

After joining Total Kinetics Sports, **my passion for running spiked** and with **the help of my altruistic and cordial coach, I was able to get into 3 finals in Nationals in the year 2018.**

My coach has not only taught me things on the track but off the track as well. Values as simple as **sportsmanship and respect** are often overlooked sometimes but certainly not in this club.

I definitely have grown physically and mentally throughout my years in this club. Moreover, I have used **skills that were taught on the track in real life**, for example, being **more focused and having more confidence** in myself.

I also really enjoy the way coach has planned everything out for us athletes, from the **layout of the training to our own specific trainings for our goals**. If you're looking for a place to develop or enhance your skills in the area of track and field, I highly recommend joining Total Kinetics Sports.

Kelvin Siew, Student-Athlete

