



Hello, I am Arshia from 20SH20.

I have had the privilege to be able to represent NJ in 2 sports, Basketball and Canoeing, in my 6-year journey with NJC.

In NJ, I have learnt that to strive for excellence in a sport requires immense discipline, dedication and countless sacrifices. All of this, and yet sometimes, you will still fall. But to be able to pick yourself up at that point of failure is what being a sportsman is all about. To be passionate enough and love the craft so much that you simply don't want to give up. It is about taking failures in your stride by taking the time and effort to figure out what went wrong, and then trying again.

To my fellow schoolmates, I think that possessing the passion to do your best in whatever you choose to pursue is what can keep us going. In these uncertain times of COVID-19, where we can easily be demotivated, my advice is to keep going, give your best, and try to be prepared for whatever comes your way - because that's what you can control.

To all my teachers and coaches, thank you for taking the time to nurture all your students, for connecting with us on a personal level, and constantly pushing us past our boundaries.

And to my teammates, my friends, thank you for being there in both the good and tough times.

Thank you to all my teachers, coaches, and teammates for bringing out the best in me.