

emPOWER

ISSUE 13

DECEMBER 2020

Singapore Sports Awards 2020



Singapore Sports Awards 2020 ceremony was held on 28 October. This year's event jointly organised by both Singapore National Olympic Committee (SNOC) and Sport Singapore (SportSG), and supported by the Tote Board group, saw individuals and teams of the sporting ecosystem being rewarded for their efforts in shaping sporting Singapore.

Guest-of-Honour, Mr Tan Chuan-Jin, together with Mr Edwin Tong, Minister for Culture, Community and Youth (MCCY), presented the awards to the winners this year.

Peter Gilchrist (Cuesports) and Cherie Tan (Bowling) won the Sportsman and Sportswoman accolades respectively for this year's edition.

It was also an exciting moment for Koen Pang (Table Tennis) as he won the Sportsboy of the year, the first ever table tennis player to do so at the event, Amita Berthier (Fencing)

also won the Sportsgirl of the year for her achievements in 2019.

Even though COVID-19 has thrown us a spanner in the works, the sporting fraternity proves how we can stay adapted. The event went on as planned with social distancing measures in place and attendees limited to just nominees and invited guests.

Our heartiest congratulations once again to the following for winning the respective accolades:

Sportsgirl of the Year	Amita Marie Nicolette Berthier (Fencing)
Sportsboy of the Year	Koen Pang Yew En (Table Tennis)
Sportswoman of the Year	Cherie Tan (Bowling)
Sportsman of the Year	Peter Gilchrist (Cuesports)

For the full list of award recipients, please [here](#).

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Project Empower for TeamSG

The 4th run of the showreel workshop concluded in October. For this latest edition, SSI collaborated with Ngee Ann Polytechnic (NP) to guide athletes in doing up their own short 90sec showreel, showcasing their sporting journeys and motivations in a video format. Throughout the 4-session workshop, athletes learnt from the lecturer from the School of Film and Media Studies, Mr Michael Kam, on how best to put together their story with a proper script and storyboard.

Traditionally, these showreel workshops are conducted in person and in groups. This time round, only 10 athletes are able to attend the workshop as the sessions had to be conducted mostly online and 1-on-1 guidance is required. At the end of the workshop, athletes were taught to piece together their story using simple editing software and they presented their final showreel during the last session.



Click on the image above to view the final showreel done by Alan Lee, Team Singapore Archer.

10 athletes from various sports, such as Athletics, Archery and Wushu, attended the workshops. The post-workshop feedback was also very positive.

Team Singapore Archer, Contessa Loh, was one of the participants and she quipped, *"The administration was fantastic. There were a lot of materials provided throughout the workshop which made the whole process of creating our showreel easier. The feedbacks given during the tutorials were really helpful too!"*

Right after the Showreel workshop, SSI organised the first ever **Athlete Sponsorship & Endorsement workshop** for TeamSG athletes in November. The workshop, organised in partnership with spexBusiness partner, Octagon, saw athletes learn about the basics of how to secure sponsorships for themselves.

The session helped athletes to gain some commercial sensibilities, so that they can better manage their own rights and brand, and be cognizant of the various elements from pitching, to negotiation and understanding basic legalities and obligations.



Athletes were stoked to have been able to learn more about sponsorships and how best they can position themselves to seek out sponsors. The post-workshop feedback was very positive with 100% satisfaction rate from the participants.

Project Empower

Aim to upskill athletes in different capabilities to prepare them for life after sports

Learn, Grow and Stay Woke!

The **SNOC Athletes' Commission** has put together a series of some exciting and enriching webinars for you this December! Happening over 3 Saturdays at 3pm, you get to learn about how you can better market yourself on social media, understand the basics of financial literacy and learn to build your public persona better in the media. For more details on the webinars, please click [here](#).

5 December,
3pm
You™:
How to market
yourself
on social media

12 December,
3pm
Save, Protect,
Grow - Learn the
basics of
financial literacy

19 December,
3pm:
How to build
your public
persona in the
media

To sign-up for these
webinars, please scan the QR
code or click [here](#).



SGX Bull Charge Run 2020



Team Singapore Olympians participating at the SGX Bull Charge Charity Run.

spexBusiness partner, Singapore Exchange (SGX), held their annual SGX Bull Charge Charity Run on **Friday, 30 Oct.** Due to COVID-19 and safe management measures (SMM), the run was held virtually for the first time. For every 1km completed, \$5 would be donated to SGX's beneficiaries comprising of the Autism Association (Singapore), AWWA Ltd, Fei Yue Community Services, HCSA Community Services and Shared Services for Charities.

TeamSG Olympians, Joscelyn Yeo and C Kunalan and Paralympian Theresa Goh graced the SGX Bull Charge Charity Run this year as guests. Mr Kunalan and Theresa flagged off the event while Joscelyn ran alongside SGX's CEO and representatives of the run's beneficiaries (with SMM in place). Together with Joscelyn, Mr Kunalan and Theresa, TeamSG penthalete Shermaine Tung, was also featured in the run's social media channels and event mobile app where these current and ex athletes provided running tips and advice to the public on how to better prepare for the run.



Participants in the virtual mass run ran at their own pace and time, and by the end of the event, over 5,000 participants from around the world surpassed its initial goal of 100,000km.

The SGX Bull Charge Charity Run is one of the three main fundraising events under SGX Bull Charge. Together with the Charity Run, the SGX Bull Charge Charity Golf and Charity Futsal have raised \$39 million over the last 16 years, benefitting at least 50 charities.

Team Singapore is proud to be part of this meaningful charity run event this year.

Click on [here](#) to find out more on past SGX Bull Charge events.

TeamSG In The Community

Showcasing the Team Singapore spirit in community events.



Joscelyn Yeo (L) with Theresa Goh (R).



TeamSG x Dyslexia Association of Singapore



TeamSG Silat Exponent, Sheik Ferdous (L) and TeamSG Speed Skater, Lucas Ng (R) participating in the walkathon by DAS.

Athletes with Voices

An initiative where Team Singapore athletes use sport as a force for good

During the month of October, TeamSG speed skater, Lucas Ng, TeamSG Silat Exponent, Sheik Ferdous and TeamSG runner, U.K. Shyam, were involved in a meaningful walkathon to raise awareness for dyslexia.

The walkathon, organised by Dyslexia Association of Singapore (DAS), aims to raise \$20,000 for kids under DAS programme with financial needs. The participants to the walkathon can walk or jog for 20km and they can even break up their walk or run into parts if they do not want to complete it at one shot. The distance covered will be clocked so long as the walk or run is completed by 30 November.

Lucas, Ferdous and Shyam, through their respective social media encouraged the public to sign up for the "Walk for Dyslexia 2020"

walkathon by documenting their walk on a GPS walking device. The trio hopes that their small efforts can garner the rest for the fundraising efforts and be able to keep fit at the same time!

TeamSG Sharing



TeamSG Archer, Nur Syahidah in the sharing session at Science Centre.

TeamSG athletes, Lucas Ng, Nurul Suhaila and Nur Syahidah were invited as guest speakers to the Untame Festival held at the Singapore Science Centre. All three athletes shared their personal journey as athletes to the audience, who were also treated to a sight when Lucas showed the original Olympic Torch he carried for the Winter Olympic Games 2018.

TeamSG Swimmer, Quah Ting Wen, similarly got to share her personal athlete journey during a webinar session with the students from Republic Polytechnic. Ting Wen spoke about some of the adversities she faced and how she came back even stronger. Such sharing sessions from our athletes aim to inspire others to believe in their strengths.

TeamSG in President Star Charity Show



JACOB MAHLER
TEAMSG FOOTBALLER

Recognising our Athletes Achievements

An initiative where Team Singapore athletes use sport as a force for good



Emma Middleditch ferrying the elderly from St Luke's Eldercare for the event.

For this year's President Star Charity (PSC) that happened on 4 Oct 2020, our Team Singapore (TeamSG) athletes, Calvin Sim (Cycling), Charmaine Soh (Netball), Emma Middleditch (Triathlon), Jacob Mahler (Football), Lavin Raj (Basketball), Nurul Suhaila (Silat) and Shanti Pereira (Athletics) were featured in a special segment of the show in partnership with Cycling Without Age Singapore (CWAS).

Our athletes, together with Medicorp artistes, Elvin Ng and Pierre Png ferried elderlies from the St Luke's ElderCare, a

beneficiary from the Charity show, to let these elderlies enjoy the ride out. To prepare for the event, our TeamSG athletes had to undergo training and learn to ride the trishaw. It was an interesting experience for them and meaningful at the same time.

It was worth putting in the hours of training indeed as the event was very well-received and successful. Our TeamSG athletes cycled for 8km on a scenic route from St Luke's Eldercare at Pandan Gardens to Medicorp's address and was welcomed by Guest-of-Honour, President Halimah Yacob.

Learn to Eat Better with Active Health!

Join our Active Health coaches on an experiential and educational virtual session! Learn to eat better with these nutrition workshops. Click [here](#) for the full list of virtual workshops, or contact the [Active Health team](#) if you would like to look for specific workshops for your company!

For healthier local breakfast favourites, click the link below to find out more: <https://www.activehealth.sg/read/nutrition/healthier-options-for-local-breakfast-favourites>



go.gov.sg/activehealth-eworkshops



BASICS OF MEAL PLANNING
Learn practical tips to build a well-balanced meal



EXERCISE & NUTRITION
Learn the concept of energy balance, how exercise and nutrition affect weight management and ways to aid your performance and recovery through pre and post exercise nutrition



ActiveSG YES Competition

This year end, we're inviting all companies to send teams to participate in our **YEAR-END SMASH (YES) Corporate Competitions** which start from **7 December to 20 December 2020**. We hope this would allow you and your colleagues to reconnect physically, have fun and compete against other Corporate Teams.

Registration for the competitions are now open. Kindly take note of the deadline for each sport indicated below.

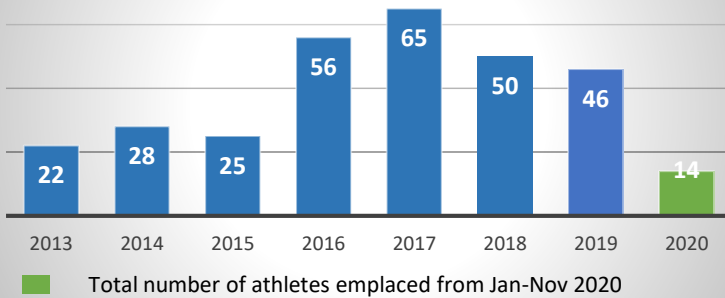
S/N	Sport	Venue	Registration Deadline
1	Inline Skating	Jurong West Sport Centre	4 Dec
2	Disc Golf	Yio Chu Kang Sport Centre	4 Dec
3	Basketball	Toa Payoh Sport Centre	4 Dec
4	Pickleball	Clementi Sport Centre	4 Dec



Wait no further and gather your colleagues for year end competitions curated just for you! The competitions will be conducted with safe management measures in place.

To find out more on how you can be an ActiveSG corporate or how you can take part in the competition, please email ActiveSGCorporates@sport.gov.sg

No. of Athletes Emplaced



Updates on Placements

A total of 314 athletes have been emplaced with our *spexBusiness* partners on various employment terms.

We will continue to support our Team Singapore athletes with their career transition into the workforce.

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



- Action Community for Entrepreneurship • Adecco • Aladdin Street • Amore Fitness • Banyan Tree • Borneo Motors • Building and Construction Authority • CapitaLand • Charles and Keith • DBS Bank • DHL Supply Chain • Enterprise Sports Group • F&N Foods • Fairmont Singapore • Fonterra • Foo Kon Tan LLP • Formwerkz • Fox Networks Group • Fuji Xerox • Fullerton Hotel • Fun Toast • FutuReady Asia • GRAB • HP Inc. • HP Enterprise • Hyflux • Institute of Technical Education • International Sports Academy • Intertek Testing Services • Islamic Religious Council of Singapore • James Cook University • KPMG • Ministry of Culture, Community and Youth • MOH Holdings • MSIG Insurance • My Kampung • Nanyang Polytechnic • Nanyang Technological University • National Arts Council • National Healthcare Group • National Heritage Board • National University of Singapore • National Youth Council • Nestle Singapore • New Balance • Newport Dental • Ngee Ann Polytechnic • NTUC Fairprice • OCBC Bank • Octagon • Old Town White Coffee • ONE Championship • Pacific International Lines • Pan Pacific Hotels Group • People's Association • Polygon Asia Consulting • PSB Academy • Quest Ventures • Raffles Medical Group • Republic Polytechnic • Resorts World Sentosa • Rightspot • RSH Limited • Sakae Holdings • SAS Institute • Sealed Network • SG Enable • Singapore Exchange • Singapore Institute of Management • Singapore Institute of Technology • SMRT Corporation • Singapore Management University • Singapore Polytechnic • Singapore Sports Hub • SPORTFIVE • StarHub • Subway • Tea Tree Café • Temasek Polytechnic • The Majority Trust • Toyota • Udders • Volkswagen • Watsons • Yoguru • Yu Kee Specialities

