

LIVE

BETTER THROUGH SPORT



Kinder, Healthier, Prouder

How we are changing
through Vision 2030



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Cover photo by Lim Yong Teck

Content page photo by Andy Pascua

Chairman's Note

When you're a volunteer photographer for Team Nila, you get a front-row seat to witness and record the unique story of Sporting Singapore. In the past three months, I have been pitch-side, court-side and pool-side, shooting schools and national sport. I am usually in a corps of volunteer photographers, with all of us looking for unique shots from different angles to capture the emotion of competition from the athletes, officials and spectators.

Sports photography is exciting but not glamorous. Photographers work in the glaring sun. We wait patiently when rain calls a halt to a match; and sometimes we're in mud when a race resumes. And yet, I feel absolutely privileged to be in the ranks of my fellow photographers, capturing these heart-stopping moments in sport. These moments shout at all of us to be proud of our athletes, our coaches and officials, our event organisers and our staff and volunteers on the ground.

In the past five years since we published Vision 2030: Live Better Through Sport, we have seen change take root in our culture through sport. From community-driven programmes to high performance sport, life is changing through Vision 2030. Our Team Singapore athletes are in the final lap of their preparations for the 29th SEA Games in Malaysia. In an historic first visit to Singapore Sport Institute, Prime Minister Lee Hsien Loong heard from the head of our Sport Science & Medicine Centre, Frankie Tan, how our athletes are benefiting more than ever before through science.

In future, SportSG aims to convey the benefits of sport science to all of our stakeholders. We're already piloting a concept called Active

Health among our staff. Behind the scenes at SportSG, staff are learning to lead healthier, more active lives. For the people who frequent our sports centres, Active Health will empower people through a combination of science, technology and our in-house our in-house allied health experts and sport champions.. We are working with staff of all ages and sizes, encouraging them to celebrate life by leading more active lives. We have organised lunch-time workouts, Sporting Friday games and nutrition counselling for staff who are game to try to live better. We're also going to be spreading the word on social media through our new crew of influencers.

Ultimately, the Active Health concept will feature at our sport centres. Active Health fits well with ActiveSG's mantra of "Sport and much more." ActiveSG has been expanding its menu of events, activities and programmes through our sport centres and in partnerships with schools. The new academies and clubs are designed to open up a wide range of sport for our children and youth while motivating them to develop healthy habits, good values and character. Active Health will be another cornerstone in their growth.

Coming up next for us, though, is GetActive! Singapore—our 2nd annual celebration of National Day through sport. Please join us at one of the festivals or competitions. Bring your camera and join the Team Nila crew on the front lines to capture these moments of our shared sporting history.

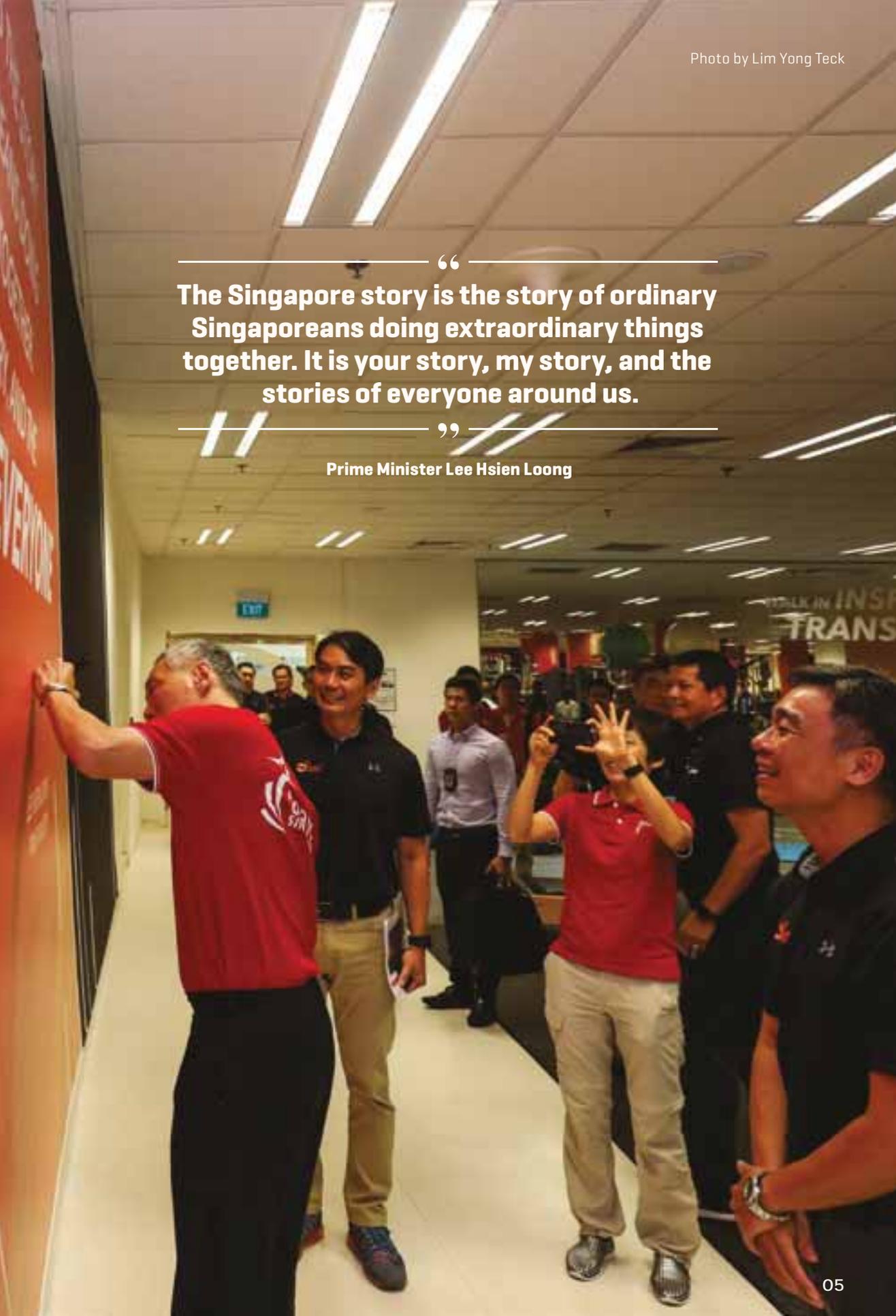
Happy 52nd Birthday, Singapore! See you in KL from 19 to 30 of August. Bring your roar!

Richard Seow

Chairman, Sport Singapore

“
**The Singapore story is the story of ordinary
Singaporeans doing extraordinary things
together. It is your story, my story, and the
stories of everyone around us.**
”

Prime Minister Lee Hsien Loong



Journeys through Sport

SEA Games Preview



Photo by Dyan Tjhia





Photo by Dyan Tjhia

#OneTeamSG Ready For KL

In the lead-up to the upcoming 29th Southeast Asian (SEA) Games and 9th ASEAN Para Games (APG) in Kuala Lumpur, Minister for Culture, Community and Youth Grace Fu, along with Malaysia's Minister of Youth and Sports, Khairy Jamaluddin, joined Team Singapore athletes and Team Nila volunteers in a baton relay.

"Sport has this unique ability to bring people together and the SEA Games has always been able to bring people of different countries in Southeast Asia together, so this is really a good way to celebrate sports," said Minister Fu.

As the date for the Games approaches, the "#OneTeamSG Ready For KL" campaign was launched by Minister for Culture, Community and Youth Grace Fu to rally Singaporeans to get behind Team Singapore ahead of the Games. The campaign was held in conjunction with the TeamSG camp, which aims to forge a stronger team spirit and camaraderie among Team Singapore athletes and para-athletes.

Our athletes welcomed this opportunity to talk to fellow sporting representatives in a relaxed setting as they reflected on their role within the #OneTeamSG community.



Photo by Lim Yong Teck

"This camp has motivated us to be better, stronger athletes. It's also meaningful to me because I was able to take the chance to get to know fellow athletes better, chatting about our challenges and journey towards the Games," said TeamSG long jumper Suhairi Bin Suhani.

While our athletes are training hard for the Games, our pool of Team Nila volunteer photographers are also gearing up for the event.

Andrew Tan, 54, one of our volunteer photographers at the SEA Games in 2015 and 2013, is excited and pumped up for the 2017 edition, "I am sharpening my sports photography capabilities by training in local events and keeping myself physically fit with regular aerobic and gym sessions. Running around with at least two cameras and long telephoto lens for many hours is no laughing matter!"

Journeys through Sport

28 April, 2017

Photo by Richard Seow



Swift and Steady

Reubin Rainer Lee (#126) from Sports School raced hard to bring home the gold at the B Division Boys 100M sprint at the 58th National Schools Track and Field Championships in April this year.

Lee not only cruised into first place, he did so at a time of 00:11.21secs – a personal best. He beat Gerard Wirawan (#334) from St Joseph's Institution who took second place and schoolmate Nur Syarin B Zahari (#136) who clinched third place in a heart-stopping race watched by a crowd of more than 12,000 spectators at the National Stadium.

B Division Boys 100M

Journeys through Sport

6 May, 2017



THE SULTAN
SELANGOR'S CUP 2



Photo by Santeka Anand



Photo by Andrew Ho

There's nothing like a long-term rivalry to sweeten the taste of victory. The Singapore Selection, coached by home-town hero Fandi Ahmad, triumphed as winners of the 16th edition of the Sultan of Selangor's (SOS) Cup—an annual friendly that celebrates the competitive spirit of the two sides.

For the first time in the match's 16-year history, the SOS Cup was being played at National Stadium, adding even more flavour to the competition. Some 25,000 fans capitalized on the home advantage by unfurling a giant Singapore flag, just before kick-off. With this show of pride, the fans brought the Kallang Roar back to its historic home at National Stadium. Singapore Selection paid back their fans' good faith by securing an early lead. When the final bell rang, Singapore had won the SOS Cup for the 7th time.

HSBC World Rugby 7s



15–16 April, 2017



Local and international fans were camped out at National Stadium to watch the best Rugby 7s in the world this past April. The weekend was punctuated with thrilling plays and shocking upsets that saw rugby giants—the All-Blacks, South Africa and the 2016 Olympic champions from Fiji—get knocked out of contention by some rising upstarts in the sport: the Americans and the Canadians. These two rivals found themselves in the final match for the title.

While Canada took an early lead, Team USA fought back, raising the suspense in the stadium. In the end, not even the explosive running power of Perry Baker, a lanky 186cm-American who consistently left his opponents behind, could hold off the Canadians. Lucas Hammond scored in the final try, bringing the score to 26-19 for the Canadians. Nathan Hirayama, who joined Team Canada as an 18-year-old in 2006, proved to be an instant hit with fans in Singapore. Noting that Canada has been through some tough times in the sport, Hirayama added “to come away with that win was special.”

All photos by Richard Seow



Rock the Stadium



Journeys through Sport



15 April, 2017



Photo by Siaw Woon Chong

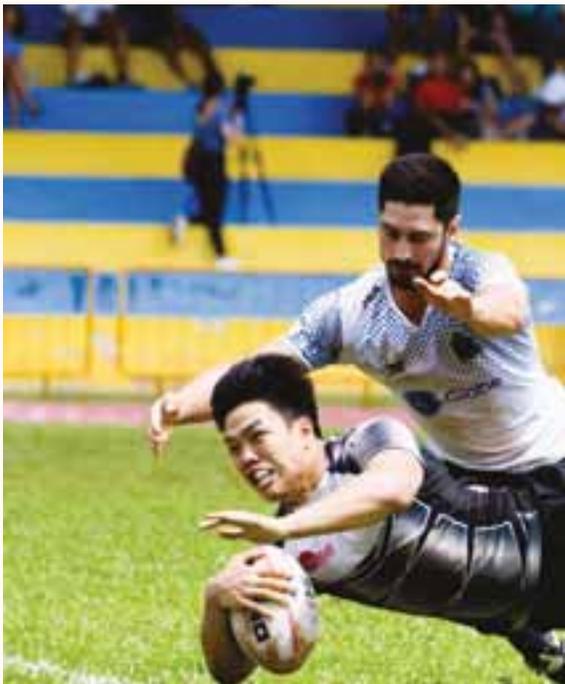




Photo by Ben Cho

Victory and Learning at the SEA 7s

For the national men's and women's rugby teams, the South East Asia Sevens (SEA 7s) was an undeniable milestone in their playing careers. Captained by Marah Ishraf, the men's team finished the tournament as ecstatic champions, 19-7 against Malaysia. The decisive win at National Stadium was sweet vindication for the men's team after coming second to Thailand at the 2016 SEA 7s and third at the 2015 South-east Asian Games in Singapore.

The women's team didn't see victory at the SEA 7s—but fans saw their grit and determination against the defending champions from Thailand. Since then, Captain Alvinia Ow Yong and the team have been focused on maintaining their structure on the pitch, among other improvements. Losing at the SEA 7s was disappointing but not crushing.

Terence Khoo, the new president of the Singapore Rugby Union, says the combination of the international HSBC Sevens and the regional SEA 7s provide critical channels to develop rugby in Singapore. "HSBC Sevens is a fantastic advertisement for the sport. Its entertaining and easy-to-understand format helps SRU reach out to the legions converted and future rugby fans," says Khoo, a former captain of the national team. In turn, the SEA 7s is an opportunity "to benchmark ourselves against our Southeast Asian neighbours ahead of the biennial SEA Games."



Photo by Teo Wei Keong

Journeys through Sport



19 March, 2017

Photo by Dyan Tjhia



Photo by Dyan Tjhia



Photo by Dyan Tjhia

For more news on
GetActive! Singapore, go to
myactive.sg.com/getactivesingapore

Sentosa Island joins GetActive! Singapore as new Host

People got a taste of things to come for this year's GetActive! Singapore sporting tribute to National Day. From 29 July to 9 August, Singapore will be celebrating our nation's 52nd birthday through sport.

Get into the games at the GetActive! festivals or cheer your family, friends and colleagues competing at the National Youth Games, the National Corporate Games and the National Masters.

Slap on your sunscreen, bring your roar and join us!



Photo by Dyan Tjhia



Photo by Dyan Tjhia

GETACTIVE!
SINGAPORE
29 JUL - 9 AUG 2017

Photo by Lim Yong Teck

Cover Story



Kinder, Healthier, Prouder

Changing through Vision 2030

In 2012 Sport Singapore set out to change the way the nation perceived and played sport with the publication of a new master plan called Vision 2030: Live Better Through Sport. SportSG aimed to activate sport as strategy to develop the nation. Under-scoring the 20 recommendations and four key themes embedded in Vision 2030 was a belief that Singaporeans could become kinder, healthier and prouder through sport.

Transformation rarely takes place in big bursts but through ongoing steady change. Since 2012, Vision 2030 initiatives such as ActiveSG, Singapore Sports Institute, Team Nila, SportCares and CoachSG have planted the seeds of change, leading to creative collaborations and shared ownership of projects. In November 2016, SportCares and Team Singapore gave support to an important campaign against domestic violence by the Ministry of Social and Family Development. Through a football clinic with senior SportCares youth serving as assistant coaches, some 130 girls were encouraged to talk to someone so they could “Break the Silence Against Family Violence”.

Equally important, though, are ground up ideas, led by inspired individuals and partners who wanted to affect change through sport. Early in 2017, 52-year-old Johnny Gan contacted William Wan, the General Secretary of Singapore Kindness Movement (SKM), about organising a new kind of run. As a recreational runner, he was disappointed with the lack of sporting etiquette shown by many people on running paths and during races: the leftover rubbish, the mid-race selfie stops and the spitting. To help educate the community, Gan and his running group—Runners Heart-Reach—organised the first SKM Run. Comprising an 800-metre kids dash and a 10k run for adults, it waved off with 1,000 people in May. “Gracious running is gracious living,” Gan quips. Gan enlisted help from Team Singapore athletes as kindness ambassadors.

Among the first to sign up was Team Singapore marathoner Ashley Liew who had displayed great sportsmanship during the 2015 SEA Games. When Ashley realised that a lead pack of runners had missed a U-turn in the dark, he chose to slow his pace to allow the other runners time to get back on course and catch up.

A year later, the International Olympic Committee awarded the Pierre de Coubertin World Fair Play Trophy in the “Act of Fair Play” to Ashley in recognition of his selflessness.

As co-chairman of Singapore Cares (SGCares), Wan has an even broader platform to encourage people to show greater care and consideration for one another. “We want to be a caring society, one that shows kindness and consideration to each other.” Established by the Ministry of Culture, Community and Youth, SGCares aims to guide Singaporeans to better help those in need.

“
Sport is a wonderful way to reach the kids
”

Empowering the vulnerable has been the key purpose of the SportCares Foundation, and it has used sport to reach more than 12,000 underprivileged and at-risk children and youth. SportCares was the first Vision 2030 recommendation to be launched in late 2012, and it has expanded its work with low-income children and youth to include persons with disabilities. Wan, who has a passion for golf, tennis, rock climbing, sky diving and rugby, agrees: “Sport is a wonderful way to reach the kids.”



Photo by Alaric Aw

Sport teaches teamwork, respect, discipline and kindness even as the physical play can be rough and tumble. At a recent schools rugby match, the C Division boys from Evergreen Secondary School were achieving a decisive win during their preliminary round match. While the boys were ecstatic with the quality of their play, they didn’t cat-call the other team. During breaks in play, the boys on the sideline ran onto the pitch with water for their teammates.

The team had a broad mixture of boys from different ethnic groups, and most of the boys were new to rugby, says Amuthavalli Ramiah, a general education officer at the school. But they all had picked up quickly the technical and social rules of the sport. “It’s easy to come back to the pitch as winners. It takes real courage to come back after your team has been losing,” she says.

Photo by Lim Yong Teck

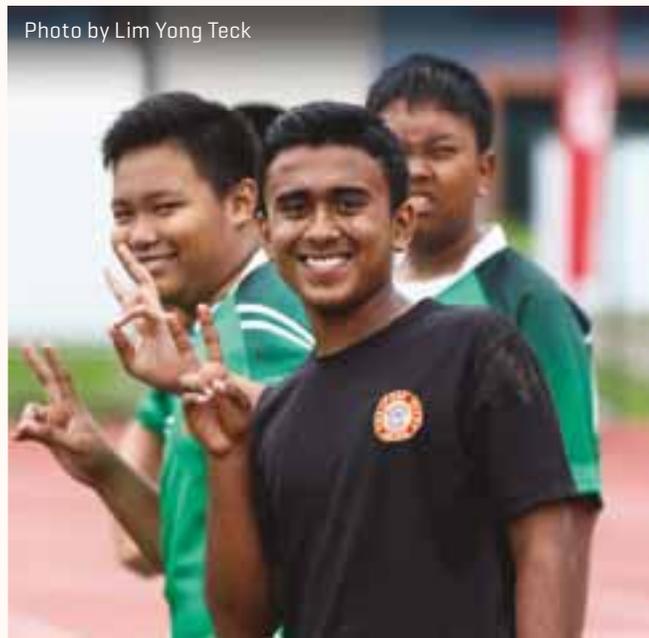


Photo by Willy Foo



Photo by Leandro Ngo

These values are reinforced in the SportCares programming, too. Designed to provide opportunities for children, youth and their families to be engaged through sport, SportCares does more than teach people how to play sport. SportCares has woven the values and principles promoted through CoachSG's Game for Life framework into all of its programmes. SportCares also nurture the Team Nila spirit of volunteerism among the youth in their sports programmes.

With some funding from the Office of Citizen Engagement, the SportCares youth this year began volunteering on a project that took them a long way from the sports arena. Working with corporates, schools, seniors and Team Nila volunteers, the kids from SportCares committed to crafting 1,000 activity pillows for Alzheimer patients.

Not only did it open their eyes to a rising social problem, the Hands to Hearts project opened the door for others to see Alzheimer's disease. "The experience was more than just becoming participants of a community service project. It was an opportunity for them to live the language of acceptance," says Ms Khairani Jasin Amin Sahib, from the Academic Department, Madrasah Aljunied Al-Islamiah. "If through sewing these activity pillows, Alzheimer disease can be de-stigmatised, then I have faith that SportCares is doing the right thing in building an Alzheimer-friendly community through inclusive social activities."

"Sport and Much More" has become the clarion call for ActiveSG. Every time ActiveSG reaches out to a school, a corporate or an interest group, ActiveSG is promising more than a learn-to-play programme. ActiveSG is creating common spaces for people to come together, to learn and practise good values and to forge a pathway for people to enjoy a lifelong participation in sport. The latest research shows that more 61% of Singaporeans are participating in sport at least once a week, that's up from 42% in 2011.

“
**...an opportunity to live the
language of acceptance**
”

ActiveSG's activation of sport for health & wellness, inclusion and national bonding and pride has had an impact on the way people have begun to embrace sport. As a movement for sport and physical activity, ActiveSG has signed up more than 1.2 million people as members and recorded 16.1 million visits by the public to our venues. Some 90% of schools have worked with ActiveSG to bring "and much more" to students and their families. ActiveSG has launched 9 academies and clubs, and another 16 are in the pipeline. The academies and clubs are designed to give children and youth ample opportunities to try several sports and to build their overall physical literacy and interest in sport.



Photo by Sport Singapore

Healthier

Equally important, ActiveSG works with CoachSG to promote the Game for Life values in schools, at sports days, regular PE Classes and CCAs. And they set children and youth on a lifelong pathway through sport, a journey that can take them from their first steps in the sport to their golden years.

At the recent launch of the hockey academy, Deputy Prime Minister and Coordinating Minister for Economic and Social Policies Tharman Shanmugaratnam, at Sengkang Hockey Stadium, said: “I hope that through the ActiveSG Hockey Academy, more Singaporeans and especially our youth will come to love the game. Sports are one of the best ways we develop respect for others and develop ourselves for life, and it certainly was that way for me.”

Behind the scenes, SportSG has embarked on an equally aspirational challenge: to improve the health and wellness of our staff. For some employees, this has meant training for them another purpose—one that typically gets them out from behind a desk and into the gyms or pools as sport champions. So far, some 60% of the staff—many of whom have worked for SportSG for 30 years—have taken the full training, which is still ongoing.

For 55-year-old Chelvam Raman, who works at the Delta Swimming Complex, the opportunity to lead aqua aerobic and chair fitness classes for seniors was a welcome change from desk duty. “I am much happier. I like working with seniors because they deserve to be healthy,” she says. The bond between Chelvam and



Photo by Sport Singapore



Photo by Philip Au

her students is unmistakable. Ranging in age from 60 to 75, the seniors see themselves in Chelvam—a widow, an empty nester and a woman coping cheerfully with the aches and pains of growing ageing. The seniors come early to class and stay late to chit chat. If they can't make it, they text to let her know. They make sure the equipment is put away before they leave. One senior travels an hour by bus to take Chelvam's aqua aerobics class at Delta. Another woman has scars from knee replacement surgery, and the master chair workout session allows her to keep working her muscles without triggering joint pain. She says she has told so many people about the master chair fitness class at the Enabling Village that she always has travelling companions on the way to class.

ActiveSG is also pioneering a new concept among staff at the SportSG headquarters and across the network of sports centres. Tapping on our sport and exercise science expertise through Singapore Sport Institute, partners in the community and the strength of our digital media and technology, Active Health offers an opportunity for interested staff to live healthier, and consequently, happier, more active lives. Ultimately, ActiveSG will be offering the Active Health concept to people who frequent our sports centres. The concept will focus on four key aspects of daily life: physical activity, nutrition, sleep and screen time. The programme doesn't take a one-size-fits-all approach, recognising the diversity among its employees.



Samantha Low from ActiveSG is the new Live Active Ambassador, representing Active Health for SportSG. At first glance, Samantha appears to be the epitome of perfect health.

But the 25-year-old, who did her degree in Health & Exercise, committed to a six-week trial of Active Health and quickly found she had to build some new habits. She started taking the stairs at Stadium MRT, which works out to a whopping four flights of 15 steps each. Where she once shut off the light at midnight, she is now in bed at 10:30 with all of her media devices turned off. She drinks about four litres of water a day, and she has taught herself not to confuse thirst for hunger. She tries to take part in the lunchtime workouts almost every day. After investing her time and energy in the better habits, Samantha is gearing up to help others take the first step, too. While she is aiming first at youth and working adults, she is prepared to help anyone who in need. "There's no expiry on health," she says. "People should believe they can start anytime," she says.



At 49, Hamdan Bin Osman has changed his diet and has started walking more since he signed on with Active Health. His weight had reached 130kg and his wife had become deeply concerned. When he joined SportSG in 1992, "I was much thinner and healthier," he says. Struggling with diabetes, high cholesterol, sleep apnea and hypertension, he had become resigned to his poor health. However his beliefs have changed since he started the Active Health programme earlier this year. He has opted for smaller portions, given up his high-fat snacks and is eating more vegetables. He doesn't go anywhere without a water bottle. He was relieved that the Active Health team approached him about joining the programme. "At some point, you realise that you must do the right thing for your family. My wife takes care of our home and our children. Who will look after them if something happens to me?"



Photo by Egon Huang

Prouder

After running Active Health on a trial basis with staff, ActiveSG will begin piloting the programme to visitors to the ActiveSG sport centre at Our Tampines Hub. Helmed by Allied Health experts (who have been certified by Exercise is Medicine Singapore—EIMS), Active Health will provide programmes to promote healthy lifestyles to clients. People will have access to personal advice from an Active Health Expert in addition to an easy-to-use mobile application to track their progress. Our sport champions will be able to guide people through a simple self-assessment on anthropometric equipment.

* * *

Pride wears many different faces. It was easy to recognise when people lined the streets in Singapore to pay tribute to Joseph Schooling, Yip Pin Xiu and Theresa Goh. Our 2016 Olympian and Paralympians had returned home with glory for the nation, and we were curb-side to roar for our sporting heroes.

However our pride didn't begin or end with the cavalcade for our Team Singapore athletes after the Olympic Games. Our pride in our national athletes has always been there from C Kunalan to Pat Chan to Joscelin Yeo to Remy Ong to Dollah Kassim. But a gradual, almost imperceptible change has been taking place in how we see ourselves and what we take pride in as Singaporeans.

When the 28th SEA Games and the 8th ASEAN Games were held on home ground during Sin-

gapore's Jubilee, we learned that our strongest points of shared identity are forged during times of passion and adversity. It's through our shared passions that we forge unbreakable bonds—capable of overcoming our cultural, racial and economic differences. Sport is one of those passions that makes us celebrate. Sometimes, sport makes us despair but increasingly we are proud of who we are because of sport. At the recent ASEAN SCHOOLS Games, our athletes took part with the intensity and commitment that made us all proud.

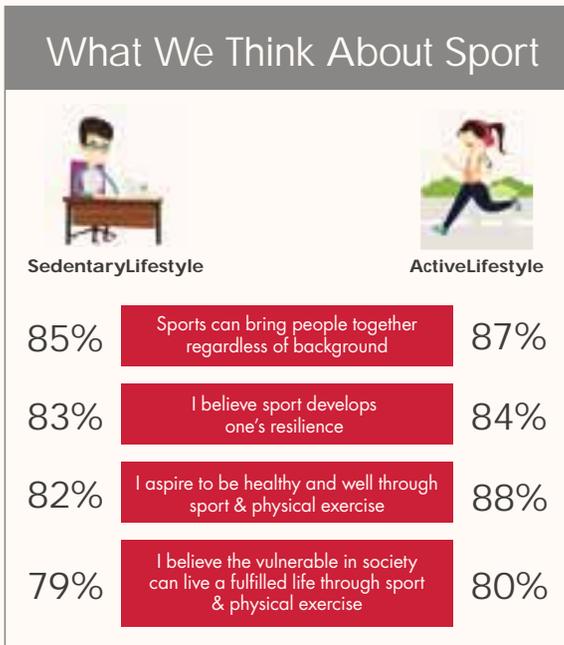
“
All of you have worked tirelessly behind the scenes
”

Recently Special Olympics Singapore welcomed athletes from five southeast countries to take part in the 9th Special Olympics Singapore National Games in May. Minister Grace Fu expressed her hope that “more people with disabilities will adopt active and healthy lifestyles. She also took a moment to thank the 1,000 volunteers from schools and the corporate sector who served at the Games. “All of you have worked tirelessly behind the scenes to ensure the Games ran smoothly,” she said.

Our pride through sport is spilling over into social issues as well. New findings from the National Sports Participation Survey reveal the strength of our belief in sport to bring

us together, regardless of whether we were active in sport. Even people who led sedentary lives were confident in sport to do great things for Singapore.

Some 85% of people who weren't active in sport said they believed that sport could bring people together regardless of their background; some 87% of regular sport participants had the same strong belief. When considering sport as a platform for social mixing and integration, some 85% of people from the sedentary group said it was "ideal"; from the regular sports group, the number was marginally higher at 87%. Of people who played sport regularly, 84% said sport had helped to develop their mental resilience; people in the sedentary group polled higher at 87%.



Source: The National Sports Participation Survey, which is conducted every five years. The Sports Index is conducted annually.



As the 29th SEA Games and the 9th ASEAN Para Games in Malaysia draw closer, ActiveSG is organising a SEA Games tour for people to come and cheer at the games. Prior to the public shout-out, 500 people had already signed up for the trip to KL. The SportSG digital media team is sending 21 volunteer photographers to capture the action on social media for people who couldn't make the journey.

But we urge you to join us at the games, put on your national colours and wear your pride.

People are changing through Vision 2030. We see it in the data, we see it in our day to day experience. Kinder, healthier, prouder as #OneTeamSingapore.

All photos above by Richard Seow



Prime Minister Lee visits Team Singapore

When Singapore's high-performance kayakers got the news that their sport had been cut from the roster for the 2017 Southeast Asian (SEA) Games, they didn't waste time moaning in disappointment. Instead, Coach Balazs Babella adjusted their training protocols to aim for the 2018 Asian Games in Indonesia. Providing critical sports science support for the high-performance team was the Singapore Sports Institute (SSI). "Our sports science team reinforces resilience and consistency in our performance, no matter what life throws at us," said 23-year-old kayaker Brandon Ooi.

The athletes' resilience and positive attitudes were on full display during the first-ever visit to Sport Singapore by Prime Minister Lee Hsien Loong in June. Mr Lee asked the athletes from Singapore Canoe Federation about the benefits of an integrated approach to training and games prep. Whether the athletes are in the SSI lab or on the water, our sports scientists go beyond building muscles or cardiovascular capacity. Nutritionists devise different diets for training and competition.

SSI psychologists work intensively with athletes to help them rise above the pressures of competition. During his visit, Mr Lee even tried a brain conditioning device used by SSI to help athletes improve their mental acuity and concentration.

For Team Singapore, the combined efforts of science, coaching and personal grit produced a major breakthrough at the 2015 SEA Games. The kayakers claimed 7 gold medals, 5 silvers and 2 bronzes, up dramatically from 2013's haul of 2 golds, 2 silvers and 2 bronzes.

Strong progress also has been made at the Asian Canoe Championships—a good proxy for the Asian Games. In 2014, all of Singapore's athletes made the finals in both the men's and women's events. In 2015, the team came home with 3 bronze medals. In 2016, the team won its first gold medal and 4 bronzes. "Now that we have become a kayaking powerhouse in SEA, we are setting our sights on the podium at the Asian Games in 2018," said Frankie Tan, Head, Sport Science & Medicine Centre.



Photo by Sport Singapore



Photo by Lim Yong Teck

Quah Zheng Wen

Photo by Lance Leong/
Singapore Swimming Association



Team Singapore

All in the Family

Singapore can add another name to its list of champion swimming families: the Quah family is joining the Chan and Oon families in Southeast Asian Games history. At the recent Neo Garden 13th Singapore National Swimming Championships in June, the Quah siblings—Ting Wen, 24; Zheng Wen, 20; Jing Wen, 16—amassed a total of six golds, five silvers and one bronze as well as a national record, a national U-17 record and four meet records. Ting Wen also scooped up the women’s Most Valuable Swimmer Award while younger brother Zheng Wen won the men’s Most Valuable Swimmer Award at the National Championships. But don’t overlook Jing Wen. She defeated her older sister in the 100m freestyle at the National Championships this year, and she scooped up gold in the 50m and 100m freestyle events at the Youth Commonwealth Games in July. Says National Training Centre head coach Gary Tan, “Jing Wen has got a lot of fire in her.”



Quah Jing Wen

Photo by Terry Tan Lee Ban/
Singapore Swimming Association



Quah Ting Wen

Photo by Leandro Ngo/
Singapore Swimming Association



Playing for #1

Playing at the top of her game for the first six months of 2017, 18-year-old Yeo Jia Min topped the Badminton World Federation (BWF) Junior Ranking on 8th June, becoming the first Singaporean to claim the junior ladies world #1 spot.

Fans have watched Jia Min trade places in the top 3 with her competitors from Malaysia and Indonesia since the beginning of the year. With points aggregated on a weekly basis, the top spot proved elusive. But Yeo's wins at the Yonex Sunrise Vietnam Grand Prix in 2016 and the Yonex Dutch Junior International in 2017 helped to push her into first place. "Jia Min has the potential to go far in the sport," said Derek Wong, a silver medallist at the Southeast Asian (SEA) and Commonwealth Games.

This former student at Singapore Sports School put her studies on hold to prepare full time for the 29th SEA Games. Singapore can be sure that this Cashew Terrace resident will be bringing her best game to the SEA Games.



Photo by Sport Singapore

Raising the Game for Coaches

CoachSG, the latest Vision 2030 recommendation to be put into action, emphasised the importance of coaching to the ecosystem at the inaugural CoachSG Conference in May. Some 400 people attended the conference, including leading world experts in coach development such as Dr Wade Gilbert from California State University and Professor Masamitsu Ito, from the Nippon Sports Science University.

“Coaches play a key role in every sport,” said Baey Yam Keng, conference GOH and Parliamentary Secretary at the Ministry of Culture, Community and Youth. “Not only do they teach us the skills of the game, they also impart values such as resilience, discipline and teamwork, which are applicable both in sports and in life.”

Since Dec 2016, the CoachSG team led by Troy Engle, met with 200 coaches from across the sporting sector to hear their ideas and concerns. Co-organised by CoachSG and the Sports Coaches Association of Singapore, the

sessions revealed the need for greater relevance and accessibility in training for coaches.

“We want all Singaporeans to have access to good coaching,” said Engle. To improve training for coaches, CoachSG and SSI will work with partners such as SCA, Republic Polytechnic and National Youth Sports Institute to make the curriculum more relevant. CoachSG is also working with the Ministry of Education to ensure that coaches in schools are certified through the revamped National Registry of Coaches. “Children and youth need to develop their physical literacy and life skills in a safe, inspiring environment. We can only ensure this by working together to enforce standards.”

At the conference, NTUC’s Employment and Employability Institute (e2i) was unveiled as a new partner for CoachSG. An initiative of the National Trades Union Congress, e2i and SportSG will be working closely to support the training programmes under the CoachSG framework.

Winning through Game For Life

Evergreen Secondary School was looking to instil character and values into their physical education curriculum in 2012 when they discovered a newly developed framework by Sport Singapore. For Evergreen, a Centre of Excellence for Character and Citizenship Education for MOE, the Game For Life (GFL) framework offered exactly what the school wanted: a physical education (PE) curriculum embedded with values and character development.

“Game for Life has helped bring our code of conduct alive as it enhances our current way of doing things,” says Adam Arif Chan, PE teacher and teacher-in-charge of rugby. The GFL framework uses sport, physical activities and specific role-playing to instil values and character. The different components introduce and reinforce the concept of good sportsmanship to the students. As the players learn to apply the principles of respect, empathy and

fair play, the sporting experience is enhanced for everyone.

Now under CoachSG, GFL helped bring Evergreen closer to achieving its target of zero disciplinary issues. Indeed, one student, Ariffin bin Mohd Ali was awarded the Fair Play Award for his sportsmanship during a match at the National School Games in 2014.

Evergreen’s success hasn’t gone unnoticed. In the past five years, some 158 schools have signed up for Game For Life and the Ministry of Social & Family Development adapted GFL for agencies working with youth at risk. Netball coach Ong Chin Chin from CHIJI-St Nicholas says the intentional design of GFL has helped them get more out of their training sessions at both the primary and secondary schools. “The girls are better able to remember and apply the values during and post-training.”



Photo by Lim Yong Teck



Photo by David Wirawan



Photo by Andy Pascua





Photo by Eugene Lim



Photo by David Wirawan



Photo by Lee Yaocheng

Jr. NBA Singapore 2017 returns to Singapore for 2nd consecutive year

Over 1,000 exuberant young basketballers took the court at Our Tampines Hub in June for the Jr. NBA open clinics presented by ActiveSG Basketball Academy. Scott Levy, Managing Director of NBA Asia, said, "The most important thing is that the kids have fun and come away understanding that it's fun to sweat, and maybe learn some basketball skills, and want to continue to live active lifestyles." Added Neo Beng Siang, Principal of ActiveSG Basketball Academy, "There are many parents here with us today who will also be able to see the benefits of sports for their child and to get them to continue to stay active."

The basketball excitement didn't end with the June clinics. A free six-week regional training programme began in July at the Pasir Ris and Choa Chu Kang Sports Centres for more than 1,500 boys and girls aged 5–14. The top 200 kids, aged 10–14, who excelled in the programme were chosen to participate in a National Training Camp held in August. From this training camp, eight boys and eight girls will be selected for the Jr. NBA Singapore All-Star team and embark on a unique overseas NBA experience together with fellow Jr. NBA All-Stars from Southeast Asia later in the year.



Photo by Sport Singapore

Getting Active at Recess

When Kevin Tan walks into the cafeteria at Riverside Primary School during recess, he attracts a swarm of happy noisy children. An assistant centre manager from Active SG Woodlands, Kevin isn't the candy man, delivering free sweets. He is there to take the kids through a rousing fitness workout, known as Active Recess. And even though the kids range in shape and size, they are thrilled.

"I'm in this class to learn to get fit, be active, and play with my friends. I am also learning to eat right to stay healthy," says 9-year-old Jeff. Running three days a week, Active Recess is an innovative initiative to help overweight kids lead more active lives. In the face of growing national concerns about childhood obesity and the implications for the healthcare long term, ActiveSG worked with Riverside PE HOD Bobby Chan to create Active Recess.

The programme focuses on developing healthy habits, physical literacy and the self-esteem of the children.

"Kids are invited to join," emphasises Bobby. No one is forced to join so there's no shame in being in Active Recess. Attendance in the programme has been steady and consistent. "Even skinny kids want to join."

Nine-year-old Audrey was invited to join the inaugural class in 2016. "They told us we should do more exercise. They said that our BMI was a little too high—but that didn't mean that there was anything wrong with us. We're average kids." Echoing a universal theme, Audrey says she loves the class because "it's fun and you can make new friends."

The kids' enthusiasm during Active Recess is the best indicator that the stigmas have been wiped away. Asked what he would tell kids who weren't sure about joining the class, 9-year-old Rayfan immediately went to the heart of the matter. "I would say 'Don't be like me. Stay Healthy. I will always be your friend!'"





Photo by Sport Singapore



Photo by Sport Singapore



Photo by Sport Singapore

Flying Disc soars higher through new ActiveSG Club

ActiveSG just launched another sports club to the delight of Frisbee-playing Singaporeans. ActiveSG's Flying Disc Club will serve more than 4,000 people who play the aerodynamic sport. With its focus on fun and fitness, the Flying Disc Club will provide more opportunities for youth to enjoy the sport, said Minister for Culture, Community and Youth, Grace Fu, at the launch at Kallang Field on Sunday 4 June 2017.

Partnering with the Ultimate Players Association (Singapore) for the club launch, ActiveSG fielded 20 teams with a total of 500 people for a freewheeling tournament. For a sport that began in 1938 with a married couple leisurely tossing around an empty pie plate, flying disc is now a heart-pumping, competitive activity. In future, the ActiveSG Flying Disc Club will be offering the sport at various locations in Singapore, including Free-to-Play school facilities under the Dual Use Scheme with Ministry of Education. For people who love to compete, they can look forward to more flying disc competitions organised by the club.

The sport has seen rapid growth in Singapore recently. Two years ago, only 1,000 people were estimated to be playing frisbee. Interestingly, children and youth are no longer the only sources of growth in the flying disc sport. UPA(S) president, Ang Zi Wei, says the sport is drawing participation from corporates interested in challenging but fun activities to help employees get fit while socialising outside of the workplace.



Photo by Eric Lim



Photo by Eric Lim



Photo by Eric Lim

Running the Extra Mile

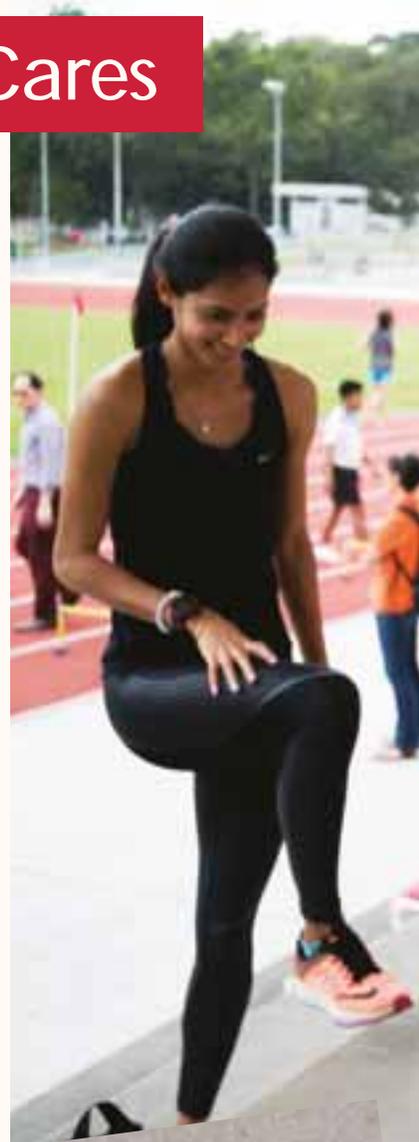
Team Singapore athlete Dipna Lim-Prasad won the hearts of Singaporeans in 2015 when she overcame injury to win the silver medal in the 400 metre hurdles at the 28th Southeast Asian Games. It was only the 7th time that the former sprinter had competed in the hurdles. Given the newness of the event and that nagging injury, no one was certain what Dipna could achieve. She had been running a close third until the final 100 metres when she dug a little bit deeper to pull ahead and claim the silver for Singapore.

Now 26 years old, Dipna is training full time for this August's SEA Games in Malaysia. Despite a rigorous training schedule, she has once again dug a little deeper to put together a campaign to raise donations of shoes for people from hardship backgrounds. Called "In My Shoes", the initiative reflects Dipna's belief in "helping out in our own backyard. It's a responsibility to do our part for the young ones of the future."

Dipna has been a long-term friend to SportCares. She has coached girls at AG Home and given motivational talks for youth in the CareRunners and PlayBook programmes. She understands the needs that some Singaporeans face on a daily basis. "If we would just look deeper, we would see that there are many of us who do not have the privilege or means to have access to what is very basic and natural to others. Play, activity and exercise have shaped so much of who I am. I know what it can do for a young mind."

Dipna was determined to help provide that access to sport. She reached out to James Walton at Deloitte Singapore for support as well as her friends in Team Singapore and the running community overall. Singapore Sports Institute offered use of their laundry to clean the second-hand shoes.

Among the first athletes who stepped up with a pair of shoes was Shanti Pereira. The feisty sprinter broke a 43-year drought in women's athletics when she won the gold medal in the 200-metres and a bronze in the 100-metres at the SEA Games – and inspired a new generation of young runners.





Photos by Bernice Wong

With her first donation to In My Shoes, Shanti's impact was more personal. Shanti hand-delivered the shoes to a new recruit to the CareRunners. Young Nesa could barely make eye contact when her idol Shanti appeared at training at the CCAB track. "I was really shy when I saw her but really happy" says 13-year-old Nesa. "I use the shoes for every one of my running training. Thank you, Shanti!"

So far, 800 pairs of shoes have been donated for In My Shoes to donate to SportCares and its partners including Beyond Social Services and NorthLight School. Donation boxes can be found at SportSG HQ at Sports Hub, The Rabbit Hole at 1 Raffles Place #04-30 and SpaceMob #03-01 8 Claymore Hill. For more information, email inmyshoesSG@gmail.com.

Since 2015, Team Nila volunteers have thrown their talents and immense goodwill behind our sporting events, programmes, clinics, and other activities. With this issue, we are shining a small spotlight on four of the steadfast photographers who have captured our moments of victory, anguish and, of course, all that action. Next issue, there will be more profiles of our friendly Team Nila volunteers.



Richard Seow

Richard Seow's journey as a volunteer sport photographer is interwoven with his love for his kids and his passion for sport. A former sprinter, Richard wanted his children to be able to relive their achievements and challenges playing school sports. But his personal project took on a life of its own. He soon found himself shooting entire events and sending photos to other parents for them to enjoy. He found he was shooting events where his kids weren't playing. He was shooting in the community, and he was shooting Team Singapore. He found that



he was increasingly joined by other volunteers, looking to improve their craft by capturing the stories of Sporting Singapore. "It's great that we have an army of volunteer photographers capturing what used to be the untold and little seen stories of Sporting Singapore."



Abdul Rahman

When SportSG was recruiting volunteers for the 2015 SEA Games, Abdul Rahman jumped on the opportunity to contribute to the community through his love of photography. Since then, Abdul has been a volunteer with Team Nila for two years now.

Although Abdul did not view photography as a social activity prior to volunteering, it has allowed him to meet many other photographers with whom he exchanges ideas and thoughts.



He learns new things from their sharings and is often inspired by their achievements.

Besides meeting new friends and learning more, Abdul is grateful to be able to give back to society and his community through something he is passionate about.



Dyan Tjhia

Growing up as a shy individual who couldn't even maintain eye contact during conversations, Dyan is now going places she never dreamed of before. Dyan Tjhia started volunteering as a photographer with SportSG in October 2013 and is currently part of Team Nila.

Although Dyan's intention when she first started volunteering was simply to learn more about sports photography while contributing her skills and knowledge, she now finds herself part of the most important moments in some of the athletes' lives. She sees being able to capture



the winning hugs and tears of joy or defeat as a privilege and is eager to share these moments.

Beyond the photos, Dyan has also met many like-minded volunteers, as well as athletes, who inspire her to dream more and push herself to be a better person.



Sukhmidar Singh

Previously an international hockey player, who later became an international hockey umpire and a coach for the National Hockey Under-15 and Under-18 teams, Sukhmidar Singh obviously has a special place in his heart for sports. So, when it was time to retire from both the Police Force and active involvement in hockey, he turned to his passion for photography.

Volunteering as a photographer in Team Nila has not only allowed Sukhmidar to combine his two passions, but also allows him to constantly meet new friends. Watching the different sports from behind the lens of a camera is also his way



of staying up to date with the sporting scene while enjoying exciting events first hand.

At 59 years-old, Sukhmidar believes volunteering has helped him age gracefully by keeping him both physically and mentally active.



Photo by Sport Singapore

Personal Journey

Mark Richmond

SportSG's Deputy Director, Sports Entertainment, served as Creative Director for the opening ceremony of the 9th ASEAN Schools Games, organised by the Ministry of Education.

I would like to thank the Organising Committee for their bravery in allowing me to design a show that is unlike most opening ceremonies. Beyond celebrating the Singapore culture and way of life, we've decided to celebrate the life of an athlete. Your life.

You deserve it for the ray of hope you give us in this mad world. The way you leap makes our hearts do likewise. How your strides paint rainbows and how your strokes carve paintings. You draw it up so effortlessly. But we know your road is far from that. It's a path which entails defeat, doubt, denial, anger, attrition, agony, loneliness. You've always walked that stretch alone hoping to achieve that moment when we start walking with you. You take all the lows so that we can share your highs.

Today, we pay tribute to those who regaled in the furnace of fearlessness and give you an

indication of what you might become. We also pay tribute to the people who gave us you, who always believed when the rest doubted. And while this show has an ending, only you will determine where your journey leads. That is why I have asked the Organising Committee to leave Act 4 of this programme booklet blank.

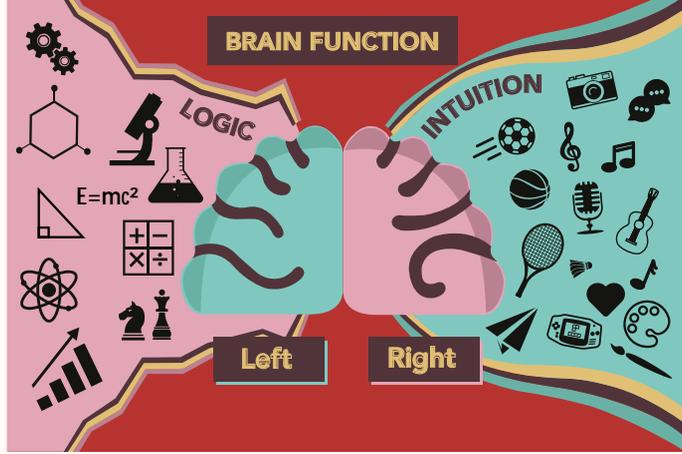
It's for you to fill it up with your future stories and dreams.

Singapore is so honoured to have you here that we have designed this show for you. Not just Singapore, but Southeast Asia's finest. For the pride you bring your countries and the happiness you will continue to bring to the region. We thank you.

Keep dreaming. Keep believing. And we will see you at the finish line.

ASEAN was formed in 1967 to promote cooperation among the ASEAN countries in terms of economic, social, cultural, technical and education so as to promote regional peace and stability. This year ASEAN celebrates its 50th Anniversary and Singapore had the privilege of hosting the 9th ASEAN Schools Games and to celebrate this special milestone with our ASEAN neighbours together as One ASEAN.

Reprinted with permission from 9th ASEAN SCHOOLS GAMES Organising Committee and the Ministry of Education



This Is your Brain

In this issue of LIVE, we are introducing Active Health—a project that we have been running in SportSG to help our staff live better through sport. Our people have been so pleased with the programme that we decided to share with our readers. In future issues, we will be talking about key aspects of Active Health: sport and exercise, nutrition, sleep patterns and screen time. Here, we're talking about the impact of sport training on your brain development.

Scott Levy, Managing Director of NBA Asia had a message for people that had nothing to do with basketball and everything to do with sport and learning at the Jr NBA clinics in May. “There is an unbelievable amount of research that suggests that if you're playing sport, you are going to do well academically,” he said. “Hopefully, parents understand that by giving their kids an opportunity to go out and run around and play that they are going to be able to concentrate better when it's time to actually study.”

Levy wasn't exaggerating. Scientists in China and Italy have studied the neural efficiency of

brains and how they change through sports training. Studies have shown that an athlete's brain is more efficient and less stressed at processing new information, more capable in multi-tasking and better at predicting the outcome of a task. Put another way: elite athletes outperform non-athletes when it comes to cognitive tasks that involve problem solving, motor planning and decision-making.

The implications of sport on cognitive development in adolescents and cognitive stimulation for the elderly are limited only by our imagination and willingness to develop programmes.

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This Is Your Brain
Experiencing Sport





Pride

Photo by Richard Seow



Photo by Foo Tee Fok



Photo by Richard Seow



Joy

Photo by Foo Tee Fok



Photo by Jeremy Lee



Courage



Respect



Victory



Photo by Richard Seow

Tenacity



Passion



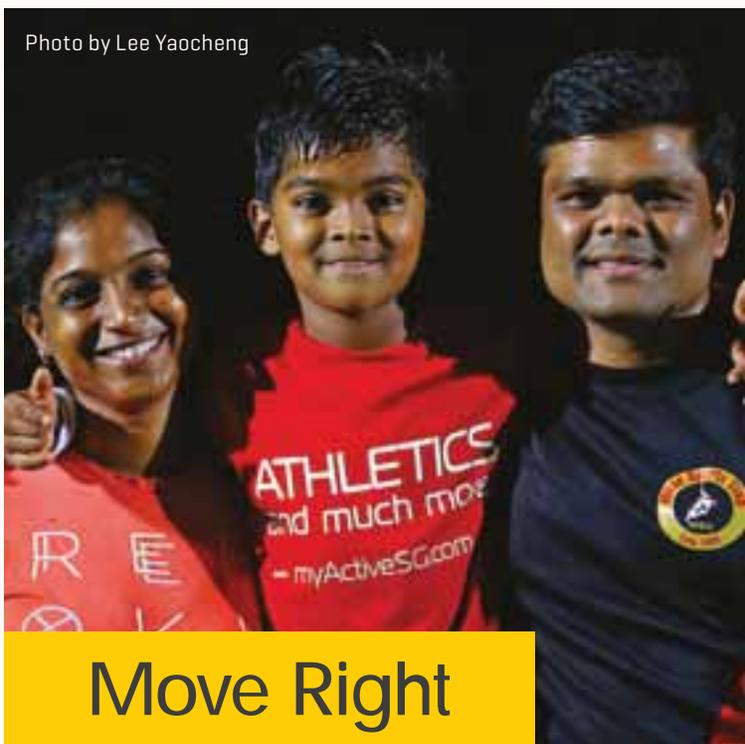
Photo by Richard Seow

Teamwork

Family Time

Swatik and Kundan, both 35, joined ActiveSG as a means to keep their energetic son Arnav engaged. The P1 student at Greenwoods Primary started in ActiveSG soccer but later developed an interest in athletics. This sporty family loves “the ActiveSG coaches, the lively atmosphere and the focus on sportsmanship and discipline. The events with national players are awesome because they highly encourage the kids,” says Dad Kundan. As a family, they also do cycling and swimming. “Sporting together encourages everyone in the family to live a healthy lifestyle.”

Below, they are demonstrating two exercises to help build flexibility, strength and a specific range of motion for efficient running.



Move Right



Cobra Pose

The Cobra Pose can strengthen the spine and buttocks while stretching the chest, shoulders, and abdomen.

Lie face-down. With your elbows positioned beneath your shoulders, lift your upper body by pressing down your elbows and palms. For a more advanced version, extend the stretch by straightening your arms so that your elbows are no longer touching the floor. To transition to a child's version, lift your hips off the ground, keeping your knees and palms on the floor, and sit backward until your butt rests on your heels.



Lunge Stretch

Lunges work the quadriceps but involve additional muscles, including the glutes, hamstrings, calves and core muscles. So, lunges are useful in toning the lower body. They carry little risk of back strain because you will need to keep your back straight and your chest lifted.

Check out myactive.sg for info on exercise classes for seniors, toddlers and everyone in between.



Photo by Au Shen Ru

Eat Right

Team Singapore athletes were cooking up a nutritious storm in the Singapore Sports Institute (SSI) kitchen with youth from the SportCares football programme. The workshop was a hands-on tutorial in healthy eating and a real-time example of camaraderie building.

Jeremiah Tan and Pranav Balu from the Cerebral Palsy football team and Ariffin Rafe and Suhairi Bin Kamil from SportCares, started out as strangers. But the ice had been broken by the time they were cracking open the eggs. By then, they had already discovered a shared love of football and selected fresh spinach, red and green peppers, mushrooms, onions, garlic and tomato to make an egg frittata.

The pressure was on to create a tasty, nutritious egg dish. After highlighting the importance of protein and vegetables in an athlete's diet, the SSI nutritionists issued a classic do-it-yourself challenge. At the end of the workshop, the teams would be judged on taste, presentation and team work by the nutritionists and guest judge WWE star Bayley.

For Ariffin, who has been gradually bringing his weight down, the workshop was a chance to put to good use the life lessons learned through SportCares. "When I started playing with SportCares in Primary 6, I was about 149 cm, and I weighed 85kg," he says with a rueful smile.



Photo by Au Shen Ru

"Now, I am at 169cm and I have been maintaining at 80kg. I still have more to lose. But if it hadn't been for the self-discipline I learned at Saturday Night Lights, I would be much heavier."

Studying hospitality management at ITE, Ariffin dreams of being a chef some day, with a focus on traditional Singaporean dishes. He feels that "traditional food is losing out to western dishes." Ariffin hopes to create healthier versions, using less oil, salt and sugar. He tries to eat for nutrition and not just for comfort. In putting together their ingredients, he says, the team "chose the spinach for the vitamin A and iron, tomatoes for vitamin c and the peppers for magnesium. That helps regulate blood sugar," he says.

Ariffin, Jeremiah, Pranav and Suhairi certainly chose well. They ended up winning the challenge.



Our new Social Media Influencers

LIVE Active Ambassadors

Sport Singapore appointed its first eight brand ambassadors from the local sporting ecosystem to become media influencers. These comprise sport and health enthusiasts, Team Singapore athletes, and Team Nila volunteers. "The prerequisites were straightforward," says **John Yeong, 34**, one of the new faces who will be carrying the Vision 2030 Live Better Through Sport message. "A heart of service, a compelling personality, and an aptitude for sparking online engagement and the right values to become the living brands of SportSG." Ready to walk the talk, he helped to identify the other ambassadors. "We wanted people who shared our common belief and want to use their influence for something greater than themselves, not those who always ask us what's in it for them," John adds. Outside of work, John is often found on the pitch playing football. The striker has played at club level in both Singapore and Canada.



Gary Yang, 38, is a typical Singaporean dad seeking to keep fit with his family. The athletic father of two dabbled in a variety of sports in his youth, and still makes time for frequent gym and football sessions. His wife was a track athlete during her school days. "If I can change just one person's perspective on health and fitness, then I'll feel that I've succeeded!"

Samantha Low, 25, wants to motivate the public toward healthier lifestyles by making improvements to her own life. Being busy should not be an excuse. "If I don't practise what my organisation preaches, why would others go along with the recommendations we're putting out? I'd like to show the masses the importance of living better," Samantha says.





Laura Tan, 27, never expected to become an ambassador for her employer SportSG but this TeamSG hockey player wanted to share her passion for hockey. “I see things in the bigger picture. I understand things from the perspective of the national athlete and from someone working in SportSG. I’m able to then offer insights that nobody else can,” she says.

Waiting for her term at Singapore Management University to begin, Team Singapore hurdler **Kerstin Ong, 20**, is aiming to establish genuine connections with younger athletes. “I hope that they will come to know me for my character and spirit,” says the Asian Youth Games alumnus and former Singapore Sports School student. In the past, Kerstin declined representation by a professional management agency to promote her career. As a SportSG ambassador, though, she believes she can achieve her desired impact on the next generation of athletes.



The youngest of this pilot batch of eight ambassadors, tennis player **Shaheed Alam, 19**, wanted to be a credible role model for the students. He became the first Singaporean male player to win an ITF junior singles title in year 2015, and even partnered Maria Sharapova in a mixed doubles exhibition match. “My age now is where most student-athletes begin to drop out of sports because of studies and other commitments. I hope to change this. I want to show them that sports is a viable career,” Shaheed says.

Randall Wu, 28, has been volunteering with Team Nila since 2015 when he was producing content for SportSG’s digital and social media platforms during the Southeast Asian Games. “I was neither active nor sporty until 2010. I picked it up from nothing! I’m now working towards qualifying for the prestigious Boston Marathon.” He knows from experience that getting started—or restarted—can be daunting. He suffered two serious accidents and getting back to running was painful. So he measures the richness of his life by the number of first steps he dares to take.



Jannah Monjiat, 30, who works at Science Centre Singapore, joined Team Nila in 2015 and hopes to promote healthy eating as a sports ambassador. As a self-proclaimed foodie, she says, “I’m a believer in a balanced diet, eating all kinds of different food groups to keep full for a longer period of time. It is not necessary to cut out all junk food because the key is moderation! A healthy lifestyle should start with an awareness of dishes or snacks that contain excessive fat, salt, sugar and etc,” she elaborated. Jannah aims to motivate people to cook their own meals! It saves money and gives total control of how much fat, salt and sugar is going into your food.

Our Play Nation

Listing of sporting events for August – October 2017

August

29 July – 9 August	GetActive! Singapore 2017
12 August	Asian Indoor Tug Of War Championship 2017
12 August	HomeTeamNS-JOM Real Swim
13 August	The Performance Series Singapore 2017 [Series 2]
13 August	Shape Run 2017
19 – 31 August	29th Southeast Asian Games @ Kuala Lumpur 2017
26 August	Runners League LEGO2: The Ties That Bind
27 August	SPD Ability Walk 2017

September

10 September	Singapore International Triathlon
15 – 17 September	2017 Formula 1 Singapore Grand Prix
17 – 23 September	9th ASEAN Para Games @ Kuala Lumpur 2017
20 – 24 September	Merlion Cup 2017

October

1 October	CSC Run By the Bay 2017
7 October	36th World Airline Road Race 2017
7 October	Runners League LEGO3: It's A Family Affair
15 October	2XU Ultra Aquathlon Singapore 2017
22 – 29 October	BNP Paribas WTA Finals Singapore presented by SC Global
22 October	Singapore Aquathlon
26 October	Bloomberg Square Mile Relay Singapore
29 October	Newton Challenge 2017

Information correct as of 10 July 2017

For more information, check out myActiveSG.com/whats-on

Photo by Sport Singapore





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