



Get to know more about Shnae Cummings!

Looking back, there was a time when I wanted to stop playing handball. Every time I lost a game, I was so disappointed in myself and felt that I let my friends and family down. Instead of playing handball, I would just watch movies on Netflix and read stories on Wattpad.

But as time past, I felt something was missing from my life and I knew exactly what it was, handball. I strayed around this sport millions of times, but ended up coming back to it anyway because I knew that I couldn't live without Handball in my life.



Inner City Handball Association is the main reason that I continue to play handball today. Throughout my high school life, ICHA has put forth many tournaments that helped me build my handball skills as well as my confidence. They made me realize just why I love to play this sport. ICHA has managed for many years, to bring kids from all over New York together just for their tournaments. From this, I have been able to make many friends from all over NYC and learn things from others along the way. I find it amazing how there can be so much competition, yet so many friendships made at the same time.

The tournaments that ICHA hosts has also helped me stay healthy and keep my grades up in high school. Members and supporters of this organization has opened up my eyes to the true beauty of handball and has made me realize just how much I need it in my life.

By supporting ICHA, one life can be changed at a time, just like mine was. To see handball expand further out is a dream come true. I hope the future generations will love and support this sport as much as I do because it has helped embody my persona and made me feel the best that I can be on and off the court.

-Shnae Cummings



Player Statistics/Accomplishments

2012 First Annual Back to School USWA Tournament- 2nd place

2014 ICHA High School Spring Meet 15 and Under Singles- 1st place

2014 ICHA High School Spring Meet 15 and Under Doubles- 2nd place

2014 USWA Nickelodeon Worldwide Day of Play Wallball Tournament Junior Doubles- 1st place

2015 USWA Princess of the Court Junior Female- 2nd place

2015 PHA Juniors Clinic Girls 17 and Under doubles- 1st place

2015 PSAL Girls Handball Team Championships

2015 PSAL Invitationals- 3rd place

2015 USWA Prep for Success Wallball Tournament

2016 USWA Prep for Success Wallball tournament- 1st place

2016 PHA Junior Clinic Girls 17 and Under- 1st place

2016 ICHA High School Spring Meet 15 and Under singles- 1st place

2016 PSAL Girls Handball Team Championships

2016 USHA Junior Nationals Girls 15 and Under Singles- 1st place

2016 ICHA Obert Athlete Award

2017 USHA Junior Nationals One Wall Handball Championships Doubles- 1st place