



Learnings from the ASIAN and ASIAN Para Games 2018



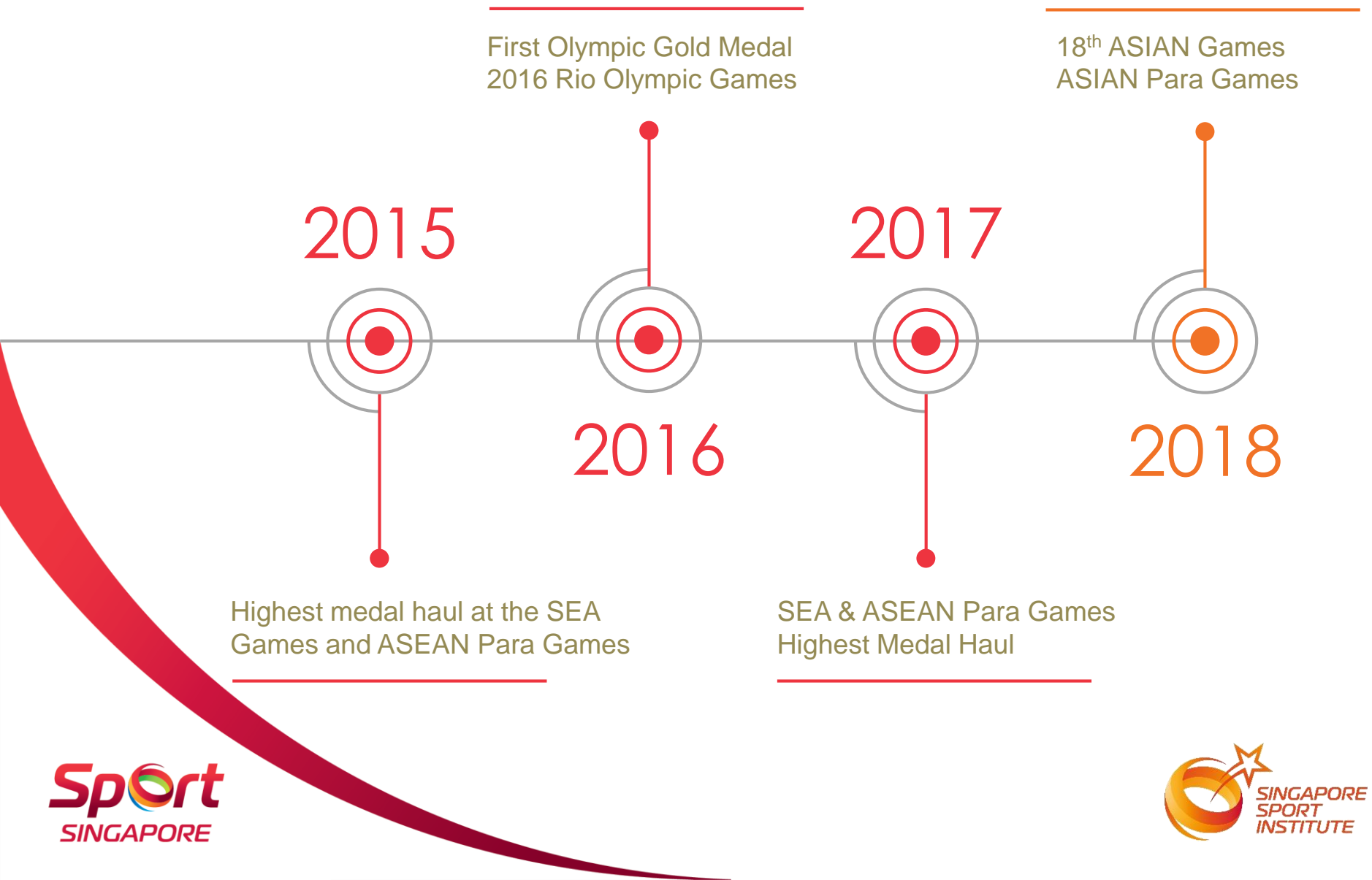
Joel Pang

Associate Sport Physiologist

8 November 2018



Looking Back





ASIAN GAMES
2018 | Jakarta
Palembang

45 Countries

47 Sports

264 Athletes

202 Debutants



Sport
SINGAPORE



Credit: The Straits Times



Credit: myActiveSG



Credit: Singapore News Network





43 Countries

10 Sports

44 Athletes

27 Debutants



Credit: ActiveSG



Credit: myActiveSG



Credit: The Straits Times



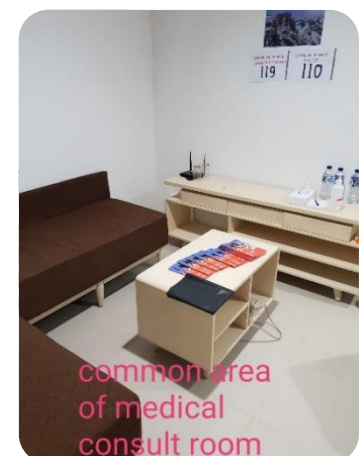
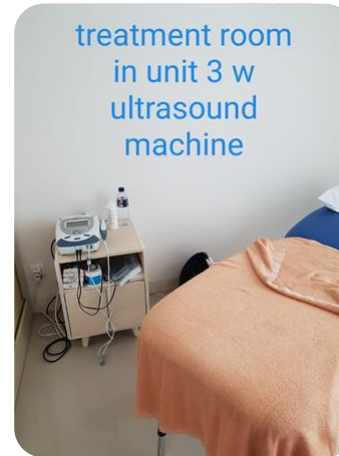
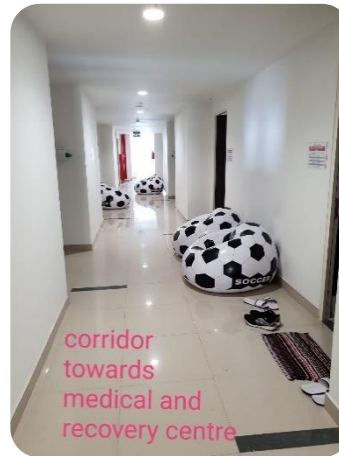
Pre-Games Preparation

- Optimising Training
- Injury Prevention Strategies
- Targeted Interventions



Games Support

- SSI Medical & Recovery Centre



Games Support

- Onsite support and servicing



Challenges

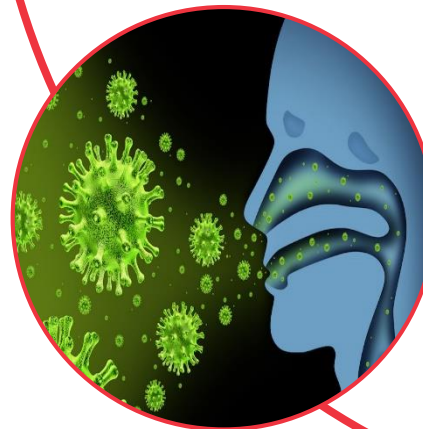
Environmental Stress



Traffic Congestion



Health & Wellness



ASIAN Games 2018

75%

Debutants



8

National
Records
Broken



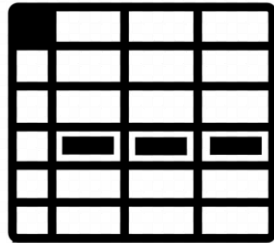
22

Medals



ASIAN Para Games 2018

16th
Overall Position



10 Medals



Credit: Straits Times



Credit: CNA

Introducing the ATHLETES & SCIENTISTS

The Athletes

Ryan Lo

Sailing (Laser Standard)



Credits: Pioneer Magazine

Achievements

2018 – 18th ASIAN Games Bronze

2017 – 29th SEA Games Gold (Indiv, Team Racing)

– World Championships 36th (Top Asian)

2015 – 28th SEA Games Silver (Team Racing)

The Scientists

Joel Pang

Associate Sport Physiologist

Analysis of Physiological Demands
Training Load Monitoring
Training Optimization



The Athletes

Brandon Oi

Kayaking



Achievements

2018 – 18th ASIAN Games 4th K2 1000m

2016 – ICF Canoe Sprint World Cup 3 16th K1 500m

2015 – 28th SEA Games

- Gold K2 1000m
- Silver K4 200m

The Scientists

Danny Lum

Team Lead

Strength & Conditioning Specialist

Isometric Strength Training

Post activation Potentiation using Variable Resistance

Concurrent strength / plyometric training on endurance running performance



The Athletes

Bernice Lim

Bowling



Achievements

- 2018 – 18th ASIAN Games Bronze (Women's Trios)
- 2017 – 29th SEA Games Silver (Women's Team)
- 2016 – 52nd Qubica AMF Bowling World Cup Bronze
 - PWBA – USBC Queens Gold

The Scientists

Dr Marcus Lee

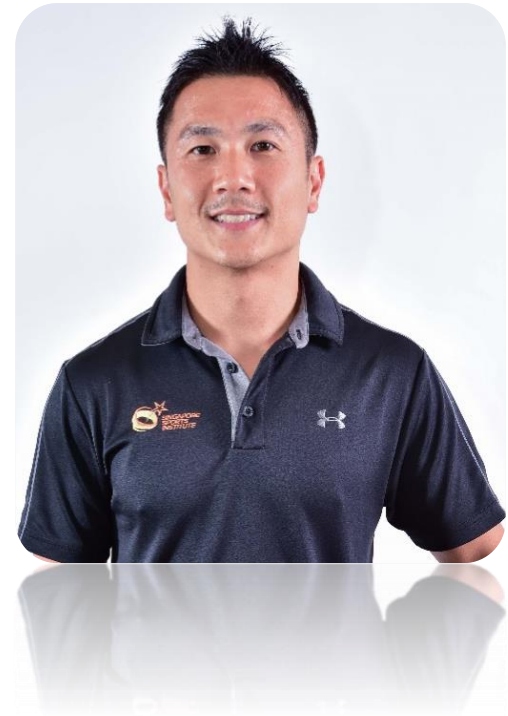
Team Lead

Senior Sport Biomechanist

Biomechanics & Motor Control

Perception – Action

Performance enhancement and injury prevention.



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