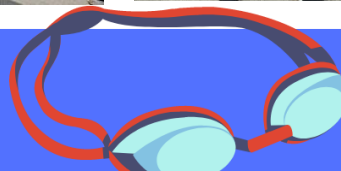
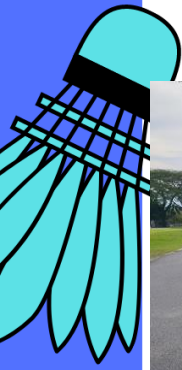
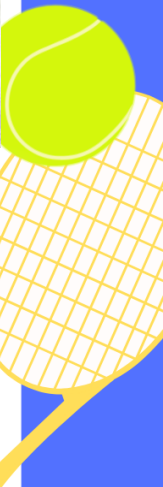
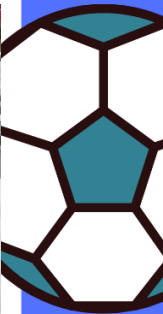
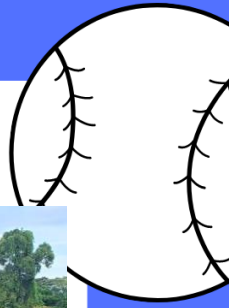


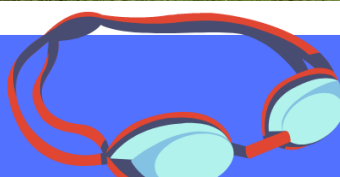
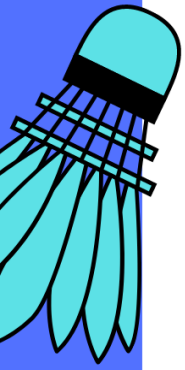
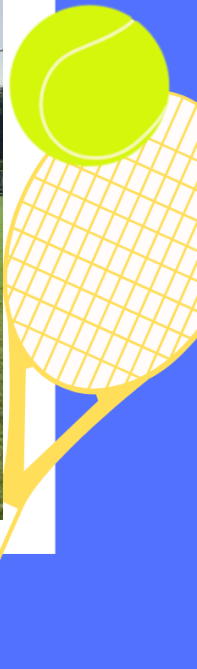
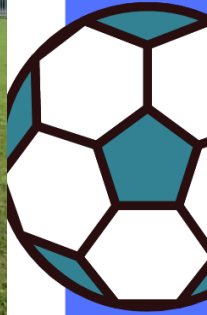
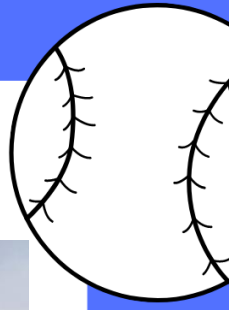


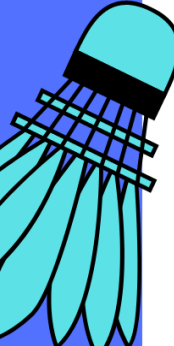
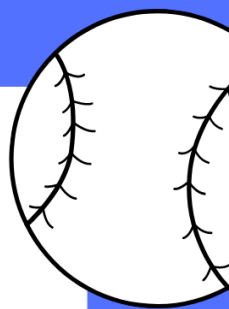
AIMS PRIMARY & SECONDARY CROSS COUNTRY
17 NOVEMBER 2023





**AIMS PRIMARY & SECONDARY CROSS COUNTRY
17 NOVEMBER 2023**





AIMS PRIMARY & SECONDARY CROSS COUNTRY 17 NOVEMBER 2023

MATCH REPORT

Throughout Term 1, our Cross Country students attended morning training sessions in preparation for this event. Students learned about breathing, pace and running techniques, and the improvement shown from our athletes during the training sessions has been remarkable.

During the AIMS Cross Country event at Kepong Metropolitan Park, the atmosphere was filled with enthusiasm and the spirit of sportsmanship as participants cheered each other on along the course and at the finish line. During each race, our runners gave their best efforts, completing the course and never giving up! The commitment, hard work, dedication and desire to achieve was evident on race day.

The different routes around the lake at the park were not easy, as there were many turns and hills for the students to conquer, which they did with determination and a desire to succeed.

Race Distances:

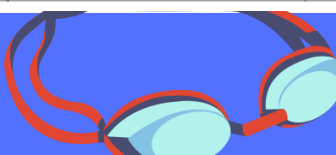
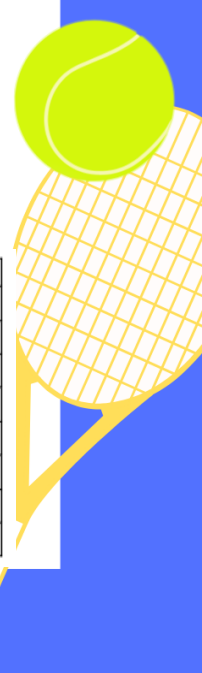
U9 & U11: 1.5km

U15 & U15: 3km

O15: 5km

A huge WELL DONE to all our students on their achievements. Sri KDU SJ had many runners placed in the top 10 of their age group and some runners receiving medals for placing in the top 5! With our excellent performances and many top 5 finishers our Sri KDU SJ Primary Team were placed FIRST and our Secondary Team placed FOURTH overall . Well done Sri KDU SJ!

A special thank you to our parent volunteers who worked very hard at the event, to ensure the event ran smoothly and safely, your support is highly appreciated. A final thank you to all parents for their support during the Term 1 Cross Country training sessions and we look forward to seeing you in Term 2.



Position	Primary	Secondary
1 st	Sri KDU SJ	Sri KDU KD
2 nd	AIMS	AIMS
3 rd	MKIS	ELC
4 th	Sri KDU KD	Sri KDU SJ
5 th	ELC	MKIS
6 th	Tenby	Sunway
7 th	Sunway	CHM
8 th		Tenby

We asked the students their favourite part of the Cross Country Event and here is what they shared:

My favourite part was when I was near to the finish line and getting cheered by my school friends and parents. And my second favourite part was even though I was feeling exhausted but I manage to complete the run and I got 36th place. Thank you Miss Claire, Mr Naresh & Mr Booth for your encouragement & tips. Also thank you my parent for BIG support, (even tho my dad wasn't there!) for encouraging me and my friends.

- Temujin EMAM 4A

My favourite part of my first cross country event was the opportunity to compete with other kids from other school and win a medal!. I had a lot of fun. I will definitely join again! Thank you MS. CLAIRE, MR. NARESH and MR. BOOTH for your help and guidance! - Tushara Emam 6C



My favourite part about the cross-country event was when I raced with kids from different schools. I also had a lot of fun with my friends. Thank you MR.NARESH and MS.CLAIRE for training us and making us fit.

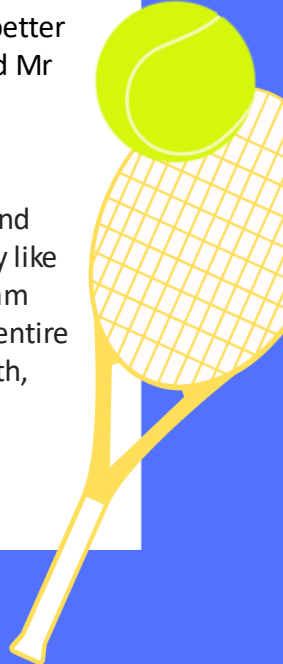
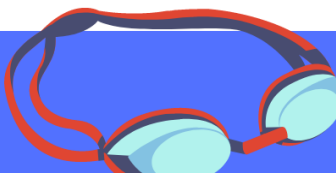
- Iba Mohamed Saeed 4A

The race was very well organised with water and chairs under a tent to sit on provided. The Cross- Country race was fun as we were competing against children from other schools. I like the warm up session from Ms Claire and Mr Naresh as it helped me to have a better sense of prep for the race. Thank you to Mr Naresh, Ms Claire and Mr Booth for supporting us and telling us to go at our own pace.

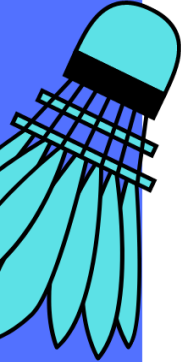
- Jadon Peng de la Mar 6B

My favourite part of the cross country event was that I got to spend time with my friends in the park. The air was fresh and I just really like running. I also got to say hi to all my friends' parents, buy ice-cream and ride the school bus. Most importantly, I like cheering for the entire school team. Thank you for helping me improve my physical health, and I would definitely like to do it again.

- Marcus Gan 5B



We asked the students their favourite part of the Cross Country Event and here is what they shared:



My favourite part of cross country was running the actual race and racing against other schools even though I twisted my ankle. Thank you for giving me the opportunity to experience this with my friends. I would like to do it again!

- Hanna Sanikaa Binti Mohamed Yazeen 6C

What I enjoyed the most about the cross country was being on the bus, getting the blue band, eating snacks on the bus and running with my friends. Thank you for letting me take part, it was so much fun!

- Layla Alishaa Binto Mohamed Yazeen 3A

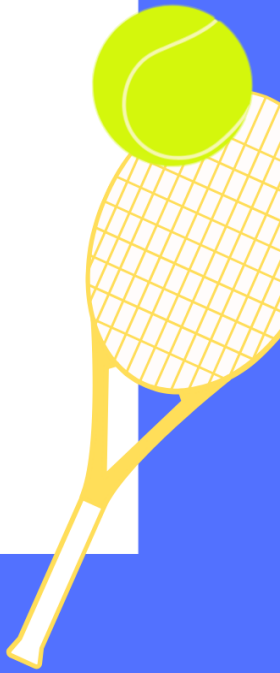
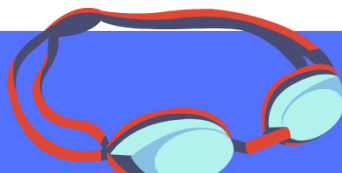
My favourite part of the cross-country event was the bus ride where I could just talk to my friends and eat random snacks. I was very happy when I received my medal and my friends cheered.

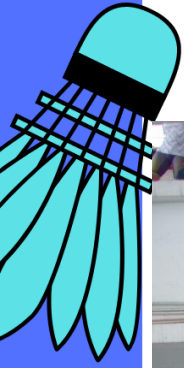
- Ali Zgard 6C



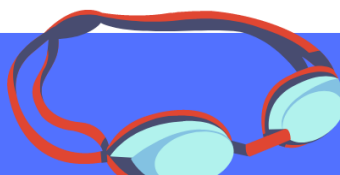
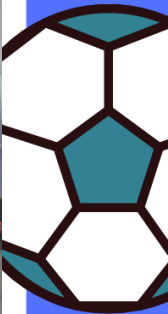
My favourite part of the cross-country event was to have a lot of people cheering for me and it was so fun to run 1km and more. I loved the bus ride too!

- Umar Zyghm 4B





SHORT COURSE SWIMMING GALA @ PADE SHAH ALAM
17-19 NOVEMBER 2023



**SHORT COURSE SWIMMING GALA @ PADE SHAH ALAM
17-19 NOVEMBER 2023**

MATCH REPORT

In a pool of talent at the Pusat Akuatik Darul Ehsan, Shah Alam (PADE), our school's swimming squad made waves at the 10th Selangor Short Course Swimming Championship held from November 17th to 19th, 2023.

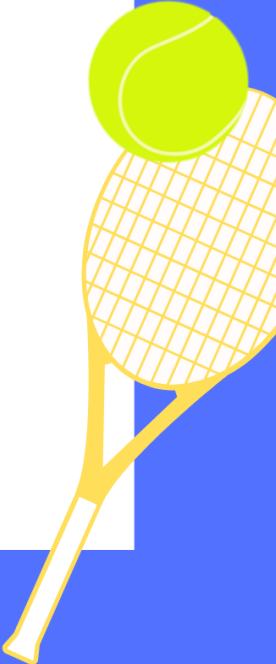
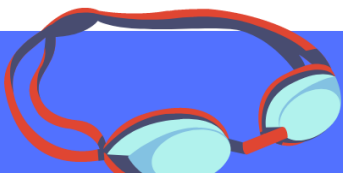
Seven of our dedicated students dove into the competition, showcasing remarkable skill and determination. Not only did they perform admirably, but they also maintained their impressive times throughout the competition.



The pool echoed with cheers and excitement as our swimmers conquered the lanes, making us proud with their achievements. Congratulations to our aquatic stars for a job well done at the championship!

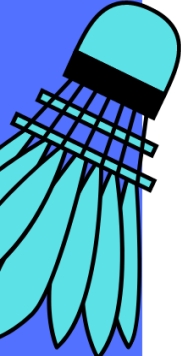
Stay tuned for more updates on our incredible athletes as they continue to make a splash in the world of swimming.

- Coach Salsa



**AIMS U15 BOYS FOOTBALL PLATE FINAL @ ELC
20 NOVEMBER 2023**

MATCH REPORT



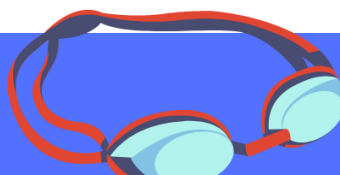
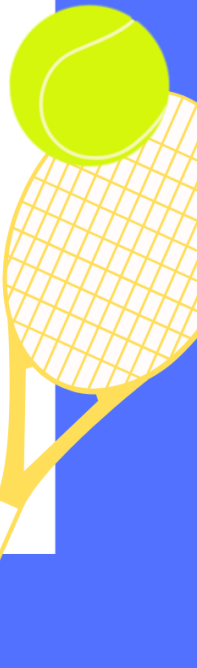
On Monday, November 20th, we went to ELC International School to play against them and AISM. Man, the weather was awful!

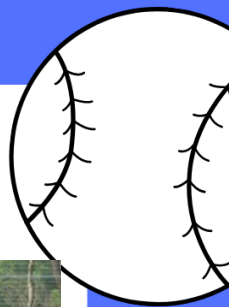
It was raining intensely making it tough for both sides. But I managed to score the first goal for the tigers then Leroy followed up with another goal in the second half. AISM got a free kick and, yeah, they scored. But our team did good, and we won 2-1.

We were all set to play against ELC and hopefully bring back the trophy for KDU, but the weather was just too bad. The game got called off, but we're looking forward to playing it another day.

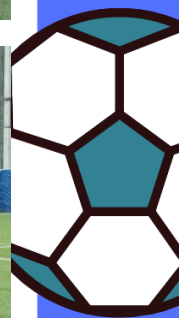


Muhammad Haiqal Bin Sulaiman Year 10B



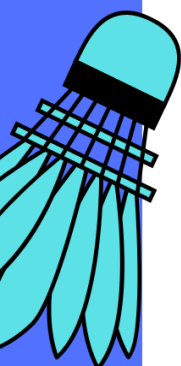


**AIMS U13 BOYS FOOTBALL PLATE FINAL @ SRI KDU SJ
22 NOVEMBER 2023**



AIMS U13 BOYS FOOTBALL PLATE FINAL @ SRI KDU SJ
22 NOVEMBER 2023

MATCH REPORT



The final was here! Every single player on the team was ready to win the final and take the plate trophy and keep it at our beloved school Sri KDU, the match was at our turf and each of us were filled with joy and fierceness.

We started with a simple rondo warm up, then we saw the opposition arrive and they looked quite ready and we were too. Each and every one of us was, and we used that.

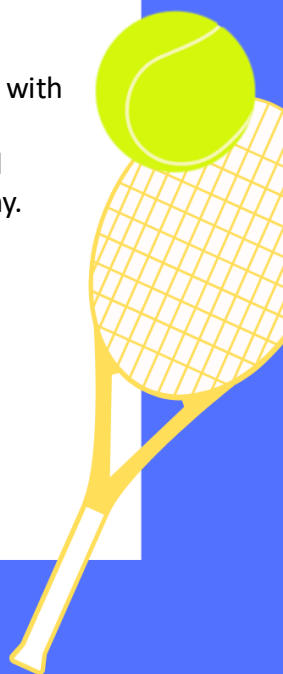
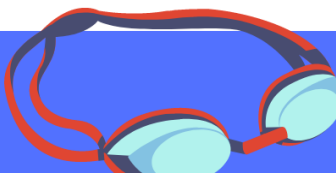


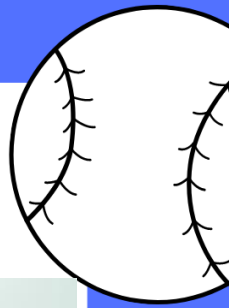
During the first game the opposition(AISM) were controlling the game until a corner came, Jashn had just come on. Arshan made a wonderful cross that was whipped in and Ameer got a hardly noticable touch on it then Jashn went and stroked the ball into the back of the net. then Xin Shuo took the chance too minutes later and cannoned it in the net, then with a few minutes left of the first half Ameer rebounded a and tucked it in the back of the net.

The second match was the decider with thunder approaching it was it! then after a neat pass by Arshan, Ameer dribbled pass one player and fed Arshan the ball and he shot with such power yet accurate this was going in... and yes Arshan scored in what looked like the last match. We stopped for a while cause of thunder and then we played on.

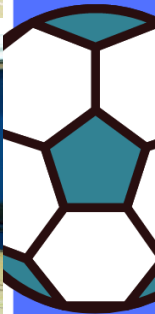
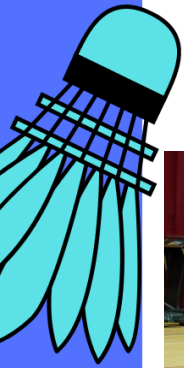
Arshan doing the usual thing he does, dribbled past the whole team with ease and fired it in so hard that the goalie looked puzzled. Then 10 minutes later he struck again Arshan had done his magical skills and slotted another home. Thats when we know we won the plate trophy.

Ameer Uqba 7B





**AIMS U9 BOYS BENCHBALL CUP FINAL @ SRI KDU SJ
23 NOVEMBER 2023**



AIMS U9 BOYS BENCHBALL CUP FINAL @ SRI KDU SJ
23 NOVEMBER 2023

MATCH REPORT

The echoing cheers and palpable excitement filled the air at Sri KDU Subang Jaya as three U9 Benchball teams clashed in AIMS U9 Benchball Final that left spectators on the edge of their seats. The teams, adorned in their vibrant and distinctive kits, showcased not only their prowess in Benchball but also their unity and sportsmanship.

The match started off with a burst of energy as Sri KDU Subang Jaya and ELC took their positions on the court. The players, donned in eye-catching kits that reflected the team spirit, demonstrated exceptional teamwork and strategy throughout the game. It was an intense match whereby both teams drew 6-6.

In the second match, both Sri KDU Subang Jaya and Sri KDU Kota Damansara intensified their efforts. The court witnessed spectacular dives, gravity-defying catches, and thunderous throws that had the audience roaring in approval. It was a good game and Sri KDU Subang Jaya won the game and made it to the finals!

In the Final, ELC managed to secure an advantage with a series of well-coordinated attacks. However, Sri KDU Subang Jaya, refusing to back down, launched a relentless comeback attempt that had everyone at the edge of their seats. The final whistle blew, signaling the end of an exhilarating match that showcased ECL as the winner of the AIMS U9 Benchball 2023 and Sri KDU Subang Jaya won the silver medal.

