

emPOWER

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After a year of postponement due to Covid-19, the Olympic Games took place in Tokyo from 23 July till 8 August 2021.

Team Singapore's contingent was represented by 23 athletes across 12 sports.

At the Opening Ceremony held at Japan's Olympic Stadium on 23 July, Badminton star Loh Kean Yew and Table Tennis veteran Yu Mengyu, were Singapore's flag bearers. The duo proudly led our 12-strong contingent during the "Parade of Nations" segment.

Even though our athletes had to adapt to a very different Games as compared to previous years, TeamSG gave their very best to qualify for the Olympiad and put up strong performances in Tokyo 2020.



TeamSG Swimmer Yip Pin Xiu at the Victory Ceremony at the Tokyo Paralympics Games.

Our Paralympians also put forth a performance at the Tokyo 2020 Paralympic Games from 24 August to 5 September 2021.

TeamSG was represented by 10 athletes across 6 sports at the Paralympic Games.

Debutants Nur'Aini Binte Mohamad Yasli (Powerlifting), Steve Tee (Cycling), Toh Wei Soong (Swimming) and Sophie Soon (Swimming), joined veterans Nur Syahidah Binte Alim (Archery), Muhammad Diroy Bin Noordin (Athletics), Gemma Foo (Equestrian), Laurentia Tan (Equestrian), Maximillian Tan (Equestrian) and Yip Pin Xiu (Swimming) in the nation's 9th Paralympic Games campaign.

4-time Paralympian Yip Pin Xiu successfully defended her Gold in the Women's 100m S2 backstroke. The 29 year old also went on to defend her gold medal in the 50m backstroke final.

It was a very emotional moment as we saw the Singapore Flag and national anthem being played at the victory ceremony. One Team Singapore is super proud of all our athletes' performance and achievements.

From L to R: Muhammad Diroy Bin Noordin (Athletics), Amita Berthier (Fencing), Joseph Schooling (Swimming), Yip Pin Xiu (Swimming), Yu Mengyu (Table Tennis), Loh Kean Yew (Badminton), Nur Syahidah Alim (Archery)

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WRAPPING UP TOKYO 2020

Our TeamSG Olympians showcase their tenacity, grit and determination at the Tokyo 2020 Olympic Games. We would like to thank all 23 athletes for representing Singapore and we continue to stand behind you to support your sporting journey and aspirations. A very big Thank You to all of you:

Athletics : Shanti Pereira
 Badminton : Loh Kean Yew
 Yeo Jia Min
 Diving : Jonathan Chan
 Freida Lim
 Equestrian : Caroline Chew
 Fencing : Amita Berthier
 Kiria Tikanah

Gymnastics : Tan Sze En
 Rowing : Joan Poh
 Sailing : Amanda Ng
 Cecilia Low
 Kimberly Chia
 Ryan Lo
 Shooting : Adele Tan

Swimming : Chantal Liew
 Joseph Schooling
 Quah Ting Wen
 Quah Zheng Wen
 Table Tennis : Feng Tianwei
 Lin Ye
 Yu Mengyu
 Clarence Chew



TeamSG Table Tennis Player, Yu Mengyu pushed through her left thigh injury to face against Japan's World No.2 Mima Ito in her Quarter Finals to achieve 4th position in the Women's Singles. Mengyu definitely surpassed her previous achievement of making it to the last 8 at Rio 2016. A very commendable feat despite nursing a very bad injury.

TeamSG Sailors, Kimberly Chia and **Cecilia Low**, put up a commendable performance in Tokyo, as they became the first ever Singaporeans to qualify for the medal race at the Olympics. The duo finished with a best ranking of 10th overall out of 21, in the Women's Skiff 49er FX Medal race.

TeamSG Sprinter, Shanti Pereira, debutant to the Games, gave her season's best as she recorded a timing of 23.96s at the 200m heats.

TeamSG Fencer, Kiria Tikanah Abdul Rahman and **Amita Bertier** were our first 2 Singaporean fencers to qualify by merit for the Games. In the Table of 32, Amita (WR60) lost to eventual Foil Gold medallist Lee Kiefer (WR5) of USA. And Kiria (WR207) also put up a strong fight, but lost to the eventual Epee Silver medallist Ana Maria Popescu (WR1). Both of our TeamSG Fencers did well on their Olympic debuts and already looking towards Paris 2024!

TeamSG Divers, Jonathan Chan and **Frieda Lim** were the first two Singaporeans to qualify by merit for the Games. Jonathan finished 26th out of 29th in the Men's 10m platform preliminary round with a score of 311.15.

TeamSG Swimmer, Chantal Liew became the first Singaporean to compete in Open Water Swimming. Chantal managed to keep up with the more experienced swimmers, and finished 23rd out of 25 in the Women's 10km event.

TeamSG swimmer, Joseph Schooling will forever be remembered as our 1st Olympic Champion. Thank you for being one of Singapore's greatest athletes. TeamSG rallies behind you! Till the next Major Games in 2022!

WRAPPING UP TOKYO 2020

Minister for Culture, Community and Youth & Second Minister for Law, Mr Edwin Tong, graced the flag presentation event of the Tokyo 2020 Paralympic Games, with flag bearer, Muhammad Diroy, Ms Shirley Low, Chef de Mission for the Paralympic Games and Dr Teo-Koh Sock Miang, Chairperson for Singapore National Paralympic Council (SNPC).



Team Singapore's 10 strong contingent competed across 6 sports. With 2 Gold medals, this is also the fourth Paralympic Games in a row that Singapore has medaled in since 2008. Here are some of the breakthrough performances by our Paralympians:



TeamSG Swimmer Yip Pin Xiu successfully defended both her titles in the Women's 50m Backstroke S2 and 100m Backstroke S2 events. She also achieved a season best time in the 50m event. Overall, PX has won 5 gold medals and 1 silver in three (2008, 2016, 2020) of the four Paralympic Games that she has competed in.

TeamSG Shot Putter Muhammad Diroy broke his own national record twice in the event, and achieved a new personal best of 9.92m at the Men's Shot Put F40 event!

In 2020, Diroy came on board in the *spex* Scholarship programme to train full time, and earned a slot in the event at Tokyo 2020 by finishing in the Top 6 in the qualification ranking.



TeamSG Cyclist Steve Tee (L) and **his pilot Ang Kee Meng (R)** clocked a new personal best record in the Men's B 1,000m time trial and finished 8th in the Velodrome race. They only started competitive tandem cycling in 2017, and the team has done well with 2 PBs in their Paralympic debut.



TeamSG Swimmer Toh Wei Soong broke his own national record with a time of 28.65 to finish 7th out of 8 in the Finals of the Men's 50m Freestyle S7. He also set a new national record of 29.50s in the Finals of the 50m Butterfly S7, and finished 4th out of 8.



PM Lee Virtual Meet-Up with TeamSG

Prime Minister, Mr Lee Hsien Loong, met our Team Singapore Olympics and Paralympic bound athletes via a virtual meet up in early July, and urged the nation to rally behind Team Singapore. #weAreAllWith You

PM Lee also wrote on his Facebook page on 24 Aug for his support to our Paralympians, "Not only have they trained relentlessly, but they have spent their lives overcoming peoples' expectations of the differently-abled." Thank you PM Lee for your words of encouragement to our 23 Olympians and 10 Paralympians.

Get Active with Active Health

Athletes Co-hosted Workshops

Active
Health

Balance and Muscular Fitness Workshop

Wed | 29 Sep | 7.00pm



TeamSG Badminton player Tay Wei Ming and Active Health Coach Amir Pauzi, will provide tips on how you can perform specific exercises that can improve your balance, muscular strength, endurance and power!



go.gov.sg/bmf29sep

Scan the QR code above and sign up for the [Balance and Muscular Fitness Workshop](#)

Basics of Meal Planning Workshop

Thu | 30 Sep | 11.30am



Join TeamSG Wrestler Timothy Loh and Active Health Coach Fang Jia Bin, to explore simple and practical ways to eat better at home and at work.



go.gov.sg/bomp30sep

Scan the QR code above and sign up for the [Basics of Meal Planning Workshop](#)

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

Assess. Step. Play for Fitness!



Assess for Fitness
Simple assessments to test your balance, flexibility and muscular endurance, which are essential in your day-to-day activities.

Step for Fitness
Fun activity involving memory and movement, which helps improve sensorimotor skills and cognition, and reduce fall-related injuries.



Sign up for Active Health Play Mat Workshop and get 56 FREE mats*!

The Active Health Play Mat will be your answer to a multi-purpose mat which allows you to assess, step and play for fitness, anytime, anywhere.

Interested to organise a fun and interactive Active Health Play Mat session for your staff?

Email to sport_active_health@sport.gov.sg now to get your free mats* and book your slot!

Play for Fitness
Great game to strengthen bonding through fun and strength-related exercises.

* While stocks last.

UPDATES ON PROJECT EMPOWER

The *spexBusiness* team has organised a variety of workshops as part of Project Empower to equip athletes with access to tools and skills to elevate their personal development and create greater opportunities beyond their sporting career. Till date, we have conducted more than 16 runs of numerous workshops to benefit athletes.

These workshops include the showreel workshop for athletes to learn to create their showreel to document their sporting journey, Athlete365 Career+ Power Up workshop 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.

PERSONAL BRANDING ON SOCIAL MEDIA

spexBusiness recently organised a Personal Branding on Social Media online workshop for TeamSG athletes. The Ngee Ann Polytechnic trainer provided tips to athletes on how they can sharpen their personal brand on social media platforms such as Instagram and Tik Tok. Athletes were also taught some strategies to make their content more engaging to attract new followers. Watch this space as we bring more new workshops to cater to the personal development needs of athletes.



Create social media content that are not confined to sports, but also content that are relatable, entertaining, educative and captivating.

TEAM SINGAPORE REWARDS CARD



Calling all Team Singapore athletes! Remember to utilise your TeamSG rewards card to enjoy discounts of up to 30% off at our participating rewards card merchants! The TeamSG rewards card is available on your ActiveSG app under “ME” in the top right corner of your app.

Click [here](#) to find out the full list of offerings from participating merchants.

Children Books by SDSC

For the first time, the Singapore Disability Sports Council (SDSC) has published two children’s story books featuring **TeamSG Archer Nur Syahidah Binte Alim!** Syahidah is the first archer ever to represent Singapore at the Paralympics. But did you know she was not allowed to play sport at school in her childhood? Or that she faced bullying and rejection at many levels due to her physical condition? In this story of courage, hardship, and perseverance, you will find out how **TeamSG Archer Nur Syahidah** went from a young girl who was told she was weak, to becoming the top para archer in the world.

If you would like to have a physical copy of the book or to gift it to a friend, you can now order the book [HERE](#).



Beginner book
(suitable for aged 6 and below)



Early reader
(suitable for aged 7 to 12)

Each book is priced at \$20!

Athlete-In-Focus

Igniting the passion, fuelling the dream

Team Singapore windsurfer Amanda Ng, gave a spectacular performance at the recent 2020 Tokyo Olympics, exhibiting strength and perseverance in the Women's RS:X (windsurfing) event. She has flown the Singapore flag high and we are proud of her achievements!

Amanda's passion for sailing started when she was 10 years old, and her story is not only one of incredible grit and sacrifice, but also of triumph because of the support she has around her.

Deloitte Singapore ("Deloitte"), a *spexBusiness* partner, has been supporting Amanda since she was an undergraduate, awarding her with a scholarship, so that she had the resources to train for the 2018 Asian Games while studying for her Accountancy degree. Today, she is an Audit & Assurance Senior Associate with Deloitte, and she balances her work and her trainings with discipline and commitment.

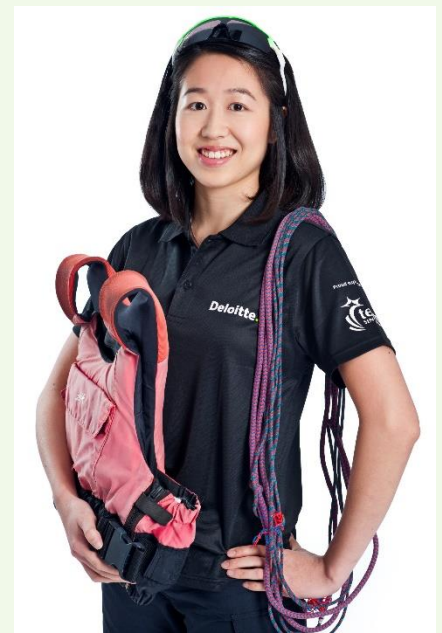
On a typical day, Amanda starts her day at 5am with aerobic sessions before heading to work at Deloitte. After work, she heads to the Singapore Sport Institute (SSI) for her strength and conditioning sessions. She trains on the water during the weekends. In the lead up to Tokyo 2020, Deloitte granted her sabbatical leave so that she could focus on her training.

The road to Tokyo was not all smooth sailing to say the least. Back in April this year, Amanda was in Oman for the Mussanah Open Championships (which would determine her place at the Olympics). But after her final training session, she slipped and fell while carrying her board up the steps, resulting in a Grade 2 medial collateral ligament tear in her left knee. The injury was so severe that she did not feel capable of starting the first of 13 races at the competition. But she did! Despite the overwhelming odds, Amanda pressed on, overcame her pain, fended off her competitors, and qualified for the Olympics.

Amanda is a champion in her own right, with her tenacity to fight and find ways to adapt and perform in spite of setbacks. As the 27 year old settles in back at work after Tokyo, we wish her all the best as she sets her sights on the next challenge.



"My experience in Tokyo was amazing! It was surreal to be competing at the Olympics in this time of pandemic measures and restrictions. I've learnt more about myself and my sport, and I am determined to set greater heights for myself to achieve. I would like to thank my family, friends and loved ones who are on this sporting journey with me, and I am grateful for spexBusiness and Deloitte for allowing me the opportunity to pursue my dreams," says Amanda.



TeamSG Sports Series with MP Poh Li San

TeamSG collaborated with Member of Parliament (MP) for Sembawang GRC, Ms Poh Li San, on a sports video series where MP Poh speaks to an athlete or sport instructor. Each episode will last about 3-5 minutes where MP Poh and the athlete or instructor will talk about their sport as well as to try out the sport. Filming for this Sports series commenced in June and a total of 12 TeamSG athletes will be featured. The series will be posted on MP Poh's Facebook and Instagram accounts.

Catch our 12 athletes – Shayna Ng (Bowling), Geraldine Lee (Canoeing), Lynnette Koh (Climbing), Shafia Hassan (Cricket), Goh Choon Huat (Cycling), Jolie Lee (Fencing), Charmaine Soh (Netball), Sheik Ferdous (Silat), Lucas Ng (Speed

Skating), Vera Tan (Wushu).

The first episode was shown on



TeamSG Cyclist, Goh Choon Huat with MP Poh on the video shoot.

28 Jul (Wed) featuring national cyclist, Goh Choon Huat, the first Singaporean to join a Tour de France team in Europe. Subsequent episodes will be shown on a fortnightly basis on Wednesdays till March 2022.



SG Enable HIRE Workshop Series

To equip companies with the knowledge of inclusive hiring, SG Enable is organising the **SG Enable HIRE Workshop Series**. This series comprises of comprehensive and structured courses designed to help employers acquire the essential knowledge and skills to integrate persons with disabilities in your workplace.

Subsidies are available for Singaporean and PRs.

Here are some of the upcoming workshops:

- **20 & 21 Sep: Recruitment & Hiring of Persons with Disabilities (Online)**
- **14 Oct: Job Accommodation & Workplace Accessibility (Online)**

Click [HERE](#) to find out more about the above workshops.



You can refer to the SG Enable HIRE Workshop Series training calendar [here](#).

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



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