

SPORTS



SPORTS

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ADVENTURE LEARNING

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ZOOM

• Virtual Booths

• YOUTUBE LIVE

Live@NUS

DATES >>>> 1-13 AUG

1100-1800 <<<< TIME

NUSSU STUDENT LIFE FAIR 2021 (SLF'21) IS A THREE-DAY FULLY VIRTUAL EVENT FROM 11 - 13 AUGUST WITH ONLINE BOOTHS AND A YOUTUBE LIVESTREAM TO INTRODUCE AND PROMOTE THE VARIOUS STUDENT ORGANISATIONS AT NUS.



nusstudentlife



nus.students.
union.nexus



nusslf



MyNUSSU



nusstudentlife



CCA Booths



Performances



Lucky Draw



Goodie Bag

...and many more!

STAY TUNED FOR
STAY TUNED FOR
STAY TUNED FOR
STAY TUNED FOR¹

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WITH MORE THAN 40 TYPES OF SPORTS CCAS, THERE ARE MORE THAN ENOUGH OPPORTUNITIES FOR YOU TO TAKE UP NEW SPORTS AND TRY OUT ALL THE VARIOUS EXCITING ACTIVITIES! WHETHER YOU'RE PLANNING TO JOIN COMPETITION SPORTS OR TO PICK UP NEW SKILLS , THE SPORTS CCAS HAVE IT ALL COVERED!



ZOOM link

<https://bit.ly/SLF21Sports>

ARE YOU LOOKING FOR SPORT CCAS TO STAY FIT?

DO YOU WANT TO BE ACTIVE IN THE SPORT SCENE?

Catch the livestream of the Sports CCAs showing off their skills and form on Day 3, August 13 !

Do not miss out on these excellent opportunities for you to learn and sign up for Sports CCAs!



NUS STUDENTS' SPORTS CLUB NUS STUDENTS' SPORTS CLUB NUS STUDENTS' SPORTS CLUB NUS STUDENTS' SPORTS CLUB

THE NATIONAL UNIVERSITY OF SINGAPORE STUDENTS' SPORTS CLUB (NUSSSC) IS ONE OF THE MOST ACTIVE STUDENT ORGANISATION IN CAMPUS. THEY CATER TO THE RECREATIONAL SPORTING NEEDS OF THE NUS COMMUNITY.

NUSSSC COMPRISES OF A CENTRAL MANAGEMENT COMMITTEE OVERSEEING MANY RECREATIONAL SPORTS. THE MANAGEMENT COMMITTEE PROVIDES THE ADMINISTRATIVE, FINANCE, AND LOGISTIC SUPPORT FOR THE SPORTS GROUPS AND ACTS AS THE LINK BETWEEN THEM, THE GENERAL NUS POPULATION, WITH OFFICE OF STUDENT AFFAIRS, SPORTS AND RECREATION CENTRE AS WELL AS EXTERNAL ORGANISATION.



@nussportsclub




nussportsclub.org



NUS VOLLEYBALL RECREATIONAL CLUB

NUS RECREATIONAL VOLLEYBALL CLUB IS A RECREATIONAL VOLLEYBALL GROUP OPEN TO ALL STUDENTS, INEXPERIENCED AND EXPERIENCED ALIKE. IT IS A FUN CLUB TO RELAX AND MAKE FRIENDS. WE HAVE 3 SESSIONS A WEEK (MONDAY, WEDNESDAY, AND FRIDAY) AND CONDUCT TRAININGS ON 2 OF THOSE SESSIONS (MONDAY AND FRIDAY)


 @nus.volleyball


 <https://www.nussportsclub.org/clubs/volleyball>



NUS AEROBICS

NUS AEROBICS CLUB OFFERS GROUP FITNESS CLASSES OF DIFFERENT LEVELS OF INTENSITY AND COMPLEXITY THROUGHOUT THE YEAR TO STUDENTS AND STAFF WHO ARE KEEN TO EXERCISE IN A COMFORTABLE AND NON-INTIMIDATING ENVIRONMENT. OUR CLUB AIMS TO RAISE AWARENESS ON THE IMPORTANCE AND BENEFITS OF EXERCISE, PROMOTE A HEALTHY LIFESTYLE AND PROVIDE A SOCIAL AVENUE FOR MEMBERS TO BUILD CAMARADERIE THROUGH WORKOUT SESSIONS AND EVENTS. TO PROMOTE PHYSICAL FITNESS AND ENCOURAGE REGULAR EXERCISE, THE CLUB ORGANISES A VARIETY OF FITNESS CLASSES THAT ARE TAUGHT BY CERTIFIED INSTRUCTORS DURING ACADEMIC SEMESTERS AND HOLIDAYS.


 @nusaerobics

 <https://www.nussportsclub.org/clubs/aerobics>



NUS AIKIDO CLUB

AIKIDO IS A SELF-DEFENCE MARTIAL ART WHICH NEUTRALISES ATTACKS IN A PEACEFUL AND NONVIOLENT WAY. TECHNIQUES INCLUDE JOINT LOCKING, PINNING, STRIKING, AND CAN INVOLVE USE OF WEAPONS. HERE AT NUS AIKIDO, WE HAVE REGULAR WEEKLY TRAININGS ON TUESDAY AND THURSDAY FROM 7PM TO 9PM (SUBJECT TO COVID-19 RESTRICTIONS AS OF NOW), AT MPSH OR UTOWN (MONTHLY UPDATES ARE GIVEN). THE TRAINING ATTIRE WOULD BE GI OR DRIFIT SHIRT AND LONG PANTS. PRIOR MARTIAL ARTS EXPERIENCE IS NOT REQUIRED AS NEWCOMERS WOULD BE GUIDED BY SENIORS AND WE STRIVE TO LEARN FROM ONE ANOTHER AS WELL. SEE YOU ON THE MATS!

 @nus_aikido

 <https://www.nussportsclub.org/clubs/aikido>



NUS ARCHERY CLUB

WE ARE A CLUB FOCUSED ON THE SPORT OF ARCHERY, WELCOMING PEOPLE OF ALL BACKGROUNDS, FROM EXPERIENCED ARCHERS TO BEGINNERS WHO WISH TO TRY THE SPORT.



@nus.archery



<https://nus.campuslabs.com/engage/organization/nus-archery-team>



NUS BOXING CLUB

BOXING IN SINGAPORE CAN BE INACCESSIBLE, DUE TO THE COST OF GYM MEMBERSHIPS, BUT THAT'S WHERE WE COME IN! AT NUS BOXING, WE CONDUCT BOTH RECREATIONAL AND COMPETITIVE TEAM TRAININGS THAT NOT ONLY HELP YOU LEARN THE FUNDAMENTALS OF BOXING, BUT ALSO GIVE YOU A GOOD WORKOUT! WE TRAIN IN SCHOOL ON WEDNESDAYS (INTERMEDIATE 6:30-7:30, BEGINNER 7:30-8:30), AND WE HOPE TO SEE SOME NEW FACES THIS SEMESTER!



@nusboxing



<https://nus.campuslabs.com/engage/organization/nus-students-sports-club>



<https://www.nussportsclub.org/clubs/boxing>



NUS CAPOEIRA CLUB

CAPOEIRA IS A BRAZILIAN MARTIAL ART THAT HAS FOUR KEY ELEMENTS : FIGHT, DANCE, MUSIC AND ACROBATICS. CREATED BY AFRICAN SLAVES USING MUSIC AND DANCE TO DISGUISE SELF-DEFENCE TACTICS FROM THEIR PORTUGUESE MASTERS, CAPOEIRA'S RICH CULTURAL HISTORY ADDS TO ITS UNIQUENESS AS A MARTIAL ART. NUS CAPOEIRA CLUB AIMS TO SPREAD AWARENESS OF CAPOEIRA IN SINGAPORE AS AN ACCESSIBLE AND ENJOYABLE ART FOR PEOPLE OF ALL AGES AND EXPERIENCES, WHILE CREATING A FUN-FILLED COMMUNITY FOR CAPOERISTAS TO TRAIN AND IMPROVE.



@nus.capoeira



<https://nus.campuslabs.com/engage/organization/nus-students-sports-club>



<https://www.nussportsclub.org/clubs/capoeira>




NUS INTELLECTUAL GAMES CLUB

THE IGC AIMS TO STIMULATE THE MINDS OF THE NUS COMMUNITY. YOU CAN MAKE LOTS OF FRIENDS AND LEARN NEW GAMES BY JOINING US. NO PREVIOUS KNOWLEDGE OF GAMES IS REQUIRED, AND NO RESTRICTION IS IMPOSED.

 @igc_nus

 <https://nus.campuslabs.com/engage/organization/nus-students-sports-club>


 <https://www.nussportsclub.org/clubs/igc>



NUS KARATE

NUS KARATE IS A WELL-ESTABLISHED MARTIAL ARTS CLUB, PRACTICING THE SHITO-RYU STYLE OF KARATE. THIS STYLE UNITES AGILITY & STRENGTH WHILE ACHIEVING AN ARTISTIC FORM OF MOVEMENT. OUR INSTRUCTOR SHIHAN YOSHIMASA ISHIKAWA, FOUNDER OF THE KEN YU KAI KARATE ASSOCIATION (SINGAPORE), HOLDS AN IMPRESSIVE 8TH DAN BLACK BELT IN KARATE (SHITO-RYU STYLE) AND HAS PRACTICED THE ART FOR MORE THAN 50 YEARS! UNDER HIS GUIDANCE, MEMBERS WILL LEARN KIHON (BASICS), KATA (SET OF CHOREOGRAPHED MOVEMENTS) AND KUMITE (SPARRING).

WE ARE EXTREMELY BEGINNER FRIENDLY AS INCOMING MEMBERS DO NOT NEED TO HAVE ANY PRIOR EXPERIENCE IN KARATE. COME AND TRY OUT KARATE!

 @nuskarate


 <https://www.nussportsclub.org/clubs/karate>



NUS KENDO CLUB

KENDO IS A MARTIAL ART ABOUT THE WAY OF THE SWORD, WHERE NUS STUDENTS AND ALUMNI GATHER TO HONE THEIR SKILLS IN THE DOJO. WHILE KENDO MAY SEEM LIKE A VERY PHYSICAL ACTIVITY, DON'T BE DECEIVED, THE UNDERPINNINGS OF BOTH PHILOSOPHY AND MENTAL RESILIENCE MAKE THEIR APPEARANCE BOTH IN TRAININGS AND IN COMPETITIONS.

IN KENDO WE ALL START FROM THE GROUND UP, NO PRIOR EXPERIENCE IS REQUIRED. UNDER THE SENIORS' AND SENSEI'S GUIDANCE, YOU WILL LEARN TO MOVE SWIFTLY AND STRIKE FEARLESSLY, TO ATTACK AND COUNTER-ATTACK, AND TO THINK ON YOUR FEET WHILE PAYING ATTENTION TO YOUR SURROUNDINGS; ALL FUNDAMENTAL TO BEING A KENDOKA.


 @nuskendoclub

 <https://www.nussportsclub.org/clubs/kendo>



NUS MUAY THAI

MUAY THAI IS COMMONLY REFERRED TO AS THE ART OF 8 LIMBS. USING THE FISTS, ELBOWS, KNEES AND SHINS AS OUR ARSENAL, MUAY THAI IS A DYNAMIC BACK AND FORTH EXCHANGE OF STANDUP STRIKING AND CLINCHING. IN NUS MUAY THAI, WE CREATE A SAFE SPACE FOR ONE ANOTHER TO GROW AS MARTIAL ARTS EXPONENTS AND TOGETHER, WE STRIVE FOR EXCELLENCE. WE ALSO HOLD RECREATIONAL CLASSES FOR STUDENTS INTERESTED TO DO THE SPORT LEISURELY. THESE CLASSES ARE SYSTEMATIC AND WELL THOUGHT OUT BY THE COACH, WITH TEAM MEMBERS FACILITATING EACH CLASS. COME JOIN THE NUS MUAY THAI FAMILY!

 @nusmuaythai


 <https://nus.campuslabs.com/engage/organization/nus-muay-thai-team>

 <https://www.nussportsclub.org/clubs/muaythai>



NUS NAM WAH PAI

NAM WAH PAI SELF DEFENCE (NWPSD) IS ONE OF THE MARTIAL CLUBS UNDER NUS SPORTS CLUB, HOWEVER WHAT DIFFERENTIATES US FROM THE OTHERS IS WE OWN A MARTIAL ARTS STYLE WHICH IS AUTHENTIC TO SINGAPORE. IN NUS NWPSD, WE TRAIN MARTIAL ART AND SELF DEFENSE TECHNIQUES AND QI GONG. TO FIND OUT MORE ABOUT US, PLEASE DO FOLLOW US ON INSTAGRAM @NWP_NUS AND LIKE OUR FACEBOOK PAGE NUS NAM WAH PAI. IF YOU HAVE ANY QUESTIONS, PLEASE KINDLY DROP US AN INSTAGRAM MESSAGE OR EMAIL US AT NAMWAHPAI@NUSSPORTSCLUB.ORG!

 @nus_nwp

 <https://www.nussportsclub.org/clubs/nwp>




NUS NETBALL RECREATIONAL CLUB

NUS NETBALL RECREATIONAL CLUB (NRC) WELCOMES ALL OF YOU, REGARDLESS OF GENDER AND EXPERIENCE LEVEL!

WHETHER YOU ARE A NETBALL PRO OR SOMEONE WITH LITTLE TO NO EXPERIENCE, WE STRIVE TO PROVIDE YOU WITH A SAFE AND CONDUCIVE ENVIRONMENT TO LEARN AND PLAY NETBALL WITH LIKE-MINDED INDIVIDUALS. APART FROM LEARNING HOW TO PLAY THE DIFFERENT POSITIONS IN NETBALL, MEMBERS WILL ALSO GET TO DEVELOP AND HONE HIGHER LEVEL SKILLS SUCH AS QUICK DECISION-MAKING AND SPATIAL AWARENESS ON COURT. WE TRAIN ON TUESDAYS, 7PM-9PM.

FOR MORE INFORMATION, VISIT US ON INSTAGRAM (@NUS.NRC) OR FACEBOOK (NUS NETBALL RECREATIONAL CLUB - NUS NRC)!"

 @nus.nrc

 <https://www.nussportsclub.org/clubs/netball>



NUS SKATING CLUB

HELLO! WE ARE A RECREATIONAL INLINE SKATING CLUB WHERE EVERYONE WITH DIFFERENT BACKGROUNDS AND SKILLSETS LEVEL CAN COME TOGETHER TO TRAIN AND HAVE FUN. THERE IS NO STRICT TRAINING PROGRAM, YOUR LEARNING IS DONE AT YOUR OWN PACE SO THERE IS NOTHING TO STRESS ABOUT. ALSO, NOT ONLY DO WE SKATE IN SCHOOL, BUT WE ALSO HOST URBAN SKATING REGULARLY WHERE EVERYONE CAN ENJOY THE THRILL OF SKATING AROUND THE URBAN LANDSCAPE WHILE ENJOYING THE VIEW OF BEAUTIFUL LANDMARKS. WE HOPE TO SEE YOU IN COURT SOON!



@nusskating



<https://www.nussportsclub.org/clubs/skating>



NUS WUSHU

WUSHU IS A MARTIAL ART AS WELL AS A PERFORMING ART THAT IS AN INTEGRAL PART OF CHINESE CULTURE AND HELPS BUILD CHARACTER, DISCIPLINE AND VIRTUE. THE SPORT FOCUSES ON TRAINING IN TAOLUS, WHICH ARE A SET ROUTINE COMPRISING CONNECTED TECHNIQUES, CHOREOGRAPHED WITH PATTERNS OF ATTACK AND DEFENSE. AS IT DOES NOT CONTAIN MANY STUNTS AND ACROBATICS, TRADITIONAL WUSHU IS NOT DIFFICULT TO PICK UP OR LEARN, ALL YOU NEED IS A PASSIONATE HEART FOR THE SPORT AND DILIGENCE IN TRAINING.



@nuswushu



<https://www.nussportsclub.org/clubs/wushu>



NUS UNIVERSITY LIFEGUARD CORPS

UNIVERSITY LIFEGUARD CORPS (ULC) IS A FAMILY OF LIFESAVERS, BOTH UNDERGRADUATES AND ALUMNI, DEDICATED TO THE WATERS AND BEACHES. WE OFFER COURSES - LIFESAVING 1, 2, & 3, AND BRONZE MEDALLION - TO EQUIP INTERESTED INDIVIDUALS WITH SKILLS TO BECOME LIFEGUARDS. INTERESTED TO FIND OUT MORE? TALK TO US NOW AT HELLO@NUSLIFESAVING.COM



@nuslifesaving




<https://www.nussportsclub.org/clubs/ulc>




NUS SPORTS NUS SPORTS NUS SPORTS NUS SPORTS

NUS SPORTS WELCOMES ALL STUDENTS TO JOIN THEM REGARDLESS OF EXPERIENCE OR SKILLS AS THEY ARE HERE TO PROMOTE SPORTS TO THE NUS COMMUNITY, BE IT RECREATIONAL OR FOR SPORTS EXCELLENCE. NUS SPORTS IS COMMITTED TO BRINGING YOU THE BEST STUDENT LIFE EXPERIENCE ON AND OFF THE FIELD.

 @teamnus

 <http://www.nus.edu.sg/osa/student-life/student-organisations-directory>




 @nusaquathlon

AQUATHLON

WE ARE A MULTI-SPORT CCA THAT DOES A COMBINATION OF BOTH SWIM AND RUN. WE REPRESENT NUS TO COMPETE IN SUNIG AS WELL AS OTHER AQUATHLON COMPETITIONS IN SINGAPORE, FOR EXAMPLE, THE ANNUAL NTU AQUATHLON EVENT AND METASPRINT. WE HAVE A COACH AND HE COMES DOWN FOR TRAININGS AS WELL AS SENDS US OUR TRAINING PLANS EACH WEEK. NUS AQUATHLON ACCEPTS BOTH RECREATIONAL AND COMPETITIVE ATHLETES WHO ARE WILLING TO WORK HARD AND HAVE PASSION FOR BOTH RUNNING AND SWIMMING.




 @nusbowling

 <https://nus.campuslabs.com/engage/organization/nus-bowling-team>

BOWLING

THE NUS BOWLING VARSITY TEAM WELCOMES ALL STUDENTS, REGARDLESS OF EXPERIENCE, TO JOIN US AS WE AIM TO NURTURE A TEAM OF DEDICATED AND ENTHUSIASTIC BOWLERS WHO ARE INTERESTED IN DEVELOPING THEIR SKILLS AND TECHNIQUES. WE TRAIN ONCE A WEEK, EITHER ON MONDAY OR TUESDAY AT SPGG FROM 8-10PM. EVERY YEAR, THE TEAM PARTICIPATES IN THE SINGAPORE UNIVERSITY GAMES (SUNIG) AND INSTITUTE VARSITY POLYTECHNIC (IVP) GAMES, AS WELL AS OVERSEAS COMPETITIONS AND FRIENDLIES WITH OTHER SCHOOLS TO ALLOW OUR BOWLERS TO ACQUIRE AMPLE COMPETITION EXPERIENCE.



 @nuscalisthenics

 <https://nus.campuslabs.com/engage/organization/calinus>

NUS CALISTHENICS

IN CALISTHENICS, WE AIM TO ACHIEVE MASTERY OF ONE'S BODY TO ACHIEVE GRAVITY-DEFYING FEATS SUCH AS PLANCHES, HANDSTANDS, MUSCLE UPS, FRONT AND BACK LEVERS. IT STARTS FROM FOUNDATION MOVEMENTS LIKE PUSHUPS, PULLUPS AND DIPS AND PROGRESSES INTO MORE SPECIFIC AND FUN SKILL BASED TRAINING.

OUR TRAININGS ARE CONDUCTED FREE & EASY, WHERE WE GUIDE AND PUSH EACH OTHER TO BECOME STRONGER BOTH PHYSICALLY AND MENTALLY. WE WELCOME ANYONE TO JOIN, REGARDLESS OF LEVEL, SINCE EVERYONE STARTS SOMEWHERE.



@nuswaterpolo



<https://nus.campuslabs.com/engage/organization/nus-water-polo-team>

NUS WATERPOLO

NUS WATER POLO COMPRISES OF BOTH A MEN'S AND WOMEN'S TEAM. WE PARTICIPATE IN SEVERAL COMPETITIONS ON A YEARLY BASIS, WITH THE MEN'S TEAM BEING THE REIGNING CHAMPIONS AND WOMEN'S TEAM BEING FIRST RUNNERS-UP IN THE RECENT SINGAPORE UNIVERSITY GAMES 2019. FURTHERMORE, THE WOMEN'S TEAM COMPRISES OF PLAYERS WHO HAVE NO PRIOR EXPERIENCES IN PLAYING WATER POLO, SO OUR TEAM IS OPEN TO ALL WHO ARE INTERESTED IN EXPLORING WATER POLO AND HAVE A PASSION FOR THE SPORT. FIND US ON INSTAGRAM @NUSWATERPOLO AND LOOK OUT FOR MORE UPDATES!"



@nuscanoepolo



<https://nus.campuslabs.com/engage/organization/nus-canoe-polo-team>

NUS CANOEPOLO

CANOE POLO IS A COMPETITIVE SPORT THAT USES A KAYAK, PADDLE AND A BALL. EACH TEAM CONSISTS OF 5 PLAYERS THAT WILL ATTEMPT TO SCORE IN THEIR OPPONENT'S GOAL, WHICH IS SUSPENDED 2M ABOVE WATER. IT IS A CONTACT SPORT THAT REQUIRE BOAT AND BALL HANDLING SKILLS. IT CAN BE PLAYED IN A POOL OR OPEN WATER IN A COURT MEASURING 35M BY 23M. EACH MATCH CONSISTS OF 2 HALVES AND EACH HALF IS 10 MINS. CANOE POLO REQUIRES EXCELLENT TEAMWORK AND TECHNIQUE, BUT DON'T BE AFRAID TO COME AND TRY AS NUS CANOE POLO TEAM WELCOMES NEWCOMERS! COME AND JOIN US TO EXPERIENCE THIS EXCITING SPORT AND MAKE FRIENDS!



@teamnuscanoeing



<https://nus.campuslabs.com/engage/organization/teamnuscanoeing>


NUS CANOEING

NUS CANOEING IS AN ORGANIZATION FOR PEOPLE WHO LOVE PADDLING, STRIVING TO BRING ABOUT A FULFILLING AND ENRICHING STUDENT LIFE EXPERIENCE ON AND OFF THE WATER. WE WELCOME EVERYONE OF VARYING LEVELS OF PADDLING EXPERIENCE. EXPERIENCED PADDLERS WILL GET TO HONE THEIR TECHNIQUES AND PUSH THEMSELVES TO THEIR LIMITS DURING TRAINING AND COMPETITION, AS SHOWN BY THE PASSIONATE MEMBERS WHO ENJOY THE THRILL OF COMPETING IN THE ANNUAL INTER-TERTIARY CANOEING COMPETITION. NEW PADDLERS WILL GET THE CHANCE TO LEARN A NEW SKILL AND TECHNIQUES TO WORK THEIR WAY UP, EVENTUALLY GETTING THE OPPORTUNITY TO COMPETE AND REPRESENT THE SCHOOL.



NUS CLIMBING (VARSITY)

AS A COMPETITIVE CLIMBING TEAM, WE WANT TO PROVIDE AN ENVIRONMENT THAT FACILITATES PROGRESSION IN THE SPORT. WE PARTICIPATE IN BOULDERING COMPETITIONS SUCH AS NATIONAL SCHOOLS BOULDERING CHAMPIONSHIPS (NSBC). WE ARE MADE OUT OF INDIVIDUALS WHO PRIDE THEMSELVES ON GIVING THEIR BEST EFFORT IN EVERY TRAINING SESSION AND ARE LOOKING FOR LIKE MINDED INDIVIDUALS.

 @teamnusclimbingguys

 <https://nus.campuslabs.com/engage/organization/nus-climbing-team>



NUS CROSS COUNTRY

NUS CROSS COUNTRY IS A TEAM COMPRISING OF BOTH COMPETITIVE AND RECREATIONAL RUNNERS WHO TRAIN TOGETHER AND SPUR EACH OTHER ON. WE STRIVE TO BREAK OUR PERSONAL BESTS AND TO CLOCK IN SOME MILEAGE WHILE HAVING FUN!


 @nuscrosscountry

 <https://nus.campuslabs.com/engage/organization/nus-cross-country-team>



NUS DRAGONBOAT (MEN)

NUS DRAGON BOAT WELCOMES ALL STUDENTS TO JOIN US REGARDLESS OF EXPERIENCE OR SKILLS. WE ARE HERE TO PROMOTE DRAGON BOAT TO THE NUS COMMUNITY AND ARE COMMITTED TO BRINGING YOU THE BEST STUDENT LIFE EXPERIENCE ON AND OFF THE FIELD. WE PARTICIPATE IN 3 MAIN COMPETITIONS ACROSS THE ACADEMIC YEAR, AND STRIVE TO ACHIEVE GREATER HEIGHTS. WE PLACE GREAT EMPHASIS ON THE VALUES OF DEDICATION, DETERMINATION AND BROTHERHOOD. WE BELIEVE THAT THESE CORE PRINCIPLES WILL GUIDE US TO ACHIEVE OUR GOALS AND DO NUS PROUD

 @nusdragonboat

 <https://nus.campuslabs.com/engage/organization/nus-dragon-boat-team>


 nusdb.carrd.co





NUS FLOORBALL (MEN)

NUS FLOORBALL IS A COMMUNITY OF FLOORBALL ENTHUSIASTS THAT WELCOMES STUDENTS OF ALL LEVELS OF EXPERIENCE. NUS FLOORBALL CURRENTLY CONSISTS OF BOTH RECREATIONAL AND VARSITY TEAMS THAT TRAIN AND COMPETE IN VARIOUS COMPETITIONS THROUGHOUT THE YEAR. DO CONTACT US FOR MORE INFORMATION!


 @nusfloorball

 <https://nus.campuslabs.com/engage/organization/nus-floorball-team>



NUS GOLF

NUS GOLF AIMS TO IMPART VALUABLE HARD AND SOFT SKILLS DURING TRAINING. WE HOPE THAT THROUGH THIS CCA, AMATEUR PLAYERS GET TO PICK UP A NEW SKILL WITH THE HELP OF A PROFESSIONAL COACH WHILE EXPERIENCED PLAYERS CAN ENHANCE THEIR GAME WITH THE HELP OF THEIR FRIENDLY PEERS. ULTIMATELY, NUS GOLF SEEKS TO BRIDGE THE GAP BETWEEN BEGINNERS AND EXPERIENCED PLAYERS TO CREATE ONE COMMUNITY.

 @teamnusgolf


 <https://nus.campuslabs.com/engage/organization/nus-golf-team>

 <https://www.nusgolf.org>



NUS HANDBALL (WOMEN)

A UNIQUE SPORT THAT REQUIRES SPEED, STRENGTH, STAMINA, AGILITY, TECHNICAL PRECISION, SKILL, AND TEAMWORK, HANDBALL HAS BECOME ONE OF THE FASTEST-PACED AND EXCITING OLYMPIC SPORTS. BEING A COMBINATION OF FOOTBALL, BASKETBALL, AND NETBALL, 2 TEAMS OF 7, CONSISTING OF 6 OUTFIELD PLAYERS AND 1 GOALKEEPER, COMPETE TO SCORE MORE GOALS THAN THE OTHER. DEFENSE IN HANDBALL ALSO INCLUDES PHYSICAL CONTACT IN ORDER TO DISRUPT THE PLAYS OF THE OPPONENT.

 @nushandball

 <https://nus.campuslabs.com/engage/organization/nus-handball-team>




 @nusjudo

 <https://nus.campuslabs.com/engage/organization/nus-judo-team>


NUS JUDO

NUS JUDO IS A COMPETITIVE/RECREATIONAL MARTIAL ARTS CLUB THAT CATERS TO PRACTITIONERS OF ALL SKILL LEVELS. OUR HEAD COACH, MR. TANG SOON ONN, IS THE 1989 SEA GAMES GOLD MEDALIST AND HAS A WEALTH OF EXPERIENCE AND KNOWLEDGE IN JUDO. MEMBERS CAN BE SURE THAT THEY ARE IN GOOD HANDS! THE TEAM TRAINS ON MONDAYS AND THURSDAYS, 7 TO 9PM AT MPSH HALL 6. THE ANNUAL JUDO INTER TERTIARY CHAMPIONSHIP (ITC) IS THE MAIN COMPETITION THAT WE PARTAKE IN AND IS HELD IN MARCH (SEMESTER 2). WE HAVE BEEN ITC CHAMPIONS SINCE 2016 AND HOPE TO CONTINUE DEFENDING OUR TITLE!



 @nuskayaking

 <https://nus.campuslabs.com/engage/organization/nuskayaking>


 <https://nuskayaking.org/>

NUS KAYAKING

NUS KAYAKING IS A MEMBER OF TEAMNUS' OUTDOORS EDUCATION NETWORK (OE-NET) WHICH ORGANIZES, CONDUCTS AND EXECUTES PROFICIENCY COURSES, KAYAKING ORIENTATIONS, EXPEDITIONS, AND BIATHLONS. OUR ROLE IS TO PROMOTE KAYAKING AS A SPORT AMONG THE NUS COMMUNITY AND PUBLIC BY ORGANIZING SUCH EVENTS AND MORE.

WE ARE ALSO THE GO-TO UNIT FOR ALL NUS ORGANISATIONS SEEKING TO CONDUCT SEA BASED ACTIVITIES. IN THIS REGARD, NUS KAYAKING MAINTAINS THE VARSITY FLEET OF 38 SEA KAYAKS AND ITS ASSOCIATED EQUIPMENT ACROSS MULTIPLE BASES IN SINGAPORE ON BEHALF OF THE UNIVERSITY. GET SPLASHED WITH THE LATEST INFORMATION ON WHAT WE ARE UP TO!



 @nus_mountaineering

 <https://nus.campuslabs.com/engage/organization/nus-mountaineering-make-it-real>

 <https://nus-mir.com/>

NUS MOUNTAINEERING (MAKE IT REAL)

MIR WAS FOUNDED IN 2001 BY MOUNTAINEERS FROM SINGAPORE'S FIRST EVEREST TEAM.

TO DATE, OUR TEAM HAS CLIMBED MOUNTAINS ALL OVER THE WORLD INCLUDING THE NUS CENTENNIAL EVEREST EXPEDITION, THE SINGAPORE WOMEN'S EVEREST TEAM AND CLIMBS AT ONG TENG CHEONG AND ONG SIEW PEAKS IN KAZAKHSTAN. TODAY, WE RUN A WIDE-RANGING HOST OF DEVELOPMENTAL PROGRAMMES LIKE THE BI-ANNUAL BASIC TECHNICAL MOUNTAINEERING COURSE (TMC) TO INDIA, NEPAL AND KAZAKHSTAN, COMMUNITY SERVICE PROJECTS, CLIMBING SESSIONS TO ENGAGE YOUTHS (19-25 Y.O.) TO PURSUE MOUNTAINEERING AND SEEK OUT ADVENTURE IN THE GREAT OUTDOORS.



NUS POWERLIFTING

STARTING FROM HUMBLE BEGINNINGS AS A STUDENT LED INTEREST GROUP, POWERLIFTING NUS, WITH THE SUPPORT OF ITS MEMBERS, HAS GROWN OVER THE YEARS TO BECOME THE VARSITY TEAM THAT IT IS TODAY. COMPRISING OF A PASSIONATE GROUP OF PEOPLE UNITED TOGETHER BY A LOVE OF LIFTING, THE CLUB HAS REPRESENTED NUS IN SEVERAL COMPETITIONS SUCH AS THE TERTIARY POWERLIFTING CHAMPIONSHIPS IN 2021. WE HOLD WORKSHOPS THAT INTRODUCE BEGINNERS TO THE THREE MOVEMENTS OF POWERLIFTING- THE SQUAT, BENCH PRESS AND DEADLIFT. FOR SEASONED LIFTERS, WE HAVE SESSIONS TO HELP IMPROVE EXISTING WEAKNESSES. WE WELCOME EVERYONE, REGARDLESS OF LIFTING BACKGROUND TO JOIN US

 @powerliftingnus


 <https://nus.campuslabs.com/engage/organization/nus-powerlifting>



NUS SWIMMING

NUS SWIMMING WELCOMES ALL STUDENTS TO JOIN US REGARDLESS OF EXPERIENCE OR SKILLS AS WE ARE HERE TO PROMOTE SWIMMING TO OUR NUS COMMUNITY BE IT RECREATION OR FOR SPORTS EXCELLENCE. WE ARE COMMITTED TO BRINGING YOU THE BEST STUDENT LIFE EXPERIENCE IN AND OUT OF THE POOL.

OUR COMPETITIVE TEAMS PARTICIPATE IN TWO MAIN COMPETITIONS EACH ACADEMIC YEAR, THE SINGAPORE UNIVERSITY GAMES (SUNIG) IN SEMESTER 1 AND INSTITUTE VARSITY POLYTECHNIC (IVP) GAMES IN SEMESTER 2. OUR TEAM AIMS TO RETAIN OUR TITLE AT SUNIG AND THE IVP GAMES. THIS CAN BE SEEN FROM OUR DEDICATION IN TRAINING AND THE INDOMITABLE SPIRIT OF ALL MEMBERS ON THE TEAM. BESIDES TRAINING SESSIONS, THE GROUP ALSO SETS ASIDE TIME TO RELAX AND UNWIND TOGETHER!


 @nusswimming

 <https://nus.campuslabs.com/engage/organization/nus-swimming-team>




NUS SAILING

NUS SAILING VARSITY TEAM REPRESENTS NUS AT THE REGIONAL, NATIONAL, AND TERTIARY LEVEL AND HAS RETURNED EXCELLENT RESULTS IN COMPETITIONS. OUR TEAM ETHOS IS PASSION, RESPONSIBILITY, OWNERSHIP AND SUPPORTIVENESS. WE AIM TO MAKE THE SPORT OF SAILING ACCESSIBLE TO THOSE WHO ARE DEDICATED AND WILLING TO PUT IN THE WORK REQUIRED TO BE A COMPETENT AND COMPETITIVE SAILOR.

 @nussailing


 <https://nus.campuslabs.com/engage/organization/nussailing>

 [nussailing.com](https://nus.campuslabs.com/engage/organization/nussailing)



NUS SILAT

SILAT IS A MARTIAL ART THAT ORIGINATED IN THE MALAY ARCHIPELAGO, NAMELY MALAYSIA, INDONESIA AND THAILAND. IT CONSISTS OF STRIKING MOVES SUCH AS PUNCHES, KICKS, GRABS, THROWS AND TAKE-DOWNS. THERE ARE TWO ASPECTS TO IT, SENI (ARTISTIC) AND TANDING (FIGHTING) WHICH MAKES USE OF THE DIFFERENT TECHNIQUES IN SILAT. HERE AT NUS SILAT, WE ARE A NUS VARSITY TEAM THAT TRAINS COMPETITIVELY IN BOTH DISCIPLINES. WE TAKE PRIDE IN HAVING A FUN AND COMFORTABLE ATMOSPHERE AKIN TO A FAMILY. WE TRAIN TOGETHER AS A TEAM, WORKING HARD AND PLAYING HARD.

 @nus.silat

 <https://nus.campuslabs.com/engage/organization/nus-silat-team>



NUS TABLE TENNIS

NUS TABLE TENNIS WELCOMES ALL STUDENTS TO JOIN US REGARDLESS OF EXPERIENCE OR SKILLS AS WE ARE HERE TO PROMOTE TABLE TENNIS TO OUR NUS COMMUNITY BE IT FOR RECREATION OR FOR SPORTS EXCELLENCE. WE ARE COMMITTED TO BRINGING YOU THE BEST STUDENT LIFE EXPERIENCE ON AND OFF THE FIELD. OUR COMPETITIVE TEAMS PARTICIPATE IN TWO MAIN COMPETITIONS EACH ACADEMIC YEAR, THE SINGAPORE UNIVERSITY GAMES (SUNIG) IN SEMESTER 1 AND INSTITUTE VARSITY POLYTECHNIC (IVP) GAMES IN SEMESTER 2. THE MEN AND WOMEN TEAMS TRAIN ON MONDAYS WEDNESDAYS, AND THURSDAYS, 7 TO 10PM AT USC SPORTS HALL. OUR TEAMS AIMS TO RETAIN OUR TITLE AT SUNIG AND TO IMPROVE OUR RESULTS AT THE IVP GAMES. THIS CAN BE SEEN FROM OUR DEDICATION IN TRAININGS AND THE INDOMITABLE SPIRIT OF ALL MEMBERS ON THE TEAM. THE TEAM BELIEVES IN THE MOTTO, "THERE IS NO SUBSTITUTE FOR HARD WORK." OUR TEAM IS DEDICATED TO THE SPORT WITH FRIENDSHIPS AND CAMARADERIE BEING EQUALLY AS IMPORTANT AS OUR SKILLS.

 @pingnuspong

 <https://nus.campuslabs.com/engage/organization/nus-table-tennis-team>



NUS TAEKWONDO

NUS TAEKWONDO WELCOMES ALL STUDENTS TO JOIN US REGARDLESS OF EXPERIENCE OR SKILLS AS WE ARE HERE TO PROMOTE TAEKWONDO TO OUR NUS COMMUNITY, BE IT FOR RECREATIONAL PURPOSES OR FOR SPORTS EXCELLENCE. WE ARE COMMITTED TO BRINGING YOU THE BEST STUDENT LIFE EXPERIENCE ON AND OFF THE MATS. TRAININGS ARE HELD AT MPSH 6 ON WED (7.30-9.30PM) AND SAT (2.30-4.30PM). WE PARTICIPATE IN SEVERAL COMPETITIONS EVERY ACADEMIC YEAR AND HAVE CONSISTENTLY ATTAINED COMMENDABLE RESULTS THROUGHOUT THE YEARS. WE ALSO STRONGLY BELIEVE IN GIVING BACK TO SOCIETY, ACTIVELY ORGANISING AND PARTICIPATING IN VOLUNTEERING OPPORTUNITIES. COME JOIN US TODAY!


 @nustkd

 <https://nus.campuslabs.com/engage/organization/nus-taekwondo-team>



NUS TRACK AND FIELD

NUS TRACK & FIELD IS A COMPETITIVE AND RECREATIONAL TEAM, CONSISTING OF VARIOUS DISCIPLINES - SPRINTS, JUMPS, THROWS, AND CROSS COUNTRY. WE WELCOME ALL NUS STUDENTS WHO WISH TO PURSUE SPORTS EXCELLENCE, OR SIMPLY, KEEP FIT!

 @nus_athletics


 <https://nus.campuslabs.com/engage/organization/nus-track-field-team>



NUS ALPHA VERVE CHEERLEADING

ALPHA VERVE WAS ESTABLISHED IN 2005 AS THE FIRST NUS CHEERLEADING SQUAD, AND BECAME A PART OF TEAMNUS. RECENT ACHIEVEMENTS IN THE NATIONAL CHEERLEADING COMPETITION INCLUDES THE TEAM EMERGING STRONG AS 1ST RUNNER UP IN THE CASNCC TEAM CHEER TERTIARY COED PREMIER CATEGORY, 1ST RUNNER UP IN THE ACIC DOUBLE GROUP STUNT OPEN ALL GIRL ELITE CATEGORY AND REPRESENTING NUS IN THE ASIAN UNIVERSITY CHEERLEADING CHAMPIONSHIP HELD IN SEOUL, KOREA - A TESTAMENT TO THE BLOOD, SWEAT AND TEARS OF THE TEAM MEMBERS OVER THE PAST FEW YEARS.

TRAINING IS HELD ON MONDAYS (GYMNASTICS), WEDNESDAYS AND SATURDAYS (STUNTS)! CONTACT US ON INSTAGRAM AT @NUSALPHAVERVE

 @nusalphaverve

 <https://nus.campuslabs.com/engage/organization/nus-cheerleading-team>

NUS SPORTS
NUS SPORTS



ADVENTURE LEARNING
ADVENTURE LEARNING
ADVENTURE LEARNING
ADVENTURE LEARNING



@nus_dive



<https://nus.campuslabs.com/engage/organization/nus-dive>

NUS DIVE, NUS DIVE (FREEDIVE)

NUS DIVE AIMS TO EXPOSE THE NUS COMMUNITY TO THE WONDERS OF THE UNDERWATER REALM BY ORGANISING SCUBA DIVING COURSES REGULARLY. OUR SUB-CLUB, NUS FREEDIVE, TRAINS AND COMPETES PROFESSIONALLY IN FREEDIVE EVENTS AND STRIVES FOR COMPETITIVE EXCELLENCE. APART FROM COURSES AND COMPETITIONS, WE ALSO AIM TO BRING THEM MORE OPPORTUNITIES FOR SCUBA DIVING LIKE DIVE TRIPS AS WELL AS CONSERVATION DIVES TO FOSTER THE CONSERVATION OF THE ENVIRONMENT AND APPRECIATION OF NATURE.



@facilitators.nus



<https://nus.campuslabs.com/engage/organization/facilitators-nus>

FACILITATORS@NUS

WE ARE A DRIVEN STUDENT CLUB AIMING TO EMPOWER THE NEXT BATCH OF STUDENT FACILITATORS (SF) WHO HAVE THE PASSION TO SERVE THE COMMUNITY. STARTING FROM THE NUS COMMUNITY, WE PROVIDE AMPLE OPPORTUNITIES FOR OUR SF TO APPLY THEIR SKILLS LEARNT AND SERVE THE IMMEDIATE COMMUNITY.



@nusrovers



<https://nus.campuslabs.com/engage/organization/rovers-adventure-club>



<https://nusrovers.carrd.co/>

NUS ROVERS

NUS ROVERS ADVENTURE CLUB IS A SOCIETY THAT AIMS TO SHARE OUR LOVE FOR OUTDOOR ADVENTURES WITH OTHERS. OUR LONG-TERM VISION IS TO ENCOURAGE A GREATER APPRECIATION OF THE OUTDOORS, THROUGH TREKKING AND EXPLORATION. OVER THE PAST YEARS, WE HAVE GATHERED MANY PEOPLE WHO SHARE THE SAME ZEST FOR ADVENTURE AND WHO EXUDE THE SPIRIT OF FRIENDSHIP WE ADVOCATE WHEN WE (LITERALLY) SURMOUNT OBSTACLES. THE ACTIVITIES WE ORGANIZE SERVE AS UNIQUE EXPERIENCES FOR OUR MEMBERS, ENRICHING THEIR STUDENT LIFE, HELPING THEM TO GROW AS INDIVIDUALS, LEARN ABOUT THE WORLD, FORGE NEW FRIENDSHIPS, AND MAKE MANY WONDERFUL OUTDOOR MEMORIES.



OUTDOOR ACTIVITIES CLUB

NUS ODAC HAS A RICH BACKGROUND, BEING ONE OF THE LONGEST STANDING CCAS IN NUS SINCE 1984 WITH OVER 550 ACTIVE UNDERGRADUATE MEMBERS. WE PLAN ENGAGING OUTDOOR ACTIVITIES FOR ALL OUR MEMBERS AND NUS STUDENTS, LIKE WAKEBOARDING AROUND SELETAR ISLAND, TREKKING TO WWII BUNKERS, AND CYCLING AROUND SINGAPORE! THERE'S SOMETHING FOR EVERYONE, WHETHER YOU'RE NEW TO THE OUTDOORS OR NOT, AND NUS ODAC IS DEDICATED TO BRINGING THE OUTDOORS TO YOU.



@nusodac



<https://nus.campuslabs.com/engage/organization/nus-outdoor-activities-club>

ADVENTURE LEARNING
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