

Swimmers ready for plunge into future

SINGAPORE – The eight swimmers chosen to represent hosts Singapore at next month's inaugural 2010 Youth Olympic Games from Aug 14-26 have been set the target of reaching the finals of their respective events.

Speaking to MediaCorp yesterday, national head coach Ang Peng Siong said the Games should also serve as a springboard for them, regarded as the Republic's most promising generation of swimmers.

"We'd like to see the younger swimmers taking the step forward for bigger Games in the future, and this will definitely be a good platform for the Olympic Games," said the two-time Olympian.

"As hosts, we want to strive for the best and this will give us a good indication of where we stand and where we need to work on to get closer to world standards."

The Singapore Swimming Association (SSA) last month named Rainer Ng, Clement Lim, Pang Sheng Jun and Arren Quek for

the boys' events and Amanda Lim, Chriselle Koh, Cheryl Lim and Adeline Winata for the girls' draw.

Much of Singapore's hopes in the pool rest on 2009 SEA Games 100m backstroke silver medallist Rainer, who also holds the national boys' under-17 records for the 100m, 200m and 400m freestyle, Clement and 2009 Asian Youth Games 50m freestyle champion Amanda.

The swimmers are coached by former national backstroke star David Lim, and MediaCorp understands some \$100,000 has been disbursed by the Singapore Youth Sports Development committee to the SSA to prepare the swimmers for the Games.

Apart from training with their respective clubs and coaches, they go through centralised training camps and have top coaches like Australians Stephan Widmer and Bill Sweetenham to motivate them.

Amanda, Sheng Jun and Clement recently underwent a month-long high-al-

Boys: Rainer Ng – 50m, 100m and 200m backstroke, 100m and 200m butterfly; Arren Quek – 50m, 100m and 200m freestyle, 100m breaststroke, 50m butterfly; Clement Lim – 50m, 100m and 200m freestyle; Pang Sheng Jun – 50m and 100m breaststroke, 50m and 100m butterfly, 200m individual medley.

Girls: Amanda Lim (picture) – 50m, 100m and 200m freestyle, 50m butterfly; Adeline Winata – 50m, 100m and 200m freestyle, 50m, 100m and 200m backstroke; Cheryl Lim – 50m, 100m and 200m breaststroke; Chriselle Koh – 400m freestyle, 50m, 100m and 200m backstroke.



titude training camp in Kunming, China.

Said Ang: "We utilise whatever resources we have. Whatever needs to be done has been done." **TANYO-HINN**