

Howin Bounces Back From Injury

Singapore Sports School ROAR Award

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Roar Champions, from left: Choy Xin Ying, Jean Koh, Germaine Au Shi Tong, Principal Mr Tan Teck Hock, Howin Wong Jia Hao, Phebe Meredith Lau Zhi Ling

Badminton Academy student-athlete Howin Wong Jia Hao missed out on opportunities to hold his racket for about one-and-a-half years due to a serious injury. A condition affecting his elbow resulted in significantly reduced court time for him since 2015, even requiring two surgeries to help him get back to competitive sport.

Throughout his injury, Howin continued training with his teammates in the School-Within-A-School programme. He diligently worked on the physical aspects of the game while he was restricted on the technical front.

Having joined Singapore Sports School as one of the top players in his age-group, Howin felt great discouragement upon hearing the doctor's recommendation of a second surgery, after the first had not achieved its desired effects. However, the Secondary 3 shuttler persevered and was determined to come back stronger from his injuries. He exhibited the Champion's Mindset by training harder through his injury, believing that a true champion will not – and does not – give up when the going gets tough.

In September 2016, Howin's hard work and resilient spirit paid off when he won the silver medal in the Chinese Swimming Club-Li Ning Age-Group Badminton 2016 Boys Doubles and reached the quarter-finals in the Singles events.

Howin was presented the ROAR Award by Principal Tan Teck Hock on 9 September 2016 for his display of the Champion's Mindset in his sport pursuits.

Choy Xin Ying (Bowling, Secondary 3), Jean Koh (Fencing, Secondary 1), Germaine Au Shi Tong (Secondary 3) and Phebe Meredith Lau Zhi Ling (Rhythmic Gymnastics, Secondary 3) also received the

ROAR Award for Term 4 for showing outstanding character and leadership qualities. There were 15 nominees for the award this term.