



SPORTS DEVELOPMENT PROGRAMMES

Basketball, Skills, and Drills Program

The aim of BSD Program (Basketball, Skills and Drills) is to allow young people to explore, express and develop their skills. These sessions give the young people the chance to socialize and learn new basketball skills outside school time. The program will also help to build their social skills, by teaching to interact and engage with young people from diverse cultural backgrounds.

Football Program

The aims of the Football program is to encourage active participation, Build Self-esteem/ Self Confidence, to promote fair play and sportsmanship, Encourage and develop effective team building within the group, to develop ball skills and tactical awareness, form social relationships, and to promote a healthier active lifestyle.

American Football Program

The aim of AFSD program is to introduce and promote American football. This program will allow young people explore a different sport and take part in and develop new skills. The program will Build Confidence, to promote fair play and sportsmanship, Encourage and develop effective team building within the group, to develop ball skills and tactical awareness, form social relationships, and to promote a healthier active lifestyle.

Other Sports Programmes:

- Athletics
- Volleyball
- Netball
- Rugby
- Cricket
- Baseball/softball

