

LIVE

BETTER THROUGH SPORT

ISSUE 5



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WHAT WE DO



Through Sport

ing With Active Health
es for Good
n Play!

nnis Month

pirit Makes History

ootball Week Kicks Off!

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Disabilities

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Grand Prix

Cup Brings the Stars

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Amidst the Skyline

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People Celebrated

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riends

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n Get Active!

be Proud About

Our GetActive!

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Flying on Water

A Better Pedal

Matching Effort with Ability

Rulers on Court

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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

in Singapore.

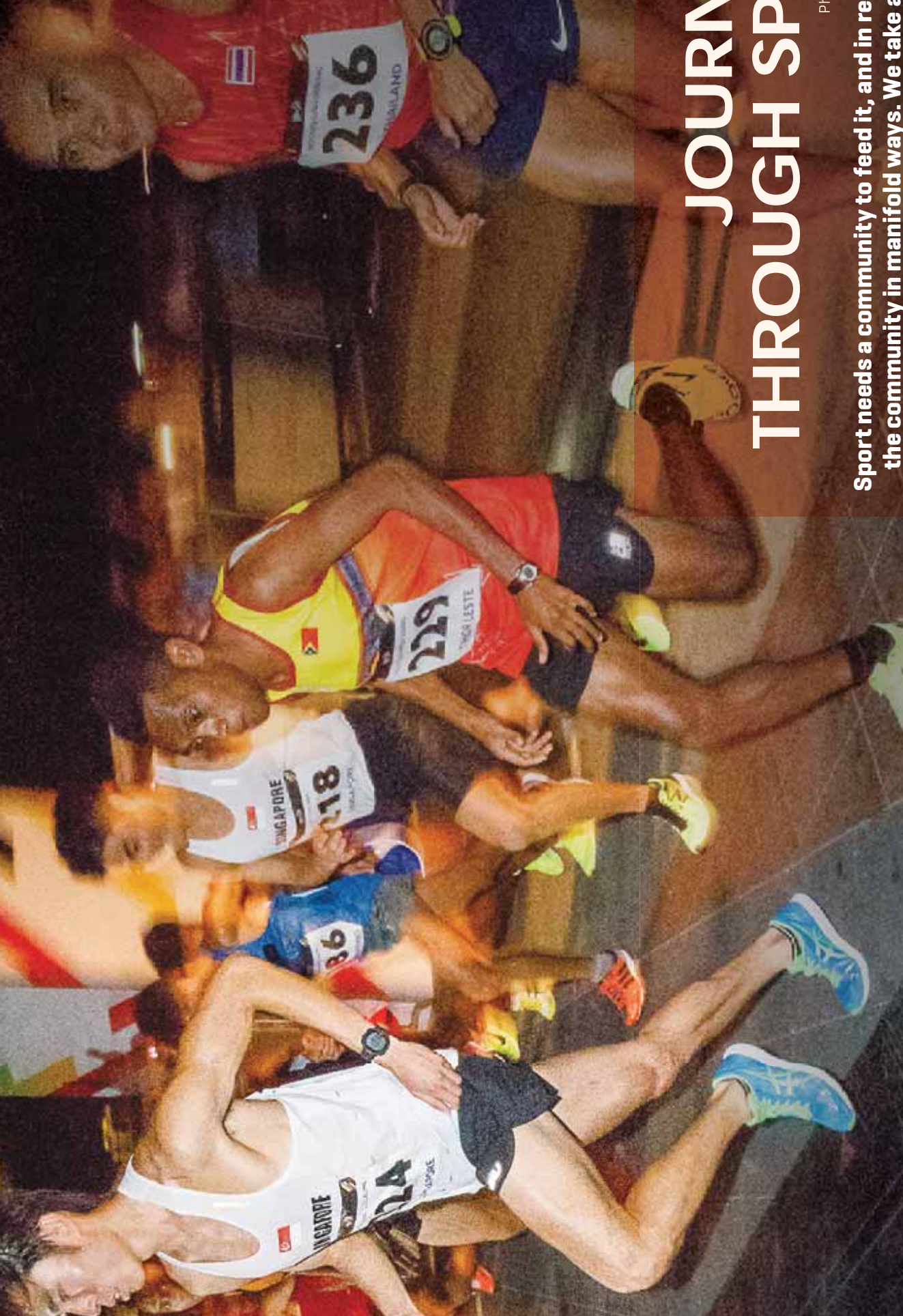
Another example, is the Science Symposium – a to share the best practice for better sport science for better Sport Institute and the N Institute. As more coaches forward to greater success as well as greater synergy all of our initiatives.

Vision 2030 gave us the of LIVE, we take a closer do people enrich their il others – through sport?

Some are familiar faces medal winners, while c new to you. Many serve in the national sports as photographers, student In their different ways, th the power of sport. They of "Spirit: Why We Do V

Happy reading. Live Bet

Richard Seow
Chairman, Sport Singapore



JOURN THROUGH SP

PH
Sport needs a community to feed it, and in re
the community in manifold ways. We take a



ate Living ctiveHealth

social movement to enable everyone to live life to the fullest through a combination of lifestyle and healthy habits in the domains of physical activity, screen time. Active Health will provide individuals with the knowledge of fitness, and empower them with customised tools to wake up and sustain a healthy and active lifestyle. Singapore kick started the Active Health initiative

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 me leapt at the chance to help the SportCares Foundation raise funds.

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





Anyone Can Play!

Age or ability stop you from being active. Keep up your fitness with a programme for you at the ActiveSG Masters Club.

ActiveSG Masters Club

A mental barrier that doing in your 40s is daunting. Different platforms for you to enjoy, no matter your age.

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



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

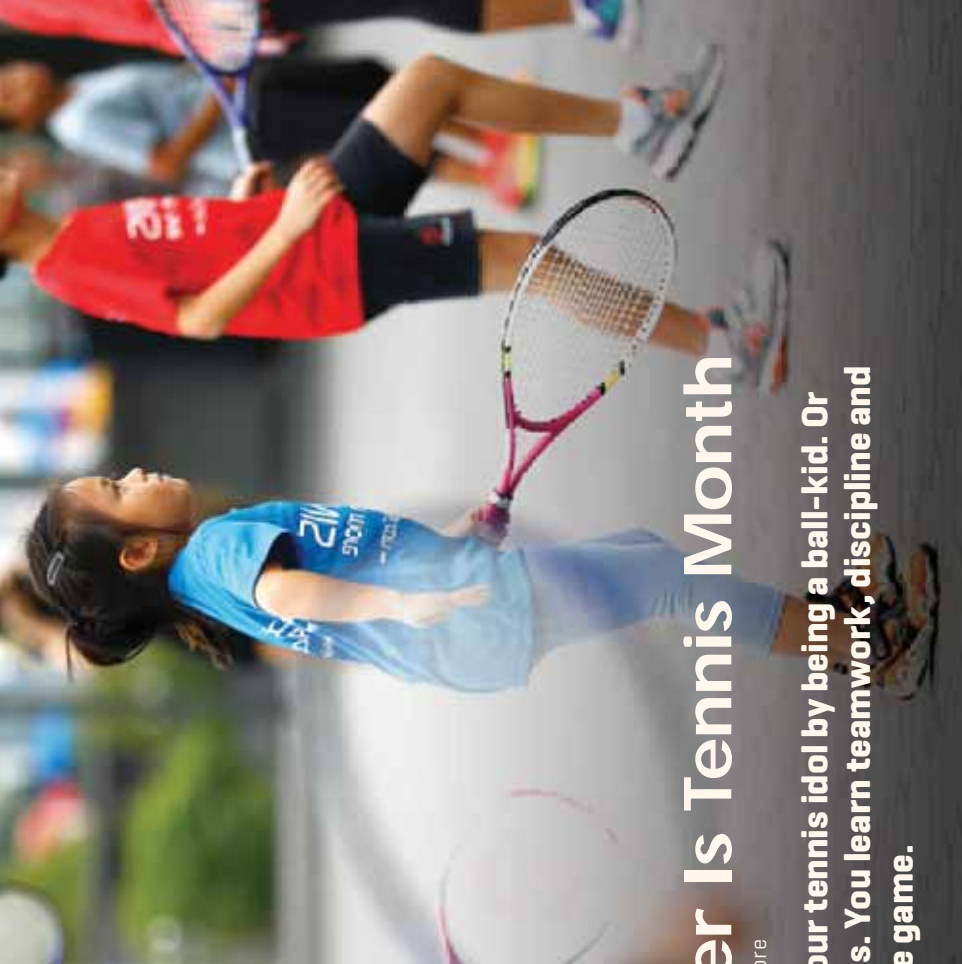
The gyms offer special-needs and senior-friendly equipment and programmes. Some of the seats at the exercise stations are removable, making these gyms more spacious and comfortable with better wheelchair access.

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

This is part of the Gov



Who Is Tennis Month

...our tennis idol by being a ball-kid. Or
...s. You learn teamwork, discipline and
...e game.

...17 WTA Finals Singapore,
...ore Tennis Festival and
...s took place nationwide
...gural Singapore Tennis
...ous opportunities, even
...to participate in tennis
...competitions, clinics,
...re-minded people.

...ennis 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-



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

Indoor Stadium, Caroline not going to let history d... Putting up a ferocious fig... American for the title in

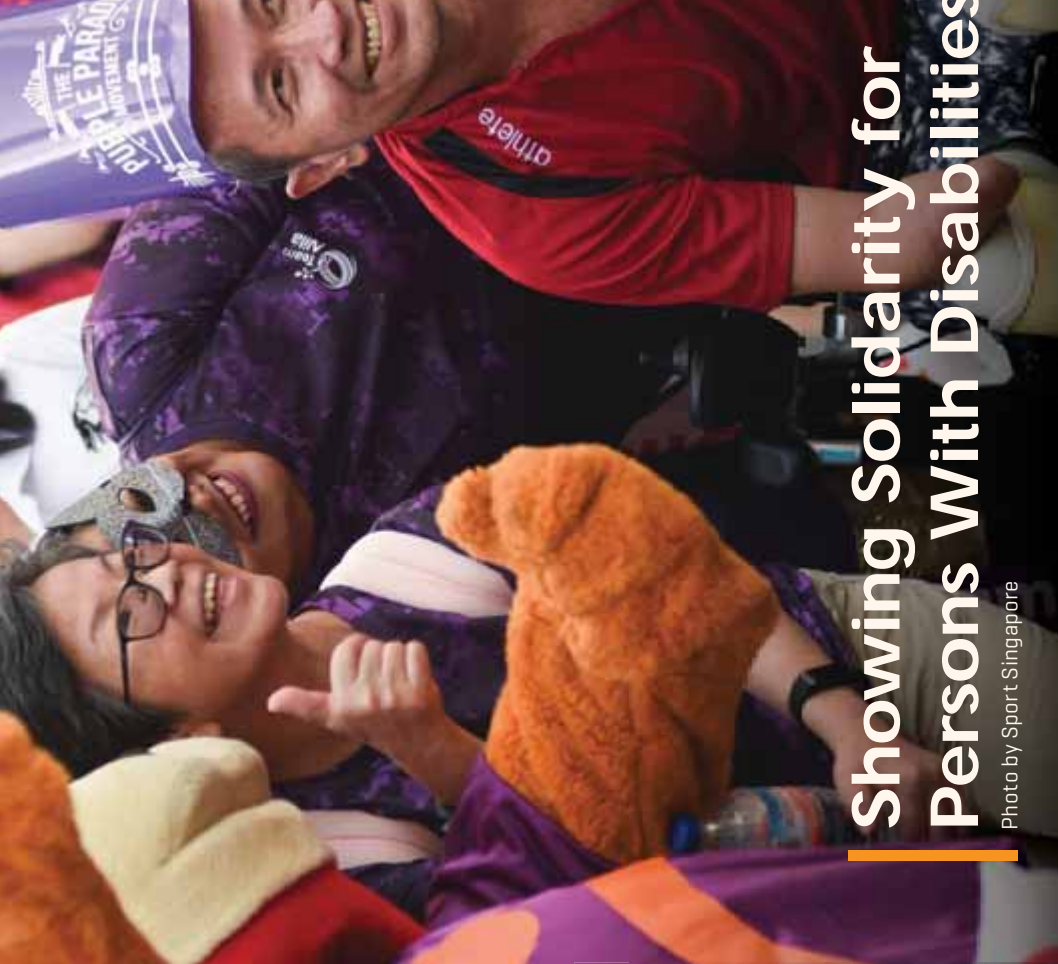


Singapore Football Week

Off!

are

Football Week kicked off players all over the island, festivals that were suited for families and also non-traditional



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

The last thing we to build walls, be not help to cre



Knowledge Sharing Strengthens Sport Ecosystem

...s with youths or elite
...s of sport science still
...forced in the Singapore
...posium 2017. Meant to
...formance, there are many
...and checks that can help

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



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

Games to catch up with them. They only resumed training after the competition, the twins were



World Cup Brings Stars to the Community

A

Sjöström and Vladimir are the stars powering the Swimming World Cup Centre in November. More to witness the world's swimmers in action over the year, now in its 11th year

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



Seeing Stars Amidst the Skyline with Actives

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.

I hope that this special event will give parents, and children a good

CELEBRATE NATIONAL SP THROUGH SP

Photo

GetActive! Singapore 2017 was back for the 10th year. In it, people broke out of their inner circles, shared friendships, contributed to the community, shared experiences and celebrated the nation's 50th anniversary.





Expand your social circle all while enjoying healthy activities. Bring friends and groups 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,

the NS50 campaign on Sunday SG.

Over the two weeks at the seven locations, 278,000 people participated in these festival series initiatives supported through endorsement and mass event.

The Sport Competitions



The Sentosa Adventure Race 2017 had participants from all ages, even seniors. The 5.2km race stations including an open water crossing station. Do not miss out on the next one in July at Ng Chong Meng.



Staff from Seagate celebrated the nation's birthday through the relay. With the grant received under the Active Enabler Programme, they participated in a relay and badminton tournament. Photo by Sport Singapore.





for the Community

the community can come in many forms. Choose to offer your time or experience, no act of so small to make a difference to someone's day.



GetActive! Singapore 2017 provided Singaporeans to contribute to the one of the ways is through volunteering. Team Nila brings Singaporeans of different ages and abilities. Many of them volunteered as photo team leaders and ambassadors. In February, Nila volunteers were deployed through a long festival. It was heartening to know that the experience meaningful to them in another edition!

The ground-up sports initiatives under the Programme brought out the best in more than 300 partners, individuals and organisations, not only for themselves but for the community.

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.





To fully empathise with someone, it is important to walk a mile in their shoes. At the first session, participants underwent a blindfold walk to experience the obstacles that persons with visual impairments face. Photo by Sport Singapore.



Active! Singapore 2017 is the Team Nila volunteers. The volunteers learn and bond at the training sessions. Photo by Dyan Tjhia.





Everyone Can Get Active!

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

Josephine provided the positive experience for her family and friends to participate in physical activity. In 2017, she and her friends joined the National Masters Games, where they met close to 14,000 other participants, including working adults, students, and seniors.

Josephine 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. Josephine shared, "We joined the Masters competition to rekindle the sporting spirit we used to have 30 years ago."



The spirit of inclusiveness was evident in one of the GetActive! Singapore's swimming competitions. Photo by Vignette.





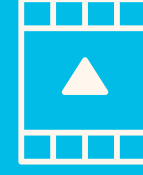
Recognising the value of sport and supporting their teams in corporate competitions. The
as saw about 4,000 participants. Photo by Dyan Tjhia.





A special GetActive! Singapore workout video for National Day 2017, "Because It's Singapore," was released. Over the two weeks of the event, thousands of participants taking part in the Singapore activities participated in the workout, which also reaffirmed their commitment to the nation 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 the 50th anniversary of national service. In partnership with the National Service Council, GetActive! Singapore brought NS to the community at the Toa Payoh Sports Centre.



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

ch to Be
About



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



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

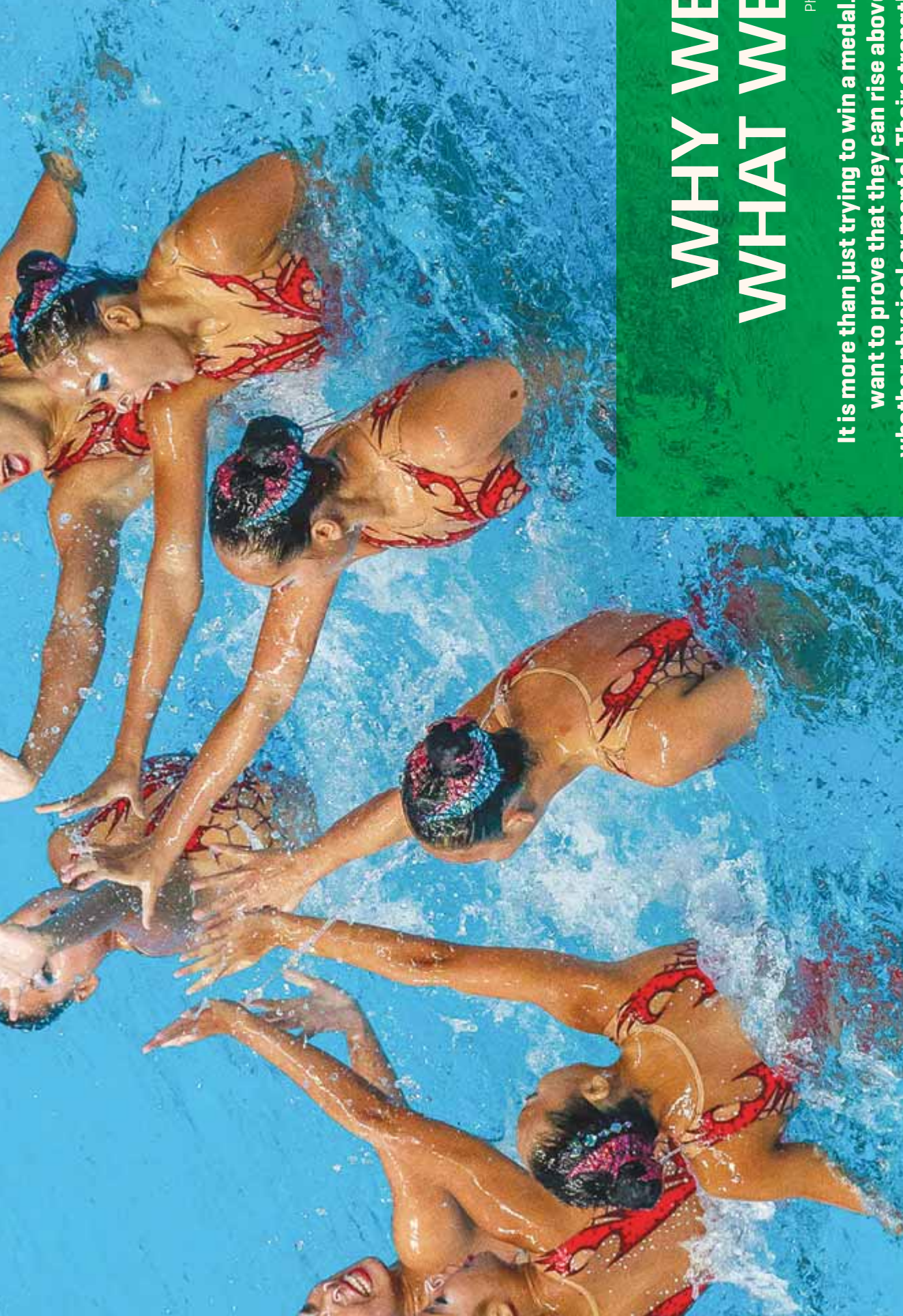


SCHOOLS

Anchor Green Primary School • Anderson Junior College • Ang Mo Kio Secondary School • APSN Chaoyang School • APSN Katong School • APSN Tanglin School • Bartley Secondary Primary School • Bedok North Secondary School • Bendemeer Primary School • Bethesda Broadrick Secondary School • Bukit Timah Primary School • Bukit View Secondary School • Buvarina Primary School • Changkat Primary School • Cherie Hearts @ Science Park Pte Ten of Peace • CHIJ Primary (Toa Payoh) • Chong Zheng Primary School • Clementi Town Passvale Primary School • Corporation Primary School • Crest Secondary School • Da Qiao Secondary School • Eshkol Valley @ Northstar Pte Ltd • Eshkol Valley @ Sengkang Pearl Primary School • Fernvale Gardens School (MINDS) • Gongshang Primary School • Greenview Girls' School • Holy Innocents' Primary School • Hong Wen School • Horizon Primary School • Hougang Secondary School • Hua Yi Secondary School • Institute of Technical Education (Technical Education (East)) • Institute of Technical Education (West) • Jing Shan Primary School • Development Centre • Jurong Christian Church Kindergarten • Jurong Secondary School • Jurongville Secondary School • Juying Primary School • KidsCampus Tanjong Pagar School • Lianhua Primary School • Loyang Primary School • Macpherson Primary School • Blossflower Primary School • Meridian Junior College • Metta School • MindChamps @ Jurong to Chu Kang • Modern Montessori @ Jurong West • MOE Kindergarten @ Fernvale Link • Mulberry Learning Centre @ Tanjong Pagar • My First Skool • My World Preschool Ltd • North Vista Primary School • Northland Primary School • Northland Secondary School • Co-Operative Ltd • My First Skool @Braddell Heights Community Hub • Oasis Primary Secondary School • Parkview Primary School • Pasir Ris Primary School • Pat's Schoolhouse Pte Ltd (Siglap) • PCF Sparkletots Preschool (via online) • PCF Sparkletots Preschool @ 144 • PCF Sparkletots Preschool @ Blk 131 Bedok North • PCF Sparkletots Preschool @ Sparkletots Preschool @ Clementi 420A • PCF Sparkletots Preschool @ Clementi 426A • PCF Clementi Blk 330 • PCF Sparkletots Preschool @ Jurong West • PCF Sparkletots Preschool @ 55 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 32 • PCF Sparkletots Preschool Blk 326 • PCF Sparkletots Preschool @ Kembangan Chai Chee Blk 59 • PCF Sparkletots Chai Chee Blk 775 • PCF Sparkletots Preschool @ Punggol Coast • PCF Sparkletots Preschool @ Sparkletots Preschool @ Tanjong Pagar - Tiong Bahru Blk 125 • PCF Sparkletots Preschool • PCF Sparkletots Preschool @ Woodlands • Pei Hwa Secondary School • Pioneer Junior Primary School • Punggol Cove Primary School • Punggol Primary School • Qihua Primary School • Raffles Centre - Yishun Park School • Regent Secondary School • Republic Polytechnic • Riverside Primary School • Rosyth School • Serangoon Secondary School • Siling Primary School • Technology & Design • Spectra Secondary School • St Hilda's Primary School • St James' (don) • St James Church Kindergarten (Gilstead) • St James Church Kindergarten (Harding) • Sunflower Preschool @ Hougang Pte Ltd • Super Educators and Super Kids • Tampines Junior Katong Secondary School • Teck Ghee Primary School • Teck Whye Primary School • Temasek Polytechnic • Temasek Primary School • The Little Skool House International

ORGANISATIONS

Adventure Education LLP • 1Derlust Pte Ltd • A Special Day Of Sports • ActiveSG Yoga for Presbyterians Church • Agape Bowling Academy • Air Products Singapore Industrial Gases Union of Public Daily Rated Workers • Amphenol FCI Asia Pte Ltd • AUPE Women's Committee Fitness Pte Ltd • Bedok Citizens' Consultative Committee • Better Trails LLP • B'Happy Pte Ltd • Building and Construction Authority • Camelot Pte Ltd • Camp Challenge • Capital Pte Ltd • Cathay Organisation Holdings Ltd • Central Provident Fund Board • CF Innervative Group (Singapore) Pte Ltd • CIMB Bank • Civil Service College Singapore • Clarity Singapore Consultative Committee • ClimbAsia Pte Ltd • ClubMSF for Ministry of Social and Family Deve Corporation Ltd • Crestar Education Group • Cross8 Fitness • Deloitte & Touche LLP • D Chemical Pacific (Singapore) Pte Ltd • Eco Lifestyle Fitness Pte Ltd • ECU-Worldwide (Singapore) Market Authority • Epsom Singapore Pte Ltd • Ericsson Telecommunications Pte Ltd • Exer Network • Exponent Challenge Technology Asia Pte Ltd • FITtencer.com/Singapore • F&N Food Families • Fuji Xerox Singapore • Futureready Asia Pte Ltd / Innotrek Pte Ltd • Grace Orchard Board • Hydrochem (S) Pte Ltd • IN T Motion Private Ltd • Inland Revenue Recreation Club (IE) Singapore • International Paradise Connexions Pte Ltd • IRONMAN (Asia) Pte Ltd • Islam Jump Rope Federation (Singapore) • Kallang Wave Mall • Keppel Infrastructure Holdings Pte Ltd of Singapore • Land Transport Authority • Liambee-Jeco Pte Ltd • M.I.C.E Global Pte Ltd • Ministry of Culture, Community & Youth • Ministry of Finance • Ministry of Law • Ministry of National of the Environment and Water Resources • Modern Fencing Academy • MOH Holdings Pte Ltd Social Service • National Gallery Singapore • National Library Board • National University Youth Council • New Hope Community Services • NS50 Organising Committee • Oracle FIP Pte Ltd • OSIM International Pte Ltd • Osportz Pte Ltd • Our Tampines Hub • Outdoor Adventure Factory Solutions Asia Pacific • Patriot Partners (American Association of Singapore) • P Movement (PAYM) • Player Group Pte Ltd • Powerlifting (Singapore) • Public Service Divisio Co-operative Limited • Sanden International (Singapore) Pte Ltd • Seagate Singapore Inter Ltd • Sentosa Development Corporation • SETSCO Services Pte Ltd • SGAG Media Pte L Centre • SHATEC • Shelton College International • Shin Zhong Taijiquan Association • Sing Visually Handicapped (SAVH) • Singapore Cricket Club • Singapore Curling Academy • Singapore Assessment Board • Singapore Recreation Club • Singapore Scout Association • Singapore Youth Olympic Festival • SingEx Venues International Pte Ltd • SJ Mountain Banditz • SMR Speciality Chemicals Asia Pacific Pte Ltd • SP Campers Pte Ltd • Special Olympics Singapore (Rendeur Private Limited) • St. Andrew's Nursing Home (Henderson) • St. Andrew's Senior Mind Fit Body Pte Ltd • Sunrise & Co (Pte) Ltd. - Mikasa • Sunrise & Co (Pte) Ltd. - Yonex • Sun Convention and Exhibition Centre • SUPERFIT Pte. Ltd. • Team INFORMA Events • The Bb Concepts Pte Ltd • The Salvation Army • The Tampines Trilliant Kids Club • T-Net Club @ Ta



WHY WE WHAT WE

It is more than just trying to win a medal.
want to prove that they can rise above
what they have been told. They are the





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 28th 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

arrived. Both athletes s Duong Thu Viet Anh wa Michelle resigned herse Singapore officials lodg Finally, 10 years from wh Michelle made her way podium. Wrapped in th tears flowed, "Tears, a time, of joy."

Another peak to be conc record. After coming cl 400m sprint record in p Lim-Prasad finally brok seconds, set by Chee S Games in 1974. She said about how to get on the expected to deliver a m

As she crossed the finish her husband, former n Seng Song called out, " Her time of 54.18 second of Singapore athletics' n With the record square

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 Beyonce'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 catch the wushu star in action, visit [www.singapore2014.com](#)





onous Motion

ynchronised Swimming

ronised swimmer Debbie
oughtful bespectacled
ol, however, the 19-year-
smiling glamour girl – and
m captain.

e's synchro girls to more
our after winning the
m captain.

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



Flying on Water

Quah Jing Wen – Swimming

Photo by Andrew Jik Tan

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.

The icing on the cake scored a personal best in and shattered Tao Li's 20 record. Her time for the 50.28 seconds, clinching

“This is just even ha an Team

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

Taking the gold in the track-based omnium event was a medal of any colour had seemed far from certain, Calvin lacks a velodrome. To improve his chances, Calvin spent training at velodromes in Thailand and Malaysia and high altitudes.

On average, he was training 30 hours a week, including out in the gym and the lab at the Singapore Sport Institute. Training meant he had to significantly cut back on his work at LOUE Bicycles. Luckily, his boss, a former national fitter, understood his desire to do well at the Games and allowed his own schedule.

Sponsorship raised by Singapore Cycling Federation grants from Sport Singapore filled critical gaps in funding a campaign. Calvin paid tribute to his sponsors and to Siong Chen for their work in raising sponsorship for a dollar has made a difference. Every product has been

While the lost income was painful, Calvin took it in stride and didn't give up when times were very hard for my family. Calvin has Calvin looking ahead to the Asian Games in August. He never won a medal in cycling at these Games, but Calvin

In the meantime, the hardworking optimist takes pride in the sacrifices made by the track cycling team this year. "We put together we can break national records, win medals at the SEA Games for Singapore."



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

ng Effort bility

le Tennis

itomises Feng Tianwei's
five match points in her
her nemesis, Suthasini
ailand, in 2015. In the final,
compatriot Zhou Yihan,



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 29th 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 silver and five bronzes. "Overall we're happy with the result and how moving forward, it gives us a benchmark to work towards," said Mao jumbo title with partner Sherilyn Yang.



“For us to achieve something... is motivation for us, hopefully for others as well, to know regardless of w

Through in Death!

ore

**words that can make
i. Regardless, the team**

h playoffs in a row, and clinched a gold in the SEA titition. The team of Gregory u, Marc Ong and Joshua ver Thailand. The other tention went into sudden oh faced off against Thai back in 2015 in Singapore.

a stroke behind eventual mamoto of Thailand with over three rounds at the ss Resort and Golf Club in

**it so happy to win
e's first team gold,
so happy because
ked really hard.**

—
**Marc Ong,
Singapore Golfer**





Towards Gold

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

Thailand's Keerati Bualo held out and he secured title at the Games, adding won earlier.

Compatriot Jillian Lee a quest for gold look easy eight races in the Laser. Her win soothed the pa





s Looking Ahead

Table Tennis

d



“Jason Chee’s gold medal showed determination can achieve,” said Community and Youth, Grace Fu. -old serviceman from the Navy too, threw at him in his stride, including eye to cancer just before the ASEAN blew away the competition.

Jason had a clean sweep, winning a to win the men’s singles Class 2 round. This victory helped him banish the the gold in the same event in 2015.

His positive attitude saw him through tribulations. He said, “I don’t say one eye, I will lose eventually. I at I still have to fight for it. I can still so just play on.”

“Two years ago, I got s the same event. Now, I can two years ago. It’s about th



Lar Straight Arrow

henry

coming up to Syahidah that she was a real role model for her. She never felt humbled. She never would be an inspiration to other archers.

“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



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



“...I wanted to win Singapore and hear the anthem play at the v It was an honour to



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

Also dominating in the para women's SB4 100m 2min 4.16sec. What was was that it marked a milestone Para Games golds for her

The most bemedalled participated in all nine editions



According to the Sports Index 2017, 7 out of 10 Singaporeans have expressed their support for the Singapore national sports teams. Team Singapore athletes regardless of their performances at major games. A

the Scenes



LO, to ALL

son, Ryan, become a SEA Games gold medalist in 2017 in a great place to understand what athletes go through sport. In her own words, Dolly tells us how she helps all in sporting scene, while also drawing inspiration from them.

ht my tickets to Kuala travel there on unpaid at the Singapore Sports my brother there. Little would rope him into my

etes tried very hard to ames, and the sacrifices

long and I didn't return I went to 16 sport events basketball, badminton, ming, swimming, hockey,

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



Many Laps to Go Before They Rest

Photo by Andy Chua

Our aquatics teams always dazzle when in the water. It comes the gold-medal worthy performances of the Singapore Swimming 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.

scientists provided through Sport Institute. There as the packed events call than 30 events during 2

Seeding growth in the events and developing athletes requires more; its own sponsors and fu to drive its objectives: Since in late 2013, the NSA has of more than \$5 million the Aquatic Heart and raise funding for under and children. To date, \$200,000.

ASEAN Para Games under the Acti over two weeks experienced an was to bind the and cheer in a Team Singapore

Banking on the e a similar tour e soil in 2015, the adrenalin-fuelled included the C aquatics, athle pencak silat, f other sports.

Proving that ag and not a bar Team Singapore supporter on th the youngest Participants en they had the o new friends and doorsteps of the to see their favou Naturally, being food was truly a meals fully cater

Thumbs up to before-ex We shall r



SGence Tour



g Through nt Lenses



Photo by Ben Cho

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

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

For Ben Cho, being a volunteer photographer getting to learn from the other volunteers new people.

His keen eyes catch other emotions that go unnoticed. "I had the rare opportunity to photograph our boxers and our male athletes in action during the SEA Games. It was a no match for the others. I thought I would see none of that – I saw pride in flying the flag, saw perseverance, even though the athlete had a slim chance of winning."

Ben's unpublished photograph of boxer Prithiv after he lost his Light Fly bout against Bounpone showed Prithiv in tears leaving the ring, not anticipate that shot, but felt his pain. Another shot was of Sean Yeo in action



Ben Cho

Photo by Andy Pascua

Volunteering helps me to grow my circle of friends. Very often, we get back more than



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 18th in the world in her category and is focused on



Team Player to Peer Diplomat

Chairman of SNOC Athletes Commission

“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 resonate throughout their lives. “The athletes you



ing Their for Speed

Para Cycling Coach

ASEAN Para Games, cycling coach Christian are not going there our pockets. We are

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



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

Henry, who was 73, was from 2006 to 2013. He Year in 2010 and 1984. of the Sportsman of the and 1975. Only one other Abdul Kadir, has accolad During his bowling day



we decided to make this donation for the 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 Club

Mr Tan Kok Sing, began jogging to fight rheumatoid arthritis. Encouraged by the benefits of jogging, Mr Tan started the Garden Joggers back in 1977. Now, a sprightly 92-year-old, he wants to help athletes realise their sporting ambitions. To mark the 40th anniversary, the joggers pledged support for the Caring for the Community Fund, to the tune of \$100,000.

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

Benefiting from this will be the High Performance Centres in the areas of competition opportunities, pathway development, management capability, data analytics and software, and sports science and medicine.

Also pledging their support were spexE, Deloitte Singapore and Fullerton Health with pledged amounts of \$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.



From the Shots as International Referee

phot

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

I got my first umpiring test when I was 15. But it was not my serious action until I retired from hockey in 2012. I could not give up my refereeing skills as I was the goalkeeper for the team, but I wanted to play. I took another look at umpiring. I wasn't willing to walk away, but I realised I could stay in the game through officiating.

Many of the same qualities that define me as a Discipline. Presence of mind. I don't get afraid to make and maintain my own decisions. You have to be able to keep your head on when things get tough. I do my own thing and umpire men's games and women's games.

I would like to tell girls to take up umpiring as a serious responsibility. 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,

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 Knights
11 Mar	ASEAN Basketball League: Singapore Slingers vs CLS Knights
11 Mar - 13 May	Singapore Open 2018
13 - 15 Mar	SPORTELASIA
24 Mar	NUS Biathlon

April

4 - 15 Apr	2018 Commonwealth Games
11 - 12 Apr	Singapore Open 2018
28 - 29 Apr	HSBC Singapore Open



Partners in Sport



Members of Tote Board Group

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

sportsingapore.gov.sg

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