

2013 Academic News

'A Simple, Ordinary Guy'

Scott Ang Is President's Scholar

'I was born no better than the 26 soldiers I now lead,
or the hundreds who raced with me,
or the thousands who took the same exams as I did,
and went to schools better or worse than mine.'



Scott Ang Yiqiang, in military uniform, with his family and Singapore Sports School Principal Deborah Tan (fourth from left), Triathlon Coach Eugene Lee (third from right) and Mentor and Chinese Teacher Tok Gee Hong (second from right), at the President's Scholarship Award Presentation Ceremony at the Istana on 16 August 2013.

President's Scholar Scott Ang Yiqiang said he never thought that he was anything special, growing up. In fact, he confessed to struggling with IQ tests and always seemed to read slower than his peers, had trouble spelling, had teachers give up on him, and even in sports which was his niche, "never seemed to come up above the rest."

Scott, 19, from Singapore Sports School's graduating class of 2009, said effort and training gave him enough to get into some finals, but there were always faster, stronger, more talented athletes.

"I felt destined for mediocrity, and thoughts of flying off to a place like Cambridge

to study Law, or receiving a scholarship such as this did not even qualify as dreams – they were impossibilities, better left to geniuses and prodigies, which I most definitely am not,” said Scott, in a note to his well-wishers posted on his Facebook page on 19 August 2013.

Despite numerous medals, success in studies, receiving the Sword of Honour in Officer Cadet School, and now the President’s Scholarship, Scott said he found himself thinking that these are the results of extraordinary opportunities and sometimes unjustified belief thrust onto a simple, ordinary guy.

He explained: “I was born no better than the 26 soldiers I now lead, or the hundreds who raced with me, or the thousands who took the same exams as I did, and went to schools better or worse than mine.

“Without my mother taking me to the pool every evening for the 10 years before Singapore Sports School, without my ACS (Independent) Students’ Council teachers somehow believing I was the best man to lead the Council, without my Sports School English teacher grooming me after seeing the spark for public speaking in the boy who would shiver when making a presentation to the class, who would I be today? These are the people who have made me who I am. Their belief, their passion, their insistence, their leaps of faith, their fragile necks that they stuck under the guillotine for me, and more than once felt the graze of the blade.”

From Singapore Sports School, Scott particularly mentioned Miss Ong Siok Cheng, the late Mr Roger Poulter, Mr Tok Gee Hong, Swimming Coach Eugene Chia and Triathlon Coach Eugene Lee as those who helped him in his journey,

Scott said as a President’s Scholar, people are bound to have great expectations of him – and he knows he will not always be able to live up to their expectations, and in fact, he will continue to learn from those around him.

“You will give me tasks and wait for me to hand you perfection. You will ask a crowd and expect me to stand up and answer. You will contemplate a problem and look to me for the solution. The same is true to varying degrees for any scholar. But when you do such things and realise that it is imperfection I deliver, that sometimes I am afraid to voice my opinion, that I don’t always have a solution, I ask that you remember I am only human, and will not pretend to be anything more.

“I am not making excuses in fear of falling short of expectations. No. What I am saying is, as supposedly the ‘top’ talent in the country, my promise to you is that I

will not let it get to my head that I am beyond flaw, and more importantly beyond learning, beyond apologising, beyond humility. I have learnt as many lessons from my soldiers as I have from my OCS instructors. Everyone is special in his own way, and everyone has something to teach. I will continue learning.”

Scott said that as he navigates his way through life, he hopes that he, too, can teach others.

“I do not delude myself. I know that there must be something in my outlook of life that has inspired so much confidence in me. While staying humble, I also promise that I will remain true to myself.

“I was chosen for being me, and the added pressure of a President’s Scholarship will not change who I am and what I believe in. I will continue to dream with the naiveté of a child, pursue worthy causes with a fiery heart, and trust in those I lead, even when they have not given me reason to, because this is who I am. I promise that I will now and forever remain, sincerely Scott.”

Scholar, Athlete, Leader Scott Ang Is President's Scholar



***'One must also show a strong ethos for public service, impeccable character, remarkable leadership and dedication towards improving the lives of Singaporeans.'* – President Tony Tan**

The Public Service Commission awards scholarships to outstanding young men and women who want to serve Singapore and Singaporeans through a career in the Public Service and the most prestigious undergraduate scholarship awarded by the PSC is the President's Scholarship.

To be awarded the President's Scholarship, one must demonstrate more than just excellence in academic and non-academic pursuits. One must also show a strong ethos for public service, impeccable character, remarkable leadership and dedication towards improving the lives of Singapore, said President Tony Tan at the President's Scholarship Award Presentation Ceremony at the Istana on 16 August 2013.

This year, four young men and one young woman received the President's Scholarship, among them, Scott Ang Yiqiang from the Singapore Sports School's graduating class of 2009.

Scott, 19, had received the PSC's SAF Overseas Scholarship in 2012 and his outstanding performance in the SAF and a recommendation from the Ministry of Defence were taken into consideration when the PSC decided to award him the President's Scholarship, the PSC had revealed to the media. Scott will head to the University of Cambridge to read Law.

President Tan reminded the five President's Scholars that Singapore was built through the hard work of our forefathers, who themselves hailed from diverse backgrounds and cultures. Today, our diversity remains key in securing our continued success, he said.

"Being a small, open economy, we will constantly be exposed to external threats and challenges. In addition, as our society matures, we will face new issues and opportunities. To tackle the challenges and to grasp the opportunities, we will need a Singapore that is not only able and nimble, but one which can leverage on the diverse strengths of its people to move forward. For this reason, we need a continuous stream of capable, dedicated leaders at all levels of society. These leaders need to have the ability to harness the varied strengths of Singaporeans from all walks of life."

President Tan said the recipients of the President's Scholarship bear a heavy responsibility as their peers and fellow Singaporeans will look to them for such leadership to bring Singapore forward.

"Beyond excellence in your academics and careers, each of you will have to work hard to nurture both unity and diversity in our society. You will need to build a strong sense of national identity, while appreciating difference across cultures and countries. The policies you create and implement must be done not in an ivory tower, but through strong connections and engagement with the community.

"By tapping on the collective wisdom and experiences of our different communities, we can build a better future for ourselves, our families and our fellow Singaporeans."

President Tan applauded the efforts of the families, principals, teachers and friends of the new President's Scholarship recipients. He added that everyone has played an integral role in moulding their character, values and sense of service.

“Tonight marks a new chapter in your lives. But I am certain that all of you will live up to indeed, if not exceed, the high hopes we have placed on you to do Singapore proud. I wish you success in your journey ahead and I look forward to you serving with distinction when you begin your careers in the Public Service.”



The Different Facets Of Scott Ang. Anti-clockwise from bottom: Scott Ang Yiqiang wins first prize at the 22nd YMCA Plain English Speaking Awards in 2008; Scott finishing the running leg of the triathlon at the Singapore 2010 Youth Olympic Games; Scott waiting to receive the President’s Scholarship, while his citation is being read out on 16 August 2013.

Scott Ang Yiqiang Is President's Scholar



Scott Ang Yiqiang has been awarded the President's Scholarship. The 2009 graduate is our first alumnus to be presented with this accolade.

Scott was, last year, presented with the Sword of Honour after his course at Officer Cadet School. He was also presented with the Public Service Commission's SAF Overseas Scholarship.

Scott, 19, received the President's Scholarship from President Tony Tan at the Istana on 16 August 2013. Besides Scott, three young men and one young woman also received the President's Scholarship.

Singapore Sports School Principal Deborah Tan is delighted with Scott's achievements.

"When Scott accepted the PSC Scholarship last year, he made a commitment to improve the lives of Singaporeans through public service. So we are delighted and proud that Scott has been awarded the President's Scholarship this year.

“Scott has without reservation credited his teachers and coaches at Singapore Sports School for the rigorous development as a student-athlete. Till today, he maintains close ties with his alma mater.

“Singapore Sports School grooms Learned Champions With Character and we are glad that our School has, in some humble way, nurtured Scott for his future role for Singapore,” said Mrs Tan.

Scott joined the Singapore Sports School Swimming Academy in 2006. He said the Sports School programme taught him discipline and determination because of the tough training that he underwent, besides having to manage his time between school, leadership commitments, and sports.

Scott represented Singapore in Triathlon at the Singapore 2010 Youth Olympic Games. He said training with the sole intention of becoming a champion never crossed his mind.

“When you have enough passion for a sport, the notion of being champion becomes insignificant. I just wanted to be the best that I could be, the fastest that I could be, and whatever position I came in afterwards was unimportant. I enjoyed my sport and I made sure that I never let ‘winning’ become more important to me than my love for the sport itself,” said Scott.

Scott recalled that he took a five-week long break from school for overseas competitions in his Secondary 4 year, and returned to School about a month before the GCE “O” Level examinations.

“My teachers gave me extra lessons and even tutored me personally on some occasions. I can’t think of a single teacher there who did not go the extra mile to help me get on track for the exams. The support and flexibility in Sports School is amazing. Many of the teachers believed in me, and I did not want to let them down.”

Scott scored 6 Distinctions and an L1R5 score of 7 points in his GCE “O” Level Examinations. He went to Anglo-Chinese School (Independent) for the International Baccalaureate Diploma Programme and graduated with 44 out of 45 points. At ACS (Independent), Scott was also elected President of the Students’ Council.

“If you set your mind to something, don’t let anyone tell you that you can’t make it. Believe in yourself, do something about it, never give up, and you will succeed,” said Scott.

Citation

Lieutenant Scott Ang Yiqiang has been awarded the President's Scholarship. On top of that, he was awarded the Singapore Armed Forces Overseas Scholarship and will be reading Law at the University of Cambridge in the United Kingdom.

Scott studied at Shuqun Primary School, Singapore Sports School and Anglo-Chinese School (Independent).

Scott has demonstrated outstanding leadership abilities in many areas. He was President of the Student Council at Anglo-Chinese School (Independent), and has displayed excellent interpersonal skills and decisiveness in playing this role. Scott also excelled during his National Service. He was Best Recruit of Pegasus Company for his Basic Military Training. In addition, he received the 'Sword of Honour' in 2013 for his outstanding performance in Officer Cadet School (OCS).

An accomplished sportsman, Scott represented Singapore in the Men's Triathlon at the 2010 Youth Olympic Games in Singapore.

Combining his leadership qualities and interest in sports, Scott worked with his fellow student councillors to organise a biathlon fundraising event, Project Infinity, which raised over \$26,000 for the Children's Cancer Foundation. His passion for service has also motivated him to do humanitarian work at an orphanage in Cambodia.

Xiao Li Surprise

By Mohamed Hafidz Jaafar
Executive, Strategic Communications



She worked hard so that she can carry out her post-secondary education at Temasek Junior College. An L1R5 aggregate of 20 points would have assured her a place there, but she aimed for an L1R5 of 15 points.

When the 2012 GCE “O” Level examination results were released on 10 January 2013, Koh Xiao Li was shocked, to say the least. She scored 5 distinctions and an L1R5 aggregate of 11 points.

The swimmer was among two student-athletes highlighted by the Director of Academics, Mr Seah Poh Chua, for having performed exceptionally well; Xiao Li had entered Singapore Sports School with a PSLE T-Score of 186.

“I would not have achieved such results without the support of teachers, mentors, parents and my siblings. And, I must thank Miss Felicia New. When I was in Secondary 2, I had thought about leaving school. I was in the Normal Academic stream and I was not doing well. Miss New encouraged me and helped me to carry on and I am really grateful for her support. Coach Eugene Chia has also very understanding. He always gave me time off to study if I were lagging behind in any subjects.

“Being able to board helped me to have enough rest. Boarding is convenient and all the Boarding Staff are like our mums. My mother is also very supportive. Before I left home to get my results, she told me that no matter what my results turned out to be, I have tried my best and she will be proud of me.”

2013 Sports News

Swimming Academy Wins 11 National Colours, 19 Zone Awards, 4 Team Awards

By Mohamed Hafidz
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 Swimming Academy are:

Benedict Boon Ji Chao 1st National, 1st Zone
Chantal Liew Li-Shan 1st Zone
Chin Khar Yi 2nd National, 3rd Zone
Constance Lien Tian-En 1st National, 1st Zone
Denissa Tan Hui Xin 1st Zone
Deon Tan Xuan Ru 1st National, 1st Zone
Dylan Tan Jun Jin 1st Zone
Hoong En Qi 2nd National, 2nd Zone
Jeremia Christy Suriadi 1st National, 1st Zone
Lim Ching Hwang 4th Zone
Malcolm Low Wei Yang 1st National, 1st Zone
Natasha Tan Wen Xi 2nd National, 2nd Zone
Oh Yao Jie 1st National, 1st Zone
Phiangkhwan Pawapotako 3rd Zone
Raphael Chau Yi Zhi 1st National, 1st Zone
Tan Gin Yu 2nd National, 2nd Zone
Wong Jun Bin 1st Zone

National Colours Team Awards

C Division Girls
B Division Girls
C Division Boys
B Division Boys

Eye On The Prize

By Jansen Yeo

Executive, Strategic Communications



Student-athlete Bryce Chong Sheng Cher trains with a passion – up to 13 times a week and clocking in more than 20 hours of workout. However tiring the sessions are, he doesn't give up; his goals are clear – to represent Singapore in triathlon at the Olympic Games. Despite his heavy training schedule, Bryce is still able to balance sport and studies and he has Singapore Sport School to thank.

“The best thing about being a Singapore Sports School student-athlete is the flexibility the School allows. Here, I can attend overseas training camps and competitions, and still be able to keep up with my studies. The School provides

me with a lot of support – my teachers often stay back to help me catch up on schoolwork, while my classmates share their notes with me.

“I stay at the Boarding School. Training starts at 6.30 am, followed by academic classes from 8.40 am to 2.30 pm, except on Mondays when School ends at 3.30 pm. On Fridays, we have our Character Development Programme from 2.15 pm to 4 pm, when workshops are conducted on the different aspects of character building. We train from 4 pm to 6.30 pm. Besides classes and training, I also have to attend Supervised Study Time, which is compulsory for all student-athletes who are boarders. At SST, we catch up on our homework and do our revision,” said Bryce, who is enrolled in the School’s Swimming Academy.

As a triathlete, Bryce spends hours training in the three disciplines of cycling, running and swimming.

“I work separately on the three disciplines – cycling, running and swimming. I train about 8 hours a week in the pool with the Swimming Academy. I run for about 4 hours weekly. I cycle during the weekends, clocking in about 7 hours. I also work out in my School gymnasium twice a week to build up my core muscle strength and improve my endurance.”

Bryce relishes the swimming leg the most, having come from a swimming background. He picked up triathlon after being introduced to the sport by Coach Tang Siew Kwan, who was attached to the Fishlike Aquatics Swimming Club, where Bryce was training in 2009, when he was 12. He participated in his first triathlon that same year – the OSIM triathlon – and unexpectedly, finished 3rd. Bryce hasn’t looked back since.

Bryce is among the top youth triathletes in Singapore. He participated in the International Triathlon Union Asian Development Camp in 2012, which invites the top 40 triathletes in Asia, aged 15 to 23, and only the best in the country are selected.

At the Cold Storage Singapore International Triathlon 2013 – ITU Asian Cup, from 28 to 29 September 2013, he competed against a field of world-class triathletes and was the highest placed Singaporean, finishing in 7th in the Junior Men category.

This race enabled him to gain more competitive experience as he trains to qualify for the Nanjing 2014 Youth Olympic Games.

“The qualification race is in Kazakhstan in June 2014. It will be a very fierce battle

with all the competitors from the Asian countries. Only the top five finishers of that race will go to the Nanjing 2014 Youth Olympic Games. I believe all eligible triathletes across Asia, including my compatriots – Sean Chan and Denise Chia – have been and will continue to train for the qualifier,” said Bryce.

Bryce has been in fine form this year. At the Subic Bay International Triathlon Union race in April, he was the top Singaporean competitor amongst an international field, finishing 27th in the Junior category. Among those in the Youth Olympic Games age-group, he was ranked No. 2, behind a Chinese competitor.

Bryce is not getting complacent. He knows he has a long way to go. Eventually, he wants to compete at the Olympic Games and emulate the achievements of his favourite athlete – British triathlete and reigning Triathlon World Champion Jonathan Brownlee.

For now, he puts in the laps in the pool, clock miles on his bicycle and hit the road running. Someday, he hopes, the sweat will turn into the sweet taste of success at sport’s biggest stage – the Olympic Games.

Splish Splash, Sports School Swimmers At Their Best

Despite being one of the youngest competitors at the Nanjing 2013 Asian Youth Games, Hoong En Qi, 13, is ready to make a splash in the pool. She is the fastest schoolgirl in the Butterfly stroke in her age-group in Singapore and is the current owner of the National Under 14 Record in the 50m Butterfly with a time of 28.61s clocked at the 44th Singapore National Age-Group Swimming Championships in March 2013.

Competing amongst a pool of top Asian youth swimmers will help accelerate En Qi’s development, as she look towards emulating the successes of Singapore Sports School alumnus and “Butterfly Queen” Tao Li in the near future.

Besides En Qi, Lim Ching Hwang, 17, who will be representing Malaysia while Phiangkhwan Pawapotako, 16, will representing Thailand.

En Qi is part of the 29-strong Singapore Sports School contingent competing at the Nanjing 2013 Asian Youth Games. A total of 84 youth athletes will be representing Singapore at the Games.



Hoong En Qi, 13
Swimming (50m Butterfly)

Hoong En Qi, 13, is the fastest schoolgirl in the Butterfly stroke in her age-group in Singapore. She won the “C” Division Girls’ 50m Butterfly at the 2012 and 2013 National Schools Swimming Championships, breaking the Meet Record in both swims.

She also set a new National Under 14 Record in the 50m Butterfly with a time of 28.61s at the 44th Singapore National Age-Group Swimming Championships in March 2013.

En Qi won gold medals in the 4x100m Freestyle, 4x200m Freestyle and 4x100m Medley Relay events at the Singapore National Swimming Championships in June 2013. Each gold medal is accompanied by a new National Under 14 Record.



Lim Ching Hwang, 17 (Representing Malaysia)
Swimming

Lim Ching Hwang made his debut for Malaysia at the Jakarta-Palembang 2011 Southeast Asian Games, winning a silver medal in the 4x200m Freestyle Relay.

Ching Hwang, a Foreign Student Scholar at Singapore Sports School, won silver medals in the Men's 200m Freestyle and Men's 800m Freestyle relay and a bronze medal in the Men's 400m Freestyle relay at the 2012 Southeast Asian Swimming Championships. He also won two gold medals in the Men's 100m Freestyle and 200m Freestyle at the 2012 Malaysian Games.

This year, Ching Hwang splashed his way to four gold medals at the Malaysian National Age-Group Swimming Championships in April. In May, he beat his idol Daniel Bego – holder of six individual national records – in the 100m Freestyle at the 56th Malaysia Open Swimming Championships. Ching Hwang also won the 50m Freestyle medal in the same Meet.

At the 54th National Schools Swimming Championships in April 2013, Ching Hwang won the "B" Division Boys 200m Freestyle and 200m Individual Medley gold medals, and set new Meet Records in both events. He also anchored his teams to victory in the 4x50m Medley and 4x100m Freestyle relays. His contributions helped Singapore Sports School to win the "B" Division Boys Overall Schools Championship title for the first time in the School's history.



**Phiangkwan Pawapotako, 16 (Representing Thailand)
Swimming**

Phiangkwan Pawapotako arrived at Singapore Sports School in 2011 as an established swimmer from Thailand. She was 13 when she assisted the Thailand National Team to win the 4x100m Medley Relay bronze medal at the Vientiane 2009 Southeast Asian Games.

Phiangkwan, a Singapore Youth Olympic Scholar from Thailand based at Singapore Sports School, won the Women's 50m Breaststroke bronze medal and the 4x200m Freestyle Relay silver medal at the Jakarta-Palembang 2011 Southeast Asian Games as part of the Thailand National Team.

Representing Singapore Sports School at the 2012 Thailand Sports Schools Games in Ubonratchathani, Phiangkwan won six gold medals, set six new Games Records and was named the "Best Female Swimmer" of the Games. She went on to represent Singapore Schools at the 2012 Asean Schools Games, where she won the 200m Individual Medley and the 200m Breaststroke. In both events, she set new Meet Records. Her time of 2:18:40s in the 200m Individual Medley also broke the Thailand National Record.

Phiangkwan rewrote another Thailand National Record en route to a gold medal in the "B" Division Girls 200m Breaststroke event at the 54th National Schools Swimming Championships in April 2013 with her time of 2:33:60s. She also set a new Meet Record in the 200m Individual Medley.

Thorpe: Excellence Means Not Limiting Yourself

By Mohamed Hafidz
Executive, Strategic Communications



Striving to do your very best all the time and not limiting yourself to marks that have been set by others are what define “excellence” for 5-time Olympic gold medallist Ian James Thorpe, OAM.

The Brand Ambassador for TYR swimwear and apparel shared this point when he delivered “Lessons From The Champions” at Singapore Sports School on 14 May 2013. TYR, which is also the School’s Swimming Academy sponsor, brokered his visit to the School.

Thorpe is Australia’s most decorated Olympian with 5 gold, 3 silvers and 1 bronze medals. His five Olympic gold medals are the most won by any Australian. He has also won 11 World Championship titles.

He was the most successful athlete at the Sydney 2000 Olympic Games, winning 3 gold and 2 silver medals. At the 2001 World Aquatics Championships, he became

the first person to win 6 gold medals in one World Championship.

Thorpe became the youngest male ever to represent Australia. He also became the youngest ever individual male World Champion when he won the 400m Freestyle at the 1998 World Championships in Perth.

Thorpe shared his experience of competing at swimming's highest level for almost 10 years. He spoke about Excellence, Making Plans, Coach-Athlete Relationship, Managing Time, Handling The Media and also gave an insight to why Asian swimmers are slowly becoming a force to be reckoned with.

Excellence

"Excellence is beyond winning an Olympic gold medal. It is striving to do your very best all the time and not limiting yourself to marks that have been set by others. It's alright if what you do is not perfect; it gives something to work on."

Making Plans

"At the end of every season, my parents and I sat down to decide what I was going to do next season. We don't talk about trying things out for three months and see how it goes. When we make a commitment, we look at doing it for one whole season. It is the same with my academics – once you decide on the path to take, commit to it. But you should have the option of being able to change as well."

Coach-Athlete Relationship

"Listen to your coach 95 per cent; the remaining 5 per cent is for you to think about it. Don't argue with your coach. Most of the time, he is right. If you don't agree with what your coach says, talk to him about it. This is so you don't become a robot."

Managing Time

"The best thing about sport is what it teaches you for the latter part of your life. You become an expert in time management. When I was at school, my day started as early as 4.45 am. I often did my homework in the bus on the way home from training. When I got home and had dinner, I wanted to go to bed because I was just so tired. So it is finding these small pockets of time to fit in my studies too."

Handling The Media

"There is a lot of pressure, a lot of expectation and it is a distraction from what you are doing. Nothing can prepare you for something like this. You should learn not to read anything about yourself – whether it is positive or negative. Either

way, it isn't a reflection of who you are because if you know who you are, you don't need it to be reinforced by someone else. You can find your own strength rather than then rely on other people to help with your ego."

Asian Swimmers

"Asian swimmers are able to utilise their swimming skills on the turns, and during their underwater dolphin kicks, there is less energy cost to them because of their smaller muscle mass as compared to the Caucasian swimmers. The Asian swimmer also sits very high and rides the water well when swimming. There's a lot of debate about whether the height of a swimmer matters his swimming. It's no longer the taller swimmer who will win. It's the athlete who knows how to master the techniques, and working on what he has."

'B' Boys Lift National Schools Trophy For The First Time

By Mohamed Hafidz

Executive, Strategic Communications



Singapore Sports School clinched its first “B” Division Boys title at the 54th National Inter-School Swimming Championships. Led by Benedict Boon and Lim Ching Hwang, who won four gold medals each, Sports School finished top with 190 points – 47 points ahead of Anglo Chinese School (Independent).

In the last event of the Championships, the two swimmers, together with Oh Yao Jie and team captain Malcolm Low, put on a show for the home crowd and clinched the gold medal in the 4x50m Relay final with a time of 1:48.71s.

This year’s Championships is one that the Swimming Academy will not easily forget. Besides winning 21 gold, 20 silver and 9 bronze medals, the Academy also set 5 Meet Records and 98 Personal Best times.

The “C” Division Girls’ team emerged runners-up, while the “B” Division Girls’ and “C” Division Boys’ teams finished third in the overall standings. Benedict, Ching Hwang, Phiangkwan Pawapotako, Hoong En Qi, Denissa Tan and Raphael Chau all won two individual gold medals apiece.

Ching Hwang (200m Freestyle and 200m Individual Medley) and Phiangkwan (200m Breaststroke and 200m Individual Medley) stamped their authority in the events with record breaking performances. Phiangkwan, a Singapore Youth Olympic Scholar, also bettered the Thailand National Record for 200m Breaststroke, when she touched the wall with a time of 2:33.58.

En Qi further enhanced her growing reputation with her own double gold medal feat in the 50m Butterfly – in a new Meet record of 28.69s and 50m Freestyle.

Special mention must also be given to Jeremia Christy Suraidi, who will be graduating at the end of this year. She won her first ever medal, and a gold medal at that, in the 50m Breaststroke event, a testament of the hard work she puts in training.

Final Team Standings

Position	1st	2nd	3rd	4th
‘B’ Division Boys	SSP – 190	ACSI – 143	RI - 84	Outram – 14
‘C’ Division Boys	ACSI – 193	RI – 124	SSP – 86	ACS (Barker Road) – 20
‘B’ Division Girls	RGS – 144	MGS – 108	SSP – 104	SCGS – 82
‘C’ Division Girls	RGS – 161	SSP – 95	MGS – 71	CHIJ (St Nicholas) – 28

Personal Best Times

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Boys	7	15	11	4	13	12	62
Girls	3	8	4	2	11	8	36

Name	Division	Event	Final Time	Final Position	PB
Tan Xuan Ru Deon	C Division Girls	100m Fly	01:07.1	2nd	PB
Lim De Kai Jonathan	B Division Boys	100m Fly	01:06.6	5th	PB
Tan Jun Jin Dylan	B Division Boys	100m Fly	58.58	1st	PB
Lim Hao En Maguire	B Division Boys	100m Fly	01:01.3	4th	PB
Tan Hui Xin Denissa	C Division Girls	100m Back	01:08.7	1st	PB
Liew Li-Shan Chantal	B Division Girls	100m Back	01:07.2	2nd	PB
Koh Tze An James Imm	C Division Boys	100m Back	01:10.8	6th	PB
Oon Qing Ying Ryan	C Division Boys	100m Back	01:14.8	8th	PB
Low Wei Yang Malcolm	B Division Boys	100m Back	01:01.2	1st	PB
Jeremia Christy Suriadi	B Division Girls	100m Breast	01:17.4	3rd	PB
Quek Yi Chen Dynes	C Division Boys	100m Breast	01:12.2	4th	PB. New School Record
Tay Aik Kiat Daniel	B Division Boys	100m Breast	01:11.3	4th	PB
Sin Hui Wen Cheryl	B Division Girls	100m Free	01:03.0	5th	PB
Koh Liang Jun	C Division Boys	100m Free	58.82	2nd	PB
Chau Yi Zhi Raphael	B Division Boys	100m Free	54.07	1st	PB
Marcus Ralph Goetz	B Division Boys	100m Free	55.01	3rd	PB
Denissa Tan	C Division Girls	4x50m Med	02:06.3	2nd	PB
Constance Lien					
Hoong En Qi					
Deon Tan					
Chantal Liew	B Division Girls	4x50m Med	02:02.7	2nd	PB
Phiangkwan Pawapotako					
Natasha Tan					
Cheryl Sin					
Bryan Tjut	C Division Boys	4x50m Med	01:58.2	3rd	PB
Ong Bang Zheng					
Wong Jun Bin					
Dynes Quek					

Malcolm Low	B Division Boys	4x50m Med	01:48.7	1st	PB
Lim Ching Hwang					
Oh Yao Jie					
Benedict Boon					

Medal Tally

	Gold	Silver	Bronze
Boys	11	12	6
Girls	10	8	3
Total	21	20	9

Meet Records

Name	Division	Event	Time	Position	Personal Best	Meet Record
Lim Ching Hwang	Boys 'B' Division	200m Free	01:51.2s	1st		Meet Record
Lim Ching Hwang	Boys 'B' Division	200m IM	02:09.1s	1st	PB	Meet Record
Phiangkhwan Pawapotako	Girls 'B' Division	200m Breast	02:33.6s	1st	PB	Meet Record
Phiangkhwan Pawapotako	Girls 'B' Division	200m IM	02:19.4s	1st		Meet Record
Hoong En Qi	Girls 'C' Division	50m Fly	28.69s	1st		Meet Record

SSP Could See 3 Swimmers In 2013 AYG

By Michaela Oehler
Alumnus, Bowling Academy



Singapore Sports School may have as many as three student-athletes competing in the Swimming events at the Nanjing 2013 Asian Youth Games.

Secondary 2's Hoong En Qi has qualified for the Girls' 50m Butterfly. The qualifying time was 29.67s and En Qi made the cut with a 28.61s swim.

Lim Ching Hwang, a Foreign Sports Scholar, also achieved the qualifying criteria in the Boys' 50m, 100m and 200m Freestyle events for his home country, Malaysia, as has Singapore Youth Olympic Scholar Phiangkhwan Pawapotako in the Girls' 50m, 100m and 200m Breaststroke, and 200m Individual Medley for Thailand.

Whether any or all three will get to compete in Nanjing depends on the decision of their individual country's National Olympic Council.

Singapore National Age Group Swimming Championships

By Barry Prime

Head Coach, Swimming Academy

During the March holidays, the swimmers competed in The Singapore National Age Groups (SNAG 2013) in which teams from Japan, Indonesia, Malaysia, Myanmar, Philippines, Thailand and Great Britain competed in.

Our swimmers faced a great challenge competing against Japan, a particularly strong swimming nation. However, we did very well and we are extremely proud of our swimmers performances that yielded excellent results even though this meet merely marks the start of our swimming season.

Here is a brief overview of the results we achieved together:

Personal Best Performances: 294

10 Gold 17 Silver 11 Bronze

1 National 14 years & Under Record

AYGQT – 3 individuals covering 8 events (selection not confirmed)

World Champ B QT – 4 individuals covering 4 events (selection not confirmed)

School Records – 15 (9 Boys and 6 Girls)

We also anticipate 17 student-athletes to be selected to represent Singapore, Indonesia or Malaysia at the SEA Swimming Championships in Brunei in June.

In addition 15 student-athletes have also been selected to take part in the inaugural Singapore Swimming Association National Stroke Camps, which will take place this Easter weekend both here at the SSP and the Toa Payoh swimming complex.

Here are the individual medallists and record breakers:

SSP - Male	Gold	Silver	Bronze	Remarks
Lim, Ching Hwang 15 – 17 years	100m Freestyle 200m Freestyle	50m Freestyle		AYGQT 50m Free 100m Free 200m Free WC 'B' QT 200m Free

Benedict Boon 15 – 17 years		800m Freestyle		
OH, Yao Jie 15 – 17 years			1500m Freestyle	
Ryan Wee 15 – 17 years			800m Freestyle	
SSP - Male	Gold	Silver	Bronze	
Wong Jun Bin 13 – 14 years	800m Freestyle	400m Freestyle 200m Freestyle 100m Butterfly 200m Butterfly	1500m Freestyle	3 School Records
Bryan Tjut 13 – 14 Years	400m Im 1500m Freestyle	800m Free 200m Im	400m Freestyle 200m Backstroke	2 School Records
Quek, Yi Chen Dynes 13 – 14 Years			100m Breaststroke	3 School Records
SSP - Female	Gold	Silver	Bronze	
Hoong, En Qi 13 – 14 Years	50m Butterfly	200m Freestyle 100m Butterfly 50m Freestyle	100m Freestyle	AYGQT 50m Fly Nat 14/U 50m Fly Rec 2 School Records
Deon Tan 13- 14 Years			800m Freestyle	
Pawapotako Phiankhwan 15 – 17 Years		200m Im 200m Backstroke		AYGQT 50m 100m 200m Brs 200m Im WC 'B' QT 200m IM

Chantal Liew 15 – 17 years			1500m Freestyle	3 School Records
Alumni - Male	Gold	Silver	Bronze	
Pang, Sheng Jun 18 Years & Over	800m Freestyle			
Brandon Boon 18 Years & Over		800m Free		
Clement Lim			100m Freestyle	

Alumni - Female	Gold	Silver	Bronze	
Amanda Lim 18 years & over	50m Freestyle 100m Freestyle		200m Freestyle	WC 'B' QT 50m Free
Tao Li 18 years & over	50m Butterfly			WC 'B' QT 50m Fly
Mylene Ong 18 years & over		50m Freestyle 50m Fly 100m Back		

Additional School Records

Malcolm Low 15 – 17 years	200m Backstroke
Chin, Khar Yi 15 – 17 years	200m Butterfly

We would like to acknowledge and thank our sponsors, TYR, Energizer and Banana Boat, for their continued support of the SSP Swimming Academy.