

Launch of the Satellite Centres for Sports Development

29 May 2010, 10.30 am – 12.00 pm, Wrestling Federation of Singapore

Satellite Centre Programmes

Wrestling Satellite Centre

- Overview:** Participants will undergo a special training model devised by 2-time Olympic and 6-time World Champion Wrestler, Sergei Beloglazov, introducing the Olympic discipline of Freestyle Wrestling.
- Over 10 weeks, participants will work their way towards attaining the yellow belt, and will receive a certificate of participation upon completion of the course.
- Wrestling will help enhance the participants' overall development such as confidence, mental strength, self-discipline and respect.
- Venue:** National Wrestling Centre / Asian Wrestling School
102 Upper Aljunied Rd (2nd Floor) Singapore 367855
- Dates:** 10 weeks commencing Saturday 3rd July 2010
(4 x 10 week sessions will be run every year)
- Times:** Two sessions will be conducted every Saturday
1st session – 10.30am – 12noon
2nd session – 12noon – 1.30pm
- Age Group:** Participants will be divided into two age groups:
- | | |
|----------------|-------------------|
| Group 1 | 7 – 12 years old |
| Group 2 | 13 – 16 years old |
- Instructors:** 2 qualified wrestling instructors
- Number of participants:** 20 per session
- Certification:** After 10 weeks, participants will be at least half-way to achieving the yellow belt
- Next Steps:** The sessions will continue, allowing participants to work through the belt system
- Cost:** \$85 per participant, 15 hours of instruction over 10 weeks
- Registration Details:** Registration may be completed online via the website (www.singaporewrestling.com), by phone (6280 4748) or walk-in at the National Wrestling Centre at 102 Upper Aljunied Road.

Sailing Satellite Centre

Overview:	<p>An introductory programme on the sport of sailing combined with the development of knowledge, including understanding the environment, weather, tides, and decision-making.</p> <p>Sailing as a sport strongly contributes to important life-skills such as leadership, teamwork, applying scientific principles to real life scenarios and water safety.</p>
Venue:	Marina Barrage
Dates:	Commencing on Saturday 3 July 2010 / Sunday 4 July 2010 and operating for 30 weeks of the year
Times:	4 half-day sessions will be conducted per weekend. Every Saturday and Sunday 1 st session - 9am to 12.30pm 2 nd session - 2pm to 5.30pm
Age Group:	7 - 14 years old
Instructors:	4 qualified instructors
Number of participants:	16 participants per half-day session
Certification:	Participants will receive certification on completion of the half-day session
Next Steps:	Participants can follow the comprehensive Singapore Sailing Federation system. The next step would be to complete the 4-day SailSmart, based at the National Sailing Centre or basic sailing courses available at sailing clubs islandwide.
Cost:	\$50 per participant, 3.5 hours of instruction. (1 coach to 4 participants)
Registration Details:	Registration may be completed online via the website (www.sailing.org.sg), by phone (6444 4555), e-mail (gosailing@singaporesailing.org.sg), or walk-in to the National Sailing Centre at 1500 East Coast Parkway, Singapore 468963.

Basketball Satellite Centre

Overview: The Basketball programme will consist of 12 weeks of small sided games as well as guidance and coaching from qualified coaches.

The sport will help hone the participants' life skills in areas of teamwork, decision-making and leadership and promotes a high level of fitness.

(Participants get to bring home a basketball upon registration)

Venue: Bukit Panjang Government High - Indoor Sports Hall
7, Choa Chu Kang Avenue 4
Singapore 689809

Dates: 12 weeks commencing Sunday 4 July 2010 (3 x 12 week sessions will be run every year)

Times: 3 sessions will be conducted every Sunday
First session – 9.00am to 11.00am
Second session – 11.00am – 1.00pm
Third session – 3.00pm – 5.00pm

Age Group: Participants will be divided into three age groups:

Group 1	6 – 8 years old
Group 2	9 – 11 years old
Group 3	12 – 15 years old

Instructors: 3 qualified instructors

Number of participants: 30 per session

Certification: Participants will receive a certificate upon completion of the 10-week programme

Next Steps: Sessions will continue throughout the year. Participants can join in Singapore Basketball Association's other advance initiatives.

Cost: \$180 for 12 weeks, 20 hours instruction.

Registration Details: Registration may be completed online via the website (www.bas.org.sg), by phone (6743 8425), e-mail (benson@bas.org.sg) or walk-in to the Singapore Basketball Centre at 601 Aljunied Crescent, #01-04, Singapore 389862

Badminton Satellite Centre

- Overview:** 12 week programme using a games-based approach, with instruction from qualified coaches.
- All levels are welcome to attend this new initiative that will feature guest appearances from national team players and coaches.
- Venue:** North Vista Primary School - Indoor Sports Hall
20 Compassvale Link, Singapore, 544974
- Dates:** 12 weeks commencing Saturday 3 July and Sunday 4 July 2010
(3 x 12 week sessions will run every year)
- Times:** Three sessions will be conducted every weekend:
1st session – 3.00pm to 5.00pm (Sat)
2nd session – 10.00am – 12.00pm (Sun)
3rd session – 1.00pm – 3.00pm (Sun)
- Age Group:** Participants will be divided into three age groups:
- | | |
|----------------|-------------------|
| Group 1 | 6 – 8 years old |
| Group 2 | 9 – 11 years old |
| Group 3 | 12 – 15 years old |
- Instructors:** 2 qualified instructors
- Number of participants:** 32 per session
- Certification:** Participants will receive a certificate upon completion of the 12-week programme
- Next Steps:** Players will be signposted to join Badminton clubs on completion of the 12 weeks
- Cost:** \$180 for 12 weeks, 20 hours instruction
- Registration Details:** Registration may be completed online via the website (www.singaporebadminton.org.sg), by phone (6344 1773), or postal / walk-in to the Singapore Badminton Association at 3 Champions Way, #03-50, Singapore 737912