



SINGAPORE
SPORTS SCHOOL

Learned Champions With Character

CHAPTER 21 THE CHAMPIONS WAY

YEARBOOK 2025

OUR VISION

Singapore's Premier School for Aspiring
National Athletes

OUR MISSION

To Nurture Aspiring National Athletes into
Learned Champions With Character;
Champions in Sport, for Sports, and in Life.

OUR VALUES

Respect
Integrity
Responsibility
Excellence
Resilience

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ABOUT SINGAPORE SPORTS SCHOOL

Established in 2004, Singapore Sports School is a specialised independent school that nurtures Learned Champions with Character. Through our integrated sports and academic programme, supported by holistic student development initiatives, we enable aspiring and current national athletes to pursue sporting excellence while receiving a well-rounded education.

PUBLISHER

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DESIGNED BY

Dexel Pte Ltd

Chen Xingtong

Individual Programme - Golf

International Baccalaureate Diploma
Programme

2025 Moo Soon Chong Outstanding
Student-Athlete of the Year (Secondary)

SPORTS SCHOOL FOR CHAMPIONS



BOARD OF DIRECTORS



MS TEOH ZSIN WOON
(Chairman)
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**DR VALERIE TEO
HUI YING**
President,
Singapore Bowling Federation;
Family Physician, Senior Consultant;
Head, Kallang Polyclinic,
National Healthcare Group
Polyclinics

MANAGEMENT COMMITTEE



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Principal,
Singapore Sports School

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CHUEN**
Deputy Principal,
Organisation Development and
Academics

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WENG**
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Sports

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Student Development

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Secondary and Planning

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Coordinator

**11 MR MIKE GOH MENG
KENG**
Assistant Director,
Sports

12 MS ONG KAIFEN
Assistant Director,
Sports

13 MS JEANIE TAN HUI HUI
Assistant Director,
Sports Administration and
Data Analytics Strategy

14 MR JACKSON TONG
Assistant Director,
Information Technology,
Estate and Security

Not in Photo:
MS SUAR YEAN PHENG
Assistant Director,
Finance and Procurement

CHAIRMAN'S MESSAGE



“For 21 years, the School has nurtured generations of student-athletes who embody the values that define us as a nation — resilience, discipline, humility, and teamwork.”

S G60 is a milestone year for Singapore. It is a time to reflect on how far we have come as a nation and commit ourselves to building an even better Singapore going forward.

In the last 60 years, we have progressed as a sporting nation, and the Singapore Sports School has played a key part in the development of high performance sports in Singapore. For 21 years, the School has nurtured generations of student-athletes who embody the values that define us as a nation — resilience, discipline, humility, and teamwork. Many have gone on to represent Singapore on the world stage, inspiring fellow Singaporeans and proving that a small nation can achieve great things through courage and commitment. Others have carried these same values into their professions and communities, becoming role models who continue to uplift those around them.

As we look ahead, the merger of the Sports School with the High Performance Sport Institute, as well as the development of a Home of Team Singapore in Kallang, will further boost the support for our national athletes. In the next bound development of high performance sports in Singapore, the Sports School will continue to play a critical role in grooming and educating our student-athletes, as well as providing education and career guidance to the wider community of

national athletes beyond the Sports School. For instance, the School has championed an athlete-friendly education system, exemplified through the Memorandum of Understanding with the six local universities and the launch of the *spex*Education Undergraduate Scholarship this year.

In time, we hope that the success of the High Performance Sports system will inspire more Singaporeans to embrace sports, while empowering aspiring student-athletes and national athletes to develop their potential, thrive, and achieve excellence.

On this milestone year, let us celebrate the unifying spirit of sport in Singapore and reaffirm our belief in its power to shape hearts, build communities, and strengthen our nation. Together, may we continue to dream, strive, and soar higher as one Team Singapore.

Ms Teoh Zsin Woon
Chairman,
Singapore Sports School Board of Directors
and Permanent Secretary, Ministry of Culture,
Community and Youth

PRINCIPAL'S MESSAGE



Turning 21 is often seen as a symbolic and meaningful milestone. Much like the transition to adulthood, our 21st anniversary in 2025 marks our coming of age — a new chapter in our journey. **Chapter 21 at 1 Champions Way** marks a new phase for us as we fully embrace our role as the education arm of Singapore's High Performance Sports system.

And we will do this The Champions Way — by nurturing and supporting our champions, both within Sports School and across the wider sporting ecosystem.

As Singapore Sports School works with Sport Singapore and the Ministry of Culture, Community and Youth, on the development of the new Home of Team Singapore in Kallang in the years ahead, we have already been working

on strengthening our “software”. We will be coming together with the newly formed High Performance Sport Institute (HPSI) to create a unified system for athletes from developmental (youth) to elite (senior) that better supports them at every stage of their journey. Together with HPSI, we have already been meeting with all the local autonomous universities to support our carded student-athletes pursuing their undergraduate studies to ensure they are able to manage both their sport and academic pursuits. We even held our first joint **University and Scholarship Fair** that was opened to all carded athletes, bringing together universities, ministries, and agencies to share how they are able to support our national athletes.

Together with the signing of the Memorandum of Understanding with the six local autonomous universities, and the launch of the **spexEducation Undergraduate Scholarship**, support for athletes for undergraduate studies has been further enhanced. Nine of the 12 inaugural recipients of the Scholarship are from Sports School, giving them the assurance and boost to continue giving their best in their sporting pursuits without worrying about their university education.

2025 also saw 11 more student-athletes being inducted into the *spexPotential* programme, offering added support to promising young talents. They make up 44 per cent of this year's recipients, a reflection of the strong pool of emerging athletes we continue to nurture.

Such support has been instrumental in helping our student-athletes reach their sporting goals. The Southeast Asian (SEA) Games in December this year for example, will see nearly 130 past and present student-athletes from Sports School donning national colours as part of Team Singapore. About half of these representatives are current student-athletes or alumni who recently graduated from Sports School. Their achievements reflect the guidance, mentorship, and community support that allow our student-athletes to dream big and inspire Singaporeans through their sports and their lives.

At Sports School, our student-athletes continue to shape their character and hone their leadership skills, to be ready for the future, even as they pursue their sporting dreams. Their multi-talent shone through organising events such as Anti-Bullying Week, Acts of Kindness Week, Well-Being Week, Youth Day

and Staff Day. This year, we also had six Cyber Wellness Champions who stepped forward to help their peers inculcate healthy online habits. They also made meaningful contributions to the community through Values in Action projects, personal volunteer work, and Applied Learning Programmes focused on environmental sustainability. Our student-athletes are not only champions in sport, for sports, but also champions in life, caring for fellow Singaporeans and the environment.

This is just the beginning of Chapter 21. Ahead of us lie many more milestones to celebrate, stories to inspire, and triumphs that will continue to shape our journey.

Upon our wings, we will soar!

Mr Ong Kim Soon
Principal, Singapore Sports School

“At Sports School, our student-athletes continue to shape their character and hone their leadership skills, to be ready for the future, even as they pursue their sporting dreams.”

Charlotte Ng Leting

Individual Programme - Wushu

Diploma in Business

Sportsgirl of the Year 2025,
World Junior Champion 2024 in Taijishan, and
World Taiji Champion 2024 in Taijiquan

CHAMPIONS IN SPORT



READY TO FLY THE FLAG HIGH AT SEA GAMES 2025

33rd SEA GAMES 2025

About 130 past and present student-athletes from Singapore Sports School will be representing Singapore at the much-anticipated 33rd SEA Games, to be held from 9 to 20 December 2025 in Thailand. Team Singapore will be sending a record number of athletes to this biennial sporting event.

The SEA Games is a significant milestone for many athletes, often marking an important step in their sporting journey. This year, more than half of the Sports School contingent will be making their SEA Games debut. Over half of the Team Sports School contingent are current students or recent graduates from the past two years, reflecting the school's strong pipeline of sporting talent.

Among the youngest competitors are sport climber Janelle Phua Jing En, a Secondary 2 student-athlete, as well as swimmer Julia Yeo Shu Ning and paddler Loy Ming Ying, both from Secondary 3.

Seasoned campaigners such as shuttlers Loh Kean Yew and Yeo Jia Min, sprint queen Shanti Pereira, paddler Clarence Chew and swimmer Amanda Lim continue to inspire with their commitment and excellence.

Singapore Sports School celebrated these past and present student-athletes at its SEA Games Send-Off Ceremony on 12 November 2025.



YOUTH POWER AT AYG 2025

3rd ASIAN YOUTH GAMES 2025

13

Singapore Sports School student-athletes represented Singapore at the Asian Youth Games (AYG) 2025 in Bahrain, competing across six sports—athletics, badminton, pencak silat, swimming, table tennis, and taekwondo.

In swimming, Julia Yeo Shu Ning, Vivienne Chew En, and Joy Neo Ning Suan placed 4th in the Girls' 400m Medley Relay. Julia also achieved a new personal best in 50m Backstroke, while Heather Teo Jing Wen and Joy Neo reached the finals in their individual events.



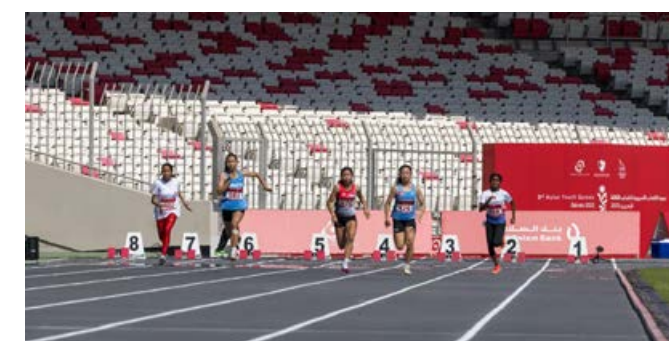
Vivienne Chew En

In table tennis, Loy Ming Ying reached the top 8 in Girls' Singles after a strong win against Hong Kong before narrowly losing in the quarterfinals. She also partnered Benjamin Lau Yi Yuan in Mixed Doubles, while Janelle Chiang Rui En and Benaiah Seah Shih Luck formed another pair — both pairs reached the quarterfinals.



Benjamin Lau Yi Yuan

On the track, Shannon Tan clocked 12.33s in the Girls' 100m semi-finals, gaining valuable experience ahead of her SEA Games debut.



Shannon Tan

Shuttler Tee Kai Ze, pencak silat exponent Nur Hanifah Qisya Mohammad Hanis, and paddler Tristen Yee Rui Bing also put up commendable performances that showcased their talent.

In taekwondo, Gwen Koh En Qi proudly represented Singapore in poomsae, becoming the nation's first debutant in the discipline at AYG.



Gwen Koh En Qi

Photo Credit: Singapore National Olympic Council



ALL IN, ALL OUT AT TSSG

26th THAILAND SPORTS SCHOOL GAMES

In a thrilling display of grit and glory, our student-athletes lit up the 26th Thailand Sports School Games 2025 held in Ubon Ratchathani with record-breaking performances and unmatched team spirit.

The Games saw 18 swimmers deliver a dominant performance in the pool from 17 to 19 July 2025, earning a remarkable 73 medals (32 gold, 19 silver, 22 bronze). Julian Ko stood out in the Boys' 13-14 category with 5 golds and 3 meet records, while Elizabeth

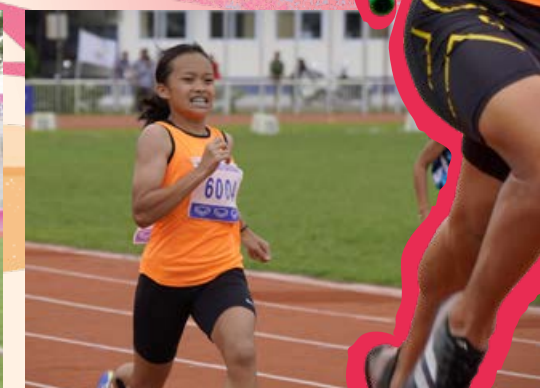
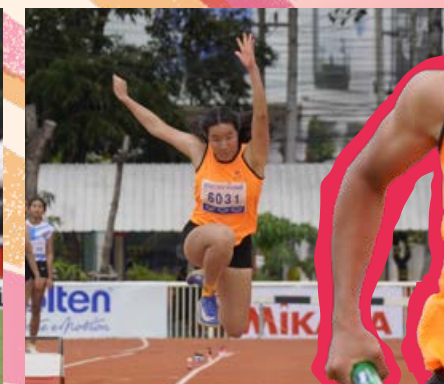
Macayla Xia shone brightly in the Girls' 13-14 category, clinching 4 gold medals and meet records. Joy Neo also delivered gold-winning, record-breaking performances in the Girls' 15-16 with 5 gold medals and meet records, and Isaac Chua impressed with 3 golds in the Boys' 15-16 events. A special highlight was Coach Puay Kheng receiving the Best Coach Award.

Taking over the baton, the Track and Field team braved the intense heat of Ubon Ratchathani from 19 to 23 July

2025 to bring home 22 medals (3 gold, 8 silver, 11 bronze). The highlights from the Track and Field Academy include Chantel Tan's personal best gold in the Under-14 Girls' Pole Vault, and multi-medal performances by Alexa Valera Defries, Aura Ramadhania Muhammad Nizar, and Ashley Seah, who won gold in the 100m Hurdles. Aaryan Shah Azhar stood out with a full medal set in the Under-16 category, while Reina Lau finished off with 2 bronzes in the Under-18 Long and Triple Jump.



Track and Field Academy



Swimming Academy



RALLIES THAT BUILT US

BADMINTON ACADEMY REPORT

WRITTEN BY
SARA NADYA FOO
Secondary 1

ABHYARTHNA CHHAJER
Secondary 3

From long hours of training camps to stepping onto courts overseas, this year's badminton journey taught us lessons no classroom could. Competing against international players showed us different styles of play, and every rally became an opportunity to improve.

RISE THROUGH INTERNATIONAL PLAY

The Badminton Academy kicked off the year on a strong note with an intensive week of training alongside players from China. Some of us even had the opportunity to travel to Anhui, where we learnt new techniques from experienced coaches and sparred with talented Chinese players. By the time we returned to Singapore, we all agreed that we had grown - not just as stronger players on court, but also through the new friendships we had built along the way.



Overseas Trip in China

Another unforgettable experience was the Polytron Superliga Junior badminton tournament in Indonesia, where we faced top players from Indonesia, Poland, Malaysia, and even the USA. Competing against such a diverse and high-level field tested our teamwork, strategies, and adaptability on court. The intensity of the matches pushed us to perform at our best, and the experience as a team strengthened our bonds and gave us valuable insights into international play.

We also took part in a training camp in Malaysia, where we had the chance to train alongside players from both Malaysia and Chinese Taipei. The camp was an eye-opening experience as we exchanged training techniques, learnt new drills, and observed different approaches to the game. The sessions were intense but rewarding, and we returned with fresh perspectives that helped us sharpen our skills and teamwork even further.

we had made since last year, and our strong performances earned the team recognition for our dedication and hard work. The experience was a turning point, motivating us to aim even higher in the future.

One of the highlights of the year was competing in the Jaya Raya tournament in Indonesia. The event brought together talented players from across the region, and our team achieved outstanding results.



Jaya Raya Junior International

Later in the year, we travelled to Bangkok, Thailand, for the Yonex CP Junior International Series competition, which gave us a chance to experience a new playing environment. Each match was thrilling and pushed us to apply everything we had trained for. We also competed in another tournament in Thailand called Pathumthani, and faced players from all over the world. The diverse level of competition highlighted the progress

DOMINATING THE LOCAL STAGE

We also took part in the SMU Shuttlers Challenge 2025 during the June holidays and proudly brought home a total of 19 medals, with two categories' podiums dominated by the Badminton Academy — Under-15 and Under-17 Girls' Doubles teams.

This competition was full of surprises. One of the standout performances came from Tan Xi En, only a Secondary 1 student-athlete, who managed to clinch 3rd place in the Under-15 Boys' Singles. Another highlight was Zack Ng Zhen Hong, who emerged champion in the Under-17 Boys' Singles. In the finals, he faced his own teammate in a nerve-wracking rubber set and won with scores of 21-16, 19-21, and 21-18. Their competitiveness spurred each other to go all out, showcasing their skill and sportsmanship.



VALUES IN ACTION

We also hosted an energetic, engaging, and fun-filled session on our courts to teach students from Zhenghua Primary School and Kranji Primary School the basics of badminton. The two-hour programme kicked off with warm-up exercises led by our student-athletes, followed by light-hearted icebreaker games that quickly eased any nerves and brought out plenty of smiles.



Zack Ng Zhen Hong

The team also participated in the East Badminton Academy Age Group Series 2025, where we earned 21 medals, and won 15 medals at the 18th Chinese Swimming Club-Daikin Age Group Badminton Invitational Tournament.

Shuttlers also performed outstandingly at the WYSE Active International Age Group Series, where current student-athletes bagged 11 medals.

Secondary 3 Girls at East Badminton Academy Age Group Series



Student-athletes from Junior Performance Programme at WYSE Active International Age Group Series

BADMINTON WITHOUT BOUNDARIES

This year, we also welcomed players from Kochi, Japan, who joined us in Singapore for a week-long training programme. It was part of our ongoing exchange, where we travel to Kochi one year and host them the next. Training alongside them gave us the chance to experience different playing styles and to share our own approaches to the game. The exchange deepened our friendships and showed how badminton can connect players across cultures.

BOWLING BRILLIANCE AND COMMENDABLE CHARACTER

BOWLING ACADEMY REPORT

WRITTEN BY
KOH NUR HUMAIRA
Secondary 3

MATTHEW QUEK CHIEN HO
Secondary 4



'C' Division

It has been yet another triumphant year for our bowlers, who shone both locally and abroad by claiming numerous medals. Beyond the lanes, they also spearheaded meaningful community initiatives, including three Values in Action projects. 2025 has not only highlighted their bowling excellence but also showcased their spirit of generosity and service!

STRIKING SUCCESS AT INTERNATIONAL COMPETITIONS

IBF YOUTH WORLD CUP

Brian Ngoi Kai Ren and Lim Shi En proudly flew the Singapore flag at the IBF Youth World Cup, held at the legendary Olympia Lanes in Helsingborg, Sweden. Both impressed with 4th-place finishes in their respective Masters Finals, highlighted by Brian's perfect game in an action-packed semi-final.



Brian Ngoi and Lim Shi En
Photo Credit: Singapore Bowling Federation

43rd MALAYSIAN INTERNATIONAL OPEN

Our bowlers travelled to Sunway Megalanes in Kuala Lumpur to compete in the prestigious Malaysian International Open. In the Youth Boys' Division, Kuay Jayan and Kang Hee Hiang battled against the world's best youngsters to place 6th and 13th respectively, while Nura Salsabila Zulkifli fought valiantly to secure 15th in the Youth Girls' Division. Alumna New Hui Fen also flew the Singapore flag high with a 2nd-place finish in the Women's Open Division.

55th SINGAPORE INTERNATIONAL OPEN

The Singapore International Open showcased a wealth of talent from across the globe!

In the Women's Open Division, alumna Jermaine Seah and Nur Irdina Hazly did battle in the stepladder finals, finishing in a commendable 3rd and 4th place respectively. Meanwhile, Hazel Tan Rou En secured bronze in the Under-18 Girls' Division, while alumnus John Yong-Ming Faragalla narrowly missed out on the Youth Division crown.

48th HONG KONG INTERNATIONAL OPEN

Our ladies dominated the Hong Kong International Open! New Hui Fen (alumna) triumphed over Colleen Pee in a hard-fought, all-Sports School final to secure a memorable 1–2 finish.

24th ASIAN YOUTH CHAMPIONSHIPS

The 24th Asian Youth Championships held in Malaysia reaped great rewards for our bowlers!

Hazel Tan Wei Ning kick-started Singapore's Asian Youth campaign in sensational style, asserting her dominance in the Girls' Singles Division as Team Singapore claimed a historic double-gold. The excitement continued as Lim Shi En, and Nur Irdina Hazly delivered double trouble, dominating the Girls' Doubles Division to secure another gold! Shirlene Wong Xue Lin joined Hazel, Shi En and Irdina as an all-Sports School team and their power-packed combination helped them strike gold for Singapore in the Girls' Team Event. Also, Shirlene claimed a bronze medal in the Girls' Masters Final!



From left to right: Hazel Tan Wei Ning, Shirlene Wong Xue Lin, Lim Shi En and Nur Irdina Hazly
Photo Credit: Singapore Bowling Federation

DOMINANT DISPLAYS ON LOCAL LANES

SECONDARY SCHOOLS LEAGUE 2025

Our bowlers kicked off the new year in superlative style! Matthew Quek Chien Ho and Natalie Poh Jing Wen swept the Boys' and Girls' Masters titles respectively, while Kaelan Lim contributed to a brilliant 1–2 finish in the Boys' Masters Finals. Adding to the success, Nur Iffah Amberlynn Muhammad Zulhaidi, Zachary Lim Yee, Lucas Goh Seow Rui, and Matthew Quek Chien Ho powered to a bronze medal in the Overall Teams category.



Photo Credit: Zulkifli Daud Photography

NATIONAL AGE GROUP 2025

Team Sports School once again dominated the National Age Group Bowling Championships, with their hard work paying off in a remarkable medal haul of 15 gold, 16 silver, and 10 bronze across multiple divisions!

NATIONAL SCHOOL GAMES

'A' Division

Nur Irdina Hazly asserted sheer dominance and struck gold in the Girls' Singles division, while Mathieu Louis and Olivier Brassard Khoo crushed the competition in the Boys' Doubles, clinching the gold medal by a staggering 200 pins!

'B' Division

The gold in the Boys' Doubles by Eng Yi Jun and Terrance Chhoa Jing Wei was the cherry on top of a rich cake layered with 2 silvers and 3 bronzes, as the girls and boys teams placed 2nd and 3rd respectively in the Overall Schools category.



'B' Division

'C' Division

Amid the pummeling of pins and the cheers of crowds, our lower secondary bowlers put up a valiant fight! Jensson Lim Jing Cheng delivered a stunning performance to clinch silver in the Boys' Singles division, while the girls' team battled hard to secure silver in their category — paving the way for a strong overall silver for the girls in the Overall Schools standings.



'A' Division

VALUES IN ACTION

The Bowling Academy hosted Woodlands Primary School, Yew Tee Primary School, and Innova Primary School under the Sports Education and Experience Programme in collaboration with North West Community Development Council. This programme allowed primary school students to experience the thrill of bowling, as our bowlers facilitated a fun and interactive programme.

The three Values in Action projects were led by Kyrston Lee Jia Rong, Ng Tze Yuen, and Koh Nur Humaira, who took the initiative to brainstorm and plan a series of fun activities. With strong support from the rest of the Academy, their ambitious plans came to life, giving students a truly enjoyable and fulfilling experience. The projects proved deeply meaningful for our bowlers, who discovered the importance of teamwork and communication in bringing their ideas to reality.



LUNGING TOWARDS SUCCESS

FENCING ACADEMY REPORT

WRITTEN BY
SARAH KOH YA QI
Secondary 4

FENCERS SHINE AT HOME AND ABROAD

It has been a remarkable year for the Fencing Academy, with our fencers excelling on both national and international stages. Their hard work and determination translated into outstanding performances, as well as an impressive medal haul.

Starting with the National School Games held in April, our fencers put in a commendable effort and showcased resilience.

In the 'A' Division events, Cari-Anne Ong clinched a bronze medal in Women's Sabre, while Lee En Qi earned a silver medal. Despite being only a two-member team in the 'A' Division, they rose to the challenge with grit and determination, impressively securing a 4th place overall.

In the 'B' Division events, Sarah Koh claimed the gold medal while Sarah Tan earned the bronze for the Women's Sabre event. For Men's Sabre, Cameron Soliano secured a silver medal and Ashton Auw won bronze. For Men's Foil, Thaddaeus Lee brought home a silver medal, while in Women's Epee, Isabelle Lee added to the medal tally with a bronze. The combined efforts of all our fencers enabled the 'B' Division girls' team to emerge as first runner-up, while the boys' team clinched an overall bronze.

In the 'C' Division, 3 hard-earned bronze medals were secured by Natalie Tay in Women's Sabre, Eleazar Quah in Men's Sabre, and Kitson Kok in Men's Epee respectively. The teamwork and determination showcased led the 'C' division girls' team to claim the first runner-up title and the boys' team to earn an overall bronze.

The momentum carried into the regional and international circuit. In July and September, our fencers competed in the Southeast Asian Fencing Federation (SEAFF) Minime, Junior and Cadet Championships and Asian Cadet Cup in Kuala Lumpur. At the SEAFF Minime, Junior and Cadet Championships, our fencers brought home an impressive 6 gold, 11 silver, and 8 bronze medals, bringing pride to our nation. One of the standout moments was a podium sweep in the Junior Individual Women's Sabre, where Natallie Chan, Jae Lim, and Jaida Quah secured all 3 medals, each earning gold, silver, and bronze respectively.

In the Under-14 category, the lower secondary fencers demonstrated strong determination, with Eleazar clinching a silver medal and Kai Rajentheran earning a bronze medal in Men's Sabre, and Natalie Tay winning a bronze medal.



National School Games

The journey continued during our annual academy trip to the Asian Cadet Cup, where our fencers maintained their strong form. In the Individual Women's Sabre, Sarah Koh took silver, while Sarah Tan claimed bronze. Ashton Auw also delivered a hard-fought performance to secure a bronze medal in the Men's Sabre event. The team events added to the tally with 2 silvers and 2 bronzes across the Women's and Men's Sabre, as well as the Women's and Men's Épée team events, rounding off a commendable showing for the academy. Looking back, this trip was more than just about the medals – it was a great experience to strengthen bonds with our academy mates and foster our "one for all, all for one" motto.

At the local front, our fencers secured podium finishes and performed incredibly across all three weapon categories, earning a total of 44 medals, including 8 gold medals from January to September.



Asian Cadet Cup



HISTORIC SILVER FOR JULIET HENG



Photo Credit: BizziTeam

It was history made when Juliet Heng clinched a remarkable silver medal at the Asian Fencing Championships 2025, held in Bali. It is the best-ever finish by a Singaporean at the annual major competition. This milestone achievement stands as a powerful testament to Juliet's relentless hard work, discipline, and dedication to the sport. From her beginnings as a Junior Sports Academy student in Primary 5, then joining our Learn-To-Fence Programme in Primary 6 to becoming a SEA Games gold medallist and now an Asian Fencing Championships silver medallist, Juliet's journey has deeply inspired those around her. Her resilience and passion motivate her juniors to strive for excellence in their own fencing pursuits.

FENCING ACROSS GENERATIONS!

For the first time, Fencing Academy partnered with St Luke's Active Ageing Care for our Values In Action (VIA) programme, inviting seniors to try out fencing. Led by Cari-Anne, the project saw enthusiastic participation from our upper secondary and post-secondary student-athletes. As our first VIA programme involving seniors, this marked a shift from our usual collaborations with primary schools. Over the course of three days, our student-athletes introduced the basics of fencing through hands-on activities, such as reaction games and weapon-handling practises using a dummy. This experience provided a valuable platform for us to develop and embody key skills and values such as teamwork, communication, and patience. It also served as a good reminder of how important it is to give back to the sport that has given us so much.



JUGGLING SPORTS AND STUDIES

FEATURE - ESTHER TAN

WRITTEN BY
SUMMER TOH JIA YING
Secondary 2

Balancing the demands of the International Baccalaureate Diploma Programme curriculum with the intensity of competitive fencing is no small feat, but Esther Tan has managed to stride both worlds with determination and resilience.

Esther's proudest moment came when she clinched 3rd place at the Junior World Cup in Bahrain. "The competition was tough, but I kept myself focused throughout. Standing on the podium that day felt like all the hard work and sacrifices had paid off, and that I had made my friends, family, and most importantly my coach proud."

Setbacks came along the way too. Esther recalled moments when the pressure became overwhelming and even

considered stepping away from the sport. "Injuries, in particular, made the thought of giving up more tempting," she said. "But I constantly reminded myself to persevere and never give up, no matter how tough things got." The struggle to juggle school and sports were also among the toughest obstacles. "It is not easy to study IB and do fencing at the same time because I would often need to sacrifice study time to train or to travel overseas."

Esther's story is proof that with persistence and passion, it is possible to pursue excellence in both academics and sports. Watching her journey unfold makes me reflect on my own path, and one day, I hope to carry the same determination and spirit that Esther embodies in both sports and in life.





Overseas training trip to Thailand



Overseas training trip to Indonesia



Overseas Training trip to Johor Bahru

GOALS, GRIT, GLORY

FOOTBALL ACADEMY REPORT

WRITTEN BY
ESTROY SOO YIN YUI
Secondary 4

The Football Academy's players distinguished themselves across numerous competitions this year, representing the school with consistency and pride. Their calendar included prestigious tournaments such as the Gothia Cup (U15), the Lion City Cup (U16 national call-ups), and overseas development trips to Bangkok, Johor, Penang, and Indonesia. In addition, the Academy fielded teams in major domestic competitions, including the Singapore Youth League (U13 and U15 divisions). Through these diverse platforms, our players gained invaluable international exposure, tested their abilities against strong opposition, and reinforced the Academy's reputation as a leading force in youth football development.

THE PRIDE OF THE NATION

In July 2025, five of our Academy's rising stars were called up for the Lion City Cup, where they helped Singapore achieve a historic 2nd-place finish.

The Under-16 boys – Haziq Anaqi Mohammad Amirudin, Erdy Thaqib Mohammad Taha, Aaryan Azraqi Hermi, Miguel Garcia, and Muhammad Darwisy Fitri Johari – played pivotal roles, guiding Singapore past regional rivals Cambodia and Hong Kong with both skill and resilience. Though the team narrowly missed the championship, their silver medal run was hailed as one of the strongest showings in recent years.

Beyond the results, this achievement highlighted the Academy's crucial role in the national football pipeline.



(front) Verona Lim and (back, from right) Lamasan Chantale Rose Koh, Seri Nurinsyirah and Edan McCulloch

SCHOLARSHIP SUCCESS

In 2025, four of our bright stars – Edan Kei McCulloch from Secondary 2, Verona Lim from Secondary 3, and Lamasan Chantale Rose Koh, and Seri Nurinsyirah from Secondary 4 – were awarded the prestigious Unleash The Roar! (UTR!) Overseas Scholarship.

Edan Kei McCulloch, aged only 14, became the youngest recipient of the UTR! Overseas Scholarship to date. A technically gifted midfielder, Edan has already demonstrated maturity beyond his years, earning a contract with Rayo Alcobendas in Spain. His move is strategic, immersing him in a highly competitive European football environment. The scholarship supports his sporting growth and provides structured education, ensuring he thrives both on and off the pitch. His story inspires other young players by proving that talent can open global doors when combined with resilience and guidance.

SWEET N' SOUR IN SWEDEN

The Under-15s concluded their campaign at the Gothia Cup with an emphatic 6-0 victory over Sigtuna IF 2 in the group stage. The result was a testament to their resilience and ability to recover from early setbacks, demonstrating both character and technical progress. Beyond the scoreline, the team gained invaluable exposure on football's global youth stage, returning with renewed confidence and lessons that will serve them in future competitions.



Gothia Cup



Overseas training trip to Penang

THE NEW CHAPTER

After three years together, the Under-17 squad concluded their journey as a team and embarked on the next stage of their footballing careers.

Six players progressed to the Tampines Rovers Under-17 side — Gyan Chua Zhi Heng, Haziq Anaqi Mohamad Amirudin, Michael Jinwei Minuzzo, Muhammad Aaryan Ishmael Erfandy, Muhammad

Elfan Daniq Muhammad Irwan, and Muhammad Riyyan Haziq Muhammad Isn'an. Two others, Brayan Leo Jin Wei and Estroy Soo Yun Yui, joined the Tanjong Pagar Under-17s, while Aaryan Azraqi Hermi and Muhammad Darwisy Johari advanced to the Lion City Sailors Under-17 team. Notably, Erdy Thaqib Mohammad Taha earned a spot with the Young Lions Under-21s.

THIRST FOR KNOWLEDGE

Coaches Isa Halim and Miur Rafik Taha enhanced their expertise through overseas attachments at Tokyo Verdy, a top J-League club in Japan. Coach Isa spent eight months from March to December 2024 immersed in first-team training and operations, while Coach Miur is currently on a ten-month stint, gaining invaluable experience in high-performance coaching. Their exposure to Japan's football culture and professional standards will greatly benefit the next generation of players. Also, General Manager Hafiz Sujad has been seconded to manage Singapore's Under-22 SEA Games squad, providing him with greater exposure while further enhancing his leadership of the Football Academy.

MULTI-SPORTERS, MULTI-GOALS

MULTI-SPORT ACADEMY REPORT

WRITTEN BY
CHONG QI EN AND ABIGAIL NG WEN HUI
Secondary 2

The Multi-Sport Academy's programme is anchored with three core sports — track and field, 3x3 basketball, and sport climbing for our Secondary 1s and 2s.

In Secondary 1, our student-athletes are exposed to learning the fundamentals and participating in skills-appropriate competition. To complement the movements not covered by the core sports, they also explore additional disciplines such as judo, parkour, and wrestling.



By Secondary 2, student-athletes build on this foundation, refining techniques and deepening their understanding of each sport. With their enhanced skills and experiences, they compete at a more advanced level.

The training plans take references from the Athletic Skills Model (ASM). In addition, the Academy provides regular strength and conditioning training to equip our student-athletes to cope with the variety of sports that they are in.

To ensure a seamless transition, our student-athletes explore a variety of sports through the Talent Optimisation Programme, including swimming, shooting, water polo, floorball, fencing, and weightlifting. This wide exposure helps them reflect on their abilities, interests, and strengths, enabling them to select a sport that aligns with both their potential and long-term goals. Through this process, they are well-prepared for their upper secondary specialisation journey.



NEW JOINERS BRINGING US PRIDE

Secondary 1 student-athlete Samuel Lee Hua Yi stunned the crowd when he garnered a gold medal in the Singapore Athletics Age Group Championships 2025 for Men's 200 Meter Dash Under-15 and a bronze in National School Games 'C' Division Boys' 4x400m relay.

Elsa Sio Mei Xuan represented Sports School in the Inter-School Diving Championship and finished in 2nd place on the 1m springboard. Elsa eventually represented Singapore in the Pari Sakti Diving Competition 2025 in Jakarta,



Samuel Lee Hua Yi

“Fencing has helped me in so many ways. It has improved my hand-eye coordination, reaction time, and agility. It requires frequent changes in direction plus precise leg and hand movements. This sport has trained me to move much more quickly and efficiently now. Fencing also needs the ability to learn fast, which has strengthened my focus and flexibility. These skills can be transferred to other sports such as water polo, swimming, and rock climbing, and they have also enabled me to perform better in activities like parkour, basketball, and many more.”

MARC LEE YIN KAI
Secondary 1

SOARING SENIORS FIND THEIR SPORT

Marsya Raudhah Shah Raihan Shah demonstrated her strengths through bowling and shooting which has enabled her to represent Sports School in the National School Games for both sports. In shooting, the girls' team achieved 2nd place overall and in bowling, her team earned overall 3rd place. Marsya has also won a silver medal at the Singapore Cup for shooting.

In track and field, Nethanel Liew Zhe Xi and Zhou Yuhan took part in

the Shot Put event for the SSP Invitational Championship. They won the Under-15 Boys' bronze and Under-15 Girls' silver medal respectively.

Also, Zaccheus Ker Jun Kai participated in the National School Games Taekwondo 'C' Division Boys' Poom Black category and finished with a silver medal. He also received a bronze medal in the National School Games Track and Field 4x400m event.



Nethanel Liew Zhe Xi

“Being in the Multi-Sport Academy (MSA) has given me the chance to explore a wide range of sports. The Academy's curriculum in the lower secondary years helped to build a strong foundation of athletic skills. Track and field has improved my speed and endurance, basketball has sharpened my hand-eye coordination, and climbing has strengthened my balance and overall fitness. On top of that, donor sports like judo and parkour add variety and expose us to different movement patterns. When I first tried wrestling during the Federation's trial sessions, I enjoyed it very much. Since then, I have continued training in wrestling externally beyond the MSA programme. Personally, I am interested in wrestling and would like to specialise in after Secondary 2. I feel the Academy's structure has prepared me well for this next step.”

CALEB CHAN
Secondary 2

SHOOT FOR THE STARS

NETBALL ACADEMY REPORT

WRITTEN BY
LIM ZI YAN
Secondary 4

LOCAL COMPETITIONS

In preparation for the National School Games, the Netball Academy took part in the annual competition hosted by Tanglin Trust School on 15 March 2025. Three teams – two Under-16 teams (SSP Gold/ SSP Silver) and one Under-19 team (SSP Platinum) — participated in the competition.

Throughout the full-day competition, our netballers took every game as a learning opportunity. They played against both local and international teams including Dulwich College, Tanglin Trust, and teams from Hong Kong and Malaysia. From the first to the final whistle, the tournament proved to be a true test of endurance, teamwork, and resilience. Both the Gold and Platinum teams remained in the Cup Pool throughout the competition, securing their places in the 3rd /4th playoff matches.



Tanglin Trust Platinum Team

Despite battling injuries and fatigue, the Gold team placed 4th in the Under-16 category, while the Platinum team achieved 3rd place in the Under-19 category. We are also proud to celebrate our Most Valuable Players (MVPs), Ng Jing Yi (U16 Silver), Meredith Chow Ern Xi (U16 Gold), Hannah Thomas (U19 Platinum), who stood out for their outstanding performances and contributions to their teams.

Our 'B' Division netballers lit up the National School Games season with their fighting spirit, overcoming the ups and downs of the competition to secure a well-deserved spot in the North Zone 3rd/4th playoff match against Anderson Secondary School. With the advantage of playing on home ground, the team displayed tenacity, skill, and unshakable determination, ultimately clinching a proud 3rd place finish in the North Zone.



National School Games 'B' Division Team

Our 'C' Division netballers also gave their best, earning their place among the top 8 teams in League Pool A.

EXPANDING HORIZONS BEYOND BORDERS

Months of preparation in the local courts paid off when our netballers finally had the chance to step beyond Singapore and immerse themselves in overseas opportunities.

In June, our Secondary 1 and 2 student-athletes travelled to Bukit Jalil Sports School in Kuala Lumpur for the Netball Quad Series. For the Secondary 1 netballers, it was a significant trip as it was their first overseas experience with the Academy. The players trained hard, competed against strong opposition from Malaysia and took on new responsibilities. Beyond the court, the time spent together strengthened their team bonds and gave them a taste of international competition at a formative stage of their netball journey.

Barely a month later, it was the turn of our older student-athletes to take to the international stage. Two teams comprising student-athletes from the upper secondary and post-secondary levels flew to Melbourne, Australia, to compete in the Waverley International Schools Netball Championships. The trip began on a high with a special training session conducted by Tracey Neville, Head Coach of the Suncorp Super Netball (SSN) Mavericks and former England Roses national coach. She introduced the players to innovative tactical approaches and fresh styles of play.

Once the competition began, our players were thrown into fast-paced, high-intensity matches against tough Australian teams. The Under-15s fought hard to secure an 11th-place finish out of 16 teams, while the Over-15s achieved 15th place out of 22 teams. While these results were commendable, what stood out most was the determination and team spirit the athletes displayed despite Melbourne's notoriously cold and rainy conditions. They demonstrated grit in every game and grew more resilient with each challenge.



Trip to Waverley International Schools Netball Championships in Melbourne

The momentum continued into August when three of our Academy's student-athletes — Lim Zi Yan, Ong Shi Han, and Anglina Tay Shi Ying — were selected to represent Singapore in the National Under-17 Training Tour to Canberra. Accompanied by Singapore's Head Coach Tara and Coach Geraldine the players underwent intensive training sessions and contested five friendly matches against Australians. These matches challenged them to keep up with the physicality and pace of international netball, helping them raise their game to a new level. A highlight of the tour was their training session with Capital Spirit, led by Kate Carpenter, former National Head Coach of Netball Singapore. Her guidance and expertise left a deep impression, adding to the wealth of knowledge the girls brought back with them.

Hot on the heels of this achievement, four more student-athletes — Wong Lok Yiu, Hannah Thomas, Grania Koh, and Angelina Haney — proudly represented Singapore at the Malaysia-Singapore Under-19 Test Series in Kuala Lumpur. Donning national colours and competing against our friendly rival Malaysia was an opportunity that showcased just how far our players have come.

The impact of these overseas journeys extended far beyond the court. Whether it was cheering for one another during matches, sharing meals after long training days, or simply experiencing life abroad together, our student-athletes built memories that will stay with them long after the final whistle. They returned home as stronger players and as closer teammates, carrying with them a deeper love for the game and a renewed drive to push towards future success.

A COACH WHO LEFT A MARK

The Netball Academy had the honour of welcoming Visiting Coach Charissa Barham from New Zealand. During her time with the Netball Academy, she introduced valuable skills and instilled values that our student-athletes will carry throughout their journeys. One key skill she shared was utilising the S.T.A.R. approach (square, towards, away, reset options) to enhance our overall attacking gameplay, allowing us to make fast yet strategic decisions on court. Beyond the technical aspects, Coach Charissa shared the importance of nurturing a culture of resilience and support, where student-athletes can constantly push each other to greater heights while having the courage to keep trying.



Training Sessions with Coach Charissa Barham



Sports Workshop for Ahmad Ibrahim Primary School

SPREADING JOY BEYOND THE COURT - SERVING THE COMMUNITY

Beyond competitions and training, our netballers had the privilege of giving back to the community through a fun training session for Ahmad Ibrahim Primary School students and an engaging session of modified netball with a group of children and young adults with disabilities. The programme opened our eyes to new perspectives and reminded us that sports has no limits.

HITTING THE MARK IN SPORT AND SPIRIT

SHOOTING ACADEMY REPORT

WRITTEN BY
DAANISH TEO YASIN TEO
Secondary 2



NUS Invitational Shoot

AIMING HIGH ON THE LOCAL AND INTERNATIONAL STAGE

The Shooting Academy has had an exceptional year, marked by significant achievements across various competitions, both local and overseas.

The year began on a high note, with the Academy proudly retained the Challenge Shield through emerging as the Overall Rifle and Pistol Winner at the NUS Invitational Shoot, as well as the Challenge Trophy for Overall Winner (School Category) at the NTU Invitational Shoot.

They carried on the momentum through to the National Schools Games (NSG) 'A' and 'B' Division in April, where the shooters also delivered outstanding performances. In the 'B' Division 10m Air Rifle Men event, Secondary 3 student-athletes Nicholas Tan clinched the individual gold medal, Corwyn Koh secured individual silver in the 10m Air Pistol Men's event, while Bernice Lim finished individual 4th in the 10m Air Rifle Women event. The combined efforts of the 'B' Division Men's Team earned the divisional silver, and the 'B' Division Women's Team secured the divisional bronze. The 'A' Division girls also showcased their skills and teamwork by achieving individual 3rd and 4th in the 10m Air Rifle Women's event, enroute to clinching the divisional title.



Joint training camp in Daegu, Korea

37th Internationaler Saisonauftakt Der Sportshultzen

The NSG season concluded with the 'C' Division where Daanish Teo from Secondary 2 secured the individual bronze in the 10m Air Pistol Men's while the 10m Air Rifle Women's team achieved a remarkable podium sweep from 1st to 4th placing, a feat achieved by Freya Lim, Jeslyn Woo, Belinda Lim, and Lovelyn Zheng. The strong performances from the 'C' Division resulted in a divisional bronze for the boys and a divisional silver for the girls.

Outside of Singapore, our shooters who are part of the National Youth Team (NYT) participated in the Meyton Cup in Innsbruck, Austria and the H&N Cup in Munich, Germany. 2025 also provided our NYT shooters to broaden their horizons through overseas training camps. The riflers participated in the MEC training camp at Dortmund, Germany, followed by the 37th Internationaler Saisonauftakt Der Sportshultzen (ISAS) held at the same city. The pistolers travelled to Daegu in South Korea for a joint training camp with the local youths while pitting their skills with them in a series of mini competitions during the week-long stint.

The Academy also had opportunities to expose all shooters to overseas club-level competitions. In June, shooters from Secondary 2 and above travelled to Taipei in Taiwan for the Meihua Cup, where they competed against shooters from all over Taiwan.

These opportunities and accomplishments reflect the dedication and hard work of our shooters, setting a high standard for excellence in the sport.



Meihua Cup

GIVING BACK

Away from the firing line, the Academy also embarked on projects to give back to the community. In May, the Academy hosted Zheng Hua Primary School and Woodgrove Primary School for the Sports Education & Experience Programme initiated by North West Community Development Council, which provides students from low-income background in participating schools with the opportunity to try

their hands at shooting an air rifle. The programme was planned and led by the Secondary 3 shooters, with the Secondary 1 and 2 shooters assisting on the day itself.

Aside from this, the Secondary 1 to 4 shooters also joined hands for the Academy's Gratitude Project, which saw the shooters preparing SG60 care packs for SSP's support staff. These were



given to them for National Day. The care packs were prepared using donated prize monies won by the NYT shooters and displayed the Academy's desire to express our gratitude to the people who have made our successes possible.

REFLECTIONS FROM OVERSEAS

STUDENT REFLECTION

WRITTEN BY
JOEY OH HWEE TENG
IBDP, Year 5

As a mid-streamer who only joined Sports School in 2025, participating in international competitions was a first for me. Adding on the fact that I had just got back from a long study break after the 'O' Levels, you can only imagine how unprepared I felt for my first ever overseas competition in January, merely days after I started school officially as a Sports School student-athlete. It was impossible to not feel a need to perform despite being rusty, having only participated in local-scale competitions in the past.

Before going for the Meyton Cup and H&N Cup in January, I remember my coach telling me, "Treat this competition as an opportunity for exposure; keep yourself open-minded. Your score doesn't matter." Unfortunately, I did not internalise this. I let my fear of failure overwhelm me, shifting my focus from what mattered: my routine.

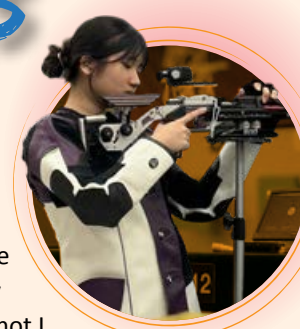
After my disheartening performance in the Meyton Cup, I took some time off the subsequent nights to reflect in my hotel room. I looked through my old journal, trying to identify my mindset shift from then and now. How did I evaluate each shot? What mentality did I bring into the competition range?

My reflection was awakening — it served as a wake-up call for me as I realised I was neglecting a core aspect of my sport, which in turn shredded my mentality. With this newfound knowledge, I was determined to hold myself accountable in my next shoot — H&N Cup.

Before entering the range, I told myself, "Your sole purpose at the lane is to ensure you execute 70% of the shots you shoot with discipline, as per routine. Nothing less, nothing more." Possessing this mentality, I proceeded to start my match. I let go of any previous expectations I had of myself. Still, I would be lying if I said I was not battling my nerves, just like in Meyton Cup. However, the difference now was evident. Despite feeling jittery,

I let my routine flow. I threw aside my doubts, solely focusing on the shot I was executing at the present moment. I was so focused on routine that I didn't acknowledge my series scores.

In the blink of an eye, the match was over. Looking down at my monitor screen, I heaved a sigh of relief. In this match, I was able to fire off each shot with confidence, knowing I had carried out my routine with precision, and it showed through. My final score wasn't exceptionally high, nor was it record-breaking. Nevertheless, I was proud that I managed to find clarity through reflection and consolidate my learning points to apply them on the day of the competition. This has shown me the true importance of discipline and the power of letting go. It is truly when the only thing on your mind is your task at hand that you put up an exemplary performance. For this, I have my past and present coaches to thank for helping me recognise my mistakes and thus rectify them under pressurising circumstances.



BEYOND THE BUOY

SWIMMING ACADEMY REPORT

WRITTEN BY
RYKER HECTOR TAN
Secondary 2

THE SEA IS ALL YOURS

In January, 11 swimmers made waves at the Thistle Port Dickson OWS Classic, bagging a whopping 2 gold, 3 silver, and 2 bronze medals in the 1km and 2km races. In August, seven swimmers rose to the challenge at the 3rd Malaysia National OWS Championship, competing in the 10km and elite 1.5km races, sweeping medals across all colours with 2 gold, 2 silver and 2 bronze. Building on these successes, our Academy remains committed to nurturing and developing future distance swimmers for Singapore.

RACE THE WAVES LOCALLY

55TH SINGAPORE NATIONAL AGE GROUP SWIMMING CHAMPIONSHIP 2025

Our swimmers displayed skill, resilience, and grit at the 55th Singapore National Age Group Swimming Championships (SNAG), held from 18 to 23 March at the OCBC Aquatic Centre. With 3 golds in the Girls' 13-14 100m and 400m Freestyle, and 200m Individual Medley, along with 4 silvers in the 50m and 100m Butterfly and the 50m and 200m Freestyle, Casey Chua amassed a total of 7 medals to earn the title of Most Valuable Player in the Girls' U13-14 category.



Singapore Aquatics

Five of our post-secondary polytechnic student-athletes qualified with B-Cut for the World University Games, that was held in Berlin, Germany in July.

The championships were a true celebration of our swimmers' talent, determination, and team spirit, fueling the team to make an even bigger splash in future competitions.



3rd Malaysia National OWS Championship

Singapore hosted the World Aquatics Championships 2025 from 11 July to 3 August 2025, showcasing world-class talent and inspiring a new generation of open water swimmers. Held in Sentosa's Palawan Green, alumnus Artyom Lukasevits battled the tides and finished 43rd, making him the top Southeast Asian men's competitor. It was the icing on the cake for Artyom, who had already claimed gold at the Singapore National OWS Championship held at the National Service Resort & Country Club in April, where he was joined on the podium by alumni Ritchie Oh and Luke Tan, who claimed silver and bronze respectively.



Thistle Port Dickson Classic



National School Games

64TH NATIONAL SCHOOL GAMES SWIMMING CHAMPIONSHIP

Our swimmers competed at the 64th National School Games Swimming Championships held from 21 to 25 April, bringing home 35 medals and 6 divisional trophies, including 3rd in the 'B' and 'C' Boys' and Girls' Divisions, 4th in the 'A' Division Boys' and Girls' categories, and achieving 38 new personal bests. Our relay teams also showcased excellent teamwork, securing podium finishes in their events.

20TH SINGAPORE NATIONAL SWIMMING CHAMPIONSHIP 2025

Our swimmers made an unforgettable splash at the 20th Singapore National Swimming Championship 2025 (SNSC), held from 31 May to 3 June. Commendable swimmer Julia Yeo achieved multiple qualifying standards across various events. In the 200m Backstroke, she met the World Aquatics Junior C-cut, Asian Youth Games (AYG) A-cut, and SEA Games B-cut, World Junior wild card in the 400m Individual Medley, AYG B-cut in the 100m Backstroke and both the AYG B-cut and World Junior wild card cut in the 200m Individual Medley.

Joining her in the spotlight are Joy Neo with AYG A-cuts in both the 100m and 200m Breaststroke, and Heather Teo with AYG B-cut in the 200m Butterfly. Isabel Lim also made the AYG B-cut in the 200m Breaststroke. In total, our swimmers clinched an impressive 5 gold, 3 silver and 7 bronze.



Julia Yeo

SWIMMERS SHINE AT WORLD AQUATICS JUNIOR CHAMPIONSHIPS 2025

Swimmers Julia Yeo, Joy Neo, Kayley Goh, and Ian Leong were part of Team Singapore at the World Aquatics Junior Swimming Championship 2025, held in August in Otopeni, Romania. Julia Yeo has made impressive strides on the international stage, delivering an outstanding performance by achieving 2 personal bests in 100m and 200m Backstroke. Having previously met the SEA Games 'B' Cut in the 200m Backstroke at SNSC, she elevated her performance to meet the SEA Games

'A' cut qualifying mark. Julia was also part of the Women's 4 x 100m Medley Relay Team that set a new Under-17 National Record, which lasted 10 years. In the relay lead-off, she also recorded a personal best of 1:05.07s in the 100m Backstroke.

Ian Leong also set two personal bests in his 50m and 200m Freestyle, demonstrating his steady progress and potential.

STROKE OF GREATNESS WITH THREE OLYMPIC LEGENDS

It was an unforgettable day for the National Youth and Swimming Academy swimmers when we had the rare opportunity to meet three Olympic legends: Chad Le Clos, Kosuke Kitajima, and Cate Campbell, who graciously took time off for an inspiring

meet-and-greet. The swim clinic continued in the pool where Kosuke and Chad conducted stroke masterclass in breaststroke and butterfly. The session ignited a spark of inspiration in the swimmers to strive towards our Olympic dreams.



47TH SOUTHEAST ASIAN AGE GROUP AQUATIC CHAMPIONSHIPS

At the 47th Southeast Asian Age Group Aquatics Championships, held from 25 to 29 June, our swimmers clinched 1 gold, 3 silver, and 5 bronze medals, breaking personal bests against top regional competition. Among the highlights, Joy Neo struck gold and set a personal best in the Girls' 14-15 200m Breaststroke, securing a Wild Card entry to the World Junior Championship in August. Vivienne Chew secured the AYG A-cut in the 50m Breaststroke and AYG B-cut in the 100m Breaststroke.



Joy Neo

VALUES IN ACTION

The Swimming Academy spent time with seniors at the Intergeneration Learning Programme organised in collaboration with Fei Yue Community Care as part of our Values in Action initiative. Simple sessions of stretches and exercises sparked smiles, and a school tour allowed the seniors to peek into the life of the student-athletes.



RALLYING TO GLORY

TABLE TENNIS ACADEMY REPORT

WRITTEN BY
CHARLYNE LIM AND SONIA ABBAS ZAINUDEEN
Secondary 2

In 2025, the Table Tennis Academy celebrated a glittering year of success across national and international arenas. With multiple golds, silvers, and bronzes across singles, doubles, and team events, the 2025 season highlighted the Academy's strength, resilience, and ability to perform consistently on both national and international stages.

DOMINATING THE LOCAL STAGE

At the STTA National Grand Finale in Singapore, current student-athletes Ser Lin Qian and Izaak Quek captured gold medals in the Women's and Men's Singles. The lower secondary girls' team of Arissa Cheng, Chevelle See, and Sonia Zainudeen secured bronze in the Women's Team event.

Doubles events saw strong finishes too, with Loy Ming Ying and Chloe Lai claiming silver in the Women's Doubles and Loy Xing Yao and Jayden Tan earning silver in the Men's Doubles. In the Mixed Doubles, Chloe Lai and Ellsworth Le staged an exciting comeback from two sets down to secure gold. In the same category, Janissa Cheng finished with silver, and joint bronzes went to Loy Ming Ying with Loy Xing Yao and to Nicholas Tan and his partner. Jaryl Wong and Ellsworth Le also picked up bronzes in doubles categories, while Nicholas Tan secured a joint bronze in the Men's Singles. In total, Team Sports School returned with 14 medals from the competition.

The Academy's winning momentum carried through to the STTA National Age Group Championships. In the Under-15 Boys' Singles, Tristen Yee claimed gold, Zane Ong Hong Yuan earned silver and Benjamin Lau took bronze to complete a clean sweep. In the Under-19 Boys' Singles, Ellsworth Le won gold, Nicholas Tan finished with silver, and Loy Xing Yao secured bronze, once again demonstrating the depth of talent in the Academy.

They also delivered excellent results at the STTA-Toa Payoh West-Thomson CSN Youth Table Tennis Championships, where they won 8 medals and the Dr Ng Eng Hen Cup, where they secured 4 gold medals.



National Grand Finale Mixed Doubles Winners



Dr Ng Eng Hen Cup – STTA Table Tennis Championships



STTA-Toa Payoh West-Thomson CSN Youth Table Tennis Championships

During the September holidays, our paddlers showcased exceptional performances across multiple age categories at Dr Ng Eng Hen Cup – STTA Table Tennis Championships. In the Boys' 15 & Under Singles, Isaiah Raphael Loh Yi Xi clinched gold, Zane Ong Zainudeen secured gold, while Zhou Ziyang took silver, highlighting the strength of Singapore's emerging talent. The Boys' 19 & Under Singles saw Nicholas Tan crowned champion and Jayden Tan Kai Yang earned silver. In the Girls' 19 & Under Singles, Sie Lay Yin also added to Singapore's medal tally with silver, while Rhiannon Tey captured bronze.

Photo Credit: Singapore Table Tennis Association



2025 Southeast Asian Youth Table Tennis Championships

INTERNATIONAL WINS

At the 2025 Southeast Asian (SEA) Youth Table Tennis Championships held in Jakarta, Team Sports School contributed to all of the nation's 3 gold, 4 silver and 5 bronze medals. In the Under-19 Boys' Team, Izaak Quek led Nicholas Tan, Loy Xing Yao, and Ellsworth Le to secure 1st place. Loy Ming Xing captured the Under-15 Girls' Singles title while Ellsworth and Chloe Lai won the Under-19 Mixed Doubles. Facing fierce competition from top teams across the Asia-Pacific, our paddlers rose to the challenge at the 7th Singapore Junior & Hopes Invitational on home ground. Showing resilience and determination, they delivered a stellar performance, clinching 15 medals (4 gold, 5 silver and 6 bronze).

Sports School's paddlers also left their mark at the WTT Youth Contender series. In Wladyslawowo, Chevelle See and Arissa Cheng dominated the Under-13 Girls' Singles with gold and silver respectively, while Isaiah Raphael Loh and Zane Ong claimed joint bronzes in the Under-13 Boys' Singles. Matthew Ellis battled to a bronze in the Under-19 Boys' Singles, and in Under-15 Mixed Doubles, the pair of Tristen Yee and Sonia

Zainudeen took bronze. Loy Ming Ying continued her fine run with joint bronzes in both the Under-17 and Under-19 Girls' Singles.

In Berlin, Zane Ong once again clinched a joint bronze in the Under-13 Boys' Single. In Havirov, Arissa Cheng took silver and Chevelle See added bronze in the Under-13 Girls' Singles, with Zane Ong repeating his joint bronze in the Under-13 Boys' Singles.

At the WTT Feeder Otocec, Izaak Quek and alumnus Koen Pang battled through to the Men's Doubles final, securing silver.

Singapore's youth paddlers also made their presence felt in Vientiane, with Chevelle See claiming the Under-13 Girls' Singles bronze. In the Under-15 Mixed Doubles, Janelle Chiang and Benaiah Seah earned joint bronze, while in the Under-19 Mixed Doubles, Jayden Tan and Chloe Lai also captured bronze.

September was a medal-packed month at the WTT Series. Janelle Chiang and Benaiah Seah kicked off with a bronze in the Under-15 Mixed Doubles at Bangkok II.



Chevelle See

HISTORIC MILESTONES

Post-secondary student-athlete Izaak Quek also made headlines by becoming the first local-born Singapore player to join the China Table Tennis Super League, which is widely regarded as the sport's most competitive event, featuring China's current stars, rising prospects and legendary veterans.

Izaak, together with alumnus Koen Pang, also created history at the Europe Smash 2025. The world No. 14 Men's Doubles pair became the first Singaporeans to reach the semi-finals of the Grand Smash, after overcoming Portuguese wildcards in a breakthrough victory.



Benaiah Seah and Janelle Chiang

Chloe Lai

The team added 8 medals in San Francisco III before their best showing at Fremont, with 9 medals including golds for Chevelle See, Benjamin Lau, and the Janelle-Benaiah pairing. Seniors Ser Lin Qian and alumnus Koen Pang also shone, winning a Mixed Doubles silver in Istanbul. Koen Pang teamed up with Ellsworth Le, while Ser Lin Qian partnered Loy Ming Ying in Cappadocia, with both pairs winning silver in the Men's and Women's Doubles events respectively.

At the same competition, Loy Ming Ying also clinched 2 Singles titles in the Girls' Under-17 and Under-19 categories. This incredible achievement crowned her Singapore's youngest-ever WTT Under-19 champion, marking a new milestone in her young career.

At the 29th Asian Youth Table Tennis Championships 2025 in Tashkent, Secondary 3 paddlers Loy Ming Ying and Janelle Chiang helped the Under-15 Girls' Team secure a hard-fought joint bronze against Asia's top competitors.

SPORTS EXCHANGE BETWEEN KOCHI PREFECTURAL BOARD OF EDUCATION

Since 2017, Sports School and Kochi Prefecture have rallied together in a dynamic exchange that sharpens skills and builds friendships. This year, we hosted our Kochi counterparts for spirited training, cultural fun, and Singapore adventures, from visiting Gardens by the Bay to durian tasting, and fueling bonds beyond the court and table.

BLAZING THE TRACKS

TRACK AND FIELD ACADEMY REPORT

WRITTEN BY
NAEMA KYRANA ABDULLAH
Secondary 4

HISTORIC CAMPAIGN

Current student-athletes Laavinia Jaiganth and Shannon Tan were part of Singapore's Women's 4x100m team that set a new National Record of 44.66s at the Asian Athletics Championships 2025 in Gumi, South Korea, finishing 5th in Asia. Alumna Shanti Pereira raced alongside them, while alumna Kerstin Ong, who was part of the team that equalled the national record during the Singapore Open Track and Field Championships and qualified for the Asian Athletics Championships, contributed to the historic campaign.



From left: Laavinia Jaiganth, Shannon Tan and alumna Shanti Pereira (extreme right)
Photo Credit: Singapore Athletics

TRIUMPHS AT NATIONAL SCHOOL GAMES

The stage was set at the National School Games 2025, where our student-athletes delivered blazing performances and unforgettable moments. With a total haul of 4 gold, 6 silver, and 12 bronze medals, our student-athletes rose to the challenge and showcased their passion, resilience, and talent.

Some of the most remarkable performances came from our lower-secondary student-athletes. Chantel

Tan, only in Secondary 1, soared to a silver medal in the 'C' Division Girls' Pole Vault, proving that age is no barrier when paired with determination. Neha Sundar closed her 'C' Division journey in style, blazing through the 200m hurdles final to claim a hard-earned silver. Meanwhile, Aura Ramadhania sprinted her way to 2nd place in the 100m, while Elia Owen stormed to gold in the 400m, showing that though they may be young, they are mighty.

The 'C' Division girls once again delivered outstanding performances, storming to the top of the podium with double gold in both relays. The 'C' Division boys rose to the challenge as well, pushing through the lactic in the gruelling 4 x 400m to claim a well-deserved bronze medal.

Our 'A' and 'B' Division student-athletes also shone brightly. Megan Chng, Muhammad Aaryan Azhar, Veroy Chua, Jase Low, Ethan Roman, and Reina Lau each demonstrated how hard work and experience pave the way to success. Also, the 'B' Division boys displayed grit and perseverance in their 4x400m race, powering through an intense battle to secure silver after a nail-biting finish.

From sprints to hurdles to jumps, our student-athletes stamped their mark at the competition and left with both victories and the bittersweet pride of knowing they had given their all.



National School Games

MEDALS AND PERSONAL BESTS AT INTERNATIONAL MEETS

Our student-athletes were proud to don national colours in several overseas competitions this year. At the 2025 Western Australia State Track and Field Championships held from 7 to 9 March at the WA Athletics West Stadium, Megan Chng Shu Ting, Ethan Roman, and Wilson Tan Shen Kai represented the Singapore Schools Sports Team with distinction. The competition was fierce, but our student-athletes rose to the challenge and returned home with 4 stunning personal bests and 3 hard-fought bronze medals.

Closer to home, the 30th SSSC-AW-MSSM Track and Field Championship 2025 at the Home of Athletics, Kallang,

saw a record number of 11 Sports School student-athletes selected to represent the Singapore Schools Athletics Team to compete based on their strong performances at the National School Games. The meet brought together the best Under-15 and Under-16 talents from Singapore, Malaysia, and Western Australia. Evelyn Seu shone brightly by striking gold in the Girls' Under-16 Triple Jump, while silver medals were claimed by Elia Owen, Ethan Roman and Eshan Shayaan in relay events, and Wilson Tan in the U16 High Jump. Adding to the medal tally were bronze medal finishes from Aura Ramadhania and Megan Chng in relay events.



Thailand Sports School Games

Our trackers also carried the flag proudly at the 26th Thailand Sports Schools Games, returning with an impressive haul of 22 medals — 3 gold, 8 silver, and 11 bronze.

Student-athletes also had rewarding experiences competing at the Asian Throws, Malaysia Open and State Opens, Thailand Open, New Zealand Combined Events Championships and other regional competitions.

GIVING BACK TO THE COMMUNITY

Beyond the competition arena, our Track and Field student-athletes also found joy in giving back. On 28 May 2025, they proudly supported the North West Community Development Council Sports Education and Experience as part of a Values in Action programme designed to introduce young children from the North West district to track and field. The children engaged in fun

and educational athletic activities, gaining exposure to new sports, learning the importance of teamwork, and developing confidence through physical activity. For our trackers, being able to share their passion and give back to the community was deeply meaningful, leaving them with a strong sense of fulfilment and pride.



Values In Action

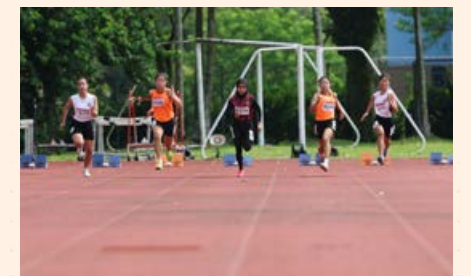
A SHOWCASE OF TALENT AT SSP INVITATIONAL 2025 AND LOCAL COMPETITIONS

WRITTEN BY
ALEXA DEFRIES
Secondary 2

The heat was on at the SSP Invitational U15 and U18, held on 31 May 2025! We were proud to welcome 289 athletes across 370 events, including strong contingents from Johor, Kuala Lumpur, Malaysia Sports Schools, as well as top Track and Field schools and clubs from across Singapore. It was a fantastic turnout,

with every race and jump displaying tremendous sportsmanship and leaving athletes and supporters with a memorable day of competition. Our Sports School student-athletes put their hearts on the track, delivering strong performances and showing admirable spirit while also hosting a well-organised and successful meet. Not only that, our student-athletes were sharpening their skills with competitions almost every month with SA All Comers 1, SA All Comers 2, SA

Age Group Championships, SA-Wings Cross Country, and even PESTA Sukan, which gave them valuable competition experience and exposure.



SSP Invitational U15 and U18

INDIVIDUAL PROGRAMME REPORT

ARTISTIC SWIMMING

WRITTEN BY
YVETTE CHONG ANN
Diploma in Business, Year 1

Looking back on 2025, I feel a mix of pride, gratitude, and excitement. This year has been one of growth, challenges, and unforgettable experiences in my journey as a national artistic swimmer representing Singapore.

Competing in the World Aquatics Artistic Swimming World Cup series in Paris, Egypt, Canada, and China was both thrilling and humbling. I'll never forget Paris — my duet partner and I achieved Singapore's highest-ever duet ranking with a 6th place finish. Seeing our hard work reflected in that moment made all the early mornings, long practices, and sacrifices feel worthwhile.

Training this year often meant starting before sunrise and finishing long after most people had gone to bed. I remember the quiet mornings at the pool, when the only sound was the water slicing through the air as I repeated a single movement over and over, perfecting every detail. There were evenings when my muscles ached and my mind felt heavy, yet I pushed through because I knew every drop of sweat, every sore

muscle, and every tear would be worth it. And in the end, it truly was. Each grueling session built not just my skill, but also my resilience and determination.

Competing at the World Aquatics Championships here in Singapore was another highlight. Performing on home ground, I broke two personal bests in both the Duet Technical and Duet Free events. The roar of the home crowd, the cheers of my family and friends, and the pride of representing my country gave me an energy that carried me through every routine. That moment reminded me why I love this sport so much.

As I reflect on this year, I feel motivated to continue pushing myself, embrace new challenges, and keep striving for excellence in artistic swimming. I hope that my journey inspires others to pursue their passion wholeheartedly and reminds me, every day, why I fell in love with this sport in the first place.

Yvette Chong Ann



CYCLING

WRITTEN BY
ILYASAQ LEE ROSSDI
Secondary 1

MIKHA ZUHAYR NORMAN
Diploma in Business, Year 2

TARA ALAYNA WEILIN MUHAMMAD KHALID
IBDP, Year 5

Our cyclists had a year filled with growth, competition, and new experiences.

Valencia Tan will make her SEA Games debut in 2025 after a standout season on the track. She proved herself among Singapore's top cyclists with impressive results at the ASEAN Track Series, clinching a gold and silver in the first leg, followed by 3 golds and 2 bronzes across the next two series. Valencia also secured 3 podium finishes at Track Asia 2025, cementing her status as one to watch.

Mikha Zuhayr Norman spent 18 days in Florida training and racing at Sarasota BMX. Staying at AkerBrand, a BMX farm run by professionals, he gained valuable insights into the sport, including mental preparation techniques like 'Wim Hof' breathing. Clearing the pro straight boosted his confidence, while fishing and hunting added to a memorable trip.



From left: Ilyasaq Lee Rosdhi, Tara Alayna Weilin Muhammad Khalid and Mikha Zuhayr Norman

Tara Alayna Weilin Muhammad Khalid embarked on her first solo training camp in Brisbane, learning independence and accountability through goal setting and reflections. Competing against top riders, she finished 5th at the Maryborough Classic and 2nd at the Rocky Rumble in the Women's Superclass category. The experience gave her a sense of discipline and a taste of life as a full-time athlete.

Meanwhile, Secondary 1 student-athlete Ilyasaq Lee Rosdhi raced in Melbourne at Track Attack 2025, finishing 3rd overall in the 13 Boys category. He built on this experience with a strong 2nd-place finish at the Malaysia National Championships, a result that further fueled his motivation and confidence.

DIVING

In diving, Max Lee Shen Oon and Clara Liaw made impressive showings at the Australian Open Diving Championships. Max reached the finals in three categories and secured qualification for the upcoming SEA Games, while Clara performed strongly in two finals, clinching 3rd place in both events.

At the 47th SEA Age Group Aquatics Championships, national diver Max Lee continued his remarkable form, collecting a total of 5 medals — 3 golds and 2 silvers. His haul included 2 individual golds, 1 individual silver, and a gold and silver in the A/B Boys Synchronised events. Max will be representing Singapore in his third SEA Games in 2025.



Max Lee Shen Oon

Photo Credit: Singapore Aquatics



Denise Ng Wan Xuan

GOLF

WRITTEN BY
DENISE NG WAN XUAN
IBDP, Year 6

This year, the golfers had numerous outstanding performances! Chen Xingtong made history as the first Singaporean to reach the finals and finished runner-up in the US Girls' Junior Championship. She was also part of the team that secured Singapore's best-ever finish at the World Amateur Team Championships, and will represent Singapore at SEA Games 2025. Xingtong also topped the HSBC Women's World Championship Qualifiers and won the Singapore Junior Golf Championship 2025.

I have had my own share of milestones this season. Qualifying for the Junior World Championship in San Diego, finishing top five in ten tournaments, and winning 'A' Division in the National School Games (NSG) were joyful moments. Chloe Ng Ker Ee achieved three impressive wins this year, including a national title, and was named 'A' Division 2nd runner-up for NSG. Anjanette Tan Le Xuan claimed the title of champion at the Road to Fukuoka Qualifier and placed 4th for 'C' Division in NSG. Passion Hsu Le Ting also delivered strong performances across Japan, Malaysia, and China, with multiple podium finishes. Competing alongside such talented peers has pushed me to grow and aim higher in every tournament.

FOOTBALL (GIRLS)

WRITTEN BY
LAMASAN CHANTALE ROSE KOH
Secondary 4

Being in the National Youth system for football has allowed many opportunities to experience different types of football. Whether it being with a new coach with a different playing style or a strong opponent, I have learnt from all of these experiences and will continue to learn from them to help me improve in the future. One of these experiences includes receiving the Unleash the Roar! Overseas Scholarship, along with schoolmates Verona Lim Ruo Ya and Seri Nurinsyirah Indra Saharen, to train and study overseas. I am happy and thankful to be given the chance to study at the IMG Football Academy in the United States. I am extremely grateful and ready to learn from a new perspective.

In August 2025, I played in the Lion City Cup. My most intense experience was playing against a team as strong as South Korea and making my national debut at the same



Lamasan Chantale Rose Koh

time—not just for me, but for the whole team. After the game, even with the heavy loss, I felt a huge weight lift off my shoulders and a sense of relief. Despite the scoreline, we stayed positive and gave our all in the next matches, beating both Cambodia and Hong Kong by 2-0 and coming in second. This experience showed me and my teammates just how far resilience and hard work can take us, and it made me appreciate the strength of sticking together through challenges.

GYMNASTICS

WRITTEN BY
AMELYN SNG HUI-EN
Diploma in Business Studies, Year 2

2025 was an exciting and progressive year. Our gymnasts pushed their limits in both training and competitions, building not only their technical skills but also resilience, teamwork, and mental strength. From training camps to international competitions, the year reflected our student-athletes' commitment to excellence and their passion for the sport.

A highlight of the year was Singapore's proud hosting of the 2025 Rhythmic Gymnastics Asian Championships. Performing on home ground, our rhythmic gymnasts Leia Yap and Thea Chew captivated audiences with their routines that combined elegance, difficulty, and artistry, while also gaining invaluable experience against Asia's top contenders. On the artistic front, three gymnasts made their international debut at the prestigious EnBW DTB Pokal Team Challenge in Stuttgart, Germany. Representing Singapore on the four-member team were Diploma in Business student-athlete



Leia Yap



From left: Jovi Loh Jia Le, Xavier Pang Sheng Wei, Samuel Loh (non-SSP), Aiken Tang Bing Heng and Nathanael Pek Sek Kai

Jovi Loh Jia Le, alongside Secondary 4 gymnasts Nathanael Pek Sek Kai and Xavier Pang Sheng Wei. The team delivered a commendable performance, finishing 13th overall with a score of 212.400 — an impressive showing for their first major international outing.

Later, Jovi Loh, Nathanael Pek, Aiken Tang Bing Heng, and Abdul Barr Abdulattif represented Singapore at the 2025 Men's Artistic Gymnastics Asian Championships in Jecheon, South Korea, gaining valuable experience on the continental stage.

Adding to the year's milestones, Abdul Barr and Asher Pua achieved career breakthroughs by qualifying for the World Championships and the SEA Games, marking a significant step forward in their gymnastics journeys.

ICE SKATING

WRITTEN BY
LOH GEOK QIN
Secondary 5

In June, I received an official email indicating that the SEA Games age eligibility requirement had been revised from 17 years old (as of 1 July) to 15 years old by 1 July 2025. Upon learning of this change, I promptly decided to pursue the opportunity to participate in a qualifying competition in order to meet the required timings for the SEA Games. As Singapore does not have a training ice rink, it was decided that I would undergo a three-week intensive training programme in Korea to prepare for the upcoming competition, as my last ice session had been in November 2024.

Following the completion of the training programme in Korea, I travelled to Dehradun to compete in the Asian Open Trophy. During this competition, I participated in three individual events — the 1500m, 500m, and 1000m — where I achieved new personal bests in all three distances. The result enabled me to qualify for the SEA Games.



Loh Geok Qin



Mendel Tan

JU-JITSU

WRITTEN BY
MENDEL TAN
Secondary 2

At the Ju-Jitsu National Championship, I was proud to win gold medals in both the U16 Under 56kg and Under 62kg categories. I also took part in the U14 exhibition events, which gave me valuable mat time and experience.

Later, at Copa Da Malaysia XX in Kuala Lumpur, I competed in the KIDS Gi Yellow, Orange & Green (14–15 years, -55kg) category. Building on lessons from my World Cup experience, I fought hard and earned a silver medal.

It was also inspiring to see my teammate and Secondary 1 student-athlete, Caleb Liao, win a silver and 2 bronzes at the Asian Regional Championship in July.

LAWN BOWLS

WRITTEN BY
JONATHAN HO YI EN
Diploma in Business, Year 1

My sporting journey this year has been an adventure. While there were many disappointments, there were also many highlights that pushed me forward in my sporting journey.

At the national competition, I faced tough opponents and came away with several bronze medals. On the international stage, I gained valuable experience and tasted success as well! I had a good learning experience in the Australian Open — clearing the round Robin stage for Men's Open Singles. I also managed to get top seven in the Mahsuri Cup in Langkawi, and snag a Cup Champion in the Merdeka Lawn Bowls in Johor recently!

It may not have been my best year yet, but what matters most is the steady progress. Each competition is a step closer to overcoming my past self — and I'm determined to keep improving.



Jonathan Ho Yi En



National Pencak Silat Championship

PENCAK SILAT

WRITTEN BY
DANIAL HARIZ RIZAL
Secondary 4

Competing on the international stage has been the journey of a lifetime. As captain of our Junior team, I am incredibly proud and humbled to have contributed to our silat community's historic achievements this year.

Our alumni set the standard at the 20th World Pencak Silat Championship, leading by phenomenal example as they earned 3 world champion titles. Current student-athlete Nadhrah Sahrin also earned a bronze medal in the Senior Female category.

This momentum powered our team at the 5th Junior World Championship, where our next generation of champions shone. I was honoured to contribute to our success, winning silver in an individual event and achieving gold in the Artistic Junior Male Team event. Our squad's overall performance was nothing short of dominant, securing an impressive 5 golds, 3 silvers, and 4 bronzes. In the Pre-Junior category, Muhammad Feeqry, Muhammad Yuri, and Adrabella each

soared to gold medal victories. Maisarah Sahrin, Muhammad Aniq Farish, and Nur Hanifah Qisya rounded off our success with well-deserved bronze medals.

Our excellence was further confirmed at the 9th Asian Championship, where past and present student-athletes earned 2 gold, 2 silver, and 3 bronze medals. Among the medallists are current student-athletes Rifqah Mursyidah Mistam, who demonstrated elite skill to earn a silver medal, and Aniq 'Asri Mohammad Yazid and Nadhrah Sahrin, who battled their way to bronze.

These extraordinary results are a testament to the dedication, resilience, and spirit of our entire pencak silat community. It has been the absolute privilege of my athletic career to compete and to stand on the podium alongside such talented athletes. This is more than a collection of medals; it is a legacy we are building together, and I am excited to see what we achieve next.

ROWING

WRITTEN BY
MADISON RACHEL DEFRIES
Secondary 3

This year in rowing has been a really meaningful one for me. With the support of Sports School, I got the chance to host a tour with the Hong Kong National Team, which was a great experience as I could train and row alongside them. I also raced in Thailand and was happy to come home with a bronze medal, and also competed in China, which taught me many new experiences and skills. Each competition and trip helped me grow as an athlete and has given me memories I'll carry with me moving forward into my rowing journey.



Madison Rachel Defries

SAILING

Sailors Elkan Reshawn Oh and John Wong Tze Xiang have had a busy year with overseas trips and competitions, which have helped them earn a spot at the 2025 edition of the SEA Games.



John Wong Tze Xiang

SPORT CLIMBING

WRITTEN BY
JANELLE PHUA JING EN
Secondary 2

NATALIE GOH SI HUI
Diploma in Business, Year 2

This year, our climbers demonstrated resilience and determination as they worked towards SEA Games qualification.

Natalie Goh Si Hui had a strong start locally, securing her first win in the Open Women category at Gravical 2025. She went on to place 4th at the IFSC Asian Cup (Boulder) and clinched 1st place at the ASEAN Climbing Championship (Lead), achievements that earned her qualification in both Boulder and Lead for the SEA Games. Despite facing a shoulder injury during the season, she gained valuable experience and remains focused on performing her best at the Games.



Natalie Goh Si Hui

14-year-old Janelle Phua set her sights on qualifying for the SEA Games in Speed Climbing and worked hard throughout the year. Overcoming finger injuries, she achieved her goal by winning 1st place at the ASEAN Climbing Championship (Youth Speed). With strong support from those around her, she is committed to training hard and is looking forward to representing Singapore at the Games.

TAEKWONDO

WRITTEN BY
GWEN KOH EN QI
Secondary 4

2025 has been a good year for me as I have participated in several local and overseas matches and competed in the first major championship at the 8th Asian Junior Poomsae Championships in Kuching, Malaysia, under two categories — Recognised Poomsae Individual Female Junior event and Recognised Poomsae Team Female Junior event. I also competed in the Asian Youth Games held in Bahrain in mid-October.

At the 114th National Formosa Cup Taekwondo Championships 2025 in Taichung, I clinched double bronze in the Individual and Mixed Pair events, while Secondary 2 student-athlete Ethan Liao Yong En bagged silver in the Individual and bronze in both Team and Mixed Pair categories.

At the Kimunoyong Cup International Open in Busan, both Ethan and I earned a team bronze.

In August, at the 21st ICTO Taekwondo Championships in Nha Trang, Vietnam, I managed to secure 1 silver and 2 bronze for all three events that I participated in on the same day. Competing for the Individual component, I managed to place 3rd out of 18 competitors, followed by placing 4th out of 9 pairs under the Mixed Pair division. Right after the Pair event, I had to rush to compete under the Junior Female Team and managed to secure 2nd place out of four teams after a really close match between the Hong Kong team. In the same competition, Ethan



Ethan Liao Yong En and Gwen Koh En Qi

Liao delivered a strong performance in the Poomsae Cadet Male Team event, finishing 2nd after a close fight with Hong Kong, missing gold by just 0.4 points.

Ethan also represented Singapore at the MBW International Taekwondo Championships 2025 in Kuala Lumpur, clinching a medal in the Elite Poomsae Male Individual (Cadet) after advancing to the semifinals, where he missed the finals by just 0.3 points. He also competed in the Mixed Pair (Cadet) event, exiting in the Round of 16 against a Thai club.

Back in Singapore, I continued to push myself at the 2025 National School Games 'B' Division, where

I secured another bronze medal in the Girls' Poom/Black 3 Individual category. Sharing the mat with dedicated teammates like Ethan Liao, Tuah Iskandar Junaidi, and Zaccheus Ker Jun Kai was incredibly motivating. I also competed and medalled in competitions such as the Han Foundation Youth Taekwondo Championships 2025 and GetActive! Singapore Pesta Sukan Taekwondo 2025.

These experiences have deepened my love for taekwondo and strengthened my commitment to grow as both an athlete and a competitor. I am more motivated to work even harder for the upcoming competitions and future games.

TRIATHLON

WRITTEN BY
LIM CHENG YU

Diploma in Business, Year 2

MAVIS SEAH KAI XIN

Diploma in Business Studies, Year 2

REYES LOH SHAO EN

IBDP, Year 6

The three triathletes at Sports School – Lim Cheng Yu, Reyes Loh Shao En, and Mavis Seah Kai Xin – have achieved remarkable success, securing numerous podium finishes across national competitions. All three of them made a swap from their original sports, realising the potential that they could achieve when transitioning. Additionally, Reyes and Cheng Yu hit a milestone in their sporting career as they qualified for their first-ever SEA Games, an achievement that stands as a testament to our hard work, perseverance, and dedication to the sport.

Cheng Yu, who transitioned from competitive swimming in October 2023, has made remarkable progress across multiple disciplines, namely Triathlon,

Duathlon, and Aquathlon. In Triathlon, he secured 4th place at the prestigious Singapore International Triathlon, demonstrating his ability to compete at a high level against seasoned athletes. His dominance was further highlighted in the TAS Youth Aquathlon League, where he captured 3 gold medals. Additionally, he achieved another commendable 4th place finish in the Trifactor Duathlon.

Reyes, who transitioned from competitive swimming in June 2024, has quickly made his mark in aquathlon with a series of impressive performances. He secured a podium finish with 3rd place at the World Triathlon National Championships in Tam Chuc, proudly representing Singapore on the international stage.

Domestically, he competed in the TAS Youth Aquathlon League, narrowly missing out on the top spot, before going on to claim 1st place at the TriFactor Run-Swim-Run National Aquathlon Championships.

Mavis made the switch from netball to triathlon in November 2024 and, within a remarkably short time, earned her place on the team. With her sights set on representing Singapore at the 2029 SEA Games and competing in future World Triathlon events, she has already begun building an impressive record. She secured 3rd place at the Singapore International Triathlon Sprint distance, a result that qualified her for the World Age Group Championships in Quzhou China.



Reyes Loh Shao En



National School Games 'B' Division Team

WATER POLO

WRITTEN BY
JUSTIN SAIK KIN YAN

IBDP, Year 5

Representing Singapore at the World Aquatics Championships was a humbling experience. Competing against the world's best reminded me how much more there is to learn and grow. I was proud to stand alongside Matthias Goh Zoltin as part of the Men's Team—we gave it our all, and the exposure was invaluable.

Matthias and I also competed at the Canberra Open, where we helped Team Singapore secure 3rd place against strong teams from Australia and New Zealand. Matthias went on to lead the Singapore A team to a gold medal at the SEA Age Group Championships, while Javier Ng, Merrill Hwang Jun Wen, and Rhys Vaswani earned silver with the Singapore B team.

Regionally, our Under-16 boys team emerged champions at the Bangkok Water Polo Invitation. At the Yamanashi Cup in Japan, our Under-15 team placed 3rd, showing great resilience.

Four of our Secondary 3 boys — Dylan Tay Jun Ming, Ryan Chua, Ethan Tan Zi Jun, and Nathan Yeu Ren Jie, participated in the 47th SEA Age Group under Singapore Team B and secured a bronze medal.

Back home, our 'B' Division team defended our National School Games title, beating ACS(I) 14–8. In the 'C' Division, our student-athletes teamed up with Outram Secondary School to earn bronze, rounding off a season of growth and grit. Also, our team combined with ACJC to clinch silver in the 'A' Division.

WRESTLING

WRITTEN BY
MARREN MCCLAREN RAVIN
Diploma in Business, Year 2

Taking part in the Wrestling National Open and Team Trials on 22 February 2025 was both challenging and rewarding. I was proud to clinch gold in the Sambo 71kg category and silver in Greco Roman 67kg, competing alongside outstanding athletes like Aryan Azman, Ursus Lee Yan Ze, and Heba Lutfina Jbour. The intensity of the matches pushed me to stay sharp and focused throughout.

At the SEA Wrestling Championships, I built on that momentum and earned a bronze medal in Greco Roman 67kg. Aryan added a silver in Greco Roman 77kg, continuing his strong form. I'm thrilled to share that both Aryan and Ursus have now qualified for the SEA Games, and I couldn't be prouder of them. Their dedication and grit have been inspiring to witness. As we each continue training hard in our respective disciplines, I'm rooting for them to make a powerful impact on the regional stage. Their success motivates me to keep pushing forward, and I'm excited to see what lies ahead for all of us.



Marren McClaren Ravin

WUSHU

WRITTEN BY
CHUA XIN YUN
IBDP, Year 5

This year has been truly memorable—a journey of unforgettable experiences, valuable lessons, and personal growth. As an IBDP Year 5 student-athlete and a new member of Singapore Sports School, I felt deeply honoured to be named IWUF Wushu Taolu Rising Star of the Year and to stand on a world stage as a World Junior Champion. At the National School Games, I was grateful to achieve a personal milestone: winning a hat-trick of gold medals in International Changquan, Sword, and Spear—something that reminded me of how far consistent effort and guidance from my coaches have brought me.

At the 12th Asian Junior Wushu Championships in Jiangyin, China, I was fortunate to test myself against some of the region's best and earned silver in Boys' Qiangshu A, along with bronzes in Changquan A and Jianshu A. Sharing this journey with teammates made it all the more special. Fellow student-athlete Charlotte Ng Leting shone with a silver in Girls' Taijiquan A and a bronze in Taijishan, inspiring us with her calm determination.

Chua Xin Yun



She also won 2 silvers in Taijiquan and Taijijian, and a bronze in Taijishan at the 1st ASEAN-China Women's Wushu Championship in Negeri Sembilan, Malaysia. Zoe Tan Ziyi won a silver and a bronze at the competition.

Our seniors proved just as inspiring at the 1st Wushu Taolu in Jilin, showing us what it means to carry Singapore's flag with pride. Cassandra Ong Xue Ling delivered a commanding performance to seize gold in Women's Nangun, while Zoe Tan added to the medal haul with a bronze in Daoshu and an impressive 4th in Gunshu. Cassandra also claimed bronze in Nanquan-Nandao at The World Games in China.

Alumni have also proven themselves at these competitions, as well as at other international events such as the 17th World Wushu Championships, by claiming top spots.

Looking back, 2025 has been about pushing past limits, learning from every challenge, and cherishing the support of my coaches, teammates, and the Singapore Sports School family. Each competition was a reminder to stay grounded, to keep improving, and to carry our nation's flag with pride.



CHAMPIONS FOR SPORTS, CHAMPIONS IN LIFE

Danial Hariz Rizal

Individual Programme - Pencak Silat

Secondary 4

World Junior Champion 2024 in
Artistic Junior Male Team

CROWNING THE BEST

21st AWARDS NIGHT & SPORTS ACHIEVER AWARDS CEREMONY

The highly anticipated Awards Night 2025 was a spectacular evening celebrating the dedication, hard work, and remarkable achievements of past and present student-athletes. The event brought together the Sports School community, including award recipients, current student-athletes, their families, partners, and staff, in a night filled with glamour and celebration.

Held on 5 February 2025, the ceremony was graced by Ms Teoh Zsin Woon, Chairman of Singapore Sports School's Board of Directors and Permanent Secretary of the Ministry of Culture, Community and Youth.

The presentation of awards culminated with the Moo Soon Chong Outstanding Student-Athlete of the Year Awards, named after the school's first principal. In the secondary category, the award went to golfer Chen Xingtong and paddler Nicholas Tan, while wushu exponent Zeanne Law Zhi Ning and diver Max Lee Shen Oon were recognised in the post-secondary category.

Zeanne was the standout of the evening, taking home three awards, including the Outstanding Sports Achievement Award and the MOE Edusave Character Award. This marked her second consecutive year winning the Moo Soon Chong Outstanding Student-Athlete of the Year award.

Fencer Cheung Kemei is the first double recipient of the Annabel Pennefather Excellence Award, having received the award in 2021 as well.



Sports Achiever Awards



Fencer Filzah Nor Anuar also received the award and was grateful for the recognition, having adapted her playing style to suit her personality while recovering from injury.

The Tan Howe Liang Excellence Award, named after Singapore's first Olympic medallist, recognises two graduating male student-athletes for their sporting achievements. This year, shuttler Johann Prajogo and fencer Bron Sheum Han Shen received the award.

In addition, 21 past and present student-athletes were honoured with the Outstanding Sports Achievement Award for representing Singapore at the Olympic Games and achieving medals at the World Championships.

The night also celebrated 14 student-athletes who received the MOE Edusave Character Award and 10 student-athletes who earned Outstanding Academic Awards for topping their cohorts in national examinations and the International Baccalaureate Diploma Programme.

Earlier, on 20 January 2025, 102 student-athletes were honoured at Awards Day for their sporting achievements in 2024. Of the award recipients, 61 student-athletes were from the secondary programme and 41 student-athletes were from the post-secondary programme.

AWARD RECIPIENTS

MOO SOON CHONG OUTSTANDING STUDENT-ATHLETE OF THE YEAR AWARD (SECONDARY)

Chen Xingtong (*Individual Programme - Golf*)
Nicholas Tan (*Table Tennis*)

MOO SOON CHONG OUTSTANDING STUDENT-ATHLETE OF THE YEAR AWARD (POST-SECONDARY)

Zeanne Law Zhi Ning
(*Individual Programme - Wushu*)
Max Lee Shen Oon
(*Individual Programme - Diving*)

ANNABEL PENNEFATHER EXCELLENCE AWARD

Cheung Kemei (*Fencing*)
Filzah Hidayah Nor Anuar (*Fencing*)

TAN HOWE LIANG EXCELLENCE AWARD

Johann Prajogo (*Badminton*)
Bron Sheum Han Shen (*Fencing*)

OUTSTANDING SPORTS ACHIEVEMENT AWARD

Loh Kean Yew (*Badminton*)
Jessica Tan Wei Han (*Badminton*)
Terry Hee Yong Kai (*Badminton*)
Yeo Jia Min (*Badminton*)
Amita Marie Nicolette Berthier (*Fencing*)
Izaak Quek Yong (*Table Tennis*)
Zhou Jingyi (*Table Tennis*)
Veronica Shanti Peireira (*Track and Field*)



Loh Kean Yew



From left: Principal Ong Kim Soon, Bron Sheum Han Shen, Filzah Hidayah Nor Anuar, Cheung Kemei, Ms Teoh Zsin Woon, Chen Xingtong, Zeanne Law Zhi Ning, Max Lee Shen Oon, Johann Prajogo



Muhammad Iqbal Abdul Rahman

Abdul Raaziq Abdul Rashid
(*Individual Programme - Pencak Silat*)
Muhammad Affiz Mohamed Zakri
(*Individual Programme - Pencak Silat*)
Muhammad Iqbal Abdul Rahman
(*Individual Programme - Pencak Silat*)
Nadhras Sahrin
(*Individual Programme - Pencak Silat*)
Sheik Farhan Sheik Alau'ddin
(*Individual Programme - Pencak Silat*)
Sheik Ferdous Sheik Alau'ddin
(*Individual Programme - Pencak Silat*)
Chan Jun Kai
(*Individual Programme - Wushu*)
Charlotte Ng Leting
(*Individual Programme - Wushu*)
Jowen Lim Siwei
(*Individual Programme - Wushu*)
Kimberly Ong Li Ling
(*Individual Programme - Wushu*)
Trinity Chua Yun Shan
(*Individual Programme - Wushu*)
Zeanne Law Zhi Ning
(*Individual Programme - Wushu*)
Zoe Tan Ziyi
(*Individual Programme - Wushu*)

OUTSTANDING ACADEMIC AWARD

GCE O-Levels

Zhou Jinghe (*Table Tennis*)
Ho Yi Xuan (*Track and Field*)

GCE N-Levels

Danya Chua (*Netball*)
Javen Soh Jun Teck (*Swimming*)



Danya Chua

International Baccalaureate Diploma Programme

Rachel Koh Rui Jie (*Fencing*)
Sean Ho Jia Le (*Fencing*)
Soh Yi Wei (*Shooting*)
Nikita Mae Jing-Yu Meyers
(*Track and Field*)
Yim Shek Yen (*Individual Programme - Diving*)
Jolie Goh (*Individual Programme - Wushu*)



Yim Shek Yen

MOE EDUSAVE CHARACTER AWARD

Stefanie Lee Feiyi (Badminton)
Alyssa Hia Jing Xuan (Bowling)
Cari-Anne Ong (Fencing)
Cheung Kemei (Fencing)
Rachel Koh Rui Jie (Fencing)
Harith Danish Irwan (Football)
Megan Low Wen Qi (Netball)
Nina Joseph (Netball)
Rayfield Tay Yu Hong (Shooting)
Magdalene Lee (Swimming)
Clarissa Lee Qian Ying (Table Tennis)
Audrey Koh Shun Yi (Track and Field)
Lim Wan Ting
(Individual Programme – Triathlon)
Zeanne Law Zhi Ning
(Individual Programme – Wushu)



Audrey Koh Shun Yi

SPORTS ACHIEVER AWARD (SECONDARY)

Edmund Tan Xuan De (Badminton)
Caedmon Lim (Bowling)
Mark Leong Yew Chen (Bowling)
Nura Salsabila Zuklifi (Bowling)
Cameron Alexander Tan Soliano (Fencing)
Sarah Koh Ya Qi (Fencing)
Tan Le Kai (Fencing)
Ahmad Martin Roslan (Football)
Erdy Thaqib Mohammad Taha (Football)
Harith Danish Irwan (Football)
Jarec Ng Rui Le (Football)

Mohamad Nyqil Iyyan Mohamad Ismail (Football)
Muhammad Iliya Naufal Mohammad Idris (Football)
Noor Aydrin Noor Ikhsan (Football)
Rauf Anaqi Khan (Football)
Shafrel Ariel Shahrul Nizam (Football)
Wong Lok Yiu (Netball)
Lee Zhe Kai (Shooting)
Samantha Cheng Xin Tong (Shooting)
Aaron Jonathan Ang (Swimming)
Azlina Mastamam (Swimming)
Casey Chua Yu Tong (Swimming)
Joy Neo Ning Suan (Swimming)
Julia Yeo Shu Ning (Swimming)
Janelle Chiang Rui En (Table Tennis)
Loy Ming Ying (Table Tennis)
Loy Xing Yao (Table Tennis)
Nicholas Tan (Table Tennis)
Sonia Abbas Zainudeen (Table Tennis)
Emir Muhammad Rashid (Track and Field)
Megan Chng Shu Ting (Track and Field)
Anjanette Tan Le Xuan
(Individual Programme – Golf)
Chen Xingtong
(Individual Programme – Golf)
Chloe Ng Ker Ee
(Individual Programme – Golf)
Passion Hsu Le Ting
(Individual Programme – Golf)
Jovi Loh Jia Le
(Individual Programme - Gymnastics)
Loh Geok Qin
(Individual Programme – Ice Skating)
Mendel Tan
(Individual Programme – Ju-Jitsu)
Adrabella Nurieshtiara Rahmat
(Individual Programme – Pencak Silat)
Aleesa Hanin Abdul Rahim
(Individual Programme – Pencak Silat)



Danial Hariz Rizal
(Individual Programme – Pencak Silat)
Ilhan Dani Muhammad Zaki
(Individual Programme – Pencak Silat)
Maisarah Sahrin
(Individual Programme – Pencak Silat)
Mohammad Ridzqi Mohammad Fadzil
(Individual Programme – Pencak Silat)
Muhammad Aniq Farish Roslan
(Individual Programme – Pencak Silat)
Muhammad Feeqry Muhammad Faizal
(Individual Programme – Pencak Silat)
Muhammad Yuri Armani Mohd Sufian
(Individual Programme – Pencak Silat)
Nur Aniqah Qistina Roslan
(Individual Programme – Pencak Silat)
Nur Hanifah Qisya Mohammad Hanis
(Individual Programme – Pencak Silat)
Tuah Iskandar Junaidi Iskandar
(Individual Programme – Pencak Silat)
Janelle Phua Jing En
(Individual Programme – Sport Climbing)
Gwen Koh En Qi
(Individual Programme – Taekwondo)
Charlene Tio Ji Suan
(Individual Programme – Water Polo)
Clarissa Tio Ji San
(Individual Programme – Water Polo)
Chow Yong Jun
(Individual Programme – Water Polo)
Javier Ng
(Individual Programme – Water Polo)
Jaylen Yeo Hao Wei
(Individual Programme – Water Polo)
Matthias Goh Zoltin
(Individual Programme – Water Polo)
Rhys Vaswani
(Individual Programme – Water Polo)
Heba Lutfina Mohammed Jbour
(Individual Programme – Wrestling)



SPORTS ACHIEVER AWARD (POST-SECONDARY)

Colleen Pee (Bowling)
Jerlyn Lam Si Ting (Bowling)
Lim Shi En (Bowling)
Nur Irdina Hazly (Bowling)
Shirlene Wong Xue Lin (Bowling)
Dan Wei Zuo (Fencing)
Zephaniah Ian Kiew (Fencing)
Kegan Phang Jun (Football)
Faithmaria Ifeoma McKevin Lawrence (Netball)
Grania Koh Yan Zhen (Netball)
Janissa Tan Wei Ting (Netball)
Jernise Moh Jing Wen (Netball)
Eston Soo Yin Teng (Shooting)
Faithe Odelia De Souza (Shooting)
Elle Nicole Tay Jiaqi (Swimming)
Izaac Quek Yong (Table Tennis)
Ser Lin Qian (Table Tennis)
Chloe Lai Neng Huen (Table Tennis)
Yang Ze Yi (Table Tennis)
Lucas Fun Le Cong (Track and Field)
Mikha Zuhayr Norman
(Individual Programme – Cycling)
Valencia Tan
(Individual Programme – Cycling)
Clara Liaw Yanwen
(Individual Programme – Diving)
Max Lee Shen Oon
(Individual Programme – Diving)
Aaron Wee Zheng Kai
(Individual Programme – Golf)

Denise Ng Wan Xuan
(Individual Programme – Golf)
Aniq ‘Asri Mohammad Yazid
(Individual Programme – Pencak Silat)
Muhammad Naufal Abdullah
(Individual Programme – Pencak Silat)
Nadhras Sahrin
(Individual Programme – Pencak Silat)
Rifqah Mursyidah Mistam
(Individual Programme – Pencak Silat)
Nichelle Tan Ying Xuan
(Individual Programme – Taekwondo)
Lim Cheng Yu
(Individual Programme – Triathlon)
Reyes Loh Shao En
(Individual Programme – Triathlon)

Loh Yu Xuan
(Individual Programme – Water Polo)
Aryan Azman
(Individual Programme – Wrestling)
Charlotte Ng Leting
(Individual Programme – Wushu)
Chia Kai Ming
(Individual Programme – Wushu)
Kassandra Ong Xue Ling
(Individual Programme – Wushu)
Trinity Chua Yun Shan
(Individual Programme – Wushu)
Zeanne Law Zhi Ning
(Individual Programme – Wushu)
Zoe Tan Ziyi
(Individual Programme – Wushu)



NEW MILESTONE UNLOCKED WITH A+ DEDICATION

MAJOR EXAMINATIONS (CLASS OF 2024)

GCE N-LEVEL

On 16 December 2024, our 17 GCE N-Level student-athletes marked a significant milestone in their academic and sporting journeys, achieving a 100% pass rate and taking confident steps toward their next chapter. Of the 12 Normal (Academic) students, 11 qualified for Secondary 5, while five Normal (Technical) student-athletes progressed to Nitec programmes at ITE.



INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME

The IBDP Class of 2024 had much to celebrate on 17 December 2024, achieving a 100% pass rate with all graduates eligible for local and overseas universities. Over 75% of the 30 student-athletes scored at least 38 points. Balancing high-performing sport with academics, 23 of them earned places in the National Youth Squads or National Teams during their time at Sports School. Among the Class of 2024 were fencer Cheung Kemei and record-breaking golfer Jaymie Ng, whose achievements reflect grit and resilience.

GCE O-LEVEL

On 10 January 2025, cheers, tears, and triumph filled the air as our student-athletes celebrated a 100% pass rate in the GCE O-Level Examinations. Balancing sports and studies, they exemplified true determination and growth. With continued support from coaches and teachers, they now step confidently into the next chapter of their journey.



CLASS OF 2025 CELEBRATES A GOLDEN FINISH AND BRIGHT BEGINNING

GRADUATION CEREMONY 2025

On 29 September 2025, 106 graduating student-athletes stood tall as the Class of 2025 marked the end of one incredible chapter, and the start of countless new ones. Among them were 78 from the Secondary Programme and 28 from the International Baccalaureate Diploma Programme (IBDP).

Guest-of-Honour Chris Hwang, national bowler turned entrepreneur, inspired graduands to chase opportunities fearlessly. Principal Ong Kim Soon applauded their courage through COVID-19 disruptions, reminding them to carry that same fighting spirit into their future pursuits.

Valedictorians Javier Ng (Secondary) and Janelle Yeo (IBDP) delivered heartfelt speeches of gratitude to mentors, teammates, and family. Laughter and nostalgia filled the hall as video montages replayed treasured moments.





37 GRADUATE STRONG ABOARD THE POLYTECHNIC THROUGH-TRAIN

POLYTECHNIC GRADUATION 2025

37 student-athletes have graduated from the through-train polytechnic pathway in partnership with Ngee Ann Polytechnic and Republic Polytechnic, celebrating a significant step in their dual sporting and academic journeys.

Among them, fencer Tiffany Seet He Yun earned the Activa Media Prize for her outstanding academic performance in Business Studies at Ngee Ann Polytechnic. Tiffany credits her success to discipline, planning, and using the Pomodoro method to balance work and rest.

Shooter Tang Hong An also graduated with a Diploma in Business from Republic Polytechnic, receiving the Module Prize in Sports Events Management. Despite extending his studies to balance sports and academics, he excelled



internationally, competing in major events such as the Asian Games and breaking Singapore’s 10m Air Rifle Men’s record at the 2024 H&N Cup.

Other notable graduates include open water swimmer Artyom Lukasevits, who competed at the Asian Games and World Championships, Southeast Asian Games individual gold medallist and fencer Si To Jian Tong, and shuttler Elsa Lai Yi Ting, who clinched a SEA Games bronze medal in the Women’s Team event.

These accomplishments highlight the resilience and adaptability of student-athletes who strive for excellence both on the field and in the classroom, paving the way for continued success in sports, academics, and beyond.



“After leaving Sports School, I realised just how much the school had helped me balance both academics and sport. My diploma programme opened up new interests I never expected. I’m incredibly grateful to Ms Phyllis for never giving up on me, and to Mdm Lee Min Li whose support with scholarships and bursaries made a big difference.”

FAITHMARIA IFEOMA MCKEVIN LAWRENCE
Netball, Diploma in Business Studies



“Being in Sports School gave me the structure to balance both sports and studies. The schedules, mentors, and lecturers who always went the extra mile made learning manageable, while our world-class coaches not only pushed us to our limits but also gave us space to focus on academics when needed. Through my diploma, I discovered how vast the world of business really is, far beyond simple buying and selling. I’m truly grateful to my teachers and coaches for guiding me all these years and helping me reach this stage of my journey.”

TANG HONG AN
Shooting, Diploma in Business



“Singapore Sports School has always provided strong guidance and support. The through-train programme is specially designed for student-athletes, making it easier to manage training and academics. I am grateful for mentors like Ms Vera, Ms Phyllis, and Ms Wendy, who supported me throughout. My diploma broadened my knowledge and prepared me well, and I am now pursuing a Bachelor of Accountancy at SMU.”

CAROL RACHMADI
Swimming, Diploma in Business Studies

DIPLOMA IN BUSINESS STUDIES (NP-SSP)

Activa Media Prize
Tiffany Seet He Yun (For most outstanding academic performance in the Entrepreneurship Management Option)

Diploma in Business Studies

Artyom Lukasevits	Marcus Phil Lau Jun Hui
Carol Rachmadi	Megan Lee Xinyi
Faithmaria Ifeoma Mckevin Lawrence	Olivier Foo See Git
Dan Wei Zuo	Ong Rae-Anne
Janissa Cheng Yoke Ning	Safin Noor Azlan
Jerald Lium	Shirlene Wong Xue Lin
Jerlyn Lam Si Ting	Simon Lee Renjie
Julian Ho Yu Feng	Si To Jian Tong
Kho Tong-Yu	Tertius Zhuo Zheheng
Lai Yi Ting	Yap Zhe Xi
	Zephaniah Ian Kiew

DIPLOMA IN BUSINESS (RP-SSP)

Module Prize Winner
Tang Hong An (Sports Event Management)

Diploma in Business

Ang Hui Ying	Lee Yunseo
Ezra Nur Iman Bin Zainal	Lim Ding Xi
Faith Yue	Lim Rui
Hannah Low Guan Lin	Mohamed Sham Syed Mohamed
Jaden Neo Yu Zhen	Terence Ong Yi Hao
Jamie El-Redha Ang Norhisham	Trinity Alcantara Goh
Muhammad Hilman Norhisam	Xadrian Tay Kun Yong



SCHOOL EVENTS

CHINESE NEW YEAR CELEBRATIONS 27 JANUARY 2025

We celebrated Chinese New Year with 40 delightful elderly guests from the Active Ageing Centre (Woodlands) who joined us for a heartwarming reunion lunch. The celebration continued with a lively concert. During their Character and Citizenship lessons, student-athletes also marked the festive occasion by crafting beautiful Chinese New Year decorations.



HARI RAYA CELEBRATIONS 28 APRIL – 2 MAY 2025

During assembly on 28 April 2025, student-athletes took part in three traditional activities guided by docents. They crafted 'kueh' using plasticine, folded green packets from batik-designed paper, and discovered the cultural significance of traditional cloth through a hands-on tying activity. The celebrations also included an engaging pop-up exhibition at The Arena, where student-athletes and staff gained a deeper appreciation of the richness of Malay culture.



OPEN HOUSE 5 APRIL 2025

A record number of nearly 2,500 visitors came through the gates of Singapore Sports School for its 2025 Open House, eager to learn more about the school and its offerings for aspiring student-athletes. Visitors enjoyed a range of engaging activities, including talks by Principal Ong Kim Soon, campus tours, sports engagement sessions, information booths, and an academic showcase.



YOUTH DAY 10 JULY 2025

The school came alive with colour, creativity, and character as student-athletes and staff embraced the vibrant theme, 'Be Bold, Be Brave, Be You'. Energy and imagination filled the campus as each level dressed according to their pre-selected themes, showcasing their unique spirit.

The celebrations continued beyond the morning festivities with an exciting 'Eggventure', where student-athletes raced to find hidden eggs around the school. They also took part in the heartwarming 'Get Clipped' activity, decorating clips and pinning them onto friends they wanted to encourage — spreading positivity and joy throughout the campus.



NATIONAL DAY

8 AUGUST 2025

Singapore’s 60th birthday was marked with a joint celebration alongside our neighbours from Woodlands Gardens School. The event was graced by local football legend Fandi Ahmad and former student-athlete, Iman Fandi. After an interactive morning with students from Woodlands Gardens School, students and staff were treated to a concert featuring performances from both schools, a cake-cutting ceremony, speeches, and a singalong of National Day songs that evoked nostalgia and pride.



STAFF DAY

4 SEPTEMBER 2025

This year’s Staff Day celebration, themed ‘Back to School’, saw staff arriving in old uniforms and school-inspired outfits. The morning featured heartfelt performances, a lively students-versus-staff quiz, and touching tributes to all staff, including the unsung heroes such as security officers, cleaners, and estate management teams. The event was warmly received for its meaningful and heartwarming spirit.



PAST VS PRESENT GAMES

22 AUGUST 2025

Past student-athletes returned to campus for the Past and Present Games, bringing smiles, laughter, and a spirited sense of camaraderie. They had friendly games against current student-athletes, reigniting their passion for sport and celebrating the lasting bonds of the Sports School community.



DEEPAVALI CELEBRATIONS

3 NOVEMBER 2025

Student-athletes were introduced to various Indian dance forms such as Kathak, Bharatanatyam, and Bhangra during the Deepavali celebrations, which also deepened their understanding of the festival’s significance.





KINDLED TO LEAD, INCANDESCENT WITH PURPOSE

STUDENT LEADERS' INVESTITURE CEREMONY

WRITTEN BY
TARA ALAYNA MUHAMMAD KHALID
Individual Programme - Cycling, IBDP, Year 5

The flames of 148 torches lit up the School Auditorium, each symbolising a commitment to lead and a heart devoted to serving the school. On 26 May 2025, the 22nd Student Council was inaugurated, sparking a new chapter in its legacy while honouring those who had served before. Under the leadership of President Cari-Anne Ong (Fencing, IBDP, Year 5), the 22nd Student Council embarks on its journey with

a renewed passion to lead. Adding to the significance of the momentous occasion was the President of the 7th Student Council, Captain Jasvinderpal Singh, who attended the ceremony as the Guest-of-Honour. He delivered an inspiring and thought-provoking speech, prompting us to reflect on what it means to be a leader. Drawing on his own leadership journey, he encouraged the student leaders to “lead with purpose, lead with courage, and lead

for others” so that the flame continues to burn brightly.

Following this year’s theme of “Incandescence”, Cari-Anne sets the tone for the new Student Council to be a platform for student-athletes to shine and pursue personal excellence — “achieving their milestones one by one and emitting a warm light to the entire student body.”



From left: Janelle Yeo Run En, President of 21st Student Council, Captain Jasvinderpal Singh, Guest-of-Honour, Cari-Anne Ong, President of 22nd Student Council



“For the student leaders invested today, I strive to better integrate all leaders into building the Singapore Sports School spirit, honing leaders who lead with pride, leaders who inspire and leaders who feel accomplished in contributing to this vision. Let’s spearhead towards making changes in our school and creating a place that makes an impact on our life stories.”

CARI-ANNE ONG
*President of the
22nd Student Council
(2025-2026)*



22ND STUDENT COUNCIL EXECUTIVE COMMITTEE

President

Cari-Anne Ong
(Fencing, IBDP, Year 5)

Vice-Presidents

Javier Ng
*(Individual Programme – Water Polo,
Secondary 4)*

Meredith Chow Ern Xi
(Netball, Secondary 4)

Head, School Culture

Nina Joseph
(Netball, IBDP, Year 5)

Deputy Heads, School Culture

Ethan Tan Zi Jun
*(Individual Programme –
Water Polo, Secondary 3)*

Jessie Tan Qian Chi
(Track and Field, Secondary 3)

Reeyern Ng
(Track and Field, Secondary 3)

Head, Student Well-Being

Magdalene Lee
(Swimming, IBDP, Year 5)

Deputy Heads, Student Well-Being

Muhammad Reza Zool Ihsan
(Track and Field, Secondary 3)

Nur Emelda Aw
(Netball, Secondary 3)

Ong Shi Han
(Netball, Secondary 4)

Deputy Heads, Boarding

Ng Yu Xuan
(Netball, Secondary 3)

Shifa Erwan
(Netball, Secondary 3)

Head, Sports

Amanda Law Zeyi
(Swimming, IBDP, Year 5)

Deputy Head, Sports

Sophie Tan Ying Er
(Netball, Secondary 4)

Varshana Premanandham
(Netball, Secondary 4)

ALP SHAPES US FOR TOMORROW

SECONDARY 1 APPLIED LEARNING PROGRAMME

WRITTEN BY
CHALENE TAN BAO LING
Track and Field, Secondary 1

The Applied Learning Programme (ALP) aims to help student-athletes appreciate the relevance and value of what they are learning in the classroom, thereby developing stronger motivation and purpose to acquire knowledge and skills. There is a strong emphasis on the application of knowledge and thinking skills, stretching the imagination, and applying these to authentic settings in society and industries.

The Secondary 1 ALP brings to life subjects such as Geography, Science and Mathematics as we learnt about issues surrounding food sustainability. Through the Design Thinking process, we applied our knowledge and skills in aesthetic areas such as upcycled art, digital music, videography as well as eco farming. Part of our endeavours is to support Woodlands Gardens School as we learn to be more inclusive and care for others in our community.

One of the key activities was crafting structures using recycled materials. We were first taught how to properly recycle milk cartons, which were later used to

create details for our final pieces. In pairs, we made flowers from plastic bottles and cardboard animals using recycled materials in the style of renown artist Romero Britto. Afterwards, we were free to express our own creativity in designing and crafting our artworks using the materials provided. Selected artworks were displayed at the school's Open House and can be found at the Starting Block.

Another meaningful activity involved growing our own plants. During the initial sessions, instructors taught us how to care for plants. We learnt about pH levels, electrical conductivity, and how water quality also affects plant development. Student-athletes were also introduced to two planting systems — manual planting and hydroponics. We planted kangkong and Bayam. We took care of the plants by watering them daily and monitoring their growth. After weeks of care, these plants were harvested and sent to The Arena where they were cooked and shared during lunch. This was meaningful as we were able to taste the plants we grew, and share them with the school's community.



Using the knowledge and skills from these two activities, we were able to give back to the community. We also sold plants in upcycled milk cartons, which we decorated, to raise funds for the programme's beneficiary, Woodlands Gardens School. We also made keychains by upcycling old clothes. These were given to our guests from Woodlands Gardens School when they joined us for the National Day Celebrations.

Other aesthetics modules included Bandlab and Digital Videography, where we learnt to better appreciate the arts through technology. We were taught how to create a jingle about promoting food sustainability and a video on reducing food waste.

This programme enabled us to understand more about sustainability. The practical nature of the programme was a refreshing break from routine lessons. It gave me the freedom to express myself and helped me appreciate how simple actions such as recycling or growing plants can have a positive impact on the environment.



PROGRAMMED FOR THE FUTURE

SECONDARY 2 APPLIED LEARNING PROGRAMME

WRITTEN BY
ZHOU YUHAN
Multi-Sport, Secondary 2

STANDING UP FOR A KINDER INTERNET / CHAMPIONING GOOD VIBES ONLINE

Over two semesters, Secondary 2 student-athletes embarked on an exciting journey blending sustainability and emerging technologies, discovering how technology can spark real change. From programming microcontrollers called Micro:Bits to 3D printing SG60 mementos, the experience challenged us to think critically, work collaboratively, and turn ideas into action.

The ALP is more than just coding, or designing sustainable food solutions, or even tinkering with Artificial Intelligence to recognise my classmate's emotions. It is about developing the right mindset and attitude to solve real-world problems. Working in teams, we identified issues, ideated, recorded our journey in design journals, and created prototypes to address issues on sustainability. Along the way, we sharpened digital skills, gained global perspectives, and grew in confidence and leadership.

We started with block programming the BBC Micro:Bit using Microsoft MakeCode. With this know-how, and with some sensors, we designed an automated watering system and showcased our working prototype at the school's Open House. Then we created radio-controlled robot vehicles and even devised an autonomous vehicle! Next, we learnt AI and Machine Learning. I didn't know that we could 'teach' our Chromebooks to recognise my facial expressions through its camera!



In Semester 2, we learnt 3D Printing with TinkerCad, designed personalised keychains and Singapore icons to commemorate our 60th National Day. The Hackathon we had after was fun too! It was a nice prelude to our main project — designing solutions to sustainable issues using Design Thinking. The highlight was getting my hands-on practice with recyclable materials and all the skills we acquired to develop a prototype.

Through my ALP experience, I learnt that innovation is more than having good ideas. It is about persistence, adaptability, and teamwork. I learnt to break complex problems into smaller steps, visualise solutions, and refine them through trial and error. Failures became stepping stones, and I discovered that the mindset behind using technology matters just as much as the skills themselves.

The ALP has reshaped how I face challenges — with curiosity, courage, and the belief that every obstacle is a chance to create something better. It has given me the confidence to dream boldly and act with purpose, knowing even small ideas can make a big impact.



PATHWAYS TO POSSIBILITIES

UNIVERSITY AND SCHOLARSHIP FAIR

WRITTEN BY
SHANNEN ONG YUAN LIN
Bowling, IBDP, Year 6

On 11 July 2025, Singapore Sports School hosted its annual University and Scholarship Fair, attracting over 400 student-athletes and their families. The event aimed to provide valuable information on post-secondary pathways, offering academic and scholarship options that cater to both educational and athletic goals. The fair focused on helping students manage the dual responsibilities of academics and sports.

With 25 participating organisations, including local and overseas universities, scholarship providers, and advisory offices from countries such as Australia, the United Kingdom, and Hong Kong, the fair presented a wide range of opportunities. A panel discussion from local universities highlighted how they support student-athletes with flexible schedules, while booth interactions allowed attendees to ask questions and learn how various institutions tailor their programmes to meet the needs of athletes.

The fair provided an approachable atmosphere, encouraging student-athletes to explore different pathways and gain the clarity and confidence needed to balance academic and athletic ambitions as they plan for their futures.



LESSONS FROM THE GREAT OUTDOORS

OUTWARD BOUND SINGAPORE LEVEL CAMPS

Secondary 1 to 3 student-athletes traded classrooms, sports routines, and daily comforts for three to five exhilarating days at Outward Bound Singapore (OBS).

From scaling high elements to rafting and kayaking across open waters, every adventure called for trust, grit, and a spirit of adventure. When mentors dropped by, they found student-athletes in full swing – planning menus, assigning roles, and whipping up dinner for other groups with impressive teamwork and energy.

At the end of the camp, our student-athletes returned stronger, more resilient, and united, carrying with them newfound confidence and bonds forged through shared adventure.

“One key takeaway was teamwork: when each of us contribute our individual strengths, the team becomes stronger. By focusing on our abilities and creative ideas, we can overcome challenges, even if we face setbacks. The experience taught us to give our best effort, persevere, and never give up, knowing that every contribution counts toward achieving success.”

AMMAR RUSYDAN MOHAMAD ROSLAN
Multi-Sport, Secondary 1

“OBS has helped me grow tremendously as a person, especially through my instructor, Miki, who taught me valuable lessons I will carry with me for life. I will never forget her guidance. I also learnt the importance and value of friendship, as it helps our group work together smoothly, overcome challenges, and strengthen our bonds with one another.”

DEL ROSARO JUAN MATTEO KATIGBAK
Football, Secondary 2

“There were so many amazing experiences at OBS, but one of the most memorable activities was probably the sea expedition, where everyone gave their all – kayaking, helping one another, and cheering each other on with high spirits throughout the journey. One of my biggest takeaways from the camp was the story of the “pencil maker” shared by my instructor. It taught me that just as a pencil must be guided, sharpened, able to correct itself, value its inner core, and leave a mark, we too must embrace these principles to become the best versions of ourselves.”

JESSIE TAN QIAN CHI
Track and Field, Secondary 3



WISDOM FROM SPORTING GREATS

LESSONS FROM THE CHAMPIONS

In 2025, Singapore Sports School welcomed a series of distinguished athletes to share their journeys, challenges, and philosophies with our student-athletes. The Lessons from the Champions series served as both inspiration and guidance, offering practical insights into resilience, discipline, and growth on and off the field.



AMANDA LIM: STARTING RIGHT WITH PURPOSE

National swimmer Amanda Lim encouraged student-athletes to be intentional in both sport and academics. She stressed the importance of time management, setting clear goals, and asking questions whenever in doubt. Amanda also reminded student-athletes to keep their goals visible as a daily motivator, underscoring that balance and planning are key to long-term success.

ISA HALIM: DISCIPLINE DEFINES SUCCESS

Former national footballer and current football Head Coach Isa Halim focused on the power of self-discipline. He shared that while athletes cannot control every outcome, they can always control their effort, preparation, and attitude. Head Coach Isa also highlighted diet and lifestyle as part of an athlete's responsibility, noting that sacrifices are part of the journey toward sporting excellence.



DENISE NG: BROADENING HORIZONS THROUGH SPORT

Golfer Denise Ng spoke about her international experiences and the value of cultural adaptability. Competing abroad taught her to embrace different environments and perspectives. Between navigating daylight savings, adjusting her body clock, and squeezing in practice sessions, Denise picked up more than just time management skills. She discovered the importance of looking beyond stereotypes, and approaching different cultures with respect and open-mindedness.

TOH WEI SOONG: RACING BEYOND LIMITS

Paralympic swimmer Toh Wei Soong inspired student-athletes by redefining limits and setbacks. He shared that trying new paths or changing directions is not failure but growth. Wei Soong encouraged student-athletes to pursue other passions beyond sport, building resilience and balance that will serve them long after their competitive days.



JAE LIM JIA EN: CROSSING BORDERS, BUILDING CHARACTER

Fencer Jae Lim Jia En, a second-year Diploma in Business Studies student-athlete, has travelled the world to countries such as Poland, Bahrain, and Belgium, through her sport. Each experience has taught her resilience, adaptability, and teamwork. Through every challenge, she has learnt to give her best, stay kind, and embrace cultural differences with an open heart.

TIA LOUISE ROZARIO: CAN-DO ATTITUDE WINS

"Can is can" is the main message that jumps queen Tia Louise Rozario shared with juniors, based on her personal experience of balancing sports and studies in the IBDP programme, and later, in top universities. She spoke about how resilience and hard work propelled her forward, culminating in her qualification for the 2025 SEA Games after more than 10 years in track and field.



SCHOOL ACTIVITIES

SECONDARY 1 ORIENTATION CAMP

1 TO 4 JANUARY 2025

The 21st Student Council organised the Secondary 1 Orientation Camp to welcome the new batch of student-athletes. Packed with bonding games and activities, an outing to the trampoline park, morning mindfulness, and the traditional 5km induction run, the camp built friendships, school spirit, and resilience. It was a meaningful start for the new student-athletes and a valuable leadership journey for the student organisers.



START RIGHT PROGRAMME

3 TO 6 JANUARY 2025

While Secondary 1 student-athletes participated in their Orientation Programme, student-athletes from other levels began 2025 with the Start Right Programme, which set a fun and meaningful tone for the new year.



ANTI-BULLYING WEEK

3 TO 13 FEBRUARY 2025

During Anti-Bullying Week, student-athletes were reminded of the importance of kindness, respect, and inclusion. Student-athletes learnt to recognise bullying, stand up against it, and foster a safe and supportive school environment.



YOUTH ENGAGEMENT SESSION WITH MINISTER

6 FEBRUARY 2025

Three post-secondary student-athletes joined a dialogue session with the then Minister for Education, Mr Chan Chun Sing, discussing academic stress, mental health, inclusivity, and future readiness. The session offered valuable exposure to national issues and inspired youths to reflect on their role in shaping Singapore's future.

TOTAL DEFENCE DAY

17 TO 20 FEBRUARY 2025

Student-athletes took part in Total Defence activities to better understand Singapore's preparedness for challenges. Highlights included a talk by Lieutenant Colonel Lim Jun Ha, a food supply disruption where IBDP students relied on ready-to-eat meals, and a simulated power outage experienced by the whole school. These activities reinforced the importance of resilience and community strength in safeguarding our nation.



MOTHER TONGUE FORTNIGHT

28 FEBRUARY 2025 - 7 MARCH

During Mother Tongue Fortnight, student-athletes explored their cultural heritage through hands-on activities such as dumpling making, Jawi calligraphy, Indian traditional games, batik painting, and seal carving. The immersive experiences aimed to deepen their connection to their mother tongue, foster appreciation for Singapore's diverse traditions and strengthen their sense of identity beyond sport.



POLY GAMES

28 FEBRUARY 2025

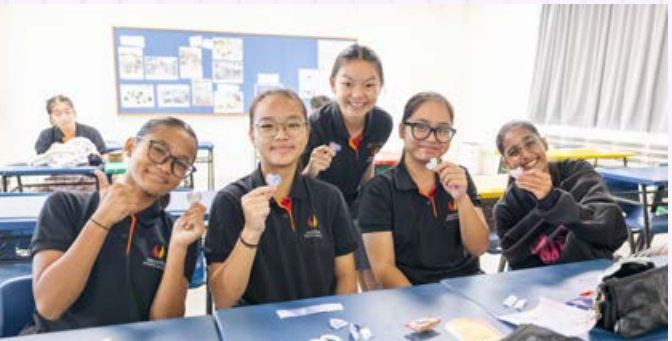
Post-secondary student-athletes from the two polytechnic programmes came together for Poly Games 2025, bonding through activities such as bowling, volleyball, badminton, and a water obstacle course.



EARTH DAY

21 APRIL 2025

Earth Day was marked with an assembly session led by student-athletes championing sustainability. Secondary 1 eco-champions showcased creative recycling projects, while Secondary 4 student-athletes highlighted the impact of food waste and the importance of mindful eating, inspiring peers to take small actions for a greener future.



ACTS OF KINDNESS WEEK

2 TO 9 MAY 2025

During Acts of Kindness Week, student leaders led Character and Citizenship Education classes, inspiring their peers through activities like writing affirmation notes and folding paper hearts. Boarding Captains also spread kindness by preparing personalised care packs, reminding everyone that small gestures can make a big difference in building a caring school community.



MICROBIOLOGY AND IMMUNOLOGY CENTENNIAL LEARNING JOURNEY AT NUS

16 MAY 2025

IBDP Year 5 student-athletes joined the Microbiology and Immunology Centennial Learning Journey at NUS, held in celebration of the university's 100th anniversary. Student-athletes explored microbes, immune defences, and viruses through hands-on experiments, including testing their own saliva for antibodies against Streptococcus mutans. The experience deepened their appreciation of the vital role microbes play in daily life and showcased NUS's cutting-edge research facilities.





PRE-UNIVERSITY SEMINAR

2 TO 5 JUNE 2025

Ten student-athletes from Singapore Sports School participated in the Pre-University Seminar 2025, organised by the Ministry of Education and held at Nanyang Technological University under the theme “re-imagiNATION.” The seminar encouraged youths to rethink and shape Singapore’s future through discussions with ministers, experts, and peers from other schools. Beyond gaining insights into national planning and tackling key issues, participants forged lasting friendships and were inspired to contribute towards building a stronger Singapore.



EDUCATION AND CAREER GUIDANCE WEBINAR

14 AUGUST 2025

Career Webinars were organised to expand student-athletes’ understanding of the evolving world of work and emerging professions. Covering fields such as medicine, law, business, finance, technology, digital marketing, and sports, the webinars offered insights into career possibilities and the educational pathways that can lead to meaningful futures.

WELL-BEING WEEK

18 SEPTEMBER TO 2 OCTOBER 2025

As part of Well-Being Week, student-athletes put up a skit to emphasise the importance of both physical and mental well-being as they geared up for the busy period leading to the final examinations. A staff member from Touch Community Services also shared practical tips on maintaining good well-being. The week concluded with student leaders showing care for their peers by distributing care packs.



BUDDY PROGRAMME

The Secondary 1 Buddy Programme gave new student-athletes a meaningful start to the year. Over four sessions, they were paired with seniors — many of whom were student councillors, boarding captains, or sports captains — from their academies. Seniors shared their experiences, offered guidance, and provided a listening ear, while juniors gained valuable insights on coping with school life. The programme fostered strong bonds and helped Secondary 1s integrate smoothly into Sports School.



BOARDING ACTIVITIES

BOARDING ORIENTATION GAMES

2 JANUARY 2025

To welcome the new Secondary 1 student-athletes to the school, the Boarding Captains planned a series of Boarding Orientation Games to break the ice and encourage them to get to know one another in a relaxed and fun setting. Through the group challenges, the games not only tested their teamwork, collaboration, and tenacity but also enabled them to form friendships with their peers. Boarders had fun participating in the games and there were many precious moments of shared laughter and bonds being forged.



ANTI-BULLYING WEEK

3 TO 17 FEBRUARY 2025

Understanding the importance of creating a safe space for all, Boarding Captains came up with an initiative that gave student-athletes the opportunity to pen down messages against bullying. Student-athletes were also able to retrieve a random card with supportive messages from the message box as a form of encouragement to themselves. Some of the handwritten cards were then framed into a collage and hung up on the Anti-Bullying wall outside the Boarding Office.



EARTH DAY

23 APRIL 2025

Our Boarding Captains led the initiative of commemorating Earth Day at Boarding through the “glow-in-the-dark jar making” and “imprint your plant” activities. Through these, boarders were able to appreciate nature and the importance of conserving energy in an engaging and creative manner. Boarders were able to bring back the glass jars and the imprinted clay as souvenirs to commemorate Earth Day.



START RIGHT PROGRAMME AT BOARDING

8 TO 27 JANUARY 2025

Starting life in a boarding environment can be both exciting and overwhelming for the Secondary 1 student-athletes. To ease the transition and set the foundation for an enjoyable boarding experience, the Boarding Start Right Programme was conducted to immerse the Secondary 1 student-athletes in boarding life. Over a series of weekly evening sessions during their first month in Boarding, boarders learnt more about discipline, rules and regulations in Boarding, self-management, personal hygiene and housekeeping, nutrition, support systems, and conflict management. Boarders were participative and thoroughly enjoyed the engaging and interactive sessions.



ACTS OF KINDNESS WEEK

28 APRIL 2025

Boarding Captains had thoughtfully curated message cards with short quotes on kindness alongside some snacks in the care packs to provide encouragement and give the boarders a much-needed boost to tackle their weighted assessments and rising levels of stress. The distribution of the care packs by the Boarding Captains brought smiles and laughter to the boarders amidst the hectic week.





SEMESTER 1 POST-WEIGHTED ASSESSMENT ACTIVITIES

19 TO 30 MAY 2025

Post-weighted assessment activities were planned for boarders to unwind and recharge. Boarders engaged in board games, karaoke, field games, movie screenings, group celebrations, and the making of chocolate empanadas. These enjoyable shared experiences helped promote the well-being of boarders, provided an opportunity to bond with their peers, and culminated in a positive and memorable end to the academic semester.

PARENTS' LUNCH

8 MAY & 21 AUGUST 2025

The Parents' Lunch, a collaboration between Sporting Parents Network Executive Committee, Boarding Food Committee, HPSI, and Compass Group, was held on 8 May and 21 August 2025. The sessions offered parents a unique opportunity to step into the shoes of their children and experience first-hand the meals served at our dining hall. Through this initiative, parents were able to sample the food, interact with the staff involved in meal planning, and gain a better understanding of how the school supports the nutritional needs of our student-athletes.

The sessions were well-received, with parents expressing appreciation for the school's transparency and care in ensuring their children are well nourished. These events also serve as a valuable platform for two-way dialogue, strengthening the partnership between the school and parents.



WELL-BEING WEEK - SLEEP AWARENESS CARE PACK

1 OCTOBER 2025

Recognising the stress and pressure that exams may bring, Boarding curated and distributed care packs to encourage and support boarders during this crucial period. Each care pack was thoughtfully assembled to include a mix of comforting snack items, stress-relief aid, and a motivational note.

In addition, Boarding aimed to help boarders cultivate good bedtime habits to ensure they felt well-rested before taking their examinations. As such, boarders were given tips on how to achieve quality sleep and were encouraged to take on the 120-hour sleep challenge.



MONTHLY NUTRITION ENGAGEMENT SERIES

In 2025, Compass Group collaborated with Boarding to bring a fresh spin to the monthly nutrition engagement at Singapore Sports School by introducing the "Food & Mood" theme and highlighting the connection between what we eat and how we feel. Each month focused on a different mood such as staying 'Calm, Alert, Smart, and Happy,' and coupled with engaging topics such as 'Eat Your Way to Calm,' 'Sip Smart, Stay Sharp,' and 'Mindful Eating for Maximum Joy.'

Student-athletes interacted with Compass' nutritionists and chefs, picked up practical nutrition tips, and took part in fun cooking workshops. Each session aimed to spark curiosity, promoted healthy habits, and reinforced the message that food is more than just fuel; it's a powerful way to care for one's body and mind.



ROAR STARS

ROAR AWARDS



Rayfield Tay Yu Hong earned a ROAR Award for his excellent leadership when choreographing and teaching the school dance to peers. He also received special mention, together with Mathius Chua, for stepping up to assist a staff member in loading two overflowing bins of clothing donations for Project Cura.



Janelle Yeo Run En initiated Project Cura — a volunteering initiative designed for student-athletes to unite in caring for both the community and the environment. For its first project, student-athletes organised a clothing donation drive and managed to fill two containers.



Footballer Amirul Qais Mohamed Faizul offered steady emotional support to a peer during a difficult period. His thoughtful outreach and quiet strength brought comfort and hope, showing how small, sincere acts of kindness can leave a lasting impact.



After undergoing surgery for a serious knee injury, Bryant Low Sze Hong committed to a disciplined recovery process and made a triumphant return to competitive badminton.



At the Hari Raya pop-up exhibition, Abdul Raaif Abdul Rashid and Azlina Mastamam shone as student presenters. Raaif's energy and leadership created an engaging, welcoming environment, while Azlina's calm communication and thoughtful insights enriched visitors' understanding.



After the Secondary 1 Applied Learning Programme on sustainability, Andre Nicholas Chong Chua and Hannah Soffiah Mohamed Hanafiah shared their learning with confidence at the school's Open House and Earth Day assembly.



Naema Kyrana Abdullah was presented the ROAR Award as she exemplified the true spirit of sportsmanship during a track and field competition.



At Open House, Blairdimir Herbert and Emma Li Shi Qi supported the Student Development booth with confidence and professionalism, engaging visitors sincerely and embodying the growth mindset of student-athletes.



Netballer Nur Emelda Aw approached the opportunity to play a key role in the school's Open House 2025 publicity campaign with enthusiasm and professionalism.

At the Thailand Sports School Games 2025, Jessie Tan Qian Chi showed resilience and team spirit, completing a rerun of her 200m heptathlon and supporting injured teammates in two relays despite fatigue.



Heba Lutfina Mohammed Jbour and Muhammad Aaryan Ishmael Erfandy demonstrated leadership in guiding a Batik Art Workshop, creating a meaningful cultural exchange for overseas guests.

Alexa Valera Defries, Del Rosario Juan Matte, Ammar Rusydan Mohamad Roslan, Jessie Tan Qian Chi, and Aiken Tang Bin Heng were selected by the Outward Bound Singapore instructors as the Best Overall Campers.



Shooter Tan Jing Quan consistently demonstrates responsibility, quiet leadership, and care for the environment and school community, modeling sustainable habits and supporting a positive learning environment for his peers.



Despite limited training opportunities, ice skater Loh Geok Qin showed resilience and discipline, swiftly seizing a late SEA Games qualifying chance and exemplifying quiet leadership and commitment amid uncertainty.



Swimmer Amanda Law Zeyi showed compassion and initiative by assisting an injured classmate in a wheelchair for several weeks, ensuring her safety and comfort around campus.

Footballers Anders Lum Rui Zhe and Eldrey Hairolnizan were commended for displaying moral courage by standing up as upstanders.

Bowler Felise Chng Xuan Ya also demonstrated genuine care and compassion when she noticed a staff member's child wandering alone and stepped forward to help locate the child's parent.

Cari-Anne Ong, Javier Ng, and Muhammad Aaryan Shah Azhar received ROAR Awards for their initiative and commitment in organising Values in Action projects.

NAVIGATING THE NET WITH HEART

CYBER WELLNESS CHAMPIONS

WRITTEN BY
STEFANIE LEE FEIYI
Badminton, IBDP, Year 6

REINA LAU
Track and Field, IBDP, Year 6

STANDING UP FOR A KINDER INTERNET / CHAMPIONING GOOD VIBES ONLINE

With the omnipresence of the internet in this generation, most of us grow up in the digital world, extensively using our smartphones and other digital devices. Yet going online brings thrills as well as ills, and access can lead to excess. Hence, to promote digital well-being, safety, and responsibility, the Cyber Wellness Champions initiative was launched in 2025, with the goal of advocating ethical and discerning citizenship,

fostering a safe and kind digital environment at Singapore Sports School. As Cyber Wellness Champions, we not only raise awareness about risks and harms prevalent in the vast cyberspace, but also serve as role models who look out for potential victims of online harm. Driven by a shared commitment to protect and guide our peers, we hope to empower our student-athletes to use technology wisely, securely, and meaningfully.



CHANGING THE VIBE ONLINE

As proactive inaugural champions, the seven of us brainstormed creative ways to raise awareness powerfully by leveraging on our Student Council's Instagram page and interactive assembly sessions. This culminated in impactful initiatives such as leading the Secondary 1 student-athletes in their commitment to responsible usage of their Personal Learning Devices (PLDs) in a Chromebook Pledge in January, a presentation on the dangers of anonymity during Anti-Bullying Week in February, and an AI literacy skit in July.

One of our main highlights this year was collaborating with the Student Council in organising Kindness Week. During the one-week period in May, we focused on promoting a positive online community through connecting with the school on social media, PA sharings, and school-wide assembly presentations. We launched the themed week

with a thoughtfully curated PA sharing on digital balance and well-being, reminding student-athletes of the importance of maintaining healthy relationships with their devices. Online, we introduced an "Add Yours" Instagram template inviting student-athletes to anonymously share "4 People Who Remind Me Of..." using four positive emojis, sparking a simple yet meaningful round of positivity throughout the school community. On top of that, our team also directed a game simulation-style video, which was posted to the Student Council's Instagram, illustrating how our choices, both online and offline, can have positive ripple effects within our community. Through these activities and our other events, we not only educated the student body on different aspects of digital well-being but also enriched our own understanding of cyber wellness.

WHAT BEING A CHAMPION TAUGHT ME

WRITTEN BY
KAYLA POR KE XIN
Fencing, Secondary 4

As a Cyber Wellness Champion, I discovered the importance of being extra vigilant against phishing and scams, especially in this digital age, and the role we can all play as individuals in increasing awareness amongst our peers. I was also given the opportunity to constantly challenge myself and my team to explore creative and engaging ways to educate our peers on cyber safety, for example, leading the Safer Internet Day programme. Initially, we were going to hold just another assembly sharing session on cyber safety tips, but we wanted to convey the message in an inspirational and unforgettable way!

Together with fellow Champions, Meredith, and Javier, we created a fun hacker-simulation game show, where we pretended that the school's internet system had been hacked and student-athletes had to answer cyber-safety-related questions to 'save' the school. The results were incredibly satisfying. Many of my peers said that the message really stuck with them because of the interactive nature of the game show, encouraging me to continue exploring new ways to educate and lead.

To my juniors taking over as Cyber Wellness Champions: let's go the extra mile and keep exploring stimulating ways to spread the message. The possibilities are endless!



CYBER WELLNESS CHAMPIONS

Javier Ng
(Individual Programme - Water Polo, Secondary 4)
Kayla Por Ke Xin
(Fencing, Secondary 4)
Meredith Chow Ern Xi
(Netball, Secondary 4)
Muhammad Reza Zool Ihsan
(Track and Field, Secondary 3)
Nur Emelda Aw
(Netball, Secondary 3)
Reina Lau
(Track and Field, IBDP, Year 6)
Stefanie Lee Feiyi
(Badminton, IBDP, Year 6)



IMPACTING LIVES THROUGH SPORTS

VALUES IN ACTION

This year, our Sports Academies and Individual Programme student-athletes made a meaningful impact on the community, engaging the young, old, and disabled through sport.

Inspiring The Young With Sports Education And Experience

In partnership with North West Community Development Council, our Badminton, Bowling, Fencing, Netball, Shooting, and Track and Field Academies led Sports Education and Experience workshops as part of their Values in Action (VIA) initiatives. Aimed to spark a love for sports among primary school students, our student-athletes guided their younger peers in learning a new sport while honing their own skills in leadership, event planning, and organisation. The sessions not only showcased their sporting talents but also made sports fun, accessible, and inspiring.



The Multi-Sport Academy student-athletes shared the joy of bouldering with underprivileged primary school children through the Bouldering Experience, a VIA initiative held in collaboration with Boon Lay Community Club Comlink+.



Badminton Academy supercharged students from Zhenghua and Kranji Primary School with energy, learning, and fun.



Bowlers created unforgettable memories and shared new skills with students from Innova and Woodlands Primary School. They also held a session with Yew Tee Primary School.



Netballers brought the energy and excitement of the game to some students from Ahmad Ibrahim Primary School.



Trackers engaged students from Wellington and Innova Primary School for a session full of movement and momentum.



Fencers sparked curiosity and inspired young minds from Greenwood Primary School. They also conducted 3 other sessions for Woodlands, Woodgrove and Huamin Primary School.



Shooters fired up excitement and new skills with budding shooters from Zhenghua and Woodgrove Primary School.



Fencers and paddlers engaged seniors from St Luke's Active Ageing Centre by introducing them to fencing basics, giving school tours, and bonding over friendly sparring.



BRINGING JOY TO SENIORS THROUGH SPORTS AND CELEBRATION

Our Fencing, Swimming, Table Tennis, and Individual Programme student-athletes brightened the lives of seniors through meaningful sporting activities.



Swimmers formed intergenerational friendships with seniors from Fei Yue Community Services, sharing the school's history while learning from seniors' lived experiences.



Student-athletes in the Individual Programme welcomed seniors from Woodlands Active Ageing Centre for our Chinese New Year celebrations.

EMPOWERING PERSONS WITH DISABILITIES THROUGH SPORT

The Netball Academy gave back to the community through four Playbuddy sessions, a programme that creates opportunities for persons with disabilities to learn new sports and enjoy active play. Along the way, our netballers also learnt patience and adaptability, ensuring every participant could join in regardless of ability.



CHARITY BEGINS AT HOME

Honouring our unsung heroes who keep the school safe and clean, Shooting Academy student-athletes used their prize money to prepare SG60 Gift Packs for support staff, while Individual Programme student-athletes took the stage to perform, and created an appreciation video and handmade coasters for Staff Day.



Swimmers volunteered as crew and helpers, bringing smiles to participants at the 44th SSPA Swim Meet.



Shooters warmed the hearts of our support staff with SG60 Gift Packs.



Individual Programme student-athletes showed their appreciation to staff with stunning performances at Staff Day and gave out hand-made keychains and coasters.

At local tournaments, our swimmers and trackers also volunteered as crew and helpers at the SAQ 44th SSPA Swim Meet and the SSP Under-16 Invitational Meet, ensuring a smooth and enjoyable experience for all.

Tiffany Seet He Yun

Fencing Academy

Diploma in Business Studies, Class of 2025

Recipient of *spex*Education Undergraduate
Scholarship

**BEHIND EVERY
CHAMPION**



UNIVERSITIES PARTNER TO SUPPORT NATIONAL ATHLETES

MEMORANDUM OF UNDERSTANDING BETWEEN SPORTS SCHOOL AND LOCAL AUTONOMOUS UNIVERSITIES

Singapore Sports School signed a Memorandum of Understanding (MOU) with the six local autonomous universities — National University of Singapore, Nanyang Technological University, Singapore Institute of Technology, Singapore Management University, Singapore University of Social Sciences, and Singapore University of Technology and Design — to enhance athlete-friendly practices and support for Singapore’s carded athletes.

Mr Edwin Tong, who was the then Minister for Culture, Community and Youth, witnessed the signing, which marked a joint commitment to helping national athletes balance high-performance sport and university life.

With this collaboration, student-athletes can now benefit from flexible arrangements such as aptitude-based admissions, priority in course selection, deferment of exams, and customised curriculum planning to support their sporting commitments.

Carded athletes on the *spex*Scholarship, *spex*Potential, and *spex*Education Undergraduate Scholarship will also receive structured support, including guidance from university mentors and regular check-ins to ensure their well-being and academic progress.

“This MOU is a significant milestone for Singapore sport. It reflects the universities’ commitment to developing our national athletes who choose to study locally. We look forward to seeing more student-athletes thrive — in sport, in school, and in life.”

MR ONG KIM SOON
Principal, Singapore Sports School



Representatives from the local autonomous universities together with (back row, standing from left) Mr Alan Goh, CEO, Sport Singapore, Mr Ong Kim Soon, Principal, Singapore Sports School, Mr Edwin Tong, then Minister for Culture, Community and Youth and Ms Teoh Zsin Woon, Chairman, Singapore Sports School’s Board of Directors and Permanent Secretary of Ministry of Culture, Community and Youth.

A BOOST FOR EXCELLENCE

AWARDS AND ACCOLADES

For student-athletes, awards and accolades are more than medals and trophies — they represent years of dedication, resilience, and growth. Each recognition tells a story of discipline and perseverance, reminding student-athletes of how far they have come and the goals that lie ahead. Beyond personal pride, these honours set new benchmarks of excellence, inspire teammates and juniors to aim higher, and strengthen the spirit of the wider sporting community.

MOO SOON CHONG OUTSTANDING STUDENT-ATHLETE OF THE YEAR

The Moo Soon Chong Outstanding Student-Athlete of the Year award, the highest honour recognising student-athletes for their excellence in sports and academics, exemplary conduct, and leadership among peers, was awarded for achievements in 2024 to golfer Chen Xingtong and paddler Nicholas Tan in the secondary category, and to wushu athlete Zeanne Law Zhi Ning and diver Max Lee Shen Oon in the post-secondary category.

In the secondary category, Chen Xingtong received the award as she has established herself as one of Singapore’s rising golf talents. 2024 was a breakthrough year for Xingtong who was inducted into the national squad. She qualified for the HSBC Women’s World Championship, became the youngest female champion of the Singapore Open Amateur, and led her team to victory at the SEA Amateur Golf Team Championship. Her achievements earned her the Junior Female Golfer of the Year award, highlighting her bright future in the sport.

Nicholas Tan began playing table tennis at the age of six and has steadily risen through the ranks, earning podium finishes locally and internationally. Now a first-year Diploma in Business student-athlete, 2024 marked a breakthrough year for him. He clinched his first World Table Tennis (WTT) circuit trophy with a joint-3rd place in the Under-17 Boys’ Singles at the WTT Youth Contender Havirov, followed by two silvers and a bronze at the Southeast Asian Junior Championships. He also contributed to a joint bronze in the Men’s Team event at the Southeast Asian Championships, cementing his reputation as a promising talent.



Chen Xingtong, Zeanne Law Zhi Ning and Max Lee Shen Oon

Zeanne Law Zhi Ning started 2024 on a high note, receiving the 2023 IWUF Wushu Taolu Rising Star Award, being named Sportsgirl of the Year, and joining the list of *spex*Scholars. She continued her international success by winning 2 golds and 1 silver at the 4th World Taijiquan Championship, a silver and bronze at the Taolu World Cup in Japan, and a gold and silver at the 10th Asian Wushu Championships in Macau.

Max Lee Shen Oon, a first-year Diploma in Business student-athlete, also maintained his exceptional form in 2024. At the 46th Southeast Asia Age Group Championships in Bangkok, he won 3 golds and 1 silver, followed by gold at the Malaysia Invitational Age Group Diving Championships, silver at the 11th Asian Diving Championships, and gold at the Singapore Inter-Schools Diving Championships.

ANNABEL PENNEFATHER EXCELLENCE AWARD

The Annabel Pennefather Excellence Award, funded by the IWF Singapore Education Grant, honours female graduating student-athletes who demonstrate outstanding sporting achievements, leadership, character, and community spirit. This year’s recipients are Cheung Kemei and Filzah Hidayah Nor Anuar who have excelled in fencing. Kemei, who began fencing at nine, won individual bronzes and team golds at the 31st and 32nd SEA Games, represented Singapore at the Asian Games, and medalled at the 2023 and 2024 Asian Junior & Cadet Championships, while achieving academic excellence in the extended IBDP. Filzah discovered fencing at 12 and went on to win gold at the 32nd SEA Games in Women’s Team Épée, and represented Singapore at the Asian Games, and World and Asian Championships.



Filzah Hidayah Nor Anuar and Cheung Kemei



Bron Sheum Han Shen and Johann Prajogo

TAN HOWE LIANG EXCELLENCE AWARD

The Tan Howe Liang Excellence Award, funded by the Singapore Olympic Foundation, recognises male graduating student-athletes. This year, the award was presented to shuttler Johann Prajogo and fencer Bron Sheum Han Shen. Johann made history in 2022 as the first local player to reach World Number 1 in Men’s Doubles Junior badminton with partner Nge Joo Jie. The pair moved up to the senior circuit in 2023, winning SEA Games bronzes in Men’s Doubles and team events, placing top 8 at the 19th Asian Games, and clinching the Men’s Doubles title at the National Open Championships. Now in National Service, Johann continues to train on weekends, aiming for the world’s top 100.

Bron, who joined Sports School in Secondary 5, has excelled in both academics and fencing despite a hearing impairment. He overcame a wrist injury to qualify for the SEA Games, where he won team bronze in his debut, and later represented Singapore at the 2024 Asia Fencing Championship.

SINGAPORE SPORTS AWARDS

Wushu exponent Zeanne Law was crowned Sportswoman of the Year, her first senior win after being named Sportsgirl of the Year in 2024, following multiple golds at the World Taijiquan and Asian Wushu Championships. Current student-athlete Charlotte Ng Leting earned the Sportsgirl of the Year title as a result of her World Junior Championship victory.

Max Lee Shen Oon won Sportsboy/Sportsgirl Team of the Year (Event) for his Asian Diving Championships gold, while alumni featured in team wins for netball and bowling.

A total of 21 past and present student-athletes were nominated across seven categories for this year’s edition of the Singapore Sports Awards.



Team of the Year (Event)



Sportsboy/Sportsgirl Team of the Year (Event)



Team of the Year (Team Sport)

Photo Credit: Singapore National Olympic Council

2025 SPEX PROGRAMME AWARD RECIPIENTS

On 15 April 2025, nine past and present Sports School student-athletes were among 12 recipients of the inaugural *spex*Education Undergraduate Scholarship, which supports national athletes in balancing sport and university studies.

Former shuttler Jessica Tan, a Commonwealth Games gold medallist and Olympian, received the award under the New Career track as she resumes her studies in sport management in the United Kingdom. Wushu exponent Jowen Lim also received the scholarship under the New Career track. Recipients of the scholarship under the Dual Career track were fencers Cheung Kemei, Si To Jian Tong, and Tiffany Seet, pencak silat exponent Sheik Farhan Sheik Alau’d din, shooter Fernel Tan Qian Ni, and wushu athletes Zeanne Law Zhi Ning and Zoe Tan Ziyi.

Also, 26 student-athletes from 15 sports were inducted into the *spex*Potential programme, which was introduced in 2024 to support youth athletes in transitioning to the senior level.

Bowler Nu’mān Syahmi Yusri progressed from *spex*Potential to the top-tier *spex*Scholarship after winning gold at the Asian Bowling Championships.



Inaugural *spex*Education Undergraduate Scholars – From left: Tiffany Seet He Yun (Fencing), Jowen Lim Si Wei (Wushu), Jessica Tan Wei Han (Badminton), Sheik Farhan Sheik Alau’d din (Pencak Silat), Zoe Tan Ziyi (Wushu), Zeanne Law Zhi Ning (Wushu) and Fernel Tan Qian Ni (Shooting)

spexEducation Undergraduate Scholarship (Dual Career)

Fencing: Cheung Kemei, Si To Jian Tong, Tiffany Seet He Yun
Pencak Silat: Sheik Farhan Sheik Alau’d din
Shooting: Fernel Tan Qian Ni
Wushu: Zeanne Law Zhi Ning, Zoe Tan Ziyi

spexEducation Undergraduate Scholarship (New Career)

Badminton: Jessica Tan Wei Han
Wushu: Jowen Lim Si Wei

New spexPotential Recipients

Cycling: Valencia Tan
Fencing: Jean Koh, Sean Ho Jia Le, Si To Jian Tong
Golf: Inez Ng Xin Yi
Gymnastics: Jovi Loh Jia Le
Ice Skating: Ryo Ong Yik
Shooting: Faithe Odelia De Souza, Tang Hong An
Table Tennis: Loy Ming Ying
Wushu: Chia Kai Ming

New spexScholarship Recipient

Bowling: Nu’mān Syahmi Yusri

TEMASEK FOUNDATION SCHOLARSHIP AND STUDY AWARD FOR SPORTS

Temasek Foundation extended its support to 4 student-athletes through the Temasek Foundation Scholarship for Sports, while another 120 student-athletes were recognised with the Temasek Foundation Study Award for Sports.



Victoria Chua Si Yu, received the Temasek Foundation Scholarship for Sports

SINGAPORE OLYMPIC FOUNDATION – PETER LIM SCHOLARSHIP

48 student-athletes were honoured with the prestigious Singapore Olympic Foundation – Peter Lim Scholarship. This includes 27 recipients in the High-Performance Under-18 category and 21 in the secondary and tertiary categories.



High Performance Under-18 Scholarship Recipients

Artistic Swimming: Caitlyn Anne Tan
Bowling: Hazel Tan Wei Ning, Lim Shi En, Nur Irdina Hazly
Cycling: Tara Alayna Weilin Muhammad Khalid
Fencing: Jae Lim Jia En
Floorball: Cheryl Fernandez Rachmadi
Golf: Chen Xingtong, Passion Hsu Le Ting
Gymnastics: Mirabelle Yet Yu Chelle, Thea Chew
Pencak Silat: Rifqah Mursyidah Mistam
Shooting: Eston Soo Yin Teng, Jillian Su En-Yin
Sport Climbing: Natalie Goh Sihui
Swimming: Brandon Yap Yan Xi
Table Tennis: Chloe Lai Neng Huen, Nicholas Tan
Taekwondo: Gwen Koh En Qi
Triathlon: Lim Cheng Yu
Water Polo: Charlene Tio Ji Suan, Chow Yong Jun, Justin Saik Kin Yan, Loh Yu Xuan, Matthias Goh Zoltin
Wushu: Charlotte Ng Leting, Chua Xin Yun



SINGAPORE SCHOOLS SPORTS COUNCIL COLOURS AWARD

12 student-athletes were named Best Sportsboy or Best Sportsgirl at the Singapore Schools Sports Council Colours Awards Presentation. They were honoured as the best in their sport based on their sporting achievements and character in local and overseas competitions.

SSSC Best Sportsboy and Sportsgirl Award Recipients

Badminton: Edmund Tan Xuan De
Bowling: Nur Irdina Hazly
Football: Erdy Thaqib Mohammad Taha
Golf: Chen Xingtong
Gymnastics: Xavier Pang Sheng Wei
Shooting: Bernice Lim Xuanyi
Table Tennis: Tristen Yee Rui Bing and Loy Ming Ying
Taekwondo: Ethan Liow Yong Ren
Waterpolo: Matthias Goh Zoltin and Charlene Tio Ji Suan
Wushu: Chua Xin Yun



From left: Ethan Liow Yong Ren, Edmund Tan Xuan De, Bernice Lim Xuanyi, Nur Irdina Hazly, Principal Ong Kim Soon, Guest-of-Honour and alumna Amita Berthier, Charlene Tio Ji Suan, Chua Xin Yun, Chen Xingtong, Erdy Thaqib Mohammad Taha, Xavier Pang Sheng Wei



Chua Xin Yun

WUSHU TAOLU RISING STAR OF THE YEAR 2024

Chua Xin Yun has been named the Wushu Taolu Rising Star of the Year 2024. At just 16 years old, Xin Yun made his mark on the international stage, clinching his first World Junior Champion title in 2024 with a breathtaking performance, which recognised him as a rising wushu exponent.



Janelle Yeo Run En (middle) with Superintendent of Police Lee Han Sheng (left) and Principal Ong Kim Soon (right)

SINGAPORE POLICE FORCE BOOK PRIZE

Janelle Yeo Run En, a final-year IBDP student-athlete, has been awarded the prestigious Singapore Police Force (SPF) Book Prize. She was one of 20 outstanding final-year students selected from Junior Colleges, International Baccalaureate programmes, and Polytechnics in recognition of their academic excellence and exceptional co-curricular achievements.

LEE KUAN YEW AWARD FOR ALL-ROUND EXCELLENCE

Secondary 1 footballer Nufah Asyura Mohamad Hisham was conferred the Lee Kuan Yew Award for All-Round Excellence at the Ministry of Education's Special Awards Presentation Ceremony. The Lee Kuan Yew Award for All-Round Excellence is one of MOE's most prestigious awards, given to well-rounded students who demonstrate outstanding performance in both academic and non-academic areas, including leadership, character, and commitment to co-curricular activities.



Nufah Asyura Mohamad Hisham

EMPOWERING EDUCATORS, ENRICHING STUDENT-ATHLETES

STAFF PROFESSIONAL DEVELOPMENT

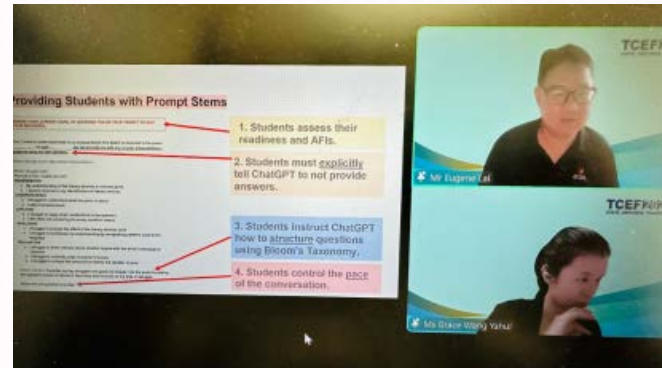
WRITTEN BY
YUEN KAH WAI

Subject Head, Learning and Development,
Humanities Department

EXPLORING MULTIPLE POSSIBILITIES THROUGH AI IN TEACHING AND LEARNING

To enhance teaching and learning for student-athletes, teachers have been tinkering with AI – to develop student-facing bots and experiment with platforms such as Flint and Google AI Studio across sciences, humanities, and languages. These innovations seek to help teachers sharpen the process of providing timely and personalised feedback to nurture independent, self-directed, and critical thinkers.

In one such AI pedagogical innovation in MOE's Teachers' Conference & ExCEL Fest 2025, Ms Grace Wang shared how AI can facilitate the co-construction of meaning in Upper Secondary Literature to nurture for independent learning and critical thinking. Grounded in constructivism, Bloom's Taxonomy, and metacognition, she used structured engagement with AI—guided forethought, prompt stems, and teacher modelling to shift student-athletes from passive learning to engaged and dialogic learning. Arising from the study by Ms Grace Wang and Mr Eugene Lai, learners across different readiness levels gained confidence in their interpretation of rich texts, and demonstrated greater original thought after sustained and scaffolded conversations with ChatGPT. The session drew over 50 participants and received strong feedback for clarity, applicability, and impact in pedagogical use of AI to deepen co-construction of meaning in Upper Secondary Literature.



In supporting meaning-making and purposeful learning for a wider community of learners, the Malay unit shared their knowledge with the larger Malay teaching community: leveraging on AI to provide specific and skillful feedback to sharpen students' writing through a series of diagnostic questioning and iterative thinking prompts. Our colleagues have also conducted a cluster workshop for eight other schools who found the sharing very useful.



EYE-OPENING EXPERIENCE AT IB GLOBAL CONFERENCE 2025

At the IB Global Conference in Singapore, themed 'Our Humanity, Connected', we had an opportunity to connect with fellow global educators, learn from experts, and reflect on our teaching and learning practices. In light of the pervasiveness of AI affordances and tools in education and

industry, some sessions highlighted the human qualities that underpin great learning— self-awareness, empathy, and innovation — alongside future-ready competencies such as human insight, which remains relevant in an age of AI.

STAFF PROFESSIONAL DEVELOPMENT

To strengthen teaching and learning through process-level feedback for student-athletes, our academic staff used the PD workshop in May to build student-facing helpers in the Student Learning Space (SLS) that deliver faster and more personalised feedback. Student-athletes are also guided on the ethical use of AI through clear guidelines aligned with IB Academic Integrity practices to ensure student-athletes use AI tools with meaning and purpose. Our colleagues in various professional learning teams also worked on classroom strategies, including routines and checklists to help students focus on the learning intentions and deepen their understanding of the success criteria in conceptual understanding and skills, among other competencies. Together, these efforts mean more quality feedback and more self-efficacy in student-athletes' use of AI tools.

In September, we focused on the Feedback Cycle and Matrix of Feedback, drawing on the Hattie and Timperley model to make feedback clear and actionable. To sharpen task-level feedback, our colleagues from the Mathematics Department shared the *WAH routine* – *What I need to know, Assess my learning, and How I can improve* – supported by step-by-step tasks, tiered levels of questions based on progression of concepts and skills, coupled with success tips. To sharpen process level feedback, the Mother Tongue Department demonstrated how SchoolAI provides timely and personalised feedback to improve coherence in writing



and deepen generation of ideas while reinforcing ethical and responsible use of AI. This means that teachers give student-athletes clearer feedback: where they are in their understanding and skills, where they ought to be in their learning mastery and how to get there – leading to stronger consolidation of concepts and growing confidence by student-athletes to hone their thinking dispositions towards more inquiring, reflective, self-directed, and independent in their learning across both academic subjects and sports.

LEARNING JOURNEY TO APPLE SINGAPORE

Our Academic Wing colleagues had an eye-opening visit to the Apple Developer Center Singapore in June, where we learnt about a work culture that values everyone's ideas and fosters genuine connections. We discovered that innovation is not just about being first – it is about observing real needs, asking for honest feedback, and continuously refining ideas. The facilitators explained how they encourage people to explore possibilities, reminding us just how important it is to empower our staff and student-athletes. Everyone was particularly inspired by Apple's commitment to sustainability, data privacy, and creating spaces

for professional growth. The visit also highlighted the power of clear communication: by actively listening, asking thoughtful questions, and sharing the bigger picture, we help everyone see how their work

contributes to a larger purpose. Most of all, we left feeling energised to embrace change, collaborate openly, and keep learning together as a community.





THE CHAMPIONS BEHIND THE CHAMPIONS

SPORTING PARENTS NETWORK

Parents play an invaluable role in shaping the journey of our student-athletes. Beyond cheering from the sidelines, they provide guidance, foster open communication, and champion the school's mission.

The Sporting Parents Network has gone the extra mile to share personal insights with prospective parents and members of the public at platforms such as Open House and the Junior Sports Academy selection trials, and play an

active role in school events including Awards Night and the Secondary 1 Orientation Camp. Parents also work closely with the school, offering feedback through regular Sporting Parents Network meetings and even joining Parents Lunch sessions to experience food at Boarding.

Their dedication — from showing up at events to nurturing values at home — has been key to building a close-knit and supportive Sports School community.



Photo Credit: Kelvin Kwek, Chairman, Sporting Parents Network

STAFF

PRINCIPAL'S OFFICE



ONG KIM SOON
Principal



CLEMENT LIM HOW CHUEN
Deputy Principal,
Organisation Development
and Academics

ACADEMICS GROUP



LYNN QUEK YAU KENN
Assistant Principal,
Secondary and Planning



EDMUND SONG
Assistant Principal,
Post-Secondary and IBDP
Coordinator

ENGLISH DEPARTMENT



QUEK JIAN ZHI
Head of Department,
English Language and
Literature and Head, Artificial
Intelligence



BETHANY ANG EE WEI
Subject Head,
English Language and
Literature



PHILIP KUMARAN SINKARAM
Head of Department,
Student Management and Covering
General Manager,
Football Academy



AMANDA LOH PHIEH HSIN
Teacher



BEATRICE LIM MEI CHWEE
Teacher



GRACE WANG YAHUI
Teacher



LILIAN LEONG WAI KEAT
Teacher



NONIS GERARD JUDE
Teacher



PREMKUMAR THANAPALAN
Teacher



SUSAN YEOW MEI MEI
Teacher



WENDY CHIA TSU LIN
Teacher



YONG SIEW CHIN
Teacher

HUMANITIES DEPARTMENT



DESMOND TAN CHEE WEE
Head of Department,
Humanities



LOH SEE PING
Head of Year (Secondary 1)
and Subject Head,
Special Educational Needs



EUGENE LAI LIMING
Subject Head,
Educational Technology



YUEN KAH WAI
Subject Head,
Learning and Development



ANGIE LIM LEE THENG
Teacher



DINESH NAIR
Teacher



DURAIRAJOO THIRUCUTHAMBALAM
Teacher



KOH YIHAN
Teacher



MOGANESWARY SAKATHEVAN
Teacher



PATRICIA KOH FONG YET
Teacher



SITI KHAIRUNNISA ABDUL JALIL
Teacher



TAN TOH HWEE
Teacher

MATHEMATICS DEPARTMENT



MARCUS KUEK CHEOW TECK
Head of Department,
Mathematics



LIM HWEE HUA
Head of Department,
Student Development



BEATRICE ZHANG QIAOTIAN
Teacher



CHRISTINE TE YEN FERN
Teacher



KHOR TEIK MENG
Teacher



LEE YONG HOR
Teacher



TAN CHEE KIAN
Teacher



VERA HO WENHUI
Teacher



YUE JIAXUAN
Teacher

STAFF

MOTHER TONGUE DEPARTMENT



LAI FUI LING
Head of Department,
Mother Tongue



**MOHAMAD FAIZAL
JASMAN**
Subject Head,
Mother Tongue



LAU KAI LI
Head of Year (Secondary 4/5)



CHAN KAH MUN
Teacher



LEE YING YING
Teacher



POH SHI HUI
Teacher



TAN BEE LENG
Teacher



TAN HWEE NOI
Teacher



TAN HWEE YEN
Teacher



CHEAH CHIN CHUAN
Teacher



**HAZLIANA MOHAMED
LAHIR**
Teacher



MARLINA AHMAD
Teacher



**NAHRI HIZAL
HAJI ISMAIL**
Teacher



R. NANI MENON
Teacher

SCIENCE DEPARTMENT



GOH HAN PIN
Head of Department,
Science



WONG WEI DEE
Subject Head,
Science



**DESMOND TAN
SAM SHENG**
Head of Year (Secondary 3)
and Subject Head,
Student Well-Being



**MARLENE OH
SHU-HUI**
Head of Year (IBDP)



YAP SHINN
Head of Year (Secondary 2)



**ANGELA TOH
GAN YING**
Teacher



**CHARMAINE TAY
LI WEN**
Teacher



**FELICIA NEW
LAY HUA**
Teacher



HENG YEW HAN
Teacher



**IRIS PHUA
YEN LING**
Teacher



**JEFFREY TOH
PING YONG**
Teacher



LIW MENG HONG
Teacher



NG PEI CHIN
Teacher



WANG HUI-MING
Teacher



LIM LAY CHENG
Senior Laboratory Technician



**SYLVIA CHEW
SUAT KEOW**
Senior Laboratory Technician

SPORTS DEVELOPMENT DEPARTMENT



**PHYLLIS THIA
TONG MUI**
Head of Department,
Sports Development and
Polytechnic Coordinator



**GARY THEODORIC TAN
SIAN GHEE**
Subject Head,
Physical Education



**SHAUN CHEW
CHONG AUN**
Teacher



TEO SONG KANG
Teacher

STAFF

STUDENT DEVELOPMENT



**IRWIN SEET
CHIM CHUAN**
Director,
Student Development



LIM HWEE HUA
Head of Department,
Student Development



**PHILIP KUMARAN
SINKARAM**
Head of Department,
Student Management and
Covering General Manager,
Football Academy



LOH SEE PING
Head of Year (Secondary 1)
and Subject Head,
Special Educational Needs



YAP SHINN
Head of Year (Secondary 2)



**DESMOND TAN
SAM SHENG**
Head of Year (Secondary 3)
and Subject Head,
Student Well-Being



LAU KAI LI
Head of Year
(Secondary 4/5)



**MARLENE OH
SHU-HUI**
Head of Year (IBDP)



**PHYLLIS THIA
TONG MUI**
Head of Department,
Sports Development and
Polytechnic Coordinator



**CELESTE LOH
YUE QI**
Manager,
Special Educational Needs



**JOEY CHAN
KAI LI**
School Counsellor



**THAMARAI
PALANIYAPPA**
School Counsellor



**SUBRAMANIYAM
JEKANATHAN**
Senior Education and
Career Guidance Counsellor

LEARNING RESOURCE



CHAN WEN LING
Manager,
Artificial Intelligence



NURUL HUDA HASSAN
Manager,
Learning Resource



SNG SOK HWEЕ
Senior Manager,
University Guidance and Placement

UNIVERSITY PLACEMENT

CORPORATE SERVICES



SOON CHOON BOON
Director,
Corporate Services



JACKSON TONG
Assistant Director,
Information Technology,
Estate and Security



**JOSHUA SING
CHYE PHONG**
Assistant Director,
Boarding and Business



**SHIRLEY LIM
XUE LI**
Assistant Director,
Human Resource



SUAR YEAP PHENG
Assistant Director,
Finance and Procurement

BOARDING AND BUSINESS



LEE SIEW YEN
Senior Manager,
Boarding and Business



**MUHAMMAD
AL-QAASIMY ABDUL
RAHMAN**
Manager,
Boarding Operations



**STEPHANIE LOO
PEI NING**
Manager,
Boarding Operations



**STELLA LIEW
SIAW YUING**
Lead Boarding Mentor



**CHARLOTTE TAN
YU WEN**
Senior Boarding Mentor



**RAIHANA MUHAMMAD
SALEHUDDIN**
Senior Boarding Mentor



**DESIREE LIEK
KWEЕ FANG**
Boarding Mentor



**NUR FITRI IDAYU
NGAJERI**
Boarding Mentor



SONG KAH HENG
Boarding Mentor



**SONIA NIZAM
KAMARRAJ**
Boarding Mentor



**CINDY TAN
ZHEN LIN**
Senior Executive,
Boarding and Business
Administration



**JOSEPHINE LEE
POH LENG**
Senior Executive,
Boarding Administration



LIM MAY LING
Executive,
Boarding and Business
Administration

STAFF

ESTATE AND SECURITY



**DESMOND CHIA
SZE LEA**
Senior Manager,
Estate and Security



RAMOND GUNASENA
Manager,
Security



**SUSIE OON
GUAT YONG**
Assistant Manager,
Estate



**ALAN KEOW
YEONG WEI**
Senior Executive,
Estate



TAN ZHI WEI
Senior Executive,
Estate



**MAGDALENE MAH
POH YEE**
Executive,
Estate



**ANDY YAP
KAM MENG**
Officer,
Estate

FINANCE AND ADMINISTRATION



TAN TZE PING
Senior Manager,
Finance and Administration



**DOREEN WOO
JING YI**
Assistant Manager,
Finance and Administration



**VICTOR PAN
WEI QIANG**
Assistant Manager,
Finance and Administration



RINI CATHERINA LAO
Accountant



**HELEN TEE
YEOW WAH**
Senior Executive,
Finance



HENG XUE LI
Senior Executive,
Finance



**JUNE TAN
AI PENG**
Senior Executive,
Finance



**STAR CHAI
WAN SEEN**
Senior Executive,
Finance



**MUHAMAD HAIZAHAR
BAHARIRUDIN**
Finance Assistant,
Finance and Administration



NOR IFFYANA RISWAN
Front Desk Officer,
Finance and Administration

HUMAN RESOURCE



SEE LI ZHEN
Manager,
Human Resource



**KARIS CHOO
PING LEE**
Assistant Manager,
Human Resource



YEO HUI TING
Assistant Manager,
Human Resource



**FREDA HA
RUI XUAN**
Senior Executive,
Human Resource

INFORMATION TECHNOLOGY



NG CHUN KIAT
Senior Manager,
Information Technology



NG SOO KIAU
IT Project Team Lead



YEO YONG CHEN
Senior Lead Application
Specialist



LOW JUN KIAT
IT Solution Architect



**KAY THWET
SOE LWIN**
System Analyst



**GRACE LIM
SOO PENG**
ERP Project Manager



CARLITO JAMERO
Database and System
Administrator



LEE WEE BOON
Assistant Manager
Network and End-User
Support



JEFRI SABANI
Senior Executive,
Information Technology



**THINAGARAN
SELVARAJOO**
Executive,
Information Technology



BREDON KOK (NCS)
Desktop Engineer

PROCUREMENT



LEE LI LIAN
Senior Manager,
Procurement



**COLIN SOH
WEI QUAN**
Manager,
Procurement



**KAREN ONG
SU ENG**
Assistant Manager,
Procurement



TEO SOH YAN
Senior Executive,
Procurement

STAFF

SPORTS



**BERNARD THAM
YU WENG**
Director,
Sports



**MIKE GOH
MENG KENG**
Assistant Director,
Sports



ONG KAIFEN
Assistant Director,
Sports

BADMINTON ACADEMY



**JOANNE QUAY
SWEET LING**
Programme Director,
Badminton Junior
Performance Programme



WONG PEI TTY
Head Coach,
Badminton Junior
Performance Programme



**DESMOND TAN
KOK KEONG**
Senior General Manager,
Badminton Academy



**FRANCES LIU
FAN**
Senior Coach,
Badminton Junior
Performance Programme



**KEVIN LIM
CHEE SOON**
Senior Coach,
Badminton Junior
Performance Programme



HUANG CHAO
Coach,
Badminton Junior
Performance Programme



YANG NIANHONG
Coach,
Badminton Junior
Performance Programme



**JASON WONG
GUANG LIANG**
Coach (SBA),
Badminton Junior
Performance Programme

BOWLING ACADEMY



**CLARA LAU
JI MIN**
Head Coach,
Bowling Academy



**FRANCIS YEO
LAI SENG**
Coach Mentor,
Bowling Academy



**EUNICE TAN
MEI LENG**
General Manager,
Bowling Academy



**CATHERINE KANG
KIM HONG**
Coach,
Bowling Academy



DAVID TAY
Centre Manager/Coach,
Bowling Academy

FENCING ACADEMY



SHIM JAESEUNG
Head Coach,
Fencing Academy



**LOO ZHAO
RONG LUAN**
Senior General Manager,
Fencing Academy



KIM SEUNGJUN
Senior Coach,
Fencing Academy



**BRANDO ERIC
II CRUZ**
Coach,
Fencing Academy



KIM MIJUNG
Coach,
Fencing Academy



LEE YUNSEO
Coach,
Fencing Academy (Part-Time)

FOOTBALL ACADEMY



TENG WEI KEN
Programme Director,
Football Academy



**MOHAMMAD ISA
ABDUL HALIM**
Head Coach,
Football Academy



**PHILIP KUMARAN
SINKARAM**
Head of Department,
Student Management and
Covering General Manager,
Football Academy



**MUHAMMAD HAFIZ
ABU SUJAD**
General Manager,
Football Academy
(Seconded to FAS)



SHAHRIIN SHARI
Senior Coach,
Football Academy



**FAZRUL NAWAZ
SHAHUL HAMEED**
Coach,
Football Academy



MIUR RAFIK TAHA
Coach,
Football Academy
(UTR! Overseas Coach
Attachment)



**MOHAMED FIRDAUS
MOHAMED SALLEH**
Coach,
Football Academy



**MOHAMED YAZID
MOHAMED YASIN**
Goalkeeping Coach,
Football Academy



**MUHAMMAD SHAHFIQ
GHANI**
Coach,
Football Academy

STAFF

MULTI-SPORT ACADEMY



**JUNE PHOON
YIK KUAN**
General Manager,
Multi-Sport Academy



GOH JUN XIAN
Coach,
Multi-Sport Academy



**EUNICE TAN
LI TING**
Coach,
Multi-Sport Academy
(Part-Time)



**JOHN NG
JING LUN**
Coach,
Multi-Sport Academy
(Part-Time)



LUAN CHIN HOW
Coach,
Multi-Sport Academy
(Part-Time)



LUQMAN ZAMROT
Coach,
Multi-Sport Academy
(Part-Time)

NETBALL ACADEMY



**GERALDINE NG
JIE HUI**
Acting Head Coach,
Netball Academy



LEE MIN LI
Senior General Manager,
Netball Academy



**ANGELENE NARAH
SINGH**
Coach,
Netball Academy



TAN SUE-ANNE
Coach,
Netball Academy (Part-Time)

SHOOTING ACADEMY



LIM CHEA RONG
Head Coach,
Shooting Academy



OH MEIQIN
General Manager,
Shooting Academy



FOO PEILIN
Coach,
Shooting Academy



TEH XIU YI
Coach,
Shooting Academy



**ADELE TAN
QIAN XIU**
Coach,
Shooting Academy (Part-Time)



**EMILY KEK
JIA YI**
Coach,
Shooting Academy (Part-Time)



**VANESSA YONG
YU ZHEN**
Coach,
Shooting Academy (Part-Time)



**MATTHEW CHEW
SIEW SUAN**
Range Executive,
Shooting Academy (Part-Time)

SWIMMING ACADEMY



**RODERICK ENG
THUAN ZHONG**
Acting Head Coach,
Swimming Academy



CHIN KHEN THEEN
Senior General Manager,
Swimming Academy



SEE PUAY KHENG
Senior Coach,
Swimming Academy



**JEROME TEO
SZE CHEN**
Coach,
Swimming Academy

TABLE TENNIS ACADEMY



LAI CHIN PANG
General Manager,
Table Tennis Academy



GUAN BEI
Senior Coach,
Table Tennis Academy



ZHAI YU
Coach,
Table Tennis Academy



GOI RUI XUAN
Coach (STTA),
Table Tennis Academy



SUN BEIBEI
Lead Coach (Girls' Team),
Table Tennis Academy

STAFF

TRACK AND FIELD ACADEMY



**SIMON LAU
CHIN MENG**
Head Coach,
Track and Field Academy



**JOSEPH SOH
CHIAN CHOON**
General Manager,
Track and Field Academy



RAFIUDDIN SAWAL
Coach,
Track and Field Academy



**RICARDO DIEZ
BOZA JOSE**
Coach,
Track and Field Academy



SITI FATIMA MOHAMAD
Coach,
Track and Field Academy



**MUHAMMAD SHAH
FEROZ BIN MOHEDEN**
Coach,
Track and Field Academy
(Part-Time)



**RYLAN KALMANI
BIN SUKIR**
Coach,
Track and Field Academy
(Part-Time)



TAN WEI LEONG
Coach,
Track and Field Academy
(Part-Time)

INDIVIDUAL PROGRAMME



NG KOK WEI
Senior General Manager,
Individual Programme



**SHARON ANG
LI PING**
General Manager,
Individual Programme

SCHOOL NURSE



**NUR FIDIYANAH
MUHAMMAD KHAIRUDDIN**
School Nurse

ORGANISATION DEVELOPMENT



**CLEMENT LIM
HOW CHUEN**
Deputy Principal,
Organisation Development and Academics

ACADEMICS ADMINISTRATION



HO BENG KIAT
Assistant Director,
Academics Administration
and Safety



**ALEX KOH
WEI HIONG**
Manager,
Academics Administration



**LEONG MEI
SHEONG**
Assistant Manager,
Academics Administration



**SHERLENE KHO
GEOK BEE**
Senior Executive,
Academics Administration



MIRESHA ATNIN
Officer,
Academics Administration

SPORTS ADMINISTRATION



**JEANIE TAN
HUI HUI**
Assistant Director,
Sports Administration and
Data Analytics Strategy



CUI MENG MENG
Senior Manager,
Sports Administration



TOH CHEN CHEN
Manager,
Sports Administration



**SANGAREESWARI
SILVAM**
Senior Executive,
Sports Administration



**MICHELLE LEE
JING MIN**
Executive,
Sports Administration



**MACZIN TAN
LEE CHOO**
Personal Assistant to Principal

STRATEGIC COMMUNICATIONS



**SHALINI
VEIJAYARATHNAM**
Senior Manager,
Strategic Communications



LI PEIXIN
Assistant Manager,
Strategic Communications



**MUHAMMAD JUFFRY
JOIHANI**
Senior Executive,
Strategic Communications

Edan Kei McCulloch

Football Academy

Secondary 2

Recipient of Unleash the Roar!
Overseas Scholarship 2025



LEARNED CHAMPIONS WITH CHARACTER

Lower Secondary 1 and 2 Badminton Academy

Row 1: Coach Jason, Andres Lim, Sean John Salim, Julian Tan, Taeann Tan, Aldrich Goh, Bryant Low, Elliot Ong, Coach Huang Chao

Row 2: Coach Yang, Jayden Fan, Ong Jun Hao, Daryl Leong, Foo Ee Zen

Row 3: Coach Pei Tty, Raeanne Ang, Sara Nadya Foo, Bonita Bai, Tai Wan Yuu, Caryn Chua, Tee Yin Jie, May Yoon San, Abhyarthna Chhajjer, Coach Frances

Row 4: Chara Loo, Tan Wan Qi, Kacy Teo, Julia Teo, Vivian Loh, Jessie Batchelor, Maegan Tan, Jeanna Low.



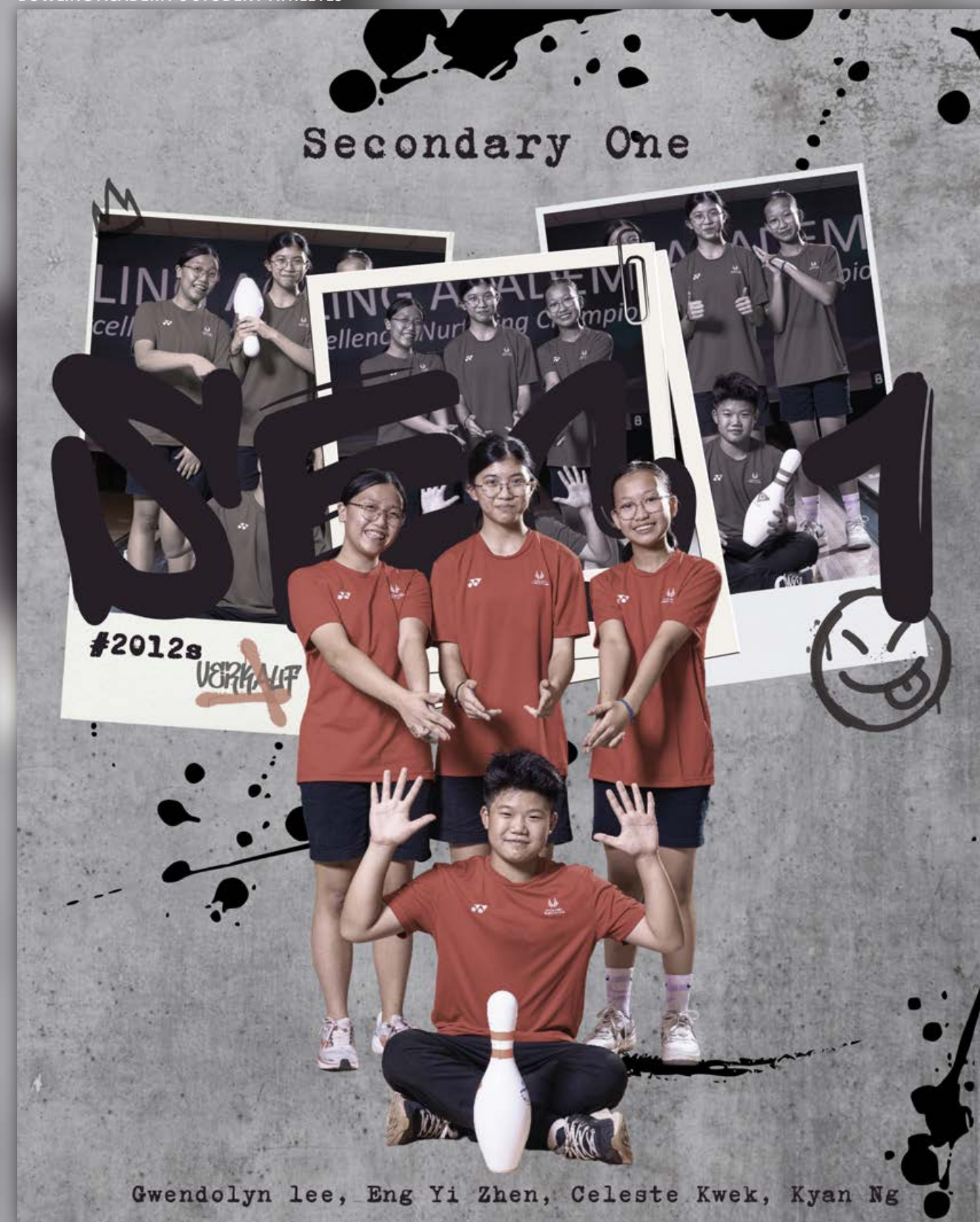



upper secondary Badminton Academy

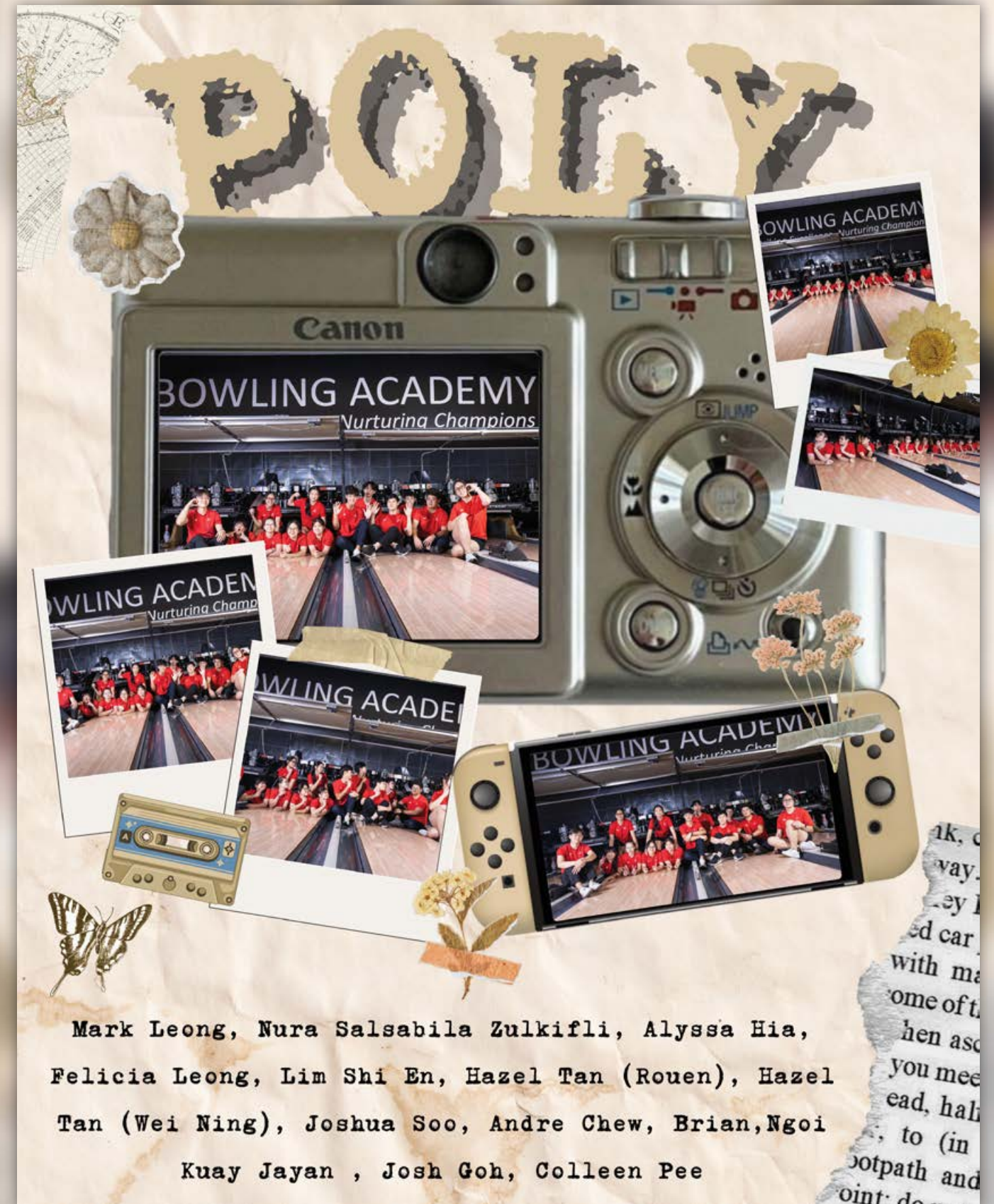


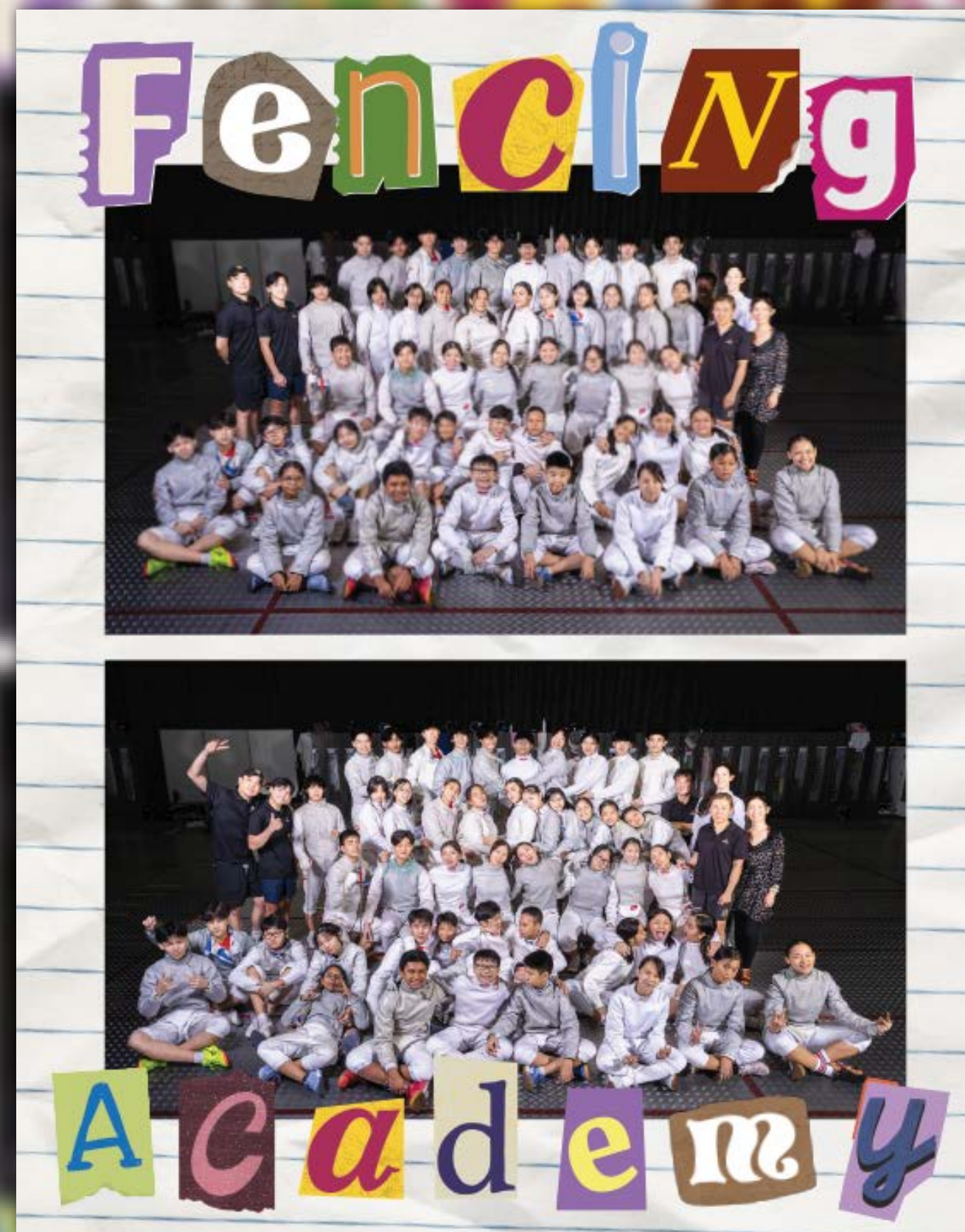










From left to right: Kai Rajentheran, Kitson Kok, Kirsten Lee, Linus Tan, Emily Lee, Hannah Sofea, Hannah Isabella

Sec 1

Missing in photo:
Claire Yang, Kaiser Chan,
Goh Ding Han, Naufal Noh



From left to right: Natalie Tay, Summer Toh, Liow Yen Ly, Aiden Sng, Ember Eswaran, Eleazar Quah, Joden Sim

Sec 2

Missing in photo:
Elijah Tan



From left to right: Darlyn Yeow, Cameron Soliano, Sarah Tan, Sophie Tunstall, Md Adam, Alvin Khoo, Valarie Kok, Nicklaus Leow

Sec 3

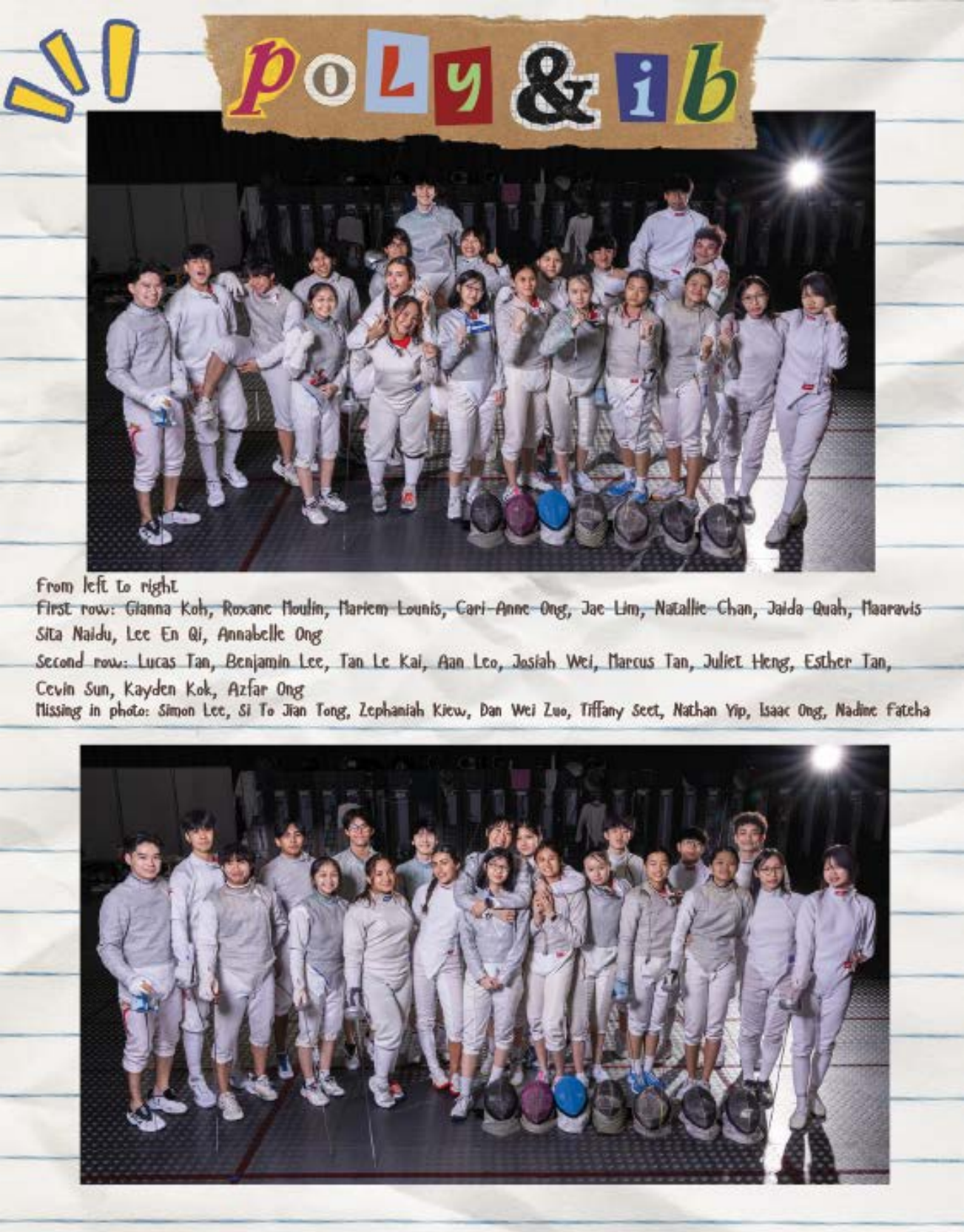


From left to right: Sarah Koh, Ashton Auw, Isabelle Lee, Ted Lee, Kayla Por

Sec 4

Missing in photo:
Alyssa Tan,
Ethan Tham





From left to right
First row: Gianna Koh, Roxane Moulin, Mariem Lounis, Cari-Anne Ong, Jae Lim, Natallie Chan, Jaida Quah, Maaravis Sita Naidu, Lee En Qi, Annabelle Ong
Second row: Lucas Tan, Benjamin Lee, Tan Le Kai, Aan Leo, Josiah Wei, Marcus Tan, Juliet Heng, Esther Tan, Cevin Sun, Kayden Kok, Azfar Ong
Missing in photo: Simon Lee, Si To Jian Tong, Zephaniah Kiew, Dan Wei Zuo, Tiffany Seet, Nathan Yip, Isaac Ong, Nadine Fateha



~secondary 1/2!~
~ndc~

~secondary 2/3!~
~SSP~



*back row(from left): Muhammad Danial Akif, Emir Aneeq, Muhammad Fahyim Iman ,
Atlas Goa, Edan Kei, Arthur Lo, Ayden Naim Fakhry*
Front Row(from left): Rayn Izzam

*back row(from left): Edward Chan, Anders Lum, Irham, Adryan Ashdanni, Jun Kai,
Benaiah Joel, Adam Johann , Jack White, Muhammad Eshan Darwish, Ansel Chin,
Amirul Qais*
*Middle Row(from left): Eldrey, Raul Andhika, Muhammad Qushairy, Dhevish
Shankar, Muhammad Izzan Akid, Muhammad Darien Rizqin, Muhammad Dafi Fitri,
Evan Shafiee*

Front Row(from left): Michael Toh, Daniyal Shakil, Hady, Muhammad Dariel Rizqin

~secondary 4/5~

~POLY~



back row (from left): Michael Minuzzo, Estroy Soo, Muhammad Aaryan Ishmael, Gyan Chua, Haziq Anaqi, Brayan Leo, Azeem Hassan.
front row (from left): Aaryan Azraqi, Erdy Thaqib, Muhammad Darwisy Fitri

back row (from left): Hadirul Harraz, Ilham Iskandar, Rauf, Isaac Johnathan, Mohamad Nyqil Iyyan, Muhammad Haziq, Aqil Zafri.
front row (from left): Azirul Haziq, Uzayr, Irfan Iskandar, Muhammad Riyyan Haziq

~GIRLS~



back row (from left): Seri Nur Insyrah, Svea Hertzman, Daania Alodia ,Q'syaira Emelda

front row(from left): Putri Alyssa Rianna, Nufah Asyura, Bellaluna Alissya



MULTI-SPORT ACADEMY

Secondary 1s



On the wall from left to right: angelin leong, elsa sio, ng enyi, kayden tan

On the mats from left to right: ammar rusydan, marc lee, arisha adrianna, matthew tan

Secondary 2s

On the wall from left to right: caleb chan, chong qi en, abigail ng

On the mats from front to back: jacob gao, zaccheus ker, nethanel liew, zhou yuhan, marsya raudhah



At the track : samuel lee
(secondary 1)

MULTI-SPORT ACADEMY



Secondary 3



elizabeth sim



jovan chan

SECONDARY 1



Tan Xin Ru (1 Integrity), Yap Wen Qi Joleen (1 Integrity),
Keyarra Yu-xin Raphael (1 Integrity), Safia Imani Tan Norman (1 Integrity),
Natasha Muhammad Zulkifli (1 Integrity),
Nyla Qistina Dhzulkarnain (1 Integrity), Hannah Soffiah Mohamed Hanafiah (1 Integrity)

SECONDARY 2

Dian Nabilah Muhammad Taufik (2 Respect), Ng Jing Yi (2 Respect),
Nur Indah Maisarah Mohd Yazit (2 Respect), Sanjena Vithal (2 Respect)

SECONDARY 3

Ng Yu Xuan (3D), Chyler Lim Feng Ting (3C), Della Zuliyah Zulkifli (3D),
Angelina Tay Shi Ying (3D), Nur Emelda Aw (3D), Cheong Sinyee Chloe (3C), Shifa Erwan (3B)

SECONDARY 4/5

Meredith Chow Ern Xi (4A), Sophie Tan Ying Er (4A), Lim Zi Yan (4C),
Amberly Marcia Sin Yan (4B), Ong Shi Han (4A), Taryn Kum-Thomas (4C),
Neo Kai Qi (4A) Putri Alya Fatin Muhammad Faizal (5A2)

POST-SECONDARY

Angelina Haney Anurika McKevin Lawrence (Y2), Nina Joseph (IB1), Grania Koh Yan Zhen (Y2),
Jernise Moh Jing Wen (Y3), Wong Lok Yiu (Y1), Tan Zhi Ting (IB2),
Hannah Thomas (Y2), Tan Wei Ting Janissa (Y3),
*Faithmaria Ifeoma McKevin Lawrence (Y3) not in photo

Shooting Academy



S1

BOYS Jadon Wong | Ho Sun Yu Hong | Nathan Lai | Sean Leow
GIRLS Belinda Lim | Goay Ting Ting | Lovelyn Zheng | Kayla Neo



Vera Wong | Jeslyn Woo
Heidi Garcia | Freya Lim



Huang Jiabao | Han Kay Xu
Daanish Teo Bin Yasin Teo
Lucas Tan | Tan Jing Quan



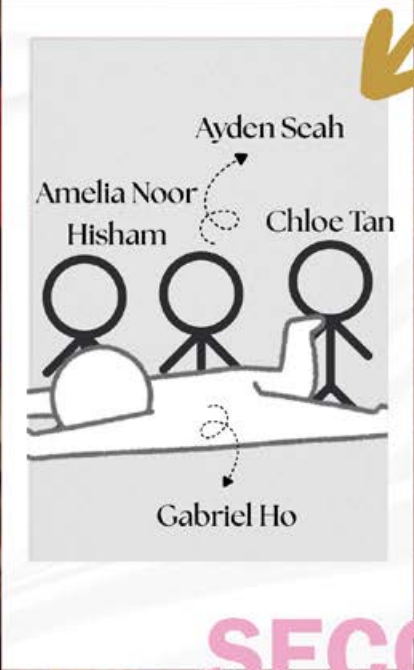
Secondary 3



Bernice Lim | Quek Gek Ling | Lim Yet Kee



Christian Ng | Jbyden Hong | Isaiah Tang | Nicholas Tan | Fah Jun Lee
Lim Huang Rui | Xuan Ilyas | Muhammed Azhar | Kaven Siu | Corwyn Koh



SECONDARY
Fours



Details

Type	Shooters
Location	Shooting Range
Caliber	0.177

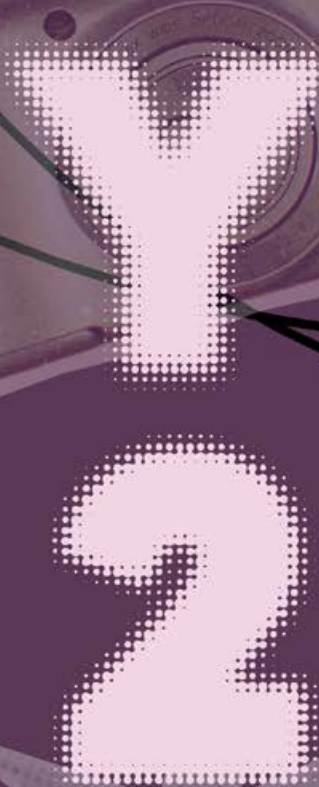
Open With:
Air Rifle.exe
Air Pistol.exe

Sort By (Gender):

 *Wichelle Tan > Samantha Cheng > Jaymee Poh > Joey Oh*

 *Au Yong Yi Yong > Lee Zhe Kai > Xavier Tay*







GIRLS
CHLOE TAI
CLARICE LEE
JILLIAN SI
RINNAH LAU

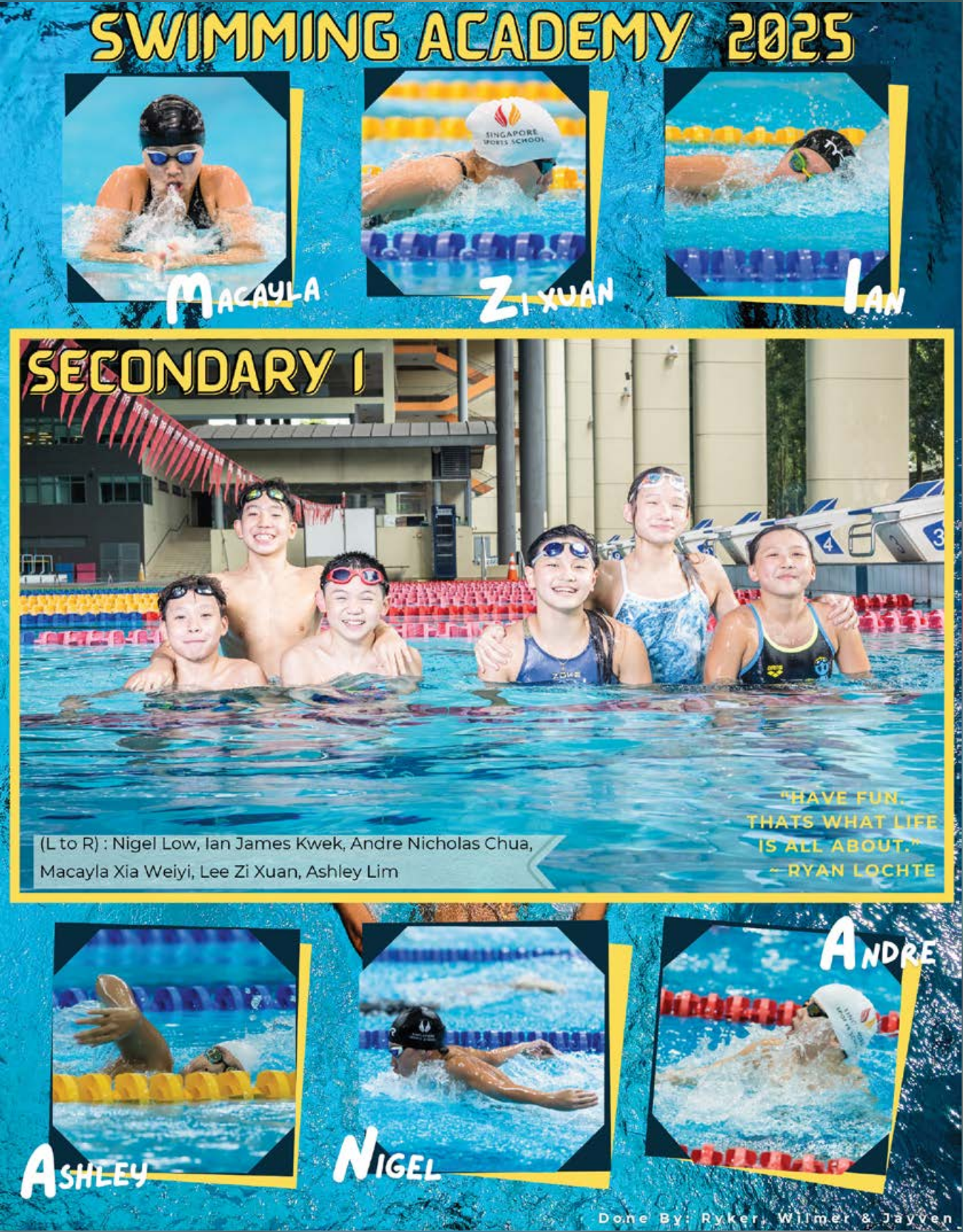
BOYS
BRYANT CHUA
DAVID LOO
ESTON SOO
MATHIUS CHUA
RAYFIELD TAY





POLY Y3
ADRIAN OSMAN
EUGENE KEK
FAITHE ODELIA DE SOUZA

POLY GRADUANDS
TANGHONG AN
JADEN NEO
YAP ZHE XI



SECONDARY III



Front (L to R) : Kidd Ang, Mikel Low
Back (L to R) : Joy Neo, Julia Yeo, Egan Chin

2025 SWIMMING ACADEMY

"Everything is possible if you put your mind to it."

~ Michael Phelps



JULIA



MIKEL



KIDD



Joy



EGAN

discover

explore



CALEB AZLINA AARON HEATHER

SECONDARY IV



Front (L to R) : Zachary Chew, Aaron Jonathan Ang, Isaac Chua, Caleb Chong
Back (L to R) : Samantha Nicole, Yam Yu En, Amelia Lim, Heather Teo, Azlina Mastamam



SAMANTHA



ISAAC



AMELIA



ZACHARY



YU EN

"Persistence can change failure into extraordinary achievement"

~ Matt Biondi

2025 SWIMMING ACADEMY



TAKA



XUAN YING



AMANDA



ISABEL

“You’ve got to enjoy your sport to be fast. You have to be happy to be fast.”
~Noe Ponti



SHIN



MINT



MAG

INTERNATIONAL

BACCALAUREATE



Front (L to R) : Isabel Lim, Har Mint, Lee Xuan Ying, Magdalene Lee
Back (L to R) : Taka Leong, Ang Shin Siong, Amanda Law

2025

SWIMMING ACADEMY

NCEE ANN & REPUBLIC POLYTECHNIC



ELYZA MAK



IAN LEONG



SAGE TAN

2025
SWIMMING
ACADEMY



VIVIENNE CHEW



KAYLEY GOH

“Everyone has doubts. It’s all about how you turn those doubts into positive moments.”
~Joseph Schooling



BRANDON YAP



MANDA LOW

WANTED

TABLE TENNIS ACADEMY (SEC 3)

NAMES :

(TOP ROW, FROM LEFT) - BENAI AH SEAH, LOY MING YING, JANELLE CHIANG, ZHOU ZIYAN

(BOTTOM ROW, FROM LEFT) - BENJAMIN LAU, TRISTEN YEE

NOT IN PHOTO - RIO LAI



★ \$10,000 REWARD ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS

WANTED

TABLE TENNIS ACADEMY (SEC 4 + IBDP)

NAMES :

(LEFT TO RIGHT) - CLARISSA LEE, SIE LAY YIN



★ \$10,000 REWARD ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS

WANTED

★ TABLE TENNIS ACADEMY DIPLOMA IN BUSINESS ★

NAMES :
**(LEFT TO RIGHT) - LOY XING YAO, JOEUNN SEOW,
NICHOLAS TAN**
NOT IN PHOTO - OLIVER TOH



★ **\$10,000 REWARD** ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS

WANTED

★ TABLE TENNIS ACADEMY DIPLOMA IN BUSINESS STUDIES ★

NAMES :
(LEFT TO RIGHT) - RHIANNON TEY, JARYL WONG



★ **\$10,000 REWARD** ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS

WANTED

**TABLE TENNIS ACADEMY
DIPLOMA IN
BUSINESS STUDIES**

NAMES :

(LEFT TO RIGHT) - CHLOE LAI, MATTHEW ELLIS, JAYDEN TAN, YANG ZE YI



★ \$10,000 REWARD ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS

WANTED

**TABLE TENNIS ACADEMY
DIPLOMA IN
BUSINESS STUDIES**

NAMES :

(LEFT TO RIGHT) - SER LINQIAN, IZAAC QUEK, KOH JUNHAO



★ \$10,000 REWARD ★

IF YOU HAVE INFORMATION ON THESE PEOPLE,
PLEASE CALL #DA-BEST-TTS



Credit: Naema Kyrana Abdullah & TNF media team



Sec 1

Back Row (Left to Right) : Aaqil Shawqi Bin Mohamed Hasrul Nizam, Eason Ang Yi Chong, Travis Tan, Evie Koh Qi En, Chantel Tan Bao Hui, Kienan Tee S/O Kaliyapan, Seshen Raj
Front Row (Left to Right) : Chalene Tan Bao Ling, Arini Srimaya Thamihzarasan
Missing : Kyra-Mae Bianca Selvam

Sec 2

Back Row (Left to Right) : Alexa Valera Defries, Neha Sundar, Lim Hao Wen Keagan
Front Row (Left to Right) : Elia Owen, Lavelle Tan Rui En, Aura Ramadhania Binte Muhammad Nizar, Li Shi Qi Emma, Triston Lim Telmuun
Missing: Maeva Binte Masrezwan

B
D
T
V



Sec 3 🔥
Back Row (Left to Right) : Seu Hoy Xuan Evelyn, Reeyern Ng, Nichole Lim Yi Han, Meredyth Han Min Yu, Chng Shu Ting Megan, Kwok Wen Xin Joseph, Muhammad Reza Bin Zool Ihsan, Cornelius Tang En Jie, Aidhi Sya'ari Bin Muhammad Affan, Timothy Ng Le En, Mohammed Thamir Khairan s/o Mohammed Faduli, Eshan Shayaan Bin Ahmed Ridzwan, Ethan Roman
Front Row (Left to Right) : Jessie Tan Qian Chi, Wilson Tan Shen Kai, Aden Seah Jia Kai



Sec 4/5 ⚡
Back Row (Left to Right) : Naema Kyrana Abdullah, Muhammad Aaryan Shah Bin Azhar, Jovan See Kai Le, Low Ming Dao Jase, Jee Kai En Kyan, Elessa Marc David
Middle Row (Left to Right) : Muhammad Azim Bin Ali, Veroy Chua Jia Hao, Ashley Seah Jia En, Inez Tan Zhi Xuan, Krisha Shashini D/O Jai Raj, Kimmy Tay Yu Tong
Front Row (Left to Right) : Nuraqyra Shazrynn Binte Abdul Karim, Varshana D/O Premanandham, Loh Ying Fang
Missing: Tan Ying Tong Shannon



A
D
i
V



IBDP 1 🤔
Jayden Ng



IBDP 2/3 ⚡
Back Row (Left to Right) : Deshann Cayden Ooi, Rafael Pedro Ortega, Muhammad Danial Ryan Bin Mohamed Redzwan, Fun Le Cong Lucas, Navitha D/O Yovan
Front Row (Left to Right) : Victoria Chua Si Yu, Reina Lau



RP



RP 1 🤩

Back Row (Left to Right) : Emir Bin Muhammad Rashid, Niq Rifdi Rafiqi Bin Yusran,
Neo En Yu, Luisa Marie Vaz
Front Row : Emre Rizq Mika Bin Harris Mulyadi



RP 2/3 🌞

Left to right: Ifeanyichukwu Asyaraff Ibrahim Molokwu, Abdul Raqib Bin Abdul Razak,
Zara Almira Binte Abdul Aziz



Elijah Tan



NP



NP 1 🤩

Xavier Aloysius Tang

NP 3 🤩



Huang Weijun, Laavinia Jaiganth, Edsel Poh



Sheik Fayz Sheik Alau'ddin



INDIVIDUAL PROG

GYMNASTICS - SECONDARY



Artistic Gymnastics:
(L-R): Aiken Tang, Jonah Loh, Xavier Pang



Trampoline:
Aidan Hartman



Artistic Gymnastics: Nathanael Pek

INDIVIDUAL PROG

RHYTHMIC GYMNASTICS - SECONDARY



Front row (L-R): Liew Xin Yu, Leia Yap
Back row (L-R): Thea Chew, Evangeline Ng, Mirabelle Yet

INDIVIDUAL PROG

SECONDARY



(L-R): Janelle Phua (Sport Climbing), Ashlynn Koh (Gymnastics)



(L-R): Madison Defries (Rowing), Raydon Lim (Beach Volleyball)

INDIVIDUAL PROG

SECONDARY



From left to right: Loh Geok Qin (Speed Skating), Ilyasaq Lee Rossdi (Cycling), Andrea Fernandez Rachmadi (Floorball), Raydon Lim (Beach Volleyball)



Top L-R : Mendel Tan, Ethan Liow, Gwen Koh, Nessya koh
Bottom : Caleb Liao

INDIVIDUAL PROG

WUSHU - SECONDARY & IBDP



NESSYA KOH



CHUA XIN YUN



LYVIA PHUA

Individual Programme

IBDP



Back Row (Left to Right): Koh Kai Lin (Water Polo), Ricci Ong (Water Polo)
 Mid Row (Left to Right): Matthias Goh (Water Polo), Lyvia Phua (Wushu), Justin Saik (Water Polo)

Front Row (Left to Right): Chen Xingtong (Golf), Tara Alayna Weilin (Cycling),
 Cheryl Rachmadi (Floorball)

Not in Photo: Janelle Yeo (Artistic Swimming), Aaron Wee (Golf), Clara Liaw (Diving),
 Chloe Ng (Golf), Denise Ng (Golf), Faith Hong (Gymnastics), Elkan Oh (Sailing),
 John Wong (Sailing), Reyes Loh (Triathlon), Chua Xin Yun (Wushu)

GYMNASTICS

INDIVIDUAL PROGRAMME- POLY

Jovi Loh Jia Le

Front Row (L-R): Cleo Chew,
 Abdul Barr Abdulattif and Kho Tong-Yu
 Back Row (L-R): Asher Pua, Karyna
 Malysheva Tan, Amelyn Sng Hui-En,
 Lim Jia Min, Ho Jin Wen Sophia and
 Alfonso Tan You An



PENCAK SILAT

INDIVIDUAL PROGRAMME- POLY



Front row (L-R): Aniq 'Asri Bin Mohammad Yazid, Rifqah Mursyidah Bin Abdullah
Back row (L-R): Nadhrah Binte Sahrin, Muhammad Naufal Bin Abdullah

WRESTLING

INDIVIDUAL PROGRAMME- POLY



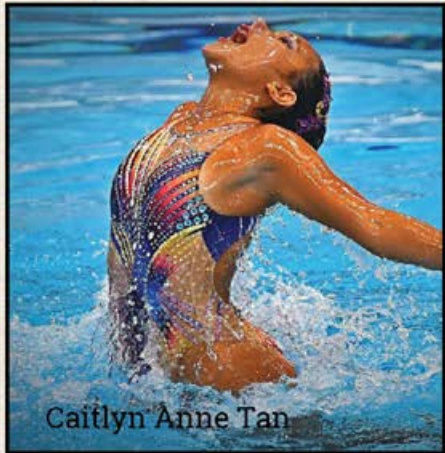
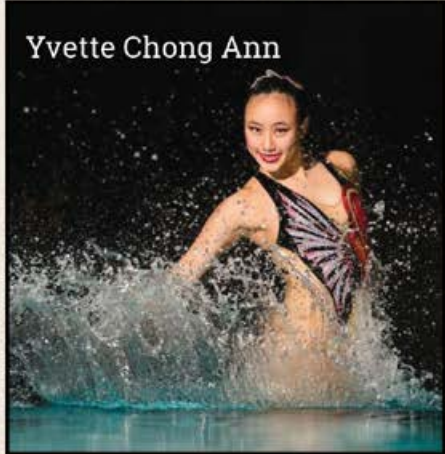
(L-R) Aryan Bin Azman, Lee Yan Ze Ursus, Marren McClaren Ravin

AQUATICS

INDIVIDUAL PROGRAMME- POLY



Front row: Rae-Anne Ong (Artistic Swimming)
Back row (L-R): Janson Ng (Water Polo), Tan Wu Yee (Water Polo), Charlene Tio Ji Suan (Water Polo), Loh Yu Xuan (Water Polo)



WUSHU

INDIVIDUAL PROGRAMME- POLY



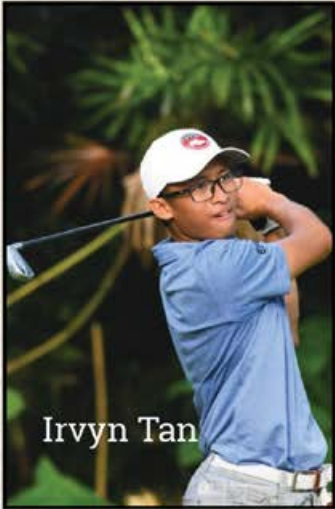
INDIVIDUAL PROG

POLY PROGRAMME

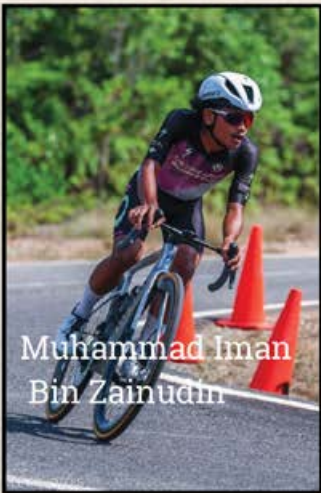
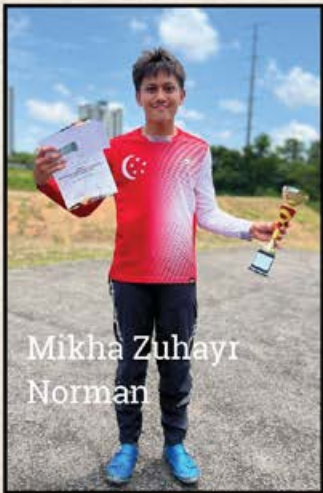
Beach Volleyball



Golf



Cycling



INDIVIDUAL PROG

POLY PROGRAMME

Ice Skating



Lawn Bowls



Rollersports



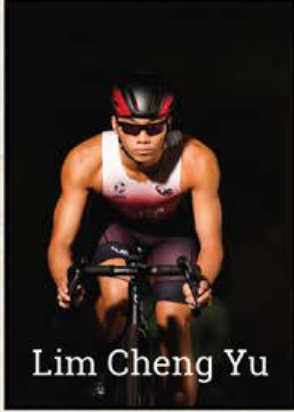
Sport Climbing



Taekwondo



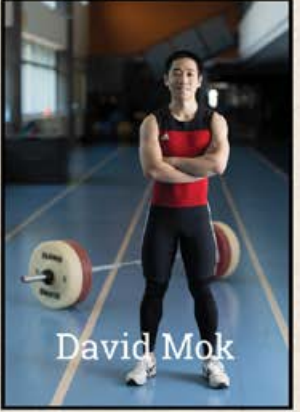
Triathlon



Triathlon



Weightlifting



INDIVIDUAL PROG

GOLF



From left to right: Chen Xingtong, Passion Hsu Le Ting,
Anjanette Tan Le Xuan, Chloe Ng Ker Ee , Denise Ng Wan Xuan
Not in the photo: Aaron Wee

INDIVIDUAL PROG

FLOORBALL



PENCAK SILAT



Front Row, Left To Right: Rifqah Mursyidah Binte Mistam; Nur Hanifah Qisya Mohammad Hanis; Muhammad Aniq Farish Bin Roslan; Muhammad Naufal Bin Abdullah; Muhammad Feeqry Bin Muhammad Faizal; Maisarah Binte Sahrin; Muhammad Yuri Armani Bin Mohd Sufian; Adrabella Nurieshtiara Binte Rahmat

Back Row, Left To Right: Mr Bernard Tham (Director of Sports); Nadhrah Binte Sahrin; Mr Ng Kok Wei (Senior General Manager); Tuah Iskandar Junaidi Iskandar; Abdul Raaif Bin Abdul Rashid; Muhammad Fiqh Bin Firdaus; Aniq 'asri Bin Mohammad Yazid; Sofea Aqilah Adha Binte Mohamad Afith; Ilhan Dani Bin Muhammad Zaki; Danial Hariz Bin Rizal

Waterpolo Girls



Back Row [Left to right] : Loh Yu Xuan, Koh Kai Lin, Charlene Tio

Front Row [Left to right] : Clarissa Tio, Ricci Ong

Waterpolo Boys



Nabil Ahmad Al-Haddad Bin Ismail

FR:L-R Merrill Hwang, Dylan Tay, Yam Jingyi, Emett Siow, Jayven Yeo, Ryan Chua, Zachary Goh,
BR: L-R Russell Yuan, Javier Ng, Jaylen Yeo, Chow Yong Jun, Nathan Yeu, Rhys Vaswani Ethan Tan

CLASS OF 2025



4A

FRONT ROW (L TO R) : CHLOE TAN ZHI YU, ANDREA FERNANDEZ RACHMADI, NEO KAI QI, SOPHIE TAN YING ER, MEREDITH CHOW ERN XI, ALYSSA TAN SI EN, NESSYA KOH LI YUN, ONG SHI HAN
BACK ROW (L TO R) : JAVIER NG, CALEB CHONG JIA YAO, LUKE TAN, KYAN JEE KAI EN, JAYLEN YEO HAO WEI, MATTHEW QUEK CHIEN HO, RHYS VASWANI, BRYANT LOW SZE HONG
ABSENT : ASHTON AUW SEN HON, ISABELLE LEE ERN SWAN, MIRABELLE YET YU CHELLE

CLASS OF 2025



Class of 2025



4B & 5A1
FRONT ROW (L TO R) : MICHAEL JINWEI MINUZZO, KAYLA POR KE XIN, YAM YU EN, AMBERLY MARCIA SIN YAN, AMELIA LIM FANG NING, CLARISSA TIO JI SAN, SHERAYNE ONG XUAN EN, AZEEM HASSAN MOHAMMED IBRAHM



Class of 2025



4C & 5A2
FRONT ROW (L TO R) : PUTRI ALYA FATIN MUHAMMAD FAIZAL, ASHLEY SEAH JIA EN, SIE LAY YIN, XANDRE TEO YU HAO, JAYDEN FAN ZE LIN, JEANNA LOW RUI XUAN, SHANNON TAN YING TONG, AMELIA NOOR HISHAM
MIDDLE ROW (L TO R) : ZACHARY CHEW JING HSUAN, ESTROY SOO YIN RUI, JASE LOW MING DAO, MERRILL HWANG JUN WEN, XAVIER PANG SHENG WEI, TARYN KUM-THOMAS, THEA CHEW, LIM ZI YAN, VEROY CHUA JIA HAO, MUHAMMAD AARYAN SHAH AZHAR, NATHANAEI PEK SEK KAI, AZLINA MASTAMAM, ISAAC CHUA WEI EN, KIMMY TAY YU TONG
BACK ROW (L TO R) : BLAIRDIMIR HERBERT, TAEAN TAN GUANYU, CHOW YONG JUN, AARON JONATHAN ANG, TAN JUN KIAT, ZACK NG ZHEN HONG, ABDUL RAAIF ABDUL RASHID, GABRIEL ISAAC HO BIN, AYDEN SEAH Z-WE, HAZIQ ANAQI MOHAMAD AMIRUDIN, ELESSA MARC DAVID
ABSENT : HEBBA LUTFINA MOHAMMED JBOUR, GWEN KOH EN QI, LOH GEOK QIN, MUHAMMAD AARYAN ISHMAEL ERFANDY, SARAH KOH YA QI, TEE KAI ZE

CLASS OF 2025



Class of 2025



4D
FRONT ROW (L TO R) : LOH YING FANG, MAISARAH SAHRIN, SAMANTHA NICOLE RAJENTHRAN, NAEMA KYRANA ABDULLAH
BACK ROW (L TO R) : MUHAMMAD RIYYAN HAZIQ MUHAMMAD ISNAN, MUHAMMAD AZIM ALI, MUHAMMAD ESHAN GIOVANNI GOLDHORN, ILHAN DANI MUHAMMAD ZAKI, MUHAMMAD ELFAN DANIQ MUHAMMAD IRWAN



Class of 2025



4E
FRONT ROW : NURAQYRA SHAZRYNN ABDUL KARIM
ABSENT : JOVAN SEE KAI LE, KRISHA SHASHINI JAI RAJ

CLASS OF 2025



2025/2026 STUDENT LEADERS

22ND STUDENT COUNCIL EXECUTIVE COMMITTEE

President
Cari-Anne Ong, *Fencing, IBDP, Year 5*

Vice-Presidents
Javier Ng, *Individual Programme - Water Polo, Secondary 4*
Meredith Chow Ern Xi, *Netball, Secondary 4*

Head, School Culture
Nina Joseph, *Netball, IBDP, Year 5*

Deputy Heads, School Culture
Ethan Tan Zi Jun, *Individual Programme - Water Polo, Secondary 3*
Jessie Tan Qian Chi, *Track and Field, Secondary 3*
Reefern Ng, *Track and Field, Secondary 3*

Head, Student Well-Being
Magdalene Lee, *Swimming, IBDP, Year 5*

Deputy Heads, Student Well-Being
Ong Shi Han, *Netball, Secondary 4*
Nur Emelda Aw, *Netball, Secondary 3*
Muhammad Reza Zool Ihsan, *Track and Field, Secondary 3*

Deputy Heads, Boarding Captain
Ng Yu Xuan, *Netball, Secondary 3*
Shifa Erwan, *Netball, Secondary 3*

Head, Sports Captain
Amanda Law Zeyi, *Swimming, IBDP, Year 5*

Deputy Heads, Sports Captain
Sophie Tan Ying Er, *Netball, Secondary 4*
Varshana Premanandham, *Track and Field, Secondary 4*

STUDENT COUNCILLORS

Secondary 1
Kai Seah Rajentheran, *Fencing*
Rayn Izzam Muhd Idlan Goh, *Football*
Ammar Rusydan Mohamad Roslan, *Multi-Sport*
Nur Arisha Adrianna Azhar, *Multi-Sport*
Joleen Yap Wen Qi, *Netball*
Keyarra Yu-Xin Raphael, *Netball*
Natasha Muhammad Zulkifli, *Netball*
Nyla Qistina Dhulkarnain, *Netball*
Safia Imani Tan Norman, *Netball*
Lovelyn Zheng, *Shooting*
Andre Nicholas Chua Chong, *Swimming*
Lee Zi Xuan, *Swimming*
Chevelle See, *Table Tennis*
Gisele Koh Rui Xuan, *Table Tennis*
Arini Srimaya Thamihzarasan, *Track and Field*
Chalene Tan Bao Ling, *Track and Field*
Evie Koh Qi En (Gao Qi'En), *Track and Field*
Alisha Mia Shafana Azman, *Individual Programme – Football (Girls)*

Secondary 2
Chara Loo Kit Rei, *Badminton*
Ember Jermaine Eswaran, *Fencing*
Eleazar Quah Yu Ze, *Fencing*
Hady Hazry, *Football*
Caleb Chan, *Multi-Sport*
Chong Qi En, *Multi-Sport*
Freya Kylie Lim Li, *Shooting*
Lucas Tan Song Jie, *Shooting*
Arielle Neo Hui En, *Swimming*
Jayven Teo Zhi Peng (Zhang Zhipeng), *Swimming*
Wilmer Ong Xuan Rong, *Swimming*
Elia Owen, *Track and Field*
Neha Sundar, *Track and Field*
Triston Lim Telmuun, *Track and Field*

Muhammad Feeqry Muhammad Faizal, *Individual Programme – Pencak Silat*
Janelle Phua Jing En, *Individual Programme – Sport Climbing*

STUDENT COUNCILLORS

Secondary 3
Abhyarthna Chhajer, *Badminton*
Elliot Ong, *Badminton*
Felise Chng Xuan Ya, *Bowling*
Mohamad Adam Mohamad Aidil, *Fencing*
Valarie Kok Jing Xuan, *Fencing*
Muhamad Eshan Darwish Herwan, *Football*
Nur Emelda Aw, *Netball*
Lim Hong Rui, *Shooting*
Quek Gek Ling, *Shooting*
Toh Jun Wei, *Shooting*
Kidd Ang Shao Kai, *Swimming*
Jessie Tan Qian Chi, *Track and Field*
Joseph Kwok Wen Xin, *Track and Field*
Megan Chng Shu Ting, *Track and Field*
Muhammad Reza Zool Ihsan, *Track and Field*
Reefern Ng, *Track and Field*
Zhou Ziyan, *Table Tennis*
Aiken Tang Bing Heng, *Individual Programme – Gymnastics*
Ethan Tan Zi Jun, *Individual Programme – Water Polo*

Secondary 4
Luke Tan, *Bowling*
Meredith Chow Ern Xi, *Netball*
Ong Shi Han, *Netball*
Sophie Tan Ying Er, *Netball*
Javier Ng, *Individual Programme - Water Polo*
Nessya Koh Li Yun, *Individual Programme – Wushu*

IBDP, Year 5
Cari-Anne Ong, *Fencing*
Nina Joseph, *Netball*
Wichelle Tan Wee Xuan, *Shooting*
Magdalene Lee, *Swimming*
Tara Alayna Weilin Muhammad Khalid, *Individual Programme – Cycling*
Faith Hong Haye, *Individual Programme – Gymnastics*

SPORTS CAPTAINS

Secondary 1

Tan Xi En, *Badminton*

Kyan Ng En-Yu, *Bowling*

Kirsten Lee Xin Ying, *Fencing*

Ilmal Yaqin Mohamed Fadzuhasny, *Football*

Mohammad Dani Eshan Mohammad Hafiz,
Football

Timothy Michiel Kok, *Football*

Ammar Rusydan Mohamad Roslan,
Multi-Sport

Ng En Yi, *Multi-Sport*

Safia Imani Tan Norman, *Netball*

Joleen Yap Wen Qi, *Netball*

Sean Leow Shao An, *Shooting*

Nigel Low Shin-lan, *Swimming*

Evie Koh Qi En, *Track and Field*

Caleb Liao Yongde,

Individual Programme – Ju-Jitsu

Jayven Yeo Hao Kai,

Individual Programme – Water Polo

Nabil Ahmad Al-Haddad Ismail,

Individual Programme – Water Polo

Secondary 2

Tan Wan Qi, *Badminton*

Vivian Loh Yu En, *Badminton*

Evaan Shafiee Hirman Rudy, *Football*

Jack White, *Football*

Michael Toh Chun Yen, *Football*

Zhou Yuhan, *Multi-Sport*

Ng Jing Yi, *Netball*

Freya Kylie Lim Li, *Shooting*

Julian Ko Qi Heng, *Swimming*

Sonia Abbas Zainudeen, *Table Tennis*

Alexa Valera Defries, *Track and Field*

Aura Ramadhania Muhammad Nizar,
Track and Field

Anjanette Tan Le Xuan,

Individual Programme – Golf

Jonah Loh Jia Jie,

Individual Programme – Gymnastics

Adrabella Nurieshtiara Rahmat,

Individual Programme – Pencak Silat

Secondary 3

Ong Jun Hao, *Badminton*

Jessie Batchelor, *Badminton*

Tan Wan Yuu, *Badminton*

Kyrston Lee Jia Rong, *Bowling*

Anders Lum Rui Zhe, *Football*

Darlyn Ashley Yeow En Qi, *Fencing*

Angelina Tay Shi Ying, *Netball*

Della Zuliyah Zulkifli, *Netball*

Shifa Erwan, *Netball*

Bernice Lim Xuanyi, *Shooting*

Lim Yet Kee, *Shooting*

Mikel Low Gin Qi, *Swimming*

Joseph Kwok Wen Xin, *Track and Field*

Megan Chng Shu Ting, *Track and Field*

Nichole Lim Yi Han, *Track and Field*

Rio Lai Yu Jit, *Table Tennis*

Tuah Iskandar Junaidi Iskandar,

Individual Programme – Pencak Silat

Secondary 4

Bryant Low Sze Hong, *Badminton*

Ashton Auw Sen Hon, *Fencing*

Isabelle Lee Ern Swan, *Fencing*

Lim Zi Yan, *Netball*

Neo Kai Qi, *Netball*

Sophie Tan Ying Er, *Netball*

Ayden Seah Z-we, *Shooting*

Aaron Jonathan Ang, *Swimming*

Inez Tan Zhi Xuan, *Track and Field*

Varshana Premanandham, *Track and Field*

Veroy Chua Jia Hao, *Track and Field*

Mirabelle Yet Yu Chelle,

Individual Programme – Gymnastics

Danial Hariz Rizal,

Individual Programme – Pencak Silat

IBDP, Year 5

Amanda Law Zeyi, *Swimming*

Lee Xuan Ying, *Swimming*

Polytechnic Programmes

Hazel Tan Wei Ning,

Bowling, Diploma in Business

Marren McClaren Ravin,

*Individual Programme – Wrestling, Diploma
in Business*

Manda Low Zi Qi,

Swimming, Diploma in Business Studies

BOARDING CAPTAINS

Secondary 1

Eng Yi Zhen, *Bowing*

Kyan Ng En-Yu, *Bowling*

Julia Teo Zhe Lin, *Badminton*

Ng En Yi, *Multi-Sport*

Secondary 2

Tan Wan Qi, *Badminton*

Ayden Naim Fakhry Fazrul Nawaz, *Football*

Edward Chan Ye Xiang, *Football*

Jack White, *Football*

Mohamed Darien Rizqin Mohamed Firdaus

@ Tianracha, *Football*

Keagan Lim Hao Wen, *Track and Field*

Muhammad Yuri Armani Mohd Sufian,

Individual Programme – Pencak Silat

Nur Hanifah Qisya Mohammad Hanis,

Individual Programme – Pencak Silat

Secondary 3

Anders Lum Rui Zhe, *Football*

Muhammad Izzan Akid Muhammad Isnan,
Football

Ong Jun Kai, *Football*

Chyler Lim Feng Ting, *Netball*

Ng Yu Xuan, *Netball*

Shifa Erwan, *Netball*

Bernice Lim Xuanyi, *Shooting*

Corwyn Koh Zheng Xiang, *Shooting*

Nicholas Tan Zi Loong, *Shooting*

Julia Yeo Shu Ning, *Swimming*

Janelle Chiang Rui En, *Table Tennis*

Rio Lai Yu Jit, *Table Tennis*

Cornelius Tan En Jie, *Track and Field*

Meredyth Han Min Yu, *Track and Field*

Nichole Lim Yi Han, *Track and Field*

Dylan Tay Jun Ming,

Individual Programme - Water Polo

Secondary 4

Kang Hee Hiang, *Bowling*

Nur Iffah Amberlynn Muhammad Zulhaidi,
Bowling

Rainie Kwek Xin Hwee, *Bowling*

Lim Zi Yan, *Netball*

Taryn Kum-Thomas, *Netball*

Gabriel Isaac Ho Bin, *Shooting*

IBDP, Year 5

Lee En Qi, *Fencing*

Har Mint, *Swimming*

Matthias Goh Zoltin,

Individual Programme - Water Polo

Polytechnic Programmes

Annabelle Ong Nhat Anh Thu,

Fencing, Diploma in Business Studies

CLASS REPRESENTATIVES

Secondary 1

Kyan Ng En-Yu, *Bowling*

Claire Yang Kai Ting, *Fencing*

Kai Seah Rajentheran, *Fencing*

Rayn Izzam Muhd Idlan Goh, *Football*

Samuel Lee Hua Yi, *Multi-sport*

Joleen Yap Wen Qi, *Netball*

Sean Leow Shao An, *Shooting*

Andre Nicholas Chua Chong, *Swimming*

Chevelle See, *Table Tennis*

Isaiah Raphael Loh Yi Xi, *Table Tennis*

Chalene Tan Bao Ling, *Track and Field*

Evie Koh Qi En, *Track and Field*

Ilyasaq Lee Rosydi,

Individual Programme – Cycling

Sofea Aqilah Adha Mohamad Afith,

Individual Programme – Pencak Silat

Alisha Mia Shafana Azman,

Individual Programme – Football

Secondary 2

Eleazar Quah Yu Ze, *Fencing*

Natalie Tay, *Fencing*

Ayden Naim Fakhry Fazrul Nawaz, *Football*

Mohamed Darien Rizqin Mohamed Firdaus

@ Tianracha, *Football*

Zhou Yuhan, *Multi-Sport*

Wilmer Ong Xuan Rong, *Swimming*

Emma Li Shi Qi, *Track and Field*

Maeva Masrezwan, *Track and Field*

Jonah Loh Jia Jie,

Individual Programme – Gymnastics

Janelle Phua Jing En,

Individual Programme - Sport Climbing

Secondary 2

Valarie Kok Jing Xuan, *Fencing*

Amirul Qais Mohamed Faizul, *Football*

Muhammad Dafi Fitri Johari, *Football*

Ng Yu Xuan, *Netball*

Lim Hong Rui, *Shooting*

Lim Yet Kee, *Shooting*

Toh Jun Wei, *Shooting*

Xuan Ilyas Mohammed Azhar, *Shooting*

Evelyn Seu Hoy Xuan, *Track and Field*

Liew Xin Yu,

Individual Programme - Gymnastics

Secondary 3

Jessie Batchelor, *Badminton*

Joseph Kwok Wen Xin, *Track and Field*

Jayden Hong Quan Le, *Shooting*

Leia Yap, *Individual Programme - Gymnastics*

Benjamin Lau Yi Yuan, *Table Tennis*

Tee Yin Jie, *Badminton*

Meredyth Han Min Yu, *Track and Field*

Ong Jun Kai, *Football*

Secondary 4 and 5

Lucas Goh Seow Rui, *Bowling*

Nur Iffah Amberlynn Muhammad Zulhaidi,
Bowling

Xandre Teo Yu Hao, *Bowling*

Putri Alya Fatin Muhammad Faizal, *Netball*

Taryn Kum-Thomas, *Netball*

Amelia Lim Fang Ning, *Swimming*

Mirabelle Yet Yu Chelle,

Individual Programme – Gymnastics

Maisarah Sahrin,

Individual Programme – Pencak Silat

Rhys Vaswani,

Individual Programme – Water Polo

OUR APPRECIATION

Our heartfelt appreciation goes to our student-athletes who have contributed to Yearbook 2025 through your thoughtful articles and creative photo pages!

Abhyarthna Chhajer, *Badminton, Secondary 3*
Sara Nadya Foo, *Badminton, Secondary 1*
Tai Wan Yuu, *Badminton, Secondary 3*
Stefanie Lee Feiyi, *Badminton, IBDP, Year 6*
Koh Nur Humaira, *Bowling, Secondary 3*
Matthew Quek Chien Ho, *Bowling, Secondary 4*
Shannen Ong Yuan Lin, *Bowling, IBDP, Year 6*
Sarah Koh Ya Qi, *Fencing, Secondary 4*
Summer Toh Jia Ying, *Fencing, Secondary 2*
Estroy Soo Yin Yui, *Football, Secondary 4*
Abigail Ng Wen Hui, *Multi-Sport, Secondary 2*
Angelin Leong Yee Rong, *Multi-Sport, Secondary 1*
Chong Qi En, *Multi-Sport, Secondary 2*
Nur Arisha Adrianna Azhar, *Multi-Sport, Secondary 1*
Zhou Yuhan, *Multi-Sport, Secondary 2*
Lim Zhi Yan, *Netball, Secondary 4*
Angelia Tay Shi Ying, *Netball, Secondary 3*
Ayden Seah Z-We, *Shooting, Secondary 4*
Daanish Teo Yasin Teo, *Shooting, Secondary 2*
Chloe Tan Zhi Yu, *Shooting, Secondary 4*
Jaymee Poh, *Shooting, IBDP, Year 5*
Joey Oh Hwee Teng, *IBDP, Year 5*
Lucas Tan Song Jie, *Shooting, Secondary 2*
Nicholas Tan Zi Loong, *Shooting, Secondary 3*
Xuan Ilyas Mohammed Azhar, *Shooting, Secondary 3*
Ryker Hector Tan, *Swimming, Secondary 2*
Charlyne Lim, *Table Tennis, Secondary 2*
Sonia Abbas Zainudeen, *Table Tennis, Secondary 2*
Chalene Tan Bao Ling, *Track and Field, Secondary 1*
Alexa Valera Defries, *Track and Field, Secondary 2*
Naema Kyrana Abdullah, *Track and Field, Secondary 4*
Reina Lau, *Track and Field, IBDP, Year 6*
Yvette Chong Ann,
Individual Programme – Artistic Swimming, Diploma in Business, Year 1
Ilyasaq Lee Rosdli,
Individual Programme – Cycling, Secondary 1
Mikha Zuhayr Norman,
Individual Programme – Cycling, Diploma in Business, Year 2
Tara Alayna Weilin Muhammad Khalid,
Individual Programme – Cycling, IBDP, Year 5
Anjanette Tan Le Xuan, *Individual Programme – Golf, Secondary 2*
Denise Ng Wan Xuan, *Individual Programme – Golf, IBDP, Year 6*
Lamasan Chantale Rose Koh,
Individual Programme – Football (Girls), Secondary 4

Andrea Fernandez Rachmadi,
Individual Programme – Floorball, Secondary 4
Cheryl Fernandez Rachmadi,
Individual Programme – Floorball, IBDP, Year 5
Amelyn Sng Hui-En,
Individual Programme – Gymnastics, Diploma in Business Studies, Year 2
Mendel Tan, *Individual Programme – Ju-Jitsu, Secondary 2*
Jonathan Ho Yi En,
Individual Programme – Lawn Bowls, Diploma in Business, Year 1
Adrabella Nurieshtiara Rahmat,
Individual Programme – Pencak Silat, Secondary 2
Danial Hariz Rizal, *Individual Programme – Pencak Silat, Secondary 4*
Madison Rachel Defries,
Individual Programme – Rowing, Secondary 3
Janelle Phua Jing En,
Individual Programme – Sport Climbing, Secondary 2
Natalie Goh Si Hui,
Individual Programme – Sport Climbing, Diploma in Business, Year 2
Gwen Koh En Qi,
Individual Programme – Taekwondo, Secondary 4
Lim Cheng Yu,
Individual Programme – Triathlon, Diploma in Business, Year 2
Mavis Seah Kai Xin,
Individual Programme – Triathlon, Diploma in Business Studies, Year 2
Reyes Loh Shao En, *Individual Programme – Triathlon, IBDP, Year 6*
Justin Saik Kin Yan, *Individual Programme – Water Polo, IBDP, Year 5*
Ricci Ong Zi Rui, *Individual Programme – Water Polo, IBDP, Year 5*
Ryan Chua, *Individual Programme – Water Polo, Secondary 3*
Dylan Tay Jun Ming,
Individual Programme – Water Polo, Secondary 3
Marren McClaren Ravin,
Individual Programme – Wrestling, Diploma in Business, Year 2
Nessya Koh Li Yun, *Individual Programme – Wushu, Secondary 4*
Chua Xin Yun, *Individual Programme – Wushu, IBDP, Year 5*

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1 Champions Way,
Singapore 737913

+65 67660100

enquire@sportsschool.edu.sg

www.sportsschool.edu.sg