

PASSION.
HONOUR.
UNITY.



ST. HILDA'S FLOORBAL

DSA PRESENTATION 2023

VALUES



I-REACT

INTEGRITY . RESILIENCE . EXCELLENCE . ATTITUDE . COMPASSION . TEAMWORK

MISSION & VISION

- To be a sports team of distinction in Floorball
- To develop youth with good character and passion for sports



SPORTS EXCELLENCE

As student-athletes, the team will learn to manage the demands of our academics, sports and life. St. Hilda's Secondary School's student-athletes are expected to pursue excellence with a champion's mindset!





THE HILDAN WAY!

*In a caring environment of supportive teachers and coaches, Hildan-athletes go through a robust sports development programme, which involves rigorous physical conditioning, mental strength training, & most importantly, **character development.***

With the support of our strength & conditioning coach & sports scientists, our athletes benefit from injury prevention and the recovery sessions help enhance our performance on court!



OUR PROGRAMMES

- ❑ Annual Team Appreciation Camp
- ❑ Opportunities to embark on skills beyond floorball
- ❑ Service to the community projects
- ❑ Self-Enrichment & Self-Study programmes



TEAM BUILDING

Apart from playing floorball, we believe that building a team that is united and growing together is vital to our identity as student-athletes.

Therefore, we do engage in activities that will strengthen our team's interactions and understanding of one another.

An example would be the paintball activity that we took part in early this year, which had helped to build our team spirit and closer bonds with one another.

Graduation Party !



Why do we have this?

- to show our appreciation to our seniors and celebrate their contributions to our cca.



What we learn from this experience :

- **To appreciate one another.**
- **To be thankful of the help and support we receive from our seniors**



PROGRESSION

SUCCESSFUL Early Admission Exercises
APPLICATIONS TO POLYTECHNIC

SUCCESSFUL Direct School Admission
APPLICATIONS TO VJC & TMJC

REPRESENTATION IN THE WOMEN'S
U-19 NATIONAL TEAM



ACCOMPLISHMENTS

'B' DIV BOWL & PLATE

2018 - 2ND POSITION

2019 - CHAMPIONS

'B' DIV NATIONALS

2022 - 4TH POSITION

2023 - CHAMPIONS



Overseas cultural exchange programme :

- We managed to expand our interest in floorball through the 2017 Overseas Cultural Exchange Trip to Penang, Malaysia.
- From 22-26 November 2017.





ARE YOU READY TO
BE A HILDAN
STUDENT-
ATHLETE?

JOIN US!

