2018 News

Wushu Exponents Shine At Nationals
2018 Singapore National Wushu and Sanda Championships

Posted: 14 December 2018

Grace, speed and precise movements by Sports School wushu exponents Cindy Lim Xin Yi and Kimberly Ong Li Ling saw them victorious in three events at the 2018 Singapore National Wushu and Sanda Championships from 29 November to 2 December.

Cindy, a Year 1 Diploma in Sports and Leisure Management programme student-athlete at Singapore Sports School, was a double gold medallist, winning the Women’s Open Taijijian Optional Routine and Taijiquan Optional Routine.

Secondary 4’s Kimberly Ong Li Ling was Sports School’s other champion, coming out top in the Women’s Open Daoshu Optional Routine. She won a second medal after finishing second in the Changquan Optional Routine event.

Two prospective Sports School student-athletes Cayden Seow Yu Bin and Kassandra Ong Xue Ling also delivered stunning displays in the Junior competition. The latter finished highest ranked exponent in two events, and placed second in her third. Her scores earned her three 1st Standard awards in the Changquan, Gunshu and Daoshu Taolu events. Cayden earned one 1st Standard and two 2nd Standard awards.
The 1st Standard and 2nd Standard awards are presented to athletes who score above 8.40 points and 8.10 points respectively in junior and youth category contests.

**RESULTS**

**Cayden Seow Yu Bin**
5th – Boys Junior Qiang Taolu Routine (8.40 points); 1st Standard
9th – Boys Junior Changquan Taolu Routine (8.11 points); 2nd Standard
11th – Boys Junior Jian Taolu Routine (8.19 points); 2nd Standard

**Cindy Lim Xin Yi**
1st – Women’s Open Taijijian Optional Routine (9.55 points)
1st – Women’s Open Taijiquan Optional Routine (9.57 points)

**Kassandra Ong Xue Ling**
1st – Girls Junior Changquan Taolu Routine (8.69 points); 1st Standard
1st – Girls Junior Gunshu Taolu Routine (8.90 points); 1st Standard
2nd – Girls Junior Daoshu Taolu Routine (9.06 points); 1st Standard

**Kimberly Ong Li Ling**
1st – Women’s Open Daoshu Optional Routine (9.44 points)
2nd – Women’s Open Changquan Optional Routine (9.10 points)
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.
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
We Are Sports School, We Are Singapore
2018 National Day Celebration and Tapestry Unveiling

Posted: 15 August 2018
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.

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.

**Respect Builds Excellence**  
*Jakarta-Palembang 2018 Asian Games*

By Kimberly Neo Kar Min  
Bowling Academy Alumna

*Posted: 13 July 2018*
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 Suhaiba 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 Liqht Man (Gymnastics – Artistic)
Nuajid 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)
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)
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)

No. 3 World Wushu Exponent Jowen Picks Up SpexScholarship

2018 spexScholarship

Posted: 13 April 2018
Four post-secondary student-athletes were awarded the spexScholarship on 20 March 2018 in support of their sport development. Bowler Charlene Lim Jia Yi, shooters Adele Tan Qian Xiu and Ho Xiu Yi, and wushu exponent Jowen Lim Si Wei are among the sixth batch of recipients who will get a boost to pursue their sport dream and strive for excellence in the coming year.

Adele and Xiu Yi are in the International Baccalaureate Diploma Programme, while Charlene and Jowen are in the Diploma in Sports and Leisure Management programme that is jointly delivered by Republic Polytechnic on Singapore Sports School campus. Jowen, a double gold medallist at the Kuala Lumpur 2017 Southeast Asian Games and a bronze medallist at last year’s World Wushu Championships, had joined Sports School this year as a Year 3 DSLM student-athlete.

The Sports Excellence Scholarship provides for high performance athletes an enhanced level of financial and programmatic support to help them prepare to excel at major Games. In addition to developing athletes’ sport potential, the spexScholarship also assists athletes in their education, career, and personal development.
Jowen: ‘I Want An Asian Games Medal’

Posted: 15 February 2018

Jowen Lim Si Wei, a double gold medallist at the Kuala Lumpur 2017 Southeast Asian Games, joins Singapore Sports School’s customised Diploma in Sports and Leisure Management.

Picture by Andrew JK Tan/Sport Singapore.

When you are at the top of your game at the Southeast Asian level, where else will you go but higher?

“I want an Asian Games medal, and I will do everything in my power to win it – including change schools midstream. This is why I’m coming to Singapore Sports School to study,” said Wushu exponent Jowen Lim Si Wei.

In March, Jowen will start Year 3 of the Republic Polytechnic Diploma in Sports and Leisure Management programme that is taught on the Sports School campus.

The three-time Southeast Asian Games gold medallist (Singapore 2015 and Kuala Lumpur 2017) is also a bronze medallist at the 2017 World Wushu Championships.

In the lead-up to the Jakarta-Palembang 2018 Asian Games in August, Jowen will be stepping up his training. The DSLM programme with a modified time-table will, in the meantime, give him more opportunities to compete overseas without affecting his academic scores. He can also tap on the sport science services in strength and conditioning, sport psychology and
sport physiotherapy provided by the National Youth Sports Institute located at the Sports School. Thus, his midstream admission will provide the academic flexibility and support he needs to enable an increase in his training hours and overseas competitions.

“Even as I compete at the international level, I can’t neglect my studies. When I learnt that Sports School wraps its academic time-table around a student-athlete’s training and competition needs, I told myself, that’s just perfect for me.”

**Athlete-Friendly Academic Programmes Attract Sport Champions**  
*Post-Secondary Midstream Admission*

**By Joel Tan**  
Bowling Alumnus

*Posted: 15 February 2018*

Singapore Sports School strives to deliver athlete-friendly academic programmes in the secondary and post-secondary levels. The athlete-friendliness of the programmes is one of a few factors that attract aspiring Sport Champions to Sports School – including two multiple-medallists at the Southeast Asian Games, Au Yeong Wai Yhann and Jowen Lim Si Wei.

**Being In The Best Of Both Worlds**
Au Yeong Wai Yhann (right), a double medallist at the Kuala Lumpur 2017 Southeast Asian Games, is on Singapore Sports School’s Extended International Baccalaureate Diploma Programme. Picture by Shaun Ho/Sport Singapore.

She had her academic path planned out two years ago – or so, she thought. Au Yeong Wai Yhann wanted to enroll into a polytechnic to study Psychology. In the meantime, she will just play squash, and maybe win a medal at the Kuala Lumpur 2017 Southeast Asian Games.

She did step up to the prize podium in KL – not once, but twice – for the Women’s Team silver and Women’s International Doubles bronze medals.

After a two-year break from school and SEA Games achievement unlocked, Wai Yhann was all set to start her polytechnic diploma programme in March this year. Then, she learnt about the Extended International Baccalaureate Diploma Programme that Singapore Sports School offers and realised this is the best academic path to take.

“The IB programme is rigorous which I know I will enjoy, and yet, I can have the option to spread out my subjects over three years – which will give me time to train and compete. It’s the best of both worlds,” said the 19-year-old.

Wai Yhann will have her SEA Games teammates golfer Callista Chen Wan Qing, Pencak Silat exponent Nujaid Hasif Zainal Abidin, synchronised swimmer Debbie Soh Li Fei and badminton shuttler Crystal for company. Debbie had won 3 gold and 2 silver medals in KL, Nujaid returned home with 2 bronzes and Crystal came home with her second bronze medal in as many editions of the SEA Games that she had taken part in.

“Knowing how they have performed in their sports and hearing about how well they have scored in their studies, I am confident that I will be able to complete my post-secondary programme with grades that will get me into university, even while I continue to compete in international competitions.”

Wai Yhann is the first squash player at Sports School, and she hopes she will not be the last.

“When my juniors see that Sports School offers the conducive environment for high-performance student-athletes to excel in sports and studies concurrently, they will want to come here, too.”