

## **The Bendemeer Tchoukball Experience**

### **Personal Development/ Values/ Motto**

The Tchoukball's motto is '*Respect All. Fear None.*' We want all our Tchoukballers to embody values such as respect and resilience and bring these values to court as they strive to achieve a common goal. Off court, we expect our students to embody these values as well and never give up even when faced with tough challenges. Bendemeer Tchoukball is a tight-knit team where we forge strong bonds and shed blood and tears together as we strive to bring glory to the school.

### **We want YOU (Who are we looking for?)**

Do you enjoy playing sports with friends? Do you enjoy the adrenaline rush during tournaments? Do you have a passion for the sport? Look no further! Bendemeer Tchoukball provides every player a once in a lifetime opportunity to discover your talent and our experienced coaches will hone your skills to help you develop your fullest potential and shine on the court! Don't miss this opportunity to join our amazing and fun-loving Tchoukball family!

### **What makes Bendemeer different from other schools?**

- Bendemeer is one of the 3 founding schools to focus primarily on competitive Tchoukball.
- We have a strong network with the National Tchoukball Association which provides students with external opportunities to train with the national team.
- Bendemeer Secondary is also a hosting venue for training for Nationals.

### **Experienced Coaches**

Our experienced coaches have been with Bendemeer Secondary for many years and they are integral in training our teams to clinch national championships. Our coaches also train the Tchoukball teams in primary schools and often scout talents to make it to Bendemeer Secondary Tchoukball.

### **Achievement and Accolades (National Champions)**

<b>2019</b> B Div Boys: National Champions B Div Girls: National Champions	<b>2018</b> B Div Boys: 2nd place B Div Girls: 1st place C Div Boys: 1st place C Div Girls: 3rd place
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## **Hear from your seniors! Student Testimonials**

*“Being a Tchoukballer in Bendemeer is different. We do not only train to be champions, but also strive to learn something new at every training. We prioritise having good character and values over skills. An elite player should be a good role model. All the little things like being early for training/school or even going the extra mile for others should also be a habit that we take on. We win games not because we are born skillful, but because we train hard and treat each other with respect.*

*Ever since I started training, I have gained a better understanding of core values such as responsibility and resilience, as well as appreciating this opportunity I have. Besides that, I have learnt how to communicate with different team mates as well as make better decisions during crucial moments. I believe that such skills are helpful in the future. Overall, it has been a great honour and privilege to train in Bendemeer Tchoukball.”*

*Gerald Soh 2017-2020 (National Tchoukball player)*