

## An Unconventional Lesson From a Champion

*Lessons from the Champions*



From World and Olympic champion Michelle Kwan to Paralympic medalist Theresa Goh, most of Singapore Sport's School's Lessons from the Champions speakers are often associated with success.

However, mountain explorer Jeremy Tong's session with Sports School's student-athletes on 25 August was far from conventional, as the 27-year-old used his failure in summiting Mount Everest to inspire his audience not to give up on their dreams.

Encouraging his audience to remain steadfast in the pursuit of their passions, Jeremy shared how his trek was fraught with difficulties as he suffered from a severe bout of diarrhea in the early stages of his climb before being hospitalised when he showed signs of hypothermia upon reaching Everest Base Camp Two.

Yet those incidents failed to discourage him, with the Nanyang Technological University alumnus choosing to press on to achieve his goal to summit Earth's highest peak.

“It is only a failure when you deem it as one, otherwise it just a way to learn what went wrong,” Jeremy said.

Undeterred, Jeremy did attempt to scale Mount Everest a few days after being discharged from hospital, although his second effort was to end in disappointment as well.

While he did reach Base Camp Four, Jeremy was forced to make the heart wrenching decision to turn back despite being just 90 minutes from the summit after losing feeling in his feet.

“I was definitely disappointed as I had trained for more than one and a half years, but life must go on. What is the point of making it to the summit if you lose your toes to frostbite? Would that be considered success?” Jeremy asked.

Despite the setback, Jeremy desire to scale Everest has not diminished his ambition of becoming the youngest Singaporean and first Chinese Muslim man to summit Everest via Tibet in the North.

After all, having been inspired by his uncle’s successful battle against stage three nose cancer, it is fitting that Jeremy has not given up his dream, but instead will attempt another crack to successfully summit Mount Everest in 2018.

“Success is built upon countless failures and reflections,” Jeremy said, “and the only way to find it, is to put both feet in.”