

September And The Great Outdoors

Secondary 1, 2, 3 Level Camps





To most students studying in Singapore, the September holidays are seen as a time to either catch up on their revision, or on some much needed rest.

However, Singapore Sports School student-athletes have now come to associate the September holidays as the period in which they head off for their level camps.

A chance to bond with their peers as well as an opportunity to expose themselves to the elements, 2017 was no different, with the Secondary 1s and 2s having their Level Camps at Pulau Ubin, and the Secondary 3s in Lumut, Malaysia.

Each camp is tailored to reinforce the School's values and challenge their limits as well as develop the attributes needed in each student-athlete to outlast their competition, and involves a variety of outdoor activities.

Our Secondary 1 student-athletes had their level camp by Outward Bound Singapore at Pulau Ubin from 4 to 6 September. There, they were given the opportunity to develop their confidence and independence through activities such as open water swimming and rock climbing.

Our Secondary 2s also took part in an OBS Camp at Pulau Ubin where they participated in various team building activities such as kayaking. Not only was the camp from 4 to 8 September a good opportunity for our student-athletes to develop their tenacity, the activities also served to stretch them beyond their comfort zone as well.

Meanwhile, our Secondary 3 student-athletes had the privilege of attending their Adventure Challenge Excellence with Outward Bound Malaysia in Lumut, Malaysia from 6 to 15 September. Through the activities such as their whaler and trekking expeditions, they learnt to push for excellence, as well as adapt to new challenges in an unfamiliar environment.