

2013 Sports News

Shooting Academy Wins 5 National Colours, 6 Zone Awards, 3 Team Awards

By Jansen Yeo
Strategic Communications Executive



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

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

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

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

Audrey Lim Jia Min 1st National, 1st Zone

Catherine Shi 1st Zone

Fion Pan Cai Feng 1st National, 1st Zone

Martina Lindsay P Veloso 1st National, 2nd Zone, Best School Girl (Shooting)

Ong Yong Qing 1st National, 1st Zone

Yang Shuet Hwei 1st National, 1st Zone

National Colours Team Awards

C Division Boys (Air Pistol)

C Division Boys (Air Rifle)

C Division Girls (Air Pistol)

C Division Girls (Air Rifle)

Martina Wins Singapore's First Medal At Nanjing 2013 AYG



Shooter Martina Lindsay P Veloso won Singapore's first medal – a bronze – at the Nanjing 2013 Asian Youth Games' Women's 10m Air Rifle competition. Martina, 13, is the youngest shooter amongst the 38-strong field but age did not matter as she came within 0.1 point for a place in the final two and a shot at the gold medal.

Martina qualified for the Women's 10m Air Rifle final after finishing 5th during the qualifying round with a score of 409.8 over 40 shots. The top eight shooters qualify for the final. In the final, shooters fire an initial series of six shots, with an elimination after every subsequent series of two shots, until only the final two shooters are left.

After 10 shots, Martina was in second place with a score of 103.5, behind China's He Zichao, who shot a 103.9. Martina took over the lead from He Zichao after the 12th shot and maintained her lead after 14 shots with a score of 145.0 to He Zichao's 144.9. However, she could only manage to shoot a 9.5 in her 15th shot as she fell to second place after 16 shots with a score of 165.1 as He Zichao reclaimed the lead with a score of 165.4. Martina shot a 9.6 and a 10.5 with her next two shots and had to settle for bronze after she was edged out of gold medal contention by South Korea's Kim Jehee, who beat her by 0.1 point, with a score of 185.3 to Martina's 185.2 after 18 shots. He Zichao eventually claimed gold with a score of 205.3 to Kim Jehee's 203.9 after 20 shots.

"It was a case of 'so close yet so far'. I was 0.1 point away from a possible gold medal but nevertheless, I did my best and I am really happy to have won the first medal for Singapore at the Games," said Martina.

Martina's coach Lim Chea Rong, a former national shooter, was pleased with her performance.

She said: "It was a hard fought medal for Martina. She managed to pull herself up from fifth position after 6 shots, to be fighting for a spot in the final two, and narrowly missing it by 0.1 point. It was a really tight contest.

"Considering the fact that she had only started training for one-and-a-half years, and she has not even turned 14 yet, she has a lot of room for improvement. I believe she has enormous potential to do well in the sport."

Aiming At Medal Target

Shooter Martina Lindsay P Veloso, 13, will be looking to shoot her way to glory for Singapore at the Nanjing 2013 Asian Youth Games. She has been in fine form, having won the Under 21 title in the International Junior Shooting Championships in Suhl, Germany, in June 2013. The competition is considered to be the largest international junior shooting event in the world.

Martina first made headlines when she shot a perfect 400 points in the 10m Air Rifle event at the HomeTeamNS Invitation Shoot in February 2013.

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



Martina Lindsay P Veloso, 13
Shooting (Women's 10m Air Rifle)

Martina Lindsay P Veloso made headlines when she shot a perfect 400 points in the 10m Air Rifle event at the HomeTeamNS Invitation Shoot in February 2013. The flawless performance by the Singapore Sports School Secondary 2 student-athlete made her the new National Record-Holder – replacing Olympian Jasmine Ser, whose best result was 399 points which she had shot at the Singapore Open Championships in 2008 and repeated at the International Airgun Competition in Munich in January 2013.

Prior to her national record, Martina's best score was 395, achieved in the Women's Junior 10m Air Rifle Individual event at the 2012 Thailand Open Shooting Championships in Bangkok. Besides this gold medal achievement, she also won another gold medal in the Women's Junior 10m Air Rifle Team event.

In June 2013, she won the International Junior Shooting Championships Under 21 title in Suhl, Germany, considered the largest international junior shooting event in the world and includes all International Shooting Sport Federation Olympic and non-Olympic events. She scored 206.0 points to finish ahead of South Korean Lee Yu Ri (204.3) and Hungary's Katinka Szijj (183.4).

Martina Shoots Her Way To The Top

**By Michaela Oehler
Alumnus, Bowling Academy**



Martina Lindsay P Veloso (centre) 19th International Junior Shooting Competition, Suhl,

Germany, 5 Jun 13

Picture courtesy of 19th International Junior Shooting Competition, Suhl, Germany

It was a proud moment for Martina Lindsay P Veloso as she stood atop the prize podium and sang the “Majulah Singapura” in Suhl, Germany, on 7 June 2013. She had qualified near the bottom but finished at the top with 206.0 points in the Women’s Junior 10m Air Rifle event at the 19th International Junior Shooting Competition, considered the largest international junior shooting event in the world and includes all International Shooting Sport Federation Olympic and non-Olympic events.

Martina, 14, was competing in the Under 21 competition which saw about 50 competitors from shooting powerhouses such as India, Italy, Germany, Russia, South Korea and Hungary, to name a few. Second to Martina was Lee Yu Ri (204.3) from South Korea and Katinka Szijj (183.4) from Hungary.

Click [here](#) to view Martina's gold medal shot.

Click [here](#) to view Martina's medal presentation ceremony.

Shooters Render Service At 'Help Aishah Charity Fun Shoot' Weekend

By Shirley Tan-Oehler
Senior Manager, Strategic Communications



Clockwise, from left, standing: Ho Xiuyi, Sheryl Liew Wei Xuan, Rhoda Belle Ng, Aishah Samad and Aqilah Sudir. At HomeTeam NS Air Gun Range at Bukit Batok on 18 May 2013.



Volunteers of 'Help Aishah Charity Fun Shoot' at HomeTeam NS Air Gun Range at Bukit Batok on 18 May 2013.(Pictures courtesy of Singapore Shooting Association)

A "Lesson From The Champions" on 14 May 2013 led to the Singapore Sports School Shooting Academy participating in a private fund-raiser for Hanoi 2003 Southeast Asian Games shooting bronze medallist Aishah Samad, who lost her lower arms and lower legs to gangrene in July 2012.

"I have become incomplete because of illness. But I am no handicap," said the feisty Aishah, a mother of two.

Aishah was admitted to hospital for abdominal pain which was later diagnosed as uterus infection. As doctors tried to treat her, her kidneys, liver and lungs failed. Then, gangrene set in. Doctors gave her a 20 per cent chance of survival and had to carry out emergency amputation of her toxic limbs in order to save her life.

After the initial shock of finding out that both her arms had been amputated below the elbow and both her legs were cut off below her knees, Aishah turned her negative state to positive.

She attended only one counseling session before she started putting her life together again.

“Can my limbs grow back? No. What can I do? I’m 40 years old. I still have many more years to live. So I decided to make the best of my situation – become a motivational speaker, become a life coach, go back to being a shooting coach, and return to shooting competitively,” said Aishah.

Student-athletes and staff alike were so moved by her resilience to live like a complete person and inspired by her strong spirit to overcome her adversities that they gave her a standing ovation as she walked slowly, with her prosthetic legs, from the centre of the auditorium to her seat by the side.

A group of past and present shooters had, in the meanwhile, been organising the “Help Aishah Charity Fun Shoot”, to raise \$100,000 so that Aishah can have a pair of Bionic V3 arms and another set of prosthetic legs as her current pair no longer fits as the stumps shrank. Among the organisers were Rifle Coach Lim Chea Rong and Pistol Coach Nigel Lim Swee Hon.

Chea Rong spoke to the Shooting Academy about the two-day event to be carried out at HomeTeam NS Air Gun Range at Bukit Batok and Safra Yishun Air Weapons Range on 18 and 19 May 2013, and without any urging, all the student-athletes – except those going overseas for a training stint – volunteered their services to be ushers.

“My personal best is 369/400 points, and when I only managed 354 during the National Schools Shooting Championships, I felt so demoralised, so useless, and I just wanted to give it all up.

“After hearing Aishah speak during ‘Lessons From The Champions’ and feeling her positivity when I volunteered at the ‘Help Aishah Charity Fun Shoot’, I realise that I have no right to give up on myself. I’m going to pick myself up and try and try again,” said Pistol shooter Sheryl Liew Wei Xuan from Secondary 2D.

Another Pistol shooter, Rhoda Belle Ng, from Secondary 1C, said she was also inspired by Aishah.

“The occasional challenges that I face are nothing compared to Aishah’s adversities. Except for the initially shock and sadness that she said she felt, which is natural, she has not regarded being without limbs as a misfortune.

“She sees herself as ‘incomplete’ and therefore, is finding ways and learning to adapt. A lesson that she has taught me is to be creative, to find my way around an obstacle instead of just standing in front of it and remain being blocked,” said Rhoda, whose best score is a 344/400.

Ho Xiuyi, from Secondary 1C, who has shot 385/400 using a Rifle, added: “Despite any difficulties, so long as you have the passion, you must keep going, keep working at it to become a better marksman. This is what I’m going to do – because I owe it to myself to be the best that I can be.”

For the record, the two-day fund-raiser garnered about \$130,000.

Aishah said: “I am very grateful to the staff and shooters from the Sports School who have come forward to help me. I am so touched. So many who came don’t know me personally but they want to help me stand on my own two feet again. I am very encouraged.”

Shooters Sweeps 3 'C' Division Titles

By Koh Aik Beng
General Manager, Shooting Academy



The National Inter-Schools is a nerve-racking competition for both coaches and shooters. To most shooters, this competition is the Olympics where school's tradition, pride and honour are at stake.

Hence, the Shooting Academy was over the moon when its shooters rose to the challenge and swept three of the four C Division team titles. The academy won the team gold in the Air Rifle Girls, the Air Rifle Boys and the Air Pistol Girls events. The academy also won the bronze medal in the Air Pistol Boys event.

In the Air Rifle Girls event, Catherine Shi won the individual gold medal. Her score of 391 points equalled the event record. Adele Tan followed up with a bronze.

In the Air Rifle Boys event, Ong Yong Qing shot his way into first place and Mohamad Irwan finished in fourth.

Fion Pan, Shannon Ng and Sheryl Liew came in second, third and fifth in the Air Pistol Girls event.

Ricky Lim finished off the C Division with a fourth placing in the Air Pistol event.

In the B Division, Audrey Lim won the gold medal in the Air Rifle event while Yang Shuet Hwei followed up with a bronze. Audrey's score of 393 is the highest score across all divisions.

Although, the National Inter-Schools was a 6-day event but it took the academy three months of tears and sweat to prepare. The shooters owe their fantastic results to their coaches. The academy would like to thank Coach Chea Rong, Nigel, Annie and Vanessa for their guidance, patience and belief.

Shooter Martina Lindsay Veloso Sets New National Record

By Jansen Yeo

Executive, Strategic Communications



Singapore Sports School student-athlete Martina Lindsay Veloso set a new national mark when she shot a perfect score of 400 in the Women's 10m Air Rifle event at the HomeTeamNS Invitation Shoot, from 1 to 3 February 2013. She broke Olympian Jasmine Ser's record of 399, first set in 2008, and which she equalled on 26 January 2013 at the International Airgun Competition in Munich, Germany.

Martina, a Secondary 2 student-athlete, was part of the team from the Shooting Academy that competed against more than 270 shooters in the Schools Division at the HomeTeamNS Invitation Shoot. Her score of 400 won her the individual

title; teammates Yang Shuet Hwei and Adele Tan came in second and third, respectively. Martina also teamed up with Shuet Hwei and Audrey Lim to win the team event with a combined score of 1,170.

Martina picked up shooting in 2011 through the Academy's "Learn-to-Shoot" programme for partner primary schools. She was one of six rifle shooters, 3 boys and 3 girls, handpicked by Coach Lim Chea Rong, to be part of the Academy when it was officially established in January 2012.

Last year, Martina competed in five sanctioned competitions. She won two silver medals in the "C" Division Girls' 10m Air Rifle individual and team events at the National Schools Games 2012. At the Thailand Open Shooting Championships, in which she represented Singapore Shooting Association, Martina won an individual gold and a team gold. There, she posted her personal best score of 395; until she shot her perfect 400.

Martina and her coach, Chea Rong, know that it is not possible to always hit 400.

"Martina will have to learn how to manage her highs and lows, and the School will help her, along with the others in the team," said Chea Rong herself a national shooter.

After all, Martina is only 13...