



Hi! My name is Thaarmin from JH401 and I am very honoured to be receiving the Stephen Loh Sports Excellence Award.

A sportsman to me is someone who does his best in the sport that they are participating in, someone who treats his peers with respect, and supports and encourages his teammates as well. I believe that sportsmanship is a quality that every athlete should have in order to achieve his full potential!

My teachers and coaches in Track & Field have always been supportive of the athletes in the team, and abundant opportunities such as Road Run and other sports events have helped me in excelling in sports. I'm grateful for all the encouragement and experiences that have helped me to be a better athlete.

My advice for NJCians would be to find something that you are passionate about, and commit yourself to improving in that aspect! There will always be friends and teachers in school who are there to support you in your endeavours and you should treat everyone around you with kindness and respect.

Finding a balance between your school commitments and rest time is also very important!