



# COACHES

# *Handbook*

2019/20



**Bangkok Patana School**  
*The British International School in Thailand*  
*Established 1957*

# MEET THE SPORTS AND ACTIVITIES TEAM



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## SPORTS PROGRAMME OBJECTIVES

**UNDER 13 - DEVELOPMENTAL** The primary focus at this level is to maximise the learning of skills, knowledge and rules of the game. Maximum participation by athletes is emphasised, not only for the overall growth and welfare of the athletes, but the continued development of the overall programme. Developing athletes is equally as important as a winning season.

**UNDER 15 AND JUNIOR VARSITY - TRAINING TO BE COMPETITIVE** At this level, we strive to continue to develop the “basic skills”. The aim is to refine the basic skills and to develop their application within the sport. Maximum participation remains an objective but additional emphasis is placed on being competitive. We are working to apply skills to competitive situations and to develop more detailed tactics related to the sport.

**VARSITY - COMPETITIVE** At this stage of the programme we place more emphasis on being competitive. During the season maximum participation is still a focus but for championship tournaments we aim to field our most competitive team. Players earn their game time throughout the season through their performance in matches and training. We strive to develop complex tactics of the sport.

**PLAYING TIME** Coaches please follow these playing time guidelines: **UNDER 13, UNDER 15 AND JUNIOR VARSITY** Coaches are expected to play all eligible players in each game during the regular season, you can be more strategic at the end of season tournament. **VARSITY** Coaches working at this level will use their considerable experience to allocate playing time. At this level playing time will not be equal for all team members. Students are encouraged to talk to their coaches if they need clarification. Emphasise commitment, discipline and dedication to a team





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# GUIDING STATEMENTS

## MISSION

Our mission is to ensure that students of different nationalities grow to their full potential as independent learners in a caring British international community.

## VISION

We develop global citizens who shape their world through independence, empathy, creativity, and critical thinking.



## VALUES

### WELL-BEING

#### WE ARE

Protected, safe and secure  
Motivated and engaged  
Responsible and honest  
Kind and compassionate  
Balanced and fulfilled

### LEARNING

#### WE ARE

Rigorous  
Inquisitive and creative  
Collaborative and confident communicators  
Critical, reflective thinkers  
Passionate, resourceful and resilient

### GLOBAL CITIZENSHIP

#### WE ARE

Committed to integrity  
Active volunteers  
Diverse and inclusive  
Ethical and informed  
Empowered by our interculturalism  
Inspired to improve global sustainability  
Respectful contributors to digital and local communities

Bangkok Patana is an IB World School, accredited by CIS and NEASC

# TRIALS

- Trials can be an intimidating concept, especially for Y7's so be sure to tap those students on the shoulder you know have potential and invite them to come along.
- Trials are run over two days.
- Varsity and JV on Monday and Tuesday, U13 and U15 on Wednesday and Thursday
- Check age eligibility before starting your trial.
- Where possible collect quantitative data to guide your decision making process.
- Please DO NOT select more than the BISAC squad size, this creates issues in relation to playing time and additional cuts during the season and our seasons are short! You may wish to retain a few development players to train with the team (especially Y7's) but the communication around this must be managed very carefully, especially involving transport.
- Teams are announced on the Friday of trials week and all names must be added to Student Groups by 8am so they can be loaded onto BPSNet to create registers and bus bookings.
- Announcement is in person or via email, templates are available if needed.



# ISAMS AND SOCS

The Bangkok Patana School Sports and ECA programme is partly administered using **iSAMS** software. All Teachers and Coaches are required to mark their register before commencing their training sessions. **iSAMS** can be accessed via a PC, laptop or you can download the App for use on your mobile device. The code is "PAT" and you will then be asked to enter your username and password. You can then enter a 4 digit security code to save time or use your fingerprint if your device supports it. **Taking your register is vital to ensure student safeguarding during the busy after-school period.** Parents and Students can view their attendance record via the iSAMS Parent App or their student profile in Firefly.

Our fixtures are administered via the SOCS software package [www.patanasport.com](http://www.patanasport.com) we suggest you add this to your phone home screen, you can view schedules and even spy opponents!

# TRAINING FACILITIES

At BPS we are very lucky to have spacious, well-maintained and safe facilities to use. The S & A team will aim to have everything set-up for you before your training sessions and fixtures, on occasion you will need to pitch in and help if we are very busy or someone is absent.

Please be sure to put all equipment away afterwards or better yet, ask the students to help you. Please report any damage or maintenance issues so they can be repaired.



# RUNNING YOUR TRAINING SESSIONS

Once your season has started, you are required to do the following:

- Plan your sessions in advance to ensure that training is fun and engaging with a focus on game based skill acquisition.
- All training sessions should start with dynamic stretching and range of motion activities and finish with sports specific static stretches to prevent injury.
- Focus on drills that maximise touches of the ball and full involvement from as many students as possible. Try to minimise waiting for your turn.
- Varsity training sessions should also involve some fitness elements to prepare them for the long multi-day format of SEASAC. There are lots of great early morning options including Tuesday/Thursday Running Club and Wednesday Crossfit!
- Notify the S & A Team of any equipment you need above and beyond the regular set-up, Eg: Pitching machines.
- No students should be left unsupervised at any time during a training session.
- Ensure you are aware of, and follow the BPS emergency procedures for Fire, Lock-down, Heat Management, Air Quality, Lightening, First Aid and Water Safety.
- Ensure you are aware of the location of the nearest emergency phone (red phone) and nurses office in relation to your training venue.
- Ensure students change into appropriate clothing for their sport, including any safety equipment relevant to your sport (Eg: Shin pads, gum shields and helmets)
- Ensure that sufficient water breaks are given during the session, especially during the hot season.
- Take your ECA register on isams.
- Training session cancellations and/or the amendment of start and end date needs approval (from Assistant Principal, Sports & Activities and ECA Coordinators).
- Ensure the teaching environment is conducive to learning and positive behaviour management strategies are used. Stamp out the use of any inappropriate language. Please seek support if needed.
- Avoid using excessive penalties or exercise as punishment.





# COACHING DURING FIXTURES AND TOURNAMENTS

- Positive and encouraging team-talks with a focus on praise and technical direction to achieve the team goals.
- A minimum of arguing with the referee, by all means politely question the table if it is warranted but please be a good role model.
- Please do not advance onto the playing surface to shout at players or the referee.
- During the match whilst some directions are necessary from time to time to execute a strategy, there also needs to be an element of letting players make their own decisions and succeed or fail in order to learn, we want them to be independent.
- If things are going off track score-wise, re-focus your energies toward the bench and provide those players you may bring on some technical direction as to how they could overcome a similar challenge.
- Playing time must be equal in all teams other than Varsity for fixtures, tournaments can be slightly different to ensure the best possible result, however this is still school sport, every child should get some playing time.
- Where possible get your bench cheering, high fiving and collecting stats. Their positive actions will help give the team energy.
- At the end of the match a short and impactful team talk then a warm-down and stretch is appropriate. A long sermon detailing all the errors in the match is not motivating nor necessary. It can be helpful to limit coaches of younger teams to TWO things the team did well and ONE key focus to improve on for the next game. It can be nice to also ask the Captain to say few words and then leave it at that. If need be make notes on areas for improvement and use those to formulate your next practice plan. Be particularly mindful if a group of parents are clustered around the team during the team



# MANAGING STUDENT BEHAVIOUR

To support you when managing student behaviour, please follow the procedures below:

**First incident** – The member of staff will report the incident to the Assistant Principal for Extra Curricular Activities and Sports. They will then contact the Class Teacher or Tutor and the Head of Year if appropriate. They will speak to the student at this stage. The incident will be documented and filed.

**Second incident** – Again, the events will be followed as above. The student will then be asked to visit the Assistant Principal for Extra Curricular Activities and Sports and warned that if there are any future incidents they will be excluded from the particular team and possibly other ECAs. Parents will be contacted directly.

**Third incident** – The events will be reported as above and the student will be asked to leave that team for the rest of the block. Parents will be invited into school to discuss the situation with the Assistant Principal for Extra Curricular Activities and Sports.

## CAPTAINS

You will be required to select a Captain to lead your team. You can involve the students in this process if you feel they are mature enough via a vote, this is encouraged in JV and Varsity teams in particular. The ideal Captain is a positive role model at training and fixtures, leads by example and is willing to get involved in the administrative tasks associated with being a Captain (kits, communications and match reports).

## STUDENT COACHES

BPS has a large Student Coach programme. Student Coaches must sign a volunteer agreement and wear a uniform Student Coach T Shirt. Student coaches are there to learn and support. They should NOT be involved in selection decisions (including Captaincy) or playing time decisions. Student Coaches should NEVER be left alone with a team and should be carefully supervised at all times.

## TRANSPORT

The Sport Handbook carefully lays out the transport arrangements made for home and away fixtures. Please reinforce this with your students and their parents during your introductory and subsequent email communications. Please take your register before leaving the site. The expectation is that you will wait 15mins for a late student and if you have to leave without them you must visit the Secondary Office to let them know before you do. Early dismissal is only available if you have an away fixture at Harrow or ISB.

## STUDENT SAFEGUARDING

*All aspects of the Bangkok Patana School Student Safeguarding policy and Code of Conduct apply during the ECA programme. Please ensure you have read and understood the Away Fixture Risk Assessment.*

For *daily updates, snapshots*  
and *news* on life at school  
you can find us here...



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