

empOWER

ATHLETE LIFE E-NEWSLETTER

BROUGHT TO YOU BY THE
HIGH PERFORMANCE ATHLETE LIFE TEAM



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AT SPORT_HPAL@SPORT.GOV.SG



Photo credit: Clement Chew

Latest News

Our Water Polo boys have clinched their first Asian U-18 c'ship, beating powerhouses like Kazakhstan and China in the final. With this, the boys have qualified for the U-18 World Aquatics Water Polo Championships taking place from June 27 to July 4 in Rio Maior, Portugal. Keep a close eye on them as they continue to forge their legacy!

UPCOMING EVENTS

* **Youth athlete: Communication & Personal Impact Workshop**

June, 19, 2026

Unlock your potential beyond performance! Learn to communicate your value with confidence and demonstrate emotional intelligence.

Click [here](#) to sign up!

* **Sponsorship Management workshop**

July, 2026 (TBC)

Transform your sponsorship game! Understand the sponsorship landscape and fundamentals, build your brand value and boost your social media presence.



Artist impression of the future Home of Team Singapore

Win Well Spotlight

Launch of SpexSG

1 April 2026 marks a significant milestone as we formalise the operations of the new entity, Sport Excellence Singapore (SpexSG). SpexSG integrates the High Performance Sport Institute, Singapore Sports School and Unleash the Roar!, it aims to create a stronger and more integrated support system for Team Singapore athletes, coaches, sport professionals and administrators. Through the team's collective effort and your continued support, we are poised to work with you to propel Team Singapore further and higher.

SpexSG will chart the strategic direction for Singapore's high performance sport system and drive greater synergy across the three key sport entities. Each entity within SpexSG will retain their respective branding and identity while collectively providing more seamless support across the youth-to-senior pathway, strengthening coordination among stakeholders, and improving integration of athlete support services. We are cognisant that SpexSG is part of this larger village behind each of our Team Singapore athletes. For our athletes to win well, the entire village comprising NSAs, parents, educators, coaches, medical staff, sport scientists, technologists, employers and fans will have to back them wholeheartedly. SpexSG looks forward to partner all of you in this endeavour.



spexCareer

Success at spexBusiness Networking Session

spexCareer Programme Office reached a significant milestone with its spexBusiness networking session on 12 March, drawing nearly 100 participants in what marked the Programme Office's highest attendance to date. The event brought together representatives from 20 companies alongside 39 athletes, creating an unprecedented scale of connection and opportunity.



The session introduced an innovative format designed to maximise networking effectiveness. Prior to the main networking session, participants engaged in a 90-minute workshop led by Yip Renkai, founder of Reddentes Sports and qualified regional trainer of IOC Athlete Career Programme. At the session, Ren Kai guided athletes to confidently and strategically position themselves for meaningful professional interactions.

This record-breaking turnout reflects the growing recognition of athlete talent in the corporate world and demonstrates spexCareer Programme Office's expanding influence in bridging the gap between sports and business communities. The enhanced format, combining structured preparation with organic networking opportunities, sets a new standard for future spexBusiness sessions.



WATCH THIS SPACE TO SIGN-UP FOR THE NEXT SPEXBUSINESS NETWORKING SESSION.



Amazing opportunity. Honestly, it's events like these that reassures myself that being an athlete here in Singapore is worthwhile. It is easy to be "forgotten" when transitioning to a career outside of the sport. But with this initiative, it helps us inform employers of our capabilities.

Danial Scott Crichton, TeamSG Footballer

New Partners on Board



FNDR is a headhunting firm that goes beyond traditional position-filling. The company delivers talent that fits both the role and the culture, ensuring hires make

an immediate impact and continue to drive value over the long term. By focusing on insight over guesswork, FNDR helps organisations build teams that thrive and adapt in today's fast-moving world. The firm replaces job seekers' uncertainty with strategic clarity. As a headhunting firm focused on human potential, FNDR helps high-performers translate their unique strengths into career paths that make sense.



Inclus is an impact-driven social enterprise dedicated to empowering Persons with Disabilities (PWDs) through

inclusive employment. The organisation bridges the gap between inclusive employers and PWDs by providing comprehensive training, job matching, and ongoing workplace support. Inclus aims to create sustainable, integrated work environments where individuals of all abilities can thrive and contribute meaningfully.

spexEducation

Second edition of the spexEducation Undergraduate Scholarship (spexEd UGS)!

We are thrilled to announce the recipients of the second edition of the spexEd UGS, funded under the President's Challenge, recognising outstanding student-athletes who exemplify the perfect balance of sporting excellence and academic pursuit.

This year's recipients join a growing community of scholar-athletes who are redefining what it means to pursue excellence on multiple fronts. As we celebrate this second edition, we look forward to following these athletes' continued journey and supporting the next generation of Singapore's sporting ambassadors.

SPOTLIGHT ON RECIPIENTS

- **CHAN CHUN HO**, SWIMMING (UNIVERSITY OF SOUTHERN CALIFORNIA) - WON GOLD IN THE 50M BREASTSTROKE WITH A NATIONAL RECORD, SILVER IN THE 200M BREASTSTROKE, AND CONTRIBUTED TO THE 4X100M MEDLEY RELAY GOLD AT SEAG 2025.
- **ELLE KOH**, FENCING (LOCAL AUS) - WON GOLD IN BOTH WOMEN EPEE (INDIVIDUAL) AND TEAM EVENTS AT SEAG2025.
- **NOAH LIM**, JUJITSU (NANYANG TECHNOLOGICAL UNIVERSITY) - WON SILVER AT THE 2025 WORLD CHAMPIONSHIPS AND WAS ONE OF SINGAPORE'S FLAG BEARERS AT SEA GAMES 2025.
- **SER LIN QIAN**, TABLE TENNIS (SINGAPORE SPORTS SCHOOL - Ngee Ann Polytechnic) - WON SILVER IN THE WOMEN'S TEAM EVENT AND BRONZE IN DOUBLES AND SINGLES AT SEA GAMES 2025. SHE IS CURRENTLY TRAINING FULL-TIME AND WILL ONLY COMMENCE HER STUDIES AFTER HER SPORTS RETIREMENT.
- **VALENCIA TAN**, CYCLING (LOCAL AUS) - WON SILVER IN WOMEN TRACK SCRATCH IN SEAG25.



Photos Credit: SpexSG

These athletes show how support and dedication can turn potential into achievement, both on and off the field, inspiring the next generation of Singapore's sporting talent.

Singapore Sports School's New Partnership with Temasek Polytechnic

On 11 Feb 2026, Singapore Sports School signed a Memorandum of Understanding (MOU) with Temasek Polytechnic. This partnership will allow student-athletes to pursue 5 diploma courses in the School of Applied Science while continuing to train and compete at a high level.

From 2027, student-athletes can enrol in courses such as Chemical Engineering, Food, Nutrition & Culinary Science, Medical Biotechnology, Pharmaceutical Science, and Veterinary Technology. Classes will be customised and clustered in the afternoons to accommodate athletes, complementing Singapore Sports School's existing partnerships with Republic Polytechnic and Ngee Ann Polytechnic.

These new offerings expand Singapore Sports School's comprehensive post-secondary educational pathways, complementing its existing diploma partnerships with Republic Polytechnic and Ngee Ann Polytechnic.

Refer to this [article](#) from the Singapore Sports School website for more information.



Photo Credit: Singapore Sports School

Athlete Life Management

Events

**National Service Enlistment Preparation workshop**

The Athlete Life Management team conducted this workshop on 25 April 2026, with over 40 athlete participants and parents attending. The team shared key MINDEF policies and support processes for balancing sporting aspirations with National Service (NS) responsibilities.

Retired TeamSG waterpolo captain Lee Kai Yang also shared his NS journey, highlighting effective coping strategies and how a positive mindset can benefit athletic development while in NS.

High Performance Athlete Life (HPAL) Survey

- We will be sending out an athlete survey in May to gather your feedback and insights to help shape the design of our HPAL programmes to better support your athletic journey. Do look out for it in your inbox and we can't wait to hear from you!



Athlete Features

**CELEBRATING MOTHER'S DAY: BABY STEPS TO SEA GAMES**

Despite her body feeling depleted and having lower physical fitness from childbirth, Teh May Yong resumed training just a

month after delivering her baby boy, and competed in the 2025 Asian Jiu Jitsu Championships, where her performance qualified her for the SEA Games later that year.

Reflecting on her experience, May acknowledged the significant mental toll of managing just three hours of sleep daily while balancing motherhood, work, and training. Despite describing motherhood as taxing, she thought it was also the most beautiful experience of her life. Her stressful job enabled her to provide for her family, while the challenging SEA Games brought her immense joy and pride in representing Singapore.

Through these experiences, she discovered that life's most difficult challenges often bring the deepest meaning and fulfilment, revealing inner strength that can often inspire others around you.

**CELEBRATING FATHER'S DAY: A FATHER'S NEW PURPOSE**

As a younger competitor, Gabriel Yang, TeamSG wrestler, was driven by an all-consuming desire to

win. Driven by personal ambition and a deep sense of pride in representing his country, he gave everything he had, pushing his body to its limits in pursuit of something greater than himself.

But becoming a father in 2018 shifted his perspective entirely. While he still competes with complete dedication, his motivation has shifted to returning home safely to share his experiences with his children. National pride has taken on a deeper meaning through his kids' excitement when telling friends about their father's achievements and the proud smiles they wear while watching him compete.

His competitive spirit remains as fierce as ever, now anchored by a deeper sense of purpose. Through his dedication and perseverance, he shows his children that being a champion extends beyond the podium to the values one embodies both on and off the field.

VISIT THE ATHLETE LIFE WEBSITE [HERE](#)



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