

emPOWER

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TeamSG During COVID-19

During the Circuit Breaker period, Team Singapore (TeamSG) collaborated with National Volunteer & Philanthropy Centre (NVPC) for a 6-week pilot programme, called the **Circuit Breaker School Buddies** to mentor youth-at-risk from Crest Secondary School.

Grateful to all TeamSG athletes involved in the Circuit Breaker School Buddies and Schools Outreach Programme. Here are some athletes involved, from top to bottom, left to right: Aqilah Andin, New Hui Fen, Sheik Farhan, Ng Han Bin, Sheik Ferdous, Soh Sze Ying, Charmaine Soh, Lucas Ng, Marina Chan, Syahidah Alim, Jen Goh, Calvin Sim and Shayna Ng.

23 past and present TeamSG athletes from various sports, interacted and mentored the students online via the Google chat platform. Each athlete was also paired with a Senior Mentor from the NVPC agencies or a TeamSG staff to receive guidance and feedback on their interaction with the students. With the successful pilot run, works are currently in progress for a second run.

In addition, some of our TeamSG athletes were also kept busy interacting with primary school students online as part of TeamSG's outreach efforts to schools.

With the COVID-19 situation, TeamSG athletes sharing in schools could not be conducted the usual way. **Instead of the typical athletes "meet-and-greet" in schools, TeamSG came up with a novel idea to connect with students online through their personal showreels and interactions over an online platform called Padlet.** Each athlete showreel presented the

athletes' sporting journey or motivations in a short 90s video. Athletes whose videos were featured included Norman Teo (Hockey) and Danielle Lim (Wrestling).

After watching these inspirational videos, the students then typed questions they had about the athletes on Padlet. TeamSG athletes would then reply the students via Padlet. The questions from the students showed a level of curiosity and interest in the athletes. The athletes also received more questions as compared to a "live" session at a mass assembly. **It turned out to be a win-win outcome since more students felt more comfortable speaking and interacting online.**

The initiative was first launched in Edgefield Primary School and it was subsequently rolled out to Anglo-Chinese School (Primary), Bedok Green Secondary and Qifa Primary School. The plan is to continue such outreach efforts to schools.

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ActiveSG Tennis Academy and TeamSG athlete, Shaheed Alam, collaborated in Project Love-All to provide meals to our Muslim migrant workers community on the day of Hara Raya Adilfitri, in hopes to sprinkle some cheer to them. More than 100% of the target \$7,000 has been raised and all contributions went to purchasing food and drinks for 880 workers.



TeamSG During COVID-19

A rainy day could not stop our TeamSG Golfers, Jen Goh, Shannon Tan and Hailey Loh, supported by the Singapore Golf Association, Vice President Lyn Yeo, and committee member Catherine Kwek from going around different parts of Singapore to distribute laptops and masks to the beneficiaries of New Life stories.



Athletes with Voices
An initiative where Team Singapore athletes use sport as a force for good



Sheik Ferdous in a promotional video for the Sayang Sayang fund

TeamSG Silat Exponents, Sheik Farhan, Sheik Ferdous and Nurul Suhaila were busy raising funds for the Sayang Sayang fund during the Circuit Breaker period. The fund is a community-driven response to support emergency response funds for marginalised communities adversely affected by the COVID-19 situation. It seeks to provide innovation solutions and research to better combat COVID-19, and building capabilities that support charities' operational continuity for their care recipients.

The trio encouraged people to upload posts of themselves doing 10 burpees and pledged to donate \$5 to the fund for every video uploaded, raising up to S\$3,550.

SportSG Advisories

Visit [SportSG website](#) for the latest SportSG advisories, that provides members of the public and sport and physical exercise & activity organisers and operators with information on the resumption of sport and physical exercise under Phase Two ("Safe Transition"), as well as the safe management measures to be implemented.

As announced by the Multi-Ministry Taskforce, Phase Two will commence on 19 June 2020. Measures mandated in the advisory have to be in effect before the sport and physical exercise & activity are permitted to resume.

Everyone has a part to play to keep you and your community safe. With the gradual easing of measures, Singaporeans are urged to remain vigilant and observe safe distancing measures to minimise community transmissions. Together, we all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

For any queries, members of the public can email the Sport Singapore QSM at SPORT_QSM@sport.gov.sg or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

SAFE RETURN TO SPORT, PHYSICAL EXERCISE & ACTIVITY IN PHASE TWO
DO YOUR PART TO KEEP YOU & YOUR COMMUNITY SAFE

<p>1</p> <p>SafeEntry and temperature taking at all sport facilities</p>	<p>2</p> <p>2m safe distancing while exercising. 3m distancing for indoors high intensity/ high movement exercise classes</p>
<p>3</p> <p>Maximum 5 pax in group activities and classes*. Different groups must stay 3m apart when exercising</p>	<p>4</p> <p>Contact sports are permitted in groups of 5. Avoid extensive body contact</p>
<p>5</p> <p>Wear your mask unless you are doing strenuous activities</p>	<p>6</p> <p>Avoid touching common public objects with your hands or any part of your body</p>
<p>7</p> <p>Wipe your perspiration with your towel. Avoid touching your face with your hands</p>	<p>8</p> <p>Bring your own personal equipment where possible. If not, please wipe down the equipment after use</p>
<p>9</p> <p>Senior-centric* activities can resume, limited to activities done individually & no sharing of equipment</p>	<p>10</p> <p>Children and youth programmes and activities may resume</p>

* 1 additional instructor is permitted
* Seniors refer to 60 years old and above

Infographic on 'Safe Return to Sport, Physical Exercise & Activity for Phase 2'.

Financial Literacy Webinar Series

As part of continuous learning for the athletes to build all-rounded competencies, Singapore Sport Institute (SSI) and Singapore Exchange (SGX) have jointly put together a Financial Literacy Webinar (FLW) Series, to equip athletes with the fundamental knowledge to better manage their personal finances and investments throughout their sporting careers and beyond. The first module kickstarted on 20 June, with more than 200 athletes and their families attending the webinar.



Results of the quiz taken by participants after every webinar.



SGX Academy Trainer, Mr Chua I-Min delivering the workshop through the online platform.

The Financial Literacy Webinar Series is part of Project Empower, which aims to upskill athletes in different capabilities such as financial and digital literacy, as well as branding to equip them with the necessary skills for their sporting journey and life after sports.

Sharing SSI’s excitement on this initiative, Michael Syn, Senior Managing Director and Head of Equities, SGX, said: “A centrepiece of this collaboration with SSI is empowering and encouraging Singapore athletes to embark on their financial literacy journey early. Time is an important factor when it comes to compounding wealth. As our athletes focus on training in pursuit of national sporting goals, SGX Academy will equip them with the knowledge to start investing and managing their finances early.”

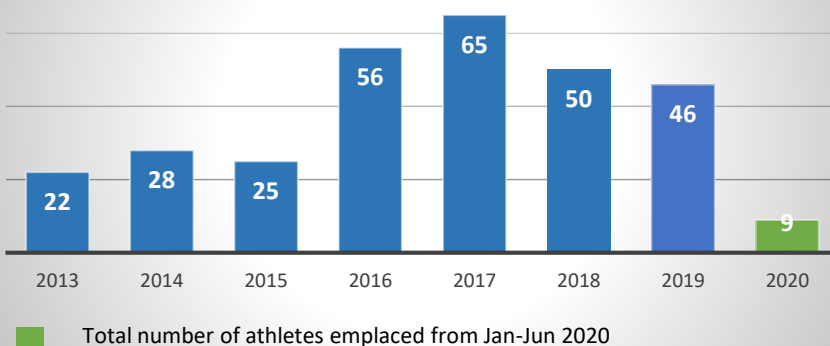
FLW is led by SGX Academy, who will provide a five-module programme twice yearly through its online training platform, and will focus on the theme of regular investing through discipline and perseverance. The next run of the series will be in October. Watch this space for more information.

“We are constantly on the lookout for ways to better support our athletes’ journeys both to the podium and in life. Through spexBusiness, we are excited to work with SGX on this new initiative. This is an ideal opportunity for our Team Singapore athletes to educate themselves on prudent financial management. This is an essential life skill, which would potentially serve them well in the years to come,” said Chief of Singapore Sport Institute, Toh Boon Yi.

Project Empower

Aim to upskill athletes in different capabilities to prepare them for life after sports

No. of Athletes Emplaced



Updates on Placements

A total of 307 athletes have been emplaced with our spexBusiness partners on various employment terms.

We will continue to support our Team Singapore athletes with their career transition into the workforce.

Project Hopefull



Photo credit: Singapore Golf Association

Team Singapore golfers (L to R) Shannon Tan, Hailey Loh and Jen Goh delivering masks and laptops to the community.

Project Hopefull is a ground-up initiative, conceptualised by TeamSG Golfer, Jen Goh, and her 2 like-minded friends, Wilshia Maruli and Victoria Chen, to bridge the resource-divide for kids from low-income families in Singapore, especially in this COVID-19 climate where these differences have been amplified.

They have reached out to potential sponsors to provide useful products to be put into “Tinker Kits” to be distributed to about 350 of these kids from 6 partner social service organisations. These Tinker Kits are then delivered right to their doorsteps for them to experience the joy of receiving and opening the gift boxes and to remind them that someone out there cares for them. The kits are engaging in nature and encourage the kids to start conversations with their parents on topics such as their dreams and aspirations when they grow up.

192 Tinker Kits, which consisted of books, art and craft materials, games and learning activities, were sent in May to support 2 non-profit organisations, SSVP Milk and Diapers and Beautiful People. Feedback received from their parents had been overwhelmingly positive and another 340 boxes were then sent in June to another 2 partner beneficiaries; New Life Stories and Prison Fellowship Singapore. These 2 editions of Tinker Kits, plus the upcoming one in July were generously funded by James Walton, *spexBusiness* team’s main contact from Deloitte.

TeamSG athletes, basketballer Ng Han Bin and cyclist Calvin Sim, have also helped Hopefull by writing stories, packing and delivery, despite all 3 of them taking on mentor roles to 2 at-risk students each from Crest

Secondary under the Circuit Breaker School Buddies programme.

adidas, our *spexBusiness* Champion partner, is also supporting the initiative by sponsoring 300 caps to be sent out as part of the 'Olympic' themed Tinker Kits in the month of August. A collaboration with 8 TeamSG athletes, as well as past Youth Olympians who were part of the 2010, 2014 and 2018 contingents, these Tinker Kits aim to encourage the kids to participate in sport and champion the Olympic values of excellence, respect and friendship.

Our heartfelt thanks to adidas and James, for supporting TeamSG and this meaningful initiative!

Click [here](#) to find out more about Project Hopefull.

Ground Up Initiative for the Community

Aim to bridge the resource-divide for needy kids in Singapore



Photo credit: Jen Goh

(Top to Bottom): Wilshia Maruli, Jen Goh and Victoria Chen

**GETACTIVE!
SINGAPORE**

**GETACTIVE!
SINGAPORE**
— APR - AUG 2020 —

Calling all Sporting Singapore stakeholders, join us as an Active Enabler!

ACTIVE ENABLER PROGRAMME GRANT OF \$2 MILLION

GetActive! Singapore 2020

GetActive! Singapore has brought Singaporeans from all walks of life together to bond and celebrate National Day through sport since 2016. Over the years, its Active Enabler Programme had supported over 1000 ground-up projects from individuals, corporates, community groups and schools. This year we invite Sporting Singapore to create and deliver innovative digital content and virtual activities for Singaporeans to enjoy at home while meeting their need for exercise to stay healthy and fit.

As Singaporeans adjust to staying home for work and play and many sectors are put to the test during this trying period. Get involved together in a range of virtual initiatives that are part of the Active Enabler Programme with innovative home-based activities and programmes to keep active at circle.myactivesg.com/events

“SGUnited through sport and physical activity will uplift households and communities in these challenging times. We want to unite with our industry partners to bring their expertise and experience to develop engaging and fun content that will enable Singaporeans to stay active and socially connected online. Sport professionals and businesses can also take this opportunity to develop new capabilities, alternative service delivery channels and business models to better equip themselves for a new generation of digitally savvy sport participants. In starting the GetActive! Singapore campaign now, we also want Singaporeans to not just stay active and healthy, but resilient and united as One Team Singapore even when we are physically apart,” said SportSG CEO Lim Teck Yin.



Let’s get up and break a sweat together to a remix of this year’s National Day Parade theme song “Everything I Am”!

The ActiveSG Circle

Additionally, Sport Singapore is partnering the sport industry through our latest initiative, The ActiveSG Circle, a virtual super sport club platform. Through The ActiveSG Circle, we will develop capabilities for now and the future, for live and virtual service delivery and commerce, leveraging on network technology and data. The ActiveSG Circle will be first introduced during GetActive! Singapore 2020.

Visit circle.myActiveSG.com to find out more.



Athleaks

Personal stories by TeamSG athletes aim to share, inspire and motivate us



Siti Mastura

Together, We Will Overcome

Written by TeamSG Shooter, Siti Mastura

Who would have thought that life could change so drastically? We have been so comfortable living our lives, chasing our dreams and suddenly, everything changed. The world came to a halt. COVID-19 hit Singapore early and we found ourselves in the centre of global media attention by early February, alongside China and Japan. The virus spread like wildfire – uncontrollable and unprecedented, it went on a rampage without a warning. Country after country it propagated, and thousands of lives were lost. Countries went into lockdown and travel restrictions were implemented. We were not spared.

I am a trap shooter, a clay target shooting sport using a shotgun. It's not particularly a popular nor an appealing sport in Singapore but it's there. We have all but one association with a shotgun shooting range in Singapore and a total of three national shotgun shooters. You're probably more familiar with pistol or rifle in terms of the shooting sports in Singapore. But I love this sport. More than any other competitive sports I've undertaken in my life.

I was looking forward to my first ISSF Shooting World Cup in March 2020. After coming back with my personal

best in the Asian Shooting Championships in Doha in November 2019, I was pumped up and ready for the next challenge. All set to push myself further and hit higher scores. Deep down, I knew there's a chance that I may not be able to compete because the virus was spreading so rapidly. But I chose to live in denial. Initially, the World Cup was postponed and there was still hope that I could compete. I was left disappointed. It was cancelled and postponed indefinitely.

Click [here](#) to find out how Siti came back stronger than before.

Never Be Afraid to Dream Big



Photo credit: Andy Chua

Written by TeamSG Golfer, James Leow.

I wasn't remotely close to pursuing my dream – to compete amongst the best in the world as a top golfing professional on the Professional Golfers' Association of America (PGA Tour) and I knew that I needed a place with the right exposure and experience to do so. Knowing what I wanted, I discussed with my parents and made a big decision to drop out of ACJC in 2015 and pursue college golf in the United States of America in 2018 to create that opportunity to compete and learn from the best amateurs in the world.

It feels as though it was just yesterday that I was sitting in a classroom in Anglo-Chinese Junior College, listening to one of my teachers drone on for what felt like forever. I would feel rejuvenated whenever the bell rang, signalling the end of the school day, and the start of my evening practice. My practice wouldn't stop until the lights on the putting green turned off. I had limited time to train due to long school hours and heavy workload. It definitely wasn't enough to improve but I had to try and find ways.

Click [here](#) to find out how James went on to fulfil his dreams.



Pledge Your Support

Post messages of support and encouragement to TeamSG

Our Team Singapore athletes remain committed to train hard and give back to the community as #OneTeamSG. To pledge your support, simply click [here](#) and comment "I pledge my support to TeamSG athletes".

Subscribe to Get Active TV

Get Active TV is the official media channel for all things Singapore fitness, active lifestyle, health and wellness.

The content ranges from LIVE virtual classes led by some of the biggest Singapore fitness personalities, to tutorial content you can watch and learn from to become fitter and healthier, meal preparation cooking shows and entertaining interviews with TeamSG athletes during "Evenings with John & Duncan".

You can also visit [here](#) if you have an appetite for more virtual classes beyond what is available on the broadcast schedule in Get Active TV.



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



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