representing all Dragons sports.

Swimmers who train outside, in clubs (exclusively) must attend one session per week to remain in the Dragons Swimming Squad and have the rights to be selected for Swim Meets.

If a swimmer misses 3 sessions during the year, for unjustified reasons (only official certificates and medical certificates will be accepted), they will be excluded from being selected for any swim meet.

All marks to be taken into consideration must have been obtained representing GIS Dragons (no club participation marks will be taken into consideration), and according to the Dragons Team Manager Database (3 months max for time prior to selection)

Times recorded out of GIS Dragons Squads will not be taken into consideration for selection criteria.

Swimmers can be registered under their requested seed times for swim meets. The seed times must be provided by email before the entries deadline.

Where there are max squad size restrictions, then ability over a number of events will be a deciding factor in selection and not just a single fastest time.

AIMS Secondary

Categories: 11-12 / 13-14/ 15+,

Events: max 5 events (5 individual/4 individual +1 relay/3 individual + 2 relays)

Max Squad Size: 8 boys and 8 girls max per age group. (Extra 4 reserve swimmers in total, gender and age group as per coaches' criteria)

Selection Criteria: Best Marks among overall events to swim. (the best swimmer who can qualify to swim the most number of events with the best marks.)

AIMS Primary

Categories: Primary - U9 (7-8)/U11(9-10) /

Events: max 5 events (5 individual/4 individual +1 relay/3 individual + 2 relays)

Max Squad Size: 8 boys and 8 girls max per age group (Extra 2 reserve swimmers in total, gender and age group as per coaches' criteria)

Selection Criteria: Best Marks among overall events to swim. (best swimmer who can qualify to swim the most number of events with the best marks.)

MSSWPKL 2026

Categories: U12 (7-12), U16 (13-15), U18 (16-18)

Events: No limit of events per swimmer. Max 2 swimmers per age group/gender/event

Selection Criteria:

For every event - 1st Swimmer - Best Mark (Foreigner or Malaysian citizen) , 2nd Swimmer - Best Mark (If 1st swimmer is Malaysian then we will take the next best mark, Malaysian or non-Malaysian.) (If the first swimmers is non-Malaysian then the second slot will be Malaysian) If there are no Malaysian students wanting to swim an event then we may enter two non-Malaysians.)

Only Long Course database results will be considered

SEASAC Senior Swim Meet 2026

Categories: U18

Max squad size 10 boys 10 girls, age 15+

Events: Swimmers are limited to 4 individual events and 6 relays.

This event is primarily for students aged 14 years & over (from the beginning of the academic year, age counts from 1st August) but schools can swim up Students in this Open format who are 13 years of age as of 1st of August of the academic year in course, but no younger.

Selection Criteria;

Best Marks among overall events to swim. (best swimmer who can qualify to swim the most number of events)

The Head of Aquatics will share the criteria (events to consider marks) at the beginning of the academic year.

FOBISIA MULTISPORTS U13 & U15

U13 - U15 - Selection will be based on the student's participation in the sports related to FOBISIA GAMES (Football, Basketball, Athletics, and Swimming). Coaches and Secondary PE Teachers will make the selection according to students' involvement and performance criteria.

FOBISIA Primary

Year 5-6

Team Selection will be based on proven participation and merits in Swimming, Athletics, T Ball and Football. PE Department will make the student's selection.