2018 News

Sports School Contributes To Half The Medals Won
Jakarta-Palembang 2018 Asian Games

Posted: 14 September 2018
Singapore Sports School’s present and past student-athletes have competed in four editions of Asian Games with their best showing at the Jakarta-Palembang 2018 Asian Games held from 18 August to 2 September 2018.
At Doha 2006, Guangzhou 2010 and Incheon 2014, Sports School representatives on Team Singapore returned with 18 medals. In Indonesia, our contingent won 1 gold, 3 silvers and 7 bronzes. The 11 medals make up 50 per cent of the total number of medals that Team Singapore won. Moreover, swimmer Roanne Ho Ru’En and hurdler Dipna Lim Prasad also cracked National Records in their events.

Some notable achievements by the Sports School contingent are:

**Bowling**
Post-secondary student-athletes Muhammad Jaris Goh Ali Akbar Goh and Darren Ong Wei Siong, both on the Diploma in Sports and Leisure Management (DSLM) programme, and alumnus Alex Chong Wei Chien won the Men’s Trios bronze medal, the first medal in this event since Busan 2002.

**Fencing**
Amita Marie Nicolette Berthier scored 17 points in the fifth bout of the Women’s Foil Team quarter-finals to bring Team Singapore into the semi-finals. Amita, fellow alumna Tatiana Wong Yu Rong and Maxine Wong came home with the bronze medal. It was the first
Women’s Foil Team medal that Team Singapore had won since the event was included at Doha 2006.

**Pencak Silat**
Team Singapore won a total of 2 silvers and 3 bronzes, of which our alumni contributed 1 silver and all the bronzes – a silver by Sheik Ferdous Sheik Alau’ddin in the Men’s Tanding I class and bronzes by Sheik Farhan Sheik Alau’ddin (Men’s Tanding J class), Nurul Shafiqah Mohamed Saiful (Women’s Tanding B class) and Siti Khadijah Mohamad Shahrem (Women’s Tanding C class).

**Sailing**
Alumna Cecilia Low Rui Qi and partner Kimberly Lim won all 15 races in the Women’s 49erFX category. This is Cecilia’s second Asian Games gold medal, her first was won with alumna Rachel Lee Qing in the Women’s 420 class at Guangzhou 2010.

**Shooting**
Alumna Martina Lindsay P Veloso qualified for two finals (Women’s 10m Air Rifle, Women’s 50m Rifle 3 Position) and narrowly missed out on a third – by 0.1 of a point, with post-secondary student-athlete (DSLM) Mohamad Irwan Abdul Rahman in the Mixed Team 10m Air Rifle event. They finished 6th, with only the top 5 advancing to the final.

**Swimming**
Roanne Ho Ru’en rewrote the Women’s 50m Breaststroke National Record when she touched the wall in 31.23s. Her silver medal was the first breaststroke medal won by a Singaporean at the Asian Games.
Alumna Hoong En Qi was the swam the first leg in the Women’s 4x100m Medley Relay Heats and her Backstroke lead-off was clocked at 1:04:43s – a personal best. Her team went on to win the bronze medal.

**Track and Field**
Dipna Lim Prasad ran the Women’s 400m Hurdles Heats in 58.93s for a new National Record. She is the first Singaporean woman to have run a sub-59s race in this event.

**Wushu**
Debutant Jowen Lim Si Wei made a combined score of 19.40 points in Daoshu and Gunshu and was edged out of the bronze medal position by just 0.01 point. The DSLM student-athlete had competed with a badly injured ankle throughout the competition and yet, despite his injury, managed to improve on his Kuala Lumpur 2017 Southeast Asian Games gold-medal score of 19.37 points.
We Are Sports School, We Are Singapore
2018 National Day Celebration and Tapestry Unveiling
It was a congregation of Singapore Sports School’s family – student-athletes from the present and past, staff, members from the school’s Board of Directors and parents from the Sporting Parents Network – to celebrate Singapore’s 53rd birthday at Sports School. A Dikir Barat performance kicked-off the morning event in The Arena on 8 August 2018.

Secondary 1 student-athletes Eleanor Quah Yu Wei and Trinity Alcantara Goh, both from the Swimming Academy, delivered a dramatic reading, recounting the nation’s historic events and significant milestones, as well as the how far the Little Red Dot has progressed in just 53 years since independence was gained on 9 August 1965. Their reading was accompanied by performances from flute-player Au Yong Qing Yong (Shooting Academy), Lyn Yeo Siew Lyn (Rhythmic Gymnastics), Amirah Sahrin (Pencak Silat) and Kimberly Ong Li Ling (Wushu).

Olympian Tao Li returned to her alma mater with an apt rendition of “Home”. Netball alumna Nurul Amira Johar also joined in the celebration, leading the school in National Day songs.

To add to the celebratory mood, a sumptuous lunch of local specialties such as chicken rice, satay, chilli crab and laksa was prepared by Sodexo, Sports School’s in-house caterer.

During the commemorative event, Sports School Principal Mr Tan Teck Hock also took the opportunity to thank Ms Yeoh Chee Yan, former Permanent Secretary of the Ministry of Culture, Community and Youth, for her contributions to the school and service to the nation. Her work in MCCY since the ministry was formed in November 2012 has also seen positive impacts on social cohesion and building national identity amongst Singaporeans. Ms Yeoh, also the former Chairman of the school’s Board of Directors, played an important role in Sports School’s growth and direction. She relinquished her role as Permanent Secretary on 1 July 2018.
Prior to the National Day celebration, a tapestry was unveiled at Sports School’s swimming complex ahead of Sports School’s 15th Anniversary in 2019. Student-athletes had a hand in painting the artwork that dons the school block facing the school’s two Olympic-sized swimming pools on 27 and 28 July 2018.

**Going For Gold At Asian Games**

*Posted: 15 August 2018*

Singapore Sports School will be cheering for its 42 present and past student-athletes that form Team Singapore’s 223-strong contingent at the Jakarta-Palembang 2018 Asian Games. They will compete across 11 sports at the 18th Asian Games from 18 August to 2 September 2018.

**Singapore Sports School Representatives at Jakarta-Palembang 2018 Asian Games**

**Aquatics**

*Artistic Swimming*

- Ariel Sng Kai Lin
- Debbie Soh Li Fei

**Diving**

- Fong Kay Yian

**Swimming**

- Amanda Lim Xiang Qi
- Chantal Liew Li-Shan
- Hoong En Qi
- Pang Sheng Jun
- Roanne Ho Ru’En

**Athletics**

- Dipna Lim Prasad
- Nur Izlyn Zaini
- Veronica Shanti Pereira
- Wendy Enn

**Bowling**

- Alex Chong Wei Chien
- Basil Dill Ng Jui Chang
- Bernice Lim Hui Ying
- Daphne Tan Shi Jing
- Darren Ong Wei Siong
Jazreel Tan Shi Hua
Muhammad Jaris Goh Ali Akbar Goh

**Fencing**
Amita Marie Nicolette Berthier
Cheryl Lim
Tatiana Wong Yu Rong

**Golf**
Abdul Hadi Uda Thith
Gregory Raymund Foo Yongen
Low Wee Jin

**Ju-Jitsu**
Constance Lien Tian-En

**Pencak Silat**
Abdul Raaziq Abdul Rashid
Hamillatu Arash Juffrie
Muhammad Iqbal Abdul Rahman
Muhammad Nur Alfian Juma'en
Nujaid Hasif Zainal Abidin
Nurul Shafiqah Mohamed Saiful
Nurul Suhaila Mohamed Saiful
Sheik Farhan Sheik Alau'ddin
Sheik Ferdous Sheik Alau'ddin
Siti Khadijah Mohamad Shahrem

**Sailing**
Cecilia Low Rui Qi

**Shooting**
Martina Lindsay P Veloso
Mohamad Irwan Abdul Rahman
Shirlene Hew Yun Ting

**Table Tennis**
Zhang Wanling

**Wushu**
Jowen Lim Si Wei
Debbie Is Sportsgirl Of The Year
2018 Singapore Sports Awards

Posted: 15 August 2018
Debbie Soh Li Fei’s fine display of grace and technique in the pool delivered Singapore her first gold medal of the Kuala Lumpur 2017 Southeast Asian Games, and the first medal up for grabs in synchronised swimming, in the Solo Free Routine. She went on to win four more medals – 2 golds and 2 silvers – at the 29th SEA Games.

Her sport achievements in 2017 saw the synchronised swimming national captain named Sportsgirl of the Year at the 2018 Singapore Sports Awards on 18 July 2018. Debbie was among four athletes nominated for the award, which included former Singapore Sports School student-athletes Amita Marie Nicolette Berthier (Fencing) and Martina Lindsay P Veloso (Shooting).

Debbie, a student-athlete in Sports School’s extended International Baccalaureate Diploma Programme, became the first Singaporean to win an individual gold medal in a synchronised swimming event at the biennial Games. In the previous edition of the Games in 2015 on homeground, Debbie was just making her debut as a member of the team. The team won the country’s first gold medal in the sport that year.
Debbie won a second award that evening in the Sportsboy/Sportsgirl Team of the Year category, alongside post-secondary teammates Ariel Sng Kai Lin, Gwyneth Goh Xiao Hui and
Miya Yong Hsing, for the synchronised swimming team’s achievements at the 2017 SEA Games.

The awards ceremony organised by Singapore National Olympic Council saw many present and past student-athletes receive awards, including Bowling Academy alumnae Daphne Tan Shi Jing, Jazreel Tan Shi Hua and New Hui Fen in the Team of the Year (Event) Award for their contributions to the Women’s Team silver medal at the 2017 World Bowling Championships.

Post-secondary student-athletes Abdul Raaziq Abdul Rashid (Pencak Silat) and Jowen Lim Si Wei (Wushu) from the Diploma in Sports and Leisure Management Programme were nominees for the Sportsboy and Sportsman of the Year respectively.

LIST OF AWARD RECIPIENTS
Sportsgirl of the Year
Debbie Soh Li Fei

Team of the Year (Event) – Bowling
Daphne Tan Shi Jing
Jazreel Tan Shi Hua
New Hui Fen

Sportsboy/Sportsgirl Team of the Year – Synchronised Swimming
Ariel Sng Kai Lin
Debbie Soh Li Fei
Gwyneth Goh Xiao Hui
Miya Yong Hsing

Meritorious Award (Individual)
Sheik Farhan Sheik Alau’ddin (Pencak Silat)
Nurul Shafiqah Mohamed Saiful (Pencak Silat)
Amanda Lim Xiang Qi (Swimming)
Roanne Ho Ru’En (Swimming)
Sasha Siew Hoon Christian (Waterskiing)

Meritorious Award (Sportsboy/Sportsgirl Individual)
Mohamad Irwan Abdul Rahman (Shooting)
Miya Yong Hsing (Synchronised Swimming)

Meritorious Award (Sportsboy/Sportsgirl Team)
19th Asian Youth Bowling Championships Girls Team
Amabel Chua Jiaying
Charlene Lim Jia Yi
Iliya Syamim Muhammad Azni
Jermaine Seah

SAT 2017 Junior World Cup Circuit Men’s Foil Team
Yeo Jing Zhe

2017 ISSF World Junior Championships Girls Team
Adele Tan Qian Xiu
Ho Xiu Yi
Martina Lindsay P Veloso

Meritorious Award (Team)
Kuala Lumpur 2017 Southeast Asian Games Bowling Men’s Team
Basil Dill Ng Jui Chang
Darren Ong Wei Siong
Keith Saw Hui-Xun
Muhammad Jaris Goh Ali Akbar Goh
Timothy Theodore Tham Fu Rong

Kuala Lumpur 2017 Southeast Asian Games Golf Men’s Team
Gregory Raymund Foo Yong En
Joshua Shou Minqing
Marc Ong Chong Ching

Kuala Lumpur 2017 Southeast Asian Games Swimming Men’s 4x200m Freestyle Relay Team
Pang Sheng Jun

Kuala Lumpur 2017 Southeast Asian Games Swimming Women’s 4x100m Freestyle Relay Team
Amanda Lim Xiang Qi

Kuala Lumpur 2017 Southeast Asian Games Swimming Women’s 4x100m Medley Relay Team
Hoong En Qi

Kuala Lumpur 2017 Southeast Asian Games Table Tennis Men’s Doubles
Pang Xue Jie

Kuala Lumpur 2017 Southeast Asian Games Table Tennis Women’s Team
Yee Herng Hwee
Global Learning For IB Student-Athletes
2018 IB World Student Conference (Hong Kong)

Posted: 15 August 2018
Twenty-three student-athletes from Singapore Sports School’s International Baccalaureate Diploma Programme participated in the 2018 IB World Student Conference in Hong Kong from 31 July to 6 August 2018. They had the opportunity to interact with IB students around the world while acquiring a deeper interest in global issues.
This year’s theme of “Education for All: Moving Towards a Gender-Fair World” allowed Sports School’s IBDP post-secondary student-athletes to explore and discuss the issues of gender inequalities in education and what can be done to alleviate the problems and create an inclusive education system.

During the week-long conference that took place at the University of Hong Kong, student-athletes immersed themselves in discussions relevant to the said theme through keynote speeches; Skills Sessions, which equips participants with essential skills for their Creativity, Activity, Service projects; Global Action Teams sessions, where groups brainstorm for practical solutions to their CAS projects and discuss issues raised by the speakers.

Keynote speakers at the conference included Professor Nirmala Rao, a specialist in childhood development and education; Professor Petula Sik Ying Ho, a leading researcher in gender and sexuality issues; and Professor Peter Mathieson, a champion for the HeForShe movement for the advancement of gender equality.

Student-athletes were placed in culturally mixed Global Action Teams to enhance their international learning experience, and at the end of the conference, each team had to give a presentation of their project. Sports School student-athletes’ conference experience was sweetened when several of them won awards for Best Project and Best Presentation with their teams.

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Best Project Award

*Team Members (Sports School): Nur Azmina Mohammad Nazri, Phebe Meredith Lau Zhi Ling and Regine Goh Xuan Xuan*

Project Synopsis: Project “#BREAKINGCODES”, comprising students from Singapore, Nepal, Mauritius, Malaysia, Indonesia and Cameroon, aims to embrace healthy minds by breaking gender stereotypes and tackling social expectations that lead to problems such as “The Confidence Gap” and psychological disorders, affecting one’s overall well-being. The online website will provide resources on mental health and the various ways (camps, talks, activities, etc.) schools and communities can reach out to individuals – mainly youths – and empower them to build their confidence.

– By Nur Azmina Mohammad Nazri (Shooting Academy, IBDP Year 5)

Best Presentation Award

*Team Members (Sports School): Veralyn Tan Chou Xin*

Project Synopsis: Our project titled Fundamentals revolves around creating an application that will provide early childhood educators teaching in kindergartens and lower primary levels with gender-neutral resources to help guide their curriculum, away from the possibility of subconsciously establishing gender stereotypes at an early age.

– By Veralyn Tan Chou Xin (Fencing Academy, IBDP Year 5)

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HK Tie-Up For IB CAS
Memorandum of Understanding With Singapore International School (Hong Kong)
Singapore Sports School’s International Baccalaureate Diploma Programme will have a platform to collaborate with students from Singapore International School (Hong Kong) for their Creativity, Activity, Service component.
Sports School Principal Mr Tan Teck Hock signed a Memorandum of Understanding with SISHK on 6 August 2018 which will allow students from both schools to embark on CAS projects in either country, or in other third-world countries. The sharing of knowledge between students from both institutions will allow Sports School student-athletes to gain a different and broader perspective of global issues, as well as facilitate a deeper appreciation of cultural differences in the country they’re in. Staff will also have opportunities to learn and enhance their teaching skills from stints in SISHK.

Double Hat-Trick
2018 National Pencak Silat Championships

Posted: 13 July 2018

It was a hat-trick of gold medals for Singapore Sports School’s Amirah Sahrin and Aniq ‘Asri Mohammad Yazid at the 42nd National Pencak Silat Championships from 6 to 8 July 2018. They were among 11 Sports School pencak silat exponents that raked in 17 gold, 3 silver and 1 bronze medals.

Secondary 4 student-athlete Amirah claimed the gold medal in the Girls Junior Match Class “C”. She also struck gold in the Artistic Doubles and Team events together with our Secondary 3’s Siti Fathimah Mohamad Shahrem.

Similarly, Aniq brought home the Boys Pre-Junior Match Class “G”, Artistic Singles and Artistic Doubles titles.

RESULTS
Abdul Raazaq Abdul Rashid
1st – Men’s Senior Match Class “D

Amirah Sahrin
1st – Girls Junior Artistic Doubles
1st – Girls Junior Artistic Team
1st – Girls Junior Match Class “C”

Aniq ‘Asri Mohammad Yazid
1st – Boys Pre-Junior Artistic Singles
1st – Boys Pre-Junior Artistic Doubles
1st – Boys Pre-Junior Match Class “G”

Nadrah Sahrin
1st – Girls Pre-Junior Artistic Doubles
2nd – Girls Pre-Junior Artistic Team
1st – Girls Pre-Junior Match Class “D”

Nujaid Hasif Zainal Abidin
1st – Men’s Senior Artistic Team

Nur Allyssya Sallehuddin
1st – Girls Pre-Junior Artistic Doubles
2nd – Girls Pre-Junior Artistic Team

Nur Hadi Norshamsuddin
1st – Boys Junior Artistic Singles
2nd – Boys Junior Artistic Doubles

Sheik Fayz Sheik Alau’ddin
1st – Boys Junior Match Class “G”

Siti Fathimah Mohamad Shahrem
1st – Girls Junior Artistic Doubles
1st – Girls Junior Artistic Team
2nd – Girls Junior Match Class “C”

Siti Khadijah Mohamad Shahrem
3rd – Girls Senior Match Class “D”

Yusri Mohd Yusoff
1st – Boys Pre-Junior Artistic Team
1st – Boys Pre-Junior Match Class “B”
Often looked up to as a fighter that never gives up, national bowler Bernice Lim Hui Ying is an idol to many. The Singapore Sports School alumna will be making her Asian Games debut in Jakarta-Palembang next month from 18 August to 2 September 2018.

To Bernice, respect for sports is a crucial aspect for success. It means that she gives 100 per cent in every shot she makes.

“Putting in the hard work and effort required to be the best athlete that I can be, showing good sportsmanship, and putting up a good fight on the lanes.”
Despite missing out on several major championships over the last few years, Bernice continues to take a positive outlook on the situation and respects the decisions made by the coaches.

“We always have two choices: To give up or to work harder. I ask myself, what kind of athlete, or person, do I want to be? Someone who gives up when adversity hits, or someone who pushes through the tough times? I remind myself to look at the bigger picture, and that these setbacks are just obstacles that will make me a stronger athlete in pursuit of my goals.”

As someone who never gives up, she continues to train hard and aspires to do her best at all competitions. Bernice has recently enjoyed success at international events, namely winning the PWBA United States Bowling Congress Queens in 2016 and her Women’s Singles triumph at the AIK International Championships, a mixed gender competition that took place at Stockholm in January 2018. Her latest win comes in the form of a Runner-Up title at the 44th Hong Kong International Open in June.

Bernice’s respect for self and bowling have helped her achieve personal excellence and allowed her to perform at her highest potential. “It is important to trust the expert opinion of your coaches and trainers so that you can improve your game. Learn to work with a team and recognise their strengths. Respecting opponents by winning modestly and losing graciously will take you a long way, not forgetting the spectators, especially those supporting your opponents.”

In preparation for the upcoming 18th Asian Games, Bernice has been working very closely with sport scientists at Singapore Sports Institute to improve her mental game, as well as refining her movement mechanics through video analysis since end 2017.

“I am very happy with my progress leading up to the Asian Games. Sport Science is an area that athletes often overlook but can be very beneficial, especially at the elite level. I’m very thankful for the support that we have from Singapore Sports Institute.”

With a goal in mind, Bernice continues to strive towards flying Singapore’s flag high.

“This will be my first time representing Singapore at the Asian Games and my goal is to do the country proud; to stay present and focus on one shot at a time.”

Forty-two present and past student-athletes form part of Team Singapore’s 223-strong contingent at the Jakarta-Palembang 2018 Asian Games.

**Singapore Sports School Representatives at Jakarta-Palembang 2018 Asian Games**

Aquatics

*Artistic Swimming*

Ariel Sng Kai Lin

Debbie Soh Li Fei
Diving
Fong Kay Yian

Swimming
Amanda Lim Xiang Qi
Chantal Liew Li-Shan
Hoong En Qi
Pang Sheng Jun
Roanne Ho Ru’En

Athletics
Dipna Lim Prasad
Nur Izlyn Zaini
Veronica Shanti Pereira
Wendy Enn

Bowling
Alex Chong Wei Chien
Basil Dill Ng Jui Chang
Bernice Lim Hui Ying
Daphne Tan Shi Jing
Darren Ong Wei Siong
Jazreel Tan Shi Hua
Muhammad Jaris Goh Ali Akbar Goh

Fencing
Amita Marie Nicolette Berthier
Nicole Mae Wong Hui Shan
Tatiana Wong Yu Rong

Golf
Abdul Hadi Uda Thith
Gregory Raymund Foo Yongen
Low Wee Jin

Ju-Jitsu
Constance Lien Tian-En

Pencak Silat
Abdul Raaziq Abdul Rashid
Hamillatu Arash Juffrie
Muhammad Iqbal Abdul Rahman
Muhammad Nur Alfian Juma’en
Nujaid Hasif Zainal Abidin
Nurul Shafiqah Mohamed Saiful
Nurul Suhailla Mohamed Saiful
Sheik Farhan Sheik Alau’ddin
Sheik Ferdous Sheik Alau’ddin
Siti Khadijah Mohamad Shahrem

Sailing
Cecilia Low Rui Qi

Shooting
Martina Lindsay P Veloso
Mohamad Irwan Abdul Rahman
Shirlene Hew Yun Ting

Table Tennis
Zhang Wanling

Wushu
Jowen Lim Si Wei

Scholarships To Fund Sports Dreams
2018 Singapore Olympic Foundation-Peter Lim Scholarship

By Kimberly Neo Kar Min
Bowling Academy Alumna

Posted: 14 June 2018
Artistic gymnast Lincoln Forest Light Man was one of seven Singapore Sports School student-athletes who received the Singapore Olympic Foundation-Peter Lim Scholarship in the High Performance Under 18 category on 1 June 2018. This was the seventh year running that the International Baccalaureate Diploma Programme Year 6 student-athlete was receiving the scholarship which helps him defray the financial burden of pursuing sport at the elite level.

Thirty-three secondary and IBDP student-athletes were awarded the SOF-Peter Lim Scholarship across the Secondary, Tertiary and High Performance U18 categories. Several post-secondary student-athletes in Sports School’s polytechnic through-train programmes were also amongst the 269 recipients awarded the scholarship in 2018.
IBDP shuttler Crystal Wong Jia Ying, who is currently training for her third Southeast Asian Games representation in Manila in 2019, has benefitted from this scholarship.

“The scholarship reduces the financial load on my parents and I now do not need to rely extensively on them to fund my sport pursuits such as overseas travel expenditures, transportation costs in Singapore and purchase of new equipment. With fewer worries on finances, I can focus better on my sport and buy good quality equipment that will aid my training,” said Crystal.

Twenty-time national champion Koji Murofushi and Rio 2016 Olympic Games gold medallist Joseph Schooling attended the event as a special guests. Koji is a renowned former Japanese hammer thrower who won gold medals at the 2004 Athens Olympics and 2011 World Championships. Sharings about their sport journey by the two Olympic gold medallists served as an inspiration for the recipients and an encouragement for them to be resilient in chasing their sport dreams.

AWARD RECIPIENTS
High Performance Under 18
Crystal Wong Jia Ying (Badminton)
Lincoln Forest Lighth Man (Gymnastics – Artistic)
Nujaid Hasif Zainal Abidin (Pencak Silat)
Ross Lee Yu Bin (Shooting)
Shirlene Hew Yun Ting (Shooting)
Koen Pang Yew En (Table Tennis)
Chong Wei Guan (Track and Field)

Wong Xin Ru (Table Tennis)
Zhang Wanling (Table Tennis)
Jermaine Seah (Bowling)
Chan Jun Kai (Wushu)
Joel Koh Jia Wei (Badminton)
Toh Han Zhuo (Badminton)
Avryl Tan Ying (Gymnastics – Rhythmic)
Maximillian Ang Wei (Swimming)
Goi Rui Xuan (Table Tennis)
Ethan Poh Shao Feng (Table Tennis)

Tertiary Category
Veralyn Tan Chou Xin (Fencing)
Lyn Yeo Siew Lyn (Gymnastics – Rhythmic)
Muhammad Izzat Junaidie (Shooting)
Addeen Idzni Imran (Track and Field)
Keith Saw Hui-Xun (Bowling)
Timothy Theodore Tham Fu Rong (Bowling)
Kang Jun Jie (Track and Field)
Kugapriya d/o Chandran (Track and Field)
Marcell Tan Yann Guang (Track and Field)
Mohamad Irwan Abdul Rahman (Shooting)
Ayshath Zaseela (Netball)

Secondary Category
Ashley Teoh Zi Ling (Bowling)
Colleen Pee (Bowling)
Irfan Hamed (Bowling)
Shirlene Wong Xue Lin (Bowling)
Jean Koh (Fencing)
Mohammad Irfan Roslan (Football)
Ryu Hardy Yussri (Football)
Taras Goh Jun Xian (Football)
Niq Harraz Hamizun Shah (Football)
Muhammad Haziq Muhammad Riduan (Football)
Raoul Suhaimi (Football)
Nur Hanis Marissa Nur Hisham (Netball)
Ameerah Jasmine Mohamed Jeffry (Netball)
Soh Ying Jia (Netball)
Zulfa Rashad d/o Rayhan (Netball)
Siti Khadijah Mohamad Shahrem (Pencak Silat)
Nadhrah Sahrin (Pencak Silat)
Amirah Sahrin (Pencak Silat)
Ryan Dayne Phang (Shooting)
Quentin Tan Guan Ting (Swimming)
Siti Sarah Kamarudin (Track and Field)
Tertius Zhuo Zheheng (Track and Field)
Present and past Singapore Sports School Pencak Silat exponents flew Singapore’s flag high at the 2018 Belgium Open Pencak Silat Championship from 5 to 6 May 2018. Sports School’s eight exponents formed two-thirds of the team that bagged a dozen medals for Singapore. Team Singapore’s total haul of 7 gold, 3 silver and 2 bronze medals over the two-day competition won them the Best Team title. Sports School’s exponents contributed five of the seven golds to the medal tally.
Student-Athletes, Alumni Fill TeamSG’s Medal Tally

2018 Asian Invitational Games

Posted: 15 March 2018

Singapore Sports School’s post-secondary student-athletes and alumni won 1 gold, 2 silver and 3 bronze medals – the only 6 medals on Singapore’s medal tally – at the 18th Asian Invitational Games in Jakarta, Indonesia, from 10 to 15 February 2018.

Results
1st – Muhammad Iqbal Abdul Rahman (Men’s Artistic Singles)
2nd – Hamillatu Arash Juffrie, Muhammad Haziq Zainal Abidin, Nujaid Hasif Zainal Abidin, (Men’s Artistic Team)
2nd – Abdul Raaziq Abdul Rashid (Men’s Match Class “F”)
3rd – Nurul Suhaila Mohamed Saiful (Women’s Match Class “D”)
3rd – Sheik Ferdous Sheik Alau’ddin (Men’s Match Class “I”)
3rd – Sheik Farhan Sheik Alau’ddin (Men’s Match Class “J”)

In the Senior category, Sports School exponents won 3 gold, 1 silver and 1 bronze medals, with Muhammad Nur Alfian Juma’en, and brothers Sheik Farhan and Sheik Ferdous Sheik Alau’ddin taking top prizes in their events.

The Juniors also stepped up to the challenge and held their ground against their opponents to earn their places on the podium. Student-athletes Abdul Raazaq Abdul Rashid and Amirah Sahrin claimed highest honours in their respective events, while Sheik Fayz Sheik Alau’ddin finished with a bronze medal.
RESULTS

Senior Category
1st – Muhammad Nur Alfian Juma’en
1st – Sheik Farhan Sheik Alau’ddin
1st – Sheik Ferdous Sheik Alau’ddin
2nd – Siti Khadijah Mohamad Shahrem
3rd – Nurul Su haila Mohamed Saiful

Junior Category
1st – Abdul Raazaq Abdul Rashid
1st – Amirah Sahrin
3rd – Sheik Fayz Sheik Alau’ddin