High Schools for Athletes Research Project
Case Study Four
Lampang Sports School
Case Study Four

Lampang Sports School, Lampang, Thailand

“To develop community sport for the nation”

Introduction

Established in the year 2000 in partnership with Thailand’s Institute of Physical Education and the Ministry of Tourism and Sports, the Lampang Sports School is a public educational institution located approximately 320 miles north of Bangkok.

The school currently has an enrolment of 358 students across six years of high school study, supported by 49 teaching and support staff. Admission to the school is highly competitive, dependent on each prospective student satisfactorily meeting rigorous athletic standards alongside a good academic track record. Successful students gain funding from Thailand’s Ministry of Tourism and Sports to cover tuition, board, sustenance and health care.

Facilities

Alongside facilities for the seven core sports that form the school’s athletic focus, the facility also features a well equipped gym, a 128 square foot library, a science laboratory and a 75-station computing room.

Additional support

The school operates as a flagship academy in Thailand, and is closely connected to the Ministry of Tourism and Sport and other government agencies at a local and national level. The school focuses on the health and welfare of students by operating a support programme supported by medical personnel both on-site and in nearby medical institutions.

Student fatigue is closely monitored and has been a recent focus of work to ensure that athletic and academic goals are balanced. On an average day, sports training begins at 6am for one hour, followed by a break of one and a half hours before the start of the high school teaching day, lasting from 8.30am to 3pm with one hour for lunch. A further rest hour takes place prior to the afternoon’s sports training session, from 4pm to 6pm.

In the words of the Mr Chanida Supapan, Departmental Director of the sports school, “We support our students in everything they do. It is very important to consider athletic and academic goals, and balance the two.”
Curriculum

The school runs an academic programme of at least 25 hours per week of teaching (corresponding with the national core curriculum for high schools) alongside a minimum of 20 hours of weekly sports training. Seven sports make up the school’s core athletic programme: archery, athletics, sepak takraw, table tennis, boxing, cycling and football. All aspects of the school’s curriculum are based around the following core objectives:

- To provide a good standard of high school education for talented athletes
- To provide a platform for excellence in athletic training
- To promote the principles of sports science
- To promote and improve student discipline and sportsmanship
- To promote national level research in sports science

Partnerships

Lampang Sports School is part of an international network that participates in the ‘International Sport School Games’, an annual festival that comprises eight schools. The event this year will be hosted at Lampang Sports School, and is an opportunity for the school to build further experience and expertise in hosting large sporting tournaments, alongside providing the school’s student athletes with part of an ongoing programme of opportunities to compete in national and international sports tournaments. Ongoing sports collaboration partnerships also exist with schools in Singapore, Malaysia, Qatar, Vietnam and the Philippines.

The school also recently hosted a visit from the National Danish Performance Gymnastics team as part of a technical development workshop.

Suggestions

The Lampang Sports School is an example of an ambitious, innovative initiative that operates as part of a coordinated national approach to develop centres of sporting excellence and expertise. In its 13 years of operation, significant achievements have been reached in terms of developing talented athletes and establishing a sports education knowledge base that will incrementally yield further achievements in the future. As with many specialist sports schools across the globe, the key to Lampang Sports School’s success is a clear administrative and developmental ambition, a focus on student welfare and a drive to forge links with sports organisations, and other sports schools, internationally.

For further information, the school’s website is www.lpss.ac.th (Thai language).

World Academy of Sport

April 2013