

# ST. HILDA'S HOCKEY



# HOCKEY: OUR VISION

As a team, we pursue excellence in both character and academics. As student athletes, we aim to be disciplined sports leaders.

# A HOCKEY PLAYER IS..

Respectful

Disciplined

Motivated

Confident



# COMPETITIONS

- National School Games
- Friendly against schools
- Police Youth Cup 6v6
- Pesta Sukan (TBC)



# TRAINING DETAILS

*3x Frequency per week  
(Tuesday, Thursday, Friday)*

*3pm - 6pm (Students will start with cool down at 545pm)*

## *Physical training*

- Drills
- 2-sided games
- Set piece practices

## *Theory & Lessons*

- Game strategy
- Video Analysis



# OUR ACHIEVEMENTS

National School Games 2019 -  
B Division and C division Top 6

2023 National Schools Hockey  
Bowl & Plate Competition ('B'  
Boys) – 3rd

2023 Police Youth Hockey 'B' Div  
6-a-side - 2nd and 4th

National School Games 2024 -  
B Division Top 8







# Our memories





## ***Words from our boys***

Being a Hildan Hockey Player to me is something precious. It is more than just winning competitions; it is about self-improvement such as honing my game skills and improving my confidence. Hildan Hockey has taught me responsibility, resilience, leadership and sportsmanship. Hockey is more than a CCA to me: I have good teammates and excellent seniors who guided me through the first two terms when I just started. Sec 1 is unfamiliar and I was new to the environment. Hockey is my safe space to destress and I also have an opportunity to cultivate my leadership skills. It has been my hobby over the years and I feel proud when I don the jersey to play for the school

**- Pheng Cheng, 1 Peace**

## ***Words from our boys***

I believe that being in Hildan Hockey helps mostly with my character development, especially discipline. This CCA has given me opportunities that I could not have imagined. I was nervous when I was selected as captain for this year's C division but I am thankful. I followed my coaches and teachers advice and do my best as a captain to lead the team. I've developed my confidence as a CCA leader, and I am extremely proud to be leading the team.

**- Muhammad Amsyar, 2 Patience, 'C' Division Captain**

# *Our Staff*

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