

### **FOBISIA, BISP Flying Fish, Phuket, Thailand**

On Wednesday 27th January 2016, Nord Anglia International School Swimming Team flew to Phuket, Thailand to attend the teams first International Swimming Meet. The NAIS Team consisted of 29 swimmers ranging from 9-17 years old and 4 coaches (Mrs. Howell, Mr. Keenan, Coach Cheryl and Coach Jenny). Our team were lucky to have parents from the following swimming families in attendance to cheer on the team; Tay's, Lum's and Poisson's.

The first day of competition began very early on Friday 29th January 2016 which gave our team acclimatisation time (tiredness from travel and close to a 40 degree change in temperature). During the Thursday the team did what any passionate swim team would; we hung out at the pool and trained a technique session in the evening.



The BISP (Flying Fish) campus graciously greeted all 17 visiting teams to their outstanding school and sports facilities which boast a 25m SC (Short Course) pool and a 50m LC (Long Course) pool, both outdoor.

This meet was an incredible opportunity for our experienced swimmers to try competing in more demanding events such the 400m FR and the 400m IM.



The coaching team led by Multisport (now for nearly 4 years) had realistic expectations for the swimmers due to the nature of the meet and we did our utmost to prepare the swimmers for such a demanding meet after a long Christmas and New Year break!

Our swimmers did an outstanding job as individuals and overall as a team. Each swim that came next shocked even the experienced coaches on deck.



Every single LC record was broken for every event in every age category which amounts to approximately 60 + new LC records.

Our 15 year old swimmers; Alexander Steel, Harry Lu, Charlie Mac-Donald Butler Nian Yun Tan, Anna Moustakas and Myong Kyu Han also gain places in the finals and were swimming against Thai, Filipino, Indonesian Champions, some of which had Olympic B qualifying times.





The coaching team from the beginning (Cheryl Philp, Ben Goodridge, David Watson; all from Multisport and Jenny from NAIS) have worked hard to build the attitude of an athlete in all of our swimmers and team. In the beginning of this journey in 2012 we had a very small developing team.

Now NAIS are developing into a terrific swimming team, with outstanding swimmers but, not only do we have outstanding swimmers, we have outstanding individuals. These young athletes capabilities paired with a positive and kind mindset = a person with NO LIMITS, NO BOUNDARIES. There are 2 mottos that the team lives by: ***Be good, be kind, BE STRONG.*** Importantly, always be yourself and believe in yourself, never let anyone place doubt within you about your own abilities:

## **BE**lieve in **YOU**rself



The individual acts of kindness and consideration we witnessed from the swimmers between one another was so heart-warming and motivating.

The entire team at Multisport could not be more proud of the achievements of the team and each individual. What an expectational bunch that motivate all of the coaches every day.

Please check out our article on the demands of swimming in a Long Course Pool in comparison to a Short Course pool, also the demands of swimming outdoors in comparison to an indoor pool in our [www.multisport.com.cn](http://www.multisport.com.cn) in our swimming section.



Swimmingly,  
Coach Cheryl