



# IAAAC

**Lynn Kachmarik**  
Play Like a Champion  
University of Notre Dame

**Joseph Morgan**  
World United Education  
University of British Columbia

**Dave Johnson**  
Sports Medical Consulting  
Truman State University

**IT'S  
ON!  
the  
3rd**

**International Association of  
Athletic Administrators  
& Coaches  
Conference**

Westin Grand Sukhumvit / NIST International School  
October 17 - 19, 2014  
Bangkok, Thailand





## Kirby Boychuk IAAAC Director

The International Association for Athletic Administrators Coaches & Physical Education teachers is the single premier conference in the world that provides outstanding educational professional development and networking opportunities for international sport educators. This world-class conference is at the forefront in featuring professional speakers as well as passionate athletic administrators, coaches and Physical Education teachers who willingly share their experience and expertise on a variety of educational topics.

We are very pleased to have Lynn Kachmarik from the University of Notre Dame - Play Like a Champion Director, as our keynote speaker for our third conference. Lynn brings her character and success building philosophies to coaches around the world and now for us in Bangkok.

Each attendee will be able to immediately apply, what they learned at this conference, to their athletic or activities program, team or PE class. Hands-on practical applications, passionate sharing circles and casual conversations in-between sessions, will allow for enriched programs upon your return to your home country.

I want to take this opportunity to acknowledge the unwavering support from Mr. James MacDonald, Paul Hodgkinson and the entire staff at NIST International School for co-hosting our third conference. We greatly appreciate the opportunity to be a part of the NIST family and for being welcomed into your home.

Enjoy the conference, have fun in Bangkok and ask Pawel Ptak for some handball tips.







## Lynn Kachmarik 2014 Keynote

Lynn serves as the National Outreach Director for Play Like a Champion Today. Lynn's role is to grow the organization's partnerships around the country. Lynn has 40+ years of experience in youth, high school, college, and professional sports. Lynn was an All-American Water Polo Player and Swimmer at Slippery Rock University where she received her BS and MS Degrees. She was also a 12-year member of the United States National Water Polo team and then served on their Executive Committee. Throughout an 18 year career at Bucknell University, Lynn held various coaching positions as the head coach for the Men's and Women's Water Polo and Swim teams. Lynn served as the athletic director at Saint Mary's College for 10 years and moved on to become the Vice President and General Manager of the South Bend Silver Hawks Minor League Baseball Team.



### BIO



Lynn Kachmarik

#### Sports: Swimming & Diving and Water Polo Coach

Lynn Kachmarik was a true coaching pioneer at Bucknell, mentoring both men and women student-athletes in four different sports from 1982-98. Kachmarik was a world-class water polo player when she came to Bucknell in 1982 as a lecturer in physical education as well as head women's swimming and diving coach. She is the longest-tenured and winningest coach in the history of that program, compiling a 120-52-1 dual-meet record in 16 years. She led the Bison to the 1987 East Coast Conference team championship and coached 43 individuals and 17 relays to league titles. In 1994, Kachmarik succeeded the legendary Dick Russell as head coach of the Bucknell men's swimming and diving program, and she led the men to a 31-9 dual-meet record and six individual Patriot League gold medals from 1994-98.

In 1984, Kachmarik was appointed assistant coach of the Bison men's water polo team, and following her first year the team picked her as the recipient of the Scott Schulte Award, presented to the "individual who contributes the most to Bucknell water polo." While still serving as women's swimming coach, Kachmarik was named head coach of the men's water polo team in 1987, helping lead the 1988 team to a No. 17 national ranking and making her the first woman to coach a men's water polo team in NCAA history. She was named Eastern Coach of the Year in 1987, helped lead the 1988 team to a No. 17 national ranking and posted a four-year record of 56-46. During that time Kachmarik was an avid proponent and advocate for women's water polo, and during the 1998-99 academic year she helped that sport achieve varsity status at Bucknell for the first time. She was named that program's very first head coach while relinquishing her swimming coaching duties after 16 years. As a water polo player, Kachmarik captained the U.S. National Team for six years and was a team member for 10. She was also an assistant coach for two additional years. Kachmarik was named to the All-World Team in 1978 and is also a member of the Slippery Rock Athletics Hall of Fame, Collegiate Water Polo Association Hall of Fame and USA Water Polo Hall of Fame.

Bucknell University Hall of Fame





# 2014 Bangkok Photo Journal









# Conference Schedule

## Professional Development

### at its Best!

### Thursday, October 16

- 3:00 - 7:00 pm: Pre-Conference Check In - 8th Floor Westin Hotel
- 6:30 - 7:00 pm: Job-A-Like Facilitator Pre Event Meeting - 8th Floor Westin Hotel

### Friday, October 17

- 7:30 - 9:00 am: Conference Check In - 8th Floor Westin Hotel
- 8:30 - 9:00 am: Welcome Tea & Coffee

TIME	HUB
8:00 AM	
8:30 AM	Emergency First Response: Primary Care, AED & O2 Use Graham Wardle HUB 4th Floor 5401
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	Online Sign Up for Activities Paul Hodgekinson HUB 4th Floor 5401
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	

TIME	STATEROOM 1	STATEROOM 2	BOARDROOM 1	BOTAN 1/2	BOTAN 3
8:30 AM	Welcome Tea & Coffee - 8th Floor Foyer				
9:00 AM	Opening Keynote - Building Success Lynn Kachmarik				
9:30 AM	Coffee Break - 8th Floor Foyer				
10:00 AM	When is it Time to let a Coach Go? Lynn Kachmarik	The Art of Team Coaching: Building a Foundation Joseph Morgan	Taping Techniques Dave Johnson	Authentic Student Learning Experiences: The Event Crew Mark Shipley	Movement Screening for Youth Henrik Olofsson
10:30 AM	Tastes Restaurant - 7th Floor				
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	A Qualitative Approach to Physical Education Dr. Monica Dewan	Stability or Mobility, What is best for your Athlete? Curits Hegge	Building that Amazing Program for Your Tournament Kirby Boychuk	Taping Techniques 2 Dave Johnson	Love is a Verb: A Verb is an Action Word Joseph Morgan
1:30 PM					
2:00 PM	Coffee Break - 8th Floor Foyer				
2:30 PM					
3:00 PM					
3:30 PM	Athletic Directors Round Table Kirby Boychuk	Coach Education: Developing the Reflective David Noon	The 5 Golden Rules of Stretching Joseph Morgan	Elementary School Physical Education Round Table Mark Harris	Middle/High School Physical Education Round Table Mark Jaspers
4:00 PM	Cocktail Reception: Altitude Bar - 25th Floor (5:15 pm - 7:00 pm)				
4:30 PM					
5:00 PM					



## Saturday, October 18

- 7:30 - 9:00 am: NIST Shuttle Golf Cart Service - From Sukhumvit/Soi 15 to NIST International School Campus
- 8:00 - 8:30 am: Welcome Coffee in HUB 4th Floor
- 8:20 - 8:30 am: Paul Hodgekinson Welcome to NIST in HUB 3rd Floor
- 5:00 - 6:00 pm: IAAAC Board Meeting in HUB 4th Floor

HUB/POOL	GYM	GYM/FIELD	GYM/FIELD	VARIOUS	HUB GYM
Welcome Tea & Coffee - HUB 3rd Floor					
Aquatics Directors Round Table <i>Elizabeth Davenport</i> HUB 4th Floor 5404 / Pool	Badminton Job A Like NIST Athletes <i>Shelley Wowchuk</i> Gym 1 & 2	ES/MS Volleyball Job A Like <i>Bas Kienhuis</i> Gym 3	Rugby Job A Like <i>Curits Hegge</i> Field	Tennis Job A Like <i>Kostas Gabriel</i> Gym Roof Top	Modified PE Games for MS/HS <i>Ron Schnell</i> HUB 5th Floor Gym
Coffee Break - HUB 3rd Floor					
Certified Athletic Trainers <i>Martin Halpin</i> HUB 4th Floor 5404	HS Volleyball Job A Like <i>Pawel Ptak</i> Gym 3	Track Sprinting Job A Like <i>Michael Lomax</i> Field	Softball Job A Like <i>Todd Parham</i> Field	Coaching & Teaching Soccer <i>Kwok Chow</i> Field	Warm Up Games Job A Like HUB 5th Floor Gym <i>Jenn Collins</i>
Lunch - HUB 3rd Floor					
Swimming Program Job A Like <i>Lynn Kachmarik</i> HUB 4th Floor 5404 / Pool	Top Flight Basketball Workshop <i>Ike Nwankwo</i> Gym 1 & 2	Soccer Job A Like <i>Mark Jaspers</i> Field	Track - Throwing Job A Like <i>Kirby Boychuk</i> Field	Climbing Wall: Current Best Practice <i>Graham Wardle</i> Climbing Wall	Handball Workshop <i>Pawel Ptak &amp; Pawel Eleryk</i> HUB 5th Floor Gym
Coffee Break - HUB 3rd Floor					
Advanced Taping Techniques <i>Dave Johnson</i> HUB 4th Floor 5404	Ask Ike - Anything about Basketball <i>Ike Nwankwo</i> Gym 1	ES/MS Basketball Job A Like <i>Derrick Quinet</i> Gym 3	Kayak Rolling <i>Graham Wardle</i> Pool	Weight Room & Conditioning Job A Like <i>Michael Lomax</i> Gym - Lower Floor	
Shuttles to Sukhumvit					

## Sunday, October 19

- Morning Coffee & Tea: 8:00 - 8:30 am
- Conference Closing: 3:30 - 3:45 pm

TIME	STATEROOM 1	STATEROOM 2	BOARDROOM 1	BOTAN 1/2
8:00 AM				
8:30 AM	Inter-House Games <i>Stephen Sidaway</i>	Welcome Tea & Coffee - HUB 4th Floor		
9:00 AM		Building a Team/ Program around the Concept of Success <i>Kirby Boychuk</i>	Play Like a Champion Coach Workshop for Athletic Directors & Coaches <i>Lynn Kachmarik</i>	Twitter & Apps for the AD, Coach & PE Teacher <i>Kylie Olsthoorn</i>
9:30 AM				
10:00 AM	Coffee Break - 8th Floor Foyer			
10:30 AM	The Art of Team Coaching: Motivation <i>Joseph Morgan</i>	Promoting the Value of Strong PE and Sports Programs <i>Justin Kirby</i>		Marketing your International School through Athletics <i>Jason Baseden</i>
11:00 AM				
11:30 AM				
12:00 PM	Tastes Restaurant - 7th Floor			
12:30 PM				
1:00 PM	Sport Medicine Seminar <i>Dave Johnson</i>	Walk the Talk <i>Joseph Morgan</i>	Coaching Principals <i>Michael Mitchell</i>	
1:30 PM				
2:00 PM				
2:30 PM	Coffee Break - 8th Floor Foyer			
3:00 PM	Keynote - Lynn Kachmarik - Stateroom 1 & 2			
3:30 PM	Closing Presentations - Stateroom 1 & 2			
4:00 PM				





# Workshop Descriptions

## Job A Likes



### How does a Job-A-Like Work?

- Participants are asked to bring a few of their "best" drills to share with their peers.
- A facilitator will spend a few minutes on introducing all participants to the entire group, at the same time, each attendee is asked to share with the group what they are specifically looking to gain from the 2 hour session.
- The facilitator will record comments from the group on a chart/white board, etc and categorize the comments in to a time line so as many of the topics can be covered over the session.
- The facilitator will then provide one of their own "warm up games" or "skill drills" for the group.
- Then participants will then share their own drills, ideas, concepts, etc with the group, making each workshop an opportunity for coaches, teachers and AD's to share their own experiences.

### What to Bring to a Job A Like

- A change of clothes... athletic shoes, shorts, t-shirt, etc
- You will be an active member of the Job-A-Like getting down and dirty learning the new drills (showers are available for your use after the sessions)
- You may wish to bring samples of drills, videos, etc. on a thumb drive. We will upload all data to one spot so participants can share with each other.

**Authentic Student Learning Experiences through 'Athletic Event Organization': THE EVENT CREW** - Athletic Events provide multiple opportunities for student learning experiences beyond that of athletic participation. Action photography, web site creation, hospitality and event logistics each provide broad areas from which a specific area of identified learning may occur. But are you ready to release a level of control to teams of students? This workshop will provide information about the models I have used whilst allowing all participants an opportunity to share their experiences in establishing an approach that could engage student learning within your athletic event.

**When is it time to Let A Coach Go?** - Lynn Kachmarik will take athletic directors through the issues that throw up Yellow and Red flags, telling AD's, it may be time to "let this coach go." Lynn will provide strategies and lead a round table discussion on best practices as a leader that are found in the world of educational sport.

**Movement Screening for Youth** - Henrik Olofsson, functional movement specialist and co-founder of Youth Performance Institute, shares his techniques and simple methods movement screening for youth (+11 years). Athleticism, performance and injury prevention are all built on a foundation of functional movement acquired during childhood to be expressed throughout life in both sports and daily life. Knowing how to move is a skill and this workshop gives you tools to identify and correct movement dysfunctions in youth without any equipment.

**Stability or Mobility, What is best for your Athlete?** - Mr. Curtis Hegge is the Head of the Physical Education program at Universal American School in Dubai. He has had training from the Titleist Performance Institute, TRX training and has run a fitness class for the staff and students at his school for the last 3 years. Curtis will share some research, testing and understanding of the importance of detecting mobility and stability issues in your students and what exercises with help them to be better athletes.



**Love is a Verb: A verb is an Action Word** - One of the more significant components for success in anything, indeed everything, we do is the degree to which we develop quality relationships. It is not as simple as going home and hugging your child, or going to work and "pulling your weight". This workshop will have you rethinking about your habits and idiosyncrasies with regards to how you interact with people. Participants will leave this session with affirmative paradigms on how to promote and enhance relationships with the people you interact with each day of your lives. Participants will explore knowledge and skills that will have people feeling better about themselves, and more successful, because of their interaction with you.

**Taping Techniques** - Focusing on taping techniques for sprains, decrease pain, muscle guarding and spasm, static stretching, increase strength, improve functional ability, psychological considerations and record keeping. Dave Johnson (MS, ATC) is making his third command appearance at the IAAAC conference. Dave is a certified athletic trainer working as a consultant with Blue Nile Consultants in Addis Ababa, Ethiopia. Dave has worked in athletic training/sports medicine for 20 years at Truman State and Liberty University. He has worked with athletes in many sports in high school, college.

**Building that Amazing Program for your Tournament** - Have you always wanted to make a professional program that is a cut above the rest. You can make one in a few hours if you have the right tools. Kirby will take you through the steps and show you how to use simple software that comes with your Mac to make professional grade programs. You will need a Macbook Pro and the following programs: Pages, and iphoto. Bring along 50 great sport pictures, team pictures, coaches head shots, logo's from your school, league and competitor schools and we can have a program for you in 2 hours.

**The 5 Golden Rules of Stretching** - There are different types and categories of stretching. There are 5 golden rules to apply for effective stretching, regardless of the type and category of stretching one is applying. Stretching can enhance physical performance or diminish it if specific types are performed at the wrong time. Learn how to stretch and use flexibility to enhance physical performance. Participants will leave this workshop with strategies for teaching effective stretching and a different perspective on the purpose and function of stretching.

**Coach Education: Developing the Reflective** - Coach Education is a relatively new discipline within sports science, that aims to empower coaches with the skills necessary to reflect upon their own practice, analyze and develop. It is not sport specific and deals with the theories and concepts underpinning the coaching process, that form the basis of education, training, evaluation and research. This professional development opportunity aims to bring coaches from similar backgrounds but different cultures and countries together, under one roof, to facilitate discussion of issues relating to our worlds as coaches of international students. The workshop aims to present the latest research in coach education and exchange ideas in coaching development and will potentially cover topics including: Coaching as a Concept, Developing a coaching Philosophy, Coaching Styles, Ethics in Coaching, Reflective Coaching and Increasing Effectiveness in Coaching.

**MS/HS PE Round Table Forum** - Physical Education teachers will have the opportunity to share their policies and ideas on how they handle various situations in their classroom. Topics of discussion will cover some of the following topics: chronic late students, PE uniforms, locker room supervision, routines during class, how do you record your attendance, the first 15 and last 15 minutes of class routine, etc. Other topics are welcome.

**Elementary PE Round Table Forum** - Physical Education teachers will have the opportunity to share their policies and ideas on how they handle various situations in their classroom. Topics of discussion will cover some of the following topics: assessment, inclusion, PE uniforms, routines during class, discipline, make PE fun and in control, the first 15 and last 15 minutes of class routine, etc. Other topics are welcome.

**Emergency First Response: Primary Care, AED & O2 Use** (Certification Course with 24 month validity) - The Emergency First response courses teach people how to provide emergency care for someone in need. These courses make learning easy by providing a non-stressful environment in which participants practice and apply emergency care skills. The course is designed to: 1) help participants remember appropriate emergency care procedures during time of need, and 2) encourage them to apply those procedures by assisting those needing emergency care. Emergency First response courses are based on "current" internationally recognized medical guidelines for emergency care. The course covers the following areas: • Scene assessment, Taking care of yourself • Contacting the Emergency Services • Dealing with unresponsiveness, recovery position • One operator CPR, Adult, Child, Infant • Casualty examination • Managing serious bleeding • Shock management • Providing stabilization for suspected spinal injuries.

**Badminton Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. However, the facilitators for this workshop will be NIST students. The students will share their own drills, ideas, concepts, etc. with the group, Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Tennis Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group, Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Rugby Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group, with their coaches. You should walk away from this session with 15-20 new drills.





**ES/MS Volleyball Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Aquatics Directors Round Table** - Participants are asked to share ideas and thought about various topics that benefit aquatics departments. Some topics for discussion would be: timing systems, pool maintenance, lifeguard certification, swim instructor certification, swim programs, pool managements, scheduling, etc. Additional topics can be added to the discussion.

**HS Volleyball Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Track Sprint Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches.

**Certified Athletic Trainers in International Schools** - Have you considered having a Certified Athletic Trainer (ATC) in your program? Did you realize that for many international schools having an ATC is actually a possibility? In the US and Canada ATC's are in most major high schools and are now being employed in many middle schools, where as in the international scene the hiring of ATC's is becoming an emerging practice among schools looking to advance their programs and school marketing. This session will examine the arguments for having an ATC in your school program and some of the ways to make this a reality.

**Softball Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Coaching and Teaching Soccer** - Level 1-5 Football Assessment Challenge used by Professional Football academies for schools that want to assess the skill level of their students with measurable tests. Plus also extensive drills listed below: Warm up drills, Shooting drills, Passing drills, Dribbling drills and Small sided games.

**Handball Workshop/Job-A-Like** - Pawel Ptak is back for his 3rd IAAAC conference. He will be taking you through the steps in learning how to teach fundamentals of handball that can be used as a sport or PE class room. If you are looking for a new sport to introduce into your PE lessons or just making your classes more interesting, Pawel is a master at breaking the game down into usable sessions and create new games for students. Don't miss this workshop.

**Soccer Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.

**Track (Throwing) Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches.

**Swimming Team Job-A-Like** - Lynn Kachmarik will lead this session and share her ideas on swim programs. If you are an aquatics director or swim coach, you should not miss this workshop.

**ES/MS Basketball Job-A-Like** - Participants are asked to bring a few of their "best" drills to share with their peers. The Job-A-Like facilitator will provide one of their own "warm up games" or "skill drills" for the group using the guest student athletes or coaches to assist in the demonstration. Participants will then share their own drills, ideas, concepts, etc. with the group. Coaches are encouraged to video the drills to take back to their own school and share with their coaches. You should walk away from this session with 15-20 new drills. If there is time left over, the coaches may even play a game.





**Just Ask IKE! High Level Basketball Round Table** - Ike will host a round table discussion and workout session for coaches, AD's and PE teachers that want to take their team to the next level. If you are having problems breaking a strong 2-3 zone, if you have always wanted to implement a pro-in-bound play, if you would like ideas on how to kill the clock with 40 seconds left in the game and you are up by 1, or ideas on how to come back if you are down by 2 with a minute to play... you can ask any question, and Ike will use his vast experience to provide you with some strategies

**Advanced Taping Techniques** - Dave Johnson will show you every trick in the book to tape an ankle and quadriceps to an elbow and finger. Dave has been taping professional athletes for over 20 years and is an expert in the field. You do not want to miss this workshop. Wear clothes that allow for easy taping, as all participants will have hands on opportunity to participate.

**Online Sign Ups for Activities** - As International School ECA programs get ever bigger, managing sign ups, administering programs has moved towards online data systems. This workshop aims to share what systems NIST uses and provide a platform for discussion on best practice.

**Building a Team/Program around the Concept of Success** - The workshop will focus on the emphasis on creating a culture of success within a sports program and within a team. Cultures are not built over a season and neither are programs or even dynasties. The workshop will look at each coach/athletic directors internal motivation for leading and coaching and look at how John Wooden's pyramid foundation can turn a team into a success no matter what the score on the board reads.

**Inter-House Games**- Inter house games can be used as a means of increasing school community and teaching elementary students the values of fair play and sportsmanship through friendly competition. American School of Warsaw has an existing program that has been running for more than 15 years. Stephen Sidaway will share the games, logistics and rules of our inter house competitions.

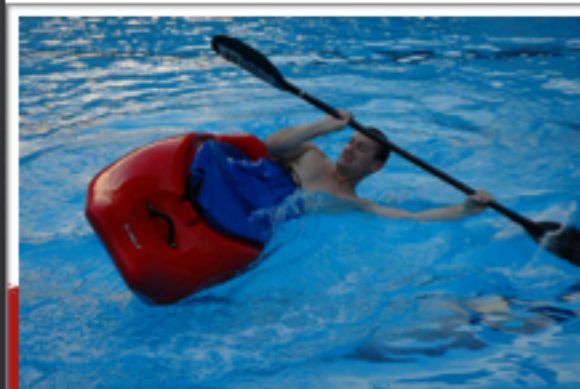
**Twitter & Apps for the Coach and PE Teacher - Round Table** - Kylie Olsthoorn will share with you how to enhance your coaching experiences and classroom teaching by sharing with them their favourite apps. Kylie and Brendon both work at the American School of Bombay and have integrated tech into ever aspect of their PE lessons and general class operation and the Athletic Program. Kylie will demonstrate how to use Twitter to better promote your sport teams through social media and Brendon will share with you some of his favourite apps. Of course, there is so much more to learn and share from everyone around the world, this is why Brendon and Kylie want your great app and tech ideas as well. This "round table" workshop will allow all attendee's to share and demonstrate their own apps and programs. Bring an app and prepare to share. Bring your iphone, ipad, tablet, etc.

**Play Like a Champion Coach Workshop for Athletic Directors and Coaches** - Lynn Kachmarik will lead a 4 hour interactive workshop on "Coaching for Character" at the high school level. This is a very power coach workshop for the high school student athlete. High school sport coaches exert tremendous influence over the athletes on their teams. They have the distinct opportunity to impact their athletes' attitude, moral code and entire sense of personhood. These individuals often are unequipped to be "Life Coaches" in carrying forward this mission. Increasing numbers of high school coaches are not extensively trained coaches, they coach because they have to, love the game or played in the past. Many high school coaches simply lack preparation for coaching commensurate with their preparation for teaching. PLC challenges all stakeholders in high schools to take a hard look not only at their own schools but at the role of sports in contemporary culture. The workshop will focus on unrest about sports and coaching realities. Nearly everywhere one turns, there is mounting evidence that activities once seen as enjoyable and nurturing are becoming instead hard work and of questionable developmental value. Several disturbing trends have emerged. Broadly identified trends affecting our educational system include a win at all cost immorality, driving commercialism and the exclusion of the non elite. The workshop will make every coach and Athletic Director "re-think" how they approach their team and program and allow all attendee's to look at their current program philosophies from a new perspective. Some topics that will be discussed are: 1) Win-at-all cost mentality that can be counter-productive to the character-building qualities, 2) Parents and their sky-high ambitions, 3) How to handle incidents of sports "rage," 4) Steroid/drug and alcohol use, 5) unethical coaching behaviour, the subtleties of bullying that occur even on the most well mannered teams, and 6) academic dishonesty that can follow school athletes... yes, even the best of the best.

**The Art of Team Coaching: Motivation** - The Art of Team Coaching encompasses a series of seminars designed to enhance coaching skills and success. They can be attended as workshops that build upon each other or as separate entities. In the topic of "Motivation", participants will explore "Sharing Power & Responsibility Through Team Meetings", "Team Outcome Goals", "Team Performance Goals", and "Team Behaviour Goals". Ultimately coaches will leave this session with reinforced skills and perspectives on building a stronger team unity.

**Walk the Talk** - (Interactive Discussion) What do people see when you walk into the room? We, as coaches, teachers, leaders, are models for our students, our colleagues, and members of the community; wherever we are, in whatever we are doing. It is our role to educe good decision-making, sound choices, and positive, proactive lifestyle choices for all people that we model for and lead. This session focuses on living, acting, behaving, what you believe, the values and principles that you have; what you stand for in your profession and in your personal life. This workshop deals with what goes beyond the classroom, the gym, the field, and the court. This workshop will have you self reflecting, and will reinforce the positive impact you have on your students for the rest of their lives.

**Coaching Principals** - This class is designed to assist both new and experienced coaches in the areas of philosophy, styles (athlete first, winning second), risk management, relationship management, physical preparation, communication, engaging & encouraging athletes, as well as developing decision making skills, tactical & technical skills.



IAAC



# Facilitators Workshop Presenters



## **Jason Baseden - International School in Brussels**

Jason Baseden is the Athletic Director at the International School in Brussels. A graduate and athlete at St. John's University in New York, Jason spent four years working in the marketing department of Polygram/Universal Television and three years in the sales department of the Discovery Channel before moving to Europe. While in Europe he created his own sports camp company, "Capital Star Camps" and was a coach and trainer at the American School in Paris. Jason lives and works in Brussels.

## **Joseph Morgan - World United Education**

Joseph has 35 years experience as an educator in elementary, middle, and high schools. During his career in education he has assumed roles as Health & Wellness Coordinator, district tournament coordinator, Phys. Ed coordinator, athletic coordinator, athletic association director, and teacher. He is a certified coach in volleyball, basketball, track & field, x-country skiing, rowing, and gymnastics. In addition he has owned and directed a fitness & health studies institute for 30 years. He is a certified trainer and instructor in group fitness, spinning, aqua-exercise, strength training, personal training, and fitness for older adults. Joseph has presented over 300 workshops, a number of fitness instructor certification courses, and sponsored numerous conferences for fitness and health professionals. Joseph is now living in the Philippines, pursuing research in management, leadership, and personal skills development. Additionally, he is creating and developing community fitness, health, and athletic programmes.

## **Derrick Quinet - Dulwich College**

Derrick Quinet is currently the Director of Sport at Dulwich College, Shanghai. He has been working in athletic administration for over 15 years in international schools in China, Kenya, UK, and Cameroon. Derrick grew up in Seattle and played and coached at Pomona-Pitzer Colleges before earning his master's degree in Educational Administration from Michigan State University. He believes that a quality athletic program should empower students to achieve their goals and instill the self-belief, skills, and knowledge to reach their full potential. Derrick is married with two amazing daughters who keep him on his toes, every day.

## **Paul Hodgkinson - NIST International School**

Paul Hodgkinson is the Director of Athletics & Activities at the New International School of Thailand. Paul holds a combined honors degree from Exeter University, England. Paul has been an Athletic and Activities Director for 20 of his 22 years in education. He has coached a multitude of sports at all levels. Paul played rugby, tennis and soccer at university representative level in addition to playing club rugby post university. He enjoys creating opportunities for all students to have access to sport / activities and excel in their chosen areas of interest. Paul lives in Bangkok with his wife and two daughters Annabelle and Rosey who are both keen gymnasts.

## **Pawel Ptak - American School of Warsaw**

Pawel Ptak is a Middle School/High School PE teacher at the American School of Warsaw. He earned his degrees at the Warsaw University and Academy of Physical Education in Warsaw. Pawel ranges from a Middle School to Varsity Coach for Volleyball, Basketball and Track & Field. He continually strives to incorporate wellness into the school atmosphere by working with staff and individual students in a school wide wellness programs. Pawel lives in Warsaw with his wife Magda and two kids Jan and Olga.

## **Martin Haplin - Western Academy of Beijing**

Martin Haplin is the Athletics and Activities Director at the Western Academy of Beijing. Martin hails from Australia where he completed his teaching qualifications at ICA and a degree from Deakin University. He has been an Athletics Director for 18 of his 23 years working Internationally. He has successfully coached teams in numerous sports including volleyball, track and field, hockey, canoeing, rugby and orienteering. While as a youngster he always dreamed of donning the green and gold for Australia, it was the red, white and blue of Great Britain that he would one day wear in competition against Australia in the Dragon Boat World Championship held in China in 1995. Martin now finds his challenges in trying to improve the program at whichever school he works at.

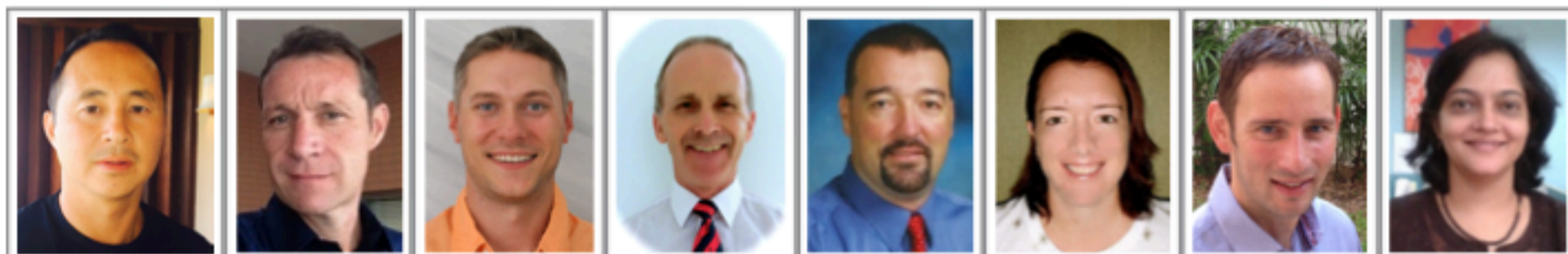
## **Pawel Eleryk - American School of Warsaw**

Pawel Eleryk currently teaches Elementary Physical Education at the American School of Warsaw in Poland. Pawel earned his Master in teaching Physical Education and Coaching Diplomas at the Academy of Physical Education. Pawel has been coaching Track & Field, Basketball and Volleyball at all levels for more than 20 years. Pawel used to be a high jumper. Beside coaching Pawel loves skiing and climbing. He lives with his wife and two kids in Warsaw, Poland. Pawel is really keen on enriching his teaching and coaching styles.

## **Elizabeth Davenport - Saigon South International School**

Elizabeth Townsend Davenport is in her 2nd year as the Aquatics Director at Saigon South International School in Ho Chi Minh City, Vietnam. She earned her degree from Michigan State University and has worked as either an Aquatics or Athletic Director for more than 15 years. She has spent the last 22 years coaching a variety of sports including swimming, soccer, basketball, volleyball and track. Elizabeth swam competitively from the age of 7 until she graduated from MSU. She also worked for 9 months as the Indian National Triathlon coach and enjoys developing and running swim programs. Elizabeth lives in Vietnam with her husband, Patrick, and son, Quinn who is in his last year of high school. Her daughter is currently in the US in her 3rd year of university studying music education.





**Kwok Chow - Taipei European School**

My name is Kwok Chow I am now currently at Taipei European School as Head of Sport. I have played semi professional football in the UK and I hold a FA Prelim coaching certificate and have coached all levels of football. I worked at Charlton Athletic FC where I was in charge of u13 Academy teams and have coached all levels of football during my time teaching abroad. I have worked at Bangkok Patana from 2001-2005 as Early Year PE co-ordinator, moved to Dulwich College Beijing as Director of Sport and PE from 2005-2013.

**David Noon - Nagoya University**

David Noon has 15 years experience as a PE teacher, Coach and Athletic Director working in International Schools in Germany and Japan. David recently completed a Masters in Sports Science from Staffordshire University in the UK, specializing in sports psychology and motivation in youth sports. His major passion is football and has coached many boys and girls teams ranging from Under 8's to adults.

**Justin Kirby - Concordian International School**

Justin Kirby has been teaching internationally since 2003 and has teaching experience on 5 different continents. After graduating from the University of Regina (Canada) with his B.Ed he moved to England, Australia, South Korea, Sudan and is currently at Concordian International School in Bangkok, Thailand. He is certified by the National Coaching Certification Program as a Level 3 coach for American football, a Level 2 coach for basketball and volleyball, and a level 1 coach in numerous other sports and activities. While teaching students about the benefits that come with participation in sport and fitness, Justin has also continued to engage in highly competitive sports while traveling the world. He has played American football in Canada, England, Australia, and most notably, he was named South Korea's MVP ('07 and '09) in their national American football league, the KNFL. Currently, he belongs to the Bangkok Nets basketball team here in Thailand.

**Mark Shipley - Overseas School of Colombo**

Mark Shipley is currently the Athletic Director at the Overseas School of Colombo and formerly at the Anglo-American School, Moscow. A graduate of St. Luke's College – Exeter University, Mark has an extensive and varied experience in developing school athletic programs in international schools, undertaking a lead role in the organization of the Gold Coast Marathon, Australia, and developing vocational programs for Australian high school students in Tourism & Hospitality. Mark is a keen advocate of the quality athletic event which embraces the concept of 'TEAM'.

**Michael Mitchell - Mont' Kiara International School**

Michael Mitchell is currently the Athletic Director at Mont' Kiara International School in Kuala Lumpur. Michael was a 3 sport athlete in high school, an American Football player in college, and has over 20 years teaching/coaching experience at the high school level in the U.S.A. Since 2001 Michael has also been working with coaches and athletes on character development, teaching a Coaching Principles course & was the Oregon representative for the State of Oregon with the National Football League and their character development program. After leaving American Football & teaching in the U.S; Michael spent 3 years in Nigeria at AISL as the Athletic Director and now resides in Malaysia.

**Kylie Olsthoorn - American School of Bombay**

Kylie Olsthoorn is the Athletic Director at the American School of Bombay. Kylie earned her degree at the Waikato Institute of Technology, Hamilton, New Zealand and is currently working on her Masters of Sports Coaching through Griffith University, Australia. She mainly coaches swimming and soccer but has wide range of experience in a multitude of sports. Kylie was a top level swimmer in her younger years and since then has played many team sports. She is an avid promoter of women's sport and has been successful in motivating many teenage girls to take part and increase their overall general fitness. She is starting her third year in Mumbai, India and loves to dive and travel at any opportunity.

**Mark Jaspers - International School Bangkok**

Mark Jaspers is a High School PE Teacher at the International School Bangkok. Mark holds a Masters Degree in Leisure studies and a Bachelor Degree in Physical Education from Universities in the Netherlands. He coaches Soccer and Basketball but has a passion for many other sports too. Mark worked as Head of PE and/or AD for 15 years in The Netherlands, Uganda and Germany. He loves coaching, teaching and building sports programs for students to inspire them for lifelong fitness. Mark lives in Bangkok with his wife Costantina and 2 year old son Dalí.

**Dr. Monika Dewan - American Embassy School, New Delhi**

Dr. Monika Dewan, is currently an Elementary PE Teacher and the Summer program Director at the American Embassy School, New Delhi. Having worked at the American School for seventeen years, Monika has continued to teach the students, since this is her passion. She has been directing the Summer program and the After school activities program for many years. She has made presentations in various schools in India to help them upgrade their PE program. She has attended PE workshops and conferences extensively in various parts of U.S.A, TTC in London, and the NESA conference at Bangkok. She has made presentations in various schools in India to help them upgrade their PE program. Lives in New Delhi, and is a proud mother of three kids, aged 15, 7 and 2.





# 35 Facilitators 47 Countries



#### **Michael Lomax - American International School of Dhaka**

Michael Lomax is the head girls' basketball and head track coach at AIS Dhaka in Bangladesh. Holding his certifications from IFPA in personal training and sports medicine, Mike is also the athletic trainer at AISD. He graduated from Prairie View A&M University, TX with a degree in industrial engineering and later became certified in education at the University of St. Thomas in Houston, TX. Mike is a former college and professional football player and has 20 years of combined experience as an athletic director and varsity coach. His passions for strength and conditioning, football, basketball and track led him to run his own athletic summer camps in the Houston area for 10 years while still living in Texas. Mike currently enjoys teaching PE and coaching at AISD.

#### **Stephen Sidaway - American School of Warsaw**

Stephen Sidaway is the Activities Director at the American School of Warsaw. Stephen earned degrees at the University of Gloucestershire and Endicott College, Massachusetts; he has been the Activities Director for the last 9 years and before that taught Elementary Tech and Physical Education. He coaches middle school and high tennis and loves all racket sports. His passion is to encourage students to participate in sports and activities and appreciate the benefits of competition and a balanced schedule. Stephen lives in Warsaw, Poland with his wife, Marta and two children, Olivia 10 years and Daniel 6 years.

#### **Shelley Wowchuk - Saigon South International School**

Shelley Wowchuk is the Athletic Director and Activities Coordinator at the Saigon South International School in Vietnam. Shelley earned her Bachelor degree at the University of Alberta, and her Masters degrees at West Virginia University and Endicott College. She has been an educator for the past 25 years and an AD for the last 5. Throughout her career, Shelley has coached a variety of sports, and currently works with the U19 badminton and U11 basketball teams at SSIS. Shelley lives in Ho Chi Minh City with her husband Andy.

#### **Kostas Gabriel - American International School of Johannesburg**

Kostas Gabriel is a High School P.E. teacher with the American International School of Johannesburg. Kostas hails from Greece and has 35 years of teaching/coaching internationally for 35 years. He has a BA in Sports History and an MA in Sports Psychology and Sociology from California State University. Kostas coaches varsity volleyball, basketball and track. He was a Greek national team runner in sprints and the hurdles. His wife has retired from teacher last year and travels back and forth from South Africa to the USA visiting her children and husband. His children Alexi, Jessica and Tara finished university and live and work in the U.S.

#### **Todd Parham - Shanghai American School Pudong**

Todd Parham has been the Activities Director at Shanghai American School Pudong Campus (SAS PD) for the past 10 years. Todd has a Masters Degree in Physical Education and has been in education for nearly 20 years. Todd and his wife Tonya have worked in Santa Cruz Bolivia, and Bismarck North Dakota before moving to Shanghai in 2005. Todd and Tonya have two boys (Cooper 14) and (Bauer 7) who are involved in all types of school sports, clubs and organization. Todd was a collegiate wrestler where he earned All American Status while attending the University of Mary. Todd enjoys coaching baseball & softball and would love to coach wrestling but is unable to get a wrestling program started in Shanghai.

#### **Mark Harris - Saigon South International School**

After getting PE certification from University of New Mexico in 1998, Mark Harris began his career teaching middle school for eight years in New Mexico and Malaysia. He is currently teaching at Saigon South International School in his ninth year of elementary PE. Mark has coached soccer and basketball up to varsity level, and is a specialist in the circle-kicking sports of footbag (hacky-sack), sepak takraw, and da cau. He lives in Ho Chi Minh City with his wife Andrea, son Leo, and two dogs too large to practically live in Vietnam.

#### **Ike Nwankwo - Top Flight Basketball**

Ike Nwankwo is a former professional basketball player who was a high school All-American from Houston Texas. He played his collegiate basketball at UCLA and was a member of the 1995 Championship team he played in the NBA with the Los Angeles Lakers, Houston Rockets and in 8 countries throughout Europe and Asia. He founded Top Flight Basketball Academy in 2010 after his retirement from professional basketball.

#### **Nixon Nyangaga - International School of Kenya**

Nixon Nyangaga is a high school PE teacher at the International School of Kenya. A graduate of Kenyatta University in Nairobi Kenya, with a bias in Field Hockey and Rugby as his passion. Nixon introduced rugby to the high school students at the International School of Kenya about 6 years ago and it has spread to middle school age boys for 3 years and recently the school has started a middle school girls rugby team. Nixon has attended local rugby coaching courses in Kenya to level 1 rugby coach and he is a member of the Kenya Hockey Union National Coaching committee





**Jenn Collins - Mont' Kiara International School**

Jenn Collins is a PE teacher living and working in Kuala Lumpur, Malaysia. She has taught PE at the elementary level throughout high school, however enjoys the middle school age group the most. Jenn has coached a variety of sports and is currently working with the Varsity volleyball and badminton teams at MKIS. She grew up playing competitive basketball and went on to play at the university level in Canada. She captains the Malaysia Gaelic Football team and enjoys running and training for the various races around Asia.

**Curtis Hegge - Universal American School**

Mr. Curtis Hegge has been the Head of the Physical Education program and Outdoor Education at Universal American School in Dubai for 6 years now. He is a graduate and an athlete of the University of Alberta where he was involved in track and field and rugby. Curtis has a passion for golf and fitness and strength where he has been able to work with athletes on the European tour and caddied in 3 professional tournaments. He has a passion to work with young athletes and give them the tools to succeed in any sport or activity they choose.

**Graham Wardle - NIST International School**

Graham Wardle is an International School teacher, currently working in Bangkok where he lives with his wife and daughter. For the past 30 years, he has worked in the field of Outdoor Education, as a coach, manager, senior development officer and teacher. He has paddled, rafted, dived, trekked and climbed in 35 countries. He is a British Canoe Union Level 5 Coach Raft Guide and Rescue 3 Swift Water Rescue Instructor. He holds British Mountaineering Council, rock climbing and mountaineering awards as well as been a keen and avid PADI Scuba Instructor. He has been instrumental in the development of White Water Safety & Rescue techniques in the UK and Europe, along with the development of coach education schemes and his current interests are in the continuing development of the British Canoe Union Coach Education Programs.

**Kirby Boychuk - Anglo-American School of Moscow**

Kirby Boychuk is the Athletics Director at AAS Moscow. Kirby earned his undergraduate degree at the University of Saskatchewan and has two Masters degrees in Athletic Administration and Coaching Education, from Ohio University. Kirby has been an Athletic Director for 21 of his 24 years in education and enjoys coaching volleyball and track. Kirby enjoyed acting, playing guitar & sports, and was a FIBA basketball official. He enjoys creating lifelong experiences for students through the development of positive team-oriented sport cultures in his schools. Kirby loves living in Moscow with his wife, Laurel and daughter Oksana. His eldest daughter graduated from ICS Addis in 2012 and works in Saskatchewan. His second daughter graduated from ASBombay in 2014 and is studying Kinesiology at Acadia University in Nova Scotia.

**Luke Davis - Lincoln School**

Luke Davis is the Athletic Director and Secondary Activities Coordinator at Lincoln School in Kathmandu. He earned degrees at La Trobe University in Melbourne and The College of New Jersey. He has been an Athletic Director for five of his eight years in education. Luke currently coaches soccer and swimming, a continued passion of his through high school and college. He enjoys watching his students develop as young people and athletes and was very proud that one of his swimmers was selected to represent her country in the London Olympics. Luke lives in Kathmandu with his wife, Namdu, and his daughter, Yeshe-Olivia.

**Danel Kidane - International Community School of Addis Ababa**

Danel Kidane is the Assistant Athletic & Activities Director and the Week Without Walls program coordinator at the International Community School of Addis Ababa. Danel earned degrees at the Academy of Physical Education and Sports in Bucharest and Buffalo State University and has been the Activities Director, CAS Advisor and Week Without Walls coordinator in the last 9 years in education. He coaches basketball and has wide experience in a multitude of other sports. Danel played basketball in college. He enjoys making field and community service trips student centred, safe and well organized. Danel lives in Addis Ababa with his wife Daniela, his daughter graduated from ICS Addis in 2010 and now she is pursuing Political Studies in the UK.

**Dave Johnson - Blue Nile Consultants**

Dave Johnson, MS, ATC is a certified athletic trainer working as a consultant with Blue Nile Consultants in Addis Ababa, Ethiopia. Dave earned degrees from Truman State University and Liberty University and has worked in athletic training/sports medicine for 20 years. He has worked with athletes in many sports in high school, college, and most recently with the Ethiopian national taekwondo team. Dave lives in Addis Ababa with his wife, Katie, and his five children.

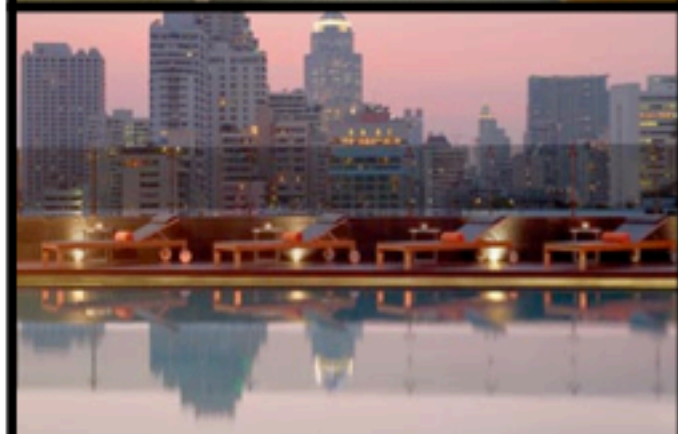
**Ron Schnell - Anglo-American School of Moscow**

Ron Schnell is a High School PE teacher at the Anglo American School of Moscow. A graduate and athlete from the University of Ottawa has taught overseas for the last 12 years now. Ron has taught in South-East Asia for 10 years and coaches basketball. He has taught all levels of PE from Pre-K 3 to Grade 12. Please feel free to bring one of your best modified games or warm-up that you feel others may not have seen before. Look forward to working with you all!





# Westin Grand Sukhumvit Conference Hotel



Renew and recharge at Bangkok's best five-star address for business or pleasure, The Westin Grande Sukhumvit, Bangkok. Situated in the heart of Bangkok's prime shopping, restaurant, and entertainment area, and with the added convenience of the sky train and the subway mere steps away, you will be instantly transported to all that Bangkok has to offer.

Revel in the exhilaration that is Bangkok and then retreat and unwind in our deluxe accommodations. The 363 deluxe guest rooms and suites showcase contemporary stylings and feature Westin brand comforts, including the renowned Heavenly Bed®. Executive Suites provide butler service and Club benefits, ideal for the discerning traveler requiring an intuitive level of service.

Savor a delectable meal at any one of the acclaimed restaurants such as Tastes, offering interactive international dining, or Kisso, a timelessly elegant Japanese restaurant featuring private tatami rooms, teppanyaki, and sushi bar. Zest Bar & Terrace is a chic gathering spot serving refreshing cocktails and witty conversation.

Elevate your feeling of wellness with a soothing treatment at Vareena Day Spa or a customized massage with our In-Room Spa Service by Westin. Take a dip in the refreshing outdoor pool or take a chance to join an organized jogging session led by our Running Concierge.

If a meeting or function is what you desire, allow us to transform your next event. Experience a unique and uncompromising meeting experience with our sensory meeting set-up. Dedicated associates are on call to provide customized solutions and thoughtful service, ensuring your event's success.

## Rooms

Each of the 363 contemporary rooms and suites provide an intimate space in which to relax. In-room facilities and amenities include our renowned Heavenly Bed®, rejuvenating Heavenly Bath® amenities, an executive workstation with two-line telephone, voicemail, and High Speed Internet Access, LCD TV with satellite channels and a DVD player, tea and coffee making facilities, refreshment center, hair dryer, bathrobe and slippers, and personal in-room safe.

Guests of the Westin Executive Club Rooms and Suites enjoy a personalized and private check-in and check-out, attentive butler service, access to the Club Lounge with cocktails and canapés, and a host of other benefits. Occupying the top floors, the rooms feature inspiring views of the Bangkok skyline.

## Features

Enjoy the serene ambience of Vareena Day Spa – an oasis within the hustle and bustle that is Bangkok. Beauty treatments, hydrotherapy bath, Vichy shower room, and aroma steam room can all be performed in your private couple's spa suite or luxury treatment room. If you prefer the privacy of your room, In-Room Spa Service provides customized massages to help you find peace and renewal.

Tailored to the little ones, we provide special treats and Westin Kids Club® activity packs for children under 12, making stays and dining experiences more enjoyable. Babysitting service is also available with advanced notice.



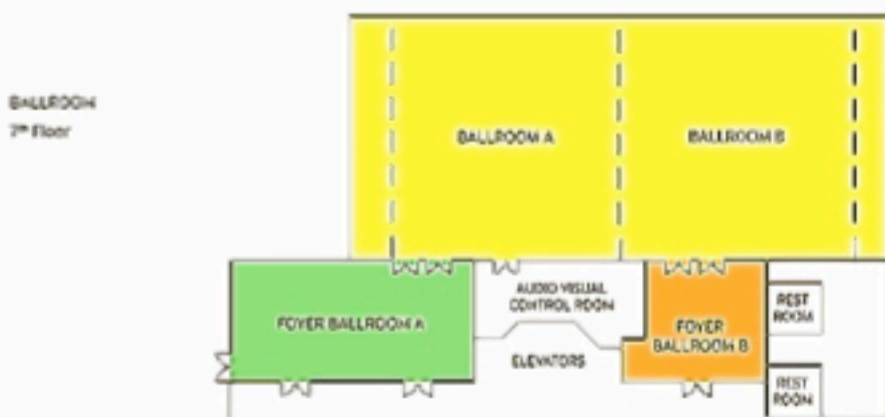
Renew and recharge at Bangkok's best five-star address for business or pleasure, The Westin Grande Sukhumvit, Bangkok. Situated in the heart of Bangkok's prime shopping, restaurant, and entertainment area, and with the added convenience of the sky train and the subway mere steps away, you will be instantly transported to all that Bangkok has to offer.

Revel in the exhilaration that is Bangkok and then retreat and unwind in our deluxe accommodations. The 363 deluxe guest rooms and suites showcase contemporary stylings and feature Westin brand comforts, including the renowned Heavenly Bed®. Executive Suites provide butler service and Club benefits, ideal for the discerning traveler requiring an intuitive level of service.

Savor a delectable meal at any one of the acclaimed restaurants such as Tastes, offering interactive international dining, or Kisso, a timelessly elegant Japanese restaurant featuring private tatami rooms, teppanyaki, and sushi bar. Zest Bar & Terrace is a chic gathering spot serving refreshing cocktails and witty conversation.



Floor plans





# Getting Around Sukhumvit

## Take the Skytrain - BTS

This BTS Route Guide has been designed to help you discover all the interesting sites and activities surrounding each station so that you can get more out of your BTS-hopping experience through Bangkok. **There are two lines:** The **Silom line** runs west to south, between the National Stadium in the Siam shopping area to Wongwian Yai in Thonburi (across the river), while the **Sukhumvit line** runs north to east from Mo Chit to Bearing. The two lines meet at Siam Station. A new train arrives every 3 - 6 minutes or so between 06:30 and midnight. The last train leaves between 23:30 and 23:50.

The BTS Rabbit cards (Skytrain Passes) are used to access all stations. You will be charged 100 baht (eligible for 50 baht refund) for the use of the card. Fares start at 15 baht per one stop. A one-day pass (120 baht) may be a good option for those planning to do a lot of hopping on and off for one full day. But if you plan to be in Bangkok for a while, it might be a good idea to buy the BTS Smart Pass. The 25 trip pass may be your best deal while in BKK.

### 30-Day Pass for Adults

- For 15 trips, 25 baht per trip unlimited distance, it costs 375 baht
- For 25 trips, 23 baht per trip unlimited distance, it costs 575 baht
- For 40 trips, 21 baht per trip unlimited distance, it costs 840 baht
- For 50 trips, 20 baht per trip unlimited distance, it costs 1,000 baht

## Sukhumvit Road

Sukhumvit Road is one of Bangkok's best known shopping streets. Easily accessible thanks to the BTS, its air-conditioned malls, department stores, myriad shops and sidewalk vendors offer an overwhelming variety of goods that range from fashion trends straight off the catwalk to cheap imitations.

The most visible and vibrant form of commerce are the street stalls peddling souvenirs, knock-off clothing and pirated DVD's. These open in the afternoon and operate all along lower Sukhumvit road around the main hotels. It is fascinating to watch how the stalls change during the day, from tourist souvenirs in the daytime, clothing and adult items in the evening to late night restaurants and bars. Many don't close until late. Shops, meanwhile, feature everything from haircuts and antiques to tailored suits and happy-ending massages.

Upmarket shopping is almost as easily found. Connected by elevated walkway to **BTS Asok** is The Westin Grand Sukhumvit, Robinsons Department Store, Terminal 21 Mall and to **BTS Phrom Phong** the Emporium Shopping Mall.

Home to many of the city's funky fashion boutiques the swanky street of Thonglor (Soi 55) - the 'Beverly Hills of Asia' according to the New York Times - is perfect for those wanting trendy clothes, gadgets or home wares crafted by both homegrown and overseas designers. Many fine interior and home decor stores in this area celebrate the creativity and craftsmanship of Thailand.

## Where to Eat on Sukhumvit?

The staggering variety of dining available on Sukhumvit Road is a wonderful testament to the diversity of cultures that converge here. Eateries range from old noodle shops and street vendors to international restaurants and fast-food outlets, settings from the luxurious to the non-descript prices from the astoundingly cheap to the prohibitively expensive.

Global fast-food franchises like Burger King, Subway, McDonald's, Starbucks (1st floor in Terminal 21 and opposite the Westin), KFC are scattered all over Sukhumvit. More intriguing though is the street food - among the best in town. As interesting, but nowhere near as cheap, are Sukhumvit's many restaurants. Some are on Sukhumvit Road itself, near the hotels, but most are tucked away down the area's many side streets (sois).

*Enjoy exploring Sukhumvit and Bangkok.*



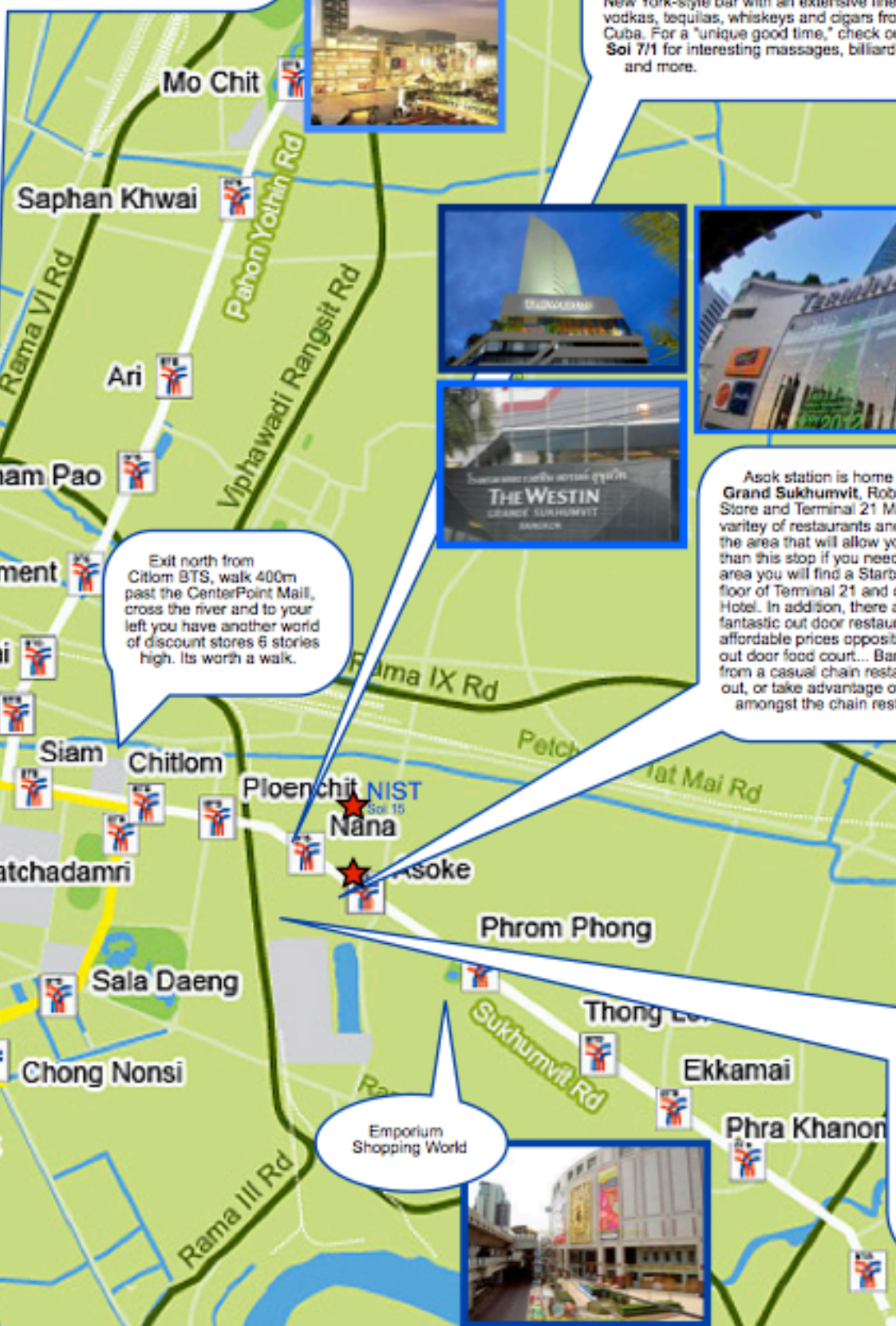


The multi-stored **MBK** is popular with both tourists and locals. Eight floors packed with 2,000 shops that sell everything from clothing to furniture, mobile phones and electric appliances. You can get off the BTS at Siam or change lines for one additional stop and exit at the National Stadium. Enjoy world cuisines on the 5th, 6th floor food courts, catch the latest movie on the 7th floor and shop until you drop.

**CentralWorld** - this cutting-edge lifestyle mall offers everything from brand name clothing boutiques to imported groceries, designer furniture, gourmet eateries and even an ice-skating rink. **Siam Square** - A dense warren of boutiques, cafes and market stalls selling various apparel, Siam Square is where fashionistas get a real taste of alternative style and shopping.



Nana looks its best after dark, and this station puts you right at the centre of Bangkok's nightlife hotspots - the chic and trendy down **Sukhumvit Soi 11**, while the complete opposite in **Sukhumvit Soi 4** that is full of street bars and cart restaurants. **Nana Plaza** - If you are in search of a loud and raucous nightlife, look no further and head straight here. **Little Arab (Sukhumvit Soi 3)** - for an eye-opening experience at one of the street-side eateries or hookah bars. **Q Bar** - New York-style bar with an extensive lineup of vodkas, tequilas, whiskeys and cigars from Cuba. For a "unique good time," check out **Soi 7/1** for interesting massages, billiard bars and more.



Exit north from Chitlom BTS, walk 400m past the CenterPoint Mall, cross the river and to your left you have another world of discount stores 6 stories high. Its worth a walk.



Asok station is home to the **Westin Grand Sukhumvit**, Robinson's Department Store and Terminal 21 Mall. There are a variety of restaurants and street vendors in the area that will allow you to go no further than this stop if you needed. In the immediate area you will find a Starbucks on the main floor of Terminal 21 and opposite the Westin Hotel. In addition, there are a number of fantastic out door restaurants with very affordable prices opposite the Westin in an out door food court... Bangkok style. Choose from a casual chain restaurant, dine inside or out, or take advantage of a street food vendor amongst the chain restaurants.



**Cabbages & Condoms (Soi 12)** This oddly named restaurant started out a part of a campaign to promote birth control and has become an established fixture in the Bangkok dining circuit with its imaginative menu and free condoms. A multitude of crepes and tasty fillings feature on the menu, best enjoyed on the cushioned porch. Alternatively the menu is laden with classic Mediterranean dishes including tsatsiki and numerous pasta dishes. Profits support family planning and anti-AIDS projects in Thailand. Just keep walking down Soi 12 and when you start to think you are on the wrong street, walk 30m more and you'll find it.





# Map of Soi 15 NIST & the Westin

## How to Get to NIST from the Westin

Once you leave the Westin from the main entrance, turn right and walk 120m towards Soi 15. You will pass the Robinsons Department Store and McDonalds on your right hand side. When you reach Soi 15, you will notice the S15 Shukhumvit Hotel on your right, now turn right and start walking down Soi 15, towards NIST.

## NIST Shuttle Service

Between 7:30 am - 8:00 am, and 6:00 pm - 6:30 pm, NIST will provide shuttle service from the corner of Soi 15 to NIST in the AM and from NIST back to Soi 15 in the PM. NIST has three custom white tuk-tuk's that can sit about 8 adults.

## Walk, Motorbike or Tuk-Tuk

To be safe, always walk facing traffic and stay close to the side of the street.

Now that you are walking down Soi 15, you have approximately 670m until you reach NIST. You will pass the Dream hotel on your right and the Royal President and Kingston Hotels on your left.

Once you have walked 620m mark, you will notice a long white wall on your right. This is the Wattana Wittaya School. Continue another 50m and you will be at NIST.

If you do not feel the urge to walk to NIST, you can always take a motorbike. For about 20 baht, you should be able to get a ride from Sukhumvit all the way down to NIST. On the return trip, there are always motorbikes waiting to give the NIST students and teachers and ride up to Sukhumvit, for the same charge of 20 baht, you should be able to get a ride back to the Westin. A tuk-tuk will cost you about 40 baht for the one way trip.



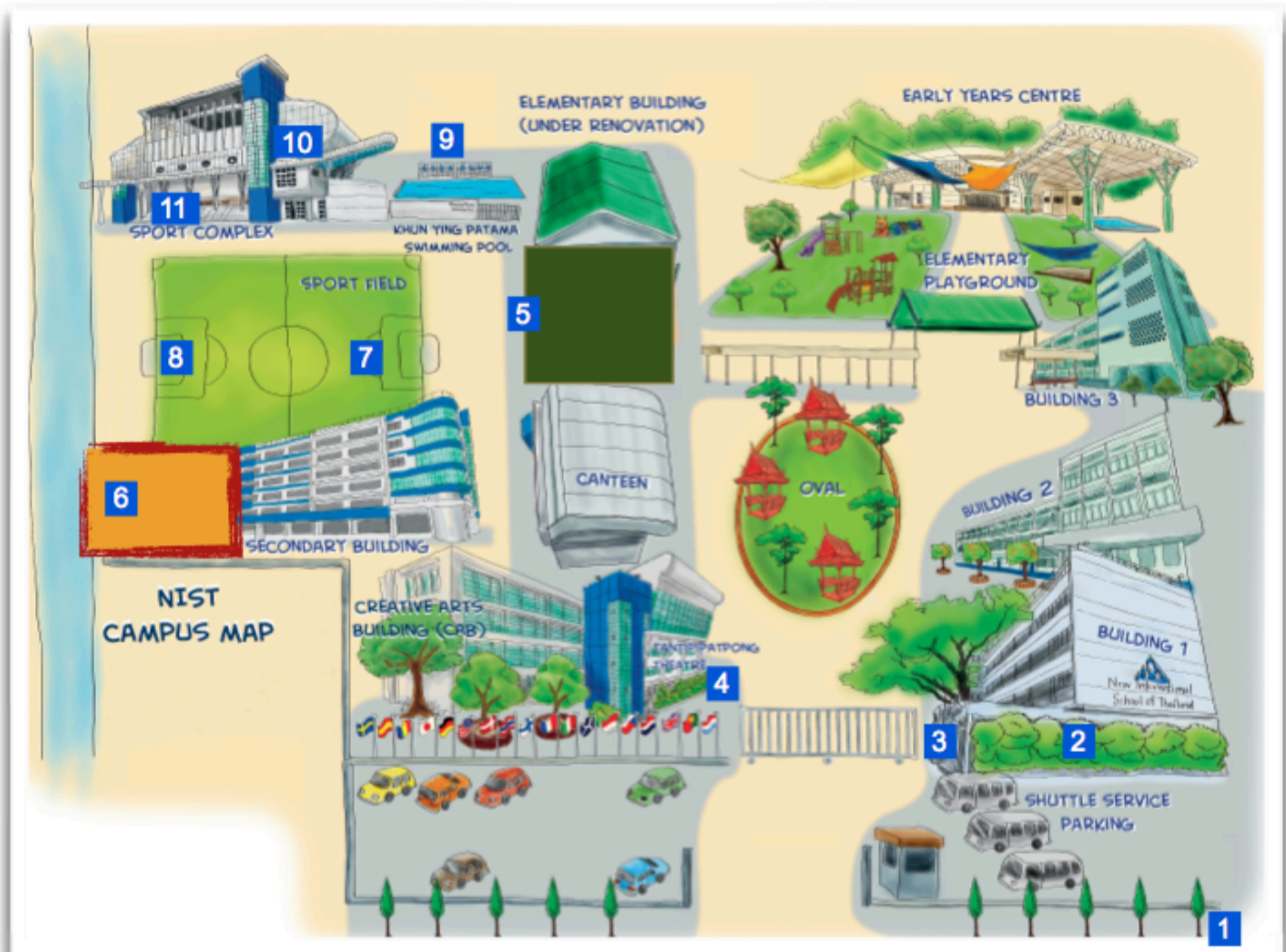
## Hotel Guide

1. Westin Grand Sukhumvit
2. S15 sukhumvit Hotel
3. Sofitel Hotel
4. Dream Hotel
5. Kingston Suites
6. Royal President Hotel
7. Citichic Hotel
8. Radisson Suites
9. Wattana Wittaya School
10. NIST International School

## Restaurants & Malls

1. Starbucks
2. Times Square
3. Pharmacy
4. Convenience Store
5. Terminal 21 Mall
6. Times Square Outdoor Food Court





**NIST Campus Guide**

- |  |  |
|--|--|
| 1. Pedestrian Entrance                     | 7. Field I   |
| 2. Coffee Shoppe                           | 8. Field II  |
| 3. Security Entrance                       | 9. Pool  |
| 4. Administration & Creative Arts Building | 10. Gymnasium - Gym I, Gym II & Gym III                |
| 5. Elementary School Lounge - Main Floor   | 11. Classrooms & Offices, Gymnastics Room              |
| 6. HUB 4th Floor / HUB Gym 5th Floor       | 12. Weight & Conditioning Room, Change Rooms, Offices, |