

UWH Youth Squad Newsletter

Underwater Hockey Singapore
x Youth Committee

◆
August 2025



YOUTH COMMITTEE (L-R): JERRY, DONGLIANG, VICKI, RICKY

It's been 8 months of awesome UWH action!

We are thrilled to share with you the latest developments in our mission to spread this wonderful sport to a wider youth audience.

Firstly, we would like to express our gratitude to all of our donors and volunteers who have supported us. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

In terms of our recent activities, we are proud to announce that our Youth UWH Athletes - both U19 and U15 had a blast at the recent CMAS Intercontinental Championships - Asian Junior Cup Event.

The U19 team achieved a very respectable 3rd place in Asia while competing against some very stiff competition from China, Malaysia, and Thailand.

Not to be outdone, our U15 athletes Kenzie and Nadine made waves in their respective U15 teams while playing with the China U15 A and B teams.

This is but the start of what we hope to be a fruitful journey to make Singapore an Asian UWH Powerhouse - For that to happen we want to remind everyone that our little society relies on the kindness and support of our community.

If you are able to donate your time or resources, please do not hesitate to reach out to us.

Thank you for your continued support!

Youth Committee

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1H 2025 Highlights

8 Months into 2025 and I am proud to report that the Youth Program has been growing from strength to strength - building on the incredible momentum we established in 2024.

Thanks to everyone's efforts, especially Coaches Ricky, Jerryl and Vicki, and the Youth's Favourite Sister 'Pammie!' we pulled off many firsts:

1/ Organised the first large scale 'Bring a Friend Day' to share the joys of UWH drawing a 40+ strong crowd;

2/ Had Ex-World Champion and Multiple Time World Championship ex-Australia National Team Coach - Mr. David Lambert to impart some "FUN-damentals" of UWH to the Youth Squad;

3/ Incorporated some of the older Youths in Elite Squad Training to prepare them for their eventual transition to Elite Squad;

4/ 1v1 UWH Mini-Competition;

5/ Participated in Asian Junior Cup which was part of a Category A (the highest tier) CMAS Intercontinental Championship Event:
- U19 Team clinched Bronze;
- U15 athletes Kenzie and Nadine made immediate impact in the U15 China Team A and B respectively.

Suffice to say, we could not be prouder of what our tremendous bunch of Youth Athletes have achieved and we look forward to what the future will bring!

This would not have been possible without the patience and support of all our dear youth athletes and our very supportive parents.

This achievement was also underpinned by all of you helping to actively recruit friends and family to join our lovely UWH community.

Enjoy the collage of pictures that we have compiled for our 8 months journey into 2025!

*Cheerios,
Coach Dongliang*

Feb Training Camp



Coach David Lambert: "The Secret to Training is 'R!'"
L. R: Mag, Coach David, Majo



Only Boys in the Sin Bin 😊
L. R: Zachary, Zhe Dian, Coach Jerryl, Coach Dongliang, Kishan, Glen



Sunny Days = Fun Times playing UWH + UWH Glam Shots!
L. R (top, middle, bottom row): Coach Ricky, Elisa, Glen, Caryl, Coach Vicki, Zhe Dian, Aeryn, Kenzie, Elisa & Mag, Adrieyl, Majo & Glenn, Kishan

1H 2025 Highlights (continued)

1v1 UWH Mini-Competition



1v1 Competition - Great for practising those stick skills!

As part of our holistic UWH Youth Program, 2025 was split into three Training Blocks:
Block 1: Individual skills work;
Block 2: Working in 2s and 3s;
Block 3: Working as a team of 6 (Competition Format).

The 1v1 Mini-Competition served as the exclamation point for our Youth athletes to showcase what they have internalised after a three-month Block #1 training period.

Athletes were split into four categories depending on their proficiencies and the very proud winners of each category are pictured below.



Prize Giving with Happy faces all around - Trust that everyone had loads of fun!
Special mention goes to Most Improved Player - Adrieyl Tho - Who received a special pair of Kancil UWH Sticks for his efforts;
We are also glad that Glen Ung has shown particular interest in the technical rules of the game - No prizes for guessing who got the Ref Tee!

1H 2025 Highlights (continued)

Apr Training Camp



'Doesn't seem like we're lining up by height, hmmm....' 😊
L R: Coach David Lambert, Adricyl, Elisa, Zhe Dian, Glenn, Majo

In April, Coach David Lambert together with the Youth Coaches started to emphasise more team-style play.

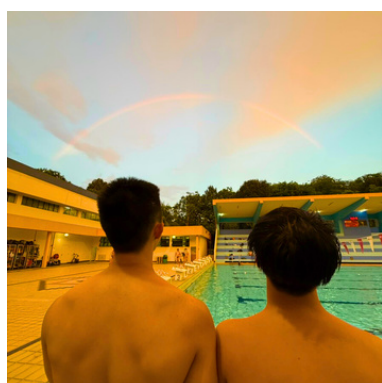
As the Youth Athletes progressed with their individual skills, it was now time for them to learn how to utilise their speed and game nous to gain an edge over their opponents.

This meant mastering the basics and keeping it 'K-I-S-S' (Keep It Super Simple) - As Coach David Lambert never fails to remind the Elite squad, at the Elite level, mastering the basics and executing it *consistently to perfection* is what separates the best from the rest.



'The first thing to do in the morning is ... Play UWH!'

This training camp saw our Youth Team learn how to defend as a team, attack in 2s and 3s, and execute basic set plays from a free puck situation - both on offense and on defense.



Glenn Ang (L) and Adricyl Tho (R) demonstrating how to do a proper 2-on-1 formation while Rainbow spotting 🌈



Some ❤️ the sun...some not so much;
But all ❤️ UWH!

1H 2025 Highlights (continued)

Jun KL Training Camp



Setting off on our 2nd Trip to KL for UWH Training Camp

As the June school holidays rolled around, our Youth Athletes were raring to go for our Mid-Year Overseas Training Camp.

This Training Camp served to reinforce concepts taught throughout the April Training Camp, and of course, many occasions for team bonding: On the team bus, wolfing down yong tau foo, cooking, cleaning and most importantly playing UWH!



Team Bonding on the UWH Bus



Team Bonding over Ampang Yong Tau Foo



UWH Youth Team working hard in the Tunku Abdul Rahman University of Management and Technology Swimming Pool



Team Prep for Breakfast... Thankfully no leftover banana concoctions were conjured up during this process 😊

1H 2025 Highlights (continued)

Jun KL Training Camp



Singapore and Malaysia Youth Coaches 🥰 (*missing Coach Ricky in the picture)
Shoutout to Coach Vicki for sacrificing her own leave and travelling at her own expense to spend the weekend with us
L R: Coaches Dongliang, JerryL, Hou Yi, Vicki



Singapore & Malaysia Youth Teams 🥰
#WeAreUnderwaterHockey!



Great teammates, Good Food @Retoran 88, Water was a little bit cold but Nice Pool all things considered ... Living the UWH Life is Great!
L R (top, middle, bottom row): Elisa, Kenzie, Shilian, Zhe Dian, AdrieyL, Pammie!, Niko, Caryl, Zachary, Hilo, Kate Lynn, Majo)

1H 2025 Highlights (continued)

CMAS Intercontinental Championships - Asian Junior Cup



In the blink of an eye, it was August and time to set off for the Main Competition for calendar year 2025, the CMAS Intercontinental Championships - Asian Junior Cup.

Our Youth Athletes U19 finished 3rd in Asia, and U15 Athletes Kenzie and Nadine made a splash in their respective roles playing with Team China A and B respectively. We're so proud of you kiddos!



Setting off from Harbourfront again...this time we're off to compete against the best in the region @ Asian Junior Cup 🍀



Team Singapore 🇸🇬 Elite Mens, Womens and U19 (*missing our U15 UWH athletes Kenzie and Nadine)



'Game Face On!' as we board the Team Singapore Bus ... preparing to duke it out in the pool with the best in Asia
L-R:Hilo, Zachary, Majo, Mag, Valerie, Zhe Dian, Adrieyl, Glen, Kenzie & Nadine



Youth UWH Team doing Youth Things in the Pool :)

Does anyone else wonder how Charlotte always knows where the camera is? 📷

1H 2025 Highlights (continued)

CMAS Intercontinental Championships - Asian Junior Cup



Looks like Coach Ricky successfully recruited another U15 athlete!
L R: Coach Ricky, Nadine, Kenzie, Bella | L R: Glenn, Zachary, Zhe Dian

Youth Team doing Youth Things out of the pool too 🥰
L R: Valerie, Majo, Mag



U19 Team Winning Third Place going against the Best in Asia 🏆... The future of Singapore's UWH looks bright!
L R (top): Shilton & Majo, Glenn & Kishan, Valerie, Glen, Zachary & Adrieyl, Hilo & Zhe Dian, Mag & Charlotte



Very thankful for the parents' ardent support at the arena and outside of the pool; Special shoutout to dear parents that were in KL - in alphabetical order: Andita, Cynthia, Edward, Gerald, Heather, JH, Linda, Ram, Ricky (also triple-hatting as Coach and Referee!).

Not forgetting all the parents that were tuned into the UWH livestream and sending us love and support from Singapore 🥰

1H 2025 Highlights (continued)

UWH Ambassadors

Part of what makes UWH SG unique is our active role acting as UWH Ambassador to many countries/regions in Asia.

Fun Fact!

Did you know that many Singapore players past and present, were responsible for seeding UWH in neighbouring countries e.g. China, Indonesia, Malaysia, Thailand, Dubai?

This year we had the pleasure of continuing this proud tradition of actively growing the sport in the region and maintaining active links with our "UWH Family all over the Globe" via:

- Seeding the sport in Taiwan in May;
- Hosting Thailand UWH representatives who came to see how we run our Youth Program;
- Sending referee volunteers to help officiate the Malaysia UWH Nationals;
- Connecting with UWH Family in Montreal and Shanghai.



Seeding UWH in a new region - Taiwan 🇹🇼



Thailand 🇹🇮 UWH reps paying us a visit - Sharing best practices!



Referee duties at the Malaysian 🇲🇾 UWH Nationals - Forging closer connections with our UWH friends up north!



UWH with friends in Montreal (left) and Shanghai (right)

The Year Ahead

2025

- End Aug: Parents - Coaches Session 3Q2025
- Aug - Sep: Player Evaluation + Cycling through the three major training blocks: Individual Skills → Working as a Group → Working as a Team
- Late Nov: UWH SG Social League [TBC]
- Early Dec: Parents - Coaches Session 4Q2025
- 26-29 Dec: Bangkok UWH Training Camp/Tournament [TBC]

2026

- Jan: Bring a Friend Day [TBC]
- Early Feb: Parents - Coaches Session 1Q2026
- End Mar: 1v1 UWH SG Competition [TBC]
- Early Jun: Parents - Coaches Session 2Q2026
- Jun: Overseas Training Camp
- Jul/Aug: Asia UWH Cup
- End Aug: Parents - Coaches Session 3Q2026

Training Block #1 More UWH Games + Fundamentals for Elite Level Play
Training Block #2 Coordinating plays in 2s & 3s; Set Plays
Training Block #3 Team play - Playing as 4s / 5s / 6s

UWH Tryouts

As some of our aspiring (and inspiring) 14yo and 18yo Youth Athletes 'graduate' into the U19 Squad and Elite Squad respectively, we are looking to recruit new young talent for our U15 Squad (12yo - 14yo) and U19 Squad (15yo - 18yo).

If you have any friends and/or family that may be interested, please feel free to connect them with any of the youth coaches and invite them down to GESS for tryouts - it's FREE!



The Future of UWH in Singapore Needs YOU!



As UWH continues to grow as a thrilling and unique sport in Singapore, the success of our youth team depends heavily on the involvement and volunteers.

Our Youth Coaches pour hundreds of hours of their personal time into training, mentoring, and guiding our aspiring youth athletes - for free.

We need YOUR help to ensure the future success of our youth team and the future of UWH in Singapore.

The Youth Committee is calling on all parents and existing athletes to step up and contribute in key areas where we need the most support. Here's how YOU can make a direct impact:

Where We Need Help

- ◆ **Recruitment:** Help us spread the word about UWH and recruit new friends to play this awesome sport!
- ◆ **Chaperoning:** Help ensure our young athletes are safe and supported at events, especially overseas events.
- ◆ **Refereeing:** Learn more about the rules of UWH, and how games are run, travel with us to tournaments and help officiate games (once you are a qualified referee) - everyone wins!
- ◆ **Funding:** Cash sponsorships are crucial for equipment, travel, and development. If you can't donate time, consider contributing financially.

By contributing in these areas, you'll play a vital role in shaping the future of UWH for our youth! 🌟

Looking ahead, to maintain a high quality of coaching and development, we're considering moving towards a more financially sustainable model for some aspects of our programs. Your support now will help us to navigate this transition smoothly.

We urge all parents and players to read this carefully and consider how YOU can contribute. Together, we can build a stronger, sustainable, and more successful youth program for underwater hockey in Singapore!

Thank you all for your involvement and support! 🙌

Youth Committee
