

emPOWER

ISSUE 11

APRIL 2020

spexSCHOLARS CLASS OF 2020



CELEBRATING WHAT'S RIGHT 2020

A total of 17 *spexScholars* across 14 sports have been newly inducted into the prestigious *spexScholarship* programme, bringing the total number of *spexScholars* to 79. Sport disciplines represented for the first time include ice-skating, jiu-jitsu and triathlon.

Congratulating the scholars, Ms Grace Fu, Minister for Culture, Community and Youth said: *"This is a very challenging period for our athletes as competitions and training plans are being disrupted. But I believe in the resilience and tenacity of our spexScholars. They have shown the determination to work hard and excel amidst adversity. We will continue to support them in their sporting journeys, and help them to fulfil their sporting potential."*

Part of the supportive eco-system that national athletes can rely on also include athlete-friendly companies and institutions. Athletes benefit greatly from an education and employment programme that supports their sporting pursuit with flexible arrangement, and the *spexBusiness* and *spexEducation*

networks were set up to achieve this purpose.

Launched in 2013, the community has grown over the years with 65 *spexBusiness* and 15 *spexEducation* partners from both the private and public sectors.



James Walton from Deloitte

Every year, SSI will invite supportive partners to join us at the partners appreciation event, Celebrate What's Right (CWR). Even though this year's CWR was cancelled, a CWR 2020 video was produced to showcase how athletes and corporate partners benefitted from the 3 main initiatives – *spexBusiness*, *spexEducation* and *spexScholarship* programme.

As James Walton summarised in the video, *"Celebrate What's Right is all about*

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celebrating the people who help contribute to make Singapore great."



Click [here](#) or scan the QR code to view the CWR 2020 video.

TeamSG together with #SGUnited

Since the beginning of the COVID-19 outbreak, different segments of the community have come together to gather and help Singapore overcome the COVID-19 outbreak. **TeamSG would like to thank our frontline heroes - the healthcare workers, policemen, SCDF officers, contact tracers, cleaners and many others - for their selfless effort in this fight against COVID-19.** Our TeamSG athletes too, were involved in many community activities, showing their support and appreciation for the healthcare and frontline workers, as well as doing their part by advocating messages to stay united and practice good personal hygiene, to keep themselves safe and protect others.

With Our Frontline Warriors...

TeamSG athletes joined DPM Heng Swee Keat at Kallang Fire Station to cheer on our frontline SCDF personnel and officers. TeamSG athletes from Basketball, Golf, Silat, Speed Skating and Squash even gave out autographed Nila plushies and Udders ice-cream as small tokens of appreciation of their efforts to keep Singapore safe!



Care Packs Distribution..

TeamSG bowlers together with Ms Sim Ann, Senior Minister of State for MCCY and Ministry of Communications and Information (MCI), joined hands in the packing of care packs (consisting of face masks and hand sanitisers) to senior citizens at Clementi. A little effort goes a long way. Let us stay united and continue to care for the community. #SGUnited #OPSHANDSON



Photo credit: MCCY

Words of Encouragement..

To show their appreciation to our healthcare frontline warriors, TeamSG athletes from various sports took some time off their busy training schedules to put down their words of encouragement and well wishes for them. This board was then presented to the healthcare workers at SGH in hopes of cheering them on and letting them know that Singapore cares.



The Food Bank...

When The Food Bank faced the challenge of volunteers shortage as a consequence of the COVID-19 virus, TeamSG Kayakers, Victoria Chiew, Angelica See and Sean Teo, together with Youth Corps Singapore volunteers, stepped forward to help pack food for distribution to the beneficiaries.



Masks Distribution..

20 TeamSG athletes from Basketball, Floorball, Football, Jujitsu, Kayaking, Kickboxing, Silat, Triathlon and Volleyball, volunteered their time to help distribute masks at Our Tampines Hub. This was despite being informed about the event on the day itself.



Appreciation for Healthcare Workers

Team Singapore athletes from Bowling, Golf, Football, Netball, Silat, Swimming, Table Tennis, Volleyball and Wushu, prepared well-wishes cards to express their appreciation to frontline medical staff fighting the Covid-19 virus.

Athlete representatives from each of these 9 NSAs presented their cards to staff of the Singapore General Hospital on 4 March. Our heartfelt thanks to all of you for your unwavering care and sacrifice.



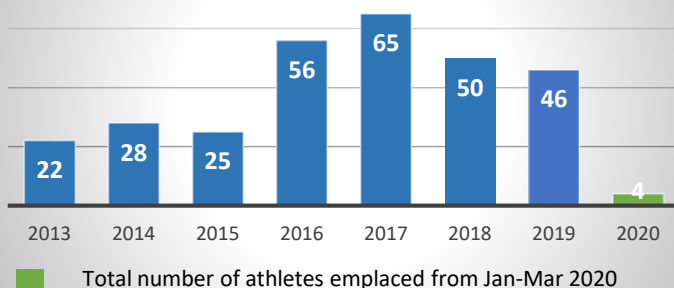
TOGETHER WE WILL OVERCOME

Click on these videos to see how we can all stand together to fight against COVID-19:



TeamSG would like to encourage all to keep a positive mindset, continue to do your part in upkeeping your personal hygiene, keeping the environment clean, eat well, exercise regularly and care for the community as what our athletes did in light of this COVID-19 situation. As Minister for Ministry of Culture, Community and Youth, Ms Grace Fu, rightly sums up in the video above, "We can overcome this together!"

No. of Athletes Employed



Updates on Placements

A total of 302 athletes have been employed with our *spexBusiness* partners on various employment terms. We will continue to support our Team Singapore athletes with their career transition into the workforce.

Project Empower for TeamSG Athletes



TeamSG Athletes at the Showreel Course conducted by Temasek Polytechnic

A second series of **Athlete 365 Career+ workshop** was also conducted on 22nd February to empower athletes with the knowledge and skills on dual career options. At this workshop, athletes learnt the basics of networking, interview skills, resume writing and social media skills. These are essential skillsets that can help athletes to better prepare for life after sports.

The showreel course was conducted for the 3rd run with *spex*Education partner, Temasek Polytechnic. This 4-session workshop is part of the *spex*Business team’s initiative, **Project Empower, that aims to provide athletes with access to tools and skills to elevate their personal brand and create greater opportunities beyond their sporting career.** A total of 19 TeamSG athletes attended the workshop. Temasek

Polytechnic lecturers, Mr Andrew Ngin, Mr Atlantis Tay and Ms Gail Goodenough, guided our athletes to do their own script and use simple software such as iMovie to do up their very own 90-second showreel. These showreels showcased their sporting journey and motivations. These showreels done from scratch by the athletes themselves, can be seen at the TV screens at SportSG office and Athletes’ Centre.



Click [here](#) to watch TeamSG Golfer, Jen Goh’s showreel. Watch this space for more showreel updates.

RP-SSI Certificate in Athlete Life Coaching Course

The second run of the RP-SSI Certificate in Athlete Life Coaching was conducted late last year with Republic Polytechnic lecturers and SSI facilitating the course. SSI briefed participants on 2 handbooks developed in-house to help athletes with their education and career. ‘Time Management for Student Athletes’ and ‘Career Transitions’ both contain useful easy-to-use tools athlete life coaches can tap on when working with athletes.

18 participants comprising of coaches, high performance executives, managers, as well as sport administrators attended the programme. They affirmed the usefulness of the course and gave feedback that the course is suitable for staff who interact closely with athletes.

The learning objectives of the course were fully met which were to equip participants with:

- **knowledge of the sport development landscape** such as the roles of the National Sports Associations (NSAs), Singapore’s high performance system, school sports system, etc.
- **knowledge of sports-specific terminology** such as athlete life coaching plan, training and competition plan, daily training environment, selection criteria, de-selection and major games cycles as well as the roles played by advisers and coaches to athletes.
- **hands-on practice in mentoring/counselling athletes** to facilitate them in achieving goals for sports performance, academic pursuits, and career aspirations.



“I am more equipped to guide and mentor athletes with the tools and skills I have picked up in this course.” – School Coach

These are the 4 modules covered in the course:

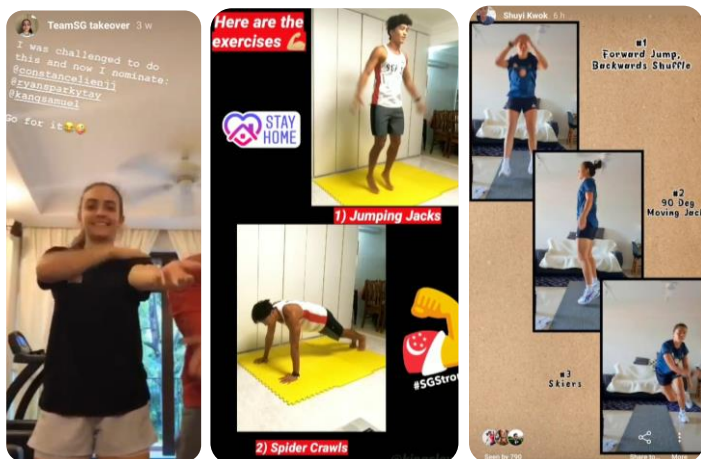
1. Understanding the Sport Ecosystem
2. Counselling Skills & SSI 4’C’ Model of Coaching
3. Psychometric Assessment
4. Project (Application of Coaching)

Course Fees:

Full Course Fee (Non Singapore Citizens)	Workfare Training Scheme (WTS)	Singapore Citizens aged 40 & above	SME-employed Singapore Citizens & SPR	Singapore Citizens aged below 40 OR Singapore PR
\$749.00	\$49.70	\$74.90	\$84.70	\$224.70

If you are keen to sign-up for the course, please indicate your interest [here](#)

Keeping Fit @Home



During this **Circuit Breaker (CB)** period, have you ever wondered how our TeamSG athletes train?

TeamSG athletes started a “**Can Be done at home**” workout series by taking over the TeamSG Instagram account. Conducted 2 to 3 times a week, TeamSG athletes typically start off their online stories by showing their support for the frontline workers before proceeding to show a workout that can be done at home. TeamSG **Can Be done at home** workouts have already featured 5 athletes, namely Amita Berthier, Constance Lien, Kingsley Tay, Shuyi Kwok and Shermaine Tung. This series will go on throughout the entire CB period.

Stay at home and continue to keep fit by following the live exercises by our TeamSG athletes on TeamSG [Instagram](#).

Athletes @ Community

Basketball For Girls is the brainchild of Team Singapore Amanda Lim and Chin Wan Qing, and their friend Paul Ng. They were nominated into the International Basketball Foundation (IBF) Youth Leaders program, and share a common belief in women’s empowerment and women in sports.

The central premise behind Basketball For Girls is a simple one - getting girls to play basketball leisurely with their friends and building a network of females coming together to play basketball, regardless of age, ability or affiliation.



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“We want to send the message to girls that they can gather their friends and play recreationally too.” Amanda said. “We save our competitive juices for our club’s training and competitions. Out here, we are just like everyone else, playing the game we love at recreational level.”

Wan Qing is adamant in her vision for the legacy of the programme. “We want to dispel the notion that sports is for men. Women can do sports too. Likewise, young girls can look at what we are doing and think hey, it is okay for girls to play basketball too.”

“Take the initiative to call your friends, grab a ball, and play the game you enjoy in your own time,” said Amanda. “Hopefully, we can inspire other groups of girls to do the same.”



Basketball For Good Singapore is an initiative led by Wan Qing (@wanqinggggg) and Amanda (@amandalimzhiyan). They are the two Singaporean change agents chosen by the International Basketball Foundation (IBF) to lead the charge on tackling social issues using the game of basketball. Follow the team and their activities on Instagram at @basketballforgoodsg.

Athletes-In-Action



Photo credit: SDSC



Photo credit: SDSC

TeamSG Archer, Syahidah Alim

Our Team Singapore archer Syahidah Alim hit the bulls eye again by winning gold at the 6th Fazza Para Archery World Ranking Tournament held in Dubai. Not only that, Syahidah also won the Para Women World Archery Athlete of the Year 2019. Thank you to Syahidah for doing us proud once again! TeamSG roars for you! #RoarAsOne

TeamSG Archer, Contessa Loh



Photo credit: Kelly Yuen

Contessa Loh won Singapore's first women's gold medal in the women's individual compound event at the Asia Cup held in Bangkok. Well done Contessa!

TeamSG Shooter, Adele Tan



Photo credit: ADELETQX / INSTAGRAM

Three cheers to Adele Tan for winning a gold medal at the 10m air rifle event at the H&N Cup in Munich and setting a new national record in the process.

TeamSG Swimmer, Toh Wei Soong



Photo credit: SDSC

Congratulations to Toh Wei Soong for winning the bronze medal in the 50m Men's freestyle at the Melbourne 2020 World Para Swimming World Series!



Photo credit: Singapore Weightlifting Federation

TeamSG Weightlifting Team

Our TeamSG weightlifters have done us proud at the Australian Open! John Cheah took home the silver medal in the Men – 96kg category. He scored a total of 300kg and set a new national record. Lim Kang Yin took part in the Men – 81kg category and set a new national record! Thank you to the team for doing your best and flying the Singapore flag high!

TeamSG Table Tennis Team

Three cheers to our TeamSG Table Tennis players Lin Ye and Zeng Jian for winning the silver medals in the women's doubles at the Oman Open! Not only that, Lin Ye and Koen Pang also clinched for themselves a bronze each for the mixed doubles event. Well done TeamSG for flying our Singapore flag high with pride!



Photo credit: LIANHE ZHAOBAO

Joint Statement on Postponement of Tokyo 2020

The Singapore Sport Institute (SSI) and Team Singapore athletes support the decision to postpone the Tokyo Olympic Games and Paralympic Games. Together with the Singapore National Olympic Council and Singapore National Paralympic Council, we stand fully and firmly alongside our athletes and coaches in their preparations even as new plans for the Tokyo Games are being made.

Our athletes and coaches have to deal with many other uncertainties: from scuttled training arrangements, lost qualification opportunities, disrupted conditioning plans as well as other personal matters such as career development and studies. But we are committed to overcome all the challenges together as One Team Singapore. Our goal remains focused on supporting the aspirations of our athletes at the Tokyo Games

and SportSG with SSI will continue to support our athletes through the Olympics and Paralympics.

The OneTeamSG spirit is one of resilience and excellence and our collective will and strength will see us through this period. We call upon Singaporeans to continue to support us on our journey to represent our nation on the competition fields.

With the same Singapore Spirit of rising to challenges in the face of adversity, we also stand steadfastly with all Singaporeans as One Team Singapore in the evolving COVID-19 situation. We ask all Singaporeans to continue to stay vigilant, observe social distancing measures and personal hygiene and take care of one another. Continue to stay active, fit and healthy.

SGUnited Jobs

About 10,000 jobs to be created for Singaporeans over the next 1 year. [Visit the SGUnited Website to search for the available jobs!](#)

- Match jobseekers to jobs
- Help businesses with short-term manpower needs
- Help recruit for eventual business recovery



Scan the QRcode or log on to
sgunitedjobs.gov.sg

Together we can overcome!

TraceTogether, Safer Together

As #OneTeamSG, we can do our part to help stop the spread of COVID-19 through a community-driven contact tracing app, called TraceTogether.

If you had close contact with a COVID-19 case, whether or not you know the person, TraceTogether helps contact tracers call you more quickly.

Click [here](#) to find out how it works.



**Download TraceTogether now!
And help others set it up.**



A Big Thank You to All Our *spexBusiness*, *spexEducation* and TS Card Partners



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