

emPOWER

ISSUE 14

APRIL 2021



2021 spexScholars

Introducing this year's batch of spexScholars (L to R): James Leow (Golf), Quah Ting Wen (Swimming), Nurulasyiqah (Boccia), Teong Tzen Wei (Swimming), Sheik Farhan (Silat), Debbie Soh and Miya Yong (Artistic Swimming) and Goh Choon Huat (Cycling).

Singapore Sport Institute (SSI) is proud to announce that 8 athletes have joined the existing 68 athletes in the coveted spexScholarship programme. In its ninth year, the programme supports 76 athletes across 20 sports and 6 para sports in the areas of high performance as well as in career and education aspects (under the spexBusiness and spexEducation programme respectively).

Mr Edwin Tong, Minister for Culture, Community and Youth & Second Minister for Law, expressed his congratulations to the new spexScholars, ***"The spexScholarship represents our pinnacle support for High Performance Sport athletes who have demonstrated the potential and drive to perform well and win medals at the Asian, Olympic and World Championship events. Our spexScholars have continued to show tenacity and resilience during this period in their pursuit towards sporting excellence."***

Mr Kon Yin Tong, Chairman of the spexScholarship Selection Committee and Chairman of Sport Singapore

echoed his compliments to the newly inducted spexScholars, ***"My congratulations to our new batch of spexScholars who have shown plenty of promise so far and we hope that the additional support will give them the push needed to succeed at the highest level. While 2020 had been a challenging year for existing spexScholars, they have continued to maintain their fitness levels and have been training conscientiously and diligently since the Circuit Breaker period till now."***

Team Singapore cyclist, Mr Goh Choon Huat, is thankful for the enhanced support. He remarked that ***"the enhanced support from this programme will further his skillsets to represent Singapore at the international level."***

Indeed, support from SSI comes in all forms. With the COVID-19 pandemic, it has become more pertinent to support athletes holistically. SSI will continue to support all Team Singapore (TeamSG) athletes including spexScholars in their education and career aspirations to benefit themselves and their sporting journey.

In this issue...

[2021 spexScholars](#)
[Introducing the New spexScholars](#)
[spexScholar-In-Focus](#)
[Project Empower](#)
[TeamSG in the Community](#)
[GetActive! Singapore 2021](#)
[Active Health](#)
[One Day Campaign](#)
[Upcoming Events](#)

Introducing the New 2021 spexScholars



Miya Yong



Debbie Soh

TeamSG Artistic Swimmers

TeamSG Artistic Swimmer, Debbie Soh and her duet partner, Miya Yong, hopes to become one of Singapore's first Olympians in Artistic Swimming. The duo also broke their Personal Best for four consecutive times in 2019. The *spexScholarship* support will help to further heighten the performance of this duo.

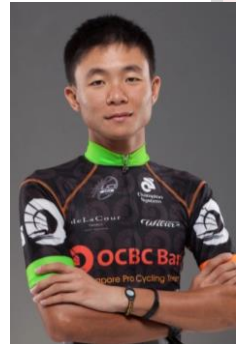
TeamSG Boccia Player

Nurulasyiqah Mohammad Taha, was the first TeamSG Boccia athlete to represent Singapore in the 2012 Paralympic Games. For the BC3 Women Singles, Nurul is currently ranked 3rd in Asia and 7th in the World. With continued and enhanced support, Nurul has the potential to be even better and be among the top ranked female athletes in Boccia.



TeamSG Cyclist

TeamSG Cyclist, Goh Choon Huat has competed as a professional cyclist in the Asian circuit for the past 6 years. He finished 1st out of the 14 South East Asian riders and 10th out of the 62 riders in the ACC Asian Road Cycling Championships 2019 held in Uzbekistan. We look forward to more achievements from this rising star!



TeamSG Golfer

TeamSG Golfer, James Leow, broke Singapore's 30 year gold medal dry streak by clinching a gold in the 2019 SEA Games. James finished 5th in the 2019 Asia Pacific Amateur Championship, a commendable accomplishment as the event fields the top players from each Asian Games participating country. With a long term *spexScholarship* support, James is expected to perform even better.



TeamSG Silat Exponent

Sheik Farhan Sheik Alau'ddin is a 3-time World Silat Champion before exiting the *spexScholarship* programme to fulfil his National Service (NS) duties. Even while fulfilling his NS duties, he continued to keep himself physically and mentally fit so he could resume competitive Silat upon his ORD. With his sights set high in competing for the next few years to come, we look forward to more achievements from this star.



TeamSG Swimmer

Quah Ting Wen, TeamSG Swimmer, is one tenacious lady. She had a bad year in 2018 but turned things around in 2019 and broke her Personal Best in the 50m Freestyle, 100m Freestyle, 50m Butterfly and 100m Butterfly in 2019. Ting Wen even rewrote national records at the SEA Games 2019 in Philippines. Kudos to her!



TeamSG Swimmer

TeamSG Swimmer, Teong Tzen Wei started competitive swimming in 2017 and has shown tremendous progress in his timings. He is a two-time SEA Games Gold medalist and set a personal best record of 52.55s and met the Olympic B qualifying mark in the 100m butterfly in the Singapore National Olympic Qualifiers.



spexScholar-In-Focus

Poised, determined and unfazed, Jaslyn Hooi, a TeamSG badminton player and spexScholar, stepped into her office at Ayer Rajah Crescent. As soon as she sits down at her desk, it is non-stop working for her until she leaves for her training. Such was her usual routine during her internship stint at spexBusiness partner, Quest Ventures. As an Investment Analyst intern, she had to facilitate the investment process; be the first point of contact with the start-ups, do an initial evaluation of the feasibility and potential of the company to invest in. She is also in-charge of several market access programs that help companies in gaining access to overseas markets and amplifying their presence across the region. This is certainly no mean feat for someone with no prior working experience at all.

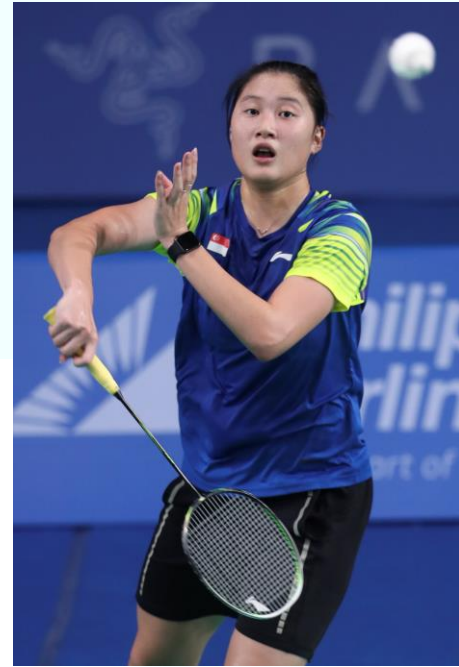
“In June 2020, the spexBusiness team was able to advise and help me secured my internship in Sept through the network despite the COVID-19 situation then. I am very thankful for the help that the spexBusiness team has given me so far. They really helped me to find the perfect internship which I really enjoy because I don’t have to compromise on my training to reap the best out of my internship.” said Jaslyn.

To Jaslyn, her internship experience was like a roller-coaster ride; it was scary yet exhilarating. Most of the time, she was challenged out of her comfort zone, but it had been a super rewarding journey. It was a fast-paced on-the-job training environment where she got to learn so much more. Jaslyn quipped, “I want to start my own company in the future and this internship experience gave me a good head-start in doing so!”

With moral support from her coach, management team in Singapore Badminton Association, close friends and family members, Jaslyn was able to fulfil her training and competition requirement, as well as complete her internship in 30 weeks.

As Jaslyn added, *“They try their best to understand what I am going through and support me when I am too torn between my sport performance and work responsibilities. I am also thankful to Quest Ventures for providing me with a flexible working schedule that allows me to have the luxury to plan my working schedule around my training and physio appointments. Besides that, my direct supervisor is very supportive of my competition schedule. For instance, during the week of the National Open Championship 2021 (30 Jan to 7 Feb), he allowed me to take the whole week off to focus on my competition.”*

Quest Ventures recognises that athletes are high performers and are willing to support their sporting aspirations if they deliver their work. This is synonymous with their company culture, which is very start-up at heart.



“We are outcome-driven. So long as work is done and deadlines are met, it does not matter how much (or how little) time one puts in.” shared James Tan, Managing Partner at Quest Ventures.

It is with such an unwavering support system in place, as well as her own perseverance and hard work that allowed Jaslyn to continue with her sporting pursuits as a spexScholar. She went on to defend her Gold title in the National Open Championship 2021 for Women’s Singles. This comes as no surprise indeed for this determined and tenacious young lady, undeterred by challenges that comes her way and excelling in everything that she does.

Jaslyn’s advice to all athletes

“Take on the corporate world as if you are learning to play a new sport. You might be new, inexperienced, afraid, nervous but you have the hunger to win, to learn and be the best. It is in your blood to not back down from a challenge, so let this job opportunity be one of the challenges you don’t back down from. Be humble and learn from the veterans in the industry you are going into. Be comfortable in asking uncomfortable questions, and always push your boundaries.”



TeamSG Badminton Shuttleer Jaslyn Hooi (Right bottom) with her colleague and mentor James Tan (L) at Quest Ventures.

Project Empower

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

The *spexBusiness* team is proud to organize a series of workshops to provide athletes with access to tools and skills to elevate their personal development and create greater opportunities beyond their sporting career. These workshops include content such as showreel creation for personal branding, Athlete365 Career+ Power Up to guide athletes to have more clarity on dual-career, Athlete Branding & Sponsorship for athletes to learn more about the basics of securing a sponsorship for themselves and financial literacy to prepare athletes in managing their monies wisely and start building financial sensibility for themselves. This year, the *spexBusiness* team already ran a few series for athletes and will continue to do so throughout the year.

SKILL-UP WORKSHOPS

Create Your Showreel



The 5th run of the showreel workshop is currently on-going and will conclude on 8 May. This workshop consists of 5 online sessions and are conducted in collaboration with *spexEducation* partner, Nanyang Polytechnic (NYP). This is the second time the team has worked with NYP for the showreel course. With NYP, their final year students are involved as student-mentors to guide each athlete in doing up their own personal showreel showcasing their sporting journey and motivations. We hope that through this workshop, athletes learn to story tell and have their personal showreel which they can use for branding purposes.

Athlete365 Career Power Up



The *spexBusiness* team has organised 3 runs of the Athlete365 Career+ workshops thus far in collaboration with Singapore National Olympic Council (SNOC) Athletes' Commission. The 3rd run, Athlete365 Career+ Power Up workshop, is an updated online version of the Athlete365 Outreach workshops, held in small groups for a more interactive experience, to nurture athletes to have more clarity and explore their strengths in other aspects of life apart from sport. Athletes attending this workshop will also have in-depth insights from former athlete, Mr Yip Ren Kai who is the trainer of this workshop. The 4th run is scheduled in July.

Athlete Sponsorship & Endorsement



The 2nd run of the Athlete Sponsorship & Endorsement workshop for TeamSG athletes will start in May. This time round, there will be 3 dates for athletes to choose from. The workshop, organised in partnership with *spexBusiness* partner, Octagon, will see athletes learn about the basics of how to secure sponsorships for themselves and help them gain some commercial sensibilities, so that they can better manage their own rights and brands. Athletes can look forward to another insightful session on the following dates:

- 15 May (Sat) 12pm – 1.30pm
- 22 May (Sat) 12.30pm – 2pm
- 29 May (Sat) 1pm – 2.30pm

LUNCH-TIME CHAT

Social Entrepreneurship



Some TeamSG athletes spent a fulfilling hour during their lunch time discovering more about Social Entrepreneurship via a zoom session organised by the *spexBusiness* team and Social Collider on 30 Mar. Since research shows that athletes make great entrepreneurs, Mr Russ Neu, CEO of Social Collider, an aggregator of resources for social enterprises and impact organisations in Singapore, shared with athletes his expertise in social entrepreneurship and how that can be a possible career option for them.

Lin Hejun, TeamSG shooter, found the session insightful, and managed to meet up with Russ after the online chat to find out how he can do more.

There will be more of such sessions in the future. Watch this space for more of such opportunity!

Athletes-In-Focus

TeamSG In The Community

Showcasing the Team Singapore spirit in community events.



TeamSG floball players (L to R), Terence Tan, Foo Jun Wei, Tng Zong Wei and SFA President Kenneth Ho.



(Top to Bottom): TeamSG athletes from Silat, Bowling and Netball.

The District Race Singapore 2020 virtual event is part of Sport Singapore's Blended Events Programme which ran from 20 November to 30 December 2020. To cap off the virtual event, the District Race Singapore FINALS was held on 13 March 2021. The 90-minute race through the city was conducted in strict adherence to government guidelines on safe distancing and large-scale sporting activities. It also marked the launch of the new District app.

The FINALS was an invite-only sporting event and served as an extension of the District Race and event sponsor, MSIG Insurance's commitment to preserve tropical rainforests and biodiversity. On top of the 40,000 protected trees from the District Race Singapore 2020 virtual event, the FINALS saw an additional 20,000 protected trees through the efforts of race participants.

One hundred racers, gathered in teams of four and raced through the city. The race started at OCBC Square at Singapore Sports Hub, the event's official venue partner. The teams raced in four waves between 0700 and 1300 hours with the goal to collect points by clearing checkpoints across Singapore within the 90-minute time limit.

18 Team Singapore athletes from bowling, floball, netball, silat, athletics and modern pentathlon such as marathoner Jasmine Goh, silat exponent Nurul Suhaila and netball's team captain Charmaine Soh, joined the race and played their part for the environment.

The improved District app featured a new hybrid event style that brought extraordinary Augmented Reality (AR) experiences, starting with custom and shareable AR face filters that participants received when they finished the race. For more information, please click [here](#).

"As Team Singapore athletes, it's important for us to set an example to our fellow Singaporeans to champion the environment and stay active, especially in these times. I think the District app is an exciting platform which enables citizens to combine these efforts and it's a great way to rediscover the city in the new normal," said Charmaine Soh.

GetActive! Singapore 2021

Every year in August, we will rally Singapore to celebrate National Day through Sport as One Team Singapore during **GetActive! Singapore**. As part of this event, we are launching the **Active Enabler Programme (AEP)** where we offer workshops, classes as well as grants of up to \$50,000 for corporates to collaborate with us and organise physical activity and sporting programmes for their staff, clients, stakeholders or even members of public.

Due to COVID-19, there has been an increase in demand for health and wellness programmes while there are others who would like to go back to playing sport but are still wary of existing Safety Measures. Through the **Active Enabler Programme**, we hope to partner you to **Bring Sport Back to Singapore**, while at the same time celebrating National Day and what makes us proud to be Singaporean.



3 Ways to Participate in AEP

Grants

Come forward, play a part

Scan to learn more and apply for AEP



We want your ideas. Get creative! <https://go.gov.sg/gasa2021-aepp>

Organise innovative activities to encourage everyone to get active & care for one another through sport.



Provision of Fitness Instructors

Active as One thru' Fitness

Just looking for a simple fitness class with your colleagues?

We'll provide an instructor for you at your agency's availability (subject to conditions).



Active Health Playmat for Families

Gauge your fitness & health level through assessments for you & your loved ones, and improve your flexibility & mobility through exercises using the play-mat!

Get in touch with us to find out more!

Move as One thru' Active Health

- Apply for an Active Health workshop (up to 15 pax)
- Pay it forward, pledge & donate to a charity of choice: \$560 or \$5,600 in celebration of Singapore 56th birthday

Learn to Move Better with Active Health!

MOVE BETTER



BALANCE & MUSCULAR FITNESS

Improve your balance, muscular strength, endurance and power – the essential components in enabling us to live life to the fullest.



CARDIOVASCULAR FITNESS

Learn home-based exercises to get your heart pumping for a stronger and more resilient body!



MOBILITY & FLEXIBILITY

Move, stretch and experience self-care techniques to ease muscle aches and stiffness.



EXERCISE & DIABETES

Do you know that exercise is beneficial for diabetics? It helps to improve blood sugar control and prevent the development of type 2 diabetes.

Learn to stay in shape and find out more about different workouts with these workshops. Click [here](#) for the full list of virtual workshops, or scan to find out more!



You can also contact the [Active Health team](#) if you would like to look for specific workshops for your company!

One Day Campaign

Team Singapore is proud to launch the One Day campaign with 6 digital videos, in support of our fellow Team Singapore athletes as they endeavour through perseverance and sport, in our countdown to Olympics, Paralympics, SEA Games and ASEAN Para Games.

What is One Day

One Day is a statement of empowerment. Connecting everyone through the shared belief that success is about dedication, connection, perseverance, joy, the journey and not the medal.

One Day campaign is a content series that will showcase how athletes across all sport genres personify the Singapore spirit of determination, perseverance and resilience to positively impact the society.

We invite Singapore to unite as **One People. One Nation. One Roar.** To create their **One Day.**

#OneTeamSG #OneDaySG

So come join us in our campaign to show your support for our athletes!

Besides your social media, we are open to working with you to include your message and logo in your other media platforms to showcase your support.

If you would like more information on how you can be involved to show your support for our Team Singapore athletes, please get in touch with us now.



Upcoming Events

GetActive! Singapore August 2021

GetActive! Singapore 2021 offers something for everyone to play and celebrate National Day together as a stronger Singapore through sport. This year, the Active Enabler Programme will be looking for proposals with emphasis on mainly physical sports activities and events to bring sport back safely in 2021.



Games of the XXXII Olympiad Tokyo, Japan 23 July – 8 August 2021

The event was postponed in March 2020 as a result of the COVID-19 pandemic. Under new IOC policies to allow the host organizing committee to add new sports to augment the permanent core events, the Games will see karate, sport climbing, surfing, and skateboarding make their Olympic debuts.



31st South-East Asian Games Hanoi, Vietnam 21 November – 2 December 2021

The 2021 Southeast Asian Games, commonly known as the 31st SEA Games, will take place in Hanoi, and feature 40 sports, mainly those played at the Olympic Games. This is the second time Vietnam will hold the SEA Games since 2003.



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



- Action Community for Entrepreneurship • Adecco • Amore Fitness • Banyan Tree • Borneo Motors • Building and Construction Authority • CapitaLand • Charles and Keith • DBS Bank • DHL Supply Chain • e2i • Enterprise Sports Group • F&N Foods • Fairmont Singapore • Fonterra • Foo Kon Tan LLP • Formwerkz • Fox Networks Group • Fuji Xerox • Fullerton Hotel • Fun Toast • FutuReady Asia • GRAB • HP Inc. • HP Enterprise • Hyflux • Hydragun • Institute of Technical Education • International Sports Academy • Intertek Testing Services • Islamic Religious Council of Singapore • James Cook University • KPMG • Ministry of Culture, Community and Youth • MOH Holdings • MSIG Insurance • My Kampung • Nanyang Polytechnic • Nanyang Technological University • National Arts Council • National Healthcare Group • National Heritage Board • National University of Singapore • National Youth Council • Nestle Singapore • Newport Dental • Ngee Ann Polytechnic • NTUC Fairprice • OCBC Bank • Octagon • ONE Championship • Pacific International Lines • Pan Pacific Hotels Group • People's Association • Polygon Asia Consulting • PSB Academy • Qiren Organisation • Quest Ventures • Raffles Medical Group • Republic Polytechnic • Resorts World Sentosa • Rightspot • RSH Limited • Sakae Holdings • SAS Institute • SG Enable • Singapore Exchange • Singapore Institute of Management • Singapore Institute of Technology • Singapore Management University • SMRT Corporation • Singapore Polytechnic • Singapore Sports Hub • SPORTFIVE • StarHub • Subway • Tea Tree Café • Temasek Polytechnic • The Majority Trust • Toyota Motor • Volkswagen • Watsons • Yoguru • Yu Kee Group

