emPOWER

ATHLETE LIFE E-NEWSLETTER

BROUGHT TO YOU BY THE HIGH PERFOMANCE ATHLETE LIFE TEAM

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Photo credit: SNOC/Lim Weixiang, Source: Sport Singapore

Team Singapore Heads to Dakar 2026

Team Singapore will send 13 athletes across nine sports to the Dakar 2026 Youth Olympic Games, with Loy Ming Ying (Table Tennis) and Zack Ng Zhen Hong (Badminton) named as flag bearers for the Opening Ceremony.

Let's cheer them on as they fly our Singapore flag high!

UPCOMING EVENTS

NS Enlistment Preparation Workshop

January, 30, 2027

High Performance Athlete Life Management, will be conducting an NS enlistment preparation workshop for carded male athletes awaiting enlistment or currently serving NS.

Keep an eye out for the registration email!

Athlete Leadership Programme

Coming Soon in 2027

A new programme coming up next year that will bring together athlete leaders from across TeamSG for a 2-day experience to strengthen their leadership skills, mindset and connections.



Photo credit: SpexSG/Andy Chua, Source: ActiveSG Circle

Win Well Spotlight

Recap of Asian Games

Singapore concluded the Aichi-Nagoya 2026 Asian Games with two golds, nine silvers and seven bronzes.

A total of 300 athletes competed across 27 sports from 19 September to 4 October, with debutants forming 64% of the Singapore contingent.

Beyond the medal tally, Singapore also achieved 10 national records, 23 personal bests and five season's best performances.

Chef de Mission Goh Kee Nguan highlighted the athletes' "fighting spirit, resilience and determination", noting that many younger athletes rose to the occasion and delivered strong performances on the major stage."

Young athletes made their mark, securing three of Singapore's four sailing medals and setting several personal bests in swimming.



Photo credit: CNA/Wallace Woon

Emphasising on the importance of the total athlete's journey, High Performance Sport Institute (HPSI) Chief, Low Jia Ren shared, "At the end of the day, why do we invest in high-performance sport? It is to allow athletes to do well, so that they can inspire the nation. It is the stories of athletes, the journeys that they took and the performance that they deliver when the crunch comes, when they are on the competitive field. That's what we are gunning for, and that is the target that all of us want to go for."

Low also reaffirmed HPSI's commitment to supporting athletes holistically throughout the various stages of their sporting journeys, highlighting resources such as the Athlete Life Management team and the *spex*Education Undergraduate Scholarship. These initiatives support athletes in pursuing their sporting ambitions while navigating their education, career and broader life commitments.

He added that HPSI wants to give athletes greater peace of mind and confidence that sport can be a viable and attractive career, with the support to pursue their sporting journey and build a career beyond it.

Athlete Life Management

Behind Every Athlete

Ever wondered about the people who work behind the scenes to support your sporting journey?

Meet the teams behind TeamSG who may not be in the spotlight, but make all the difference to our athletes and their successes!

First up, **meet the TeamSG Brand, Content and Events team**! They may be a team of just six, but their reach extends across the sporting community and beyond. From posts across your social media feeds to nationwide TeamSG campaigns, you have probably come across their work more often than you realise!



A small team with a big mission

At the Games | TeamSG Crew at Asian Games 2026



From venue to venue

On the road again...

Back in Singapore, the work continues...

It is competition day in Japan, and the TeamSG crew is on the move. The day kicks off with a quick check of the competition schedule before they fan out across the venues. From filming social media content to coordinating with writers to capture stories, the team races against the clock to capture as many sporting moments and athlete stories as possible.

Meanwhile, back in Singapore, the rest of the team is busy confirming information, fact-checking results and managing social media updates to keep Singaporeans in the loop. **It is a constant relay between those closest to the action and those supporting from behind the scenes.**

> What motivates me is knowing that an athlete's story can mean something to someone who has never met them. Through their experiences, journeys and breakthroughs, we can bring Singaporeans closer to our athletes, and get everyone out there cheering for TeamSG.
>
> **– Tan Shufang, Deputy Director TeamSG Brand, Content and Events**

Beyond the Games | Bringing TeamSG Closer to Singaporeans

The work does not stop when the Games end! From social media content celebrating athlete achievements and stories beyond sport to nationwide TeamSG campaigns, cheer kits and media collaborations, the team finds creative ways to keep the TeamSG spirit alive for Singaporeans.

Beyond campaigns and content, the team also shows up for athletes at the moments that matter most, working behind the scenes to celebrate their achievements, amplify their stories and connect their journeys with Singaporeans.

Through it all, the team shares one goal: To unite Singaporeans in support of TeamSG athletes and inspire the next generation through sport.

> I love bringing creative concepts to life and bringing people together through 360 communications. Getting to combine that passion for storytelling with my love for sport at Team Singapore? That's the dream setup.
>
> **– Cindy Khaw, Senior Manager HPS Business Development**



Social Media Campaigns



Nationwide Ad Campaigns

> If you know me, you know I love sports and content. Being able to bring these two passions together at TeamSG, while knowing that my work serves a greater purpose of inspiring the nation through sport, motivates me to give my all in everything I do here.
>
> **– Low Zheng Yu, Manager TeamSG Brand, Content & Events**

***spex*Education**

*spex*Education Undergraduate Scholars at the 2026 Asian Games



Photo Credit (Both): SNOC/ Eng Chin An

Zeanne Law, Wushu (Taolu)

Finding Flexibility to Flourish

Standing on the Asian Games podium had long been one of Zeanne's sporting aspirations. Winning bronze in the Women's Combined Taijiquan and Taijijian event marked a significant milestone in her journey, reflecting not only her growth in technical ability but also her ability to manage pressure and develop greater trust in herself as an athlete.

In the lead-up to the Games, Zeanne benefited from overseas training camps that exposed her to different training environments and approaches.

> *"I was able to work closely with HPSI and my school to come up with plans that would help me balance duties from both sides."*

Balancing university with overseas training has required Zeanne to take a Leave of Absence from her studies. With the flexibility provided through the *spex*Education Undergraduate Scholarship (UGS), she looks forward to continuing her pursuit of both her academic goals and sporting ambitions in Wushu with greater confidence and focus.

Elle Koh, Fencing (Epee)

Building a Pathway Forward

Winning team bronze at the Asian Games marked the culmination of months of training and preparation for Elle and her teammates. Following a series of milestone results in 2026, the medal represents another step towards greater ambitions for the team.

With overseas training camps and competitions taking her away for extended periods during the university semester, Elle worked closely with the Athlete Life Management (ALM) and *spex*Education teams to plan around the demands of sport and studies. Knowing she had the continued support and flexibility of the *spex*Education Undergraduate Scholarship (UGS) gave Elle greater confidence to take a gap semester and focus on pursuing her Asian Games aspirations.

> *"I could fully focus on training hard and having a good sleep schedule in preparation for the Asian Games."*

Looking ahead, Elle hopes to continue balancing university requirements with her fencing ambitions. With the support of the various High Performance Athlete Life (HPAL) teams, she feels better equipped to plan her studies around competitions and periods of intensive training to achieve further success on the international stage.



Photo Credit (Large): Straits Times/Kelvin Lim
Photo Credit (Small): SNOC/Kong Chong Yew

Inspired by their journeys?

Applications for the FY2027 *spex*Education Undergraduate Scholarship is now closed. Interested athletes may apply for the FY2028 edition from September 2027.

***spex*Career**

Athlete Success Stories

It takes a village to support an athlete's journey. Behind every athlete pursuing a sporting dream is a community of people and organisations who believe in them and help make that pursuit possible. In this issue, we celebrate these unsung heroes, shining a spotlight on the organisations and partners whose support helps our athletes turn their sporting dreams into reality.

Valerie Sim, Hockey Player & DBS Management Associate

Balancing the Pitch and the Banking Floor



Photo credit: Chainainut Thongratanachat, SpexSG

TeamSG Hockey player and co-captain of the Women's Hockey Team, Valerie Sim Thong En, has found a way to pursue both sporting excellence and a fulfilling professional career as a Management Associate at DBS, a *spex*Business partner. With over 56 international caps, Valerie has represented Singapore across multiple international tournaments, claiming bronze at the 2023 SEA Games and a historic championship at the 2025 Asian Hockey Federation Cup in Jarkarta. That milestone victory qualified the team for the 20th Asian Games Aichi-Nagoya 2026, where she served as co-captain.

After graduating with a degree in Tourism, Valerie made the transition into the banking industry by joining the DBS Management Associate Programme in 2025. She is currently part of the Deposits & Unsecured Lending Operations team, where she continues to grow professionally while remaining committed to hockey at the highest level.

Valerie recently represented DBS at a *spex*Business networking session alongside TeamSG Judoka and fellow DBS athlete-employee Pang Jia Cheng, and Talent Acquisition Specialist Serene Tey. Together, they connected with over 30 TeamSG athletes, offering a firsthand perspective on what it means to thrive as an athlete-employee at a supportive organisation.

> *"DBS has been incredibly supportive in helping me balance my professional and sporting aspirations. I'm grateful to represent Singapore on the international stage while building my career at Singapore's neighbourhood bank. To fellow athletes, don't be afraid to take that leap of faith. If you put your heart into it and are willing to do the work, more is possible than you imagine."*

Jovin Tan, Boccia Player & ChapmanCG Executive Assistant

From the Office to the Podium



Photo courtesy of CCG

TeamSG Boccia player and four-time Paralympian sailor, *spex*Scholar Jovin Tan arrived at the Asian Para Games in Aichi-Nagoya as a man on a mission, and left with a silver medal in the men's individual BC1 event, becoming the first Singaporean to medal in two different sports at the games.

Jovin joined ChapmanCG, a Global Headhunting firm, as an Executive Assistant in 2011. When he decided to pursue sports at the elite level, the company never hesitated. To prepare for his Asian Para Games campaign, the company allowed him to leave early and work remotely so that he can still complete his work after training. ChapmanCG also granted him additional unrecorded leave for official overseas competitions, so he can travel with a peace of mind.

The support goes further: ChapmanCG's parent company, Will Group, runs the Dream Support Programme, an initiative designed to support employees in pursuing personal aspirations and challenges outside their day-to-day roles.

Jovin has received support through the programme for two consecutive years, using the funds to finance his overseas competition trips and equipment.

At the recent Asian Para Games, colleagues from ChapmanCG's Tokyo office and Will Group's Nagoya Office were there to cheer Jovin on in person, a gesture that meant a great deal to him.

> *"As an athlete, it is important that you communicate with your employer on what it takes to compete at the highest level. Balancing sports and work is never easy, but with the resilience you build along the way and the support of your company, you can make this happen."*

Recap of Recent Workshops

Career Readiness workshop

Your sporting achievements speak louder than you think, both on and off the field. On 15 August 2026, the *spex*Career Programme Office, together with *spex*Business partner and headhunting firm FNDR, brought together **17 TeamSG athletes from 10 sports** for a Career Readiness workshop.



Photo credit: HPSI, SpexSG

The workshop explored how athletes can turn their sporting experiences into strengths that resonate with employers. Through real-life examples, insights from FNDR, and interactive activities, athletes learnt practical ways to strengthen their CVs and personal statements, approach interviews with greater confidence, and navigate the job market more effectively. At the heart of the session was learning to **translate their experiences as athletes into language that employers understand and value**, helping them showcase what they bring to the table on paper, online and in person.

The skills gained extended beyond the workshop, with athletes putting their learning straight into action at a networking session with athlete-friendly *spex*Business partners on the lookout for prospective candidates. With 100% of participants saying they would recommend the workshop, athletes walked away with a clearer understanding of how to showcase the strengths they have developed through sport and what employers look for beyond sporting achievements.



Photo credit: HPSI, SpexSG

*spex*Business Networking Session

The *spex*Career Programme Office marked an exciting new chapter with its latest *spex*Business Networking Session on 7 September 2026, co-hosted for the first time with ***spex*Business partner Capella Hotel Group** at Capella Singapore. Taking the session beyond its usual venue brought a refreshing change of environment, with athletes and partners alike enjoying the relaxed and comfortable setting to connect, exchange experiences and build meaningful relationships.



Photo credit: HPSI, SpexSG



Photo credit: HPSI, SpexSG

The session brought together a **record 21 partner companies** for a speed-dating style networking event, reflecting growing interest from the corporate community in connecting with Singapore's national athletes. Among them were **new partners**: **Advisors Alliance Group, Spartans Boxing Club, and the Singapore Police Force**.

Current and former athlete-employees from participating companies like Foo Kon Tan, DBS and Cushman & Wakefield shared first-hand insights into navigating the workplace while pursuing sporting ambitions.

Partners consistently praised the athletes for being engaged, well-prepared and open to learning, with many approaching the conversations with **clear goals and a positive mindset.**

> *"Learning to use my athlete experiences and branding myself was very helpful. I also found it quite valuable to speak to the companies directly and find out more about the specific jobs within broad fields."*
>
> - Goh Yen Young Amelia, TeamSG Athletics

This milestone session reflects the *spex*Career Programme Office's continued commitment to creating meaningful platforms that connect Singapore's national athletes with the corporate world.



Photo credit: HPSI, SpexSG

Athlete Features

COOKIE TAN

Course Manager, Institute of Technical Education (ITE)
International Hockey Umpire



Sport has always been a big part of my life. I spent almost 18 years as a national hockey goalkeeper before transitioning into international hockey officiating, while transitioning from the sport industry to the education industry.

Stepping away from competitive sport wasn't easy. After years of training, competing and being part of a team, I had to ask myself, "What's next?" Officiating showed me that I didn't have to leave the sport behind, just find a different place in it. The resilience, discipline, teamwork and ability to perform under pressure that I developed as an athlete continue to shape how I approach both my work and officiating today.



Advice to athletes:

Enjoy the journey and take everything you can from it. One day, the competing will stop, so keep asking yourself, "What's next?" Be open to new opportunities and where sport can take you. Sometimes, the next chapter may be one you never imagined.

Photos: Kurniawan Sumiarta

CHRISTABELLE LIM

Senior Manager, Ministry of Home Affairs (MHA)
International Rugby Referee



My journey in rugby led me to represent Singapore in Rugby 7s and 15s at major competitions, including the Asian Games and SEA Games. After retiring from international rugby in 2018, I found a new way to stay involved in the sport as a referee, becoming an Asia Rugby match official in 2019 while continuing my career in the public service.

The hardest part of transitioning was redefining my identity beyond being an athlete and stepping away from the camaraderie and sense of belonging that came with being part of a team. Officiating gave me a new way to remain connected to rugby while challenging myself outside my comfort zone. The discipline, resilience and teamwork I developed as an athlete continue to shape how I approach both my public service career and officiating today.

Advice to athletes:

Embrace opportunities beyond your comfort zone and invest in skills outside sport. Remember that your athletic journey is not just preparing you for your next competition — it is preparing you for life beyond it.



Photos courtesy of Christabelle Lim

Resources



Career Readiness Cheat Sheet

- Wondering how your experiences as an athlete translate to the working world? Discover what drives you, identify the strengths you have developed through sport, and learn how to communicate them with confidence.
- Pick up practical tips on crafting your personal impact statement, making meaningful conversation and leveraging your network to uncover new opportunities here.

Anti-Doping Singapore Newsletter - Issue 4

- The latest edition includes information on the 2027 WADA Prohibited List, which takes effect from 1 January 2027.
- Also featured are Clean Sport stories, Games education workshops and whereabouts filing reminders.
- Read the latest Anti-Doping Singapore Newsletter here.



VISIT THE ATHLETE LIFE WEBSITE HERE

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