



# Phoenix Aquatics

Ruamrudee International School

Volume 1, Issue 2

September 2011

## Special points of interest:

- Varsity Water Polo @ RIS vs. ISB on Tuesday October 4th at 3pm!
- Varsity and JV Water Polo played well against top national ranked Chulabhorn on Sept 25th. See scores in schedule section.

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## Coach Sathit's Introduction

Hello Everybody,

My name's Sathit Hongthong. I joined the staff at Ruamrudee International School last month.

For the past 20 years, I've been coaching swimming at the national and international level. During this time, I've been successful in developing swimmers to excel at both levels.

I look forward to working with the team here to continue and together further develop the swimming team to represent our school at the highest level.

We together will help contribute to the success of Ruamrudee International School. Thank you.



## A Quick Word from Coach Dee

Hi there.

I would just like to say a big thank you to my wonderful group (ages 7-9) of swimmers. We are having a lot of fun and my quick learners are fast improving – swim squad watch out! We are working hard to improve our Freestyle, Backcrawl and Breaststroke techniques and we play fun games every session.

My personal favorite is the big kickboard passenger race.

If you have not yet returned your registration form, please get this to me as soon as possible!

We still have space for more bodies so new members are welcome.



## Facts About Lightning and Thunderstorms

RIS has again updated our Lightning Policy for outside activities. Copies of the policy are located next to the lightning detectors at the pools.

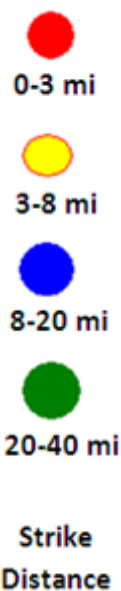
The Electricity Generating Authority of Thailand (Egat) says at least 1.3 million lightning strikes occurred nationwide last year, up from 1.2 million the year before, or more than 100,000 strikes a month on average. About 100 people are hit by lightning each year, and 30 of them die. Risk areas include open fields (45%), trees (23%) and water sources (13%).

Source: <http://www.thaicultureblogs.com/index.php/lightning-strikes-in-thailand/>

Because the average stroke of lightning is 6 miles long, and because thunderstorms can move at speeds of up to 25 mph or more, you are in immediate danger any time there is detected lightning activity within 8-10 miles of your location.



- The average lightning stroke is 5-6 miles long. A lightning stroke is incredibly powerful; up to 30-million volts at 100,000 amps flow in less than 1/10 of a second.
- The average thunderstorm is 6-10 miles wide and moves at a rate of 25 miles per hour.
- Once the leading edge of a thunderstorm approaches to within 10 miles, you are at immediate risk due to the possibility of lightning strokes coming from the storm's overhanging anvil cloud. This is the reason many lightning deaths and injuries occur with clear skies overhead.
- On average, the thunder from a lightning stroke can only be heard over a distance of 3-4 miles, depending on the terrain, humidity and background noise around you. By the time you can hear the thunder, the storm has already approached to within 3-4 miles!
- The sudden cold wind that many people use to gauge the approach of a thunderstorm is the result of down drafts and usually extends less than 3 miles from the storm's leading edge. By the time you feel the wind, the storm can be less than 3 miles away!



(from EWS-Pro Manual [http://www.skyscancanada.com/images/EWS-Pro%20Manual\\_en.pdf](http://www.skyscancanada.com/images/EWS-Pro%20Manual_en.pdf))

## Coordinator's Corner by Kevin

### 60% Workout Requirement

A parent question has brought to my attention an oversight I made when I stated the attendance rule for swimming competition. To clarify the attendance policy, competitive swimmers are required to participate in 60% of the workouts, which is 3 out of 5 workouts for the Senior group and 5 out of every 8 workouts (2 weeks) for the Junior group.

I swam both club swimming and high school team swimming so I understand the situation that some of our swimmers are in. It is a choice of what they want to do. Whether it is outside swim club, school swim team, basketball, soccer, band, drama, clubs, or academics, each student has to make the choice that is right for them. No one is able to do it all.

As far as outside participants swimming for RIS, it is a choice they make to be a part of the RIS team. If they want to be a part of the team, they will choose to participate at the required level. If they cannot meet those standards, then that is the choice they make. Nothing against them. I feel no animosity towards them.

Remember, I have been in the same situation. Winning isn't everything and that is not the main focus of what we are trying to do here. We are trying to build a TEAM. [continued on page 4]



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### Swimming Registration

If you haven't yet officially registered for swimming, please fill out this form and visit the Finance Office with you payment. With everyone doing their part, we can all be successful.

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### Reminder to Water Polo Players

The polo season is ending soon. You are expected to swim with the swim team unless you are participating in another sport. Your success in water polo relies upon you being a good swimmer. There will be many spots open on next year's varsity team. The strongest and fastest swimmers will be in the lead for making that team. The only way to get better is to put your time in the pool. You might be giving up your spot to those who choose to swim this year!



## Coordinator's Corner cont.

[continued from page 3]

And if swimmers do not train together, then they do not come together as a team.. My high school team required I swim 5 days a week with them. I chose to do that since I wanted to swim with my classmates and compete for my high school.

The RIS swim team is a venue for students to come together and participate in an after school sports program, then represent RIS at BISAC and SEASAC swim meets. Outside club swimmers have outside events in which to compete. It's not fair to swimmers who work out here every day not to get the chance to swim in a meet because an outside swimmer, who they don't know because they do not work out here, takes their event. The school wants to support our students who make the school team their priority.

On a different topic, there has been discussion of a roof, but the school is not looking at purchasing one in the near future. I understand that there is a desire for a roof by some of the parents, but we can still swim here without a roof. There will be other purchases by the school this year in response to things we can not do. We can not host a BISAC swim championship meet here anymore. These are priorities of the program that must be addressed before we look at covering the pools. It is on the list of possibilities, but is down the road a bit.

Lastly, thanks again for continuing to support our swimmers and our program. I believe that we have a very good coach this year that will enable our swimmers to improve beyond what we have done over the past few years. I feel that our program is getting better at all levels, and we need continued support from parents like you.

Please let me know of your comments and concerns.

## Swimming Goals by Coach Sathit

1. For **Recreation** depends on swimmer 1 or 2 per week it that enough.
- 2, For **Health** should practice 3 times/week, more than 30 mi/session.
3. For **Improvement** should practice more than 80 % of practices.
4. For **Winning** should practice 100 % of practices.



## The Benefits of Swimming by Coach Sathit

### Part I

There are many benefits of encouraging your child's involvement in swimming.

1. Swimming is a wonderful sport and provides healthy recreational exercise to all participants.
2. The skills development by participating in a structured swimming training program includes improvements in discipline, commitment, dedication, time management, independence, taking responsibility, working together, and dealing with winning and losing.
3. Swim training will assist your child to be fit, and when combined with a healthy eating plan, provides the foundation for a healthy life.
4. While swimmers at a young age will depend on their parents to assist them in packing their swim bags before training or competitions, parents should begin to encourage their child to pack their own bags by the age of 10 years old.
5. Many children begin swimming because of problems with asthma. Overtime they develop a passion for the sport and continue with training and participating in competitions.



### Remember Two Things in Swimming

1. The "little picture" in swimming is how well your child performs in the pool.
2. The "big picture in swimming is what they learn from participating in the swimming and sport experience that will help them for the rest of their life.

Part II Others benefits from swimming:

1. Life skills
2. Winning and losing
3. Time management
4. Goal setting
5. Friendships
6. Teamwork

## Water Polo Update

### Varsity

The Varsity water polo team started the year strong against last year's BISAC champions, Bangkok Patana School. The dominant RIS players topped BPS 5 to 1. This puts RIS in good position for this year's BISAC Championship Tournament on October 9th.



### Junior Varsity

This is the first year ever that RIS has been able to field a JV team. The novice players made a good showing in their first ever game against BPS. The more experienced BPS topped RIS but it was a good learning experience for all and they had some fun too.

## Aquatics Schedule

Here are the updated water polo and swimming schedules. Please note the date changes to the ISB Swim Fest. We also added the Swim-A-Thon on January 20<sup>th</sup>, 2012. This will be one of our fundraisers this year in preparation to go to Singapore for the SEASAC Swimming Championship on March 2-4, 2012.

### Water Polo Schedule 2011-12

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Results</u>
<b><u>2011</u></b>			
Sept 9th	League game w/ PTS	@PTS	Varsity 5 –BPS 1; BPS 11- JV 0
Sept 25th	Friendly vs. Chula	RIS	Chulabhorn u19 boys: 17 RIS Varsity mixed: 5 Chulabhorn Girls National Team: 21 RIS JV u16 mixed: 3 Chulabhorn Girls National Team: 11 RIS Varsity mixed: 5 RIS/Chula Open Div Combo Team: 21 Chulabhorn u19 boys: 11
Oct 4th	League w/ ISB	RIS	
Oct 9th	BISAC Water Polo Championships	PTS	
<b><u>2012</u></b>			
May 26-7	TASA Thai Nationals Water Polo	TBD	

### Swimming Schedule 2011-12

<u>Date</u>	<u>Event</u>	<u>Age</u>	<u>Venue</u>
<b><u>2011</u></b>			
Oct 1st	Tiger Prawns Swim Meet	u8	PTS
Nov 12-13	ISB Swim Fest	All	ISB
Nov 18/19	Shrewsbury Swim Relays	All	SHB
Dec 9/10/11	ARENA Feeding Frenzy	All	PTS
<b><u>2012</u></b>			
Jan 20th	Swim-A-Thon	All	RIS
Feb 7,9	TCIS League Meet	All	TCIS, RIS
Mar 1-4	SEASAC Swimming Championship		Singapore
Mar 30/31/1	BISAC Swimming Championship		SHB



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## Picture Gallery

### BISAC Water Polo Spring 2011



### New Bus Procedures

Buses for sporting events will leave at **2:30pm** from in front of Godbout Hall at **Gate 3**. This is different than the previous years. Students are expected to **be there before 2:30** so that the bus can leave on time. Therefore it is necessary to leave class with enough time to go to their lockers and make it to the bus.

### Swim Suits and T-Shirt Update

This Year's Suits: I am currently working with the swim team captains, Jo Thancharenpoolporn and Numfah Vanitchanant, on designing and ordering swim suits and T-shirts for this year's swim season. As soon as the designs are finalized, we will notify everyone of when the company will be on the pool deck to obtain exact sizes and orders.

Last Year's Suits: The School Uniform Shop has some leftover suits and caps from last year's order. If you need extra caps, or suits, come pick them up.

Swim Caps: 550฿; Girls Suits: 1300฿; Boys Suits: 1000฿ .

After arrival of the new order, BISAC and SEASAC swimmers will be expected to wear the new design for team unity at swim meets.