



NIST ECA & SPORTS PROGRAMME

Second Session 2010



Dear Parent/ Guardian,

We hope your child has enjoyed the first session of Extra Curricular Activities (ECA's) and has benefited from the learning of new and challenging activities that are offered in the program. It is now time to turn your thoughts to our second session of ECA's and which activities your child would like to get involved with. This ECA booklet contains all the necessary information needed to make informed second session activity selections.

The details on all the ECA's available to NIST students are located on the ECA web site. The school uses this web site for all ECA information. Year 1 parents can access the ECA front page for information related to ECA's available for Yr 1 BUT cannot sign up using the ECA server.

Our Falcon BISAC/ SEASAC Sports and Recreational Sports programme Sign up & Tryout information are also included in this handout. If your child/children want to sign up or tryout for a sport please read the relevant information for that area.

- Session 2 BISAC / SEASAC Sports Programme commences November 8, 2010.
- Session 2 ECA's and the recreational sports programme are signed up for by using the ECA server which opens for registration October 23rd – 31st, 2010
- **Session 2 ECA Programme starts November 8, 2010.**

Important Note for ECA's using the main field in second session Nov 8th – Feb 4th

All ECAs that use the school field will only start once the school main field is open. We would hope that will be by the end of November 2010. The school will notify you by e mail the exact date when the ECA selected will start. Your child can still sign up for ECA's using the field but remembering that they will not start till the field has been opened.

MONTRI: Please inform Montri directly of your child's after school commitments so they can arrange the necessary transportation.

We hope your child enjoys the NIST ECA programme.

Paul Hodgkinson

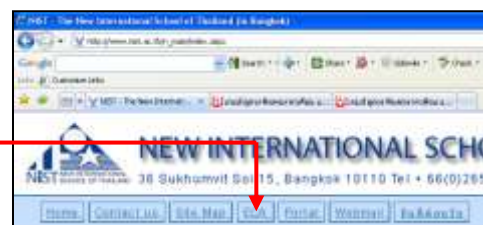
Athletic and Activities Director

NIST

(1) ECA Student Sign up Procedures (ECA's Mon, Wed & Thurs)

ECA Session 2 Sign Up Dates: October 23-31, 2010 – the ECA server **will not allow** sign ups before, October 23, 2010.

- (1) **Open** NIST Web page at <http://www.nist.ac.th>
- (2) **Click "ECA"** —————
OR you can **Click** – <http://eca.nist.ac.th>
- (3) **Log in** with **Student User Name + Password**



Year 2-13

User Name (ID Number)

Password (ID Number)

} Same


Log In

User Name:

Password:

Note: To find your child(s)' ID Number(s), login to Veracross and hover your mouse over your child's picture. A pop-up will appear with the ID Number.



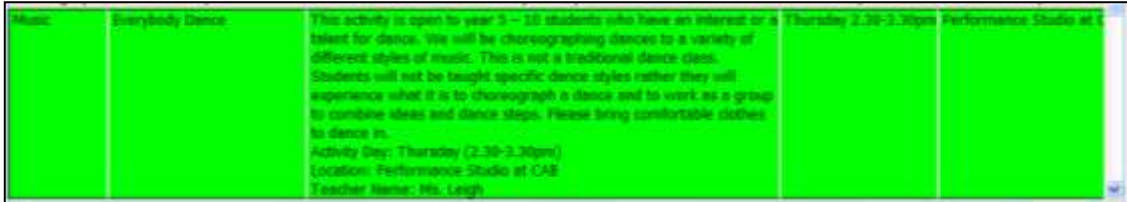
*Please click  to see the instructions.



(4) To sign up **Click** on the **"Signup"** button.



(5) **Click** the **Activity** you want to choose. (When selected, it should turn **green**.)
(Year 2 – can select only one activity)/ (Years 3-13 can select two activities)



(6) **Click** the **Select Activity** after your ECA has turned to **green**.

(7) There is no "SAVE" button. If you want to know your signing up is successfully or not, pls. Log out & Log in again. The ECA that you chosen should be there.

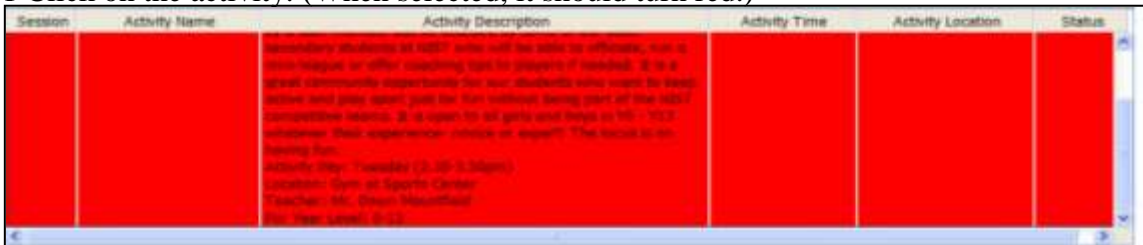
Problem:

*If the activity you choose does not change to **green**, please fix by **clicking** the **Compatibility View** toolbar. It is located next to the Refresh button on the Address Bar.



(8) To remove activities you have already signed up for:

7.1 Click on the activity. (When selected, it should turn red.)



7.2 Then click on the **"Delete"** button.



*You can select more than one activity at a time by holding down the "Ctrl" key when clicking. If you click on an activity by mistake, just click on the "Cancel" button to deselect your choices.

***Make sure you don't sign up for activities that take place at the same day.**

Please contact the ECA Office or email ECA@nist.ac.th if you need further details.

(9) Selections start **October 23 – 31, 2010**. Please complete your selection by **October 31, 2010**.

What Happens next!

- Parents & Students can Log In to check their activities November 4, 2010.
- If you have been **Accepted** for an activity – **Accepted** will be displayed on the page.
- Once accepted your child will be put on the activity list and will be expected to attend the first activity class – [starting the week of November 8, 2010](#).

(2)Falcon Sports Programme 2010-11

NIST has a very comprehensive sports programme in which we encourage all our students to join. Below is information on how your child can sign up for our Falcon Sports Clubs, BISAC / SEASAC Teams & Recreational Sports Programme.

Competitive Sports Programme

Try Out week is November 8-12, 2010. We encourage all students who are interested to attend try outs; this is a really good way to start realising your sporting potential. (Please see the try out section for details.)

Recreational Sports Programme

In addition to the Falcon competitive sports programme, the schools offers a wide range of recreational sporting opportunities to students. Our hope is to broaden the base of students playing sports at NIST. These recreational sporting clubs are open to all students in the year group bands and are not selective. Their intention is to give a basic, fun-based introduction to the sports. This year we have recreational soccer, basketball, volleyball, badminton, track and field, touch rugby, table tennis, bench ball, cricket, kick ball and hockey. All the recreational sports can be signed up for at the same time as other ECAs during the ECA sign up period [October 23-31, 2010](#).



FALCON Second SEASON TRY-OUTS 10-11



Monday November 8th, 10

Girls U19 + U17 Basketball
Boys U19 + U17 Basketball

Time

2:30pm – 4:30pm
2:30pm – 4:30pm

Venue

Gym 1
Gym 2

Tuesday November 9th, 10

Girls U19 Tennis
Girls U15 + U13 Soccer

Time

4:30pm – 6:30pm
2:30pm – 4:00pm

Venue

Tennis Court
Field 2

Wednesday November 10th, 10

Girls U19 + U17 Basketball
Boys U19 + U17 Basketball

Time

3:30pm – 5:00pm
2:30pm – 4:30pm

Venue

Gym 1
Gym 2

Thursday November 11th, 10

Girls U19 Basketball
Boys U19 Basketball
Boys U19 Tennis

Time

3:30pm – 5:00pm
3:30pm – 5:00pm
4:30 pm – 6:30pm

Venue

Gym 1
Gym 2
Tennis Court

DELAYED TRY-OUTS

Due to the main field not being open we will delay the below try outs until the main field is open. This hopefully will be at the end of November 2010. Students will be notified of the exact date for these try outs once the field opening date has been finalized.

Girls U19 Touch Rugby + Girls U17 Touch Rugby
Boys U15 Soccer + Girls U15 Soccer
Boys U13 Soccer + Girls U13 Soccer

Falcon Gymnastics Club

The Falcon Gymnastics Club is a very popular part of the ECA program with over 130 students enrolled. The club schedule, fee structure and try out information are as below. If you would like your child to get involved in the club please contact K. Mae at gymnastics@nist.ac.th to arrange a meeting.

Monday August 23 th , 10	Gymnastics session 1 start
Thursday December 16 th , 10	Gymnastics session 1 END
Monday January 10th, 11	Gymnastics session 2 start

Group	Per year (Baht)	Per semester (Baht)
Y1 Club	5,000	2500
Silver	13,000	6,500
Gold	18,000	9,000
Boys	14,000	7,000

Please note that the Gymnastics Programme at NIST is a competitive BISAC / SEASAC programme. All students are at some point asked to compete. This can be against other international schools, or in some cases against regional international schools in Asia.

For any further details about the Falcon Gymnastics Programme please contact K. Mae, Gymnastics Coordinator at NIST. gymnastics@nist.ac.th

Falcon Swimming Club

Season 2

The NIST Falcons swim team is for students from Years 2 – 13 who are willing to be competitive swimmers to represent NIST at various intraschool and interschool competitions. This is not a learn-to-swim program.

For Season 2 (November to February) there will be a standardized selection process for any potential new team members whereby students will have to meet set times and criteria in order for them to become part of the team. All students presently in the swim squad from Season 1 have met these standards and can continue for season 2. Training will take place from Monday to Friday starting at 2:45pm and finishing by 4:30pm. Swimmers are asked to attend training at least 3 times each week.

If your child is not presently in the squad and wishes to tryout or if you have any further questions please contact the Swimming Programme Coordinator, Mr. John Bellamy, through email at jobellamy@nist.ac.th

ECA Golf Activity Programmes by Bangkok Golf Training Centre

Our extra curricular programmes offer some of the very best in golf tuition available in Thailand. Bangkok Golf Training Centre was the first Approved PGA Training Establishment in Thailand and the only one in Bangkok, as such all the Professionals are PGA Qualified/PGA Registered.

The introductory programme consists of 4 levels, each level lasting one term, and is based on a recommended PGA teaching course used throughout the British Isles and in Europe. The programme teaches the fundamentals of golf that anyone wanting to play the game at every level should learn, even those with some experience in playing will benefit from making sure their basics are sound and correct. The programmes are taught in a fun and encouraging atmosphere, developing safe practices, teamwork, competition and personal development. Every session teaches a new discipline, rule and etiquette. The session last 1 hour and tuition is in a group format. Group size: 9-14 students

The new development programme is based more on an individual teaching scheme for those pupils who have some playing experience or have completed the introductory levels and want to take their game more seriously to a better level maybe even to represent the school. In the first session of each term every student will have there own development goals laid out based on the current weakest element of their game, one to one technical advice will then be given along with practice drills that need to be completed, both technique and drills will be monitored weekly and fun tests in a game situations done to establish whether goals have been achieved. As with all our golf programmes golf is taught in a fun and encouraging atmosphere, with a greater focus now on improving your score and playing golf. The session lasts 90 minutes. Group size: 6-9 students.

Students will be bused to 247 Driving Range at the Chaophya Park Hotel for these ECA's – the returning bus will be at NIST before 5pm for the introductory programme and before 5.30pm for the development programme so students will need to make their own transportation arrangements to get home from NIST at this time.



Falcon Tennis Academy 2010

Elementary Program

Every day the Falcon programme helps our students to learn not just a sport, but other qualities such as self-confidence, sportmanship and the habits of an active, healthy lifestyle. We are committed to making sure that all kids have an opportunity to play and learn from this lifetime sport. We take a great deal of pride in our commitment to provide you with a fun tennis environment and the professional coaching staff to help your child learn and improve. Over the duration of the session, students should begin to have a better understanding of the 3 fundamentals: including contact and balance, an introduction to basic racket skill and movement skills to improve hand/eye coordination using mini tennis lots of fun games...

We have the Falcon Nest Programme for Y1-Y3 and the Fledgling Falcon Programme for Y3-Y7. All programmes are offered five days a week from 2.30 to 3.30 pm. We recommend that juniors sign up for at least 2 days week to maximize their development.

Secondary Program

The Flying Falcon programme is designed for the beginner and intermediate players of secondary age. At the beginning of each school session all players are evaluated and placed into three sections according to their age, ability level, and goals. These three sections have been created for coaching and organizational purposes and are named; Flying Gold and Flying Silver sections.

The vision of the Falcon programme is to create an environment where our players can move into a slightly more advanced setting with the coaches carefully monitoring the growth and development of the players to ensure their progress. The Falcon programme emphasizes: hand/eye coordination and movement development while learning the basic rules of tennis including scoring, and helping the player's progress with the fundamentals of stroke development. Each player is urged to strive to move into a more advanced section or programme (i.e. Falcon) this should be their goal.

The Falcon programme is a one hour programme from 3:30-4:30pm Monday through Saturday. The enrollment limit is 12 players per term.

Each player needs to bring their kit, tennis shoes, and racket to practice. If your child needs a racket we can make a suitable recommendation.

Please contact ECA office or Coach Ko (thanraweep@nist.ac.th) if you have further queries.

Falcon Tennis Program & Schedule 2010

Programs	Year group	Date & Time	Price
1. Falcon Nest (Pewee program) MPH Hall	Y 1-3	-14.30-15.30 Monday to Friday -8.00-9.00 am Saturday	1 day/week 3000 baht 2day/weeks 6000 baht
2. Fledgling Falcon (Beginner, already have some experience) Tennis Court	Y 3-6	-14.30-15.30 Monday to Friday	1 day/week 3000 baht 2day/weeks 6000 baht
3. Flying Falcon Tennis Court	Y 7-12	-15.30-16.30 Monday to Thursday	1 day/week 3000 baht 2day/weeks 6000 baht
4.All star Program Tennis court	Y4-6	-16.30-18.00 Monday & Wednesday	1 day/week 4500 baht 2 day/week 9000 baht
	Y7-12	-14.00-16.00 Only Saturday	1 day/week 6000 baht

** All equipment is provided. **

Learn



Play



Practice

Please complete this form if you would like your child to participate in the Falcon Tennis Academy program.

- Session 2 Starts 8th November 10 –February 5, 2011 (Ten weeks)

Enrollment Details :

Name : _____

Year : _____

Which Program ? _____

Preferred day (Please circle the day you want): Mon & Wed, Tue & Thu, Fri &, or Sat

Contact number: _____

First e-mail: _____

Second e-mail: _____

More Information : Call Coach Ko 084-650-8599 or

E- Mail : Thanraweep@nist.ac.th

****Monday November 8th,10 Falcon Tennis club will start.

****For more information and please visit this link:

<http://portal2.nist.ac.th/community/eca/falcon/Wiki%20Pages/tennis%20Club.aspx>

Please submit this form to Coach Ko or the ECA office by November 5, 2010. This program is on first come basis.