



TEAM NETBALL



warning: NOT FOR THE FAINT-HEARTED



Shaped by our values, honouring our
achievements.



Our Values

Caring, striving, disciplined, resilient & reflective.



Holistic Training Programme

- ★ Study sessions
- ★ Yearly camp and community service
- ★ Sports workshops and mental training to build character & mental skills
- ★ Exploring abilities beyond Netball - other sports, aesthetics



Overseas Cultural Trip, Bangkok 2019





Values-in-Action 2019



We volunteered at the Christian Outreach to the Handicapped for our 2019 VIA project.



Values-in-Action 2018

Tampines Regional Library @ OTH





The Mindset of Champions: Mental Toughness Strategies for CCA, Studies, and Life



Brought to you by:

Sports Workshop, 2019

sport|psych
consulting
Singapore • Indonesia • Philippines



Sports Clinic by Team Namibia @ M1 Netball Nations Cup 2019





Yearly Netball Appreciation Camp





Beach Training



Nationals 2019

‘B’ Division: 2nd



‘C’ Division: 4th



Nationals 2018

‘C’ Division: 2nd



Nationals 2017

‘B’ Division: 4th





Termly Celebrations



Netball Friendly 2019





Netball Friendly 2019



In support of their 'O' Level assessment practical activity requirement



Netball Carnivals



Direct School Admissions 2019





Sports Course Immersion 2018 @ Republic Polytechnic



We are a family...





...with strong roots.



National Netball
Player,
CHARMAINE
SOH, was from
St. Hilda's.



Passionate about Netball, and enjoy challenging yourself? Join us.