

emPOWER

ISSUE 9

JULY 2019



Photo credit: SNOG

Singapore Sports Awards 2019

Schooling wins unprecedented sixth Sportsman of the Year award as Veloso wins her first Sportswoman of the Year award.

Joseph Schooling had already written himself into the annals of Singapore's sport history books with an Olympic Gold medal. Now, he can lay claim to being the greatest Singaporean Sportsman of all time after winning his sixth Sportsman of the Year award at the Singapore Sports Awards.

Schooling won his first Sportsman of the Year award in 2012 and added another five gongs between 2015 and 2019. With the Olympic 100m butterfly title and two Asian Games golds in the 50m and 100m butterfly, what else can this wunderkind achieve?

"Each year, I felt like it got harder and harder for me to win because there are so many top sportsmen emerging in Singapore. So it gives me great motivation to keep training hard, keep winning, so that I can continue to be in contention for the award."

says Schooling who was nominated alongside table tennis paddler Gao Ning and silat exponent Sheik Farhan Sheik Alau'ddin.

Schooling surpassed swimmer Patricia Chan and table tennis player Li Jiawei to become the first athlete to win the award more than 5 times.

Martina Veloso, on the other hand, revelled in her first Sportswoman of the Year award. In a field of first-time nominees, the 19 year-old shooter beat Roanne Ho (swimming), Nurzuhairah Mohd Yazid (silat) and Vera Tan (wushu) to clinch the accolade.



Martina receiving her Sportswoman of the Year award.

"My heart was beating really, really fast because before that, I was also nominated in the Sportsgirl Team of the Year award (with Ho Xiu Yi and Adele Tan) but did not win," said the Nanyang Polytechnic graduate.

"So even now, it hasn't really sunk in. It's really exciting."

Veloso is taking a gap year to pursue shooting full time ahead of the Tokyo 2020 Olympics.

In this issue...

Singapore Sports Award 2019

Athlete365 Career+ Workshop

spexBusiness networking session

Update on Job Placements

Raising Resilient Children Seminar

World Para Swimming World Series

Athletes-In-Action

Athlete-In-Focus

Athletes With Voices

Athletes @ Community

Rethinking Hiring

Athlete365 Career+

Working in partnership with both the Singapore National Olympic Council (SNOC) Athlete's Commission and Adecco Group, a series of customised IOC **Athlete365 Career+** workshops to better suit Team Singapore athletes' needs was organised in April.

To allow better engagement and learning in the workshops, participants were able to relate and learn from past athletes, as well as tap on practical engagement opportunities with industry experts.

The workshop aims to ignite athletes' preparation for a smooth transition to new challenges after sport by providing them with clarity on the option of a dual-career as well as head-start to think and plan for their future during their competitive years.



TeamSG athletes during discussion breakout sessions at the workshop



TeamSG athletes with the trainers from Adecco and Athlete's Commission at the Athlete365 Career+ workshop

Athletes will learn more about themselves outside of sports, appreciate that skills developed from sports are transferrable to the workplace, and acquire useful networking, social media, and interviewing skills, including how to build an effective resume and profile on LinkedIn.

Watch this space for the showreels that our athletes have created as part of Project Empower.

Yeung Chun Yin's story

Khirmern Mohamad's story

Networking Session

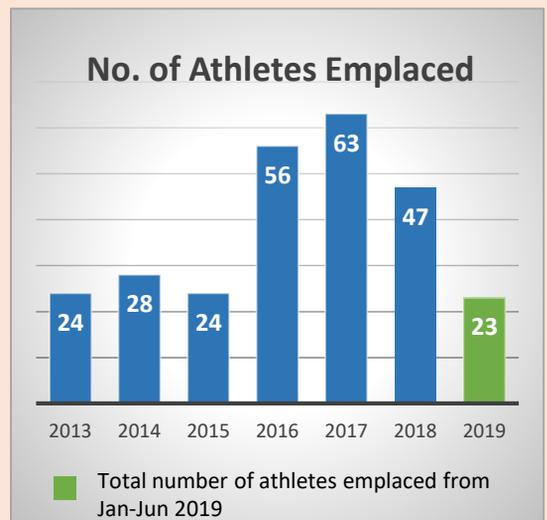


28 Team Singapore athletes and 14 *spexBusiness* Partners attended *spexBusiness's* first networking session of 2019 on 30 April.

The key objective of these networking sessions is to connect TeamSG athletes with our *spexBusiness* Partners for internship, part-time and full-time employment. The session was a fruitful one and the next session will be held in the second half of 2019.



Updates on Placement



A total of 270 athletes have been employed with our *spexBusiness* partners on various employment terms.

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

“Raising Resilient Children” Seminar

SportSG, in partnership with the Ministry of Social and Family Development’s (MSF) Families for Life, co-organised a seminar on “Raising Resilient Children” on 24 May which was held at the School Of The Arts.

Guest of Honour, Associate Professor Muhammad Faishal Ibrahim, Senior Parliamentary Secretary for MSF and the Ministry Of Education, opened the seminar by extolling the virtues of a support system of an extended family. He also shared his personal parenting story of how he chose to **celebrate failures** his son faced while pursuing his passion for debating, in spite of his visual impairment. With his parents’ unconditional support, his son went on to become a top school debater. His next goal? To qualify for the national debating team.



(From L to R) Families for Life Council Member, Mrs Sarojini Padmanathan, May and Colin Schooling, Family Life Educator, Mrs Charis Patrick and Senior Guidance Specialist (MOE), Mr Hendriawan Selemat

Family life educator, Mrs Charis Patrick, then took the stage to share her insights as a parent and family therapist. Her humourous, moving and thought-provoking anecdotes left the audience with numerous pearls of parenting wisdom on how to help their children become resilient. Amongst the many parenting tips she shared, she reminded the audience that **“Parenting is not about us making our children what we want them to be. Parenting is about helping our children be all they can be.”**



Colin (right) and May Schooling (left) as guest speakers at the “Raising Resilient Children” seminar

In the next segment, Colin and May Schooling shared with Mark Richmond, Team Lead at SSI, their personal parenting journey in raising Singapore’s first Olympic gold medallist, Joseph Schooling. When asked how bringing up a child has parallels with bringing up a sports person, May said **“How we bring up sports people is the same as how we bring up kids. Sports in many ways teaches kids discipline, focus, stamina and endurance. And that’s what you want in life as well. It’s exactly what you want to teach in a kid. You learn more in sports than in studies. Study is only study. In sport you learn how to live within the sport and it teaches the kid to be stronger physically and mentally”.**

Parenting is a personal journey. Each parent must find their own way, incorporate practical tips from the experts with an individualised approach to each child, as we try to nurture resilient children.

World Para Swimming World Series



Photo credit: Yoon Wai/SDSC

The Singapore edition of the World Para Swimming World Series closed with a total of 12 records broken over the three-day international competition.

Besides the record haul, Team Singapore, backed by a strong home team, brought the Republic’s total medal haul to 3, clinched by Team Singapore

swimmers Toh Wei Soong and Yip Pin Xiu.

In the Men’s 50m Butterfly, Toh finished with a timing of 32.40s, a new personal best for the 20-year-old. It added to his gold in the men’s 100m freestyle.

Compatriot Yip Pin Xiu also managed to clinch a silver in the Women’s 50m Backstroke event.

Ms Grace Fu, Minister for Culture, Community and Youth, who was present on the final day of the event to cheer the swimmers on, shared, **“Singapore is**

honoured to be the first Asian country to host the World Para Swimming World Series. This is a milestone for sporting Singapore, and a valuable opportunity for our Team Singapore athletes to compete against the best para-swimmers from the world”.



Photo credit: Lawrence Loh/SDSC

Athletes-In-Action



Photo credit: World Archery

TeamSG Archer, Nur Syahidah Alim

Congratulations to our TeamSG Archer, Nur Syahidah Alim, for becoming Singapore's first ever world champion in archery at the 2019 World Archery Para Championships held in Netherlands on 8 June!

With her win, Syahidah also earned Singapore a place at the 2020 Tokyo Paralympic Games. Having reached the quarter-finals at the 2016 Paralympics, Syahidah aims to better that result, as well as a podium finish.

TeamSG Swimmer, Joseph Schooling



Photo credit: Singapore Swimming Association

Joseph Schooling won the 100m Fly at the Japan Open in 52:00 sec in Tokyo on 2 June, Sunday. Coming in behind him were 2 Japanese swimmers, Naoki Mizunuma (52:09) and Yuuya Tanaka (52:16). His time of 52:00 sec is faster than the 52:70 he clocked at the Singapore National Age Group (SNAG) Swimming Championships in March but off his Olympic and national record of 50.39 set in Rio 2016 where he became Singapore's first Olympic gold medallist.



Photo credit: Constance Lien

TeamSG Jujitsu Exponent, Constance Lien

Recently crowned Sportsgirl of the Year and 2018 Asian Games silver medallist, Constance Lien, won the gold medal at the 2019 World IBJJF Jujitsu Championship (Blue belt featherweight category) held at Long Beach, California on 30 May, Thursday.

The 19-year-old beat Brazilian Jaine da Silva Fragozo who clinched silver and Swede Astrid Scholin and American Jasmine Nichole Wilson who shared the bronze.



Photo credit: Sport Singapore

TeamSG Silat Exponent, Muhammad Hazim Mohd Yusli

When TeamSG silat exponent, Muhammad Hazim Mohd Yusli, defeated Mohd Faizul Nasir (Malaysia) in Class B (50-55kg) at the 18th World Pencak Silat Championship held in December 2018, he became the youngest medallist at 17 years old to win the world championship three times in a row.

This April, he was among 5 national silat exponents to contribute gold medals at the Belgium Open and was awarded the Best Athlete in the competition.

He was also crowned Sportsboy of the Year at the Singapore Sports Awards 2019 in May.

TeamSG Muay Thai fighters

The Arafura Games was held in Darwin, Australia from 26 April to 4 May. Featuring a total of 17 sports including Muay Thai, TeamSG Muay Thai fighter, Cheryl Gwa, beat Australian Kelly Ramsbottom 30-27 to win gold in the 51kg category.

With her win, she qualified for this year's SEA Games.

Arafura GAMES DARWIN 2019

Congratulations
TEAM SINGAPORE

Cheryl Gwa, Gold Medal
Vernon Tan, Silver Medal
Bryan Lum, Bronze Medal

Photo credit: amateurmuaythaisg

Athletes-In-Action

TeamSG Youth Bowlers

At the 20th Asian Youth Tenpin Bowling Championships held in Kuching, Malaysia between



17 to 25 April, Team Singapore youth bowlers, Brandon Ong, Jomond Chia, Eugene Yeo and Xavier Teo clinched the boys' title with 5,123 pinfalls ahead of Philippines (4,996 pinfalls) and South Korea (4,979 pinfalls).

The girls' team comprising, Charmaine Chang, Amabel Chua, Jermaine Seah and Charlene Lim came from behind to win the girls' title with 4,664 pinfalls.

South Korea finished in second (4,628 pinfalls) and Malaysia third (4,617 pinfalls).

Brandon and Jomond also teamed up to clinch the boys' doubles title with 2,740 pinfalls. The all-events title for boys and girls were won by Brandon and Amabel who were rewarded for their consistent performance throughout the tournament.

Athletes-In-Focus

For all the time spent in training, kayaking has given me a dream - to be the best in the world through sheer merit and hard work.

When I realised I could be the fastest in my school team

by giving my best, I started to believe I could be best in anything if I put my heart to working harder, better and I soon learnt, smarter. If there is any secret to success, it is to pair working smart with perseverance and resilience. One without the other simply cannot work.

I dream of surpassing my seniors to be the fastest person in Singapore. I dream of hearing our national anthem playing at the SEA Games although I have yet to take part in one. I dream of punching my hand in the air in victory as I cross the line before other world greats at the World Championships or Olympics. These are tough goals but I believe my dreams are possible and they keep me going.



Photo credit: Shao Jie

I love sharing about my dream. It makes me happy to let people know what I aim for. At the same time, it inspires others to work towards *their* goals. I think it shows on my face everyday too! A colleague told me I have a great smile and I attribute it to the fact that I am naturally happy all the time. I believe having a long-term goal to strive for keeps you happy!

I have also heard many stories about people putting others down to make themselves feel better. Thankfully, I have never experienced this first-hand. Nor do I think it is necessary.



So if you're an aspiring athlete, believe in yourself! Read up, work hard, work smart and keep working at your dream. When you set a goal for yourself, go all the way! Ditch the doubts you have about yourself and the doubts others have about you because ONLY YOU can decide who and what you want to be at the end of the day.

For those into the arts, sports or anything not taught in school, I always believe that you can effectively do 2 things in the same period of time. No one can train or study 24 hours a day afterall. Even if they could, it would not be effective! So take what time you have and spend it on things that mean something to you and give you purpose in your life! No matter what it is, this semi-decent athlete who dreams of more, believes in you.



I will keep working and if my dream predictions come true, you'll see "Ooi" in the headlines. -

Brandon Ooi

Athletes with Voices



ATHLETE WITH VOICES is an initiative where TeamSG athletes use the power of sport as a force for good.

Athlete with Voices kicked off during the month of Ramadan where our Muslim athletes broke fast and distributed food and TeamSG goodie bags to the community in Woodlands on 12 and 19 May.

Our TeamSG athletes from Silat, Netball and Athletics broke fast with more than 150 people for the Iftar. TeamSG athletes also interacted with the residents and shared with them how they managed training while fasting during Ramadan.

To cap off the month of Ramadan, TeamSG Silat exponents also distributed briyani packets to residents in Woodlands on 3 June.



Moving forward, the team will work closely with athletes to spread more love to the community.



Athletes @ Community

TeamSG at Shuqun Primary for their Sports Carnival

Team Singapore's 2018 World Pencak Silat Champions and current *spex*Scholars, Muhammad Iqbal Abdul Rahman and Nurzuhairah Mohd Yazid, visited Shuqun Primary School to speak at their annual sports carnival on 18 April.

What made the morning especially special for both the students and our TeamSG athletes was when it was revealed that one of Shuqun Primary's PE teacher, Mdm Nurah, was a fellow silat exponent who represented Singapore at the 2003 SEA Games! Mdm Nurah gamely joined Iqbal and Zuhairah on stage to perform some silat moves with Shuqun Primary's Silat CCA students.



TeamSG Silat Exponent, Muhammad Iqbal Abdul Rahman (left), former TeamSG Silat Exponent, Mdm Nurah (centre) and TeamSG Silat Exponent, Nurzuhairah Mohd Yazid (right).

Not only did Shuqun Primary's students leave with the hope that they too could achieve their dream at any age (Zuhairah picked up silat only at 17!) if they put in the hard work, both our young silat world champions also came away equally inspired by Mdm Nurah's down-to-earth attitude after retiring from competitive sports and her commitment to give back to society through teaching and influencing future generations with the right values.



Our TeamSG Silat Exponents, with Shuqun's Silat CCA students, who joined them for a short demonstration on stage.

Rethinking Hiring

Would you consider hiring your staff without first looking at their resume?

spexBusiness partner The Majority Trust (TMT) is on a mission to get employers rethinking their hiring process.

Through its social initiative "Tangent", TMT champions a new way of hiring in Singapore by encouraging employers to look beyond resumes and CVs, by helping employers identify jobseekers who best fit their current teams based on personal traits.



Sean Lee, former TeamSG Sailor

Dymon Asia's Chief of Staff, Kenneth Kan said, *"We have five former National Athletes in the Dymon Asia family, two of whom are our founding partners. We believe that when given the chance, National Athletes can excel just as well, if not better than most employees. They exude traits like teamwork, professionalism, grit and resilience. Their willingness to work hard and passion to perform add dynamism to their teams and benefits the organisation as a whole."*

TMT's pilot run of Tangent saw Dymon Asia Capital, one of Asia's leading alternative investment management firms, hire unconventional candidates including ex-National Sailor Sean Lee.

So, what is it about Sean's sporting experience that helps him to perform and excel in the fast-paced and intense world of investment management?



Sean winning the bronze medal at 2006 Asian Games, Doha

Sean points out that in sailing many things are out of your control. He learnt how to quickly pull himself mentally out of a bad situation, which is useful in a volatile economic environment. Sean believes that athletes bring the same professional traits that make them great sportspeople - commitment and perseverance - to their jobs. He added, *"Athletes are used to working hard and being disciplined to achieve their goals. All athletes ask of employers is that they be treated fairly."* As Sean put it: *"Everybody should be given an equal chance."*

Learn how The Majority Trust can help you find your next best fit from our athletes with Tangent at gotangent.sg

Scan here to watch what Sean has to say about hiring athletes



Upcoming 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! For more information, click [here](#).

30th South-East Asian Games

Manila, Clark, Subic

30 November to 11 December 2019

Held biennially, this will be the fourth time that Philippines will be hosting the event. For the first time, it will include e-sports and obstacle course as well as offer the most number of sports in the history of the games at 57.

10th ASEAN Para Games

Manila, Clark, Subic

18 – 25 January 2020

The 2020 ASEAN Para Games is a biennial multi-sport event that will be held after the 2019 SEA Games in the Philippines for athletes with physical disabilities.

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



Deloitte.



swissôtel THE STAMFORD SINGAPORE

- Action Community for Entrepreneurship • Adecco • Aladdin Street • Amore Fitness • Banyan Tree • Borneo Motors • Building and Construction Authority • CapitalLand • Charles and Keith • DBS Bank • DHL Supply Chain • Enterprise Sports Group • F&N Foods • Fairmont Singapore • Fonterra • Foo Kon Tan LLP • Fox Networks Group • Formwerkz • Fox Networks Group • Fuji Xerox • Fullerton Hotel • Fun Toast • FutuReady Asia • GRAB • HP Inc. • Hyflux • Institute of Technical Education • KPMG • Ministry of Culture, Community and Youth • MOH Holdings • MSIG Insurance • My Kampung • Islamic Religious Council of Singapore • Nanyang Polytechnic • Nanyang Technological University • National Arts Council • National Healthcare Group • National Heritage Board • National University of Singapore • National Youth Council • Nestle Singapore • New Balance • Newport Dental • Ngee Ann Polytechnic • NTUC Fairprice • OCBC Bank • Old Town White Coffee • ONE Championship • Pacific International Lines • Pan Pacific Hotels Group • People's Association • Polygon Asia Consulting • PSB Academy • Quest Ventures • Raffles Medical Group • Republic Polytechnic • Resorts World Sentosa • Rightspot • Robinsons • RSH Limited • Sakae Holdings • SAS Institute • SG Enable • Singapore Institute of Management • Singapore Management University • Singapore Polytechnic • SMRT Corporation • Singapore Sports Hub • Sports Link Holdings • StarHub • Subway • Tea Tree Café • The Majority Trust • Udders Pte Ltd • Volkswagen • Yoguru •

