

# Cheat Sheet

# Sporting Events



## Introduction

There are many platforms on which people from around the world could interact, learn from one another and establish good relations; and sporting events is one such example. Athletes who participated in the Olympics and the Southeast Asian Games not only compete, they also exchanged ideas, helped one another, fostered new ties and strengthened existing friendship based on mutual respect.



The Olympic creed introduced by the International Olympic Committee in 1924, states, "the most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not to triumph, but the struggle. The essential thing is not to have conquered, but to have fought well".

(Butterfield, Moira. (2011) (p.11)

### Here are two real examples which demonstrate true sportsmanship by athletes:

At the Olympics in Barcelona in 1992, two female athletes ran their victory lap together after their 10,000 metre event. Gold medalist Derartu Tulu from Ethiopia and silver medalist Elana Meyer from South Africa showed the world the new forms of friendship and co-operation.



At the recent 28th Southeast Asian Games in June 2015, a Singaporean marathon runner Mr Ashley Liew had actually slowed down so that the other 11 athletes who had taken the wrong route got back on track. "At one point during the early stages of Sunday's (Jun 7) 42.195 km race, Liew suddenly found himself leading the 12-strong field after his rivals took the wrong path. But instead of taking advantage of his lead, which was about 50m, the Singaporean decided to wait for them." During the interview with the press, Mr Liew was quoted as saying "I would not have felt comfortable taking advantage of the situation as I am a big fan of sportsmanship. In fact, I was sharing with the other athletes how important sportsmanship is."

(Muniappan, Shanjayan.(2015, June 10).



The first recorded Olympic Games took place around 776 BC, at Olympia in ancient Greece. Like the modern Olympics, they were held every four years. They continued for about 1,100 years until around AD 393 when the games were eventually stopped. A Frenchman by the name, Baron Pierre de Coubertin, decided to revive the games in the 19th century. Through participation in the games, he hoped to promote friendship, peace and fair play among people as well as between countries.



Today, interest in sporting events is growing rapidly around the world, including here, in Southeast Asia. While physical exercise is good for the mind, body and soul, team sports foster teamwork, responsibility, leadership and dedication

# Categories of Sporting Events

## Single-sport Events

- Cricket World Cup (cricket)
- Formula One (motor racing)
- FIFA World Cup (soccer)
- World Golf Championships (golf)
- World Table Tennis Championships (table tennis)
- Tour de France (bicycle race)



## Multi-sport Events

- Regional level:
- Asian Games
  - Southeast Asian Games
  - ASEAN Para Games

- International level:
- Olympics
  - Youth Olympics
  - Commonwealth Games
  - Paralympic Games

## Southeast Asian Games

1

The first event was held in Bangkok in 1959. Originally the brainchild of Luang Sukhum Nayapradit, then Vice-President of the National Olympic Committee of Thailand

2

Objective: A means to help forge strong regional co-operation, understanding and unity within the Southeast Asian community

3

Original name: Southeast Asian Peninsula Games or SEAP Games. Renamed Southeast Asian (SEA) Games in 1977

4

Frequency: Biennial event (every two years)  
Sport: The inclusion of traditional Olympic, non-Olympic and Asian sports alike

5

The 28th SEA Games was hosted by Singapore in 2015

6

In 2017, the 29th Games will be hosted by Malaysia

\* Visit the Olympic Council of Asia website for other events  
The information is correct at the time of production

## 28th Southeast Asian (SEA) Games in Singapore

### Theme: Celebrate the Extraordinary

The theme "Celebrate the Extraordinary" is about connecting individuals, communities and countries to their dreams. It's beyond competing, winning or even overcoming defeat. It's not about having a champion to look up to, but inspiring the one that is inside each of us.

### The official mascot, Nila

Nila is named after Sang Nila Utama, the legendary founder of Singapura (Singapore). Nila promotes three qualities: *COURAGE*, *PASSION* and *FRIENDSHIP*.



Source:  
Brand Story. 28th SEA Games website.

## Quick Facts



Number of online access on YouTube:

44 million



Organiser:  
**Singapore Southeast Asian Games Organising Committee (SINGSOC)**



Number of spectators at 31 venues :

500,000



Total number of athletes and officials :

7,000



Total number of sports :

36



Total number of nations :

1



Total number of volunteers :

17,000

Source:  
Chen, May. (2015, June 20)



At the 28th SEA Games, Singapore delivered the best ever performance, to date: 84 Gold, 73 Silver, and 102 Bronze medals. 259 medals in total.



## Some statistics relating to the preparation for the opening and closing ceremonies of the 28th SEA Games

### 6,000 performers

The three-hour opening ceremony was held at the National Stadium and performed by 6,000 performers.

### 4,500 SAF Personnel

SAF men and women officers from seven ground units were involved in the staging of the opening and closing ceremonies.



### 100 Rehearsals

This massive event required more than 100 rehearsals.

### 1,000 Cues

Cues were used to co-ordinate the movements of performers and props on stage during performances. More than 1,000 cues were required throughout the ceremony.



### 100 Stagehands

More than 100 soldiers helped to carry more than 60 props such as floats, giant puppets and a ship, which were used for the performances.

### 5,000 Fireworks

The spectacular performance was further enhanced with the launch of more than 5,000 fireworks, both indoors and outdoors.

### 1,400 Bottles

At least 1,400 bottles of water were consumed a day during rehearsals and meetings.



Reproduced from Chow, Jermyn. (2015, May 16)

## Did You Know?

The Olympic Games in Beijing began at 8pm on 8 August 2008, because the number 8 is considered lucky in China.

Hunter, N. (2012) (p.24)



The 1972 Olympic Games in Munich had the first official mascot - Waldi the dachshund. Now, every Olympic Game has an official mascot.

Hunter, N. (2012) (p. 19)



# Science and Technology in Sports

## 100-metre Sprint: Then and Now

Over the years, changes in technology used for starting blocks (in athletics events), clothing and improved training methods enabled athletes to perform better. Compare the performances of these two athletes :

In 1896, American Thomas Burke won in 12 seconds



In 2008, Jamaica's athlete, Usain Bolt won in 9.69 seconds

Hunter, N. (2012) (p.4 and 12)



## Synchronized Swimming

With the help of underwater loudspeakers, synchronized swimmers perform gymnastic routines to music in the pool.

Special nose clips are used to prevent water from going into the swimmers' noses when they do upside-down movements underwater



## Information Literacy

In an age where we are surrounded by information, we are constantly being bombarded with facts and data through every conceivable form of multimedia. We are now able to obtain information almost immediately through various smart devices such as mobile phones and iPads.

Primary information refers to personal experiences shared via word of mouth, diaries, letters, photographs, short message services (SMS) and social sites such as Twitter, Instagram, blogs and Facebook.

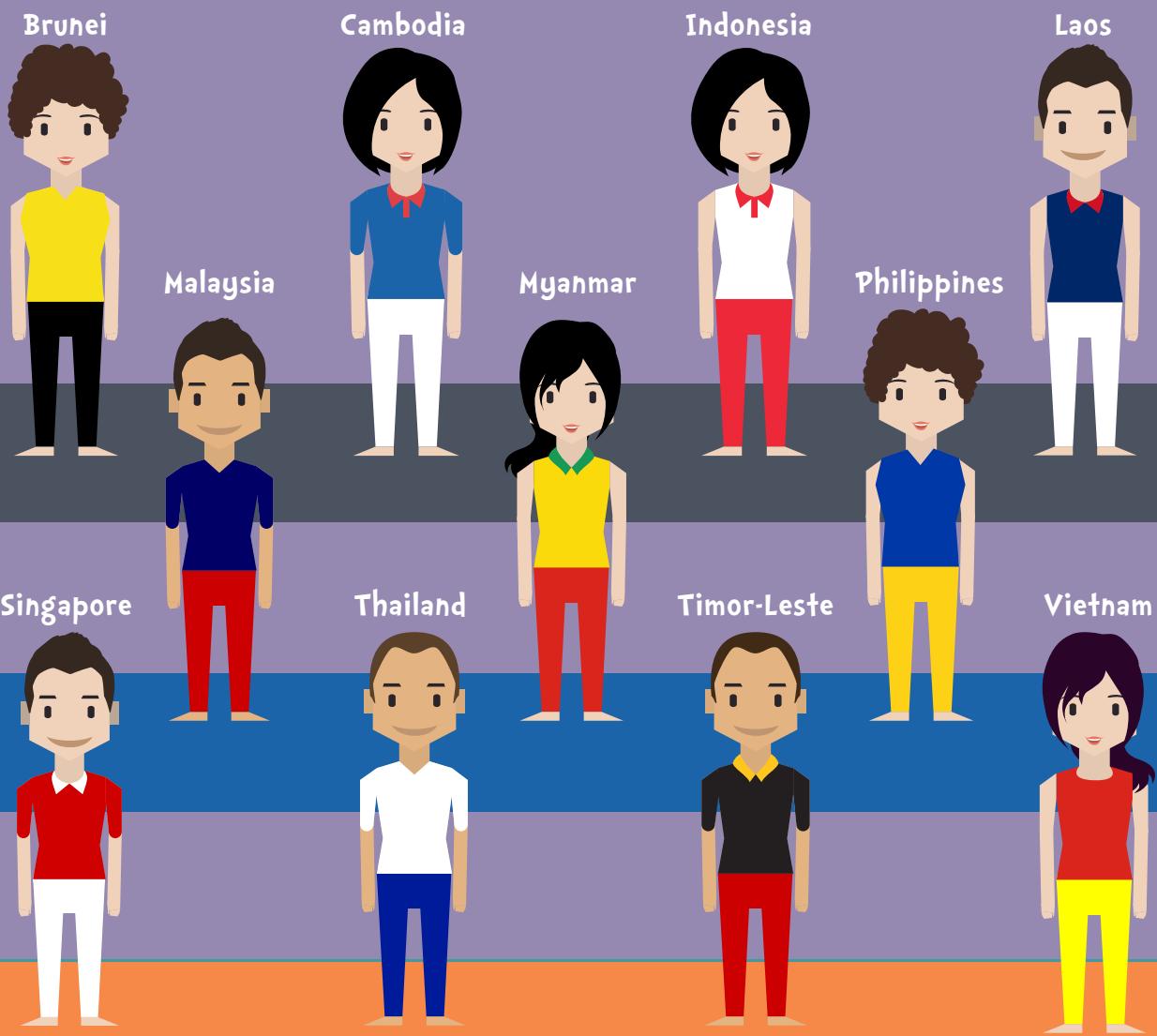
### Steps to verify primary information :



Check other information sources such as:

- Official websites
- News broadcasts and interviews (online and live reports)
- Published news on local newspapers such as The Straits Times, The Business Times as well as newspapers in Chinese, Tamil and Malay languages

# Participating Nations at the 28th SEA Games



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