

# LIVE

BETTER THROUGH SPORT

GETACTIVE!  
SINGAPORE  
EDITION



Happy Birthday, Singapore!  
Celebrating National Day Through Sport



# GET ACTIVE! SINGAPORE



Photo by Lim Yong Teck

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Our 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

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Photo by Ben Cho

GetActive! Singapore Launch



Photo by Dyan Tjhia

Singapore National Games



Photo by Sport Singapore

Sports Festival at Jurong East

**GETACTIVE!**  
**SINGAPORE**  
 Let's Celebrate

When We Came To  
 Play, Sing and  
 Pledge



Photo by Huang Xiaolong

Singapore National Games



Photo by Dyan Tjhia

GetActive! Singapore Launch





Photo by Stanley Cheah



Photo by Winston Chua

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, Singapore!

Singapore'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 51<sup>st</sup> 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

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.





Photo by Sport Singapore



Photo by Lim Yong Teck



Photo by Dyan Tjhia



Photo by Sport Singapore

# Families Get Happy At Sports Festivals



Photo by Sport Singapore



Photo by Ng Chrong Meng



Photo by Sport Singapore

**B**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."



# Schools Get Active In Their Communities



**N**ot only did educators from pre-schools to special needs schools to polytechnics and universities bring their students out to play for GetActive! Singapore, they invited their friends, families and neighbours to join them for some fun and fitness.

Cedar Girls Secondary School brought the girls and their parents for the Cedar Run by the Bay to nurture important family relationships.

Ilham Child Care Centre held Daddy's Day Out with a soccer clinic for fathers and kids. At Pasir Ris Primary School, children and their families were joined by Deputy Prime Minister Teo Chee Hean for the GetActive! Singapore workout session.

At Meridian Primary School, the teachers and administrators used the Active Enabler programme to organise a carnival that everyone in their community could enjoy.

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Taking part with Meridian Primary School were residents from neighbouring estates, seniors from Pasir Ris Elias CC and Brontosaur RC. Meridian Primary School invited athletes from the Table Tennis Association for the Disabled. National Singapore Associations such as Bowls Singapore and Singapore Weiqi Association and interest group Pickleballcraz Singapore also volunteered their time and services to promote their respective sports on that day.

"It's great to see how the students interacted with the para-athletes and senior citizens," said Mr Lim Meng Wei, Principal of Meridian Primary School. "Sport Singapore has given the school a meaningful opportunity to mount a community-wide sports carnival that is both inclusive and innovative."

For 11-year-old Laura Lee Jing Rou, GetActive! was a reminder that "it is exercise alone that supports the spirit and keeps the mind in vigor."





Photo by Dow Chemical Pacific Pte Ltd



Seagate ran a 51 km cross country race with runners born in 1965, accompanied by friends and colleagues as pacers.

Photo by Seagate Technology International

# Corporates Celebrate National Day

For 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."



Photo by Dow Chemical Pacific Pte Ltd



Photo by SGAG Media Pte Ltd



# Playing With BFFs At The National Games



Photo by Dyan Tjhia

**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.



Photo by Sport Singapore

**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.



Photo by Dyan Tjhia

**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."



Photo by Sport Singapore



# Celebrating National Day Through Sport I



Photo by Dyan Tjhia

> 500,000  
PEOPLE



Photo by Koh Yin Tong



Photo by Dyan Tjhia



Photo by Dyan Tjhia

SAYING  
**YES**  
TO SNG



Photo by Gerry Aguelo



Photo by Richard Seow



Photo by Sanketa Anand



# Smashing Ahead

Like a lot of 10-year-olds these days, Oliver Toh has something serious on his mind. He is pursuing his sport with the passion of a pro.

Don't be fooled by Oliver's age. Having picked up table tennis at the age of seven, he proved to be a formidable force at the 2016 Singapore National Games, when he defeated a higher ranked opponent to be crowned top in the Round Robin group.

To Oliver, Singapore National Games not only provided a major confidence boost, it was also an ideal platform to grow and expand his competition experience and pick up new skills from other players.

Serious about improving his game, the young go-getter now joins a legion of other kids with a heady goal. "I want to represent Singapore to play in the Olympics."

# Serving Up Success



Rising 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 on-court strategies."**



Photo by Calvin Teoh



# Age Is Just A Number

**W**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!"







# Creating The Next Wave

**M**ore than 85% of Persons with Disabilities were thrilled with the inclusion of para sports at the Singapore National Games. Some 90% are eagerly looking forward to the next edition of Singapore National Games.

Photo by Lim Yong Teck



Photo by Lim Yong Teck



Photo by Francis Wong



Photo by Sport Singapore



# Celebrating National Day Through Sport II



Photo by Calvin Teoh



Photo by Dyan Tihia

2,000 VOLUNTEERS



Photo by Sport Singapore



Photo by Sanketa Anand



Photo by Ben Cho



11,000 ATHLETES

Photo by Sport Singapore





Photo by Dyan Tjhia

# The Tireless Team

**V**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 28<sup>th</sup> SEA Games and the 8<sup>th</sup> ASEAN Para Games. Thanks to Team Nila, the first edition of GetActive! Singapore was a heartfelt success.



# The Perfect Partnership



Photo by Sport Singapore

**W**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!"**



# Celebrating National Day Through Sport III



Photo by Calvin Teoh



Photo by Winston Chua



Photo by Joseph Yang

21 SPORTS WITH 5 PARA SPORTS



Photo by Francis Wong

242 INITIATIVES



Photo by Ng Chong Meng



Photo by Sport Singapore





Photo by Larry Haydn



Photo by Goh Ek Ming

## Best

**D**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.

## Friends Through Sport

"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."

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

There 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





# Proudly We Stand As One People

*Taking part in the Observance Ceremony Bedok on 7 August 2016*



# Thank You

"K" Line Pte Ltd • 42Race, WanderCat Pte Ltd • 4Parents • Active Quotient International • Agilent Technologies Singapore Pte Ltd • Amphenol FCI Asia Pte Ltd • Ang Mo Kio Secondary School • Angsana Primary School • Archery Association of Singapore • Argon Critical Care System Pte Ltd • Arvato Digital Services Pte Ltd • Ascott International Management (2001) Pte Ltd • ASPN Katong School • AUPE Labour Movement • Aviva Ltd • AWWA Ltd - AWWA School • Bartley Secondary School • Basketball Association of Singapore • Becton Dickinson Holdings Pte Ltd • Bedok Citizen's Consultative Committee • Bedok Green Primary School • Bethesda Katong Kindergarten • Bird and Bird ATMD LLP • Black Mineral Pte Ltd • Bokwa Fitness Singapore • Broadrick Secondary School • Bubble Bump LLP • Bukit View Primary School • Burnaby Events Management • Canon Singapore Pte Ltd • Canossian School • Capitaland Mall Asia Ltd • Cathay Organisation Holdings Ltd • Cedar Girls Secondary School • Central Provident Fund Board • 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# Event Highlights 2016 / 2017

## DECEMBER

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Standard Chartered Marathon Singapore 2016

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ILLUMI RUN Singapore 2016

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Banana Relay 2016

18

Performance Series (Race 5)

## JANUARY

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Mileage New Year Run 2017

## FEBRUARY

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MetaSprint Series 2017 – Aquathlon

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Run for Hope 2017

For more information,  
check out  
[myActiveSG.com](http://myActiveSG.com)



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