

“Run your own race” - a quote often said by Coach Kevin that has enabled me to develop ineffable discipline.

In addition, it has instilled in me core values like self-confidence and determination. With the **congenial yet competitive environment** at Total Kinetic Sports, I have been able to **push myself past my limits while making a lot of valuable friends.**

Other than building mental toughness and physical attributes, I have also gained **a library of knowledge.** For example, I learnt much about how the mind must synergise with the body, and many interesting facts about muscle growth and recovery.

As the name Total Kinetic Sports suggests, I learnt much about how to **utilise the body kinetically through the fascinating techniques taught.** Through the consistent training advocated, I am sure I will be able to soar and eventually even represent Singapore in athletics.

Total Kinetic Sports, being **a club filled with a treasure trove of vibrance,** is definitely for you if you have the grit to face your fears and are passionate about Track and Field.

Nimai Mannem, Student-Athlete

Total Kinetic Sports
Creating legacies