

SHSS NETBALL

Shaped by our values, honouring our achievements.





Netball Team 2024



Our Values

Caring, striving, disciplined,
resilient & reflective





Holistic Training Programme

- ✓ Regular Training sessions
- ✓ Sports workshops and mental training to build character & mental skills
- ✓ Yearly bonding camp and Community Service Project
- ✓ Competitive Netball Exposure
- ✓ Exploring abilities beyond Netball - other sports, aesthetics



Training Session

- Fitness
- Court Skills





Training Session

- Wed: 2:30-5:30pm
- Fri : 1- 4pm
- Venue: SAC @SHSS



***Training days and frequency may vary during competition season and school holidays**



Mental Training





Mental Training

Team Talk





Beach Training





Beach Training





Netball Carnivals





Netball Friendly





Values-in-Action



ASIAN NETBALL CHAMPIONSHIP 2022



Sec 1 CCA Fair





Sports Day





Team bonding





Team bonding





Our Achievement

*“One person struggles, we all struggle.
One person triumphs, we all triumph.”*



2024

East Zone 'B' Div : **3rd**
National 'B' Div : **Top 8**



'C' Div National League 1 : **3rd**





2023

East Zone 'B' Div : **2nd**
National 'B' Div : **Top 8**



East Zone 'C' Div : **2nd**
National 'C' Div : **Top 8**





2022

East Zone 'B' Div : **Champion**



East Zone 'C' Div : **4th**





WHY SHSS?

- **Holistic development** of **student-athletes** through Netball
- **Strong sports culture** and environment
- **Affiliated to St. Andrew's Junior College**. Students get 2 bonus points off their GCE 'O' Level Exam aggregate (L1R5) if SAJC is placed as their 1st choice
- Opportunity for students to be selected earlier for entry to JC and Polytechnic through **DSA-JC and Direct Poly Admission (DPA) exercises**
- **Excellent track record** in Netball Achievements
- **Olympic standard facilities** with 4 Netball courts



WE ARE A FAMILY...

