

# emPOWER

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Photos courtesy of Eugene Lim/ Sport Singapore

## Presidential Cheer to Team Singapore

On 5 June, President Halimah Yacob paid a visit to Team Singapore athletes from swimming (including Olympic champion Joseph Schooling), boccia, pencak silat, water polo and sailing, who were preparing for the 2018 Asian Games to be held in Indonesia from 18 August to 2 September, and the 2018 Asian Para Games in Jakarta from 8 to 16 October 2018.



President Halimah also broke fast with various athletes and officials who will be travelling to the quadrennial Games in Indonesia. Before taking her leave, President



Halimah autographed a plaque and encouraged the athletes to bring sporting glory to Singapore.

Sport has the power to bring people from all walks of life together, and President Halimah rallied for all Singaporeans, together with her, to cheer on our athletes!



### In this issue...

Presidential Cheer to Team Singapore

Update on Job Placements

New Athlete Life Team Lead

New spexBusiness Partners

spexEducation-In-Focus

Networking Session

OSIM Sundown Marathon

Swissotel Vitality Week

MILO with Joseph Schooling

Athletes-In-Action

Athletes-In-Focus

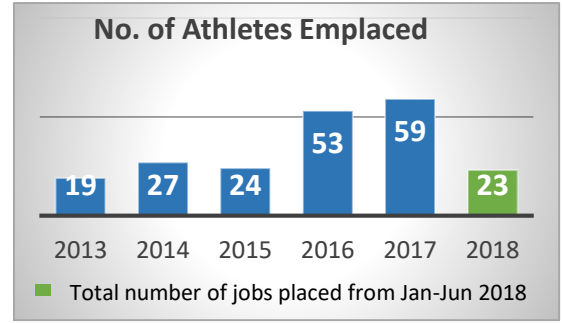
GetActive! Singapore

Upcoming Events

## Update on NEW Job Placements

A total of 213 athletes have been employed 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.



## New Team Lead for Athlete Life

With the recent re-organisation, Peggy is now with the Events and Fans Development team. We thank her for her passion and commitment in setting up the *spexBusiness* network, and wish her all the best in her new role!

SSI's Athlete Life team now welcomes a new team lead – **Mark Richmond**. A well-recognised personality, Mark has been at the forefront of Singapore's sports broadcasting and journalism for 31 years now, covering major Games like the Olympics and major sporting events like the World Cup.

Mark hopes his interactions with local and international athletes past and present will serve him well in this new role and that he continues to grow working with the current and next generation of athletes and partners.



SSI's Athlete Life Team (L-R) Zulhimi Karim, Beena Doshi, Apple Tan, Mark Richmond, Sheryl Lim, Alice Wong, Bernard Lim

## Familiar Face at the Athletes' Centre

Dolly Lo, more affectionately known as Auntie Dolly, is now working part-time with SSI. Dolly has been a "constant figure" in our sporting scene with her immense support for our Team Singapore athletes. Like a mother-figure, she will be attending to our athletes at the centre to provide advice and care to them.

Do say hi to her when you see her at the centre!



## NEW *spexBusiness* Partners

As of July 2018, a total of 58 partners have joined our *spexBusiness* Network to support our athletes in their pursuit of sporting excellence and prepare them for a successful career transition for life after sports.

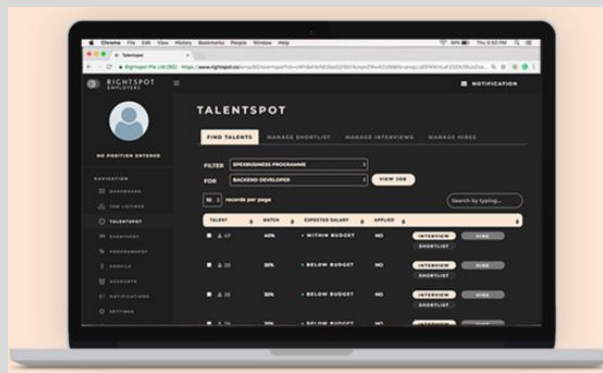
Please welcome our new partners!



## New and Improved Rightspot Features

After gathering feedback from users, Rightspot has improved its features and ease of use.

One key feature is Rightspot's **Talentspot**, which allows *spexBusiness* partners to view Team Singapore athletes ranked by



how well each athlete fit specific job requirements.

*spexBusiness* partners can headhunt and send interview invitations to shortlisted athletes even before they apply.

Get matched now at [rightspot.co/signin!](http://rightspot.co/signin!)

## spexEducation-In-Focus...

### SSI-RP Certification in Athlete Life Coaching



**Athlete Life Coaching** is a specialised field of counselling that helps athletes proactively plan for all other areas of their life while they pursue sports. Athletes will be better guided on decisions for major timelines and milestones as they continue to progress and develop their best potential in sport.

Republic Polytechnic and Singapore Sport Institute have come together to offer the Athlete Life Coaching course that aims to equip sport practitioners with the necessary skill sets to effectively and holistically manage athletes whom they mentor and guide.

The course to be launched soon in September is targeted at personnel who interact frequently with athletes, usually student life officers from institutes of higher education, sport coaches, teachers managing Sport CCAs and NSA staff.

**With athlete life coaching guidance:**

- Athletes will receive timely support in making important decisions along their sport development pathway.
- Athletes will stay longer in the sport and be more likely to reach their best sporting achievements.
- There will be less talent attrition which will directly impact the talent pool available for development to the higher levels of achievements.

### NUS – New spexEducation Partner



Please welcome NUS as they join our group of esteemed spexEducation partners who have demonstrated their unwavering support through flexibility, understanding and openness!

NUS continues their many ongoing athlete friendly practices, such as facilitating athletes to:

- take multiple leave of absence to facilitate their sporting aspirations.
- customise academic study loads that integrate with their major games' preparation campaigns.
- upload online lectures they missed for access anytime.

*“NUS is very supportive of our nation’s athletes. As a world-class university, we embrace the unique talents and aspirations of our student-athletes. We continually strive to provide them a conducive environment that facilitates them to excel in both their educational and sporting pursuits. Our student-athletes also help to strengthen our increasingly vibrant sporting community in the university and build a formidable spirit of cohesiveness among our students.”*

Mr Lawrenz Sim, Head of Sports & Recreation, NUS

- proactively arrange to consult lecturers for missed lessons.
- proactively plan for potential clash of tests/exams with major games and arrange to reschedule them.

### spexBusiness Networking Session: Connecting Athletes with Partners

On 20 June 2018, Team Singapore athletes got to engage with our spexBusiness partners (Adecco, DBS, Fullerton Health, Grab, KPMG, Rightspot, Robinsons, SMRT and Swissotel) to learn more about each other.

part-time and full-time) from the network, and also provided a platform for our spexBusiness partners to meet athletes from various disciplines to shortlist potential candidates to join them.

Athletes get to meet with potential employers, understand their business needs and see how they can fit in and bring useful skills learnt



from sport into the board room.

Our spexBusiness partners also gained insights into each athlete’s sporting aspirations while juggling their sporting, work and study commitments as well as their own personal life.

Do look out for the next session and join us at our networking events!



The networking session was organized for Team Singapore athletes to seek flexible work opportunities (such as internships,

## OSIM Sundown Marathon

Team Singapore marathoner and Olympian, Neo Jie Shi, was invited to take part in the OSIM Sundown Marathon team challenge alongside three of her training mates from the ActiveSG Athletics Club.

Appreciative of Jie Shi's participation in the marathon, Lynn Tan, Deputy Managing Director of OSIM, said: *"[Jie Shi's] rise from a recreational runner to Olympic marathoner in five years is one that truly inspires us, and hopefully, our runners as well, showing them that a healthy and active lifestyle is within everyone's reach."*

Taking part in the race as a national athlete, Jie Shi shared similar sentiments. She said: "I hope that



Jie Shi (center in yellow) with race organisers and spexBusiness partner OSIM

[Team SG's] presence at local races like these can be an inspiration and motivation to all the amateur and recreational runners, [and] in a way, motivate them to give their best."

"It's always a very fun thing to attend these races, to get to mingle with friends, and others [in the] running community," Jie Shi expressed. "I was slightly faster and I felt more in control compared to the last race I did in April. It actually has me feeling more motivated to train harder for future races," Jie Shi shared, discussing how her first race in months had left her feeling upbeat on her chances of notching strong performances soon.

"I'm confident that I will be getting back in shape, and hopefully aim for a better timing [later this year]," she stated. We look forward to Jie Shi's performance in the next OSIM Sundown Marathon!



Jie Shi (in yellow) with her running mates from the ActiveSG Athletics Club (L to R) Mary-Lisa Chua, Belle Tan and Faith Lee

## Swissotel Vitality Week

As part of the Swissotel The Stamford's Vitality Week, a week-long campaign that aims to advocate the importance of well-being, health, sport and wellness, our Team Singapore paddlers Aaron Yeo and Jamien Wong were invited for a friendly game of table tennis at the hotel lobby with the guests and management of Swissotel The Stamford.



Sports has always been and will always be one of the best ways for people of all walks to connect. Aaron and Jamien were such an inspiration, and our paddlers, hotel staff and guests had an enjoyable time sparring with one another.



(L to R): Team Singapore Paddlers Jamein and Aaron with Swissotel's GM Marcus Hanna and Hotel Manager Kayta Herting.

## MILO Gao Kosong

Inspired by President Halimah Yacob (in her previous query of whether MILO existed in a zero-sugar form), Nestle Singapore unveiled on 19 June a new new variant of local flavour – MILO Gao Kosong – the world's first zero added table sugar MILO powder, with higher level of protein and calcium.



President Halimah making the first cup of MILO Gao Kosong at the event with Nestle's MD Rajiv Deraniyagala

Fans had the chance to get up close with MILO



ambassador and Olympic champion Joseph Schooling when he attended the roadshow event on 24 June, and tried the zero sugar healthier version of his favorite drink that he grew up with.

## Athletes-In-Action...

### Team Singapore Long Jumper, Suhairi Suhani



Photo: Singapore Disability Sports Council

Our TeamSG Long Jumper Suhairi Suhani may have just recovered from an injury, but that did not stop him from putting on a strong performance to win a BRONZE at the World Para Athletics Grand Prix in Italy! Big round of applause for his grit & determination!

### Team Singapore Cuesports Player, Peter Gilchrist

It's a first place for our four-time world champion and Team Singapore cuesports



Photo: Alvin Ho

star Peter Gilchrist at the Asian Grand Prix! Finishing strong following a tough fight, he took home the title for #OneTeamSG. Congratulations Peter!

### Team Singapore Men's Softballers

Following a historic finish at the Asian Men's Softball Championship in Jakarta in April, our TeamSG Men's Softballers have qualified for their FIRST-EVER WBSC Men's Softball World Championship in Prague next year!

While the team will work harder to raise their level of play and put Singapore on the world map for softball, their main goal now is to contend for gold at next year's Manila SEA Games."

We wish them all the best in their training and goal.



Photo: Singapore Baseball and Softball Association

### Team Singapore Pencak Silat Exponents

Kudos to our TeamSG Pencak Silat exponents on their successful 23<sup>rd</sup> Belgium Open Pencak Silat Championship 2018!



Photo: Zack Zaniel/Singapore Silat Federation

On top of a haul of 7 gold, 3 silver, and 2 bronze medals, our TeamSG squad was also named "Best Team" and Shakir Juanda (pictured right) took home the "Best Male Athlete" honour.

Three cheers for all!



### Team Singapore Rugby Players



Photo: Lawrence Loh/Singapore Rugby

Top notch performance by our Team Singapore Women's Rugby Team as they beat the Philippines 19-10 to take the Asia Rugby Women's Championship Division I Crown. Well done ladies!

### Team Singapore Women's Floorballers



Photo: Leandro Ngo/Singapore Floorball Association

The very first Asia Oceania Floorball Confederation Cup has been claimed by TeamSG following our 4-1 win against Thailand! Congrats to our floorballers on an incredible performance for #OneTeamSG!

## Athletes-In-Focus...

### Team Singapore Sailors, Griselda Khng and Olivia Chen

have recently secured a major support from DBS in their preparation for the Tokyo Olympics 2020. As part of its 50<sup>th</sup> anniversary, DBS has extended their support to Team Singapore Sailors Griselda Khng and Olivia Chen, in the hope of inspiring the next generation of Singaporeans to achieve their dreams.

The six-figure sponsorship will see DBS and the duo collaborate on a series of community events and social media engagements from 2018 to 2020.

*“The resilience, passion, and spirit of excellence of the next generation of athletes are an inspiration to all of us. Griselda and Olivia have big ambitions in sailing and they have been working very hard despite facing challenges along the way. We are so pleased to support them in their journey towards their biggest goal – the Tokyo Olympics in 2020,”* said Sim S. Lim, Singapore Country Head, DBS

Griselda represented Singapore at the 2016 Rio Olympics, where she finished 15<sup>th</sup> overall and was placed the top Asian in the world. She started sailing when she was 12, and the sport has moulded her into the person she is today. *“Sailing has taught me to never give up and this journey has been very rewarding.”*



Olivia added that, *“Besides passion and hard work, support from our families and the community is equally important. They keep us motivated every day. We are glad to have DBS’ support and we hope other young athletes will be inspired to pursue what they love.”*

### Team Singapore Bowler Mohamed Ismail Bin Hussain

took part in his first international able-bodied competition earlier this month, and the experience left him eager for more.



Photo: Alfie Lee/SportSG

Ismail (pictured) won the Gold in the Mixed Singles TP3 event at the 2017 ASEAN Para Games in KL.

The 34-year-old, who usually bowls under the TPB3 category for the visually-impaired, was at the PBF 2nd Philippines International Open 2018 in Manila, where he competed against able-bodied bowlers for the first time in his sporting career.

*“The plan for me to take part together with the able-bodied [athletes] was actually to test my mental strength. so that when I bowl on the bigger stage in para-competitions, I won’t feel [too] pressured,”* he said.

However, he was caught off guard by how quickly things unfolded on the day of the competition.

*“Normally, we get 5 to 10 minutes of practice before we even start [competing]. During that first 10 minutes at the Open, I was already losing my breath because the pace was very fast!”* Ismail revealed.

Ismail managed to get used to the faster pace by the third day of the week-long event, eventually even making it into the finals, which saw him compete against the top 24 out of the original 60 participants.

The recent experience in Manila has helped Ismail to realise that visual impairment would not get in the way of a potential bowling career.

Empowered by his experience in Manila, Ismail will head for his second able-bodied competition (44<sup>th</sup> Hong Kong International Open) in late June, after which his focus will be on the Asian Para Games in Jakarta, Indonesia this October. As Ismail continues to challenge the limits in his bowling journey, let us cheer him on as **#OneTeamSG!**

## Join us at the Launch and Finale of GetActive! Singapore 2018

**RSVP now!**

(By 15 July)



Themed “**#WeAreSingapore**”, GetActive! Singapore 2018 will be officially launched by Ms Grace Fu, Minister of Culture, Community and

Please take a moment to register with us via the QR code for the Launch event, so we can make the necessary preparations and follow-up to welcome you and your colleagues to the event.

Youth, on Sunday, 29 July 2018 at The Padang during the Car Free Sunday event.

The Finale event will be held on Tuesday, 7 August 2018 at the Singapore Sports Hub.

We would like to invite all our partners and their staff/family to come join us at both the Launch and Finale events for GetActive! Singapore 2018.

### Launch @ Padang

**29 July 2018 (Sunday)**

**7:30am – 11:00am**

Come join in the fun with Nila Run and activities held in conjunction with Car-Free Sunday! Activities are suitable for all ages.

### Finale @ Sports Hub

**7 August 2018 (Tuesday)**

**8:30am – 12:30pm**

Take this great opportunity to try out a variety of sports! It is an excellent platform to “Bring your Kids out” for parent-child bonding as well!

## Upcoming Events and Major Games

**GetActive! Singapore**  
28 July – 9 Aug 2018

Come celebrate National Day through sports with us! Click [HERE](#) to find out more.

**GETACTIVE!**  
**SINGAPORE**

**18<sup>th</sup> Asian Games**

Jakarta Palembang, Indonesia  
**18 Aug – 2 Sept 2018**

The largest continent ever with 246 athletes, Team Singapore will debut in ju jiu-jitsu, paragliding and synchronized swimming.



**3<sup>rd</sup> Youth Olympic Games**

Buenos Aires, Argentina  
**6 – 18 Oct 2018**

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



**3<sup>rd</sup> Asian Para Games**

Jakarta Palembang, Indonesia  
**8 – 16 Oct 2018**

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



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



**Deloitte.**



**OSIM**

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SINGAPORE

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