

INTEGRITY
OUR ANCHOR

CARING
OUR HEARTBEAT

COMMITMENT
OUR RESOLVE

EXCELLENCE
OUR PURSUIT



ST. HILDA'S SECONDARY SCHOOL

DIRECT . SCHOOL . ADMISSION

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VOLLEYBALL GIRLS

CONFIDENT . CARING . DISCIPLINE

CONSECUTIVE TOP 4
POSITIONS IN THE EAST
ZONE VOLLEYBALL
COMPETITION

PARTNERSHIP WITH
REPUBLIC POLY ALLOW
STUDENTS TO EXPLORE
SPORTS RELATED
TERTIARY COURSES
AND CAREER

SUCCESSFUL
APPLICATIONS IN
JC/ POLYTECHNIC
THROUGH DSA/ EAE



DEVELOP STUDENT
ATHLETES INTO WELL
BALANCED INDIVIDUAL
WITH GOOD ACADEMICS

DEDICATED
TEACHERS & COACHES
SUPPORTED BY A
ROBUST SPORTS
CULTURE IN SHSS

PARTNERSHIP WITH
SPORTSG WHICH FOCUSES
ON CHARACTER BUILDING
TO DEVELOP BEHAVIOURS
THAT WILL PRODUCE
WINNING OUTCOME

Develop a Whole Person through Sports and Outdoor Education



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WITH US, WE AIM NOTHING SHORT BUT EXCELLENCE

SECONDARY 1

BECOMING A
STUDENT ATHLETE

FITNESS AND VOLLEYBALL
FUNDAMENTALS

SECONDARY 2

PREPARATION FOR
C DIVISION COMPETITION

GAME ANALYSIS SKILLS

CHARACTER BUILDING
THROUGH VOLLEYBALL

SECONDARY 3

“TO BE A LEADER”
TAKING UP LEADERSHIP ROLES
IN VOLLEYBALL

CONDITIONING FOR ‘B’ DIVISION
COMPETITION

SECONDARY 4/5

PURSUIT OF EXCELLENCE AS A
STUDENT ATHLETE

TAKING UP MENTORSHIP ROLES

PREPARING FOR LIFE AFTER
SHSS VOLLEYBALL

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ACHIEVEMENTS

EAST ZONE
B & C DIVISION: TOP 4
2010 - 2019



OPPORTUNITIES TO COMPETE

VAS INVITATIONAL
PHS INVITATIONAL
AMERICAN SCHOOL INVITATIONAL
FRIENDLIES WITH OTHER SCHOOLS



ROBUST AND STRUCTURED TRAINING

PROGRESSION AND DEVELOPMENT
STRENGTH AND CONDITIONING
PERIODIZATION TO COMPETITION



BEYOND VOLLEYBALL!

FUN!
STAND UP PADDLING
DRAGON BOATING
GRADUATION CAMP
TEAM COHESION TIME

ENRICHING
VIA @ ADIDAS SUNDOWN
MENTAL STRENGTH WORKSHOP
VIA OPPORTUNITIES
SELF STUDY SESSIONS

Develop a Whole Person through Sports and Outdoor Education

STUDENT ACTIVITY CENTRE

OUR COMPETITION STANDARD FACILITIES

THE SKY PITCH

Hockey Boys



INDOOR SPORTS HALL

Volleyball Teams

MULTI-PURPOSE HALL

Badminton Boys
&
Floorball Girls



3 GROUND FLOOR COURTYARDS

Court 1
(Vinyl Flooring)
Shared among
Floorball, Netball
& Volleyball

Court 2 & 3
(Arcylic Flooring)
Netball

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