

emPOWER

ISSUE 16

DECEMBER 2021



Photo credit: Singapore Bowling Federation

Our Team Singapore (TeamSG) bowlers have done us proud again! And this time, it was at the recent International Bowling Federation (IBF) Super World Championships held in Dubai.

TeamSG bowler Shayna Ng (left in picture) defeated fellow TeamSG Bowler, Cherie Tan (right), at the two-game final of the women's singles event. Shayna took the first game 234-215, while Cherie clinched the second 226-206, before Shayna eventually won 49-27 in a ninth and tenth frame roll-off.

It was no mean feat to achieve these medals for our bowlers, their first major competition since 2019, as the pandemic made it hard for them to stay motivated without having any competitions to train.



TeamSG Bowler, Shayna Ng (extreme left) with her fellow TeamSG athletes for the Active Health Playmat launch video.

This is certainly not the first gold medal for Shayna. She captured Singapore's first gold medal (All-Events) at the World Bowling Women's Championships in 2015 and won her first Professional Women's Bowling Association title at the 2018 PWBA Las Vegas Open. Since 2011, she has held the world women's record for the six-game series. And for her sporting achievements, Shayna has been twice named Singapore's Sportswoman of the Year and received the prestigious Singapore Youth Award in 2017.

Outside of sports, Shayna is an exemplary role model as she was involved in several TeamSG community events. A notable involvement was Shayna's role as an athlete-mentor / buddy to students of Crest Secondary's Circuit Breaker Buddies programme in 2020 for more than 6 months.

Shayna also champions for her own cause of supporting the welfare of cats and promoting healthy living. As the current board member of Cat Welfare Society (CWS), along with TeamSG swimmer, Theresa Goh, she took the initiative and organized CWS's first 5km virtual cat walk in June. Great job Shayna!

In this issue...

[TeamSG Cares](#)

[Bahrain 2021 AYPG](#)

[Athletes Engagement](#)

[Project Empower Updates](#)

[Athletes-in-Action](#)

[Athletes Achievements](#)

[Athletes-in-Focus](#)

[Athlete-In-Focus](#)

[Letters to My Younger Self](#)

[Emergenetics](#)

[TeamSG Rewards Card](#)

[Active Health](#)

[Upcoming Major Games](#)

TeamSG x SGX Collaboration

TeamSG Cares

An initiative where Team Singapore athletes use sport as a force for good



TeamSG x SGX Bull Charge Run

Together with Guest Of Honour, Minister Chan Chun Sing, TeamSG Olympians and Paralympian, Amanda Ng (Windsurfing), Shanti Pereira (Athletics) and Nur Syahidah Alim (Archery) showed their support for the 18th SGX Cares Bull Charge Charity Run 2021 that was held on Friday, 29 October. While Shanti and Syahidah joined Minister Chan in flagging off participants of the Chief Challenge, Amanda flew TeamSG's flag by running with invited guests of the Chief Challenge for 3km around the Marina Bayfront area.

The charity run was held from 29 October to 7 November. This is the second year that TeamSG has partnered with SGX, our *spexBusiness* partner, for the run to help raise funds for various beneficiaries and causes.



TeamSG x SGX Cares Season of Giving

On 14 and 19 October, 10 TeamSG athletes from Basketball, Netball and Silat joined hands with SGX staff for their annual SGX Cares Season of Giving event to pack and distribute care bags comprising of food and daily essentials to low income beneficiaries of Fei Yue Community Services at their Senior Activity Centres at Bukit Batok, Commonwealth, Holland and Hougang. SGX has been organising this event for the past 6 years, reaching out to over 1,000 beneficiaries each time.

"It was a very meaningful experience to have interacted with members of the community that we don't usually meet and to be part of something that's bigger than ourselves! Am amazed by how easy it is to make conversation with the elderly and it made me appreciate physical interaction with people a lot more, especially during this time when Covid restricts us to our homes and the elderly have fewer opportunities to connect with others."

– TeamSG Netballer, Angelina Lim



Bahrain 2021 Asian Youth Para Games



Photo credit: Singapore National Paralympic Council

The flag presentation ceremony for the upcoming Bahrain 2021 Asian Youth Para Games (AYPG) was held at the National Stadium recently. Parliamentary Secretary Mr Eric Chua was there to grace the event, together with TeamSG Boccia athlete, Aloysius Gan (3rd from left). Aloysius will be Singapore's flag bearer and will lead Team Singapore at the Bahrain 2021 AYPG Opening Ceremony. Also present at the event was four-time Paralympian, Theresa Goh. The Paralympic bronze medallist, will be leading the contingent as Chef de Mission.

A total of 13 TeamSG youth para athletes were selected by the Singapore National Paralympic Council to represent the Republic in the 4th edition of the AYPG, which will be taking

place from 2 to 6 December 2021.

Our warm wishes to these 13 athletes, namely Ahmad Nor Imran Bin Nor Azhar (Athletics), Muhammad Nur Ariq Bin Yaakub (Athletics), Maveric Lee Dong En (Athletics), Siti Nurhayati Binte Ali Aksar Khan (Athletics), Aloysius Gan Kai Hong (Boccia), Yan Jia Yi (Boccia), Liauw Thiam Hee Jeremiah (Swimming), Robby Yeo Zhi Yah (Swimming), Kate Tan Jing Wen (Swimming), Janelle Tong Jing Xuan (Swimming), Colin Soon Jin Guang (Swimming), Darren Chan Wei Siang (Swimming) and Caleb Lee Jia Xuan (Table Tennis).

We will be supporting and cheering for you, every step of the way. All the Best at the Bahrain Games, TeamSG!

Athlete Engagement at Edgefield Secondary

TeamSG In The Community

Showcasing the Team Singapore spirit in community events.

Our TeamSG athletes, Adele Tan (Shooting) and Nur Syahidah Alim (Archery), were present at Edgefield Secondary School's virtual assembly programme.

Adele and Syahidah shared their sporting journeys and experiences representing



Adele Tan
Team Singapore Shooter



Nur Syahidah Alim
Team Singapore Archer

Singapore at the 2020 Tokyo Olympic and Paralympic campaigns respectively.

It was an interactive and lively session as the students posed several questions to the duo who responded candidly and sincerely.

We look forward to more of such virtual engagements with the community.



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 careers. 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 showreels to document their sporting journeys. Athlete365 Career+ Power Up workshop is to guide athletes to have more clarity on dual-careers, Athlete Branding & Sponsorship for athletes to learn more about the basics of securing a sponsorship for themselves. It's also about financial literacy to prepare athletes in managing their monies wisely and start building financial sensibility for themselves.

Project Empower

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

Create Your Showreel Workshop



Click to watch the showreel done by TeamSG Duathlete, Jillian See



A group of TeamSG athletes attended the 6th run of the “Create Your Showreel” workshop conducted over 4 Saturdays in September. Athletes learnt to create their showreels from scratch from Ngee Ann Polytechnic’s lecturer, Mr Michael Kam from the School of Film & Media Studies.

The workshop concluded successfully with all participants equipped with their very own showreel, to tell their story to the world. Here’s what one of the participants, Jillian See (Duathlon) said on the workshop:

“Social media is more influential than ever, and many people are taking to social media platforms to be heard or to influence others. For athletes who’re looking to make a name for yourself or just looking to share your story, this beginner-friendly workshop provides a good introduction into the basics of storytelling through video making.”

Athlete Endorsement & Sponsorship Workshop

Right after the showreel workshop ended in September, the *spexBusiness* team partnered with *spexBusiness* partner, Octagon, to conduct the “Athlete Endorsement & Sponsorship” interactive online workshop for our TeamSG athletes on 2 and 9 October.

Besides gaining some basic commercial sensibilities, as well as learning how to better manage their own rights and branding, youth Squash player Darnesh Ramu said the workshop, *“allows me to learn about how we can approach sponsorships and that it is not only about getting money”*.



Watch this space for updates on Project Empower workshops

Athletes-In-Action

TeamSG Shuttle, Loh Kean Yew



Our TeamSG badminton shuttle Loh Kean Yew won a gold medal at the BWF World Tour Super 500 Hylo Open held in Germany! The 24 year old faced Malaysia's World number 8th Lee Zii Jia, before the latter retired due to a back injury.

2 weeks later, 24 year old Kean Yew finished 2nd at the prestigious BWF Super 1000 Indonesia Open in Bali. Our heartiest congratulations to Kean Yew for his outstanding performances at the international stage!

TeamSG Shuttle, Yeo Jia Min



Over at the Women's Singles Finals, TeamSG badminton shuttle Yeo Jia Min also put on a commendable performance and earned herself a silver medal at the Hylo Open. Jia Min put herself in the final 2 spots after much grit and resilience, but eventually lost to Thailand's World number 14, Busanan Ongbamrunghan. It was a valiant effort coming from this young star. Thank you Jia Min!

TeamSG Bowlers at IBF Super World Championships 2021

Our Team Singapore bowlers strikes again! The bowling team have done us proud again by clinching gold and silver for the Women Singles, silver for the Men's team, bronze for the Women Trios and another bronze medal for the Mixed Team. Congratulations!



TeamSG Paddler, Quek Yong Izaac



What a remarkable performance by our table tennis paddler Izaac Quek as he won the gold medal in the U19 Boys' Singles event at the WTT Youth Contender Szombathely held in Hungary! Such a great achievement by this rising star.

TeamSG Paddler, Zhou Jingyi



TeamSG table tennis paddler, Zhou Jingyi bagged gold and silver medals at the WTT Youth Contender Szombathely. After clinching silver at the U19 Girls' Singles event, Jingyi persevered and went to win gold at the U17 Girls' Singles event. Well done Jingyi!

Athletes-In-Action



Photo credit: Aloysius Yapp

TeamSG Cuesports Athlete, Aloysius Yapp

Three cheers to Aloysius Yapp for becoming the first Singaporean to reach World number 1 in pool. Aloysius gained his ranking while competing in the United States at various competitions such as the International 9-ball Open and 10-ball invitational in Virginia, United States.

Our heartfelt congratulations to Aloysius for reaping the rewards of his many years of hard work and dedication.

TeamSG Shuttlers, Terry Hee & Loh Kean Hean

Our TeamSG badminton shuttlers Terry Hee and Loh Kean Hean have done us proud again by bagging gold at the Yonex Dutch Open 2021. There is no stopping this duo from performing their best after winning their first gold at the Li-Ning Czech Open 2021. 2 international golds by the dynamic duo, such an astonishing feat indeed!



Photo credit: I Love Badminton - Singapore Badminton Association

Athletes Achievements



TeamSG swimmer and 5-time Olympic gold medallist, Yip Pin Xiu has been nominated for the ST Singaporean of the Year award!

Pin Xiu is an inspiration to all Singaporeans and she transcends sport. Truly an athlete whose voice travels further than the pool.

"In the past I identified as an athlete. But now I see myself as representing other people with disabilities and I see myself as a woman who is more aware of gender issues and equality."

– TeamSG swimmer, Yip Pin Xiu

Recognising our Athletes Achievements

Team Singapore athletes on their achievements beyond sports

TeamSG Rower, Joan Poh, has also been nominated for the ST Singaporean of the Year award.

Joan pursued her Olympic dream while balancing work commitments, taking several stretches of no-pay leave to train and compete abroad, as well as staying as staff nurse on the frontline during the pandemic.

Her perseverance led Prime Minister Lee Hsien Loong to hold her up in his National Day Rally speech as a shining example of what it means to be "the best of being Singaporean".

She hopes Singapore can harness the "differentiation" amongst its people as strength, through a society which enables all groups to progress. *"And to be a nation that is kind and nurturing, as much as we are prosperous and successful,"* she added.



Athlete-In-Focus

When Ho Lin Ying first approached the *spexBusiness* team, she was studying in NUS as a Biomedical Engineering student. Besides her student status, she is also a TeamSG wushu athlete who has been practising wushu for more than a decade. A few of her notable sporting achievements include a Gold medal in the 2013 World Wushu Championships for Taijiquan and Gold in World Junior Wushu Championships. Lin Ying has also won several medals for SEA Games. She was also awarded the *spexScholarship* from 2018 to 2020.

Juggling between studies and hectic trainings is no easy feat and it is no less for Lin Ying. As part of her year 3 curriculum, she had to take up an internship. When sourcing for an internship, the scheduling of her work timing and training commitments is her main concern. She had to fulfil a minimum amount of training hours as a *spexScholar*, with some days having double sessions. Before seeking help from the *spexBusiness* team, she actually had a few internship offers in hand. However, none of the companies were willing to compromise her work schedule with her training timings.

Lin Ying shared that ***“The spexBusiness team were pivotal and an excellent source of help for me.”*** She first did her own research by looking through the *spexBusiness* partners’ website and identify potential companies and roles that she was interested in. She emailed the team about her predicament together with her resume, and communicated back and forth for several days via messages, calls and emails. Lin Ying echoed that ***“Both Mr Bernard and Ms Apple guided me in every way. They edited my resume, helped me with my interviews, and personally contacted the companies for me.”***

Lin Ying’s profile was sent to Fullerton Health. This was followed by a brief interview, and they very quickly took Lin Ying in, fully aware and accommodating of her training schedules.



Fast tracked to a month later, Lin Ying is now working on the vaccination project with Fullerton Health. As an Ops Manager, she is in charge of opening new vaccination centres and overseeing the flow of the vaccination centre. Her current working hours of 7am-3pm also allows her to go for training afterwards.

When asked about her internship journey, Lin Ying is grateful for the support that the *spexBusiness* team and Fullerton Health have rendered her. Lin Ying gushes, ***“My experience with spexBusiness has been great and I would approach them again should I need any career related assistance. They are very nice people and I am very grateful for them. My internship journey with Fullerton Health has also been a pleasant journey and I have gained many invaluable experiences.”***



TeamSG Wushu Exponent, Ho Lin Ying, competing at one of the competitions in China.

Organisation Updates



Su Chun Wei (left) will take over from Toh Boon Yi as Singapore Sport Institute Chief



After five years at the helm, Singapore Sport Institute (SSI) Chief Toh Boon Yi has stepped down and handed over the reins to his deputy, Dr Su Chun Wei, on 1 October.

Dr Su is no stranger to SSI as he had been part of the SSI team since its inception in 2011. He is also Deputy Chief SSI, as well as Director of the National Youth Sports Institute (NYSI).

Our best wishes to Boon Yi on his future endeavours and our warmest congratulations to Chief Chun Wei on his appointment.

Letters to My Younger Self – A Reflections Series by Athletes

Dear Nicholas,

I'm so glad to see the desire and passion in you to succeed in swimming. You've proven this in your training sessions where you never fail to kick faster, pull harder and push yourself beyond your limits. Your tenacity and willingness to do whatever it takes to get better is something that will bring you to greater heights, in whatever you do.

However, if there is one advice I could give you now, that will be to always remember this.

Life is a marathon and sometimes, you need to take a step back to have a glance at your end goal. Do not get blinded by the victories of the small battles and forget about the big war ahead.

Remember that the opportunities are unlimited if swimming doesn't work out for you, and that there are other avenues to achieve your end goal.

You'll never know if you never try.

See you soon and you can tell me all about it.

Cheers!
Nicholas



"Letters to my Younger Self" - is a reflections series by our TeamSG athletes, intended for them to reflect on their past sporting journey, to move on and these letters invariably imbued life lessons for young athletes too. Sometimes we get too caught up in failures, thinking that it is the end. In retrospect, these "endings" are simply just the beginning of a new opportunity – applicable not just in sport but in life too.

TeamSG Triathlete Nicholas Rachmadi initially joined the swimming team in Singapore Sports School but some way through, he decided to try running as well. It was not easy initially but he persevered and trained on his own. Fast tracked to present time, Nicholas is now a national athlete in Triathlon and hopes to compete in the upcoming SEA Games in Vietnam.

Helping Athletes and Teams through Emergenetics

Since late 2019, the spexEducation team has been using Emergenetics, a brain science backed profiling tool to raise self-awareness among athletes and teams. It introduces athletes and teams to the seven Emergenetics attributes, which comprise of **four Thinking preferences – Analytical, Structural, Social and Conceptual** and **three Behaviour preferences – Assertiveness, Flexibility and Assertiveness**.

Athletes have been identifying with the results of their profiling report and have used it in many ways, such as to improve their decision making regarding educational choices, understanding themselves, their teammates, coaches, family and friends.

Coaches, too, have benefited from increased understanding of their the team dynamics. For example, one coach shared that previously she was always hitting a brick wall to convey her ideas to her team. Through the insights provided through her own Emergenetics profile and those of her athletes, she learnt that many of the athletes in the team preferred clearer step-by-step instructions. The team learnt about the coach's preferences too. The end result is significant progress in the team camaraderie, communication and team performance.



Find out more about Emergenetics [here](#)

TeamSG Rewards Card – NEW Card Partners

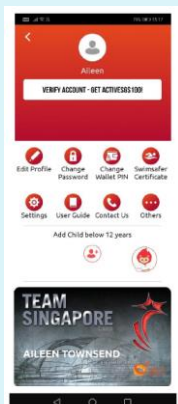
We are pleased to welcome 2 new rewards card merchants, CHICHA San Chen and Tea Tree Kakigori.

These rewards are exclusively located at Kallang Wave Mall. Athletes can utilise your 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.

CHICHA

San Chen



Partner with Active Health

NEW! Use Health & Wellness Strategy to greater productivity!

Partner with Active Health to unlock the human health and potential of your staff and transform your organization into a high performing one!

2 HOURS

Recharge with Active Health

for a Better You

Movement

Move better through functional movement screens and learn simple 40 movement strategies



Visioning

Craft your personalised health & wellness vision with our team of certified Active Health Wellness Coaches



Connect

Re-connect, and team up with your colleagues through interactive activities, sport & games



Take the step to invest in your team's Health & Wellness

\$2,760 (2 groups of 16 pax)

2 HOURS

ENERGIZE with Active Health

Owning Your Health & Wellness through

Habit Formation

Harness your habits for a healthier, stronger and better you



Active Lifestyle

Team up with your colleagues to experience and share the joy of living better through sport



\$1,932 (2 groups of 16 pax)

Email to sport_active_health@sport.gov.sg to register your interest!

Upcoming Major Games

31st Southeast Asian Games
Hanoi, Vietnam
12 – 23 May 2022



22nd Commonwealth Games
Birmingham, England
28 Jul – 8 Aug 2022



19th Asian Games
Hangzhou, Zhejiang Province, China
10 – 25 Sept 2022



4th Asian Para Games
Hangzhou, Zhejiang Province, China
9 – 15 Oct 2022



3rd Asian Youth Games
Shantou, Guangdong Province, China
20 – 28 Dec 2022



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 •
- CapitalLand • Charles and Keith • CHICHA SAN Chen • DBS Bank • DHL Supply Chain • e2i • Enterprise Sports Group • F&N Foods •
- Fairmont Singapore • Fonterra • Foo Kon Tan LLP • Formwerkz • Fox Networks Group • FujiFilm • Fullerton Hotel • Fun Toast •
- FutuReady Asia • GRAB • HP Inc. • HP Enterprise • HYDRAGUN • Institute of Technical Education • International Sports Academy •
- Intertek Testing Services • Islamic Religious Council of Singapore • James Cook University • Kaplan • 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 •
- Singapore University of Technology and Design • SPORTFIVE • StarHub • Subway • Tea Tree Café • Tea Tree Kakigori •
- Temasek Polytechnic • The Blackdrop • The Majurity Trust • Toyota Motor • Volkswagen • Watsons • Yoguru • Yu Kee Group •

