

Sports Is A Long Term Commitment

Lessons From The Champions



There was a buzz of anticipation on 8 May when Rio 2016 Paralympic bronze medallist Theresa Goh visited Singapore Sports School as part of the Lessons From The Champions series.

Among the lessons she shared with the student-athletes was the importance of persevering in spite of the lack of early success in one's career, where she cited her own experiences in attaining a bronze medal in Brazil - 12 years after her Paralympic Games debut in Athens, in a bid to encourage her audience.

"Sports is a long-term commitment, and there are no short-term glories. You have to be in it for the long run especially since you may meet failure early on in your career," Theresa, who has spina bifida, said.

The swimmer also recalled how she dealt with the pain of missing out on a medal by less than a second at the Beijing 2008 Paralympic Games.

"It was difficult to keep the experience of Beijing as a positive. But I needed to ignore the negative doubts and thoughts and tell myself that life went on no matter what," she said.

She later engaged in a question and answer session with the student-athlete population on a variety of topics ranging from her pre-race preparations to her relationship with her coaches.

Sharing the stage with her were International Baccalaureate student-athlete Celeste Goh Jia Rui and Discipline Master Mr Ng Kok Wei.