

Freshmen Fully Inducted Into Sports School

Secondary 1 Orientation Camp

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Darryl Sim Jing Quan (front, second from left) with his Orientation Group.

In the blink of an eye, the exhilarating Orientation Camp was over and the Secondary 1s are living a time table that follows the rest of the school.

During those three action-packed days, we had hoped to instill within the Freshmen the Sports School vision, culture and spirit. This Camp also gave my team of School Captains and I the chance to demonstrate and show them what the Champion's Mindset is all about – values and attributes imbued in every student-athlete.

We focused on the values of Respect, Resilience and Integrity during the Camp. Besides the usual plan of familiarising the Secondary 1s with the new environment, rules and procedures, we wanted them to begin seeing themselves as student-athletes and sport champions. We designed activities that were out of their comfort zone and gave them challenges that pushed their limits. The Secondary 1s rose to the challenge every time and impressed us with their grit and creativity.

On Day 3, the Secondary 1s were presented with the Sports School's official red shirt, handed over from the School Captains, from senior to junior, to continue the Sports School's legacy with the freshman batch. It was also a touching scene when the parents pinned the School collar badge on the official red shirt and said some words of encouragement to the freshmen. The Secondary 1s became a part of the Sports School family that night. The journey of a champion begins here.

