

2013 Academic News

De-stress, Marissa Stresses

By Michaela Oehler
Alumnus, Bowling Academy



Marissa Ng Xue Ting has a simple recipe for scoring 9 Distinctions at the 2012 GCE “O” Level Examinations – de-stress, and do it often.

“I didn’t just sit and study for hours. I took breaks to exercise and play some badminton. I found that after the breaks, I had a clearer head and could focus better,” said Marissa.

She added that it is important to keep up with studies daily, and not just during the GCE “O” Level year.

“If you start from the very beginning, like in Secondary 1, then studying and revision becomes a habit and after some time, it is so natural that you don’t have to think about it. This is especially important when you’re overseas because you tend to think you’re tired after your competition and want to rest, and end up in bed more than necessary, or you want to hang out at the competition venue and watch all the other matches.

“If you know there are some lessons that you need to keep up or catch up on, then you need to plan in your study time – finish up assignments between

matches, and when those are done, read ahead of the lessons you will be doing when you return.”

Marissa participated in competitions until July 2012, “and then, it was time to really study,” she said.

Marissa had joined Singapore Sports School in 2009, under the School’s Elite Scholarship programme, with a PSLE T-score of 258. She was the top student-athlete in her Level in 2009, 2010 and 2011, and second in Level in 2012. Therefore, it came as no surprise that Marissa received the Edusave (Independent Schools) Yearly Awards, which is given to the top 5 per cent academic performers of each cohort, by level, in each Independent School.

Marissa is a highly responsible student-athlete who is not only driven to excellence in academics but also in her sports. She is a good role model to her juniors and peers as she sets clear goals and goes through all means to achieve them. She was a member of the team that won the National Inter-School Badminton Championship Zone Champion each year, in the “C” and “B” Divisions, from 2009 to 2012. In addition, she helped the team clinch the National Schools Games Badminton “B” Division Girls’ title in 2012.

In 2011, Marissa participated in the International Children Games in Lanarkshire, Scotland, and won bronze medals in both the Under 15 Singles and Team events. Marissa also won the bronze medal in the Girls Singles at the Singapore 2011 Youth Olympic Festival.

While juggling the demands of training and studying, Marissa has also found time to serve her fellow student-athletes as a student councillor in 2011 and 2012.

2013 Sports News

Badminton Academy Wins 6 National Colours And Zone Awards, 4 Team Awards

By Jansen Yeo
Strategic Communications Executive



Singapore Sports School won a record 162 Zone Awards and 102 National Colours this year. Additionally, the various sports academies won 33 Team Awards, presented to teams that finished in the top 4 of the national round of competition.

Bowler Darren Ong Wei Siong and football player Irfan Fandi Ahmad were named the Best School Boy in their sport, as were table tennis player Ang Wan Qi and shooter Martina Lindsay P Veloso for the Best School Girl awards. This is the second year that Darren and Wan Qi have been singled out for special recognition.

Alumnus Calvin Kang Li Loong, who had represented Singapore at four major competitions before he was 20 years old – 2007 Nakhon Ratchasima Southeast Asian Games, Beijing 2008 Olympic Games, Delhi 2010 Commonwealth Games and Guangzhou 2010 Asian Games – was the guest-of-honour at the School's presentation ceremony on 23 September 2013.

The recipients of Zone Awards and National Colours in the Badminton Academy are:

Crystal Wong Jia Ying 1st National, 1st Zone

Elaine Chua Yi Ling 1st National, 1st Zone

Liang Xiaoyu 1st National, 1st Zone

Low Kean Yew 1st National, 1st Zone

Ryan Ng Zin Rei 1st National, 1st Zone

Yeo Jiamin 2nd National, 2nd Zone

National Colours Team Awards

C Division Boys (Air Pistol)

C Division Boys (Air Rifle)

C Division Girls (Air Pistol)

C Division Girls (Air Rifle)

Xiaoyu Leads Shuttlers' Charge At Nanjing 2013 Asian Youth Games

National badminton player Liang Xiaoyu, 17, will lead Singapore's assault on medals at the Nanjing 2013 Asian Youth Games. Xiaoyu, who is World No. 10 in the Badminton World Federation Junior Rankings, is the highest ranked badminton player in the Team Singapore contingent competing at the Games, which will take place from 16 to 24 August 2013.

The 2012 national champion is joined by Singapore Sports School teammate Yeo Jia Min, 14, who won the 2013 Walikota Surabaya Cup International Badminton Championships' Girls Under 15 Singles title in Indonesia.

The two badminton players are part of the 29-strong Singapore Sports School contingent competing at the Nanjing 2013 Asian Youth Games. A total of 84 youth athletes will represent Singapore at the Games.



Liang Xiaoyu, 17
Badminton (Women's Singles)

Liang Xiaoyu was one of the youngest members of Team Singapore that competed at the Jakarta-Palembang 2011 Southeast Asian Games, where she won the Badminton Women's Team bronze medal. She was then 15.

When Xiaoyu won the 2012 Singapore National Badminton Championships Women's Singles title to become the national champion, she was just 16.

Xiaoyu has also represented Singapore at the 2011 and 2012 World Junior Championships, the most prestigious international youth tournament.

She is currently World No. 10 in the Badminton World Federation Junior Rankings and World No. 92 in the Badminton World Federation Women's Rankings.

Xiaoyu is on Singapore Sports School's "School-Within-A-School" programme, where she trains with the national team in the day and attends academic lessons in the evening.



Yeo Jia Min, 14
Badminton (Women's Singles)

At 10 years old, Yeo Jia Min was already a champion. She won the 2009 Li Ning Youth International Girls Under 11 Singles title and the 2009 Cheers Badminton Girls Under 13 Singles title.

She continued her winning ways as she progressed through the age-groups, including the 2012 National Junior Under 19 Championships Girls Singles crown – when she was 13.

Jia Min is a member of the Singapore Badminton Association's National Intermediate Squad and represented Singapore at the 2012 World Junior Championships where she reached the Round 2 of the Mixed Doubles event with partner, Ryan Ng Zin Rei.

In 2013, she did one better at the National Junior Under 19 Championships. Besides successfully defending her Girls Singles crown, she won the Girls Doubles title with Singapore Sports School teammate, Elaine Chua Yi Ling. The pair then made it through the qualifying rounds in the Women's Doubles at the 2013 Li Ning Singapore Open, but fell to South Korea's Jang Ye Na and Kim So Young in the first round.

Jia Min defeated a field of international players from China, India, Indonesia, Japan and South Korea to win the 2013 Walikota Surabaya Cup International Badminton Championships' Girls Under 15 Singles title in Indonesia.

World Number One Visits Singapore Sports School

By Desmond Tan
General Manager, Badminton Academy



When Datuk Lee Chong Wei visited the Singapore Sports School on 30th May 2013, it was the first time that a current world number one has visited the school. Lee was at the Sports School as part of the “Lessons From The Champions” series, a Character Education Programme series organised by the Sports Wing, for the student-athletes. Lee shared his secrets and experience with the student-athletes.

The most memorable moment in Lee Chong Wei's badminton career was the London 2012 Olympic Games. Although it was heart breaking for him (due to an injury), he highlighted the values and importance of perseverance in sports. In his build up to the Games, he ruptured his Achilles tendon during the Thomas Cup in May. Doctors told him that it would be impossible for him to compete in the Olympics and had to rest for at least six months.

He defied all odds and participated in the Olympics. He even managed to defeat Chen Long, who was a very strong contender for the Olympic gold medal.

However, the road to the finals was not easy for him. For two months, Chong Wei was unable to stand properly but he still carried on training. Even up to the first day of the competition at the Olympics, he was still in two minds to compete or to walk away.

He wanted to give up, not because he was afraid but because the pain was unbearable. He had to undergo stem cell injection and needed pain killers to alleviate the pain and hasten his ankle recovery. On the day of competition, he told himself that he would give his best shot. His objective was to do his best and take it one step at a time. Round after round, he managed to defeat his opponent as he slowly regained his confidence.

When he entered the finals, he knew that everyone in Malaysia was pinning their hopes on him taking home the gold. He felt the pressure but did his best and played well. Unfortunately, he could not clear the final hurdle. He was gracious in defeat and he emphasised on the mental aspect needed to be on top. He endured, persevered and overcame his ankle injury; mainly because he was mentally very strong and focused.

The interview was not all serious as there were some light-hearted moments. When asked about the thing he hated most about training, Lee said that he now hates the sight of the shuttle. He has been hitting the shuttle for the last 20 years and he fears the sight of it now. He also shared that when he retires, he would not want anything to do with the racket or the shuttle for at least two years.

Singapore Sports School congratulated Lee on becoming a father but when asked if he would want his son to follow his footsteps, it was a firm no. His reply brought much laughter.

The student-athletes definitely benefited from Lee's account of his experience in his badminton career. He was indeed a Champion in his own rights. Singapore Sports School would like to thank Ms Manisha Seth, Head of Project Development, Yonex Sunrise for making this possible. Singapore Sports School is also very grateful to Yonex Sunrise for this rare opportunity.

4 And So Much More

7 Of 8 Finalists From Badminton Academy; They Win 4 Titles

By Michaela Oehler
Alumnus, Bowling Academy



Singapore Sport School's Badminton Academy had seven out of eight finalists vying for the Boys' U15 and U17, and Girls' U15 and U17 National Age-Group Singles titles on 23 March 2013, and they delivered all four gold medals.

The only pair of players not all-Sports School was Crystal Wong and National Intermediate Squad player, Nicolette Tan. This made the match more exciting for Sports School supporters at the Singapore Badminton Hall but Crystal was unfazed by her better-known opponent and made short work of her, winning 21-18, 21-9 decisively.

"The results on the final day of competition shows that our development pathway is correct. This is really a commendation of the hard work that the coaches have put in and the support that the sport scientists have given. Everyone contributed to the success of this outing," said Mr Desmond Tan, General Manager of the Badminton Academy.

Mr Tan also commended the student-athletes.

"The good results can only be achieved when the team is united and strong," he said.

Results

Girls Singles U15

Crystal Wong beat Nicolette Tan (NIS) 21-18, 21-9

Boys Singles U15

Yang Ziyi beat Lee Wei Hong 21-14, 21-13

Girls Singles U17

Yeo Jiamin Beat Elaine Chua 21-15, 4-2 (Elaine Chua retired.)

Boys Singles U17

Loh Kean Yew beat Bernard Ong 21-15, 22-20

National Junior Championships

In the 2013 National Junior Championships, Singapore Sports School's Badminton Academy produced five winners in the five events below.

Event	Matches	Remark
Girl's Singles	Elaine Chua vs Yeo Jiamin	Jiamin won 21-12, 22-20
Boy's Singles	Terry Hee vs Tan Ming Shun	Terry won 21-12, 21-11
Boy's Doubles	Terry Hee/Tan Zi Jian (RP-DSLM) vs Leslie Teng/Ci Yong	Leslie won 20-22, 21-13, 21-17
Mixed Doubles	Elaine Chua/Terry Hee vs Ngiam Bin /Chung Shiqi	Elaine/Terry won 21-13, 21-13
Girl's Doubles	Elaine Chua/Yeo Jiamin vs Deline Quek/Ninna Tan	Elaine/Jiamin won 21-16, 21-15

In the Open category, Liang Xiaoyu, current member of the national team lost her women singles title by the narrowest of margin. She lost 21-23 in the 3rd set, to Xing Aiyong who represented Singapore in the 2008 Olympics.

Event	Matches	Remark
Men Doubles	Sean Lee/Gerald Ong (SSP Alumni) vs Liu Yi/Terry Yeo	Lost 17-21, 17-21
Women Singles	Liang Xiaoyu (current SSP) vs Xing Aiyong	Lost 21-16, 15-21, 21-23