

Coach Recognition Awards 2007 Winners

Development Coaching Awards (Schools)

1. Chng Li Li 庄莉莉

Netball

Age: 35 years old

Coached: 15 years

Li Li is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006. In the past year, she has been coaching netball at various schools including Raffles Girls' School, St Margaret's Secondary School, Raffles Junior College and Cedar Girls' School.

Many of Li Li's athletes have made significant achievements at the National Inter-Schools Netball Championships in 2006. Under her charge, Raffles Junior College was A Division Girls 4th while Raffles Girls' School was B Division Girls 2nd and C Division Girls 3rd. Li Li's athletes were also selected to represent the Singapore Combined Schools team at the International Schools Netball Challenge held in Adelaide, the National League and the Pesta Sukan competitions.

Li Li is also a firm believer of continuous learning. She frequently attends competitions and visits sports schools overseas to pick up tips on new techniques, strategies and practices. In 2006, she attended the Asian Youth Netball Championship Coaching Clinic in India and also attained her NCAP Technical (Netball) Level 3 certification.

Li Li believes in setting goals with her teams based on their individual strengths and frequently motivates them by sharing inspirational quotes from other famous athletes. To help her teams gain that extra edge and confidence, she spends extra time analysing their games and communicating with every player to understand their needs.

2. Chu Seow Beng 周小明

Athletics

Age: 43 years old

Coached: 5 years

Seow Beng is a NROC coach who coaches at Nanyang Primary School. Seow Beng's athletes had done well at the National Inter-Primary Schools Track & Field Championships in 2006, being B Boys 3rd and C Girls 2nd. Under his charge, Tong Ray Nee was C Girls 1st in the Long Jump event and set a new Championship record. Athlete Alicia Long Jia Ning was D Girls 1st in the Shot Putt event and represented Singapore at the Western Australia Little Athletics Association (WALAA) competitions in Perth.

Seow Beng keeps himself updated with the latest in training methods, not only

through reading books and watching videos, but also by attending various sports seminars. In 2004, he attended a seminar on the Neuromechanics of Strength Training & Injury Prevention as well as the IAAF Kid's Athletics Seminar. Last year, he completed the IOC Sports Administrators Course.

Seow Beng believes in keeping an open communication channel with his athletes as well as with their parents. He is always contactable via SMS, email, MSN, or by phone, and has not hesitated to go out of his way to accommodate his athletes' busy schedules and extend training hours when needed.

3. Chua Sze Muay 蔡四妹

Wushu

Age: 43 years old

Coached: 16 years

Sze Muay is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2005 and 2006. In the past year, Sze Muay has been coaching wushu at various schools including Chung Cheng High School (Main), Pei Chun Public School, Manjusri Secondary School and Victoria Junior College.

Sze Muay's athletes have done well at the National Inter-Primary Schools Wushu Championships as well as the National Inter-Schools Wushu Championships in 2006. Pei Chun Public School was Senior Boys 4th, Senior Girls 1st, Junior Boys 3rd and Junior Girls 1st at the National Inter-Primary Schools Wushu Championships.

At the National Inter-Schools Wushu Championships, Chung Cheng High School (Main) student Ho Chang Song was 1st in the Spear and Sword events and 2nd in the Sparring event, while Tracia Lim was 1st in the Spear, Sword and Sparring events at the National Inter-Schools Wushu Championships. Manjusri Secondary School student Eunice Teng was 2nd in the Sword, Spear and Sparring events. Lim Christabelle Mae from Victoria Junior College was 1st in the Nanquan and Broadsword events, and 2nd in the Spear event.

Sze Muay tailors her training to her athletes' abilities. She provides leadership-training opportunities for her athletes by allowing them to lead training sessions. She is fair and allows athletes the chance to compete as long as they are willing to work hard. She also organises barbecues and other outdoor activities to foster team bonding and relationship building with her athletes.

4. Gan Chwee Chuan Remy 颜水泉

Athletics

Age: 30 years old

Coached: 5 Years

Remy is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Clubs & NSAs) in 2005. He coaches athletics at schools and clubs including Elias Park Primary School, Singapore Sports School, Innova Junior College and WINGS Athletics Club.

Remy's athletes have performed well at various national and international meets. From

the Singapore Sports School, Jamie Ross Coates came in 1st in the 400m, 800m, 4X100m relay, and 4X400m relay at the National Inter-Schools Track & Field Championships in 2006 with a new Championship record for the 400m. Shahrir Md Anuar came in 1st in the 100m and 200m events at the Western Australia Little Athletics Association (WALAA) competitions in Perth, and was 1st in the 100m and 2nd in the 200m events at the National Junior Age-Group Championships in 2006. He also took the 2nd place in the 4X100m relay at the International Children's Games in Thailand.

Darshananth s/o Jayaraman from Innova Junior College came in 1st in the 1500m and 5000m events with a new 5000m Championship record at the National Inter-Schools Track & Field Championships, while Md Aliff from Elias Park Primary School came in 2nd in Long Jump and 3rd in the 4X100m relay at the National Inter-Primary Schools Track & Field Championships.

“Mr Remy Gan has been my coach for two years and he has been very caring, treating all of us like his own children. When any of us are injured, he will bring us personally for physiotherapy. During non-training hours, he will call each one of us on our mobile to find out how we are doing. There was once when I suffered a fractured shin and Remy spent a lot of time on me in my recovery process, bringing me to the pool for hydrotherapy. No amount of words can describe my admiration and love for him as my coach, my friend.” - Christopher Chua Wen Liang, Athlete, Singapore Sports School

5. Guo Huaiyun 郭怀云

Athletics

Age: 48 years old

Coached: 22 years

(12 years in Singapore)

Huaiyun coaches at Hwa Chong Institution and his athletes have performed well in a series of national and regional meets in 2006.

Lim Zhuo Yan represented the Singapore Combined Schools team and came in 1st in the Shot Putt event and set a new record at the Western Australian State Track & Field Championships. Lee Chongyi Justin also represented the Singapore Combined Schools team and came in 1st in the Under-13 Javelin event at the Western Australian State Championships. He also clinched the C Division Boys Javelin title at the National Inter-Schools Track & Field Championships and set a new Championship record.

Wong Wei Gen Scott, representing the Singapore Combined Schools team came in 2nd at the Discus event and set a new Singapore Schools record at the ASEAN Schools Track & Field Championships. He also clinched 1st place in the B Division Boys Discus event and set a new Championships record at the National Inter-Schools Track & Field Championships. Teh Qun Yao Alan came in 1st in the C Division Boys Discus event and set a new Championship record at the National Inter-Schools Track & Field Championships.

Huaiyun works closely with academic staff of the school to ensure that his athletes' training and academic schedules do not clash. He keeps himself abreast with the latest techniques of the sport by browsing Sport Science journals and websites and regularly

emphasises the importance of safety to his athletes during training.

6. Lim Hock Hwa Nelson 林福华

Softball

Age: 54 years old

Coached: 16 years

Nelson coaches softball at various schools including the Raffles Institution, Raffles Junior College, and Raffles Girls' School. He was awarded "The Sports Legend Award" by the Singapore Recreation Club in 2005.

Under his charge, the softball teams from Raffles Junior College was A Division Boys 1st and A Division Girls 2nd at the National Inter-Schools Softball Championships. Both the boys and girls teams also took 2nd place at the Chiangmai Invitational Open in 2006.

Nelson achieved his NCAP Theory Level 3 certification in 2006. To motivate his players, Nelson regularly shares with them success stories of other players. He is also a very caring coach who sends his players home when training ends late and is always contactable to answer their queries.

7. Mohammed Ali

Hockey

Age: 49 years old

Coached: 11 years

Mohammed Ali is a NROC Senior coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2004 and 2006. He has been coaching hockey at various schools including Punggol Primary School, Seng Kang Secondary School, National Junior College and Nanyang Technological University.

At the National Inter-Schools Hockey Championships, National Junior College was A Division Girls 3rd, while Seng Kang Secondary School was 3rd in both B Division Boys and B Division Girls competitions. Seng Kang Secondary School also went on to clinch 1st (Girls) and 2nd (Boys) placings at the National 6-a-side Hockey Championships. At the National Inter-Primary Schools Hockey Championships, his boys and girls teams from Punggol Primary School came in 2nd and 3rd respectively.

Mohammed Ali goes for upgrading courses both locally and overseas. In 2006, he attended the International Hockey Federation (FIH) High Performance Coaching Course in Rotterdam. Mohammed Ali provides extra coaching to ensure his teams are well prepared for competition and uses a variety of training methods to achieve results. He is also a coach who goes the extra mile beyond the pitch to help his athletes, such as paying for their tuition fees, school books and providing hockey sticks for those who are financially challenged.

8. Oh Boon Kwee Weber 胡文贵

Tennis

Age: 36 years old

Coached: 21 years

Weber is a NROC Senior coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools). He also received the Singapore Tennis Association's Certificate of Appreciation in 2006. In the past year, Weber has been coaching tennis at various schools including Raffles Junior College and Raffles Institution, as well as at the Singapore Tennis Association. Weber is also a member of the SSC Coaching Programmes & Technical Development Coaching Advisory Committee.

Raffles Junior College was 2nd in both the A Division Boys and A Division Girls competitions at the National Inter-Schools Tennis Championships in 2006. Raffles Institution was 1st in both the B Division Boys and C Division Boys categories at the National Inter-Schools Tennis Championships. Under his charge, Sylvester Wee from Raffles Junior College also represented Singapore at the Davis Cup.

Weber has also been the course conductor for the NCAP Technical (Tennis) Level 1 courses since 2000. He has attended numerous local and international courses, including the 14th International Tennis Federation (ITF) Worldwide Workshop in Turkey in 2005, the STA-ITF Coaches Workshop in Singapore in 2006 and the ITF Asian Coaches Workshop in Thailand in the same year.

On the court, Weber is always strict with his team when it comes to discipline and training, but he never fails to be encouraging and affirming to his players at the same time.

9. Quek Chin Hwee Steven 郭进辉

Athletics

Age: 39 years old

Coached: 21 years

Steven is a NROC Senior coach and was also a recipient of the SSC Coach Recognition Awards since its inaugural year in 2002. He was awarded the Coaching Commendation Award in 2002 and 2003, and the Development Coaching Award (Schools) from 2004 to 2006. In the past year, Steven has been coaching athletes at schools including Raffles Junior College and Methodist Girls' School. He is also a member of the SSC Coaching Programmes & Technical Development Coaching Advisory Committee, and continues to contribute to coach education as a member of the NCAP Theory lecturing panel.

Steven's athletes have done well at numerous championships in 2006. From Raffles Junior College, Loh Yanni came in 1st at the 3000m A Division Girls event and was 2nd in the 1500m at the National Inter-Schools Track & Field Championships. She was also selected for the Southeast Asian Junior Track & Field Championships. Mok Ying Ren came in 3rd in the A Division Boys 5000m and 2nd in the 1500m events at the National Inter-Schools Track & Field Championships. He was also the junior champion at both the New Balance Real Run and Public Service Run, Men's Open champion at the NIE Biathlon, and 2nd in the Men's Open category at the Army Half Marathon. Ying Ren was also selected to represent Singapore at the Triathlon Asian competitions. Ahmad Nabil, also from Raffles Junior College, took 1st place in the A Division Boys 800m event at the National Inter-Schools Track & Field Championships and was also selected for both the ASEAN Schools and

Southeast Asian Junior Track & Field Championships.

Steven makes an effort to understand his athletes' difficulties and problems as individuals. He cares about how his athletes cope with their schoolwork, and shares with his team articles on training from magazines and publications to help them improve. He also recently published the second edition of his book 'Excel in Sports & Studies - You Can Do It' in 2007.

10. Quek Soon Tuck 郭舜达

Wushu

Age: 50 years old

Coached: 21 years

Soon Tuck is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006. Soon Tuck has been coaching wushu at various schools including Chung Cheng High School (Main), Victoria Junior College, Dunman High School and Manjusri Secondary School, as well as at the Singapore National Wushu Federation.

Soon Tuck's athletes have done well at regional and national competitions in 2006. National Wushu exponent Goh Qiu Bin represented Singapore at the 2006 Asian Games in Doha. At the National Inter-Schools Wushu Championships, Victoria Junior College was A Division Boys 1st, while Chung Cheng High School (Main) was 1st in both the B Division Boys and C Division Boys competitions. Dunman High School was C Division Girls 1st and B Division Girls 3rd, while Manjusri Secondary School was B Division Boys 1st and B Division Girls 2nd.

Soon Tuck pays attention to each athlete's needs and gives specific feedback on their performance to them. He always makes his training programme known before each session and conducts safety briefings to his athletes before any new stunts are practised. He even bought knee guards for his athletes to reduce the likelihood of injury.

11. Tan Tonny

Sailing

Age: 65 years old

Coached: 17 years

Tonny was a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2006. He was also awarded the Tanjong Katong Girls' School's Sports Excellence Award for Coaches between 2002 and 2006. Tonny has been coaching at various schools including Anglo-Chinese School (Independent), Tanjong Katong Girls' School, Meridian Junior College, as well as at the Singapore Armed Forces Yacht Club.

Tonny's athletes did well at the National Inter-Schools Sailing Championships in 2006. Anglo-Chinese School (Independent) clinched 2nd place in the B Division Boys competition, while Tanjong Katong Girls' School was B Division Girls 3rd and C Division Girls 4th. Anglo-Chinese School (Independent) also took 1st place in the B Division Boys category at the National Schools Laser Team Racing Championships, while Meridian Junior College took 3rd place in the A Division Boys category.

Tonny always addresses poor performance in an encouraging way. He adjusts his training programme according to his athletes' physical and fitness condition and checks on them whenever they missed training.

“Coach enjoys his work and will not hesitate to loan his personal equipment to sailors who needs them. He is generous with his time.”

- Leong Kwong Ming, Athlete, Anglo-Chinese School (Independent)

“He is instrumental with the upkeep & maintenance of the many boats that the school has. He spends long hours in repairing & taking care of the boats beyond his call of duty.”

- Timothy Lim, Teacher-in-charge, Anglo-Chinese School (Independent)

12. Tan Wei Leong 陈伟龙

Athletics

Age: 27 years old

Coached: 8 years

Wei Leong is a NROC Senior coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006. In the past year, he has been coaching athletics at various schools including Ang Mo Kio Primary School, Ang Mo Kio Secondary School, Bedok View Secondary School and United World College.

Ang Mo Kio Primary was D Division champions at the National Inter-Primary Schools Track & Field Championships and was also overall champions for the 10-year-old category. Md Khalis from Ang Mo Kio Secondary came in 2nd in the 800m and 3rd in the 400m events at the Western Australian Little Athletics Association (WALAA) Track & Field Championships in Malaysia.

Wei Leong attended the IOC Sports Administrator Course as well as the SAA Kids Athletics Seminar in 2006. He places emphasis on achieving personal bests rather than focusing simply on winning. He shares his personal life story to motivate his athletes and he tailors his training to suit his athletes so that they can achieve maximum development without ‘burn-out’.

13. Tay Soon Lee 郑顺利

Wushu

Age: 46 years old

Coached: 18 years

Soon Lee is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006. He has been coaching wushu at Ping Yi Secondary School and the Singapore National Wushu Federation.

Soon Lee's athletes did well at the National Inter-Schools Wushu Championships in 2006, with Ping Yi Secondary School coming in 1st in the B Division Boys Fist event, 2nd in the Weapon event, 1st in the Sparring event and 3rd in the Individual Swordplay event.

Soon Lee attends courses to continuously upgrade his knowledge and skills. Last year, he attended the International Wushu Federation (IWF) International Wushu Coaches Training Course in Beijing. Soon Lee spends time talking to his athletes to find out how they are coping, and ensures that every athlete has the opportunity to learn and take part in an individual event. He encourages feedback from his athletes and shows that he values their suggestions by taking the effort to respond to them. He is always patient and never displays frustration towards his athletes when they are slow in grasping the technique of certain strokes.

14. Tay Yong Hwee Joel 郑荣伟

Athletics

Age: 47 years old

Coached: 21 years

Joel coaches athletics at Cedar Girls' Secondary School as well as Raffles Junior College, and was a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006.

Cedar Girls' Secondary School C Division team came in 3rd at the National Inter-Schools Cross Country Championships in 2006. Athlete Dharshini d/o Chandara Sagar also broke the B Division Girls 800m and 1500m records at the National Inter-Schools Championships. From Raffles Junior College, Divya Moorthy broke the A Division Girls 400m record during the National Inter-Schools Championships and represented Singapore at the 1st Southeast Asian Junior Games in Thailand.

Joel attends all competitions to give athletes moral support. He customises his training programme to each athlete's needs and abilities, and uses visualisation, among other methods to motivate his athletes. He even provides his team with fruits daily during the competition season and a cup of honey the day before major competitions.

"It's not how fast you run, it is how you run fast!" - Coach Joel inspiring his whole team

15. Teo Siew Lan 赵秀兰

Volleyball

Age: 47 years old

Coached: 23 years

(19 years in Singapore)

Siew Lan has been coaching at St Hilda's Secondary School since 1992 and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2004 and 2006.

St Hilda's Secondary School B Division Boys came in 3rd while the C Division Boys came in 2nd at the National Inter-Schools Volleyball Championships 2006.

They also took the Under-19 1st and 3rd placings, Under-16 1st placing, and Under-13 1st and 4th placings at the Volleyball Association of Singapore (VAS) National Age Group Championships in 2006. Students Alvin Ng Yong Yi, Louis Loan Shi Hao, Wong Wei Zhi and Ryan Tan Rui Yuen were also selected to represent the Singapore Combined Schools team at the Bukit Jalil 10th Anniversary Invitation Tournament in Malaysia.

She believes in empowering her senior players to coach their juniors. This is done in small groups and by engaging them in friendly matches to motivate the junior players. She discusses with her athletes on their personal targets and goals, and she also encourages her players to record their thoughts after they have watched or played a game and had bought them journals to help them do so.

“Siew Lan will not hesitate to leave the competition grounds to attend to her injured athletes. Winning a match is not as important when compared to the well-being of her athletes.” - Ian Kwok Jien Chi, Colleague

16. Tong Tzee Meng Gene

Rugby

Age: 33 years old

Coached: 9 years

Gene has been coaching rugby at St Andrew’s Junior School, St Andrew’s Secondary School and St Andrew’s Junior College since 1998. He also coaches at the Blacks Rugby Football Club and the Singapore Rugby Union. Gene is the course conductor for the International Rugby Board (IRB) Level 1 course in 2006 & the IRB Level 2 course in 2007.

Gene was also a recipient of the SSC Coach Recognition Development Coaching Award (Clubs) in 2004, and the SSC Coach Recognition Development Coaching Award (Schools) in 2006.

St Andrew’s School was national champions in the Under-11, Under-13, Under-17, Under-19 categories, as well as 3rd in the Under-14 category at the National Inter-Schools Rugby Championships.

Gene ensures that players with financial difficulties are given waiver of coaching fees and given sponsored jerseys. He provides frequent encouragement and praise, and organises celebrations to affirm his players’ hard work. He actively encourages his assistant coaches and the teachers-in-charge to provide feedback to his training programme for further improvement.

“Gene has contributed a lot to the success of the Rugby Team in SAJC. Being the coach of the SAJC team for the past 6-7 years, he has been a good role model and motivated his student athletes both on and off the field. His passion and commitment to the sport has always been a source of inspiration to his student athletes. He sets high standards for his students and always goes beyond his coaching hours to be able to help students meet a standard of excellence. His efforts paid off when he helped the college bring back the Rugby Title in 2006 for the first time in 17 years...In all, he is well respected and highly regarded by both colleagues and students.” - Louis Ho, Teacher-in-charge for Rugby, St Andrew’s Junior College

17. Wang Xiao Ke 王小克

Table Tennis

Age: 53 years old

Coached: 29 years

(14 years in Singapore)

Xiao Ke has been coaching table tennis at various schools including Chongfu Primary School, CHIJ St Nicholas Girls' School, St Joseph's Institution and Nanyang Polytechnic. In 2006, he was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools).

Chongfu Primary School emerged as Senior Girls 1st, Junior Girls 1st, Senior Boys 4th and Junior Boys 2nd at the National Inter-Primary Schools Table Tennis Championships. His athletes Liao Fang and Isabelle Li were also the Senior and Junior Girls Individual champions respectively. Isabelle Li also achieved the Women's Doubles Gold and the Under-15 Silver at the 12th Southeast Asian Junior Table Tennis Championships.

CHIJ St Nicholas Girls' School was B Division Girls 2nd and C Division Girls 3rd at the National Inter-Schools Table Tennis Championships. Athlete Tan Yan Zhen was selected for the Singapore Combined Schools team.

St Joseph's Institution was B Division Boys 2nd and C Division Boys 3rd at the National Inter-Schools Table Tennis Championships. Athletes Han Peng Hui and Zhu Jun Cheng were both selected for the Singapore Combined Schools team.

Xiao Ke uses his personal time to conduct extra training for his athletes. He focuses on their strengths rather than weaknesses. He is a very caring coach who pays special attention to his athletes' health and checks to ensure that players are fit to train. He also sends SMS reminders to players who are prone to having a fever to drink more water outside of training.

18. Wang Yong Fa 王永发

Gymnastics

Age: 48 years old

Coached: 7 years

Yong Fa coaches gymnastics at Hwa Chong Institution. Hwa Chong Institution took 1st place in both the A Division Men's Artistic Gymnastics (MAG) and the B Division MAG at the National Inter-Schools Gymnastics Championships in 2006.

National Gymnast and student Hoe Wah Toon was all-round 1st in the International Senior Individual category, as well as 1st in the Vault, Floor Exercise and Parallel Bars at the Singapore Gymnastics Open in 2006. He also represented the Singapore Combined Schools team and came in 1st in the Vault event at the ASEAN Schools Games. Wah Toon represented Singapore at the 2006 Commonwealth Games in Melbourne.

Another of Yong Fa's athletes, Timothy Tay, clinched the all-round top place in the International Level 10 Individual category, Vault, Floor Exercise, Parallel Bars, Horizontal Bars and Pommel Horse events at the Singapore Gymnastics Open 2006.

Yong Fa continuously upgrades his skills by attending various courses. In 2006, he attended the Australian Levels System Coaching Seminar organised by Singapore Gymnastics and Singapore Schools Sports Council. He also attended the Fédération Internationale de Gymnastique MAG Technical Coaches Course Level 1 organised by Singapore Gymnastics. He is a fatherly figure who does not hesitate to 'slap wrist' or 'pat shoulder' when necessary. He organises outings, camps and barbecues to build team spirit and to reward his gymnasts' hard work.

19. Zainal Abidin

Squash

Age: 49 years old

Coached: 25 years

Zainal coaches squash at schools including Hwa Chong Institution and Hwa Chong Junior College, as well as at the Singapore Squash Association. He also began coaching Hwa Chong Institution in 2001. He was also a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2006.

At the National Inter-Schools Squash Championships in 2006, Hwa Chong Junior College A Division Boys came in 2nd, while Hwa Chong Institution B Division Boys came in 2nd. Hwa Chong Institution student Kenneth Chan also represented Singapore at the Asian Men's Squash Championships in Taipei. He also clinched the Under-19 2nd place at the Hong Kong Junior Open and Under-19 1st place at the National Age Group Championships.

Zainal shares his personal experiences to motivate his athletes and adjusted their training programme leading up to the GCE O Levels examinations so that his athletes could focus on their examination preparations, while maintaining their form to excel at the trials for the Asian Junior Championships team. He always insists that his athletes wear eye protection when on court for their safety.

20. Zhang Zhao Ying 张绍颖

Shooting

Age: 49 years old

Coached: 21 years

(12 years in Singapore)

Shao Ying is a NROC coach and was also a recipient of the SSC Coach Recognition Coaching Commendation Award in 2002 and 2003, the SSC Coach Recognition Development Coaching Award (NSAs) in 2004, and the SSC Coach Recognition High Performance Coaching Award (Senior Competitions) in 2006.

Shao Ying coaches shooting at numerous schools, including Anglo-Chinese School (Independent), Raffles Girls' School, Raffles Institution, Nanyang Girls' High School, Fuhua Secondary School, Xinmin Secondary School, Raffles Junior College, National Junior College, Anderson Junior College, Meridian Junior College and Ahmad Ibrahim Secondary School.

At the 2006 National Inter-Schools Shooting Championships, Anglo-Chinese School (Independent) clinched 1st place in the B Division Boys Air Pistol and 3rd place in the B Division and C Division Boys Air Rifle events. Her Raffles Junior College shooters also performed well, coming in 1st in the A Division Boys Air Pistol, 2nd in the A Division Girls Air Pistol, and 2nd in the A Division Boys and A Division Girls Air Rifle events. Likewise, her shooters from Ahmad Ibrahim Secondary School clinched 1st place in the B Division Girls Air Rifle, 2nd in the B Division Girls Air Pistol and 4th in the B Division Boys Air Rifle events. Her shooters from Nanyang Girls' High School also took 2nd place in the C Division Girls Air Rifle event.

Ahmad Ibrahim Secondary School student and National Shooter Jasmine Ser also won the Air Rifle Women Team Silver at the 2006 Doha Asian Games, and also took 2nd place in the Air Rifle Women Individual event at the Singapore Open Shooting Championships and 1st place in the Air Rifle Women Individual at the NUS Invitation Shoot. Another of her athletes, Raffles Institution student Jonathon Koh, also came in 1st in the Air Rifle Man Individual event at the 30th Southeast Asia Shooting Association Shooting Championships in Vietnam.

Besides helping her athletes set personal goals for their training and performance, Shao Ying also regularly talks to them about school and find out how they are coping with matters beyond shooting.

Development Coaching Award (Clubs & NSAs)

21. Chui Chung Wah Jason 徐重华

Wushu

Age: 31 years old

Coached: 12 years

Jason has been coaching at Nanyang Polytechnic and Cairnhill Community Club. His athletes have made good achievements at various competitions.

At the 2nd World Kuoshu All Styles Championship Tournament in 2006, Marcus Tan and Dillon Ramesh came in 1st and 2nd respectively in the 60-65kg Lei-tai Light category, while another of his athletes, Chris Kuang, came in 1st in the 65-70kg Lei-tai Light category. In the National Sanshou Competition in 2006, Marcus and Chris came in 2nd and 3rd respectively in the 60-65kg category, while Dillon clinched 3rd place in the 65-70kg category. Jason's athletes also participated in the 1st Ngee Ann City National Sanshou Competition, the Amateur Muaythai Competition, and the Professional Muaythai Competition.

Jason also achieved his NCAP Theory Level 3 certification in 2006. He takes the effort to plan personalised exercise regimes and diet programmes together with his athletes to get them into shape for their targeted weight category.

22. Fang Xin 方欣

Swimming

Age: 28 years old

Coached: 9 years

(6 years in Singapore)

Fang Xin has been coaching at the Singapore Swimming Club since 2005. Her athletes came in 1st at the 1st Asian Midget Swimming Championships, 3rd at the All Nation Cup Swimming competition, 3rd at the 22nd Junior Inter-Club Swimming Championship, 1st at the 8th Royal Bangkok Sports Club Invitational Swimming Meet, and 2nd at the 5th ASEAN Cup Swimming competition.

Fang Xin achieved her NCAP Technical (Swimming) Level 1 certification in 2006. She tailors her training programme to her individual athletes and moderates training pace according to age and physical potential to ensure that athletes do not overtrain and hurt their growth potential. She communicates openly with her athletes and their parents on their training performance and potential, as well as expectations of improvement. She incorporates play into her training programmes to arouse and maintain the interest of her younger athletes, and she selects athletes to compete based on merit.

23. Goh Seck Tuck 吴适度

Netball

Age: 46 years old

Coached: 23 years

Seck Tuck is a NROC Master coach and was also a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2002 and the SSC Coach Recognition Development Coaching Award (Schools) in 2004. He has been coaching netball at various schools and clubs including Hwa Chong Institution, Nanyang Technological University (NTU), Adidas Sneakers Netball Club and the Singapore Recreation Club.

In 2006, NTU came in 1st at the Inter-Varsity-Polytechnic Netball Championships. Stingray was 1st at the Netball Super League. Adidas Sneakers Ace was 1st at the National League Division 1 Netball Competition, 1st at the Daisy Tan Netball Carnival, and also 1st at the Asian Invitational Netball Championships in Taiwan. Singapore Recreation Club Team 2 also came in 1st at the National League Division 3 competition.

In 2006, Seck Tuck attended the Level 1 Technical Coaching Course organised by the Chinese Taipei Netball Association, and the Presenter Course for members of Asian Umpires Training Unit organised by the Asian Federation of Netball Associations.

To his athletes, Seck Tuck has an eye for detail and is always able to tell precisely what it is that is not done correctly. He insists that players must recover fully before resuming training. Having post-game meals occasionally with his players is how he bonds the team together.

“Close to everything I’ve learned in netball, that I now use on court, I’ve learned from *Jiao Lian*...I dare say that if it hadn’t been for him, I wouldn’t be playing Netball now.” - Chan Hui Chieh, Athlete, Adidas Sneakers Netball Club.

24. Jude Felix Sebastian

Hockey

Age: 42 years old

Coached: 12 years

(7 years in Singapore)

Jude is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2006. He coaches hockey at the Singapore Recreation Club. He also coaches at various schools including CHIJ St Nicholas Girls' Primary School, CHIJ St Nicholas Girls' Secondary School and Raffles Junior College.

Singapore Recreation Club was 1st in the Men's Premier, Ladies' Premier, Men's Division 1, Ladies' Division 1 and Men's Division 2 at the Singapore Hockey Federation Hockey League in 2006. They were also the champions in the Under-15 Boys and Under-15 Girls competitions at the Singapore Hockey Federation National Championships.

Jude achieved his NCAP Theory Level 2 certification in 2006. His athletes know him as a very caring coach who readily helps to pay the travel expenses for his financially challenged athletes, sends injured players home and continue to monitor their recovery until they are well again.

25. Lee Kok Heng 李国庆

Wushu

Age: 44 years old

Coached: 19 years

Kok Heng was a recipient of the SSC Coach Recognition Development Coaching Award (Clubs & NSAs) in 2006. He also received the Singapore National Wushu Federation Commendation of Service in 2004 and 2005. He has been coaching wushu at various schools and clubs including Hwa Chong Institution, First Toa Payoh Secondary School, Temasek Junior College, Toa Payoh East Community Club and Jalan Besar Community Club, among others.

Kok Heng's athletes from Toa Payoh East Community Club Boon Teck Lion Dance Troupe achieved 5 Silver and 2 Bronze medals at the National Wushu Championships in 2006, while his athletes from Jalan Besar Community Club Wushu Group achieved 2 Silver and 1 Bronze medals. His athletes Lum Tang Liang and Leow See Teng from Xin Wu Arts Ensemble also represented Singapore at the 2nd International Traditional Wushu Competition in China and brought home 2 Gold and 2 Bronze medals.

Kok Heng is patient with his athletes and he always takes the time to get to know each athlete personally. He takes safety seriously and constantly reminds his athletes to be careful when they train with weapons.

26. Lui Sut Hoong Jenn

Inline Speedskating

Age: 40 years old

Coached: 6 years

Jenn has been coaching Team Speedvirus and Team Bont Singapore in inline speedskating since 2001 and 2002 respectively.

Her two teams took the 2nd and 3rd placings in the Men's 10km event, top three placings in the Ladies' 10km event, 1st place in the Men's 200m event and top three placings in the Ladies' 200m event at the National Inline Speedskating Meet. Her athletes Daryl Chan and Ethel Lui also represented Singapore at the World Championships in Korea.

In 2006, Jenn achieved her NCAP Theory Level 2 certification and also attended the Inline Speed Skating Instructor Certification Level 3 Programme. She encourages her athletes to set their own goals and she plans her training programmes to help her athletes achieve their goals. She engages each of her athletes individually to find out how they are coping and how they feel.

27. Quek Chun Yang 郭鈞陽

Wushu

Age: 40 years old

Coached: 13 years

Chun Yang is a NROC coach and was also a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2006. He has been coaching wushu at Feng San Primary School, Tao Nan School, Singapore Hui Hwa Pugilistic Art Association and the Singapore National Wushu Federation.

His athletes from the Singapore Hui Hwa Pugilistic Art Association achieved good performances at the National Wushu Championships in 2006. Loo Chia Teck came in 1st in both the Men's Changquan and Men's Broadsword, and 3rd in the Men's Cudgel. Goh Han Xiang Brendan came in 1st in Men's Nanquan, and 2nd in both the Men's Nandao and Men's Nangun. Ivan Lim Yiqiang came in 3rd in both the Men's Nanquan and Men's Nandao.

Chun Yang is able to accommodate the many different disciplines in wushu for his different athletes. He attended the Australian Strength & Conditioning Association Coaching Level 1 course in 2006 to improve himself. He alters his training programme to ensure his athletes are not over-strained and he also provides verbal affirmations to motivate his athletes. He is never late, and is an unbiased judge at competitions.

28. Quek Chwee Ping Jill 郭翠萍

Floorball

Age: 28 years old

Coached: 6 years

Jill has been coaching floorball at various schools including CHIJ Katong Convent, ITE College Central and the Singapore Management University.

ITE College Central and the combined ITE College teams clinched Boys 1st and Girls 2nd at the POLITE Games in 2006. They were also Boys 3rd and Girls 4th at the Inter-Varsity-Polytechnic Games. The Singapore Management University Boys team came in 4th at the Eastern Conference of the Singapore Floorball League

Division 2 Competitions.

Jill attends coaching courses both locally and overseas, such as the National Association of Intercollegiate Athletics (NAIA) Certified Instructor for Champions of Character course by Robert E Miller and the International Floorball Federation Floorball Development Programme in 2006. She also achieved her NCAP Theory Level 2 certification in the same year. She motivates her players with little souvenirs and snacks when they perform well. She discusses the school targets with her players and helps them chart out goals for themselves.

29. Sim Lye Hock 沈来福

Lifesaving

Age: 50 years old

Coached: 20 years

Lye Hock is a NROC coach who has been coaching lifesaving at the National University of Singapore (NUS) since 1998. He was also a recipient of a Certificate of Appreciation from NUS and the Award of Excellence from DHL Asia Pacific.

In 2006, TeamNUS was Men and Women Overall 1st at the DHL Lifesaving Challenge in Penang. Athlete Neo Puay Yong was also 1st in the 100m Manikin Carry with Fin event and set a new national record at the National Lifesaving Championships. He also represented Singapore at the Commonwealth Lifesaving Championships in the United Kingdom. Athlete Tan Hiong Hwee Melvin was 1st in the Master 50m Manikin Carry event, 1st in the Line Throw event, and also set a new national record for both events at the National Lifesaving Championships.

Lye Hock helped his athletes secure subsidies for overseas competitions and trains alongside his athletes to inspire them to achieve their fullest potential.

30. Tan Yee Nee 陈羽蕻

Basketball

Age: 30 years old

Coached: 10 years

Yee Nee is a NROC coach and was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2005. She coaches basketball at Nanyang Technological University (NTU), Home United Basketball Club and also the Basketball Association of Singapore.

Her athletes from NTU clinched the Women's 2nd place at the Inter-Varsity-Polytechnic Championships in 2006, as well as first 1st place at the Singapore University Games. Likewise, her athletes from Home United Basketball Club did well to take the Senior Women's 3rd place at the Women's National Basketball League, the 7-Eleven Singapore Basketball Challenge and also the Jingwu Cup Invitational Tournament in Malacca. Athletes Poon Shuwen Cheryl and Ng Jinghui also represented Singapore at the Under-20 Asian Basketball Championship held in Singapore.

Yee Nee develops her training programme based on her players' technical and physical traits. She keeps herself abreast with the latest techniques and training methods by attending coaching courses and clinics, including the Australian Strength & Conditioning Association Coaching Level 2 course and the FIBA International Coaching Clinic in 2007. She is also currently pursuing a Master of Applied Science in Sports Coaching from the University of Queensland. She places high priority on training safety and forbids dangerous actions and behaviours that might cause injuries.

Talent Development Coaching Award

31. Jin Xiao Li 金小莉

Swimming

Age: 56 years old

Coached: 32 years

(9 years in Singapore)

Xiao Li was a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2002 and the SSC Coach Recognition Development Coaching Award (School) in 2004. She has been coaching swimming at the Aquatic Performance Swim Club since 1998. Xiao Li's athlete, Bryan Tay Zhi Rong represented Singapore at the 2006 Asian Games in Doha and broke the 200m Freestyle National record.

Xiao Li tailors her training programme based on her athletes' needs. She explains her rationale for why certain techniques should be executed in a certain way besides showing her athletes how to perform the technique. She pays close attention to her athletes and notices when an athlete is too tired or unwell, and ensures that they get better before resuming training. Xiao Li works closely with the other coaches of her athletes and keeps them updated on the athletes' progress.

32. Quek Chuon Loong Kenny 郭俊龙

Badminton

Age: 28 years old

Coached: 10 years

Kenny is a NROC coach and he coaches badminton at Ang Mo Kio Secondary School, Monfort Junior School and the Elite Badminton Club. His athlete Md Muzarfar from Elite Badminton Club was selected for the National Badminton Youth Squad. Montfort Junior School's Junior Team was National top 8 while their Senior Team was National 2nd at the National Inter-Primary Schools Badminton Championships in 2006. His athletes from Ang Mo Kio Secondary School qualified for the National Inter-schools Championships.

Kenny is very approachable and his athletes find it easy to confide in him on issues about their training and beyond. He constantly motivates and encourages his athletes to try their best and not be afraid to make mistakes.

“Coach believes in my team. He forgoes the chance to be better paid to train my team. We are motivated by his commitment”

- Jimmy Tok, athlete, Ang Mo Kio Secondary School.

“Coach will praise us, gives us treats when we train hard and do well.”
- Kelvin Ho Ying Chong, national shuttler.

33. Tan Sze Hwei Emily 陈思慧

Lifesaving

Age: 27 years old

Coached: 10 years

Emily is a NROC coach. She coaches lifesaving at the Water Sapiens Swim School and she also received a Certificate of Appreciation from the Singapore Life Saving Society (SLSS) in 2006.

Emily's athletes have represented Singapore at various overseas competitions. Ena Ng competed at the 50th Jubilee competitions in Hong Kong, while Boo Xiaoying Christine and Wong Shi Yuen Melissa both represented Singapore at the Arafura Games in Australia.

Emily regularly attends courses and conferences to upgrade her skills and keeps herself abreast with the latest knowledge in the sport. For instance, she attended the 4th ISN International Sports Medicine & Sports Science Conference in Malaysia in 2006, and the Pool Lifesaving Officials Course as well as the Defibrillation & Defibrillation Trainers Course conducted by the SLSS in 2007.

She is a friend to her athletes and shows concern for them whenever they feel unmotivated or when she sees that something is troubling them. She values athletes' feedback on her training and takes their suggestions seriously.

“Despite being pregnant, she was there to provide support during our competitions”
- Boo Xiaoying Christine, Athlete.

34. Tay Chee Hwa Shawn 郑志华

Dancesport

Age: 49 years old

Coached: 21 years

Shawn was a recipient of the SSC Coach Recognition High Performance Coaching Award (Junior Competitions) from 2004-2006. Shawn's athletes, Vasily Chuply and Priscilla Kwa were Gold medalists in the Standard Category of the Australian Youth Open Championships, the Malaysian Open Championships and the Singapore Lion City Championships. They also took the Silver medal at the Johore Open Championships and Bronze medal at the Australian Open Championships in 2006. Athletes Lim Chong Aik and Riane Low were also Gold medalists in the Latin Category of the Macau Open Championships as well as the Singapore Lion City Championships. The pair also took the Silver medal at the Johore Open Under-15 Championships. Athletes Melvin Tan and Sharon Tan also took the Gold medal in the Latin Category of the Johore Open International Championships.

Shawn uses examples of how world champions overcome their various challenges to motivate his athletes. He also created opportunities for his athletes to train with their foreign counterparts and coaches. Shawn has also set up an athletes' file

server to store notes for each individual athlete on their performance and chart out their progress. Shawn is contactable by his athletes anytime of the day even when he is overseas, giving his athletes his full and undivided attention always.

35. Tay Gladys 郭倩思

Dancesport

Age: 42 years old

Coached: 21 years

Gladys' athletes, Vasily Chuply and Priscilla Kwa were Gold medalists in the Standard Category of the Australian Youth Open Championships, the Malaysian Open Championships and the Singapore Lion City Championships. They also took the Silver medal at the Johore Open Championships and Bronze medal at the Australian Open Championships in 2006. Athletes Lim Chong Aik and Riane Low were Gold medalists in the Latin Category of the Macau Open Championships as well as the Singapore Lion City Championships. The pair also took the Silver medal at the Johore Open Under-15 Championships. Athletes Melvin Tan and Sharon Tan also took the Gold medal in the Latin Category of the Johore Open International Championships.

Athletes Leonard Heng and Lindsey Lum were the Under-12 Gold medalists in the Latin Category of the Singapore Dancesport Federation Singapore Open, while Timothy Ong and Pang Wan Ching took the Under-12 Silver medals.

Gladys is able to instill confidence in the younger athletes, always reassuring them as she teaches them how to improve on their technique. She charts the progress of her athletes and discusses training plans with her athletes as well as their parents. She is always mindful of maintaining a safe environment in which her athletes can learn optimally and perform at their potential.

High Performance Coaching Award (Junior Competitions)

36. Bobok Viacheslav

Fencing

Age: 41 years old

Coached: 21 years

(6 years in Singapore)

Bobok was a recipient of the SSC Coach Recognition Talent Development Coaching Award in 2006. He is currently coaching with Fencing Singapore.

Bobok's athletes have performed well at various regional and international competitions. National Fencer Ng Yi Lin Ruth took 2nd place at the Thailand Open and 3rd in the Under-20 category of the Asian Junior Championships, the Fencing Singapore International and the Southeast Asia Championships in 2006. National Fencer Tay Yu Ling came in 1st in the Under-20 category at the Commonwealth Junior Championships and the Australia Oceania Junior Championships in 2006. She also took the Under-20 3rd placing at the Southeast Asia Championships and the Thailand Open.

National Fencer Ser Xue Ling Serene was 1st at the Fencing Singapore

International and 3rd at the Australia Oceania Junior Championships. National Fencer Wong Ye Han Cheryl came in 1st in the Under-17 category of the Southeast Asia Championships. She also took 1st place in the Under-15 category and 2nd place in both the Under-17 and Under-20 categories at Australia Oceania Junior Championships. She came in 2nd place at the Malaysian Open.

Bobok keeps up to date with Fencing developments through attendances at seminars and watching coaching and competition videos. In 2006, he attended the “High Performance Coaching Seminar: Latest Development in Modern Day Fencing with Analysis of Moscow Region Teams’ International Performance” organised by the Moscow Region Sports Council in Russia. He always ensures that training equipment such as the floor wires and other equipments are set up properly and safely to ensure that his athletes do not get injured.

37. Chan See Huey 曾仕慧

Athletics

Age: 44 years old

Coached: 8 years

See Huey was a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2004. Her athletes have performed well at various regional and international competitions.

National High Jumper Michelle Sng Suat Li clinched 2nd place and set a new National record at the Beirut Invitational in Lebanon. She also came in 4th and set another new National record at the Asian Junior Track & Field Championships in Macau. She competed at the 2006 Doha Asian Games and came in 9th position.

High Jumper Wayne Yap Kwan Yi came in 1st at the Western Australia Little Athletics Association (WALAA) competitions in both Perth and Singapore in 2006. Hurdler Md Ridzuan B Roazlan from the Singapore Sports School came in 2nd in the 110m Hurdles and 400m Hurdles at the Thailand Sports Schools Games.

See Huey tries to help her athletes when she knows that they have personal problems. She helps her athletes set realistic goals and regularly motivates and affirms them.

High Performance Coaching Award (Senior Competitions)

38. Andras Sigmund

Sailing

Age: 61 years old

Coached: 7 years in Singapore

Andras was a recipient of the SSC Coach Recognition High Performance Coaching

Award (Senior Competitions) in 2006. He is coaching with the Singapore Sailing Federation.

Andras' athletes have performed well at various regional and world championships. At the Laser 4.7 World Championships in 2006, National Sailor Colin Cheng clinched 1st place in the Boys category while Victoria Chan took the top spot in the Girls category. Victoria Chan also came in 4th in the Laser Radial event at the Youth World Championships in England. At the Doha Asian Games in 2006, National sailors Maximillian Soh and Colin Cheng clinched the Gold medal in the Laser Standard event and the Laser 4.7 event respectively, while Koh Seng Leong took the Silver medal in the Laser Radial event.

In 2006, Andras attended two Laser International Training Clinic held in Thailand and Israel. Andras tailors his training programme to his sailors individually and integrates biomechanics, sports psychology and strength and conditioning as an integral part of their training. Andras places emphasis on safety and it is his top priority even when he travels with them.

39. Tan Yoke See Henry 陈玉书

Bowling

Age: 62 years old

Coached: 26 years

Henry is a national coach with the Singapore Bowling Federation. He was also a recipient of the SSC Coach Recognition Development Coaching Award (Schools) in 2005.

The national bowling team garnered one Gold medal at the Asian Tenpin Bowling Championships in Jakarta, and another two Gold medals at the World Men's Championships in Busan.

At the 2006 Doha Asian Games, the team also garnered one Gold, two Silver and two Bronze medals for Singapore. National Bowlers Valerie Teo and Michelle Kwang achieved the Women Doubles Gold, while Lee Yu Wen, Remy Ong and Jason Nathan achieved the Men Trios Silver. Remy Ong also achieved the Men Masters Silver.

Henry is concerned that his athletes must be comfortable with any changes to the training programmes. He is interested in the lives of his athletes and the goals they set for themselves. He always takes time to listen to his athletes' concerns and feedback.

40. Foo Chee Leong Mervyn 符志梁

Bowling

Age: 32 years old

Coached: 9 years

Mervyn is a national coach with the Singapore Bowling Federation and also a member of the SSC Coaching Programmes & Technical Development Coaching Advisory Committee. He also teaches the NCAP Technical (Bowling) course.

The national bowling team garnered one Gold medal at the Asian Tenpin Bowling Championships in Jakarta, and another two Gold medals at the World Men's Championships in Busan. At the 2006 Doha Asian Games, the team also garnered one Gold, two Silver and two Bronze medals for Singapore. National Bowlers Valerie Teo and Michelle Kwang achieved the Women Doubles Gold, while Lee Yu Wen, Remy Ong and Jason Nathan achieved the Men Trios Silver. Remy Ong also achieved the Men Masters Silver.

Mervyn regularly asks his athletes for their feedback on the training programme and he treats all his athletes equally and fairly.

41. Woo Nam Fatt William 吴南发

Bowling

Age: 46 years old

Coached: 14 years

William is a national coach with the Singapore Bowling Federation. The national bowling team garnered one Gold medal at the Asian Tenpin Bowling Championships in Jakarta, and another two Gold medals at the World Men's Championships in Busan.

At the 2006 Doha Asian Games, the team also garnered one Gold, two Silver and two Bronze medals for Singapore. National Bowlers Valerie Teo and Michelle Kwang achieved the Women Doubles Gold, while Lee Yu Wen, Remy Ong and Jason Nathan achieved the Men Trios Silver. Remy Ong also achieved the Men Masters Silver.

Besides training his athletes well, William also takes good care of each of them, even carrying bowling balls for them during lane changes in tournaments.