

# St. Hilda's Secondary School Volleyball Boys Team



To be a Champion team,  
we must have a group of  
individuals willing to strive  
to be champions!



# Our Vision & Mission...

## Vision

To be a sports team of distinction in volleyball

## Mission

To nurture talents and develop young men with character built on Christian principles.



# Our 10 Values & Character Traits...

- Integrity
- Teachable Spirit
- Academic Responsibility
- Accountability and Work Habits
- Confidence
- Discipline
- Mental Toughness
- Pride (Humility)
- Leadership
- Selflessness - Teamwork

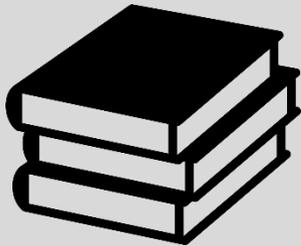


# Our Programmes...



## **Volleyball Training Programme**

- i. Skills and Tactical training
- ii. Structured strength and conditioning training
- iii. Friendly matches, Age group competitions and Invitational tournaments



## **Academic Programme**

- i. Structured Self-Study Programme
- ii. Student-Teacher Consultation
- iii. Parent-Tutor Programme

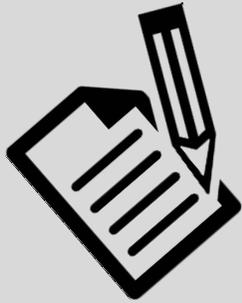


# Our Programmes...



## Character Education

- i. Character Education Programme for Secondary 1
- ii. Sports Psychology:
  - a. Six Traits of a Champion
- iii. FCA Camp (Fellowship of Christian Athletes, USA)



## Thinking and Creativity

- i. Reflection
- ii. Journal Writing



# Our Programmes...



## National Education

- i. Regular Overseas Cultural Exchange Trips
- ii. Foreign Exchange with Overseas Sports Teams



# Our Achievements...



# National School Games 'C' Division East Zone



## CHAMPIONS

1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001,  
2002, 2003, 2004, 2005, 2006, 2007, 2008, 2011,  
2013, 2014, 2015, 2016, 2017



# National School Games 'C' Division Nationals



**CHAMPIONS**

1998, 1999, 2002, 2003, 2004, 2007, 2013, 2014,  
2016, 2017, 2018



# National School Games 'B' Division East Zone



## CHAMPIONS

1995, 1997, 1998, 1999, 2000, 2001, 2002, 2003,  
2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011,  
2012, 2013, 2015, 2016, 2017, 2018, 2019, 2021



# National School Games 'B' Division Nationals



## CHAMPIONS

1997, 1998, 1999, 2002, 2004, 2005, 2007, 2008,  
2009, 2010, 2011, 2013, 2014, 2015, 2016, 2017,  
2018, 2019



# Trophy Cabinet



**'B' Division**



**'C' Division**



**VAS U -16**



**VAS U -14**



**VAS U -19**



# Our Exchange Programmes ...

- 2019: Hokkaido, Japan
- 2018: Chiang Mai, Thailand
- 2017: Taipei, Taiwan
- 2016: Bangkok, Thailand
- 2015: Taipei, Taiwan
- 2014: Seoul, Korea
- 2013: Tokyo, Japan
- 2012: Bangkok, Thailand
- 2011: Hunan, China
- 2010: Mount Seorak, Korea
- 2009: Seoul, Korea
- 2008: Taipei, Taiwan

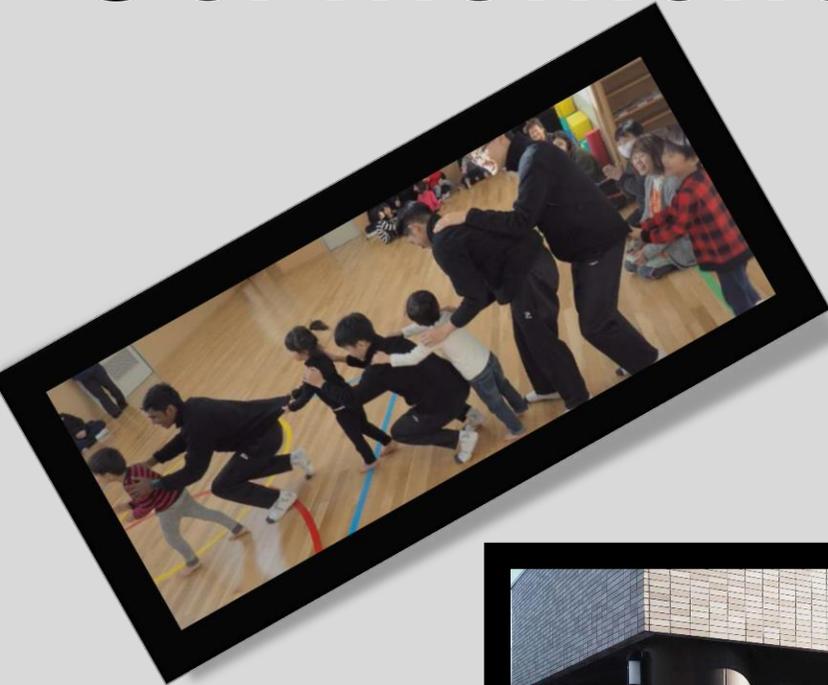


# Our Exchange Programmes ...

- Taiwan: 1994, 2005, 2008, 2015, 2017
- Japan: 1995, 2000, 2003, 2007, 2013, 2019
- Korea: 1996, 2002, 2006, 2009, 2010, 2014
- China: 1997
- Australia: 1998
- Hong Kong: 1999
- Thailand: 2002, 2005, 2012, 2016, 2018
- United states of America: 2004



# Our Memories – Hokkaido, Japan 2019



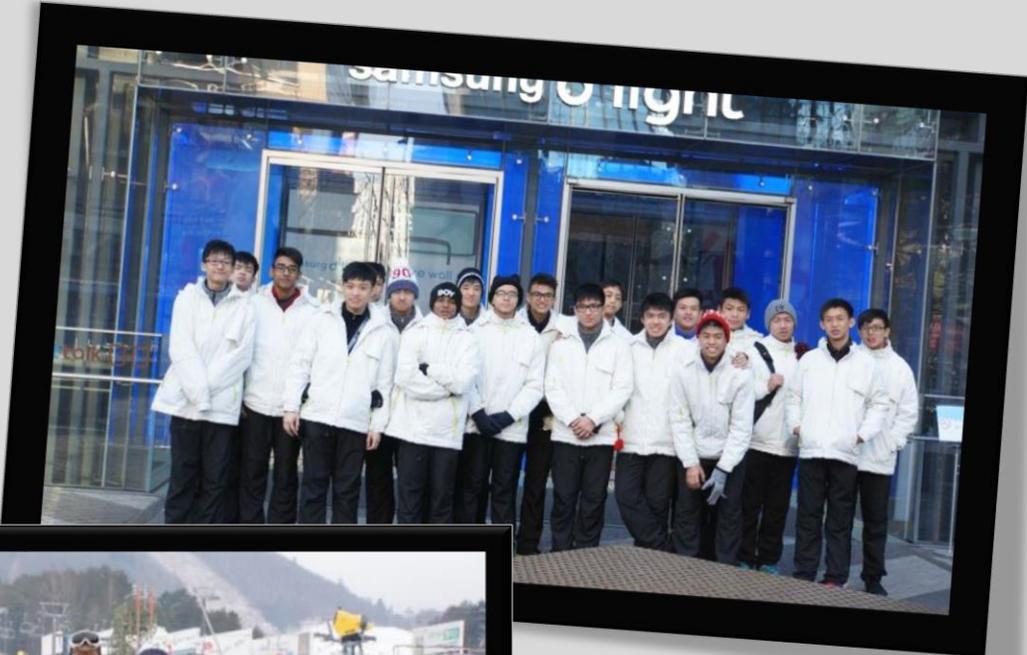
# Our Memories – Bangkok, Thailand 2018



# Our Memories Taipei, Taiwan 2017 ...



# Our Memories – South Korea 2014...



# Our Boys in the news!

The New Paper – 22<sup>nd</sup> Feb 2018



46 TODAY FEBRUARY 22, 2018 the newspaper

sports schoolsports

KIMBERLY EVEN

## This one's for you, dad

St Hilda's captain Lester wins East Zone crown in front of cancer-stricken father

St Hilda's Secondary School captain Lester Chua could not contemplate defeat in the final of the Schools East Zone B Division boys' volleyball final yesterday.

His 16-year-old father, who has been diagnosed with Stage 4 pancreatic cancer, was watching him play for the first time.

Lester didn't disappoint his dad, helping his team retain their title in home ground with a 2-0 win over Dunman Secondary School yesterday.

After the win, the 15-year-old said: "My father has cancer and it's at the last stage already."

"He has never watched me play before, so I thought that I should grab the opportunity to show him my best."

"I think my father would be quite proud of my performance and the team's victory."

Chasing sporting success requires Lester to train daily, but he ensures that he spends whatever spare time he has with his father.

He said: "With this kind of training routine, I really don't have a lot of time to spend with my father and I worry in training everyday."

"Because I cannot use my phone, I wouldn't know if something happens to my father, so I'm actually quite afraid."

"I make use every opportunity to spend more time with him. I try to quickly finish studying, then at least have a word with him, have dinner with him."

Lester is thankful for the support from the people around him.

He said: "I want to thank all my teammates, my coaches and God for helping me."

St Hilda's 1/0 Dunman volleyball captain Lester Chua (R). Top and below put on as in separate images against Dunman Secondary. TOP PHOTO: KIMBERLY EVEN



Without all this support, I don't think I can be standing here."

His coach Teo Siew Lan praised Lester's resilience and commended the team for their spirit.

It showed in yesterday's match as the team put up a collective performance to beat Dunman.

Both teams were neck and neck early in the first set, but St Hilda's started pulling away with the sides tied at 6-6 to eventually win the set 25-17.

Lester claimed the opening point of the following set with a vicious spike, and St Hilda's didn't look back after that, storming to a 25-10 win to clinch the match.

Teo said: "They played quite well."

"As compared to the last few games, they played up to their standards. We've had our setbacks but the boys were very focused today."

Teo believes the victory has provided the team with a solid foundation to retain their national title, although she also warned them against complacency.

She said: "If they continue performing like this and improving, they should be able to make it in the nationals."

"We will work towards that, but you cannot take anything for granted. Even though our past record is good, we still need to work very hard."

Dunman captain Zhang Zhen Hao feels that his team paid a heavy price for their errors.

He said: "We didn't perform very well but we have no regrets."

Meanwhile, the Dunman girls' team also retained their East Zone B Division title after overcoming Cedar Girls' Secondary School 2-1.

Said skipper Tan Mei En: "We're satisfied with our performance but we'll play better in the next round."

Despite the defeat, Cedar's captain Zacey Lam remained proud of her team.

She said: "We were a bit subdued after the match but we put up a good fight."

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# Our Boys in the news!

The Straits Times & 联合早报, 2016

## 先学做人 再学打球

**明日之星**

对许多体育选手而言，场上场下都是磨炼意志的契机。对于排球新星圣希拉中学的董上晋（中图，14岁），做人才能是首要的，他说：“做人第一，打球第二。”

圣希拉中学排球教练陈伟强说：“董上晋是个非常有天赋的球员，他不仅球技好，而且为人也非常谦逊。他是一个非常懂事的孩子，他是一个非常懂事的孩子，他是一个非常懂事的孩子。”

董上晋在圣希拉中学就读，他是一个非常懂事的孩子，他是一个非常懂事的孩子，他是一个非常懂事的孩子。他是一个非常懂事的孩子，他是一个非常懂事的孩子，他是一个非常懂事的孩子。

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圣希拉中学排球新星董上晋在比赛中。

## St Hilda's and Jurong strike gold

**Yogaraj Panditurai**

It was a day when the Schools National B Division volleyball powerhouses continued to add more silverware to their trophy cabinets when the boys from St Hilda's and the Jurong Secondary girls' team won their respective finals yesterday at the Yeo Payoh Sports Hall.

St Hilda's extended their dominance over the division as they won their 15th title in 20 years after beating Fairfield Methodist School (Secondary) 3-0 (25-18, 25-15), while Jurong defeated Presbyterian High School 2-0 (25-23, 25-17) in the girls' final for a sixth crown.

For St Hilda's, the key to their victory was the dossiers they had compiled on the Fairstians.

The first set was a close one before the Hildans picked up momentum in the last few plays to clinch the set.

And St Hilda's showed no mercy in the second set as they powered to victory after adopting a more direct and attacking approach.

Captain Ajay Singh Shergill revealed: "Our opponents might have been first-time finalists but we didn't underestimate them."

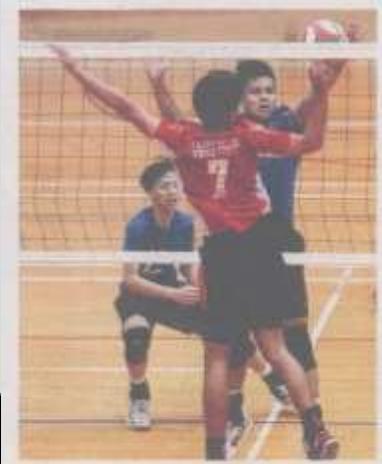
"We did a lot of preparation to find out what were their weaknesses and strengths."

At the start of yesterday's girls' final, both Jurong and Presbyterian High had five titles each but the former played a more aggressive and efficient game, which proved to be the deciding factor, especially in the second set when Jurong started to pull away from their Presbyterian counterparts on the scoreboard.

After reconquering the title they last won in 2011, captain Yew Jia Ying said: "I'm very proud of the team as they showed their fighting spirit out there to bring back the title and make our teachers proud."

Dunman Secondary School and Presbyterian achieved third and fourth placings respectively in the boys' B division, while Bakit Panjang Government High School edged out Cedar Girls' Secondary School to take the second runner-up spot.

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St Hilda's B Division boys (in blue) defeated Fairfield Methodist School 3-0 (25-18, 25-15) in the final to clinch their 15th title in 20 years. ST PHOTO: AZMI ATHI



# Our Boys in the news!

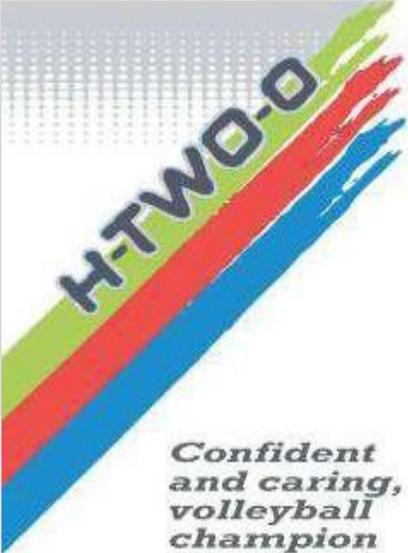
The New Paper – 4<sup>th</sup> July 2013



THE NEW PAPER • Thursday, July 4 2013 57

Sports

TNP School Sports Star Award brought to you by H-TWO-O



## Once a boy, now a leader



THE PICTURE: GARY CHAN

**Confident and caring, volleyball champion Royston is a student transformed**

**GREGORY LOO**  
gregloo@sph.com.sg

**W**HEN Royston Ho first stepped onto the volleyball courts at St Hilda's Secondary School five years ago, his teacher-coach Teo Siew Lan would not have imagined he would grow into the young man he is today.

As a Secondary 1 student, Royston (above) already was of a good height to play volleyball, but Teo wondered if he would have been able to shed his timidity.

Speaking to The New Paper yesterday, Teo said: "He played volleyball at primary school level, but primary school skills and secondary school skills are very different, so he struggled when he came."

"I remember when he was in C (Division) Boys in 2010, I made him the vice-captain and he totally couldn't perform."

"He knew the team depended on him a lot, but he didn't have the maturity and the confidence to carry on and he played badly."

But Royston is now transformed.

In April, he led St Hilda's to a 3-2 victory over Punggol Secondary School in the B Division boys' volleyball final, reclaiming the title they lost to Shuqun Secondary School last year.

Despite his struggles on and off court – he was retained in Secondary 3 – his resilience and sense of responsibility have seen him through the tough times.

Now a Secondary 4 Normal (Academic) student, the boy who kept quietly to himself as he went about his business is today a leader who has the respect of his peers and is looked up to by the juniors.

Royston, who stands 1.86m tall, firmly believes in building the team off the court as well as on it.

### Open up

He said: "I tried to open up more with my teammates and, hopefully, they will be open with me at the same time."

"During the weekends or after training sessions, we'll go out for dinner or watch a movie so that we can talk more and understand each other. If one person is down, we'll know what to say to boost him up."

"Volleyball is a team game so it's very important to sacrifice some stuff for the team."

Aloysius Neo, captain of the Secondary 3 team, said: "Royston's not a very outspoken person but he makes a lot of sacrifices that we don't see."

"He has grown as a leader and he's the one we talk to when there's a team problem."

"He acts like someone who will take care of us and tries to make the juniors feel comfortable with the seniors."

While he has changed much over the last few years, Royston remains his modesty. He has been approached to play for the national team, according to Teo, but he declined the opportunity as he wanted to focus on his studies.

Said Teo: "Volleyball has really helped Royston to grow from a young boy into a young man and I'm very happy for him."

"He shows the determination and the fighting spirit that really brings up the whole team."

"Without him this year, I don't think we could have been champions."

*Confidence and success comes from discipline, training, and a never-give-up attitude. Exercising self-discipline when it comes to diet – consuming small amounts of fats, oils, sugar and salt – and hydration can make the difference between winning and losing... Why take the chance!*



**Do you have the  
desire to be a  
champion?  
Join us!**

