## LIVE

BETTER THROUGH SPORT

GETACTIVE! SINGAPORE EDITION





Photo by Lim Yong Teck

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This publication is produced by Sport Singapore. Connect with us at www.sportsingapore.gov.sg. For enquiries or feedback, please email to husnul\_hamed@sport.gov.sg

Project Team: Chloe Ang, Chloe Chee, Sherine Chen, Cindy Chua, Jaye Chua, Goh Teck Hwee, Husnul Amar Hamed, Lai Chin Kwang, Gerald Leong, Michelle Leong, Lynette Lim, Thomas Lim, Michelle Liong, Ng Chrong Meng, Ng Eng Soon, Shirley Ong, Ong Shao Fang, Melvyn Quek, Ramasess Ramakrishnan, Laura Reid, Diana Seng, Fayeruz Surahman, Tan Bee Lian, Simon Tan, Gilbert Tay, Lily Toh, Muhammad Rostam Bin Umar, Janice Woon, Gary Yeo, John Yeong

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ur week-long celebration of National Day through sport
was a week to experience how much we in Singapore have
to celebrate. Through the good times we shared at GetActive!
Singapore, including the Singapore National Games, we got to celebrate our common spaces and our diversity as well as our great love of sport.

Our shared experiences endeared us to each other and to our nation. Competitors at the Singapore National Games talked about the pleasure of playing with and against old friends. Our schools wore their community spirit with pride by throwing open their doors to everyone who wanted to come in and play. Companies urged their employees to bring their teams closer together through GetActive. We saw this closeness in the families who had fun with children at all the sports festivals around our island.

We came together as one Team Singapore. We wore our iconic colours, and we said our pledge with unflagging pride in how far we have come as a nation. The week was filled with big moments for us to enjoy and reflect on this place we call home.

Next year, GetActive! Singapore will be back with more fun, more excitement and more to celebrate through sport.

Richard Seow, Chairman of Sport Singapore





GetActive! Singapore Launch

Singapore National Games

Sports Festival at Jurong East



#### When We Came To Play, Sing and Pledge







GetActive! Singapore Launch





Sports Champion Sharifa found early inspiration in this year's National Day Song, "Tomorrow's Here Today." Getting creative for GetActive! Singapore, she worked with five instructors to design a fitness routine that could be performed by anyone, anywhere.

Complete with basketball, swimming and other sport moves, Sharifa and the team then took the workout on the road — in 500 separate sessions!

#### Happy Birthday,

ingapore's passion for National Day was burning bright during "GetActive! Singapore" — our first-ever week-long celebration of our birthday through sport. Our people, from toddlers to seniors, were on the move from 31 July to 8 August, in celebration of our nation's 51st birthday.

More than 500,000 people rallied to cheer National Day. About 350,000 got active

in sports festivals at our schools, sports centres and other public spaces across the city. Some 242 companies, interest groups and social enterprises applied for grants to create activities focused on fun and inclusion — and drew another 100,000 people!

On the competitive field of play, almost 11,000 athletes competed at the Singapore

#### Singapore!

National Games in 21 sports, including five para sports for the first time. They were supported by 47,000 roaring spectators and 2,000 volunteers from Team Nila — Sport Singapore's enthusiastic corps of volunteers.

The numbers do not tell the full story of GetActive! Singapore. The people, the friendships and the passion behind the

numbers are the real story. Our shared celebration of National Day through sport was our faith in action that sport can bring people together. With every festival, event and initiative, we were building our inclusive and wonderfully sporting Singapore for tomorrow.





## Families Get Happy At Sports Festivals











ai Jiao Zhi and her family took part in a GetActive! workout session and sports festival with her son's PCF Sparkletots Preschool. Mum and Dad already enjoy jogging and swimming with their three children (13, 8 and 5). Playing games with the kids at GetActive! Singapore, she said, "helped to improve our parent-child relationship."







# Corporates Celebrate National Day

or the 242 companies and organisations that took part in GetActive! Singapore, sport proved to be an engine for group creative thinking, a motivator of individual drive and a unifying force for competitive teams. The Active Enabler programme, run by ActiveSG, funded some movingly powerful ideas put forward by companies of all sizes to celebrate National Day. Dow Chemical had staff on the water, the court and the roads, with a special dash of durian to spice things up. SGAG entertained the public with a futsal-playing dinosaur.

Seagate Technology International's "51km Relay Run was a symbolic event... to commemorate Singapore's 51 years of nation building through sports. The relay highlighted the collaborative spirit and showcased the teamwork where Seagate employees from our Singapore offices worked together and persevered on to complete the relay." said Mr Teck Huei Chee, Senior Vice President of Seagate's

Woodlands Recording Media Operations.

The Active Enabler programme from ActiveSG had special significance for Debra Lam and her team from Society Staples. Their Giant Games welcomed in more than 1,100 people where the public got to try disability simulation exercises, play giant games of pool and air hockey. Most important, everyone got to play while many volunteered for future events.

As she watched a group of mainstream secondary school students play Jenga with students from Grace Orchard School, a special needs school in Jurong, Debra felt a deep sense of satisfaction.

"That moment really embodied what inclusion meant to us — where both communities came together and did things together, instead of mainstream society always giving and doing things for persons with disabilities."





#### Playing With BFFs At The National Games



**Left:** Friends from the Madrasah School, Calvin Heng Siang Boon, Roslee Bin Sud and Ramlee Bin Puteh wore traditional garb to shoot their best and inspire the crowd at The Float.



**Above:** This group of former National Team volleyball players reunited after five years to take on Singapore National Games. Some are married, some are working mothers, some are studying. "We are still friends," says Captain Goh Pei Feng.



**Left:** Para athlete Syahidah Alim loved competing in the open archery category where the athletes could link up in teams of 3, regardless of ability. "I got to shoot with my friends," she enthused

Right: Muhammad Farhan bin Sharifal (front row, 2<sup>nd</sup> from left), entered the futsal tournament so he could play with his friends. His team often doesn't fit the age categories in most tournaments, so they happily took part in the Men's Open. They got bumped out in the group round. But Farhan got scouted for the National Futsal team. "Playing football has always given me a reason to feel good about who I am and where I belong."











YES TO SNG







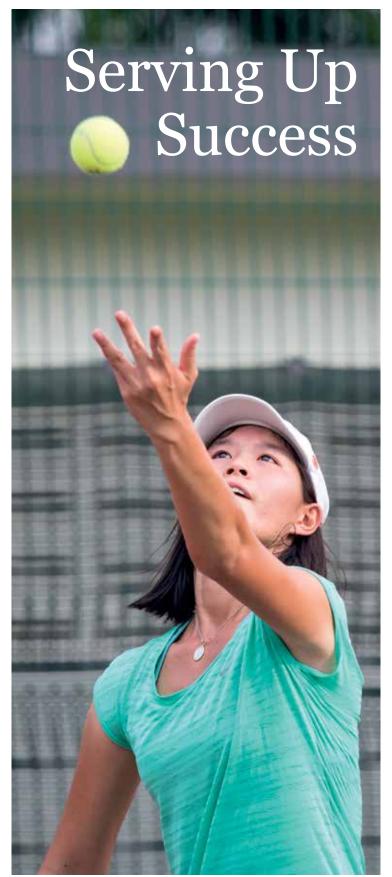


Photo by Calvin Teoh

ising tennis star, Ashley Yim, is progressively shedding her underdog label.

Going up against the nation's best players at the Singapore National Games mixed double finals, she put on a dynamic performance, often matching her opponents' skills and prowess. Though she lost, Ashley felt that she had gained much more in return. "I was able to exchange valuable tennis techniques with strong players and understand their different game styles."

As the biggest local tennis tournament in town, Singapore National Games has had a major impact on tennis players. It motivates them to train harder, to perfect their skills and to toughen up their mental strength to improve their game.

That's why, the 16-year-old is more inspired than ever to work harder and go further in the competition to qualify for the 2017 SEA Games next year!

"My confidence has definitely been boosted! SNG provided me with the vital experience of playing against different skillsets, helping me improve my abilities and oncourt strategies."

#### Age Is Just A Number

hen Ong Pang Kiong was 52 years old, he took a hard look at his future and decided he didn't like where his sedentary lifestyle was taking him.

Now 74 years old, Mr Ong is running marathons and winning events at Singapore National Games.

He took up running because it made him feel young, again. "The cardio exercise strengthens my heart," he said.

With a never-give-up mindset, Mr Ong has tackled marathons locally and overseas. So, he was ready for Singapore National Games 2016.

Within his event, he triumphed in both the 1500m (6.47 minutes) and 400m (1.27 minutes) events. He picked up a silver in the 100m sprint, too.

"I want my peers to see my good health and be inspired to take up sports. I want to show seniors that exercising regularly will make them healthy, too!"

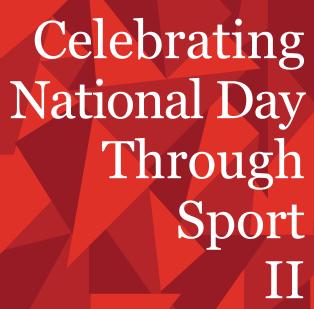




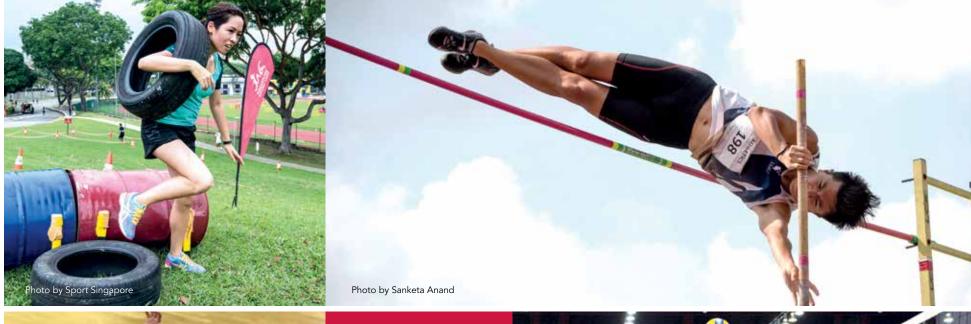
















#### The Tireless Team

olunteers are the heart and soul of any event. Filled with enthusiasm, volunteers at GetActive! Singapore shouldered various roles from ushers to photographers to first aiders to media relations officers.

Wearing the Team Nila purple jerseys, the volunteers drew on a wealth of experience earned from previous stints at the 28th SEA Games and the 8th ASEAN Para Games. Thanks to Team Nila, the first edition of GetActive! Singapore was a heartfelt success.



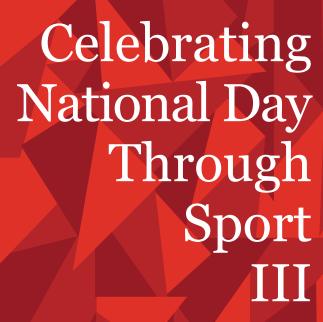
hen the sports enthusiastic Principal of Sembawang Primary School was looking to expand his students' sporting opportunities, he found a perfect partner in the new ActiveSG Tennis Academy.

Bringing tennis-specific resources and energetic coaches, ActiveSG Tennis helped fill a gap in the school's sporting lineup. "I was excited for my pupils to train under qualified coaches and gain a solid foundation in tennis," Mr Kiran explained. "The programme outlined will contribute to the holistic development of their mind and body, and enhance their learning."

The 59-year-old is also a staunch believer that sports imparts fundamental character traits to children, as well as provides a healthy environment for them to learn to cope with competition and the winning and losing that comes with the territory. With the ActiveSG collaboration, he can give his students these benefits and more. "I hope my pupils have the opportunity to pick up different sports, so that they eventually find one for lifelong participation."

And that is exactly what Mr Gosian himself has done! Having found his forte in hockey since primary school, he still enjoys a game, and recently participated at Singapore National Games. He hopes that more of such sporting opportunities emerge, so that "people of different ages and races continue to come together to reignite the community's involvement in sports".

"Platforms like SNG can be springboards for social cohesion and interaction. Plus, it's a great way to enjoy an afternoon of fun and camaraderie!"









SPORTS WITH 5 PARA SPORTS













#### Best

espite an 18-year age gap, Leon Kwek and Jiaren Low have a lot in common. For starters, they love basketball. Jiaren once played for the National team. At 19, Leon is one of the youngest members. And they were both on court during the Singapore National Games.

#### "Playing basketball for fun is fun," says Jiaren. "But having a competition to rally around

drives it up several notches." "Competition creates moments

of bonding that playing recreational ball does not bring," he says. "These are the moments that remain with us over the years and form an unspoken bond long after we stop playing together."

Friends Through Sport

Indeed, Singapore National Games was a chance for Leon to reconnect with his buddies from the estate. "We are friends but we actually play for different clubs," he says.

Playing together isn't a

frequently offered option. But the old team spirit was quickly brought back to life in the face of stiff competition. "In the 2<sup>nd</sup> round, we won all of our games with a margin of less than 3 points. Not only did it make the whole experience more exhilarating, it definitely brought us closer together."

### Getting To Know Each Other Through Sport

here were some pre-race jitters among the 500 Singaporeans, migrant workers and expatriates who were teaming up for an Amazing Race-styled games carnival as part of the GetActive! Singapore festivities on 7 August. Many of the runners had met their team mates for the first time at the registration table.

But as 100 teams got on with the games, run by Team Nila volunteers, the anxiety faded into teamwork, respect and a competitive spirit to complete the 30 specially designed challenges.

Game ON — Get Active, Meet Everyone, One Nation — was organised by Tuas View Dormitory and the SportCares Foundation under the ActiveSG enabler grant initiative.

Jerome Lau brought his 12 year-old son Justin to Game ON. While the lad was initially hesitant about joining a team with migrant workers, his perspective changed after working together to complete the puzzles, physical challenges and games such as basketball and capteh.

"This experience helped us see that foreign workers are an integral part of our Singapore society, and they are just like one of us," Jerome says.







Photos by Lim Yong Teck



Penning a National Day message together



#### Thank You

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#### **Event Highlights** 2016 / 2017 **ECEMBER** Standard Chartered Marathon 4 Singapore 2016 17 **ILLUMI RUN Singapore 2016** 18 Banana Relay 2016 18 Performance Series (Race 5) Mileage New Year Run 2017 **FEBRUARY** 12 MetaSprint Series 2017 – Aquathlon 19 Run for Hope 2017 For more information, check out myActiveSG.com



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

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