



Phoenix Aquatics

Ruamrudee International School

Volume 1, Issue 5

Jan/Feb 2012

Special points of interest:

- SEASC Championship
March 2-3, 2012
- BISAC Championship
March 30 - April 1

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Senior Shrewsbury Storm Relay Meet 2012



Senior Shrewsbury Storm Relays January 27th, 2012

RIS standings

15+Boys- 1st place
15+ Girls - 2nd place
15+ Overall - 1st place

11-12 Boys - 5th place
11-12 Girls - 5th place
11-12 Overall - 5th place

Senior Girls Overall - 4th place
Senior Boys Overall - 4th place
Senior Team Combined - 4th place



Where to Find It

Phoenix Aquatics Blog

[RIS Phoenix Aquatics](#): Articles and announcements about the swimming and water polo programs.

Swimming and Water Polo Information

[Aquatics Information Folder](#): Swim Meet & Tournament Information, Results, Sign Up Forms, Handouts, Fliers, Pictures, etc.

Phoenix Aquatics Newsletters

[December 2011](#) [November 2011](#) [September 2011](#) [August 2011](#)

Aquatics Schedule

[Aquatics Calendar](#): Online schedule of games, meets, and events.

New Coaches for Phoenix Swimming

Kritsana Thanpisitsakon: Junior Group

We welcome Kritsana to Ruamrudee International School. Kritsana began swimming at age 10 and continued as an athlete through university and attended the Thai University Games. She has coached for the last 4 years at Chalermprakiat Youth Center Swimming Club. "Good skill and technique is the basic for good stroke, and makes it easy to improve you performance." -Coach Kritsana. She is currently pursuing a MSc (Global MBA) from University of the Thai Chamber of Commerce.



Monika Koeglberger: Junior Development Group

Another new comer to RIS, Monika has been living in Thailand since 2008 and coaching swimming for the Swiss School elementary section. She has worked extensively in middle and high school sport schools in Europe as well as Riyadh and Manila. Monika has been a life-guard and CPR/First Aid Emergency Responder since age 16. Since then, she has worked for summer camps as a lifeguard and as a supporting swim coach with children age 6 to 12. She holds a Bachelors in Foreign Trade Affairs and Physical Education with elements of Rehabilitation diploma. "It is most important for me to motivate young swimmers to take a part in competitions...Not just to prove how good they are to the coaches, teachers or parents, but simply to themselves. They have already won if they know in their hearts that they have given their best. I tell my children, "You can't win if you don't have fun!" - Coach Monika



Aquatics Schedule

Here are the updated water polo and swimming schedules.

Water Polo Schedule 2011-12

<u>Date</u>	<u>Event</u>	<u>Location</u>
<u>2012</u>		
May 26-27	TASA Thai Nationals Water Polo	TBD

**Swimming Schedule 2011-12**

<u>Date</u>	<u>Event</u>	<u>Age</u>	<u>Venue</u>
<u>2012</u>			
Mar 1-4	SEASAC Swimming Champ	<12-19	Singapore
Mar 30-31-1	BISAC Swimming Champ	<12-19	SHB



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Please send in more
pictures of more
Phoenix Faces so we
can include them in
the newsletter!

Phoenix Faces



Swim A Thon

