

emPOWER

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Photo credit: Joe Tham / SportSG

Team Singapore Flag Presentation Ceremony

On 9 Nov, Minister for Culture, Community and Youth (MCCY), Grace Fu and Speaker of Parliament and Singapore National Olympic Council (SNOC) president, Tan Chuan-Jin presented Singapore flags to 3 athlete contingents heading to the 30th SEA Games, 2020 ASEAN Para Games and 2020 Winter Youth Olympic Games.

Singapore will sending its largest contingent of 664 athletes in 48 sports to the SEA Games in Philippines, followed by 61 athletes across 12 sports at the ASEAN Para Games. For the first time, two young athletes will represent the nation at the Winter Youth Olympic Games in Lausanne, Switzerland.

Many sports will be making their Games debut in the SEA Games such as beach handball, jiu-jitsu, kurash, sambo, surfing and underwater hockey.



The flag presentation was followed by the Sport Hall of Fame (HOF) Induction Ceremony where **2-time Asian Games**

gold medallist, Tao Li, and double World Pencak Silat champion, Muhammad Shakir Juanda, joined the illustrious ranks of Hall of Famers such as Olympic champion Joseph Schooling and sports icons Fandi Ahmad and C Kunalan for their contributions towards sports and the community.



Tao Li and Shakir, newly inducted into Hall of Fame.

Tao Li was the first Singaporean swimmer to win golds in more than 1 Asian Games, and also the first Singaporean and Southeast Asian female swimmer to qualify for an Olympic final. Shakir is a 2-time pencak silat world champion and was awarded the Singapore Youth Award for his dedication in nurturing young silat athletes and actively volunteered to coach children and youth in the sport.

Established in 1985, the Sport Hall of Fame pays tribute to Singapore's finest sporting heroes and heroines. To date, the HOF has inducted 56 athletes, from the late Wong Peng Soon to Olympic silver medallist, Tan Howe Liang.

In this issue...

Team Singapore Flag Presentation Ceremony

Athletes Showreel with Nanyang Polytechnic

Storytelling Workshop

Roar As ONE

Adopt-a-Nila

TeamSG Rewards eCard

Inclusive Employment

Update on Job Placements

Athletes-In-Action

Athletes With Voices

Athletes @ Community

Team Singapore Raises Cancer Awareness

Upcoming Events

Athletes Showreel Course with Nanyang Polytechnic

Singapore Sport Institute (SSI) partnered Nanyang Polytechnic (NYP)'s School of Business Management to conduct the second edition of the showreel course. A total of 17 Team Singapore athletes from various sports such as Artistic Swimming, Athletics, Beach Volleyball and Silat attended the course in June. Over the course of a few Saturdays, athletes learnt the basics of storytelling from the lecturer of Mass Media Management course, Mr Azhar Abdul-Salam. In addition, each athlete partnered students from the Mass Media Management course to put together their short 90 seconds showreel. Athletes were guided to piece their storyboard, script their stories and piece their footages and images together using simple mobile applications such as iMovie and WeVideo.



showreels, athletes can better market themselves on social media platforms and use these reels as an additional tool to share information with prospective sponsors or employers.

We have seen some really interesting showreels done by this batch of athletes. Watch this space for upcoming reels.



This course is part of Project Empower, which aims to equip athletes with skillsets and knowledge to further develop and bring out their best selves. Equipped with their personalized



TeamSG athletes with the trainers from SSI and NYP at the 2nd edition of the showreel course.

Tell Me Your Story – A Workshop with Rohit Brijnath



More than 20 Team Singapore athletes were treated to a fulfilling workshop by veteran sportswriter from The Straits Times, Mr Rohit Brijnath, on 28 Sep at SSI.

Rohit has extensive sports reporting experience, having covered 5 Olympics, 5 Asian Games and several cricket World Cups and tennis Grand Slams.

For 33 years, he has interviewed countless athletes, ranging from lesser known young Singaporean athletes to international sport stars such as Roger Federer.

Yet, the ones who left indelible memories on Rohit were not those who were popular on and off the sports field but those who told him their story.

At this workshop, Rohit shared with the athletes some tips on how they can articulate their thoughts and share their stories with others. Team Singapore Taekwondo Exponent and three-time SEA Games medallist, Chelsea Sim, walked out of the workshop inspired.

She said, *“I managed to gain a lot of wonderful insights from Rohit who shared many interesting and great stories which I think is applicable and relatable to all athletes.”*



TIPS

- ✓ Be honest
- ✓ Educate others about your craft
- ✓ Share deeper into your struggles through failures and into success
- ✓ Articulate your thoughts and share why you love your sport



It was a fruitful session and we hope to organise more of these sessions for more athletes to learn how to share their stories with others effectively.

Roar As ONE!

This SEA Games, we will support our Team Singapore athletes, in the most traditional way we know. We will **ROAR** for them. We will stand together as one – and **ROAR** them to gold.



TeamSG will be using four athletes (Ikhsan Fandi – Football, Nurul Suhaila – Silat, Lavin Raj – Basketball and Loh Kean Yew – Badminton) in a series of digital videos to make a rallying call to our nation to get behind our athletes during SEA Games. The campaign is called “Roar As One”.

Roar As One officially premieres on [TeamSG facebook](#) from 15 to 25 November.

We encourage all of you to Roar for our athletes with the TeamSG Roar Filter [here](#).

Adopt-A-Nila for a Good Cause

Celebrating the SINGAPORE SPIRIT

Adopt-A-Nila for a Good Cause
For Corporates

PLEDGE YOUR SUPPORT
by adopting Nila clay figurines hand-painted specially by SportCares constituents!

SportCares serves to inspire and enable children & youth at-risk, persons with disabilities & special needs, as well as vulnerable seniors through sport.

How to adopt:

1. Indicate the number of Nila to adopt.
2. Make a pledge to SportCares (min. \$500 per Nila).
3. Receive the adopted Nila at the Appreciation Ceremony on 30 Nov 2019, 7pm-10pm @ The Promontory.

ADOPT NOW!

*Donations are 2.5 times tax-deductible.

In support of Standard Chartered Singapore Marathon (SCSM) 2019, ActiveSG is organising a spectators carnival to bring the community to cheer for the runners. In conjunction with that, ActiveSG would also like to raise funds for SportCares through this platform.

Established in October 2012 by Sport Singapore as its philanthropic arm, SportCares exist to serve communities in Singapore to help people live better through Sport. As a movement, SportCares roll with whoever is ready to use sport to empower youths-at-risk, low-income families, isolated seniors and persons with disabilities and special needs to improve their lives.

You can do your part to support this initiative by adopting hand-painted Nila figurines by our Team Singapore athletes and pledge your donation.

TEAMSG ATHLETES

Joseph Schooling • Theresa Goh • Micky Lin
Lim Tong Hai • Aleksandar Duric • Shakir Juanda
Loh Kean Yew • Yeo Jia Min • Shanti Pereira
Dipna Lim Prasad

To pledge your support, simply scan the QR code on the left!

*Minimum S\$5,000 pledge for Joseph Schooling and minimum \$1,000 for the rest of the athletes.

Team Singapore Rewards eCard

In line with the whole-of-government efforts on transformation through digitalisation, the team has implemented the Team Singapore (TeamSG) rewards card as an electronic card (eCard) via the ActiveSG application (app) for carded FY19 athletes.

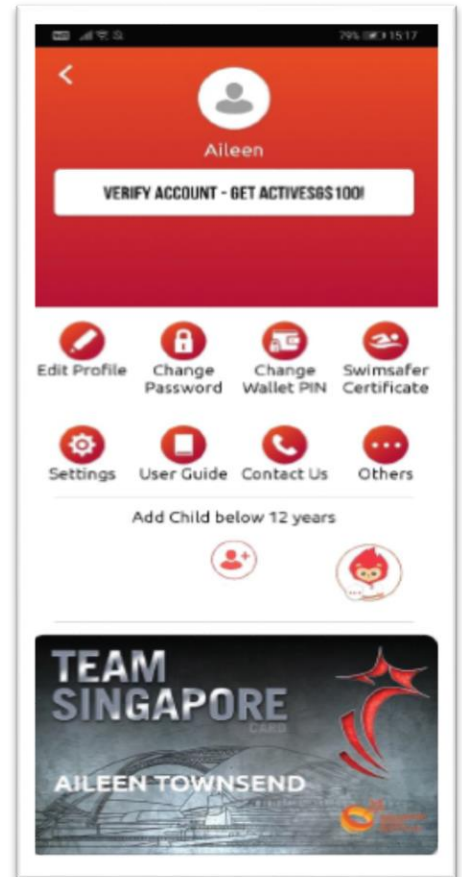
All newly-carded athletes now only need to login to their ActiveSG app, click on their “ME” profile to display their eCard.

The TeamSG rewards card provides privileged discounts and cost savings for TeamSG athletes, to support them in their journey towards sporting excellence.

Athletes can enjoy discounts such as 30% off at adidas, New Balance, 10% off at My Kampung and 15% off at Udders Ice-cream and Yoguru.

There are currently 13 participating merchants. The team will work towards getting more partners on board to support our TeamSG athletes by providing them with privileged discounts.

Click [here](#) for the full list of participating merchants, their offerings and terms and conditions.



TeamSG rewards eCard on the ActiveSG app

Inclusive Employment

Learn about inclusive employment through the Enabling Work App, which provides fun, interactive learning and empathy training for companies and their co-workers to interact and support colleagues with disabilities.

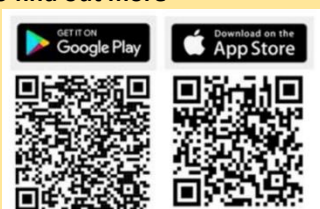


An initiative of SG Enable and the Singapore Business Network on Disability, powered by Enabler.

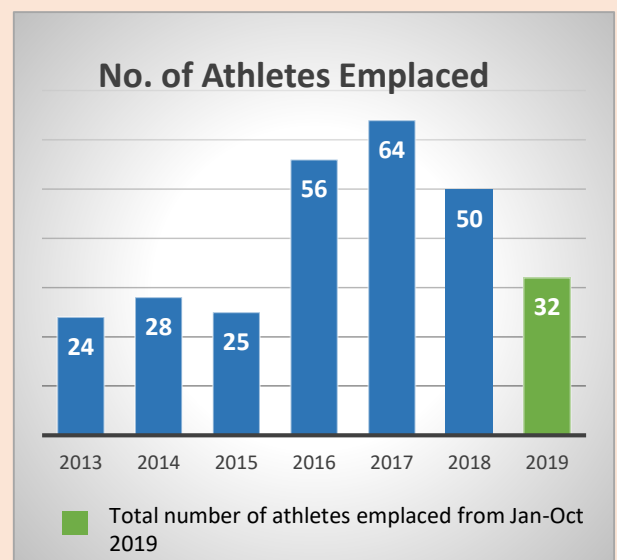
Through the interactive app, users can learn from the virtual characters on the following:

- Disability awareness
- Making workplaces accessible and inclusive
- Available funding for workplace modifications
- Inclusive etiquette for interviewing job candidates.

Download the Enabling Work App to find out more



Updates on Placement



A total of 283 athletes have been employed with our spexBusiness partners on various employment terms. We will continue to support our Team Singapore athletes with their career transition into the workforce.

Athletes-In-Action

TeamSG Shuttle, Yeo Jia Min



Photo credit: Reuters

At only 20 years of age, Team Singapore shuttle, Yeo Jia Min made history by eliminating women's world No. 1 shuttle, Akane Yamaguchi at the BWF World Championships (BWC) held in Basel, Switzerland. Jia Min also became the first Singaporean female singles shuttle to make it to the quarter-finals of the BWC. This is an addition to the gold medal that Jia Min clinched at the Hyderabad Open just 2 weeks prior to the BWC. Well done Jia Min!

TeamSG Speed Skater, Trevor Tan



Photo credit: Vic Sent Pok

Over at the 2019 Asian Open Short Track Speed Skating Trophy held at Kunming, China, Team Singapore speed skater, Trevor Tan, bagged gold in the 1000m Junior B Men's Category.

It was an exciting race as Trevor came from behind to defeat powerhouses China and Korea. Trevor is all set for the upcoming SEA Games in Philippines and we wish him all the best.



Photo credit: PWBA

TeamSG Bowler, Cherie Tan

Our Team Singapore bowler, Cherie Tan strikes again! After emerging as champion for the Masters category in the 2019 World Women's Bowling Championship, Cherie brought home another gold medal at the Qubica AMF Professional Women's Bowling Association (PWBA) Players Championship.

Cherie's win makes her the first Asian to ever win the PWBA Players Championship! Congratulations to Cherie on her achievement!

TeamSG Diver, Jonathan Chan



Photo credit: @SGSportsHub (twitter)

Congratulations to Team Singapore diver, Jonathan Chan, for winning the gold medal at the Asian Diving Cup. With this win, Jonathan is the first Singaporean diver to qualify for the Olympics in 2020.

What a remarkable achievement Jonathan!

TeamSG Swimmer, Yip Pin Xiu



Photo credit: Mark Chay

Team Singapore swimmer, Yip Pin Xiu (middle) won 2 gold medals at the 2019 World Para Swimming Championships! Her wins were achieved in the 50m backstroke S2 and the 100m backstroke S2. Thank you Pin Xiu for the remarkable performance on the world stage!

Athletes-In-Action



TeamSG U21 Women Hockey Team

Team Singapore congratulates Singapore's U21 women's hockey team on clinching the AirAsia Women's Junior Asian Hockey Federation (AHF) Cup!

Their achievement goes into the history books as the first Singapore team to win a continental trophy at all levels.

Congratulations to TeamSG!

TeamSG Men's Floorball Team

Three cheers to our TeamSG Men's floorball team for winning the Asia-Oceanic Floorball Confederation (AOFC) Cup 2019 by beating reigning champions Thailand in the final. Our Singapore Men's floorball team were unbeaten in the entire tournament. Well done Team Floorball for flying our Singapore flag with pride!



Photo credit: Singapore Floorball Association

Athletes with Voices



Our TeamSG athletes at the "I AM POSSIBLE" programme.

July was an eventful month as we saw Team Singapore athletes come together to use the power of sport as a force for good.

"I AM POSSIBLE" programme is one such initiative under "Athletes with Voices", a programme to leverage on sport to help the disadvantaged in our community.

Under "I AM POSSIBLE", a tripartite partnership was made with stakeholders from Team Singapore, Sport Associations from kickboxing, jiu-jitsu, silat and

Edgefield Primary School to instil the values of confidence, respect, teamwork, resilience and trust in kids-at-risk identified by the school based on their family circumstances.

Team Singapore athletes and coaches such as Sheik Alau'ddin (Silat coach), Valencia Yip (Kickboxing athlete) and Constance Lien (Jiu-Jitsu athlete) shared with the students the basics of each martial art before

anchoring the session with a short reflection.

These sessions were conducted over 8 sessions in the space of 4 months. While there may exist a stigma that combat sports are used to fight people, it was heartening to hear the children share that they now know how to *protect/defend* themselves and their family members.

Through such intimate sharing sessions with the athletes and sport coaches, the students have gradually opened up and become more self-aware of their emotions. We look forward to updating everyone on these sessions in the next issue.



Athletes @ Community

ASSEMBLY TALK AT JURONG WEST SECONDARY SCHOOL



On 18 July, Team Singapore marathoner, Jasmine Goh, was invited to speak at Jurong West Secondary School (JWSS)'s assembly to inspire the students for their upcoming

annual cross country meet.

The entire cohort of Secondary 1 to 5 students were blown away when they learnt Jasmine's timings for 2.4km (9 mins) and 5km (18+ mins). Jasmine also shared some motivational tips with the students.

We hope the students were sufficiently inspired to perform well at their cross country meet!



(L-R): Principal of JWSS (left) and Jasmine Goh

NATIONAL DAY CELEBRATION AT CHIJ TOA PAYOH PRIMARY SCHOOL



Team Singapore netballers, Sindhu Nair and Tan Xin Yi were invited as guests for CHIJ Toa Payoh Primary School's National Day Celebrations on 6 August.

The duo received a very warm reception from the students till the teacher-in-charge had to call for an end to the session, in order to move on to the next segment of the school's programme.

Nonetheless, we hope to engage the school next time with more of our Team Singapore athletes!



ATHLETE ENGAGEMENT VIA VIDEO CALL



Besides physical engagement sessions at schools, we are now exploring having skype calls with schools and Team Singapore athletes!

This initiative kick-started with TeamSG athletes, Ng Hanbin (Basketball) and Nur Aqilah Andin (Netball) on 30 August where the duo

interacted with a Primary 6 class from Edgefield Primary School over Skype.

The long-term goal is to raise awareness of sports and the profile of our TeamSG athletes. It is hoped that our TeamSG athletes can eventually become mentors to the students and guide them through their school years.

The students peppered Hanbin and Aqilah with many questions, including questions about their training load, who their role models are and how they juggled between studies and sport.

It was indeed a fun session as our TeamSG athletes even sportingly joined the students for a dance-off!

These skype sessions will continue once a month over the next 6 months. After the first session, some of the students have started following Hanbin and Aqilah on their personal Instagram pages.

Watch this space for more updates on these online engagements of the community with our TeamSG athletes.



Team Singapore Raises Cancer Awareness

A new Singapore national record for the most number of cumulative steps recorded by steppers within 8 hours was set on 4 August at GetActive! Singapore festival 2019, as Team Singapore (TeamSG) athletes from 11 sports such as Athletics, Basketball, Canoeing, Football, Silat and Squash lent their support by doing steps, amongst many others.

The event was organised by GetActive! Singapore and National Cancer Centre of Singapore (NCCS) and a total number of 344,744 steps were clocked after 8 hrs.



(L-R): Christopher Cheong, Sasha Christian and Michelle Sng

Our TeamSG swimmer Christopher Cheong, TeamSG high jumper, Michelle Sng and TeamSG wakeboarder, Sasha Christian were the main ambassadors throughout the day to coordinate and cheer the participants on to set the record.

The trio aimed to raise cancer awareness amongst Adolescent Young Adults and their caregivers.

Michelle, 2017 SEA Games gold medallist and whose late father battled colorectal cancer, spoke about her thoughts that patients' loved ones don't have to be alone in the battle, ***"I think having to recall and talk about it is always difficult... but when you realise that other people are going through the same struggles as you, you won't feel so alone."***

Our spexBusiness partners such as adidas and Fairmont Singapore also came down to lend their support for the initiative.



Team adidas consisting of Petr Stastny (extreme right), along with his colleagues at the event

Petr Stastny, Country Manager of adidas Singapore, even came down to the event, along with more than 10 of his staff to do the steps and support the cause.

A big thank you to all our partners and our TeamSG athletes for making this event a successful one!



TeamSG athletes, with the management and staff of NCCS and SSI at the event.

Upcoming Events

30th South-East Asian Games

Manila, Clark, Subic

30 November to 11 December 2019

Taking place over 3 cities in Philippines, Team Singapore will be sending its biggest away contingent this year, with 664 participating in 48 sports.

10th ASEAN Para Games

Manila, Clark, Subic

18 – 25 January 2020

The 2020 ASEAN Para Games is a biennial multi-sport event that will be held after the 2019 SEA Games in the Philippines for athletes with physical disabilities.

Celebrate What's Right March 2020

The annual partner appreciation and official announcement of FY2020 spexScholarship inductees will happen at Celebrate What's Right event on the first quarter of 2020.

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



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

