

emPOWER

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Celebrate What's Right 2019

On 20 March, Team Singapore welcomes a new batch of 19 *spexScholars* and 9 new partner organisations under the national High Performance Sports (HPS) system.

The team backing up our Team Singapore athletes included 61 organisations and 13 Institutes of Higher Learning. Since 2014, both the *spexBusiness* and *spexEducation* networks consistently saw organisations from both private and public sectors supporting Team Singapore, through the provision of job and education opportunities with flexible arrangements. The schemes have thus far helped more than 250 athletes and 400 student-athletes.



Minister Grace Fu with the *spexScholars*, class of 2019

Currently supporting 73 athletes from 15 sports and 7 para-sports, the Sports Excellence Scholarship (*spexScholarship*) provides enhanced support for athletes' living and training expenses, as well as programme funding for coaching, training, competition and equipment.

"I feel very proud and honoured to be selected because I know those who were chosen have shown a lot of excellence in their sport," said Contessa Loh, who is the first able-bodied national archer joining the programme. "It opens up a lot of pathways in terms of opportunities and it feels very good to have a team backing you the whole way when you're going for competitions."



Minister Grace Fu presenting the *spexScholar* plaque to Team Singapore Archer Contessa Loh

Minister Grace Fu, who was the Guest-of-Honour at the event, said:

"I would like to thank our spexBusiness and spexEducation partners for sharing our conviction in the value of sport, and for believing in the ability and potential of our athletes. I would also like to congratulate our new spexScholars who have committed themselves to the pursuit of sporting excellence."

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Scan the QR code, and watch the video featuring some of our high performance athletes sharing their inspiring sporting journeys.

Project Empower

The Project Empower initiative was announced by Mark Richmond, Deputy Director and Team Lead of Team Singapore, SSI, at the Celebrate What's Right 2019 event.

Project Empower aims to provide athletes with access to tools and skills to help elevate their personal brand and create greater opportunities beyond their sporting career.



Through the programme, athletes will be equipped with their own marketing toolkit, consisting of their own showreel, jazzed-up resume and past article features.

The project kick-started in February with the pilot run of the showreel course to give athletes a "voice" in which athletes learnt to put together a short video of themselves.

Each athlete's journey is unique and many will not know about the struggles and challenges that an athlete faces. In this pilot run, athletes such as Cassandra Soh (TeamSG netballer) and Mohd Khirmern (TeamSG powerlifter) shared in their showreels how they overcame rejections, challenges and went through their journey of resilience and perseverance to be where they are today. Other athletes such as Jazreel Tan (TeamSG bowler) and Bernice Lim (TeamSG bowler) focused on how thankful they are to be in the sport they love and will continue to do their best.

9 athletes created their own showreel from this pilot run using a simple mobile application from scratch.

The completed showreels were featured at the Celebrate What's Right 2019 event, and were well-received by the audience.

Besides having the showreel, Project Empower also hopes to nurture athletes to have more clarity on the option of a dual-career, and to acquire valuable skills in networking, interviewing, social media, and resume writing.

Working in partnership with both the Singapore National Olympic Council (SNOC) Athlete's Commission and Adecco Group, a pilot run of a customised IOC **Athlete365 Career+** workshops to better suit Team Singapore athletes' needs will commence in April. To allow better engagement and learning in the series of workshops to be conducted, participants will be able to relate better and learn from past athletes, as well as access to practical engagement opportunities to learn from industry experts.

Watch this space for the reels that our athletes have created.

Cassandra Soh's Story



TeamSG at Super League Triathlon



The Super League Triathlon that happened on 24 Feb 2019 saw 7 of our TeamSG athletes, namely (above L-R), Tng Zong Wei (Floorball), Vignesa Pasputhy (Floorball), Lee Kai Yang (Water Polo), Yip Yang (Water Polo),

Tao Li (Swimming) and Charmaine Soh (Netball) stepping out of their comfort zone to try out a sport that they are unfamiliar with. Our athletes teamed up and participated in the gruelling Enduro relay which comprised two rounds of bike (2km), swim (300m) and run (1.6km). It was a test of sheer physical and mental endurance.

In true TeamSG spirit, our athletes went through the relay with aplomb. It was inspiring indeed to see TeamSG athletes giving their best and pushing their boundaries!



Run For Hope 2019 with TeamSG Athletes

TeamSG reaffirms their support for cancer research and awareness

Over 6,000 people participated in Run For Hope on 17 Feb for a common goal to raise awareness and funds for cancer research. 5 of our TeamSG athletes, Lim Jia Min (Basketball), Delvin Goh (Basketball), Christopher Cheong (Swimming), and Sasha Christian (Wakeboarding), came together to support this cause that is jointly organized by National Cancer Centre Singapore and Four Seasons Hotel.



(Front L to R): Lim Jia Min (basketball), Faiz Aman (SportSG ambassador), Sasha Christian (wakeboarding), Christopher Cheong (swimming), John Yeong (SportSG ambassador) and Delvin Goh (basketball)



never an individual struggle – the friends and family that you have around you go through a lot of pain as well. So everyone coming out here to show their support and perform a simple act of just running together can be very important.”

It was also the first time that Singapore Slingers forward Delvin Goh was taking part in the run. While fortunate enough not to have had any personal encounters with cancer, using his influence as a Sport Singapore ambassador to create awareness for the cause was the most important thing on Delvin’s mind. *“The reason we as athletes choose to become a Sport Singapore ambassador is also because of the power to reach out to more people, to give back to the community.”*

SEA Games gold medallist Sasha Christian who has taken part in Run For Hope since 2016 remains steadfast in her motivation – to champion the cause for cancer awareness and dedicating these efforts to her late father.



“I don’t think that the sporting struggles that we go through can even compare to that of those who are fighting cancer. After seeing my dad go through that kind of thing, it really put sports into a new perspective for me,” said Sasha, who will soon be part of a cancer support initiative led by athletes in collaboration with NCCS.

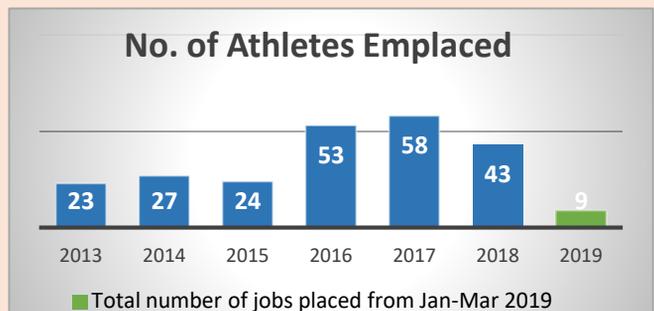
Celebrating Chingay 2019



Team Singapore athletes at Chingay 2019

12 athletes from Archery, Badminton, Basketball and Silat participated in the 2019 Chingay celebrations on the 3 main show dates from Jan to Feb 2019. Our TeamSG athletes formed part of the colourful Chingay’s processions and had the biggest float at Chingay!

Updates on Placements



A total of 251 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.

Istana Reception 2019



President Halimah Yacob and Senior Parliamentary Secretary, Mr Baey Yam Keng with Team Singapore athletes at the Istana Reception.

Members of the Singapore sporting community were gathered at the Istana on 26 March, as part of a celebratory dinner reception hosted by President Halimah Yacob.

The event, organised for the Team Singapore contingents who represented Singapore at the 5 major

games last year, namely, 23rd Winter Olympics, 21st Commonwealth Games, 18th Asian Games, 3rd Asian Para Games and the 3rd Summer Youth Olympics.

Guests were treated to an evening of food and music, as well as an opportunity to interact with the President herself, along with other,

guests-of-honour including Speaker of Parliament and President of SNOG, Mr Tan Chuan-Jin, Senior Minister of State (Ministry of Culture, Community and Youth), Ms Sim Ann and Senior Parliamentary Secretary (Ministry of Culture, Community and Youth), Mr Baey Yam Keng.

Athletes-In-Action

TeamSG Fencing



(L to R): Foil national partner coach Viacheslav Bobok, fencers Tatiana Wong and Denyse Chan, national foil and head coach Andrey Klyushin, and fencers Maxine Wong and Amita Berthier

Amita Berthier has won the Women's Junior Foil individual title at the Asian Junior and Cadet Fencing Championships held in Jordan!

Not only that, our TeamSG fencing quartet of Amita Berthier, Maxine Wong, Tatiana Wong and Denyse Chan have made history by clinching a gold medal at the same event.

TeamSG youth fencer Simon Lee also did us proud by coming in second at the Asian Junior and Cadet Fencing Championship in Amman, Jordan.

A well-deserved victory for our skilled athletes indeed! #OneTeamSG is beaming with pride and celebrates this achievement with you!



Head coach Andrey Klyushin (left), and fencer Amita Berthier (right) celebrating Amita's gold medal win.



Epee national partner coach Shim Jae Sung (left), and fencer Simon Lee (right) celebrating Simon's silver medal win.



Photo by Singapore Athletics

TeamSG Athletics

TeamSG won 2 golds, 3 silvers and 4 bronzes at the 2019 SEA Youth Athletics Championship held at Illagan, Philippines. Thank you TeamSG Athletics for flying our Singapore flag high with pride #OneTeamSG

TeamSG Swimmer Yip Pin Xiu

Congratulations to Yip Pin Xiu in winning the 50m backstroke multi-class event and flying our Singapore flag in the Melbourne 2019 World Para Swimming World Series.



Photo by SNOG

TeamSG Swimmer Maximilian Ang

A new national record in the 200m breaststroke has been set. His name is Maximilian Ang and he showed resilience and determination to break this record at the 50th Singapore National Age Group Swimming Championships 2019. Congratulations Maximilian!

TeamSG Bowler Jaris Goh



ST Photo: Gavin Foo

TeamSG Jaris Goh is Straits Times Athlete of the Year. Jaris was the key in inspiring the Men's bowling team to a bronze medal at the Asian Games and an unprecedented bronze medal at the World Championships. #OneTeamSG congratulates Jaris on this amazing achievement and hope to see him in action soon!

TeamSG Bowler Arianne Tay



Congratulations to TeamSG bowler, Arianne Tay who won the singles gold medal at the World Junior Bowling Championships held in Paris, France.

TeamSG Special Olympics



Our first Team Singapore Gold medal of The Special Olympics World Games is courtesy of 15-year-old Nurshalini Sahnef. Well done Nurshalini!

TeamSG Ice Hockey



Our men's Ice Hockey Team has made history by clinching bronze in the IIHP Challenge Cup in Asia. Thank you team for making #OneTeamSG proud!

spexBusiness-In-Focus – Deloitte The Advocate

spexBusiness is a targeted scheme that integrates the sport and corporate eco-system to help our Team Singapore (TeamSG) athletes cope effectively with the dual demands of sports and career. SSI intends to build palpable partnerships with corporate partners and create value and leverage for TeamSG.

It could then be said that Deloitte was an advocate for the *spexBusiness* cause before the *spexBusiness* initiative was even inaugurated. Already hosting in their midst a good number of national athletes as employees, Deloitte officially came aboard the initiative in 2014, with the intent of fully supporting Team Singapore athletes in their dual-career pursuit.

Since then, Deloitte has been a strong supporter of the *spexBusiness* network, providing more than 100 athletes with a host of internship and employment opportunities – across full-, part- and flexible-time arrangements in the company. Fully cognisant that not every athlete that comes to them is a good fit, Deloitte has stepped up to assist our athletes even further by introducing them to their partner organisations that may belie a better fit – and is willing to continue doing so. Emphasizing that the roles are not ‘charity positions’, James Walton, Partner, underscored the importance of a right job-fit – with the potential athlete-employee needing to have the right qualifications and attitude. Everything thereafter lies in the hands of the athlete themselves.



“Globally, many athletes face the eventual crossroads of having to decide between focusing on their sport or their studies or employment. The longevity of a sporting career is not assured and athletes have to think a few steps ahead about what comes next. We want to holistically help our Team Singapore athletes by removing this uncertainty and giving them the opportunity to study, work and be a national athlete at the same time. We support them not just by way of employing them, but also providing a positive and encouraging environment so that they can be assured that we have their backs at work and as a nation.”

Aside from the provision of jobs to athletes, Deloitte has supported Sport Singapore in a plethora of other initiatives – including the Team Singapore Camps held prior to every SEA Games, the launch of a book on athlete sponsorship and were the first corporate sponsor to pledge towards the One Team Singapore Fund.

Deloitte acknowledges the two-way nature of the *spexBusiness* partnership. While they give by providing athletes with a supportive and understanding corporate environment that allows athletes to pursue both their employment and their sporting careers concurrently, they also receive by way of

enjoying networking events with C-levels from other *spexBusiness* network organisational partners from a variety of sectors.



Scan the QR code for the video on why *spexBusiness* partners support athletes and how they benefitted from hiring athletes.

Upcoming Events

Networking Session

SSI Athletes' Centre

30 April 2019 – 2:45pm

spexBusiness networking session is an excellent platform to connect TeamSG athletes with partners. Partners get to learn more about the various talents in sport, while athletes learn more about the opportunities with partners. [Email](#) us to register now.

2019 World Para Swimming World Series

OCBC Aquatic Centre

10 – 12 May 2019

The 2019 World Para Swimming Series, held for the 3rd season, will be taking place in eight countries across four continents. The series brings together the world's best swimmers in some of the biggest Para swimming events.

GetActive! Singapore

Various venues

1 – 10 August 2019

With 14 sports festival sites, and more than 25 competitions, you can forge new memories with your staff and family while celebrating National Day! Apply for the Active Enabler Programme, and submit your ideas to organise innovative activities. For more information, click [here](#).

Athletes-In-Focus

Being a Team Singapore basketball player and Singapore Slinger has opened many doors for Ng Han Bin



Yet the most rewarding wasn't medalling at the 2013 SEA Games or leading the Slingers to the finals of the ASEAN Basketball League, but the lives that he has touched through sport.

After graduating from the Singapore Institute of Management, Han Bin joined the Slingers Outreach Programme team, reaching out to schools and non-profit organisations to promote the club and the game. He believes in the power they have to inspire the younger generation.

"After going to several charitable organizations I knew that we could be a voice in society. That was when I understood a lot of people out there just need to be heard. They want to know that people do care about them. Slowly, they inspired me."

In 2015, the Make-A-Wish Foundation reached out to the Slingers to grant the wish of 15-year-old Nickson, an avid basketball fan who was diagnosed with an aggressive form of leukaemia. The Slingers would visit Nickson in the hospital or bring him out for a game of basketball.



The first time Han Bin (left) visited Nickson (right) in the hospital. Photo: Ng Han Bin

But at the end of 2016, Nickson suffered a major relapse. He grew weak from the illness and side effects of medication, including a loss of appetite. *"That was when his family invited us for a meal with them. And during that meal, his mother said that that's the most he had eaten."* After hearing that, Han Bin decided to have as many meals with Nickson as he could.

"After our morning training, I would look him up for lunch and play some video games with him if he wasn't too tired. I would then grab a quick nap before heading for training in the evening."

As Han Bin recounted the moments he shared with Nickson, it was evident that young Nickson has impacted and inspired him through his indomitable fighting spirit.

Han Bin continues to bring joy to children with blood disorders. Together with Slingers teammate Chris Charles, they are part of an animal-assisted therapy programme.

Two of the children that they have been spending time with in the programme, Darius, 7 and Esmond, 5, now even support the players during the Slingers matches.

"As much as we are giving back, we are also building a relationship. If you build a relationship with them, it is easier to inspire them. And many times, they are the ones who inspire me."

Han Bin hopes to be able to reach out to even more people, to do as much as he can for the less fortunate and for more Singaporeans to give back. He hopes one day to be able to open his own children's home.

"My story shouldn't just inspire you. It should encourage you to do more. You can make a difference; it doesn't matter how old you are." "In sport, we always say dream big. We might be far from our goal, but that's what it's about – dreaming big. I believe I can achieve it."

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



Deloitte.



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