

# LIVE

BETTER THROUGH SPORT

ISSUE 5



# SPIRIT

WHY WE DO  
WHAT WE DO

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This publication is produced by Sport Singapore. Connect with us at [sportsingapore.gov.sg](http://sportsingapore.gov.sg). For enquiries or feedback, please email to [tanty\\_nazlianah@sport.gov.sg](mailto:tanty_nazlianah@sport.gov.sg)

Project Team: Stefanie Ang, Alan Chen, Amy Chong, Kerk Kim Por, Gwendalynn Kho, Lee Huei Chern, Helen Lee, Pauline Lee, Gerald Leong, Elyn Lim, Ashley Ling, Siti Nurhidayati Mohd Said, Ng Chriong Meng, Laura Reid, Tanty Nazlianah Rosli, Nurmarizza Salim, Harbans Singh, Fayeruz Surahman, Gina Tan, Bernard Tham, Rostam Umar, Victoria Yim

Cover photo by Foo Tee Fok

Content page photo by Knight Ong

# | Chairman's Note

Vision 2030 promised that sport could be used as a strategy for nation building. Up until that point in our history, we were asking "how can we get people to play more sport?" Vision 2030 changed that question to "how can sport change our aspirations and our strategies to help us live better lives?"

The *how* has become increasingly clear through the Vision 2030 recommendations. Some 680,000 people took part in our annual celebration of National Day through sport, GetActive! Singapore. We achieved our best away Games performances for both the SEA Games and the ASEAN Para Games in 2017. For the SEA Games, Team Singapore brought back 58 gold medals and 188 medals overall. Our athletes at the ASEAN Para Games won more medals than they have at any other games, despite stiffer competition. We also had dramatic breakthroughs and new national records by athletes who fought back years of disappointment to put our nation on the podium.

All these achievements are a result of concerted and systematic efforts. They happened as a result of the developing ecosystem envisioned in our master plan. Vision 2030 issued 20 recommendations, designed for greater momentum and impact as they achieve greater integration. An example is the launch of CoachSG in 2017 to formalise the

professional training of coaches and other sport specialists contributing to athlete development in Singapore.

Another example, is the Singapore Sport Science Symposium – a new national event to share the best practices on activating sport science for better results by Singapore Sport Institute and the National Youth Sports Institute. As more coaches learn and adopt the best that science has to offer, we can look forward to greater success at the major games as well as greater synergy and impact through all of our initiatives.

Vision 2030 gave us the *how*. With this issue of LIVE, we take a closer look at the *why* – why do people enrich their lives – and the lives of others – through sport?

Some are familiar faces to you as they are medal winners, while others will be brand new to you. Many serve behind the scenes – in the national sports associations, volunteer photographers, student athletes and parents. In their different ways, they are all believers in the power of sport. They epitomise the creed of "Spirit: Why We Do What We Do".

Happy reading. Live Better Through Sport!

**Richard Seow**  
Chairman, Sport Singapore





# JOURNEYS THROUGH SPORT

Photo by Stanley Cheah

Sport needs a community to feed it, and in return, it feeds the community in manifold ways. We take a look back at the Sport Singapore journey for the last few months.



## Celebrate Living With ActiveHealth

Photo by MCCY

Active Health is a social movement to enable everyone to live life to the fullest through progressive adoption of lifestyle and healthy habits in the domains of physical activity, nutrition, sleep and screen time. Active Health will provide individuals with the knowledge of their health and wellness, and empower them with customised tools and programmes to take up and sustain a healthy and active lifestyle.

In July 2017, Sport Singapore kick started the Active Health initiative by formalising key Active Health partnerships through the signing of an MOU with the Health Promotion Board, Changi General Hospital, Exercise is Medicine Singapore, National Healthcare Group Polyclinics, National University Health System and SingHealth. The first Active Health Lab at Our Tampines Hub opened in August 2017.

Scan this QR code to find out more!

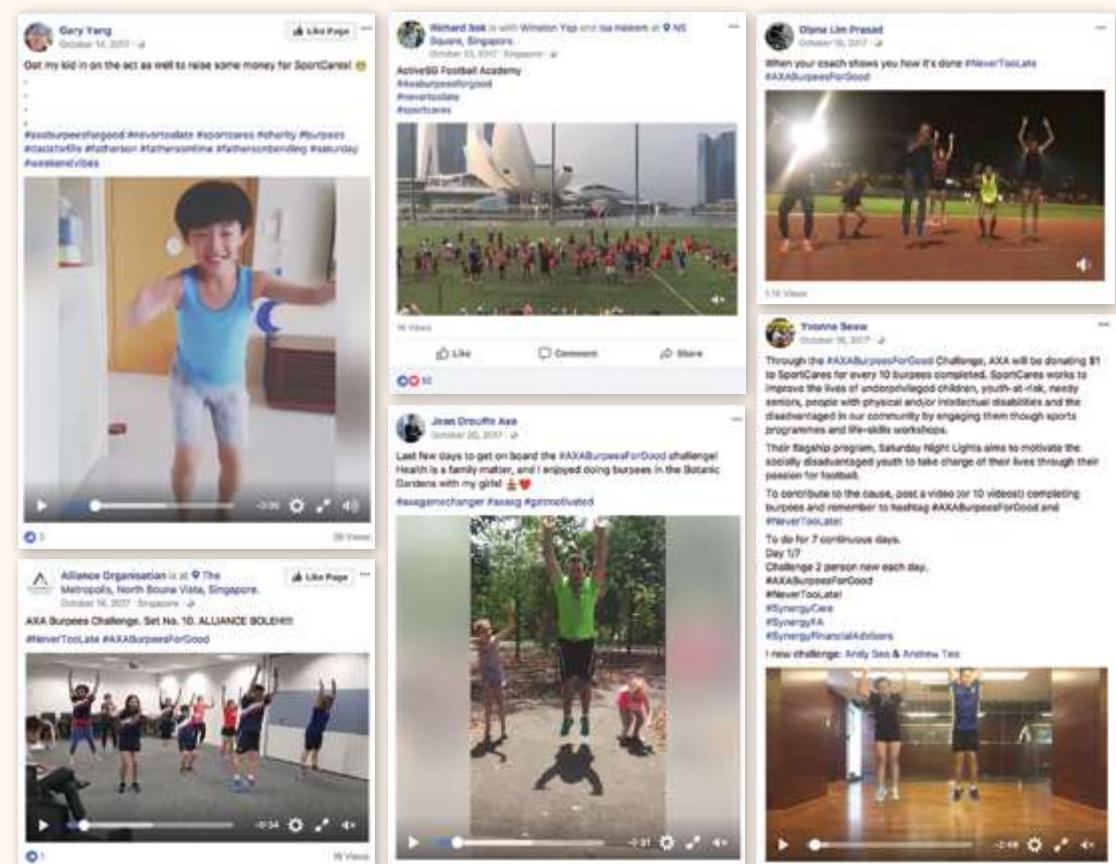


## Doing Burpees for Good

Photo by Baey Yam Keng

A diverse community including athletes, youth, organisations and members of the public leapt at the chance to help the SportCares Foundation raise funds.

This community performed about 180,000 burpees in the Burpees For Good challenge launched by AXA Insurance. For every 10 burpees completed during the eligibility period from 9-22 October, \$1 was contributed by AXA Insurance.





## Everyone Can Play!

Photo by Sport Singapore

**Do not let your age or ability stop you from being active. Keep up your fitness activities, as there is a programme for you at the ActiveSG Masters Club and Inclusive Gyms.**

### ActiveSG Masters Club

Break through the mental barrier that doing sporting activities in your 40s is daunting. There are so many different platforms for you to lead an active lifestyle, no matter your age or ability.

For those between 40 and 60, the ActiveSG Masters Club is the perfect platform for you to try your hand at physical activity.

You can take a Zumba class, do pool walking and take part in other programmes specifically tailored for persons of that age group.

### ActiveSG Inclusive Gyms

ActiveSG Inclusive Gyms are for everyone! The first of the Inclusive Gyms has been set up at the Enabling Village, a community space in



Redhill. The others are located at Heartbeat@ Bedok and Our Tampines Hub.

The gyms offer special-needs and senior-friendly equipment and programmes. Some of the seats at the exercise stations are removable, making these gyms more spacious and comfortable with better wheelchair access.

There are braille labels on the equipment, while a hearing loop that works with the hearing aids of the hearing impaired provides them with the necessary information.

The ASEAN Para Games has shown how sport has the ability to inspire people and improve confidence, and the launch was another step towards a more inclusive society.



This is part of the Government's Disability Sports Master Plan, which was announced in 2016 and aims to encourage more people with disabilities to pick up sport.

Top & bottom photos by Sport Singapore



## October Is Tennis Month

Photo by Sport Singapore

**Get close to your tennis idol by being a ball-kid. Or get a Tour Pass. You learn teamwork, discipline and focus from the game.**

In the lead up to the 2017 WTA Finals Singapore, a month-long Singapore Tennis Festival and other lifestyle events took place nationwide in October. The inaugural Singapore Tennis Festival offered various opportunities, even for non-sports fans, to participate in tennis themed carnivals, competitions, clinics, try-outs and meet like-minded people.

### Singapore Tennis Festival Experience Tour

The Singapore Tennis Festival Experience Tour took place at the Sports Hub from 22-29 October to offer an all-encompassing

tennis experience, including virtual tennis, and matches with Team Singapore athletes.

### WTA Future Stars

The 2017 edition of WTA Future Stars saw 48 budding players under-14 and under-16 from 21 Asia Pacific countries vying for the top spot in Singapore. Priska Nugroho from Indonesia emerged the victor of the under-14 tournament while Australian Megan Smith was the under-16 champion. The WTA Future Stars is an engagement platform aimed at encouraging young boys and girls throughout Asia-Pacific to pursue their passion of the sport.



## Unbeatable Spirit Makes History

Photo by Andy Pascua

Caroline Wozniacki's indomitable spirit earned her one of the biggest victories of her career at the 2017 BNP Paribas WTA Finals Singapore presented by SC Global. Heading into the 2017 WTA Finals, Caroline was facing the formidable Venus Williams, who seemed to have the odds in her favour – she had beaten Caroline in their past seven encounters. But to the delight of the crowd at the Singapore

Indoor Stadium, Caroline proved that she was not going to let history determine the winner. Putting up a ferocious fight, the Dane beat the American for the title in a tight 89 minutes. For Caroline, the win marked the biggest victory of her career. For tennis fans in the stadium, it was another captivating climax to the WTA Finals.



## Singapore Football Week Kicks Off!

Photo by Sport Singapore

The first Singapore Football Week kicked off on 22 July. This week-long event coincided with the International Champions Cup (ICC) from 25-29 July, where football clubs Chelsea, Bayern Munich and Inter Milan competed.

Football Week had 26 events, including football competitions for regular and social

players all over the island, festivals that were suited for families and also non-traditional football activities such as e-gaming, foosball and sports table football.

With the ICC set for another three more editions, Football Week is set to get better with each year!



## Showing Solidarity for Persons With Disabilities

Photo by Sport Singapore

Singapore's sporting community demonstrated support for persons with special needs by participating in the fifth Purple Parade. Led by President Halimah Yacob, Team Singapore athletes, Team Nila and youth from SportCares were amongst the thousands of people in the Purple Parade street march-past on 28 October. The Purple Parade is a movement that supports inclusion and celebrates the abilities of persons with special needs.

**The last thing we want to do is to build walls, because walls do not help to create a strong sound society.**

**Halimah Yacob,  
President of Singapore**



## Knowledge Sharing Strengthens Sport Ecosystem

Photo by Sport Singapore

Whether one works with youths or elite athletes, the aspects of sport science still apply. This was reinforced in the Singapore Sport Science Symposium 2017. Meant to improve human performance, there are many methods, techniques and checks that can help athletes perform better and prevent injuries from happening.

The symposium, themed "From Youth to Elite Sport: Harnessing Potential and Pursuit of Excellence", saw attendees from various

sectors gathering to share insights from sport science experts.

One such attendee was Ms Evelyn Teoh who helms her junior college's athletics team and attended the symposium with her colleagues. "Children are getting injured more easily. Sport science can help to prevent such injuries. Teachers should have a basic grasp of biomechanics, so as to better take care of the students and to help them progress."



## Twins Win Bronze at FINA Diving Grand Prix

Photo by Wang Wen

Mark and Timothy Lee fought off stiff competition from Croatia and Germany to take a bronze medal at the Singapore leg of the FINA Diving Grand Prix on 5 November. South Korea and Russia claimed the top spots in the men's synchronised 3m-springboard event. The brothers had taken a two-week break after their silver-medal win at the SEA

Games to catch up with school. Given that they only resumed training a week before the competition, the twins were happy with their performance. Mark said, "Winning at home always feels a little sweeter, with the home crowd cheering you on. We wanted to repay them by doing well."



## FINA World Cup Brings the Stars to the Community

Photo by Andy Chua/SSA

Chad le Clos, Sarah Sjöström and Vladimir Morozov were among the stars powering the final leg of the FINA Swimming World Cup at OCBC Aquatic Centre in November. More than 4,000 fans got to witness the world's top-performing swimmers in action over the two-day competition, now in its 11<sup>th</sup> year in Singapore.

Over 500 young swimmers from Singapore took part in nine swim clinics across the island, organised by the Singapore Swimming Association. Among the 18 stars were Emily

Seebohm, Emma McKeon, Cameron McEvoy and sisters Cate and Bronte Campbell (Australia), Alia Atkinson (Jamaica), Daiya Seto (Japan), Ranomi Kromowidjojo (Holland) and Pernille Blume (Denmark).

Looking ahead to the Commonwealth Games, le Clos told the media that he was keen to go up against Joseph Schooling. "What he did last year was unbelievable, but I love the competition, I love to race against the best," he said. le Clos had finished in a three-way tie for second in the 100m butterfly final then.



## Seeing Stars Amidst the Skyline with ActiveSG

Photo by Sport Singapore

Sky, stars and skyline – a great twist to camping in Singapore! 70 families experienced outdoor living in a uniquely Singaporean style, as they set up tents on the Marina Bay Floating Platform.

This was organised by the ActiveSG Outdoor Adventure Club. Since the club's launch in January 2017, it has organised numerous activities for ActiveSG members such as kayaking, orienteering and cycling.

**I hope that this special experience will give parents, grandparents, and children a good opportunity to spend quality time together.**

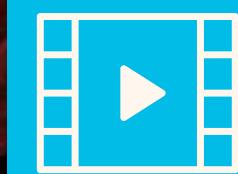
**Desmond Lee,  
Minister for Social and Family Development**



# 680,000 PEOPLE CELEBRATED NATIONAL DAY THROUGH SPORT

Photo by Ng Chrong Meng

GetActive! Singapore 2017 was back for the second time. In it, people broke out of their inner circles and forged new friendships, contributed to the community, shared enjoyable experiences and celebrated the nation's birthday as one.



Immerse yourself in the atmosphere of GetActive! Singapore celebrations. Scan QR code to watch the video!





## Meet New Friends

Photo by Sport Singapore



**Expand your social circle all while enjoying healthy activities. Bring friends and get them to bring their own friends too.**

It is great to have your usual friends to be with, but you can gain so much more from having the diverse views of people whom you would not normally meet. Sport is one great way to meet other people, and through GetActive! Singapore, you can!

GetActive! Singapore 2017 attracted about 680,000 people through Sport Competitions, Active Enabler Programmes (AEP), Sports Festivals, school engagement sessions, and other partner events such as

the NS50 campaign and Car-Free Sunday SG.

Over the two weekends, Sports Festivals at the seven locations attracted over 278,000 people. Most events held at these festival sites were ground-up initiatives supported by the AEP through endorsements, project grants and mass event grants.

The Sport Competitions, comprising youth, masters and corporate categories, had close to 14,000 sign-ups.

Top right photo by Andrew Ho



The GetActive! Singapore Sentosa Adventure Race 2017 had participants from all ages, even seniors. The 5.2km route had seven adventure stations including an open water crossing station. Do not miss out on the next one in August this year! Photo by Ng Chrong Meng.



Staff from Seagate celebrated the nation's birthday through sport for the second time. With the grant received under the Active Enabler Programme, they organised a 52km relay and badminton tournament. Photo by Sport Singapore.



As part of the Active Enabler Programme, students from Mayflower Primary School learnt to work together as a team and overcome obstacles. Photo by Ng Chrong Meng.



People from different ages, abilities and backgrounds played together in a game of wheelchair basketball at the Inclusive Sports Festival. Photo by Terry Tan Lee Ban.



## Caring for the Community

Photo by Sport Singapore

**Giving back to the community can come in many forms. Whether you choose to offer your time or experience, no act of kindness is too small to make a difference to someone's day.**



**“Through this Festival, we see people of all ages and abilities playing inclusive sports; it’s also a way of bringing communities and families together.”**

**Grace Fu,  
Minister for Culture,  
Community and Youth**



GetActive! Singapore 2017 provides opportunities for Singaporeans to contribute to the community at large - one of the ways is through volunteering.

Team Nila brings Singaporeans of different skills together. Many of them volunteered as photographers, guides, team leaders and ambassadors. In fact, over 3,000 Team Nila volunteers were deployed throughout the two-week long festival. It was heartening to know that most of them found the experience meaningful and would return for another edition!

The ground-up sports initiatives under the Active Enabler Programme brought out the best in Singaporeans. More than 300 partners, individuals and organisations, created activities not only for themselves but also for others to come together to celebrate National Day through sport.

Top right photo by Sport Singapore  
Bottom left photo by Dyan Tjhia



One of the pillars of GetActive! Singapore 2017 is the Team Nila volunteers. The volunteers learn and bond at the Venue Familiarisation Training sessions. Photo by Dyan Tjia.



Dow Chemical employees decked out in blue – the colour of Autism – at the Walk for Autism and ‘Play with Us’ Carnival, with the Autism Association Singapore. The walk was 5.2km long, representing Singapore’s 52<sup>nd</sup> birthday! Photo by Dow Chemical.



To fully empathise with someone, it is said that you must walk a mile in their shoes. At the Inclusive Sports Festival, participants underwent a blindfold walk to have an awareness of the obstacles that persons with disabilities encounter. Photo by Sport Singapore.



Melissa Kwee, CEO of National Volunteer & Philanthropy Centre and a social activist, led by example by volunteering and giving back to the community through sport at the Inclusive Sports Festival. Photo by Ng Chrong Meng.



## Everyone Can Get Active!

Photo by Calvin Teoh

**Having fun and staying fit together is all part of GetActive! Singapore's vision of creating shared experiences for all.**

GetActive! Singapore 2017 provided participants with the positive experience of bonding with their family and friends through sport and physical activity. In fact, this year's GetActive! Singapore Sport Competitions attracted close to 14,000 sign-ups from organisations, working adults, youths and seniors.

The National Masters Games under the GetActive! Singapore 2017 Sport Competitions gave people like Mr Joseph Lim an opportunity to compete with other Volleyball masters teams. In his 50s, Joseph

and his former primary school friends started playing volleyball actively again three years ago. After hearing that GetActive! Singapore was organising the National Masters Games, they decided to form teams to participate in the competition. Joseph shared, "We joined the Masters competition to rekindle the sporting spirit we used to have 30 years ago when we were in school. We enjoyed the Games, the hearty cheering, and making new friends with the other competing teams. We can't wait to join again next year!"



The spirit of inclusiveness was evident in one of the GetActive! Singapore's swimming competitions that saw both able-bodied participants and persons with disabilities swimming alongside. Photo by Victor Lim.



The National Masters Games had categories for people aged 35 and above. About 2,700 people competed in this Games. Photo by Gerry Aguelo.



More corporates are recognising the value of sport and supporting their teams in corporate competitions. The National Corporate Games saw about 4,000 participants. Photo by Dyan Tjhia.



GetActive! Singapore 2017 saw an increase from five to 10 para sports, which provided more opportunities for persons with disabilities (PwDs) to take part. Close to 400 PwDs participated in the competitions. Photo by Sport Singapore.



GetActive! Singapore Sport Competitions attracted close to 14,000 participants across 20 sports during the two-week event. Photo by Sport Singapore.





A special GetActive! Singapore workout to the National Day 2017 song, ‘Because It’s Singapore’ was created by Sport Singapore. Over the two weeks leading to 9 August, thousands of participants taking part in the GetActive! Singapore activities participated in the workout. They also reaffirmed their commitment towards Singapore by taking the National pledge and singing the National anthem. The workout video on Facebook and YouTube garnered over 1,000,000 views!

2017 was also the year to commemorate 50 years of national service. In partnership with the NS50 Committee, GetActive! Singapore brought NS50-themed activities to the community at the Toa Payoh Sports Festival.



Get moving to the  
GetActive! Singapore  
2017 workout.  
Scan QR code to  
watch the video!





Team Nila volunteer, Steven Goh Juak Khng, led the #OneTeamSG contingent at the National Day Parade 2017. The contingent comprised Team Nila volunteers, Team Singapore athletes and Sport Singapore staff. Photo by Sport Singapore.



Sports Festivals reached out to communities all across the island, and provided them with opportunities to celebrate National Day together. Photo by Dyan Tjhia.



The grand finale of GetActive! Singapore was held in conjunction with the induction of Joseph Schooling, Laurentia Tan and Theresa Goh into the Sports Hall of Fame. Students from Cedar Girls' Secondary School, Victoria School and Victoria Junior College were part of the event. Photo by Huang Xiaolong.

# Thank You to Our GetActive! Singapore 2017 Partners

## SCHOOLS

Amity Global Institute • Anchor Green Primary School • Anderson Junior College • Ang Mo Kio Secondary School • Angsana Primary School • APSN Chaoyang School • APSN Katong School • APSN Tanglin School • Bartley Secondary School • Bedok Green Primary School • Bedok North Secondary School • Bendemeer Primary School • Bethesda (Katong) Kindergarten • Broadrick Secondary School • Bukit Timah Primary School • Bukit View Secondary School • Canossian School • Casuarina Primary School • Changkat Primary School • Cherie Hearts @ Science Park Pte Ltd • CHIJ Our Lady Queen of Peace • CHIJ Primary (Toa Payoh) • Chong Zheng Primary School • Clementi Town Secondary School • Compassvale Primary School • Corporation Primary School • Crest Secondary School • Da Qiao Primary School • Damai Secondary School • Eshkol Valley @ Northstar Pte Ltd • Eshkol Valley @ Sengkang Pearl Pte Ltd • Farrer Park Primary School • Fernvale Gardens School (MINDS) • Gongshang Primary School • Greenview Secondary School • Haig Girls' School • Holy Innocents' Primary School • Hong Wen School • Horizon Primary School • Hougang Primary School • Hougang Secondary School • Hua Yi Secondary School • Institute of Technical Education (Central) • Institute of Technical Education (East) • Institute of Technical Education (West) • Jing Shan Primary School • Joyland Childcare & Development Centre • Jurong Christian Church Kindergarten • Jurong Secondary School • Jurong West Secondary School • Jurongville Secondary School • Juying Primary School • KidsCampus Tanjong Pagar LLP • Kranji Secondary School • Lianhua Primary School • Loyang Primary School • Macpherson Primary School • Maha Bodhi School • Mayflower Primary School • Meridian Junior College • Metta School • MindChamps @ Jurong West • MindChamps @ Yio Chu Kang • Modern Montessori @ Jurong West • MOE Kindergarten @ Fernvale Link • Montfort Junior School • Mulberry Learning Centre @ Tanjong Pagar • My First Skool • My World Preschool Ltd • Ngee Ann Secondary School • North Vista Primary School • Northland Primary School • Northland Secondary School • NTUC First Campus Co-Operative Ltd • My First Skool @Braddell Heights Community Hub • Oasis Primary School • Orchid Park Secondary School • Parkview Primary School • Pasir Ris Primary School • Pat's Schoolhouse (Buckley) • Pat's Schoolhouse Pte Ltd (Siglap) • PCF Sparkletots Preschool (via online) • PCF Sparkletots Preschool @ Bishan East Thomas Blk 144 • PCF Sparkletots Preschool @ Blk 131 Bedok North • PCF Sparkletots Preschool @ Canberra Blk 413 • PCF Sparkletots Preschool @ Clementi 420A • PCF Sparkletots Preschool @ Clementi 426A • PCF Sparkletots Preschool @ Clementi Blk 330 • PCF Sparkletots Preschool @ Jurong West • PCF Sparkletots Preschool @ Kampong Chai Chee Blk 135 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 32 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 326 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 59 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 775 • PCF Sparkletots Preschool @ Punggol Coast • PCF Sparkletots Preschool @ Sengkang South • PCF Sparkletots Preschool @ Tanjong Pagar - Tiong Bahru Blk 125 • PCF Sparkletots Preschool @ West Coast Blk 728 • PCF Sparkletots Preschool @ Woodlands • Pei Hwa Secondary School • Pioneer Junior College • Poi Ching School • Punggol Cove Primary School • Punggol Primary School • Qihua Primary School • Raffles Institution • Rainbow Centre - Yishun Park School • Regent Secondary School • Republic Polytechnic • Riverside Primary School • Rivervale Primary School • Rosyth School • Serangoon Secondary School • Siling Primary School • Singapore University of Technology & Design • Spectra Secondary School • St Hilda's Primary School • St James' Church Kindergarten (Leedon) • St James Church Kindergarten (Gilstead) • St James Church Kindergarten (Harding) • St Joseph's Institution Junior • Sunflower Preschool @ Hougang Pte Ltd • Super Educators and Super Kids • Tampines North Primary School • Tanjong Katong Secondary School • Teck Ghee Primary School • Teck Whye Primary School • Telok Kurau Primary School • Temasek Polytechnic • Temasek Primary School • The Little Skool House International Pte Ltd • Toa Payoh Methodist Church Kindergarten • Townsville Primary School • Tzu Chi Great Love PreSchool • Victoria Junior College • Waterway Primary School • Woodgrove Secondary School • Woodlands Ring Primary School • Woodlands Secondary School • Xingnan Primary School • Xinmin Primary School • Bedok Green Secondary School • Fairfield Methodist Secondary School • Hong Kah Secondary School • Greenridge Secondary School • Greendale Secondary School • Geylang Methodist School • Marsiling Secondary School • Raffles Girls' School • Springfield Secondary School • Zhenghua Secondary School

## NATIONAL SPORTS ASSOCIATIONS

Archery Association of Singapore • Amateur Muay Thai Association Singapore • Basketball Association of Singapore • Bowling Association for the Disabled (Singapore) • Football Association of Singapore • Netball Singapore • Riding for the Disabled Association of Singapore (RDA) • Singapore Amateur Boxing Association • Singapore Athletics • Singapore Badminton Association • Singapore Bowling Federation • Singapore Canoe Federation • Singapore Contract Bridge Association • Singapore Cycling Federation • Singapore Disability Sport Council • Singapore Dragon Boat Association • Singapore Floorball Association • Singapore Hockey Federation • Singapore Judo Federation • Singapore Karate-Do Federation • Singapore Modern Pentathlon Association • Singapore PickleBall Association • Singapore Sailing Federation • Singapore Sepak Takraw Federation • Singapore Silat Federation • Singapore Swimming Association • Singapore Table Tennis Association • Singapore Tennis Association • Sports Boules Singapore (Petanque) • Volleyball Association of Singapore • Wheelchair Basketball Association (Singapore) • Wrestling Federation of Singapore

## ORGANISATIONS

Adventure Education LLP • 1Derlust Pte Ltd • A Special Day Of Sports • ActiveSG Yoga for Kampong • Adam Road Presbyterian Church • Agape Bowling Academy • Air Products Singapore Industrial Gases Pte Ltd • Amalgamated Union of Public Daily Rated Workers • Amphenol FCI Asia Pte Ltd • AUPE Women's Committee • Aviva Ltd • Beatfactory Fitness Pte Ltd • Bedok Citizens' Consultative Committee • Better Trails LLP • B'happy Pte Ltd • ATMD Bird & Bird LLP • Building and Construction Authority • Camelot Pte Ltd • Camp Challenge • CapitaLand Retail Management Pte Ltd • Cathay Organisation Holdings Ltd • Central Provident Fund Board • CF Innervate Pte Ltd • Changi Airport Group (Singapore) Pte Ltd • CIMB Bank • Civil Service College Singapore • Clarity Singapore Ltd • Clementi Citizens' Consultative Committee • Climb Asia Pte Ltd • ClubMSF for Ministry of Social and Family Development • ComfortDelGro Corporation Ltd • Crestar Education Group • Cross8 Fitness • Deloitte & Touche LLP • Dodge Zone Pte Ltd • Dow Chemical Pacific (Singapore) Pte Ltd • Eco Lifestyle Fitness Pte Ltd • ECU-Worldwide (Singapore) Pte Ltd • Energy Market Authority • Epson Singapore Pte Ltd • Ericsson Telecommunications Pte Ltd • Exercise & Sports Programming Network • Exponent Challenge Technology Asia Pte Ltd • FITtener.com Singapore • F&N Foods Pte Ltd • Friends of ASD Families • Fuji Xerox Singapore • Futuready Asia Pte Ltd / Innotrek Pte Ltd • Grace Orchard School • Health Promotion Board • Hydrochem (S) Pte Ltd • IN T Motion Private Ltd • Inland Revenue Recreation Club • International Enterprise (IE) Singapore • International Paradise Connexions Pte Ltd • IRONMAN (Asia) Pte Ltd • Island Lifestyle Group Pte Ltd • Jump Rope Federation (Singapore) • Kallang Wave Mall • Keppel Infrastructure Holdings Pte Ltd • Kin-Ball Association of Singapore • Land Transport Authority • Lianbee-Jeco Pte Ltd • M.I.C.E Global Pte Ltd • Ministry of Defence • Ministry of Culture, Community & Youth • Ministry of Finance • Ministry of Law • Ministry of National Development • Ministry of the Environment and Water Resources • Modern Fencing Academy • MOH Holdings Pte Ltd • National Council of Social Service • National Gallery Singapore • National Library Board • National University Health System • National Youth Council • New Hope Community Services • NS50 Organising Committee • Oracle Financial Services Software Pte Ltd • OSIM International Pte Ltd • Osportz Pte Ltd • Our Tampines Hub • Outdoor Adventures Pte Ltd • Panasonic Factory Solutions Asia Pacific • Patriot Partners (American Association of Singapore) • People's Association Youth Movement (PAYM) • Player Group Pte Ltd • Powerlifting (Singapore) • Public Service Division • PWPM • Runninghour Co-operative Limited • Sanden International (Singapore) Pte Ltd • Seagate Singapore International Headquarters Pte Ltd • Sentosa Development Corporation • SETSCO Services Pte Ltd • SGAG Media Pte Ltd • Shan You Counselling Centre • SHATEC • Shelton College International • Shin Zhong Taijiquan Association • Singapore Association of the Visually Handicapped (SAVH) • Singapore Cricket Club • Singapore Curling Academy • Singapore Examinations and Assessment Board • Singapore Recreation Club • Singapore Scout Association • Singapore Sports Hub • Singapore Youth Olympic Festival • SingEx Venues International Pte Ltd • SJ Mountain Banditz • SMRT Corporation Ltd • Solvay Specialty Chemicals Asia Pacific Pte Ltd • SP Campers Pte Ltd • Special Olympics Singapore • SplashAxis • SportFitX (Rendeur Private Limited) • St. Andrew's Nursing Home (Henderson) • St. Andrew's Senior Care (Henderson) • Strong Mind Fit Body Pte Ltd • Sunrise & Co (Pte) Ltd. - Mikasa • Sunrise & Co (Pte) Ltd. - Yonex • Suntec Singapore International Convention and Exhibition Centre • SUPERFIT Pte. Ltd. • Team INFORMA Events • The Bbxxtreme Team • The Golden Concepts Pte Ltd • The Salvation Army • The Tampines Trilliant Kids Club • T-Net Club @ Taman Jurong • Toshiba TEC Singapore Pte Ltd • Trek for Hope • TrexX Private Limited • Triple Engage Pte Ltd • U Cares Volunteers • Ultimate Players Association (Singapore) • Urban Redevelopment Authority • Vislas Productions Ltd. • VITAL • Weirdofreako Outdoor Pte. Ltd. • West Coast CC Youth Executive Committee • Whampoa Community Club • World Scientific Publishing Co. Pte Ltd • Xilinx Asia Pacific Pte Ltd • Yaar Panj-Aab Phangra Troupe • Yello Marketing Agency Pte Ltd • Yew Tee Citizens' Consultative Committee • Yio Chu Kang Community Club • Young Team Singapore Ambassadors • Yuhua Community Sports Club



# WHY WE DO WHAT WE DO

Photo by Stanley Cheah

**It is more than just trying to win a medal. Our athletes want to prove that they can rise above challenges – whether physical or mental. Their strength lies not just in their physique, but also in their hearts and minds. We salute our medal winners.**



## Best Ever Away Medal Haul

Photo by Dyan Tjhia

An ode to our athletes who competed at the 29<sup>th</sup> SEA Games. Sport Singapore, together with a grateful nation, salutes you for your sacrifice, effort and energy. You have all truly made us proud!

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### 29<sup>th</sup> SEA Games Medal Tally

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A fractured tibia in 2007 broke Michelle Sng's spirit and finally pushed her out of her event for good in 2011. Despite surgery, the pain remained. Though doctors said her bone was healed, she could not jump without feeling pain. "If I had continued, I would have come to hate the sport. I have cried so many tears over this sport," she said.

When she was asked to compete again in the 28<sup>th</sup> SEA Games, she initially said no. Later, while on a climbing trip in Vietnam, her friend asked, "How's your leg?", Michelle looked at her blankly and realised that "the pain had gone. Gone from my leg, gone from my head."

Seduced by the siren call of the sport, Michelle went on to break the national record, setting it at 1.84 metres at the Philippine Open in March that year, topping it with a bronze medal in the SEA Games the same year.

Fast forward to 2017, and Michelle was chalking up the best jumps in Singapore's history. In Kuala Lumpur, she matched her competitor, curiously enough from Vietnam, jump-for-jump. The judges asked if they would agree to a joint gold medal. They did.

While waiting for the medal ceremony, the news that they had to compete in a jump-off

arrived. Both athletes struggled, but finally Duong Thu Viet Anh was awarded the gold. Michelle resigned herself to her fate, but the Singapore officials lodged a protest.

Finally, 10 years from when she broke her leg, Michelle made her way up to the top of the podium. Wrapped in the national flag, her tears flowed, "Tears, always tears, but this time, of joy."

Another peak to be conquered: a 43-year-old record. After coming close to breaking the 400m sprint record in previous races, Dipna Lim-Prasad finally broke the mark of 55.08 seconds, set by Chee Swee Lee at the Asian Games in 1974. She said, "I was just thinking about how to get on the podium. I knew I was expected to deliver a medal."

As she crossed the finish line in second place, her husband, former national sprinter Poh Seng Song called out, "You got the record!" Her time of 54.18 seconds finally eclipsed one of Singapore athletics' most enduring peaks.

With the record squared away with a nice margin, Dipna is looking at how she can contribute to the athletics community, "I want to work with the whole ecosystem to improve athletics in Singapore."

Top photo by Suki Singh



## Fantasy on Ice

**Yu Shuran – Figure Skating**

Photo by Shaun Ho

Despite clinching Singapore's first winter sport gold, Yu Shuran demonstrated her perfectionist side when she said that she was disappointed with her performance, having 'popped' two jumps. She felt she could have scored higher, if she had timed her jumps right and completed the required number of revolutions.

Shuran topped the short programme with 53.28 points, and garnered 82.24 points in the free skate, skating to Lana Del Rey's Young and Beautiful followed by a remix of Beyoncé's Crazy In Love.

At that competition, Team Singapore was placed first and second, thanks to Shuran's team-mate, Chloe Ing taking silver with 45.68 points in the short programme and 82.93 points in the free skate – the highest free skate score at the competition.



## Star Performance

**Jowen Lim – Wushu**

Photo by Randi Ang

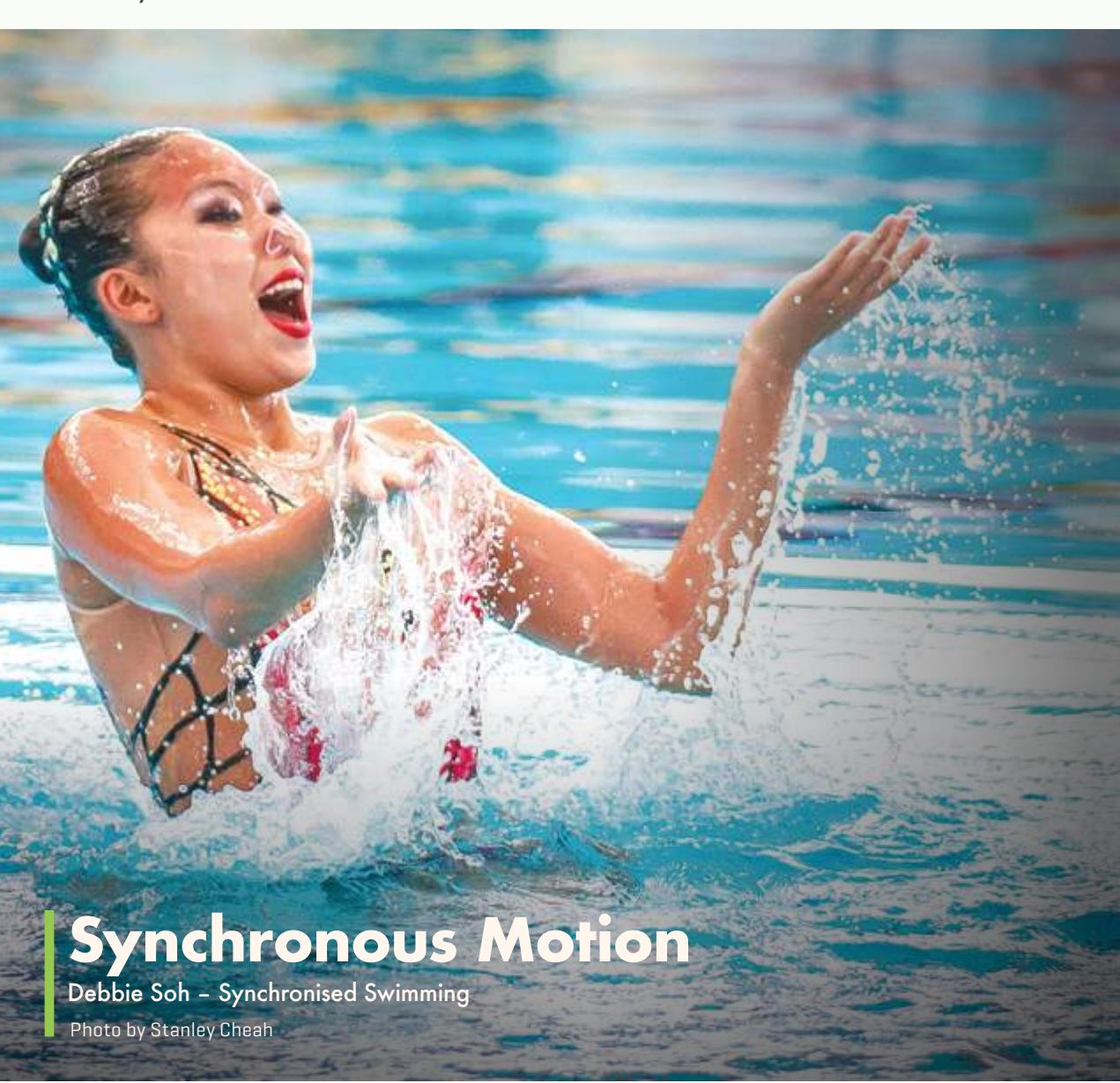
Wushu exponent Jowen Lim could not have picked a better coach than Vincent Ng. The former TV star was also the 1995 World Champion.

Jowen did his own starring turn, which bagged him two gold medals at the SEA Games. His first gold medal for the optional daoshu and gunshu was "extra, extra special" for him. It was also his first ever individual Games win.

The second was when he clinched the men's changquan final with 9.68 points, a slender 0.01 point over Vietnam's Tran Xuan Hiep.

**I joined wushu to be a performing artiste and wanted to perform for people. To actually win is a bonus!**

**Jowen Lim,  
Team Singapore Wushu Exponent**



## Synchronous Motion

Debbie Soh – Synchronised Swimming

Photo by Stanley Cheah

Out of the pool, synchronised swimmer Debbie Soh looks like a thoughtful bespectacled bookworm. In the pool, however, the 19-year-old transforms into a smiling glamour girl – and wholly confident team captain.

Debbie led Singapore's synchro girls to more medals in Kuala Lumpur after winning the country's first gold in synchro at the 2015 Games. As team captain, Debbie felt a responsibility to repeat the achievement in 2017. Establishing teamwork is never easy, but she kept everyone focused on the end goal.

Working with a sport psychologist from the Singapore Sport Institute also helped align the core values among the coaches and swimmers. The Singapore synchro team won gold in the team free routine. Competing with Miya Yong, Debbie also won gold in the duet technical routine and silver in the duet free routine. For her solo routine, Debbie claimed gold in the free routine and silver in the technical. "Challenges make us grow as swimmers," says Debbie, looking back at two years of rigorous training and competing to get to the SEA Games.

 A photograph of Quah Jing Wen standing in front of a large Singapore flag. She is wearing a red zip-up hoodie and has her arms raised in a celebratory pose. The background includes logos for FBI and Peugeot.
 

**idKL Flying on Water**  
Quah Jing Wen – Swimming  
Photo by Andrew JK Tan

**“This will motivate me to work even harder for the next race and the SEA Games.”**

**Quah Jing Wen,  
Team Singapore Swimmer**

Coming from an illustrious sporting family, it was only natural that Quah Jing Wen took to the pool as readily as her siblings did. Both of them, elder sister Ting Wen and brother Zheng Wen, are also in the national team.

In the recent Games, Jing Wen clinched five gold medals in all. She took home individual golds in both the 100m and 200m butterfly sprints.

The icing on the cake was surely that she scored a personal best in the 100m butterfly, and shattered Tao Li's 200m butterfly national record. Her time for the 100m butterfly was 59.38 seconds, eclipsing her previous personal best of 59.92 seconds. The new 200m butterfly record she notched is 2 minutes 12.03 seconds, a whole 0.6 seconds better than Tao Li's record set at the 2008 Olympics in Beijing.



## A Better Pedal

Calvin Sim – Cycling

Photo by Calvin Teoh

**28-year-old Calvin Sim trained for the SEA Games with a simple work ethic: Be better than the day before. That attitude of steady improvement helped Calvin end a 20-year drought for Singapore in men's cycling at the Games.**

Taking the gold in the track-based omnium event was especially sweet. A medal of any colour had seemed far from certain, given that Singapore lacks a velodrome. To improve his chances, Calvin spent several months training at velodromes in Thailand and Malaysia and in Colorado with its high altitudes.

On average, he was training 30 hours a week, including cycling and working out in the gym and the lab at the Singapore Sport Institute. The stepped-up training meant he had to significantly cut back on his work hours as a bike-fitter at LOUE Bicycles. Luckily, his boss, a former national cyclist himself, understood his desire to do well at the Games and allowed him to set his own schedule.

Sponsorship raised by Singapore Cycling Federation (SCF) and matching grants from Sport Singapore filled critical gaps in funding his SEA Games campaign. Calvin paid tribute to his sponsors and to SCF president Dr Hing Siong Chen for their work in raising sponsorship for all the cyclists. "Every dollar has made a difference. Every product has been helpful."

While the lost income was painful, Calvin took it in his stride. "My mum didn't give up when times were very hard for my family." It is this grit that has Calvin looking ahead to the Asian Games in August 2018. Singapore has never won a medal in cycling at these Games, but Calvin remains hopeful.

In the meantime, the hardworking optimist takes pride in the friendships and sacrifices made by the track cycling team this year. "We have proven that together we can break national records, win medals and achieve greatness for Singapore."



## Matching Effort with Ability

Feng Tianwei – Table Tennis

Photo by Andy Pascua

Effort certainly epitomises Feng Tianwei's game. She saved five match points in her semi-final against her nemesis, Suthasini Sawettabut from Thailand, in 2015. In the final, she prevailed over compatriot Zhou Yihan, in six sets.

Facing a three-point match-point deficit in the final, she thought to herself, "Tianwei you haven't lost. You still have a chance of winning a point." That is certainly the attitude of a winner.

**“Not all efforts will be rewarded. But to be rewarded, one requires effort.”**

**Feng Tianwei,  
Team Singapore Paddler**  
[Quote translated from Chinese]



## Rulers on Court

Squash Contingent

Photo by Cheah Cheng Poh

Singapore's quartet comprising debutants Pang Ka Hoe and Benedict Chan, self-admitted late bloomer Samuel Kang, and veteran Vivian Rhamanan, were the nation's hope to win Singapore's first men's team title in 22 years. And the quartet did it! They defeated the Philippines 2-1 in the men's squash team final at the 29<sup>th</sup> SEA Games.

The men's and women's jumbo teams also bagged gold, thanks to Vivian and Kang, and Mao Shi Hui and Sherilyn Yang, respectively.

Team Singapore squash players wrapped up their SEA Games campaign with three golds, two silvers and five bronzes. "Overall we're happy with the result and how we played, and I think moving forward, it gives us a benchmark to work towards," said Mao Shi Hui who won the jumbo title with partner Sherilyn Yang.



**“For us to achieve something... is motivation for us, and hopefully for others as well, to know regardless of which sport you do, there are no limits to what you can achieve.”**

**Samuel Kang,  
Team Singapore Squash Player**

Bottom right photo by Knight Ong

# Victory Through Sudden Death!

Men's Golf Team

Photo by Sport Singapore

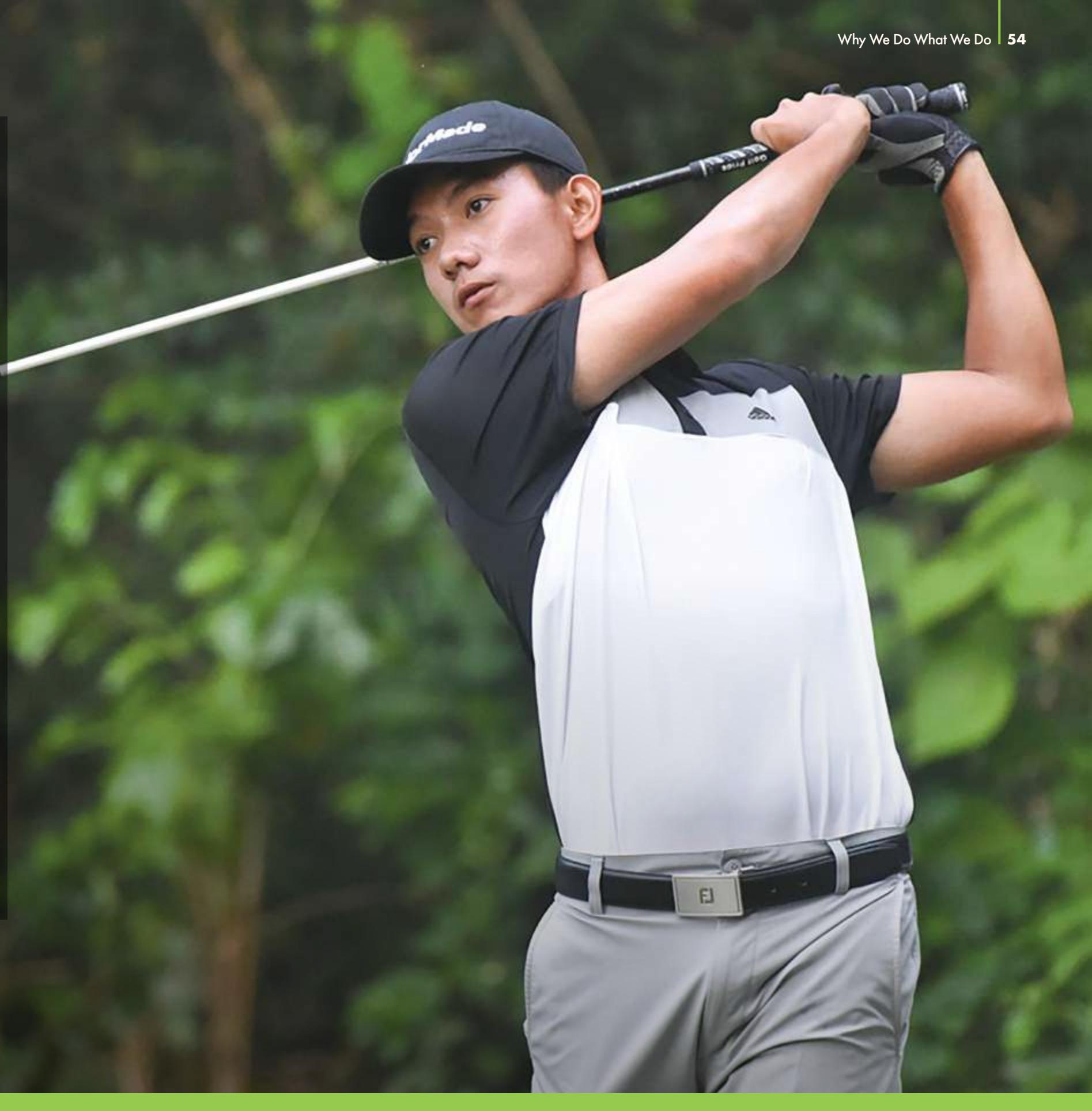
**Sudden death – words that can make or break a golfer. Regardless, the team aced the title!**

Two sudden death playoffs in a row, and finally, Singapore clinched a gold in the SEA Games golf competition. The team of Gregory Foo, Joshua Shou, Marc Ong and Joshua Ho triumphed over Thailand. The other time the gold contention went into sudden death, Johnson Poh faced off against Thai Natipong Srithong back in 2015 in Singapore.

Marc finished just a stroke behind eventual winner Kosuke Hamamoto of Thailand with a nine-under 204 over three rounds at the par-71 of The Mines Resort and Golf Club in Kuala Lumpur.

**We are just so happy to win Singapore's first team gold, and we're so happy because we worked really hard.**

**Marc Ong,  
Team Singapore Golfer**





## Sailing Towards Gold

Ryan Lo & Jillian Lee – Sailing

Photo by Sport Singapore

**As placid waters may hide underlying currents,  
the journey to sailing's golds was not always smooth.**



Full-time National Serviceman Ryan Lo, had not competed for more than a year. He was grateful that he had been allowed a half-day of leave every day for the three months preceding the SEA Games to train.

While in the competition, Ryan never relinquished his hold on the lead. Over the five gruelling days, which he could only numbly describe as 'intense', he appeared to be cruising towards the title. It was just a margin of three points that separated him from

Thailand's Keerati Bualong. Ryan's fortitude held out and he secured his first individual title at the Games, adding to the team gold won earlier.

Compatriot Jillian Lee also made her debut quest for gold look easy, winning six of the eight races in the Laser Radial competition. Her win soothed the pain of missing out on gold in the Laser Radial team event. "Coming from that I was really disappointed. I'm very happy that I managed to pull myself up and continue," said Jillian.

Top photo by Nicole Lim



## Bountiful Harvest of 50

Photo by Dyan Tjhia

The 9<sup>th</sup> ASEAN Para Games showcased grit and determination. Our para athletes drove their bodies, mental strength and concentration to their limits. Their harvest was the most bountiful ever with 50 medals.

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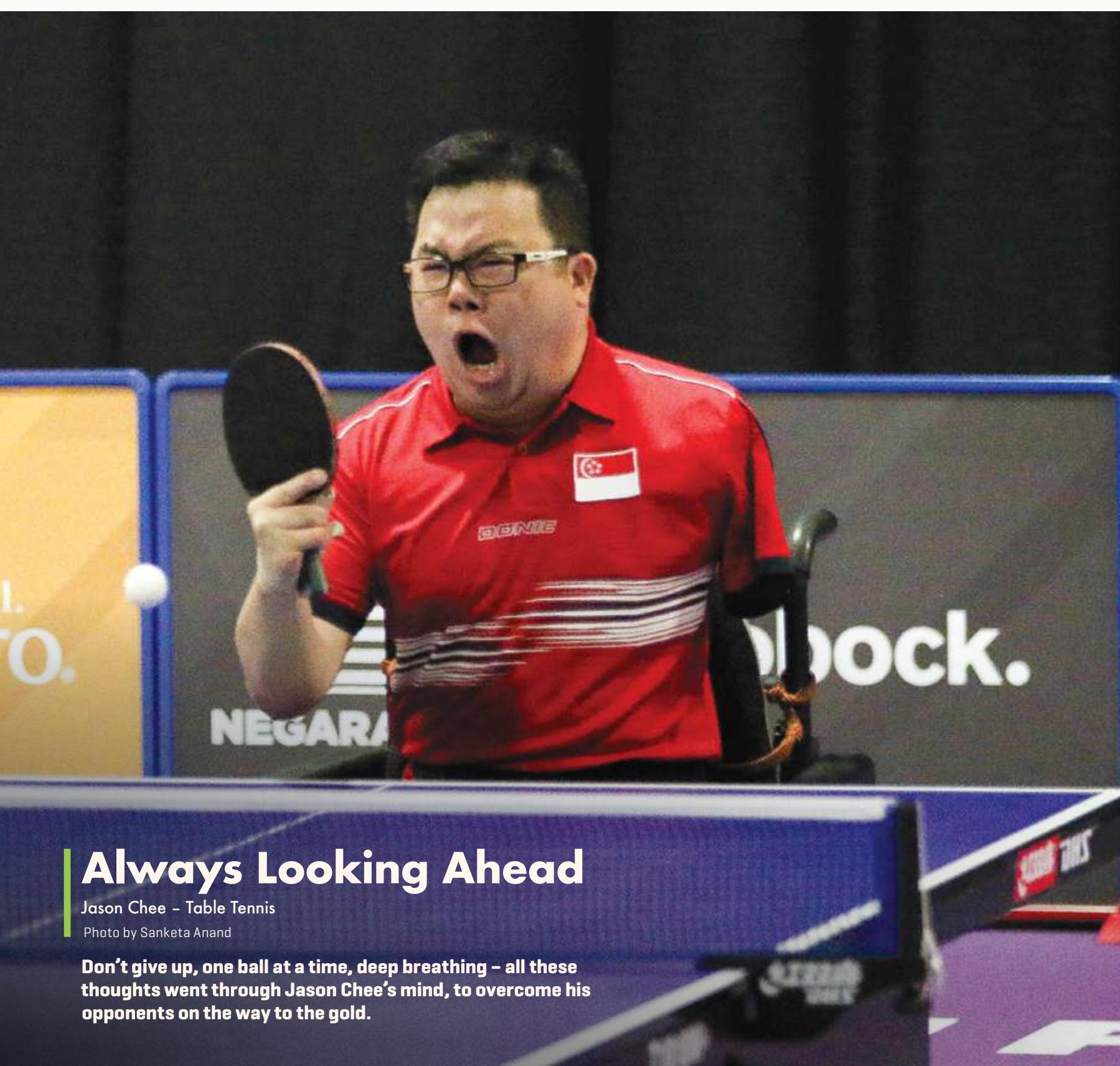
### 9<sup>th</sup> ASEAN Para Games Medal Tally

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**9**  
GOLD

**17**  
SILVER

**24**  
BRONZE



## Always Looking Ahead

Jason Chee – Table Tennis

Photo by Sanketa Anand

**Don't give up, one ball at a time, deep breathing – all these thoughts went through Jason Chee's mind, to overcome his opponents on the way to the gold.**



"Jason Chee's gold medal showed what tenacity and determination can achieve," said Minister for Culture Community and Youth, Grace Fu. Indeed, the 34-year-old serviceman from the Navy took everything that life threw at him in his stride, including the loss of his right eye to cancer just before the ASEAN Para Games, and blew away the competition.

Jason had a clean sweep, winning all four of his matches to win the men's singles Class 2 round robin competition. This victory helped him banish the pall of missing out on the gold in the same event in 2015.

His positive attitude saw him through the trials and tribulations. He said, "I don't say that because I lost one eye, I will lose eventually. I always tell myself that I still have to fight for it. I can still see with my left eye, so just play on."

**“Two years ago, I got silver for the same event. Now, I can forget about two years ago. It's about this year, 2017. Forget the past, look ahead.”**

**Jason Chee,  
Team Singapore Paddler**

Top photo by Lee Alfie



## A Regular Straight Arrow

Syahidah Alim – Archery

Photo by Dyan Tjhia

When parents started coming up to Syahidah Alim to let her know that she was a real role model, the para archer felt humbled. She never thought that she would be an inspiration to children to take up archery.

It is not hard to see why – she retained her title in the women's individual compound open final in the ASEAN Para Games beating Malaysia's Nor Sa'adah Abdul Wahab 140-132.

**I never saw myself as an inspiration before, I just love doing what I do. Getting to hear from parents that their child is inspired to do sport because of me, really makes a difference to what I do now. It's a great motivating factor for me to work even harder.**

Syahidah Alim,  
Team Singapore Archer



## Romance on Wheels

Emily Lee & Jessen Ng – Cycling

Photo by Sport Singapore

Team Singapore cyclist Emily Lee is a strong believer in romance. That is what brought her numerous medals at the ASEAN Para Games. And switching to the sport from goalball allowed her to spend more time with her husband, Jessen Ng.

After hearing that there would be a male-tandem para cycling team, she pushed national para cycling coach Christian Stauffer to start a female team as well.

The sport has brought them closer, as they go to the same place for the challenging training sessions. The training paid off, as she and her sighted pilot, Sarah Tan, clinched the gold medal in the women's 12.3km individual time trial. This added to her three silvers and a bronze.

Jessen also came away from the Games with a haul of a silver and three bronzes, working with his sighted pilot, Calvin Sim.



**... I wanted to win a gold for Singapore and hear our national anthem play at the victory ceremony. It was an honour to have been able to do that for Singapore.**

Emily Lee,  
Team Singapore Cyclist

Bottom right photo by Sport Singapore

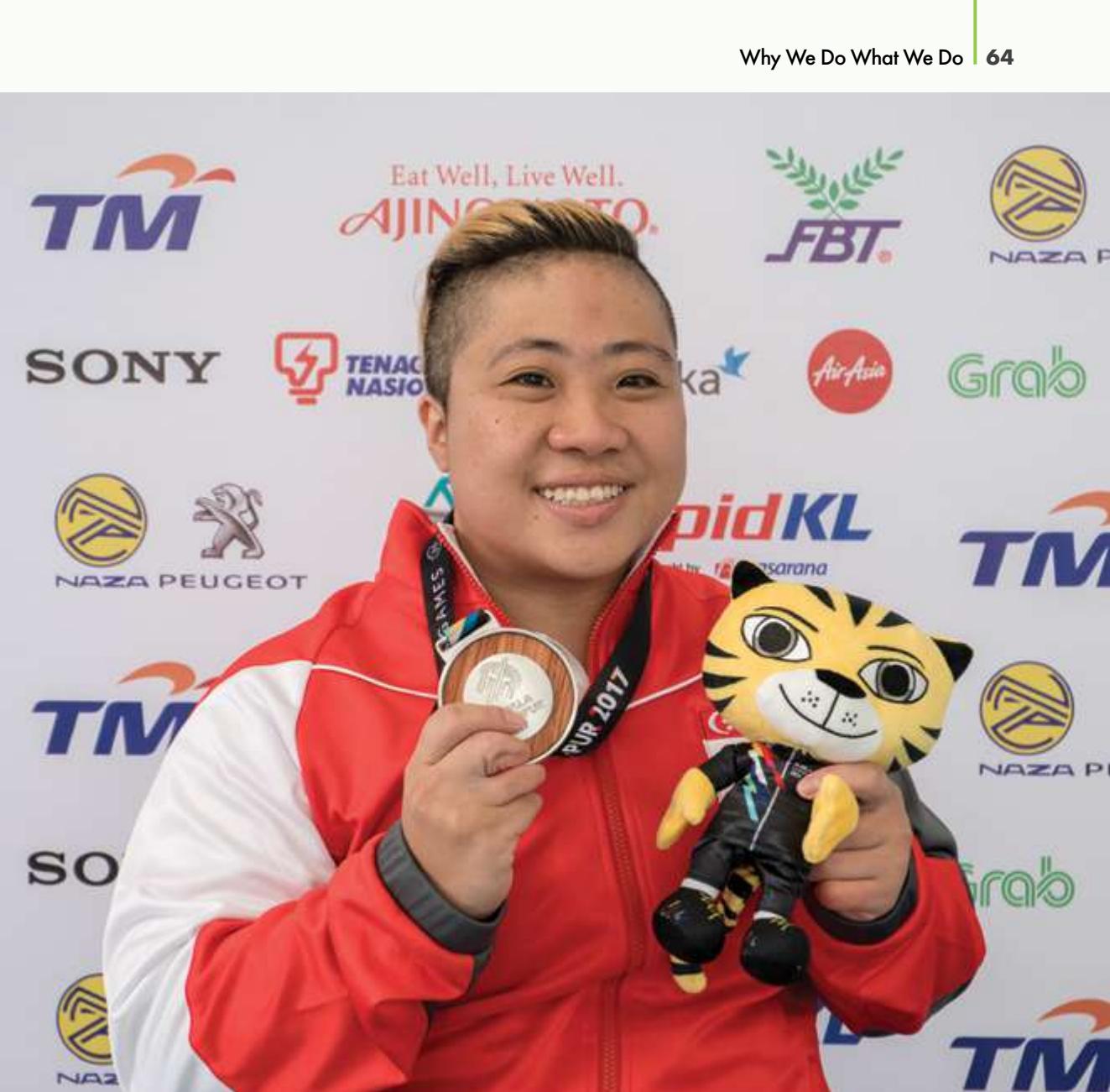


## Golden Milestones

Toh Wei Soong & Theresa Goh – Para Swimming

Photo by Dyan Tjhia

**One is a veteran whom the rest of the team looks up to. The other is a 19-year-old who has already clinched golds in two successive ASEAN Para Games. Despite their successes, they are not slowing down.**



Toh Wei Soong believes that when competing in any competition, you would always want to get the gold. But what is more important in his mind is "that you try your best. If that gets you the gold, all the better."

With this attitude, Wei Soong made it a double golden celebration, clinching the top spot in both the 100m S7 and 50m S7 freestyle races. He also added the 100m S7 backstroke silver to them.

Also dominating in the pool, Theresa Goh won the women's SB4 100m breaststroke final in 2min 4.16sec. What was even more significant was that it marked a milestone of 30 ASEAN Para Games golds for her.

The most bemedalled para athlete who has participated in all nine editions of the ASEAN Para Games is viewed as a role model by her teammates.

Top photo by Dyan Tjhia



## Behind the Scenes

Photo by Stanley Cheah

The ones behind-the-scenes, the unsung heroes – they are the ones whom our athletes rely on. Call them what you want, but our athletes call them mum, friend, fan, mentor. The invaluable support means so much to them.

According to the Sports Index 2017, 7 out of 10 Singaporeans have expressed willingness to support Team Singapore athletes regardless of their performances at major games. A demonstration of the #OneTeamSG spirit indeed!





## Dolly Lo, Mum to All

Photo by Dolly Lo

**Seeing her son, Ryan, become a SEA Games gold medallist in 2017 puts Dolly Lo in a great place to understand what athletes go through for their sport. In her own words, Dolly tells us how she helps all in Singapore's sporting scene, while also drawing inspiration from them.**

I had already bought my tickets to Kuala Lumpur, so I had to travel there on unpaid leave from my new job at the Singapore Sports School. I stayed with my brother there. Little did he know that I would rope him into my support campaign!

I knew how our athletes tried very hard to qualify for the SEA Games, and the sacrifices many of them made.

My days there were long and I didn't return home till after 11pm. I went to 16 sport events – athletics, bowling, basketball, badminton, diving, synchro swimming, swimming, hockey, silat, wushu, judo, gymnastics (artistic and rhythmic), squash, rugby, water polo and table tennis.

Athletes never fail to impress and inspire me. There were a few who had injuries, but they

were undaunted. Suhaila from the silat team had fractured a metacarpal. She trained harder and learnt to fight with her left hand as her master hand instead. Athletes just have that fighting spirit that is so attractive to me.

For me, I post pictures and write about them very often on social media and tag them. Through this, their friends come to know of their achievements and their sport.

I also meet them in person to encourage them. I remember most things they have shared with me and will follow up with them. Although my son was competing in Langkawi, I chose to be in Kuala Lumpur as I felt that my presence there could be beneficial. As for my son, I have been his fan and support system all these years and I am sure he would not mind sharing his mom with fellow Team Singapore athletes.



## Many Laps to Go Before They Rest

Photo by Andy Chua

**Our aquatics teams always dazzle when in the water. It comes about because of the gold-medal worthy performances of the Singapore Swimming Association officials in the background.**

Athletes from the Singapore Swimming Association (SSA) won 23 gold medals at the 29th SEA Games, set 10 games records, broke seven national records and achieved 20 personal bests. Dazzling as these numbers are, they don't tell the full story of the national sport association's (NSA) comprehensive work.

SSA is an ecosystem for aquatic sports in Singapore, working on everything from athlete development and community activities to fundraising and major events. "We're very much running five NSAs in one," says executive director Edwin Ker.

That unity was evident at the SEA Games. Supporting the SSA swimmers (pool, open water and synchro), divers and water polo players were a total of 27 staff and volunteers, including coaches and team officials. The SSA complement was in addition to the sport

scientists provided through the Singapore Sport Institute. There was no let-up after, as the packed events calendar featured more than 30 events during 2017.

Seeding growth in the community, running events and developing high performance athletes requires money. SSA is developing its own sponsors and fundraising campaigns to drive its objectives. Since Edwin joined SSA in late 2013, the NSA has raised sponsorship of more than \$5 million. He also pioneered the Aquatic Heart and Hope campaign to raise funding for underprivileged athletes and children. To date, it has raised almost \$200,000.

The team will not be resting on its laurels. Says Edwin, "No one is 'entitled' to stay at the top. You have to work hard to get there. Hope is not a strategy. High performance waits for no one."



Nearly 500 Singaporeans travelled en masse to both the SEA Games and the ASEAN Para Games in Kuala Lumpur, under the ActiveSG banner. Split over two weekends, the tour, led by experienced and cheery volunteers, was to bind the supporters together, and cheer in a unified voice as One Team Singapore.

Banking on the experience of holding a similar tour experience on home soil in 2015, the organisers promised adrenalin-fuelled action in events that included the Opening Ceremony, aquatics, athletics, table tennis, pencak silat, football and many other sports.

Proving that age is just a number and not a barrier to supporting Team Singapore athletes, the oldest supporter on the tour was 79, while the youngest was just seven! Participants enjoyed the fact that they had the opportunity to make new friends and were brought to the doorsteps of the competition venues to see their favourite athletes in action. Naturally, being Singaporeans, the food was truly appreciated, with all meals fully catered for!

“Thumbs up to all for this never-before-experience in KL!  
We shall meet again for our next venture!”

Brian Tong, Participant



## Looking Through Different Lenses

Photo by Andrew JK Tan

**Photography is a passion. What better way than to indulge in your passion on a subject that you enjoy so much, that you're willing to do it purely on a voluntary basis. Team Nila has many photographers who capture sporting endeavours, emotions and performances. Here, Andrew Tan and Ben Cho tell us about what drives them in the pursuit of capturing the perfect picture.**



**Andrew Tan**

Andrew Tan takes inspiration from the never-give-up attitude of his photography subjects during the ASEAN Para Games in both 2015 and 2017. "Recording the moments and experiencing the determination of the para athletes is really an eye-opener and very inspirational."

As a volunteer in Team Nila, his role helps highlight the importance and raises the visibility of sports to the public. Sports photography allows him to capture the touching and historic moments.

He gets great satisfaction when he nails a shot. The peak of Singapore's Avryl Tan Ying's routine in the Rhythmic Gymnastics (Ball) was captured in the right light, with her in a dramatic and dynamic pose.



Photo by Ben Cho



**Ben Cho**

Photo by Andy Pascua

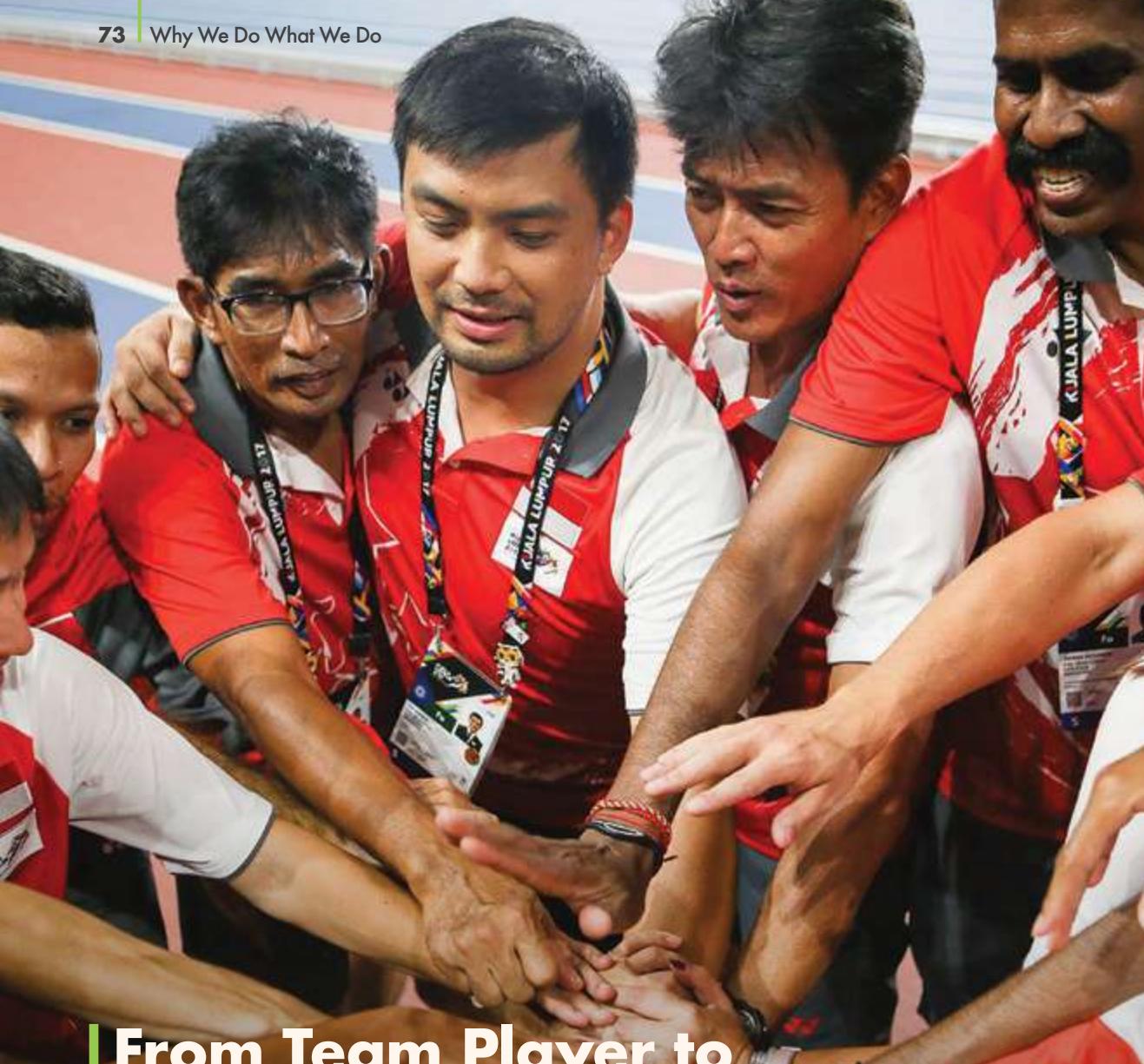
**“Volunteering helps me to grow my circle of friends. Very often, we get back more than what we put in.”**

For Ben Cho, being a volunteer photographer at events means getting to learn from the other volunteers, and also meeting new people.

His keen eyes catch other emotions that take place and go unnoticed. "I had the rare opportunity to watch and photograph our boxers and our male artistic gymnastic team in action during the SEA Games. It was clear our teams were no match for the others. I thought I would see fear or despair. I saw none of that – I saw pride in flying our Singapore flag. I saw perseverance, even though the athlete knew he only had a slim chance of winning."

Ben's unpublished photograph of boxer Prithiv Raaj Elansharan after he lost his Light Fly bout against Lao's Lasavongsy Bounpone showed Prithiv in tears leaving the arena. Ben did not anticipate that shot, but felt his pain and disappointment

Another shot was of Sean Yeo in action on the parallel bars. He later sustained an ankle injury at the high bar and had to be stretchered off. Ben, a lecturer in Singapore Polytechnic, uses these real-life examples to inculcate these athletes' positive values in his students.



## From Team Player to Volunteer Diplomat

Yip Ren Kai – Chairman of SNOCAthletes Commission

Photo by Richard Seow

Bringing out the best in our athletes and coaches in the high-stakes atmosphere of the SEA Games was not a role for the faint-hearted. Fortunately for volunteer Team Manager Yip Ren Kai, he has his years of experience as Chair of the Athletes Commission for Singapore National Olympic Council and as a former member of the National water polo team, to tap on. He took almost two weeks of his paid annual leave to be at the Games. But for this sports marketer, it was worth the sacrifice.

"Whenever you hear the national anthem being played, you would beam with pride and get teary eyed," he says.

Ren Kai feels that the athletes' experiences in sport will prepare them for life. "The skills you pick up through sport are immensely crucial to success in life. Teamwork. Perseverance. Time Management. Adaptability. These traits exist in all athletes, not only elite ones." And he feels proud to be part of the athletes' journey.

## There's No Foiling Her Ambition

Amita Berthier – Fencing

Photo by Stanley Cheah

Uma Devi and Eric Berthier had made a momentous decision to allow their 15-year-old daughter Amita to live and train in Boston to pursue her passion for fencing. When Eric died in an accident at work only days later, Uma wanted to reconsider.

Standing by the original decision, Uma said, "We need to let them dream and be passionate about something."

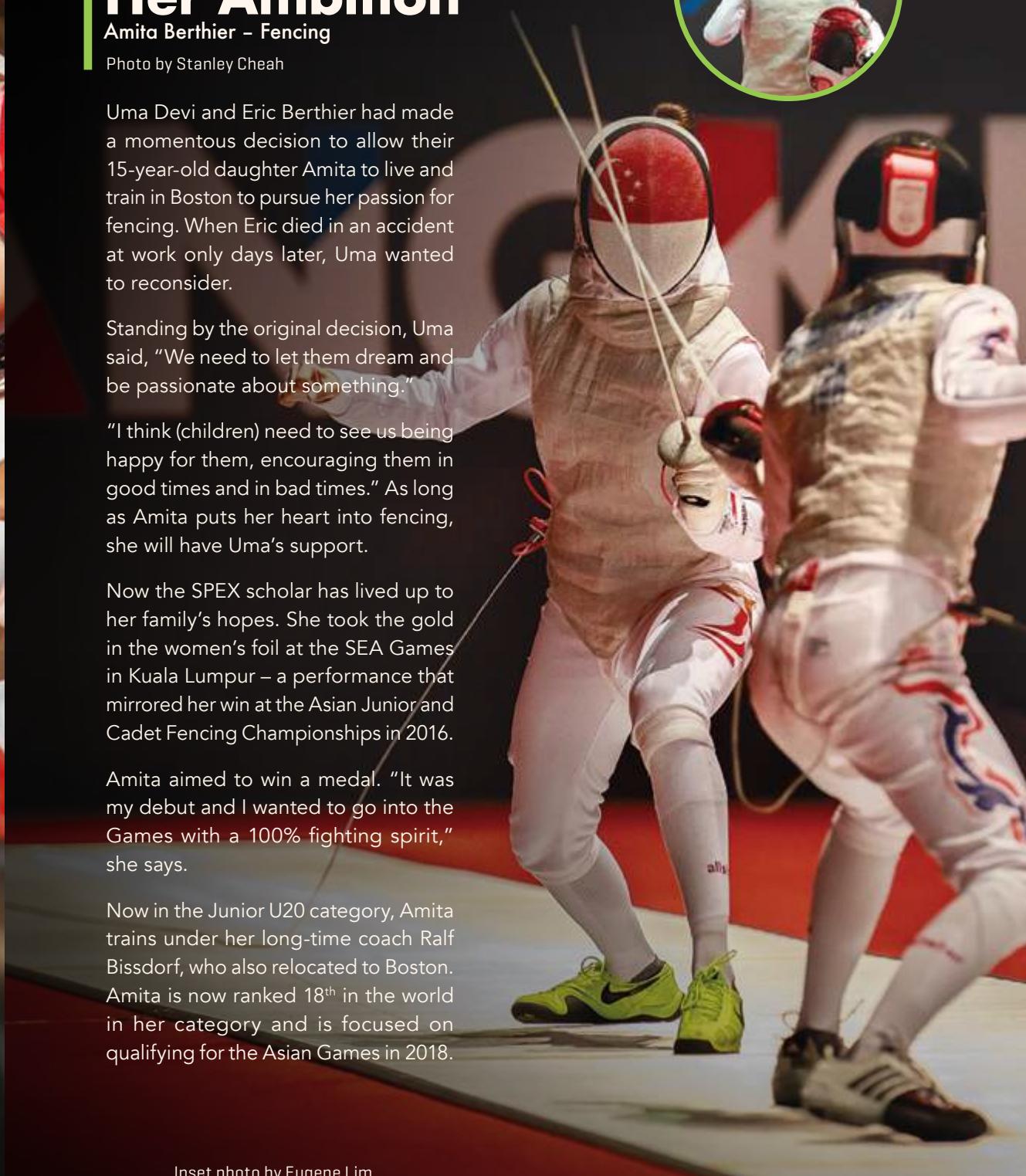
"I think (children) need to see us being happy for them, encouraging them in good times and in bad times." As long as Amita puts her heart into fencing, she will have Uma's support.

Now the SPEX scholar has lived up to her family's hopes. She took the gold in the women's foil at the SEA Games in Kuala Lumpur – a performance that mirrored her win at the Asian Junior and Cadet Fencing Championships in 2016.

Amita aimed to win a medal. "It was my debut and I wanted to go into the Games with a 100% fighting spirit," she says.

Now in the Junior U20 category, Amita trains under her long-time coach Ralf Bissdorf, who also relocated to Boston. Amita is now ranked 18<sup>th</sup> in the world in her category and is focused on qualifying for the Asian Games in 2018.

Inset photo by Eugene Lim





## Fulfilling Their Need for Speed

Christian Stauffer – Para Cycling Coach

Photo by Suki Singh

Just before the ASEAN Para Games, national para cycling coach Christian Stauffer said, "We are not going there with our hands in our pockets. We are going there to put up a good fight and I hope that they can win a medal."

They did better than that, winning 14 medals, including a gold from Emily Lee, and matching the vaunted swimming team.

Christian attributed the success to strategising, getting the right combinations of able-bodied cyclists as tandem pilots, and teamwork. "We didn't just hop onto the bike and push the pedals, but we observed the other cyclists and we strategised. We also found the right combination of tandem cyclists."



## Farewell Henry

Henry Tan – Bowling Coach

Photos by Singapore Bowling Federation

Bowling's Henry Tan passed away on the same day that the SEA Games bowling team left for Kuala Lumpur. But, he was definitely still looking out for them from above when they won gold on the first day of competition.

Another thing that the bowling fraternity could count on was that Henry would always be at Changi Airport to greet the team on the way back. Said Cherie Tan, one of his proteges, "Whether we did well or not, he was always there waiting for us, always supporting us."

Henry, who was 73, was the national coach from 2006 to 2013. He won Coach of the Year in 2010 and 1984. He was also a winner of the Sportsman of the Year award in 1970 and 1975. Only one other man, boxing's Syed Abdul Kadir, has accolades in both categories.

During his bowling days, Henry won silver medals at the World Cup in 1970 and in the men's doubles event at the 1975 FIQ World Championships. He set a then-world record with a high game of 298.



## OneTeamSG Fund Gets Off the Starting Line

Photo by Michelle Liang

**“As part of our club’s 40<sup>th</sup> anniversary celebration, we decided to make this donation for the benefit of sport in Singapore. We hope to make a difference and give our athletes more opportunities to achieve their sporting ambitions.”**

**Tan Kok Sing,  
Founder of Tiong Bahru Garden Joggers**

Mr Tan Kok Sing, began jogging to fight rheumatism in his knees. Encouraged by the benefits of jogging, Mr Tan started Tiong Bahru Garden Joggers back in 1977. Now, a sprightly 92-year-old, Mr Tan wants to help athletes realise their sporting ambitions. To celebrate their 40<sup>th</sup> anniversary, the joggers pledged support for the One Team Singapore Fund, to the tune of \$100,000.

With this fund, Singaporeans and Corporate Singapore can now play a direct role in the sporting journey of Team Singapore athletes. The Ministry of Culture, Community and Youth will match sport donations up to \$50 million, over five years from 2017 to 2022.

Benefitting from this will be the High Performance Sport System in the areas of competition opportunities, pathway development, coach development, management capability, data analytics, training environment and software, and sports science and medicine.

Also pledging their support were spexBusiness partners, Deloitte Singapore and Fullerton Health with pledges of \$150,000 and \$250,000 respectively.

**“Public support helps spur me on during my competitions, giving me a competitive edge to perform better. This is especially so when the going gets tough and knowing that Singaporeans are behind me gives me that extra boost in morale.”**

**Shayna Ng,  
Team Singapore Bowler**

Pledge Your Support Here



Top right photo by Dyan Tjia



## Calling the Shots as An International Referee

Photo by Mongnaphot

**From recreational athlete to national goalkeeper to international referee. Cookie Tan credits a broad range of people for her climb up the umpiring ladder in Singapore's hockey community.**

I passed my umpiring test when I was 15. But I didn't take any serious action until I retired from the national squad in 2012. I could have been building up my refereeing skills in addition to being keeper for the team, but then, I just wanted to play. I took another look at my options since I wasn't willing to walk away from the sport and realised I could stay active in the sport through officiating.

Officiating requires many of the same qualities as a player. Focus. Discipline. Presence of mind. Humility. Don't be afraid to make and admit your mistakes. You have to maintain your fitness, or you may not be able to keep up with the play otherwise. I do my own fitness workouts and umpire men's games on weekends.

I'm one of only two females on the Promising List of referees in Singapore, a step up from the International Level. I am receiving a lot more work, and I have more levels to complete to be a full-fledged international umpire.

I would like to tell girls to take up umpiring responsibilities. Singapore receives many opportunities to send officials to top-level hockey events such as the Olympic Games in Rio. My employer, ITE, gives me the time to go because they recognise my commitment.

Sport teaches you so many things and especially how to handle disappointment. In 2010, we qualified for the Asian Games but we didn't get to go. The Singapore National Olympic Council determined that only one team between the men's and women's teams would be allowed to go, but we still soldiered on. My best moments were playing with the national team and that includes the hardship of training on Sunday mornings. I miss the camaraderie we shared. But with umpiring, I'm going further in the sport than I did in my playing days. And that is a big source of pride, too.

# Our Play Nation

Listing of sporting events for February – April 2018

## February

4 Feb	Heartbeat@Bedok - Active Health Discovery Zone Official Opening
4 Feb	ASEAN Basketball League: Singapore Slingers vs Alab Pilipinas
9 – 25 Feb	Winter Olympic Games 2018
10 Feb	Dynamic Training for Serious Athletes by Superfit
10 Feb	A Good Day Out with ActiveSG
10 – 11 Feb	Modern Fencing Minime International 2018
11 Feb	Japanese Martial Arts & Traditional Performing Arts by Nippon Sport Science University
11 Feb	ASEAN Basketball League: Singapore Slingers vs Formosa Dreamers
18 Feb	Spring Surprise 2018 @ Gardens by the Bay
24 Feb	Wings ActiveSG Cross Country Championship 2018
25 Feb	ASEAN Basketball League: Singapore Slingers vs Saigon Heat
27 Feb	Tension Release through Yoga Workshop by Yoga Seeds

## March

4 Mar	ASEAN Basketball League: Singapore Slingers vs Chongson Kung Fu
11 Mar	ASEAN Basketball League: Singapore Slingers vs CLS Knights Surabaya
11 Mar – 13 May	Singapore Community Games 2018
13 – 15 Mar	SPORTELAsia 2018
24 Mar	NUS Biathlon 2018

## April

4 – 15 Apr	2018 Commonwealth Games
11 – 12 Apr	Singapore Athletics Festival
28 – 29 Apr	HSBC Singapore Rugby Sevens



Information correct as of 31 January 2018

For more information, scan the QR code.

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Members of Tote Board Group

3 Stadium Drive  
Singapore 397630  
T. 65 6500 5000  
F. 65 6440 9205

[sportsingapore.gov.sg](http://sportsingapore.gov.sg)

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