

emPOWER

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Debutants Show Promise For Future Of Singapore Sports

264 athletes, 21 Sports – Our Team Singapore (TeamSG) athletes have fought hard in the 2018 Asian Games held in Indonesia from 18 August to 2 September. TeamSG has delivered a total of 4 golds, 4 silvers and 14 bronzes. In addition, 1 Asian Games record, 8 national records and 18 personal bests were set at this event.

“Our athletes showed no fear coming up against some of the world’s best athletes to fight for every point and victory. With a contingent formed largely of debutants, the results are very encouraging and hopefully, this indicates greater successes for them in the future,” said Singapore’s chef de mission Lee Wung Yew.

Of Singapore’s 264 athletes sent to compete in Indonesia, 75 per cent of them were debutants. And of athletes that won a medal, a similar percentage were debutants. The men’s contract bridge team and the silat team were all debutants who clinched a medal.



TeamSG Archers Contessa Loh and Alan Lee

Richard Gordon, Head of High Performance for Sport and Athlete Life, Singapore Sport Institute (SSI), also underlined the fact that Singapore

is going through a transition period where younger stars are emerging to take the place of veterans.

“There’s been some very encouraging performances in that regard... the number of personal bests and national records we have broken by the emerging contingent gives us good grounds for hope,” he said.



TeamSG Silat Exponent Sheik Ferdous

“We won our first fencing team medal and these athletes are very young and very hyped up. They will be aiming higher now and hopefully (aiming) to qualify for the Olympics one day,” Lee added.



TeamSG Wushu Exponent Jowen Lim

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Memorable Moments from 2018 Asian Games

Our TeamSG athletes gave their best for **#OneTeamSG** at the 2018 Asian Games. Let's take a look at some of the most memorable moments during the games:

Swimming – Women's



After battling a severe bout of food poisoning while in Jakarta, TeamSG swimmer, Roanne Ho bounced back with a phenomenal race, achieving a silver medal. That same night, fellow swimmers Hoong En Qi, Samantha Yeo, Quah Jing Wen and Quah Ting Wen also won a bronze in the women's 4 x 100m medley relay.

Contract bridge



Besides making their sport an Asian Games debut, our national players made this Games even more significant by clinching gold for the men's team.

Canoeing



TeamSG canoeist Mervyn Toh finished first in his heats, and delivered once more during the finals. It was a historic moment as Mervyn raced towards the finishing line and won Singapore her first medal at the Asian Games.

Swimming – Men's



Defending his 100m butterfly title and taking home another gold in the 50m butterfly, Joseph Schooling surpassed his 2014 performance with a fantastic run this year. He also achieved another 2 bronze medals in the freestyle relays, sealing his status as the most bemedaled TeamSG athlete at this Games.

Sailing



Kimberly and Cecelia enjoyed a smooth-sailing Asian Games as they maintained a comfortable lead throughout the races, eventually securing a gold medal. Ryan Lo also achieved a bronze medal in the men's laser standard event.

Fencing

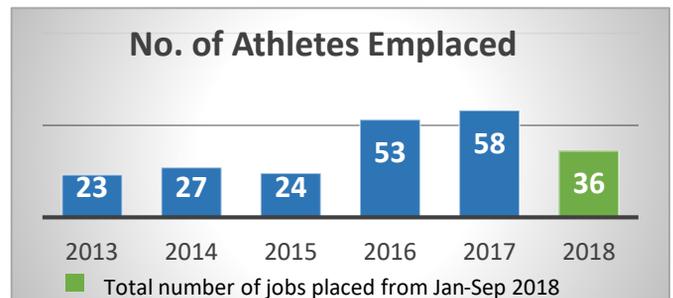


Comprising several young stars, our fencing team posted a great showing this year, with the women's foil team (Melanie Huang, Amita Berthier, Maxine Wong and Tatiana) clinching Singapore's first ever team medal at the Games.

Updates on Placements

A total of 226 athletes have been placed with our *spexBusiness* partners on various employment terms.

Together with our *spexBusiness* partners, we will continue to support our Team Singapore athletes with their career transition into the workforce.



Auto-syncing of Jobs to Rightspot



In order to ease the hassle of creating and uploading job opportunities in the Rightspot system, the Rightspot team is working towards linking our *spexBusiness* partners' job publishing systems with the Rightspot system. This would allow Rightspot to pull the various job postings from your system and replicate them in Rightspot.

As our valued *spexBusiness* partner, this service is provided complimentary for you. All you need to do is to provide the *spexBusiness* team with your current job board API details and the Rightspot team will work with your tech team to do the rest. Contact the *spexBusiness* team to find out more.

spexEducation-In-Focus...

Commencement of the Athlete Life Coaching Course

The pilot programme for the Republic Polytechnic-Singapore Sport Institute (RP-SSI) Certificate in Athlete Life Coaching was held from 5 to 7 September 2018 at Sport Singapore HQ.

The course is targeted at staff who interact closely with athletes and who guide them in managing their studies and sport. Equipped with athlete life coaching skills, these staff would be better equipped to guide athletes whom they mentor.

For this first run, 19 participants attended, bringing with them their varied sport experiences and backgrounds. The attendees comprised officers from universities and polytechnics, as well as Athlete Life officers from SSI and the National Youth Sports Institute (NYSI).

Attendees of this pilot will be part of the newly set-up Community of Practice in Athlete Life Coaching, which will meet quarterly to exchange information, ideas and learnings as a means of professional growth and to raise industry standards.



Day One started with an exciting discussion on the sport ecosystem and the roles played by different agencies in developing sport.

On Day Two, participants picked up counselling skills and practised these newly acquired skills in groups. There was vibrant learning and exchange of ideas.



Day Three comprised hands-on sessions to identify student-athletes needs and the application of possible interventions to adequately address them. The attendees learnt about leveraging on personality and preferences profiling to better understand the student-athletes.

For the last module, each participant is required to engage with and conduct an athlete life coaching session with an athlete. They will present their case studies to the assessors for their final grading.



After the feedback and review of this pilot, the team will be planning to conduct more sessions of this course in 2019. Meanwhile, here are some comments from the attendees on how they would actualise their learnings:

"I would take note of student's profiling and approach them by using different methods, whichever is suitable. DISC profiling and MBTI are useful ways to start conversations and dialogues."

"I gained a good understanding on the link between grassroots sport, NSAs, and the work of SSI/NYSI in developing sport. With this bigger picture, I would be better able to guide athletes."

PSB Academy and FAS collaboration – Promoting continuous learning among Players

In a bid to promote continuous learning, spexBusiness partner, PSB Academy, has inked a memorandum of understanding to offer study grants to all Football Association of Singapore (FAS)'s football players and staff. For the next 5 years, eligible players and staff who enrol for a course at PSB Academy will enjoy study grants that will cover their respective course fees.



FAS recognises that besides supporting their athletes in their sporting pursuits, it is important to equip their players with the necessary skills and knowledge while they are still in the midst of their playing career as they make plans for their future. Thank you to PSB Academy for supporting athletes.

TeamSG Celebrates with Salam Singapore

The 3-day Salam Singapore Community Festival 2018 was held from 7 to 9 September 2018, in celebration of the Islamic Religious Council of Singapore's (Muis) contributions to Singapore over the past 50 years. This 3-day event featured activities that immersed the visitors into the work that our *spexBusiness* partner, Muis undertakes with its many partners to serve the needs of the family, community and society for a harmonious and peaceful life in Singapore.

One of the highlights of the festival was The Community Conversation Circles. Adopting the "Human Library" format, "human books" were invited for participants to "borrow" and converse, learn and exchange ideas with the "human books".



The "human books" who have been invited to contribute included former *madrasah* students who have excelled in various fields, Youth Corps Singapore volunteers, other community volunteers, and medal-winning TeamSG sailor, Yap Qian Yin and TeamSG silat exponents, Muhammad Shakir Juanda and Sheik Farhan Sheik Alau'ddin.



SSI Chief, Toh Boon Yi with our TeamSG athletes at Salam Singapore

Our TeamSG athletes shared with the participants on their sporting journey and challenges faced as they strive for sporting excellence.

Through the event, we hope our TeamSG athletes inspire and motivate the participants to persevere towards their aspiration and to serve their community.

Get Fit with Deloitte

spexBusiness champion partner, Deloitte, collaborated with TeamSG athletes-employees to spread and encourage the adoption of healthy and sporty lifestyles amongst their staff. Through the "Get Fit with Deloitte" series, TeamSG athletes share videos of simple exercise routines that can be completed in just 15 minutes. Scan the QR code to watch each of the videos and start getting fit today!

Sequence 1: Abs Blaster



Ann Lee



Sharmaine Cheung

TeamSG Fencers



Danny Yeo



TeamSG Swimmer

Sequence 3: Leg-Toning Workout



Josephine Yeo



TeamSG Netballer



Rachel Yang



TeamSG Pole vaulter

Sequence 4: The All in 1 – Legs, Arms, Abs, Cardio



Ho Hui Xin



Syafiq Zainal



TeamSG Footballers



Cassandra Soh



Georgina Lee



TeamSG Netballers

Sequence 2: Goodbye Tuckshop Arms!



Bob Chong



Karsandra Tien



TeamSG Dragon boaters



Derek Wong



TeamSG Shuttler

Athletes-In-Focus...



Team Singapore taekwondo exponent Chelsea Ann Sim, a two-time SEA Games medallist, stands as testimony to how the *spexBusiness* initiative benefits both student-athletes and athlete-employees. Having been on both ends of the coin, she is now on her second internship placement via the initiative, her first having been with the Corporate Business division in OSIM International. Currently, Chelsea has ended her internship with the Clients and Markets Department and has converted to a full-time position working as a C&M Communications Executive in Deloitte.

Fully cognisant of the greater flexibility experienced by student-athletes, Chelsea was slightly apprehensive about transitioning to an athlete-employee fearing that the hours and rigour of a regular office job would cut into her training time and competition opportunities.

Deloitte showed Chelsea that these worries were unfounded through the provision of:

- Understanding partners that provided Chelsea the support she needed to balance work and her sport
- Flexible working hours that allowed her to head to training straight after work
- A competition-friendly leave scheme that catered for different tiers of leave according to the level of the competition, including fully-paid special leave for major competitions

TeamSG Taekwondo Exponent Chelsea Ann Sim

Chelsea had previously expressed fears of entering the workforce with the lack of work experience putting her at a disadvantage at hiring. However, both internships have since assured Chelsea of a pathway of continuity and transition post-sports.

Without the stress and anxiety of having to search for a job that would accommodate her hectic schedule, Chelsea was thus able to turn her complete focus to her sport, proudly flying the Singapore flag and mounting the podium across two consecutive SEA Games claiming a Gold and a Bronze to her name.



Chelsea (4th from left) with her colleagues at Deloitte

"I got my internships through spexBusiness. I'm very appreciative of such an initiative, as it has supported me both in my sporting endeavours and career development. It has shown me that there are ways for athletes to plan a life after sport, and we have a future beyond our sporting careers. I'm very grateful to both spexBusiness and Deloitte for providing me with the opportunity to pursue excellence in my sport, and at the same time, pave the road for my future career." – Chelsea Ann Sim

TeamSG Archer Syahidah Alim has had to face many obstacles since she was a child, but she has remained steadfast in her conviction to succeed.

She was denied the opportunity to take part in sports at a young age, but that failed to stop TeamSG archer Syahidah Alim from becoming a 3-time gold medallist at the ASEAN Para Games and Singapore's first Paralympic archer.



Her "biggest breakthrough" in her sport was her qualification for the

national training squad for the 29th SEA Games in 2017, after she emerged as one of the best archers in Singapore by topping her category at the Singapore Archery Open 2016.

"That was one of my best achievements, and I think it was also one of the few opportunities [where] people with disabilities [were] able to join an able-bodied national team," Syahidah pointed out.

For now, Syahidah has her sights fully set on the upcoming Asian Para Games, attending a week-long training camp earlier this April in Arizona conducted by a coach from the U.S. Olympic team, and achieving a third-place finish at the



Robert Fuchs (left) and Syahidah (right) at the 2017 ASEAN Para Games. Photo: Dyan Tjihia / SportSG

World Ranking Tournament in the Czech Republic in July.

She will be taking part in the individual compound women event, as well as the mixed team event with her partner, Robert Fuchs, during the Games in October.

"My aim is to reach podium for the Asian Para Games, and hopefully achieve my personal best there," she stated.

TeamSG Swimmer Toh Wei Soong may be quiet but he is pensive and sensitive, pausing to select his words with great care.

At just 20 years old, the talented youth has already notched five ASEAN Para Games gold medals and a Commonwealth Games bronze medal, achieving all these while juggling school and sports.

Currently, Wei Soong is taking a year off his studies to train full-time. With a nation's expectations on his shoulders, he has found a way to translate the pressure into something else – the motivation to mould himself into a model of an athlete and a spokesperson for disability sports. In fact, Wei Soong has been taking time out of his training to share his experience with youths and champion the Paralympic movement.

He has embraced sacrifices and pain, for he has long since learnt to internalise and transform them into successes.



Expressing how he copes with the rigours of high performance, he said: *“Every day, we are trying to achieve an ideal – that perfect training session, perfect nutrition, perfect rest. I find that there’s this constant need to review what we are doing and whether it conforms to the ideal that will get us the success.”*

Even when he is victorious, he processes the feeling of triumph, keeping himself grounded and raring for more by turning it into a learning point. After all, there are other races to win and new milestones to hit, such as the upcoming Asian Para Games in October.

As he explained: *“When I receive a medal, when I hit a personal best, I see it as a milestone that will show me how far I’ve come, and hopefully point to where I can go in the future.”*



Upcoming Events

3rd Youth Olympic Games

Buenos Aires, Argentina
6 – 18 Oct 2018

The first Summer Youth Olympic Games to be held outside of Asia.



3rd Asian Para Games

Jakarta Palembang, Indonesia
6 – 13 Oct 2018

With 26 debutant out of a 42-strong contingent, TeamSG will debut in archery, powerlifting and track cycling.



Networking Session

SSI Athlete Service Centre
1 Nov 2018 – 2:45pm

spexBusiness networking session is an excellent platform to connect TeamSG athletes with partners. Partners get to learn more about the various talents in sport, while athletes learn more about the opportunities with partners. Email us to register now.

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



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