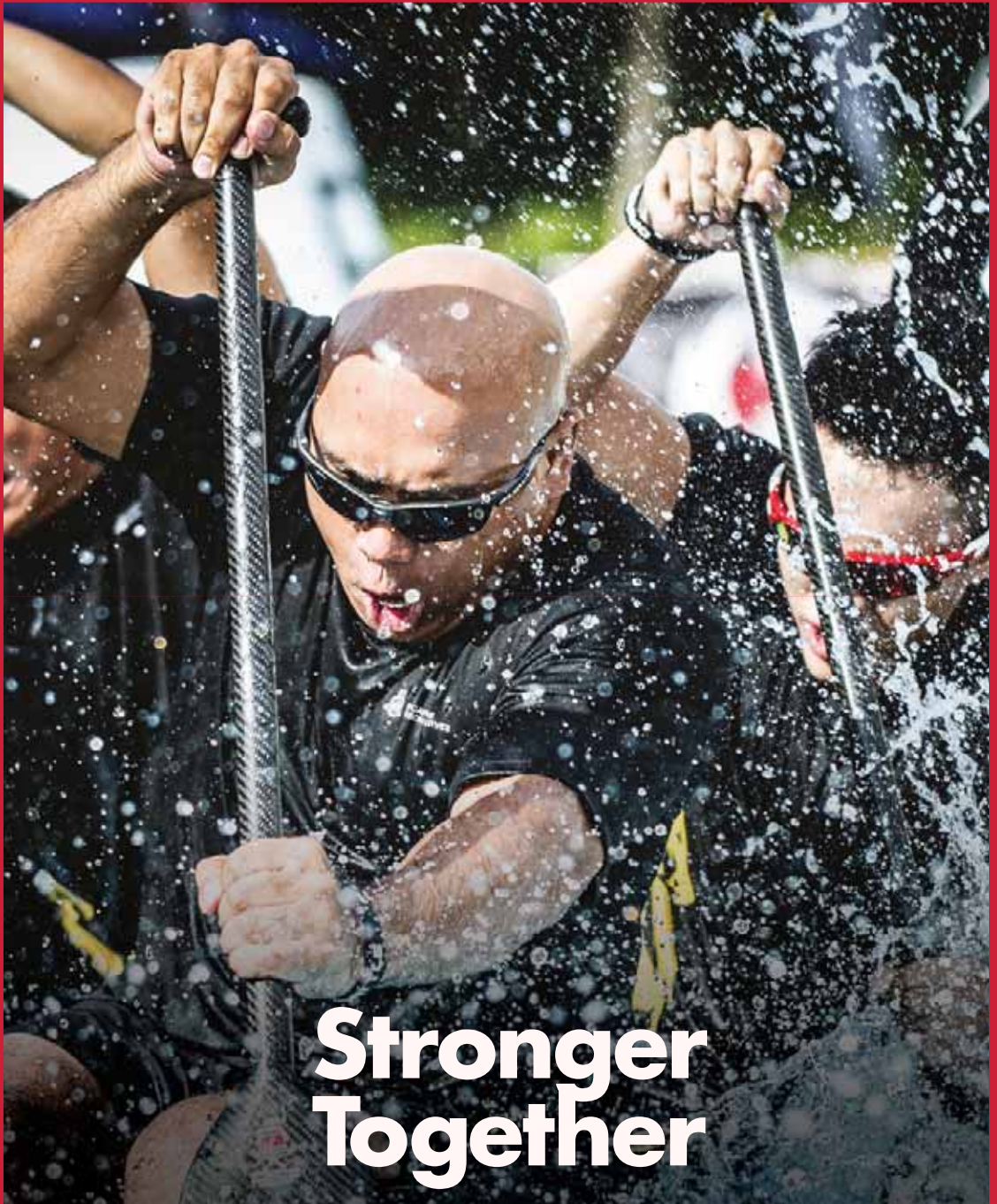


LIVE

BETTER THROUGH SPORT

APRIL 2017



**Stronger
Together**



03	Chairman's Note	22	Yes! We Can
04	We Are #OneTeamSG	26	Staying Active Together
08	I've Got You, And You've Got Me	28	Look Who's In The Pool!
12	Raising The Game	32	What Does This Have To Do With Sport?
14	We Are Team Nila	36	Get Sporty
18	Home Runs	39	Our Play Nation

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Cover photo by Shaun Ho

Content page photo by Jonathan Neo

Chairman's Note

We are living in an age of collaboration. With every passing day, we see people, business and government exploring new partnerships and possibilities, seeking to achieve greater value for Singapore.

When our government talks about the importance of collaboration for our shared future, they are not speaking solely on a macroeconomic scale. They are talking about the way we come together as a people to care for each other. *Stronger, Together*, the theme of this third issue of 'LIVE', takes a look at some of the successful and often deeply personal partnerships and relationships that have formed through sport.

One partnership began with a shared training schedule, grew into an incredible friendship and culminated in a victorious trip to the Paralympic Games in Rio. Other partnerships were driven by a business vision that took the organisers from Singapore into the region.

One relationship had its roots in heartbreak but has become a story of resilience. Yet another relationship evolved between a young athlete and his legions of fans — who watched him bring home Singapore's first Olympic gold medal.

Every strong partnership shares a common characteristic: an abiding trust that we will all put forward our best effort. No collaboration, license or contract can overcome its absence. Sport Singapore's commitment to the public trust is measured in our delivery of inclusive programming for all, regardless of socio-economic status, religion or age.

Thus, this issue also looks at work being done by Singapore Sports Institute, Team Nila, SportCares and ActiveSG to serve our communities. Working along different channels but with a common goal, these arms of Sport Singapore prove we are *Stronger, Together* through sport.

Richard Seow

Chairman, Sport Singapore



We Are #OneTeamSG

Photo by Ng Chrong Meng



It was 9.12am on 12 August 2016: Singaporeans of all ages and different walks of life held their breath as they watched Team Singapore swimmer Joseph Schooling conquer the world sporting stage with his phenomenal performance. We asked some of his fans to recall their thoughts and feelings when they watched his historic swim.



I personally was confident he would bring home a medal for us. But to win the gold and deny Michael Phelps, the most decorated Olympian of all time, his 23rd Olympic gold medal was simply awesome! That win brought the country together and he and his family deserved that, especially his parents who have sacrificed so much through the years.

Ion Danker, 38
*Married with two children,
from Hougang*

I was so happy to see him on stage with our anthem playing in the background that I jumped out of bed! Thank you for making us proud Joseph Schooling!

Azel Liew, 9
*Primary school student
from Toa Payoh*

I don't think I blinked once during that exhilarating 50:39 seconds. Joe was a winner from start to finish – such a well-deserved victory! I must say our athletes are an inspiration and we can teach our children to pursue their dreams with our full support.

Jaclyn Reutens, 36
*Clinical Dietician and mother
of one, from Orchard Road*

I'm ecstatic that he won the medal. Joseph Schooling made Singapore very proud.

Thangavelu Nithiasanthi, 57
*Grandmother of one,
from Bukit Panjang*

I thought that it was an amazing achievement, not just for him but for Singapore. I felt proud as a Singaporean as, finally, our national anthem was played at the Olympics.

Arief Aditya, 28
Working adult from Tampines

Schooling has shown the world that Singapore is more than an economic success. And that our people have the guts to dream big, pursue their passion, and aim for greatness! My Australian colleagues even congratulated me for Schooling's win and I have never been prouder to be a Singaporean!

Leona Goh, 34
*Singaporean living and working
in Melbourne*

I'm proud of his achievement for Singapore. Many of my neighbours also shared their excitement of Singapore's first Olympic Gold medal. Well done, Joseph Schooling!

Ting Guan Lee, 87
*Homemaker with
14 grandchildren and
11 great grandchildren,
from Mountbatten*





Winning Time:
50:39 secs
**(National, Asian,
Olympic Record)**

“
**Thank you Singapore,
this one is for all of you.
I love you all, I really do.**
”

Joseph Schooling
Gold Medallist, 100m Butterfly,
Rio 2016 Olympic Games

Team Singapore is a shared identity for all Singaporeans, where sport is the national language. It represents the unique connection between our athletes and every other Singaporean – young or old, as they embark on a sporting journey as one. Team Singapore is one big family inspiring one another through sport. It is a relationship that extends beyond the sporting fraternity and beyond the major games. Team Singapore is about living better lives as we embody values inherent in sport: a winning spirit, an appreciation for teamwork, a commitment to purpose, the importance of ethical behaviour and a love for our country.

I've Got You, And You've Got Me



A young woman with dark hair, wearing a colorful, multi-colored swimsuit with the word 'SPEEDO' on it, is sitting in a wheelchair. She is smiling and flexing her right arm. The background is a swimming pool with lane lines. The text 'I've Got You, And You've Got Me' is overlaid on the image.

I've Got You, And You've Got Me

I've Got You, And You've Got Me

Photo by Theresa Goh





“
The world doesn't need to see my ugly crying face (yours is really well hidden). But the world needs to know how proud I am of you You are a Paralympic medallist after 17 years of training and perseverance. Nobody knows our journey like us and I am so incredibly proud of you.
”

Paralympic Champion Yip Pin Xiu on her friend and teammate Theresa Goh

Yip Pin Xiu had already won her first gold medal at the Rio 2016 Paralympic Games when her good friend and training partner Theresa Goh got into the pool. For Pin Xiu, the significance of her own triumph fell away as she watched Theresa swim her way to a bronze medal in the 100m Breaststroke SB4.

Theresa had been all nerves before she dove into the pool. But her best friend Pin Xiu, known as PX, calmed her down by getting her to think of it as just another 'training session'. That took enough of the pressure off for Theresa to claim her first medal at the Paralympic Games. "We're very lucky to have this chemistry," says Theresa.

Theresa and Pin Xiu share a story of tenacity in the face of adversity. Pin Xiu, who has muscular dystrophy, had to change her event of choice several years ago as her condition weakened. But it didn't stop her. She came home from the London Olympics in 2012 with her first gold medal. She built on that in Rio with two gold medals (in the 50m Backstroke S2 and 100m Backstroke S2) as well as a new world record of 2 minutes 7.09 seconds in the 100m Backstroke.

Theresa, who was born with spina bifida, was the first Singaporean to compete at the Paralympics Games, in Athens in 2004. Twelve years of grit and determination later, Theresa had her Paralympic medal in the 100m Breaststroke SB4.

And both women had the love and pride of a grateful nation.



Raising The Game

Photo by: Ng Chrong Meng

The team at the Singapore Sports Institute (SSI) works tirelessly with our Team Singapore athletes year-round to help them realise their sporting aspirations. Darwis Hussen, SSI's Sport Rehabilitation Trainer was in the thick of the action with our silat athletes during the recent World Pencak Silat Championship that saw two world titles for Singapore.

Many people think that a sport rehabilitation trainer's job is to give athletes massages. But the work is a lot more challenging than that. In preparation for the World Pencak Silat Championship in December 2016, Darwis had to work closely with the team's coaches about two months before that. He says, "It is very common for silat athletes to sustain knee and ankle injuries. And they often get injured during training, so I advise coaches about what athletes can or cannot do while preparing for the competition.

I also talk to sport nutritionists to find out what athletes should eat and drink before and after competitions. We discuss what supplements can help athletes stay fighting fit throughout the competition. As the team around the team, we need to work closely

with other sport science professionals to best prepare our athletes."

Silat athletes have back-to-back fighting tournaments and they often get hurt between competition dates. Darwis has to be there every step of the way to offer the right measures to minimise further stress on the athletes' knees and ankles. "I have to make very quick decisions about treatments when athletes sustain an injury. Timing is crucial."

Darwis' support extends beyond physical treatment. Sometimes athletes can't recover completely from a bad injury and this affects their performance permanently. This can hurt their confidence and morale. Darwis says it is important to be very tactful, empathetic and encourage athletes to stay positive.

“
A rewarding aspect of my work is being able to watch an athlete achieve the right fitness and frame of mind to compete. I feel a sense of achievement when he or she succeeds.
 ”

**Darwis Hussen, Sport Rehabilitation Trainer,
 Singapore Sports Institute**

We Are Team Nila



We Are Team Nila

Photo by Ng Chrong Meng



They stand alert on the sidelines, watching the crowds roar to life as the event begins. After hours of preparation and sacrifice, the only thing that cracks is a smile.



Team Nila volunteers are the undisputed heroes who work hand-in-hand with Sport Singapore on year-round sporting events.

For Team Nila, the thrill of being part of the defining moments in Singapore sport is only one reason they volunteer. Many like Hanaffia Hamzah are given various empowerment opportunities to co-create, co-design, co-lead, and co-manage events. At the HSBC World Rugby Singapore Sevens

2016, Hanaffia led his fellow volunteers to organise the tournament that saw 16 international teams playing 45 matches across two days.

Another reason Team Nila attracts volunteers like Michele Mitin, a Singapore citizen for over a decade, is the special camaraderie and close friendships forged during their volunteering journey.

“ I used to be a stay-at-home mum who loved shopping and travel in my free time. After I joined Team Nila and helped out at sporting events like the SEA Games and the ASEAN Para Games, my life became more colourful. I have made so many friends. It was a defining moment for me to be selected as part of the SG50 celebrations, I felt truly Singaporean. ”

Michele Mitin, Team Nila volunteer



Home Runs

Photo by HiVelocity Events







Photo by Infinitus Productions

Thanks to strategic partnerships and sponsors, companies like HiVelocity Events and Infinitus Productions are making huge strides overseas with homegrown events like the Sundown Marathon and Illumi Run.

Ironman, triathlete and founder of the Sundown Marathon, Adrian Mok (HiVelocity Events) has always been passionate about endurance events. When he organised the first night running event in 2008, he thought it would be well received but wasn't expecting the overwhelming response. He says, "Adidas definitely helped to boost the brand by sponsoring the event. We were fortunate to have found a sponsor who believed in us and what we were doing."

Adrian is currently collaborating with local brand OSIM. He explains, "Being a Singapore brand ourselves, we want to leverage successful Singapore brands to grow and develop."

They have certainly come far – the Sundown Marathon celebrated its 10th anniversary in 2017. He shares that they are in the midst of improving their brand book and manual, so they can grow Sundown across more regional markets. There are already created editions for Malaysia and Taiwan.

"We must constantly evolve our brand message to keep it fresh and exciting. It's hard work to improve and do something innovative every year. There are many moving parts to an event and once it surpasses a certain scale, it can become difficult to meet everybody's expectations. Although there is no formula to overcoming problems, we've learnt to compromise our original plans where necessary."

Compared with the Sundown Marathon, which attracts serious runners, the Illumi

Run appeals to the younger demographic. According to the founder of the Illumi Run, Jeffrey Foo (Infinitus Productions), even people who don't like running sign up for it.

Jeffrey was quick to smell an opportunity while working on the inaugural event. He says, "We expected a decent number of sign-ups for Illumi Run 2013 but when the event sold out, we quickly reached out to our regional network." And that was how their first overseas events in Australia and China in 2015 were born. When it was launched in Guangzhou, the event was sold out in three days and that motivated Jeffrey to take his chances in other cities in China.

Jeffrey says, "We positioned the Illumi Run as a global event, so many young people in China didn't mind paying premium prices."

However, he quickly admits that it has not always been smooth sailing.

"There are all kinds of challenges of course – from logistics to equipment to venue to police permits. But we had a good team in China who taught us that the partners you work with on overseas events are critical."

At the moment, the future looks bright. With more experience under his belt, Jeffrey has a Japanese edition of the Illumi Run in the works. His vision is to create more IP events that target different demographics. And luck is on his side because the market appears to be ready.



REK

OCTA

Yes! We Can

After a serious bacterial infection ravaged his body and almost killed him, Tan Whee Boon, 52 discovered he could still have a life with meaning, thanks to a meeting with Team Singapore para shooter Aishah Samad.

Photo by Lee Yaoheng





In July 2015, Whee Boon became ill after consuming a raw fish dish at a hawker centre in Chinatown. Although the doctors managed to save his life, Whee Boon's blackened hands and feet had to be amputated.

When he was in the depths of despair, feeling sure that he had 'no more future', Whee Boon received an unexpected visit from national para shooter, Aishah Samad. Having read about Whee Boon in the news, and experiencing similar emotional turmoil when she lost her limbs to a bacterial infection in 2012, Aishah decided to share her experiences with him. Meeting Aishah

gave Whee Boon encouragement and hope to carry on with life.

And these days, he has found new confidence through the 'Yes! I Can' wheelchair rugby programme.

“
To actually meet someone who has gone through what I'm going through. It's comforting to know there is hope.

”
Tan Whee Boon, 'Yes! I Can' wheelchair rugby programme participant

Plans are underway to build five centres of expertise for disability sport by 2021. These centres will not only promote healthy living but help build a more inclusive society. Slated for development in Delta, Jurong West, Queenstown, Sengkang, and Toa Payoh, the centres will pilot at least one para sport e.g., badminton, football, swimming and wheelchair rugby.

Left photo by Lee Yaocheng
 Top photo by Choong Siet Mei



Staying Active Together

Photo by ComfortDelGro Taxi



More organisations are investing in sport as a way to promote better health and stronger camaraderie among employees. Companies like ComfortDelGro have seen positive outcomes after working with Sport Singapore to introduce sport to its cabbies.

Taxi drivers work long hours and have few opportunities to get fit. To steer them towards a healthier lifestyle, ComfortDelGro Taxi signed an MOU with Sport Singapore in 2015 to give cabbies free access to ActiveSG gyms and swimming complexes every Wednesday.

Since the programme kicked off, cabbies Ms Pok Yoke Kee and Mr Frankie Chew have taken on the roles of 'Active Wednesday' ambassadors. Every week, they encourage fellow cabbies to work out at the gym or join aqua spinning. They also formed

a weekly workout group within their cabby network at Delta Sports Centre.

Support from the top helps sustain the initiative in the organisation. ComfortDelGro Taxi's CEO, Mr Yang Ban Seng supports the programme because he believes an active lifestyle will boost the cabbies' physical and mental health.

To date, ActiveSG has worked with 50 companies to introduce sport through their human resource departments or recreation clubs to encourage their employees to lead more active lives.

Look Who's In The Pool!

Look Who's In The Pool!

Photo by Lim Yong Teck





More seniors are getting out of their comfort zones to embrace a more active lifestyle. These days you won't just find Ah Ma in the park practising Taiji with her friends...





Seniors are now game to try more fun, novel and affordable ways to keep fit. Modified versions of sports like water polo – ‘Ah Ma Flippaball’ – a programme for seniors by ActiveSG’s Toa Payoh Sports Centre, dispel notions that certain sports are exclusive to the young. In fact, some youth are doing their part to encourage seniors to get active!

In February this year, ActiveSG partnered students from ITE College Central to organise a ‘superhero’ event for seniors. More than 200 seniors in superhero capes took part in Zumba and modified frisbee. This is the first student-led partnership that ActiveSG has embarked on to create innovative sports events for different segments in the community.

Now, there are more reasons for grandma or grandpa to join in when the family plans an active day out. Seniors don’t have to feel left out or be relegated to ‘bag security’ duty. They can also join in the fun!

ActiveSG will set up Active Masters programmes later this year for adults, aged 40 and above, who wish to be more physically active. Aside from functional exercises, the programmes also will include modified sports and fitness activities.

Left photo by Sport Singapore
Top photo by Ong Tian Hua





What Does This Have To Do With Sport?

Photo by Lim Yong Teck



Joining an MSF focus group with social service agencies on family violence in early 2016, SportCares was asked why Sport Singapore was taking part. “What does family violence have to do with sport?”

For SportCares, it was an easy question to answer. “Through our sports programmes, we get a glimpse of children and youth whose families are struggling. We can see kids trying to do the right thing in difficult situations.”

Partnering with SportCares, MSF later worked through our Play Like A Girl – Break the Silence football clinic. Together we delivered a message of social responsibility in ways our girls could handle emotionally.

Some 130 girls representing 10 VWOs got a day of incredible football and important words of advice from Team Singapore athletes Dipna Lim-Prasad, Micki Lin and Chelsea Sim as well as Kokila Annamalai from AWARE. Serving as assistant coaches for the day were youth from the SportCares Saturday Night Lights football programme.

Ranging from age 6 to 18, the girls also got activities to remind them that they can be powerful forces in society. GOH Baey Yam Keng reinforced the contributions of Singaporean women and gamely got on the pitch to try his skills with the girls. Adding to the girl power was Stephanie Syptak-Ramnath, Charge d’Affaires ad interim from the US Embassy Singapore, which funded the clinic.

From MSF, Jasmine Lopez urged the girls to speak up by drawing a parallel between sport and life. “In sport, you need referees, sometimes you need to issue a red card. Sometimes, you need to do it in life, too. Break the Silence.”





Get Sporty

Photo by Sport Singapore



No one disputes that sport helps kids stay healthy but the benefits go well beyond physical fitness, says Steven Quek, Head Coach, ActiveSG Athletics Club

“Through athletics, I’ve seen kids acquire essential life skills and develop responsibility, discipline and perseverance,” says Steven, who joined ActiveSG Athletics Club in 2016. With more than 30 years of experience in coaching athletics in Singapore, Steven has seen first-hand the impact of sport on children.

Real-time lessons in tenacity, discipline, commitment and respect lead to the development of a more resilient and attentive child. “This in turn enhances their aptitude for learning in school.”

For Steven, winning and losing lead to the same outcome — a valuable opportunity to learn and progress. He instils this attitude in all of his athletes, including Olympian Neo Jie Shi and 2015 SEA Games gold medalist Soh Rui Yong. “My academics improved due to the discipline he cultivated in his athletes,” Rui Yong shared.

ActiveSG’s Academies and Clubs do more for kids and youth than teach them sports skills. The programmes also help develop important character traits and life skills to prepare them to be future ready individuals.

Five academies and clubs have been launched since 2016 – athletics, basketball, football, tennis and outdoor adventure.

Exciting plans are already in place to add badminton, floorball, frisbee and hockey to the current mix of sport academies and clubs.

Photo by Bernard Woon

Our Play Nation

Listing of sporting events for April – June 2017

April

02 April	2XU Compression Run
08 – 09 April	U Sports 3 on 3 Floorball Faceoff
09 April	SCORE Run 2017
09 April	TriFactor Swim and Aqua Run 2017
09 April	Teh Tarik Run 2017
11 – 16 April	OUE Singapore Open 2017
14 – 18 April	5D4N Mount Rinjani Trek
14 – 15 April	50 Hours Non Stop Run 2017
15 – 16 April	HSBC Singapore Rugby Sevens 2017
17 – 20 April	MOE National School Games 2017 – Swimming (A, B, C Divisions & Primary)

20 April	MOE National School Games 2017 – Netball (B & C Division National Finals)
22 April	Switzerland – Singapore Football Festival
22 April	Electric Run
23 April	Metasprint – TRIATHLON
24 – 25 April	MOE National School Games 2017 – Swimming (A, B, C Divisions & Primary)
27 – 28 April	Season of Athletics 2017
27 April	JP Morgan Corporate Challenge 2017
29 April – 1 May	Monster Ultra 200
30 April	Income Eco Run 2017

May

6 May	Run Free 2017
6 May	Spartan Singapore 2017
6 May	The Music Run Singapore 2017
6 May	STAR WARS Run Singapore 2017
14 May	Singapore Kindness Run 2017
16 May	Fitness Best Asia Awards 2017
20 May	Meiji Yoga and Run
21 May	Cold Storage Kids Run
28 May	The Performance Series Singapore 2017 (Race 1)
30 May	Super Rugby 2017: Hito-Communications Sunwolves vs. Sharks

June

13 – 18 June	13th Singapore National Swimming Championship
17 June	UFC Fight Night
24 June	DreamWorks Day Run 2017
28 June	WWE Live Singapore

Information correct as of 31 March 2017

For more information, check out myActiveSG.com

Photo by Sport Singapore



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Giving Hope. Improving Lives.

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