

2012 Academic News

Scott Ang Presented Singapore Armed Forces Overseas Scholarship

By Shirley Tan-Oehler

Senior Manager, Strategic Communications



Scott Ang receiving the PSC Scholarship from Deputy Prime Minister Teo Chee Hean. Picture courtesy of Public Service Division, Prime Minister's Office.

Swimmer/Triathlete Scott Ang Yiqiang has been awarded the Public Service Commission Scholarship (Singapore Armed Forces Overseas Scholarship). He received his Scholarship from Mr Teo Chee Hean, Deputy Prime Minister and Minister in-charge of the Singapore Civil Service, at Grand Copthorne Waterfront Hotel, on 24 July 2012.

Scott is the first recipient from Singapore Sports School, since its establishment in 2004, of this prestigious Scholarship for outstanding young men and women with the passion to serve Singapore and Singaporeans through a career with the Public Service.

Scott was from the Swimming Academy, where he also trained in cycling and running for triathlon events. He sat for the GCE "O" Level Examinations in 2009 and scored 6 distinctions and a L1R5 score of 7 points. He then

went to Anglo-Chinese School (Independent) for the International Baccalaureate Diploma Programme where he scored 44 out of a possible 45 points in his Year 6 Examinations.

Scott represented Singapore in Triathlon at the Singapore 2010 Youth Olympic Games. While at ACS (Independent), he was also elected President of the Students' Council.



Pictures courtesy of SYOGOC

2012 Sports News

Brandon Boon Wins Bronze in 5th Asian Open Water Swimming Championships

Brandon Boon (RP- SSP DSLM) and SSP student Raphael Chau represented Singapore in the 5th Asian Open Water Swimming Championships that was held in Hong Kong on 21 October 2012. The race involved a 5km swim in Victoria Harbour with the starting point at Kowloon and finishing at Hong Kong Island. A total of 18 male and 13 female swimmers representing 8 countries participated in this event. Battling 1m high waves and fairly strong current, Brandon swam an excellent race and touched home in 3rd place behind Kazakhstan and China. Raphael also put in a good performance in his first open water swim for Singapore and finished in 10th position. The experience will serve both boys well as they continually look

to compete in more open water events and fly the Singapore and Sports School flags high.





Synchronised Swimmers Awarded Special Colours

Synchronised swimmers Yap Yu Hui, Lee Meishuang and Natalie Chen were awarded Special Colours for having represented Singapore at the Jakarta-Palembang 2011 Southeast Asian Games and winning a clutch of silver and bronze medals.

Altogether, nine swimmers won Zone Awards and National Colours. Additionally, the Singapore Sports School Swimming Academy also won four Team Awards.

The annual presentation ceremony was held at Nanyang Polytechnic on 14 September 2012, but only selected representatives from each school were invited to participate in the ceremony. To celebrate the recipients of 120 Zone Awards and 85 National Colours, and members of 25 Team Awards, Singapore Sports School held its own presentation ceremony on 27 September 2012. Olympian Derek Wong, who represented Singapore in Badminton at the London 2012 Olympic Games, was the guest-of-honour who presented the certificates to the award winners.

Five student-athletes were named the Best School Boy/Girl in their respective sport. They are: Terry Hee (Badminton), Darren Ong (Bowling), Adam Swandi (Football), Ang Wan Qi (Table Tennis) and Veronica Shanti Pereira (Track and Field). Wan Qi was also a member of the Singapore Schools Table Tennis Girls Team that won the Best Team Award (Girls).

Special Colours Award

Yap Yu Hui Represented Singapore at 2011 SEA Games

Lee Meishuang Represented Singapore at 2011 SEA Games

Natalie Chen Represented Singapore at 2011 SEA Games

Individual Awards

Chin Khar Yi 1st National, 2nd Zone

Hoong En Qi 1st National, 1st Zone

Koh Xiao Li 2nd Zone

Natasha Tan Wen Xi 1st National, 1st Zone

Phiangkwan Pawapotako 2nd National, 2nd Zone

Benedict Boon Ji Chao 1st Zone

Koh Jun Wei 2nd Zone

Lim Ching Hwang 3rd National, 3rd Zone

Tan Gin Yu 1st National, 1st Zone

North Zone Team Awards

B Division Girls 3rd Zone

C Division Girls 3rd Zone

B Division Boys 2nd Zone

C Division Boys 3rd Zone



When Competing In The Olympics Is Not Enough

By Jansen Yeo

Strategic Communications Executive





Mark Foster started taking swimming lessons when he was 10 years old. Whenever he stood at the starting blocks, he only had one thing in mind - to be the first one to get to the other side. Therefore, it is little wonder that at age 11, he became the world's fastest swimmer in his age-group.

That same "be there fastest" mentality has pushed him through countless hours of gruelling training, helping him become a five-time Olympian, win six World Championship titles and break eight world records in a stellar career that has spanned more than 20 years. And he's not done yet. Sharing with Singapore Sports School student-athletes and staff during the School's "Lessons From The Champions" session on 16 July 2012, Mark still aspires to compete for Great Britain at the Glasgow 2014 Commonwealth Games and the Rio de Janeiro 2016 Olympic Games. And, he's 42 this year.

If Mark qualifies for the 2016 Games, he will be 46 and competing against men half his age.

What this means is he will resume braving the cold pool waters at 6 am every day for training, something that nobody looks forward to. Yet, despite all these challenges, Mark still retains that desire and "be there fastest" mentality that has enabled him to achieve what he has.

For Mark, it is also about the honour of standing on the international stage and representing Great Britain. He said being Team Great Britain's flag bearer at the Beijing 2008 Olympic Games was one of his proudest moments. While Mark has still to win a medal at the Olympic Games, it is these moments that keep him hungry for more and to reach out for the stars.

Mark was in Singapore for the Singapore Olympic Foundation-Peter Lim Scholarship Awards Presentation which he presented that afternoon to a total of 270 recipients. Among them were 63 Sports School student-athletes and 13 alumni.

36th Southeast Asian Age-Group Swimming Championships, Palembang, Indonesia 1 to 3 June 2012

By Barry Prime

Head Coach, Swimming

Our Swimming Academy congratulates all 12 student-athletes (7 male and 5 female) who were selected to represent Singapore, Malaysia or Indonesia at the 36th Southeast Asian Age-Group Swimming Championships. It is indeed an honour to be selected to represent one's country.

In all, 4 gold, 5 silver and 5 bronze medals were won. Additionally, 1 SEA

Age-Group Record, 9 School Records (1 equalled) and 21 Personal Best times were achieved. Whilst it is the aim of each student-athlete to improve his performances at each competition throughout the swimming season, in reality this is often not possible due to the closeness and the on-going nature of the competitions. So, the aim is to perform within 1 to 3 per cent of their best-ever performances.

The frequency of the competitions is very good as this also acts as a training and competition tool/stimulus for the student-athletes' short- and long-term development. The high quality of an athlete's performance in competition is something they are often unable to achieve in a daily training situation due to their busy daily schedule and their psychological make-up. So, the excitement of the competition and their competitive nature act as the stimulus for the athlete to raise his performance standard to support the training preparation he performs on a daily basis.

Eleven of the 12 competitors managed to perform Personal Best times congratulations to all. The one person who did not perform a Personal Best was within 1 per cent of his personal best performance ever, which is very good.

Although the student-athletes performed well, the coaches and I will of course do our utmost to ensure that they continue to improve throughout the remainder of competitions that are still to take place between now and August.

Results Please [click here](#)

53rd Milo National Inter-School Swimming Championships

Sports School Wins 38 Medals, Rewrites 1 National Record, 3 Meet Records

By Ng Kok Wei

Senior General Manager, Swimming Academy

Singapore Sports School swimmers clocked three new Meet Records and won a haul of 11 Gold, 13 Silver and 14 Bronze medals at the 53rd MILO National Inter-School Swimming Championships that closed on 25 April 2012.

This compares better than the 3 Meet Records, 9 Gold, 9 Silver and 11 Bronze from last year's outing.

Championship Results Please [click here](#)

The 3 new meet records were established by Lim Ching Hwang ("B" Division Boys 100m and 200m Freestyle) and Hoong En Qi ("C" Division Girls 50m Butterfly). En Qi's is also a new National Under 14 Record.

RESULTS

Gold

Koh Jun Wei ("B" Division Boys 50m Freestyle)

Lim Ching Hwang ("B" Division Boys 100m Freestyle - Record)

Lim Ching Hwang ("B" Division Boys 200m Freestyle - Record)

Tan Gin Yu ("B" Division Boys 200m Individual Medley)

"B" Division Boys 4x50m Freestyle

Koh Xiao Li ("B" Division Girls 50m Breaststroke)

Phiangkhwan Pawapotako ("B" Division Girls 200m Individual Medley)

"B" Division Girls 4x50m Medley

Hoong En Qi ("C" Division Girls 50m Freestyle)

Hoong En Qi ("C" Division Girls 50m Butterfly - Record)

Chin Khar Yi ("C" Division Girls 100m Butterfly)

Silver

Benedict Boon ("B" Division Boys 100m Freestyle)

Benedict Boon ("B" Division Boys 200m Freestyle)

Oh Yao Jie ("B" Division Boys 400m Freestyle)

Lee Yong Jia ("B" Division Boys 1,500m Freestyle)

Dylan Tan ("B" Division Boys 100m Butterfly)

Malcolm Low ("B" Division Boys 200m Backstroke)

"B" Division Boys 4x50m Medley

Natasha Tan ("B" Division Girls 100m Butterfly)

Phiangkhwan Pawapotako ("B" Division Girls 200m Breaststroke)

"B" Division Girls 4x50m Freestyle

Bryan Tjut ("C" Division Boys 200m Individual Medley)

Constance Lien ("C" Division Girls 50m Breaststroke)

"C" Division Girls 4x50m Freestyle

Bronze

Raphael Chau ("B" Division Boys 400m Freestyle)

Oh Yao Jie ("B" Division Boys 1,500m Freestyle)

Malcolm Low ("B" Division Boys 100m Backstroke)

Jiang Ruizhe ("B" Division Boys 200m Backstroke)

Tan Gin Yu ("B" Division Boys 200m Butterfly)

Chow Yan Teng ("B" Division Girls 50m Backstroke)

Marcus Goetz ("C" Division Boys 50m Freestyle)

Marcus Ralph Goetz ("C" Division Boys 100m Freestyle)

Bryan Tjut ("C" Division Boys 200m Freestyle)

Bryan Neo ("C" Division Boys 100m Backstroke)

"C" Division Boys 4x50m Freestyle

"C" Division Boys 4x50m Medley

Chin Khar Yi ("C" Division Girls 200m Individual Medley)

"C" Division Girls 4x50m Medley

Final Day Results Please [click here](#)

53rd MILO National Inter-School Swimming Championships

Ching Hwang, En Qi Swim To New Meet Records

By Ng Kok Wei

Senior General Manager, Swimming Academy

After two days of finals, our swimmers have proudly returned with 7 Gold, 5 Silver and 6 Bronze medals at the 53rd MILO National Inter-School Swimming Championships. In the process, two new Meet Records were established by Lim Ching Hwang ("B" Division Boys 200m Freestyle) and Hoong En Qi ("C" Division Girls 50m Butterfly).

The other 5 Golds were contributed by En Qi ("C" Division 50m Freestyle), Phiangkhwan Pawapotako ("B" Division Girls 200m Individual Medley), Tan Gin Yu ("B" Division Boys 200m Individual Medley), Koh Jun Wei ("B" Boys 50m Freestyle) and Koh Xiao Li ("B" Division Girls 50m Breaststroke).

Weighing in with Silvers were Phiangkhwan ("B" Division Girls 200m Breaststroke), Benedict Boon ("B" Boys 200m Freestyle), Bryan Tjut ("C" Boys 200m Individual Medley), Constance Lien ("C" Division Girls 50m Breaststroke) and Malcolm Low ("B" Boys 200m Backstroke).

Bronze medalists include Bryan ("C" Division Boys 200m Freestyle), Chow Yan Teng ("B" Division Girls 50m Backstroke), Chin Khar Yi ("C" Division Girls 200m Individual Medley), Marcus Goetz ("C" Boys 50m Freestyle), Jiang Ruizhe ("B" Division Boys 200m Backstroke) and Tan Gin Yu ("B" Division Boys 200m Butterfly).

Results Please [click here](#)

Others

"Past Years' Participation and Results"

2011. Please [click here](#)

Videos

Swimmer Phiangkwan strikes gold at 4th ASEAN School Games. She represents Singapore Sports School.

TV NEWS CLIPPING Please [click here](#)

The 4th ASEAN Schools Games is held in Surabaya, Indonesia. The highlight of the second day of competition was the 200m Individual Medley for women, which 16-year-old Thai national swimmer Phiangkwan Pawapotako competed, representing Singapore Sports School. As expected, Phiangkwan has improved markedly after studying and training at Singapore Sports School for almost two years now.

She was the first swimmer to win a gold medal in the swimming pool with a time of 2:18.40s in the 200m IM. She broke the record held by Nattanan Chankrajang (Umm), of Thailand, at the Sea Games last year. Phiangkwan bettered Umm's time by 0.35s.

Phiangkwan said: "When I was receiving the gold medal, I wanted to sing the Thai national anthem... But never mind, I can do it for my parents privately. I am very happy to have broken the record."

Phiangkwan, who is on a four-year Singapore Government scholarship, had won a bronze medal last year.