

emPOWER

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Team Singapore gears up for the 31st SEA Games in Hanoi



Photo Credit : SNOG

(L to R): Mr Edwin Tong (Minister for Culture, Community and Youth), Sheik Farhan (Team Singapore's Flag Bearer & Silat exponent), Mr S. Sinnathurai (Team Singapore, Chef de Mission) and Mr Tan Chuan-Jin (President, Singapore National Olympic Council).

Team Singapore will be fielding 425 athletes in 33 sports at the upcoming 31st Southeast Asia Games (SEA Games) in Hanoi, Vietnam in May.

526 events in 40 sports will feature in Vietnam as the country prepares to host the Games for the second time after its debut in 2003. Of the 425 Team Singapore athletes, 245 athletes will be making their debut at the regional event which was postponed from December 2021 as a result of the pandemic. The athletes include diver Max Lee, 14, as the youngest member of the team and billiards world champion Peter Gilchrist at 54 years old as the most senior athlete reflecting the diversity of the contingent.

The first event for Team Singapore begun in Hanoi, when the beach handball competition kicked off the Games on 6 May. The Games will officially commence on 12 May, when the opening ceremony takes place and is scheduled to end on 23 May.

3-time Silat world champion Sheik Farhan was unveiled as the contingent's flag bearer. The 2017 SEA Games champion

said, *"Representing Singapore has always been very special to me, to be able to lead the contingent as flag bearer this time will make this SEA Games a particularly memorable one for me. I can't wait to compete at a major Games again, and look forward to enjoy the experience in Hanoi."*

Chef de mission S. Sinnathurai said, *"This edition of the SEA Games is an unprecedented one. After a year of postponement, our athletes are very eager to compete to put to test the training and hard work they have put in over the past few years. The Games will be spread across 12 provinces and athletes and officials will be housed in different hotels. My assistant chefs de mission – Ms Asmah Hanim and Mr Damien Ler – and I will be on the ground to support the team. Resources are dedicated to this decentralised plan with the health and safety of the contingent as the top priority. I hope Singaporeans can lend their support to cheer for Team Singapore as they do their best to represent the nation in Hanoi."*

Support Team Singapore athletes via updates from Team Singapore (@teamsingapore) and SNOG (@sgolympics) social media accounts on Facebook and Instagram. Watch live coverage of the Games on Mediacorp's Channel 5 and meWATCH (www.mewatch.sg/seagames).

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TeamSG In The Community

Showcasing the Team Singapore Spirit in community events.

SEA Games-bound TeamSG bowlers, New Huifen, Daphne Tan, Muhammad Jaris Goh and Darren Ong, participated in Republic Polytechnic (RP)'s Bowling Clinic that was held on Friday, 11 Mar evening at the Civil Service Club (Bukit Batok).

Our bowlers shared with the RP Bowling Interest Group students their sporting journey and gave advice and tips as the students went through their paces. The evening ended off with a friendly competition where the winning team won drinks paid for by Singapore Bowling Federation's Technical Director, Surein.

This sport clinic is part of TeamSG's collaboration with RP since 2021 and is the fourth sport clinic to be conducted. The previous clinics involved athletes from netball, floorball and basketball.

We are very proud and thankful that our TeamSG athletes put their sport expertise and knowledge to good use and provided opportunities for the community to learn more about their sport. We look forward to more of such interactions and sharing sessions with the community.

Well done TeamSG!

TeamSG Cares

TeamSG Cares

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

TeamSG Cares is an initiative that enables TeamSG athletes to inspire the Singapore spirit and anchor their relevance to communities by transcending their sporting performances beyond the field of play to being role-models in service of the community as a force for good.

Through TeamSG Cares, TeamSG athletes have a common platform to give back to the community. Athletes can be involved in TeamSG Cares either through TeamSG Cares owned initiatives (such as Mental Well-being and Safe Sport) and partnering other community efforts such as SG Cares.

Some past examples of TeamSG Cares events include TeamSG Golfer, Jen Goh who collaborated with TeamSG to give out goody bags to kids in need, TeamSG athletes also partnered with TeamSG and Beyond the label (NCSS) to be champions for mental health awareness.

If you are interested to be part of TeamSG Cares, be it as a TeamSG athlete or as a corporate partner, to do good, [email](#) to find out more.



Athletes-In-Action



TeamSG Silat Exponents

Our TeamSG Silat Exponents won 25 medals, of which 11 were gold medals at the Southeast Asian Championship, held in Singapore. A valiant fight indeed coming from our exponents who faced off against Indonesia, Malaysia, Thailand and Vietnam at the 8th edition of the event. Congratulations team!



Nur Syahidah Alim, TeamSG Archer



A big congratulations to our TeamSG Archer, Nur Syahidah Alim, who clinched the gold medal (Compound Women Category) at the Phuket Asia Para Archery Tournament 2022. A commendable feat from the TeamSG Archer. Thank you Syahidah for flying our Singapore flag high at the competition.

Zhou Jingyi and Ser Lin Qian, TeamSG Paddlers



Similarly, TeamSG Youth Paddlers Zhou Jingyi (left) and Ser Lin Qian (right) put on a commendable performance at the WTT Youth Contender Vila Real 2022. Jingyi earned herself a gold medal while her team mate Lin Qian finished with a silver medal in the U17 Singles event. It was a valiant effort coming from these young stars. Thank you both!



Izaac Quek Yong, TeamSG Paddler

Our TeamSG table tennis rising star Izaac Quek Yong (second from right) won the silver medal in the U19 singles event at the WTT Youth Contender Vila Real 2022. Izaac also topped the Under-15 boys world ranking list by the International Table Tennis Federation back in 2021. What a remarkable performance by this teenage star paddler!

TeamSG Men's Badminton

Congratulations to our TeamSG Shuttlers on their bronze medal at the Badminton Asia Team Championships held at Selangor, Malaysia. Well done team!



Athletes-In-Action



TeamSG Shooters

It's gold number 6 for TeamSG Shooters as they wrapped up their campaign at the International Shooting Sport Federation (ISSF) Grand Prix. Overall, our TeamSG shooters bagged a total haul of 6 gold, 2 silver and 8 bronze medals at the event held in Jakarta, Indonesia.

An outstanding performance by our TeamSG Shooters!

TeamSG Hockey Players

Our TeamSG women's hockey team battled hard against Asia's top teams like India and Japan, both of which have just qualified for the FIH Women's World Cup held in Muscat, Oman early this year.

A big thank you to the team for giving their best and being so dedicated and committed to their sport!



Maximilian Maeder, TeamSG Kiteboarder

Over at Jomtien beach, Pattaya, Thailand where the NSDF Formula Kite Asia Pacific Championships was held, TeamSG Sailor, Maximilian Maeder, put on a resilient and outstanding performance to be crowned champion at the competition.

This is a commendable feat for the young kitefoiler after coming back from equipment issues and recovering from an initial crash during the first race of the Final series. Well done and Congratulations Maximilian aka Mighty Max!

Athletes' Achievements



Photo credit: The Straits Times

Congratulations to TeamSG shuttler and reigning World Champion Loh Kean Yew on being crowned The Straits Times' Athlete of the Year 2021!

Kean Yew could barely walk after a grueling quarters and semi-finals at the World Championships, but pushed through the pain of a rolled ankle to become Singapore's first badminton world champion.

Also a deserving shout-out to the six TeamSG athlete-nominees for their passion, commitment and dedication to fly our Singapore flag high in 2021:

- Aloysius Yapp, World number one in Pool
- Cecilia Low and Kimberly Lim, Singapore's first sailors to qualify for the medal race at the Olympics
- Maximilian Maeder, winner of 2 youth world championships and a Men's Open title at the age of 15
- Shayna Ng, World champion and holder of 3 world bowling titles
- Yip Pin Xiu, Singapore's most decorated Paralympic champion
- Yu Mengyu, multiple title-holder in Table Tennis and Olympic semi-finalist



Five-time Paralympic gold medalist Yip Pin Xiu received the inaugural President's Award for Inspiring Achievement in recognition of her accomplishments and contributions to Singapore.

The award was presented to Yip Pin Xiu by President Halimah Yacob at the Istana. Congratulations Pin Xiu! We are all so proud of you!

Athlete-In-Focus

Suhairi Suhani, TeamSG Long Jumper, is a Paralympian and 2-time Asean Para Games Silver medalist. When his *spex*Scholarship ended in 2021, Suhairi felt uncertain on his next steps and contacted the *spex*Business team to assist him in his job search to supplement his income while continuing with his sporting aspirations.



TeamSG Long Jumper, Suhairi Suhani

One cannot tell at all that Suhairi has intellectual impairment. He was diagnosed with the disability after a bout of high fever when he was young. Suhairi's positive demeanor, good attitude combined with a little luck quickly secured him a part-time retail role with *spex*Business partner, Adidas Singapore, in just 3 weeks. Suhairi was all smiles when asked about his stint thus far in the company. ***"I am very happy to find a part-time job that can allow me to train and compete. Furthermore, the role is related to sport and I can apply my learnings as an athlete to this job"*** he assured.

Suhairi articulated clearly how much he enjoyed his work as he learnt the retail floor operations and even visual merchandising from his full-time peers at work. It is no wonder that he is one of the top consistent sales performers at his store. Already into his 5th month working at Adidas, Suhairi espouses Adidas's mantra of "Through sports, we have the power to change lives". He is clear of his goal – To win as many medals as possible to demonstrate that people with intellectual disability can pursue better lives and have greater opportunities for themselves too. Suhairi is relentless in his pursuit to achieve this and trains everyday in between work, almost like a full-time athlete, however tiring that may be.



TeamSG Floorballer, Lee Chee Yong (extreme right)

Lee Chee Yong, TeamSG Floorballer, joined the Men's national team in 2019 and in that same year, they won first place in the Asia Oceanic Floorball Cup and clinched the silver medal at SEA Games.

Chee Yong started his management trainee role with Adidas during the Covid-19 situation where almost every company adopted some form of working from home, making social interactions amongst colleagues almost non-existent. But Chee Yong fit in immediately that it is impossible to tell that he is less than a year into this role. Referred to Adidas Singapore through the *spex*Business team, Chee Yong secured the role in Adidas through his own merit, bringing to the table intrinsic traits that come with his sporting background such as resilience, leadership and competitiveness.

"I am enjoying my time in Adidas so far. People in Adidas are friendly and always willing to help out when needed. There are many programmes that you can pick up in your free time to learn more about functions and skillsets that you are interested in. I am also in the mentorship programme where I am attached to a senior executive, and he will help provide feedback and guidance on my career."

In November 2021, he was part of the Floorball National team selected to go for a 2-week overseas training camp before the World Cup Competition held in Finland. Chee Yong informed his line manager who was fully supportive of him going. ***"We started planning early and were able to work out a flexible working schedule for me to complete my work remotely,"*** Chee Yong asserted. Thankful to receive such unwavering support from Adidas, Chee Yong can continue with his training and gain work experience in a multinational company simultaneously without much worries.

"We want to support our local athletes through meaningful learning and career development, and at the same time, enable them to pursue their dreams and fly the Singapore flag high and proud." said *spex*Business partner, Adidas.



Project Empower

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

The 3rd run of the Athlete Sponsorship & Endorsement workshop for TeamSG athletes ended with 3 sessions in April.

The workshop, organised in partnership with *spexBusiess* partner, Octagon, provided athletes with relevant insights about the basics of securing sponsorships for themselves and helped them gain some commercial sensibilities, so that they can better manage their own rights and brands.



Active Enabler Programme

GetActive! Singapore is SportSG's annual marquee event where sport and active play opportunities are promoted on National Day to celebrate a stronger Singapore through sport.

What is Active Enabler Programme?

As part of the 2022 GetActive! Singapore (GASG) Campaign, the Active Enabler Programme (AEP) encourages members of the public, communities and corporates to come forward and play a part in celebrating Singapore's 57th National Day through sports and physical activities.

AEP supports innovative, ground-up / community-oriented initiatives that encourage everyone to celebrate National Day through sport, demonstrating sports as a "force for good".

Get creative & organise innovative activities between 23 July to 31 August 2022 to encourage everyone to get active & care for one another through sport!



Sports-themed company cohesion



Sports Festivals & Events



Pop-up booths and activities for your staff or member of public



Virtual programmes for seniors & vulnerable groups



Apply for the AEP Grant by 15 May 2022!

Grant Category	Project Grant	Mass Event Grant - Walk/Run	Mass Event Grant - Sports other than Walk/Run
Funding Quantum	Up to 90% of the qualifying costs or up to \$10,000, whichever is lower	Up to 90% of the qualifying costs or up to \$50,000, whichever is lower	Up to 90% of the qualifying costs or up to \$50,000, whichever is lower
Mandatory Criteria	Event to target at least 50 participant	Event to target at least 200 participants	Event to be open to public Event to target at least 200 participants

For more information, visit GASG 2022 – AEP webpage at <https://circle.myactivesg.com/getactive/2022/aep?filter=about> or email us at ActiveSGCorporates@sport.gov.sg

Letters to My Younger Self

"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.



Dear Younger Mengyu,

Do remember to keep learning as one should do so all his or her life. Learn knowledge of table tennis to improve cognition and pursue excellence, and knowledge beyond your specialty to broaden horizons.

Be brave to become a warrior when facing challenges and fears. Your most challenging competitor is not any other one, but yesterday's yourself who wallowed in your comfort zone. Only by stepping out of the zone can you realize your potential. With every swing of your racket, you're not just finishing a hit, you're hitting your limits.

Do your best. Be your own champion.

Love you
Me

Upcoming Major Games

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



11th ASEAN Para Games
Surakarta, Indonesia
30 July – 6 Aug 2022

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



19th Asian Games
Hangzhou, Zhejiang Province, China
TBC



4th Asian Para Games
Hangzhou, Zhejiang Province, China
TBC



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