



Phoenix Aquatics

Ruamrudee International School

Volume 1, Issue 1

August 2011

Special points of interest:

- Water Polo started August 15th
- Swimming starts August 22nd.
- Sign up forms can be found in the Finance Office or Aquatics Office (AP-201).
- Please fill out our survey on page 6.

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Welcome Back Everyone! By Kevin Leinbach, Aquatics Coordinator

Welcome back parents and athletes. I am looking forward to an exciting year at Phoenix Aquatics.

We are in a rebuilding year. I have taken over as Aquatics Coordinator and we have three new coaches in our program. Dee Phillips: Junior Development Group; Galon Melendy: Junior Group, and Sathit Hongthong: Senior/Elite groups. Please read their bios on the following pages.

Ruamrudee International School has great facilities and a great student body

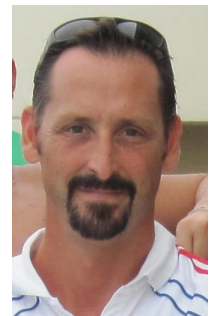
backed by great parents. It should have a great aquatics program. My goal this year is to set a foundation upon which great things can happen.

It starts with good communication. This monthly newsletter will serve as a tool to provide better communication between the aquatics program and the parents and athletes.

Additionally, I will be meeting with parents, students, and coaches in an effort to provide the best aquatics program possible for RIS.

If you have constructive input, I invite you to contribute. I know everyone wants to ensure that our athletes have the best possible chance for success.

I ask everyone to join in this effort to make this year a great one. If we all come together in the spirit of cooperation, I know we can do it.



Swimming Groups Breakdown

Tadpole Group (~4-18 years old) [Monday and Thursday] **Matt and Tim** – This is our Learn-to-Swim program. For those who are absolute beginners or those that need to develop additional strength and skills before they move on to more advanced instruction.

Junior Development Group (~7-9 years old) [Mon, Tues, Thurs, Fri] **Dee** – For those swimmers who at least can swim the Freestyle/Crawl stroke and can make it across the pool consistently. This group mainly works on

stroke instruction in all 4 strokes, building to swimming full sets by the end of the season. There will be some competitions available for swimmers in this group.

[continued next page]

Groups Breakdown cont.

Junior Group (~9-12 y/o) [Mon, Tues, Thurs, Fri] **Galon** – Stronger/older swimmers from the Development group.

They will know all their strokes and are ready for extended set workouts. They will be swimming more yardage and obtaining more specific stroke technique instruction. There will also be some competitions avail-

able for swimmers in this group.

Senior/Elite

Group (~12-18 y/o)

[Mon – Fri] **Sathit** - Offered 5 days a week. Committed swimmers ready to compete at the higher level. These are our BISAC and SEASAC swimmers although the Junior Group might have some younger

competitors also. Some of these students swim year round on an outside club. Just like the last few years, they are expected to practice with the RIS team **at least 3 times per week.**

If you have not yet signed up, the forms are in the Finance Office or Aquatics Office (AP-201).

Name Change

We will be moving to the name of our program to Phoenix Aquatics Academy. This is an modernizing of our image that will better reflect the breath of our program and include our mascot to reinforce the school brand in the public eye.



School Website

The Aquatics pages on the RIS website are undergoing construction. They will be reorganized and updated to even include this newsletter series archive. These changes are designed to improve better communication from the school to the students, parents, and the community.



BISAC Water Polo

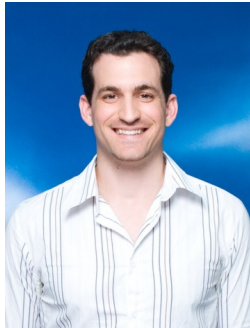
Water Polo will have its own season now. The BISAC Athletic Directors have decided to make water polo a Season 1 sport. Typically in the past, water polo was sandwiched in between the BISAC swimming championship and the end of school, two weeks of which were Songkran

Break. That did not leave much time to focus on the sport. Practices started already on August 15th and will continue until the BISAC tournament on October 9th.

High School and Middle School swimmers are encouraged to participate. Water polo is a

great way to improve endurance and it is nice break in a long swim season. The first swim meet available is November 5th so there will almost be a month to fine tune your strokes. Swimming practice will be available starting August 22nd.

Coach Matt—Tadpoles Group



I've been at RIS now for four years, and have taught swimming to the tadpole group for two full seasons. I began to swim when my father threw me into a pool at the age of four :) and since then I haven't stopped! I swam at state level in Australia until I was 18, then I started to take up

swimming coaching with clubs and schools. I am a Level I Austswim Qualified swimming coach, but really enjoy teaching the younger students. I truly believe that swimming is an important life skill that everyone should have, and there is no better time to learn than at a young

age. So...see you on the pool deck!

-Coach Matt



Dee—Junior Development Group

Hi, my name is Miss Dee Phillips and I am swim coach for the 7-9 year old group. I am really excited about working with you all and hope we can get your moving through the water like fish by the end of the year! I am British and have

taught in both the UK and Dubai. Bring on the first gala! - **Coach Dee**

Galon— Junior Group



Galon Melendy is a graduate from the Florida Institute of Technology in mechanical engineering and from Cal State San Bernardino in education. In high school, he was a competitive swimmer and also a member of the National Honor

Society.

At RIS he has had the pleasure of teaching mathematics and English, and currently teaches ESL in the high school. Galon enjoys helping his students reach their potential and "reach for the

stars," and he is excited about becoming a member of the aquatics coaching team.

- Coach Galon

Coach Tim—Tadpoles Group

I have been a high school social studies teacher for 16 years working in the U.S., Israel, and now Thailand. My involvement with competitive swimming started at the age of seven and has continued into adulthood. While in college I was a 13 time All-Presidents Conference selection

from 1991-1995 at Grove City College in Pennsylvania. I am Red Cross WSI certified with over ten years experience teaching developmental swimming across all age groups. This will be my third year of coaching Tadpole swimmers with my buddy Mr. Matt, who shares my enthusiasm

for working with young, emerging swimmers.

I believe that proper drilling and stroke refinement are the necessary focus of developmental swimming once individual confidence and comfort levels have been attained.

– **Coach Tim**



Coach Sathit- Senior/Elite

I'd like to welcome Sathit Hongthong to Ruamrudee International School. He will be taking over the Senior/Elite group. Sathit is currently Head Coach of Chulalongkorn University's swim club, Fitness and Weight Training In-

structor at Silapakorn University, and has coached for the last 20 years at Chalermprakiat Youth Center Swimming Club.

Coach Sathit holds a BSc (Physical Education) from Srinakharinraj University and

a MSc (Sports Science) from Kasetsart University.

He come to us with a great deal of knowledge and many innovative ideas that we look forward to having him share with us.



New Logo Design Needed

We're looking for a new logo this year for our shirts! Start thinking now of how you want them to look. We could have shirts for both water polo and swimming or just one for Phoenix Aquatics, or all of them. We'll find out how much

interest there is for each of them.

Then take the survey on the page 6 to let us know which shirts you might like.



The winning design of one of our previous logos

Due to the transition in Aquatics Coordinators and school breaks, the swimming and water polo schedules for this year have not yet been finalized. Below are the tentative dates for the water polo events. I will notify everyone as soon as I hear back from the other schools. Coach Sathit and I will review and finalize the swim schedule in the next few weeks.

Tentative Water Polo Schedule 2011-12

<u>Date</u>	<u>Event</u>	<u>Location</u>
2011	(**Tentative Date/Participation)	
Sept 9th	League game w/ PTS	@PTS
**TBD	League w/ ISB	TBD
**TBD	Friendly/league w/ SHB	TBD
Oct 9th	BISAC Water Polo Championships	TBD/PTS?
2012		
**May 26-7	TASA Thai Nationals Water Polo	TBD

Tentative Swimming Schedule 2011-12

<u>Date</u>	<u>Event</u>	<u>Age</u>	<u>Venue</u>
2011	(**Tentative Participation)		
**Oct 1st	Tiger Prawns Swim Meet	u8	PTS
**Nov 5	ISB Swim Fest	All	ISB
**Nov 18/19	Shrewsbury Swim Relays	All	SHB
**Dec 9/10/11	ARENA Feeding Frenzy	All	PTS
2012			
**Feb 25	ISB Pentathlon	All	ISB
Mar 1-4	SEASAC Swimming Championship		Singapore
Mar 30/31/1	BISAC Swimming Championship		SHB

This schedule does not yet include dual meets with TCIS/ISB/NIST/SHB; most likely on a weekday after school. Final schedule will be at the discretion of the Senior/Elite Coach and Aquatics Coordinator.



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Phoenix Aquatics BISAC Swim Team 2011



Phoenix Aquatics BISAC Water Polo Team 2011

T-Shirt Survey

In order for us to get an accurate idea of people's interest, please complete the survey below. It's quick and will only take a minute of your time. Thanks a lot!

<http://www.surveymonkey.com/s/8G5LVKR>
[copy this address into your internet browser]