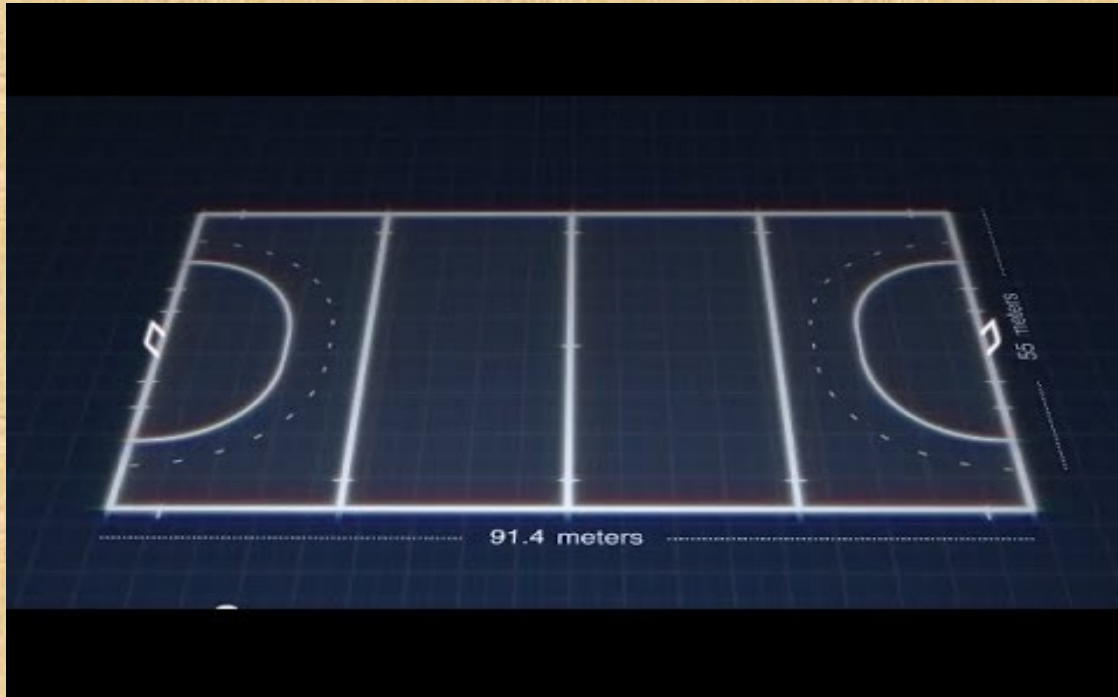




Hildan Hockey 2021

Introduction to HOCKEY



<https://www.youtube.com/watch?v=NPnrKxFwInc>

Achievements

National schools(C division 11 a side 2019) – Top 6

National schools(B division 11 a side 2019) – Top 6

National schools(C division 11 a side 2018) – Top 8

National schools(B division 11 a side 2018) – Top 8

Top 6/8* –Quarter-finalist



Achievements

National schools(C division 11 a side 2017) – 4th

National schools(B division 11 a side 2017) – 3rd

National schools (C division 11 a side 2016) – 2nd

National schools(B division 11 a side 2016) – Top 8



Core Values Of Hockey

- Attitude
- Attendance
- Respect
- Discipline

To become a DISCIPLINED
leader through sport



Overseas Trips (An opportunity for team bonding)



Beside training together, we would gather even after our Hockey sessions to eat together and bond as a team!



Competitions

-B division competition
season (Jan-March)

-C division competition
season (July-Sept)



We also had our hockey
camp during the first
week of June!
(TBC for now)

Training details

Venue: We train at our skyLevel 7 Hockey pitch!

NEW (To be try out for Semester 1)
Term 1 and Term 2

Training days

A) Frequency- TWO times per week
Tuesday and Friday

B) Training duration

- (i) Tuesday - 3.00 to 6.30pm and
- (ii) Friday - 2.30 to 6.30pm

New:- Lessons (Theory and Knowing the game)

- (i) 2hr monthly- Zoom lesson

Total: on a weekly basis: 8.5 hours

Previously (before 2021)

-Training days

A) Frequency - three times per week
Tuesday, Wednesday, Friday

B) Training duration

-Our Training is from 3.30pm to 6.30pm
(Tuesday and Wednesday)
and 2.30 to 5.30(Friday)

Total on a weekly basis: 9 hrs



Zoom session/lesson

Highlights of Hildan Hockey



<https://youtu.be/nD2umzypRxA>

We Hope To See You In Hildan Hockey!

