



SINGAPORE DISABILITY
**SPORTS
AWARDS
2021**

Resilience

PRESENTED BY

虎豹 **Haw par**

ORGANISED BY



Singapore Disability Sports Awards 2021

Resilience

The SDSA is organised by the Singapore Disability Sports Council (SDSC) and proudly presented by Haw Par Corporation Limited. The awards aim to recognise achievements and contributions made by individuals or groups to the development of disability sports. This year's event will be slightly different - the achievements that are being celebrated and recognised will not be limited to sports performance, given the lack of international and local competitions in FY2020/2021. It will be a special Resilience edition aimed at celebrating the display of Paralympic values such as courage, determination, inspiration and equality by the athletes, their support system and members of the community.

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About Singapore Disability Sports Council

The SDSC is the national sports body for Persons with Disabilities (PWDs), founded in 1973. It aims to transform the lives of PWDs through sport as a form of rehabilitative therapy, and means to realise their potential. Besides providing platforms for learning sport, SDSC trains talents to represent Singapore at regional and international competitions. Our success stories include Yip Pin Xiu, who was Singapore's first Paralympic gold medallist and the first para athlete to become a Nominated Member of Parliament.

About Haw Par Haw Par Corporation

Haw Par Corporation Limited, a Singapore-grown multinational Group, is listed on the Singapore Exchange since 1969. The Group is an enterprise with a strong consumer healthcare business that promotes healthy lifestyles through its healthcare products. The largest contributor to the healthcare business comes from a brand that it owns — Tiger Balm, one of the world's leading and most versatile topical analgesic brands. Besides the consumer healthcare business, the Group also engages in the leisure business and holds significant investments in securities and properties.

Programme Timeline

- | | |
|---------------|--|
| 7.30pm | Event Commences |
| 7.35pm | Welcome Address
by Dr Teo-Koh Sock Miang, President, Singapore Disability Sports Council |
| 7.40pm | Short remarks
by Guest of Honour Mr Alvin Tan, Minister of State for Culture, Community and Youth & Trade and Industry |
| 7.50pm | Sports Awards Presentation 1 <ul style="list-style-type: none">- Community Impact (Events & Initiatives)- Community Impact (Volunteering)- Coach (Developmental) of the Year (Resilience)- Coach (High Performance) of the Year (Resilience) |
| 8.05pm | SDSA Digital Raffles 2021 <ul style="list-style-type: none">- Announcement of winners |
| 8.10pm | Special Tribute Segment |
| 8.20pm | Sports Awards Presentation 2 <ul style="list-style-type: none">- Sportsgirl of the Year (Resilience)- Sportsboy of the Year (Resilience)- Team of the Year (Resilience)- Sportswoman of the Year (Resilience)- Sportsman of the Year (Resilience) |
| 8.45pm | Event Ends |

SDSA 2021 NOMINEES | SPORTSPERSON CATEGORY

5

Sportsman

6

Sportswomen

7

Sportsboy

7

Sportsgirl

8

Team

Sportsman of the Year (Resilience)



Alphonsus Louis Wong Tse Rong (Alfie) | Tenpin Bowling

Alfie had a condition called Wolfram Syndrome which led him to be visually and hearing impaired. Despite his condition, Alfie always took stride in the things he did. Since joining bowling in 2014, he qualified and represented the nation at international competitions. As his condition deteriorated he always found time to attend training and cheer his teammates on the in the various competitions.



Chan Han Siong | Shooting

Chan Han Siong chanced upon shooting in an army cohesion gathering during his national service. In 2017 he was introduced to SDSC and began training and shooting competitively in 10m air pistol. He trains 6 times a week in Yishun Safra and his goal is to represent Singapore at the Paralympic Games and to be able to compete against able bodied athletes in major games. Han Siong has represented Singapore in 1 Grand Prix, 1 World Cup and 1 World Championship.



Kalai Vanen s/o R Nadesan | Powerlifting

Kalai took up the sport of powerlifting in February 2015 and has not looked back since, racking up a list of achievements, including winning Singapore's first medal in para powerlifting at the 8th ASEAN Para Games in 2015. The personal trainer has taken on many roles to give back to the sport and served as the Vice-Chairperson of the Singapore Para Athlete Commission (SPAC). He is also a qualified local para powerlifting referee (National Level) and IPC technical official level 1.



Steve Tee Wee Leong | ACP Ang Kee Meng | Cycling

In 2004, Steve was diagnosed with retinitis pigmentosa, a rare disease that begins with a partial loss of vision and eventually leads to total or near-total blindness. Then only 23, Steve could no longer play some of his favourite sports such as football and cycling. He went through a period of desolation and isolation. However, he soon bounced out of it and mustered inner strength to live his life to the fullest. Steve decided to focus on solutions instead. Having captained the Singapore team at the 8th ASEAN Para Games at five-a-side football for the visually impaired in 2015, Steve made his switch to para-cycling two years later. For tandem para-cycling, a visually impaired athlete, called the stoker, is paired with a sighted counterpart, who is called the pilot. Steve's pilot is former national cyclist Ang Kee Meng. Together, Steve and Kee Meng have competed at numerous regional and international competitions. They have also qualified for the Tokyo 2020 Paralympic Games.



Tay Wei Ming | Badminton

Despite being born with Erbs Palsy that affects his right arm, Tay Wei Ming has overcome insurmountable odds to become a national badminton player. He was first introduced to the sport at the age of 9 and started playing for his school when he was a teenager. His passion for the sport eventually led him to being scouted in 2007 by SDSC. In 2015, he was awarded a scholarship to train full-time. Unfortunately in 2021, he did not get the scholarship and had to transition into the workforce. Through he struggled at the beginning, he managed to find his footing and juggle work and training.

Sportswoman of the Year (Resilience)



Nur' Aini Binte Mohamad Yasli | Powerlifting

At the age of 6, Aini was diagnosed with multiple epiphyseal dysplasia which impacted her bone growth. She was first introduced to powerlifting in 2015 when Powerlifter Kalai Vanen approached her at the gym. Due to school commitments, she had to turn down the offer to pick up sport. In 2017, Kalai approached her again and that was when Aini decided to give it a go. 2 months into the sport, Aini was selected to compete at the 9th ASEAN Para Games 2017 held in Kuala Lumpur. In 2019, Aini underwent a knee surgery due to an unfortunate incident. During her recuperation, she showed courage, grit and determination to come back stronger. Despite no international competition in 2020, Aini was steadily climbing in her performance. It was at 11th Fazza Dubai 2021 Para Powerlifting World Cup that Aini lifted her personal best of 81kg. Before that, her last official lift was at 65kg.



Nurulasyiqah Mohammad Taha | Boccia

Nurulasyiqah Md. Taha is a two-time Paralympian who has been representing Singapore in Boccia for more than 15 years. She was the first Singaporean to have qualified for Boccia at the Paralympic level in 2012. She finished 7th in the BC3 Individual event at the London 2012 Paralympic Games and 4th in the BC3 Pairs event with her partner, Toh Sze Ning, at the Rio 2016 Paralympic Games.

Nurul spearheaded the 'Virtual Boccia Battle SG' challenge among Boccia BC3 players to keep them active during the circuit breaker in 2020. Nurul also guided volunteers from Singapore University of Social Sciences to conduct weekly boccia training for players from the Muscular Dystrophy Association (Singapore) online. The online sessions include guided independent warm-up exercises, Kahoot quizzes on boccia rules and social games for team-bonding.

Nurul was a recipient of the Goh Chok Tong Enable Award (UBS Promise) in 2020. This award recognised her achievements and continued potential in Boccia, and willingness to serve the community. She also serves on the Singapore Para Athletes Commission and the International Paralympic Committee Athletes' Council. She is also a certified Proud Paralympian Educator with the Agitos Foundation.



Yip Pin Xiu | Swimming

Yip Pin Xiu was the youngest member of the Singapore contingent at the Beijing 2008 Paralympic Games, but she was also the brightest star, bringing home Singapore's first ever Paralympic gold medal. Pin Xiu was born with Charcot Marie Tooth, which means her muscles degenerate progressively with age. She had started swimming when she was five and began swimming competitively at the age of 12.

In 2008 at the Beijing Paralympics, she produced Singapore's first Paralympic gold medal and a silver medal, winning the S3 50 metres backstroke final and coming in second for the 50 meters freestyle final. On her return from Beijing in 2008, she was awarded the Public Service Medal. Fast forward to 2016, at her third Paralympic Games, Pin Xiu won two Gold medals in the Women's 50m and 100m Backstroke S2 event. She also set two world record for both events with a time of 0:59.38 and 2:07.09 respectively.

She had a breakthrough year in 2019, which saw her win two gold medals at the 2019 World Para Swimming Championships in the Women's 50m and 100m Backstroke S2 events; 9 years since her last world championship title in 2010. This earned Singapore a slot at the Tokyo 2020 Paralympics Games.

Despite no international competition, the fruit of Pin Xiu's grit, determination, and resilience showed in the local swimming meets organised by SDSC. She achieved a new season best (2:16.34) for her 100 S2 Backstroke event.

Pin Xiu actively gives back to the community. She now serves on World Para Swimming High Support Needs Group, Singapore's National Youth Council as a council member and has a role on the Safe Sport Commission.

Sportsboy of the Year (Resilience)



Aloysius Gan Kai Hong | ACP Gan Keng Aik | Boccia

Beginning his training from 7 years old in the Boccia extra-curricular activity (CCA) in Cerebral Palsy Alliance School (CPASS), Aloysius has gone on to perform outstandingly as a young and upcoming athlete. At the Tiger Balm Singapore Boccia Open 2018, he put up a tough fight against more seasoned athletes from top Boccia countries like Korea and Thailand, and earned a respectable 4th placing in the BC3 Individuals event. Aloysius also made a formidable pair with his senior, Toh Sze Ning, and snatched silver in the BC3 pairs event. In 2020, Aloysius was appointed as his school's Boccia CCA captain to guide and mentor his juniors. Since taking on the captain role, Aloysius has received the 2020 Leadership Award from CPASS.

Sportsgirl of the Year (Resilience)



Lim Yu Fei Faye | ACP Lim Boon Ghee | Boccia

Faye was first exposed to Boccia through the Singapore Disability Sports Council's programme at Cerebral Palsy Alliance Singapore (CPAS) School and has since competed in both regional and international competitions. In 2020, training was moved online and Faye adapted quickly to the vastly different virtual training environment. When physical training resumed, Faye also assists with refereeing during group training.



Moi Yan Ting Danielle | Swimming

Danielle has been swimming at the tender age of 12. Now at aged 22, Danielle has a vast number of competitions under her name. When 2020 threw her a curveball, Danielle found herself in flux. She had to quickly adjust to new home-based training sets to keep herself fit for competition to continue her dream of swimming competitively. Danielle took on a part-time job to make ends meet but she fought through fatigue to always make time for training. Danielle was one of the recipients of the Haw Par Para Sports Bursary Award 2020.

Team of the Year (Resilience)



Boccia BC1/2

Neo Kah Whye | Tan Yee Ting Jeralyn | Juni Syafiq Binte

The trio of Juni Syafiq Binte Jumat, Tan Yee Ting Jeralyn and Neo Kah Whye make up the Boccia BC1 and BC2 team and they have been competing as a team since 2014. Their team strength and combination of individual skills compliment the team strength and each has contributed success in the team.

Early this year, the team has been assisting at the Tiger Balm WeHeartBoccia Outreach Programme as athlete ambassadors. They led the participants through the game of Boccia advocating the community on the different skills required and the rules of the sport.



Goalball

Norliana Bte Mohamed Ajam | Inez Hung Hui Min | Joan Hung Hui Xin | Christina Aw Peiwen

The women's goalball team have been very dedicated in their training and proved themselves during the Asia Pacific Goalball Tournament 2019, beating strong-house neighbour, Malaysia, to take 5th placing at the competition. They also pulled off an upset over high-ranked Iraq, with a last-minute goal.

Despite personal challenges last year, the team showed resilience by letting go of things that are out of their control and directed their efforts towards things that are within their control. Taking the initiative to be ambassadors for their sport, the team helped with the organisation of two unified events, together with Goalball Singapore. They took the opportunity to position Goalball as an inclusive sport, despite the restrictions and stringent safe management guidelines, and focused on promoting the sport to more people in the community.



Boccia

Muhd Danial | Muhammad Saifudeen | William Eng | Andrew Tan | Oh Boon Keng | Gareth Ho | Desmond Lam | Anthony Tan

Despite the restrictions during the pandemic, the MDAS Team remained committed to participating in Boccia by gathering together for online training sessions. These sessions included warm up sessions with the coaches and volunteers. The MDAS Team also participated in an online Boccia competition and won medals virtually.

By being engaged and connected with one another, the MDAS Team kept each other going during the difficult period. With the support of the rest of the team mates, members of the MDAS Team were also quick to adapt to the changes and "new normal" in pursuing their aspirations in the sport.

SDSA 2021 NOMINEES I CONTRIBUTOR CATEGORY

10

COACH
(HIGH PERFORMANCE)

10

COACH
(DEVELOPMENTAL)

11

COMMUNITY IMPACT
(VOLUNTEERING)

12

COMMUNITY IMPACT
(EVENTS & INITIATIVES)

Coach (High Performance) of the Year (Resilience)



Chew Zi Qun | Boccia

Chew Zi Qun has been serving the Boccia community for 7 years. Beginning her journey as an athlete competition partner, she gained lots of experience and insights to the sport. This knowledge gave her the push and dedication to pursue coaching in 2019. She now leads the BC3 team. Since the pandemic, Zi Qun has explored many ideas on engagement by thinking outside the box to minimise the impact to the athletes. In addition, she holds regular check-in sessions with the athletes.



Mark Chay Jung Jun | Swimming

Olympian swimmer Mark Chay took a leap into coaching para swimming in 2019. His past experience and guidance have been a valuable insight, combining what he knows and adapting it to para swimming. In early 2021, he led Yip Pin Xiu to achieving a new season best in her 100 S2 Backstroke event. Mark continues to work with SDSC to strategise and craft swimming programmes for athletes. Mark is also a Nominated Member of the Parliament.



Pang Qing Liang | Archery

Qing Liang started coaching Syahidah Alim in February 2019. Utilising his past experience as a national archer, Qing Liang was able to provide a myriad of insight and relate better with Syahidah. Due to the COVID-19 pandemic, there wasn't any opportunities to participate in local and overseas para archery competitions. Qing Liang took this chance to strengthen Syahidah's form, technique, process and mental endurance. Earlier this year, Qing Liang led Syahidah to rank 2nd at an archery open trial for able-bodied individuals. Syahidah also achieved her personal best round of 351 at that competition.

Coach (Developmental) of the Year (Resilience)



Hansen Bay | Goalball

After missing out on the 2017 ASEAN Para Games (APG), the women's team refocused and managed to qualify for the 2019 APG, which was sadly cancelled. The pandemic dealt a further blow to the team's preparations and aspirations.

Hansen re-directed the motivation of the team with new goals that were aligned with Goalball Singapore's Vision: To have a sustainable team sport not just for the blind but for everyone! He coached them to take on responsibilities to organize and manage two unified events: The VisAbility Fitness Challenge, and The VisAbility 2 on 2 goalball competition. Both events saw visually-impaired persons pairing up with sighted persons to compete and have fun together, while adhering to the SMM restrictions.

Part of Hansen's coaching philosophy is to "Dream the Impossible BUT focus on doing what's Possible!" This is an extension of the key psychological skill of letting go of the outcome and focus on what we can control. Not only has this skill helped the players cope with the challenges of competitive sport, but it has also helped them cope with challenges in their lives, and the uncertainties brought about by the pandemic.



Muhammad Abdul Razak Bin Mansor | Powerlifting

Razak’s journey into para powerlifting started when he was a national technical official at the 8th ASEAN Para Games in 2015. His participation at the games spurred him to get his coaching license. In 2016 he started volunteering with the powerlifting development team. Two years later, he took on the role of coach and guided Kalai Vanen and Nur Aini Binte Mohamad Yasli to qualify for a number of competitions. 2020 was a challenging year. Despite the challenges, Razak was able to minimise the impact on the athletes in terms of training. He took the opportunity to educate the athletes on health, diet and body weight management. Razak provided alternative home workouts to each athlete and curated a programme that was suitable for each athlete. When the training facilities reopened, the athletes were able to hit their Season Best (SB) and Personal Best (PB) during the SDSC Lift Trial 2020.



Nurulsyahirah van Son | Boccia

Nurulsyahirah van Son has been coaching MDAS developmental athletes since 2017. She currently trains BC3 and BC4 athletes, and works together with regular volunteers. She introduced physical conditioning to her athletes, who have various forms of muscular dystrophy, characterised by progressive muscle weakness and loss of muscle mass. She also started a system of peer feedback as a way for the athletes to learn about responsibility and empathy.



Tan Wei Qian Jovin | Sailing

Jovin Tan, determined not to give up sailing that had pulled him through life from a rebellious youth to a respected Paralympian, made a decision to pursue coaching when the sport was dropped from the Paralympic programme. He wanted to make sure that the benefits of sailing continued to spread to other persons with disabilities, and even to the wider community. Therefore, he took up an arduous journey to earn his credentials, becoming the first Person with Disability (PWD) to clear the Standard First Aid course, Powered Pleasure Craft Driving License that was originally not catered for PWDs and become accredited as a coach under the National Registry of Coaches. He has since embarked to coach various programmes to help others learn the sport of sailing during weekends (as he is still working full-time), and kickstarted unified programmes to help persons with and without disabilities learn to sail together.

Community Impact (Volunteering)



Gan Keng Aik | Lim Boon Ghee | Boccia Coaches

During the Circuit Breaker, it was a period of uncertainty for both parents and athletes alike. With this, they decided to take the initiative to ensure that the boccia athletes were supported in this trying times. Keng Aik & Boon Ghee are both registered coaches under the National Registry of Coaches (NROC) and have both been volunteering their time to oversee the training of the BC3 players.



Goh Nigel Mark Jian Huang | Powerlifting

Volunteering with SDSC came by chance. Nigel was studying overseas but returned home due to the COVID-19 Pandemic. As an avid powerlifter, Nigel saw that para powerlifting needed some assistance and he jumped at the opportunity. He volunteers his time as a coaching assistant for para powerlifting. He commits his time 3 times a week to assist the para powerlifting team. Nigel wants to help build the ecosystem of the sport and he is now a qualified Technical Official for para powerlifting.



Joanne Gao Shumin | Yeo Hwee Koon | Swimming

Hwee Koon and Joanne Gao have been volunteering with SDSC as Swimming Classifiers since 2015 and they are certified by World Para Swimming. Hwee Koon is the Medical Classifier and Joanne Gao is the Technical Classifier, both of them need to work hand in hand to execute a classification of a new swimmer. They have shown commitment in their duties and volunteer their time to conduct a classification assessment.



Wendy Choh | Volunteer

Wendy has volunteered for the Singapore Disability Sports Council (SDSC) for 17 years. As an educational psychologist and National Eligibility Officer for the International Federation for athletes with intellectual impairments, Wendy's expertise has been especially helpful to SDSC. She provides advice on supporting athletes with intellectual impairments, and helps to conduct assessments and eligibility tests to classify them for local and international competitions. More significantly, Wendy developed an Intellectual Classification System that is concise and cost-effective. This classification system was used and continues to be used in competitions for easy classification, not only locally but internationally. Wendy has volunteered her time on several occasions to deliver educational workshops and sharing sessions covering topics on working with Persons with Disabilities (PWD) and Special Educational Needs (SEN).

Community Impact (Events & Initiatives)



Athletics Club

Academies & Clubs | SportSG (ActiveSG) | Athletics

The ActiveSG Athletics Club ("AAC") was launched on 29 April 2016 as part of SportSG's strategic efforts to enhance offerings in sport domains. The programmes are largely children and youth centric and AAC hopes that participants are able to embrace a lifelong enjoyment of sport and physical activity in support of their aspirations & abilities, while building meaningful connections through sport participation. Together with SDSC, AAC started the Intellectual Impairment programme in January 2021, to enable for more communities with unique needs and vulnerabilities to discover the value of sport.



Goalball Singapore | Goalball

Goalball is unlike any other disability sports which are adapted versions of traditional able-bodied sports. Goalball is a para team sport played by athletes with visual impairment and to promote the sport, Goalball Singapore was formed in 2015. Goalball Singapore's vision is to have a sustainable team sport, not just for the blind, but for everyone.

Goalball Singapore continues to promote inclusion, even with the ever-changing Covid-19 restrictions. Sports is often used as a medium to forge friendships, and amidst such isolating times, the group continued to stay focused on their vision to promote inclusion and partnered with different organisations to organise two inclusive events earlier in the year.

Goalball Singapore's 'VisAbility' fitness challenge saw both visually-impaired persons, pairing up with sighted persons, to form teams to perform several exercises, to hit a joint target of 1000. Goalball Singapore also organised the VisAbility 2 on 2 Inclusive Goalball Competition, where unified teams of both visually-impaired and sighted persons competed together in a modified Goalball competition.

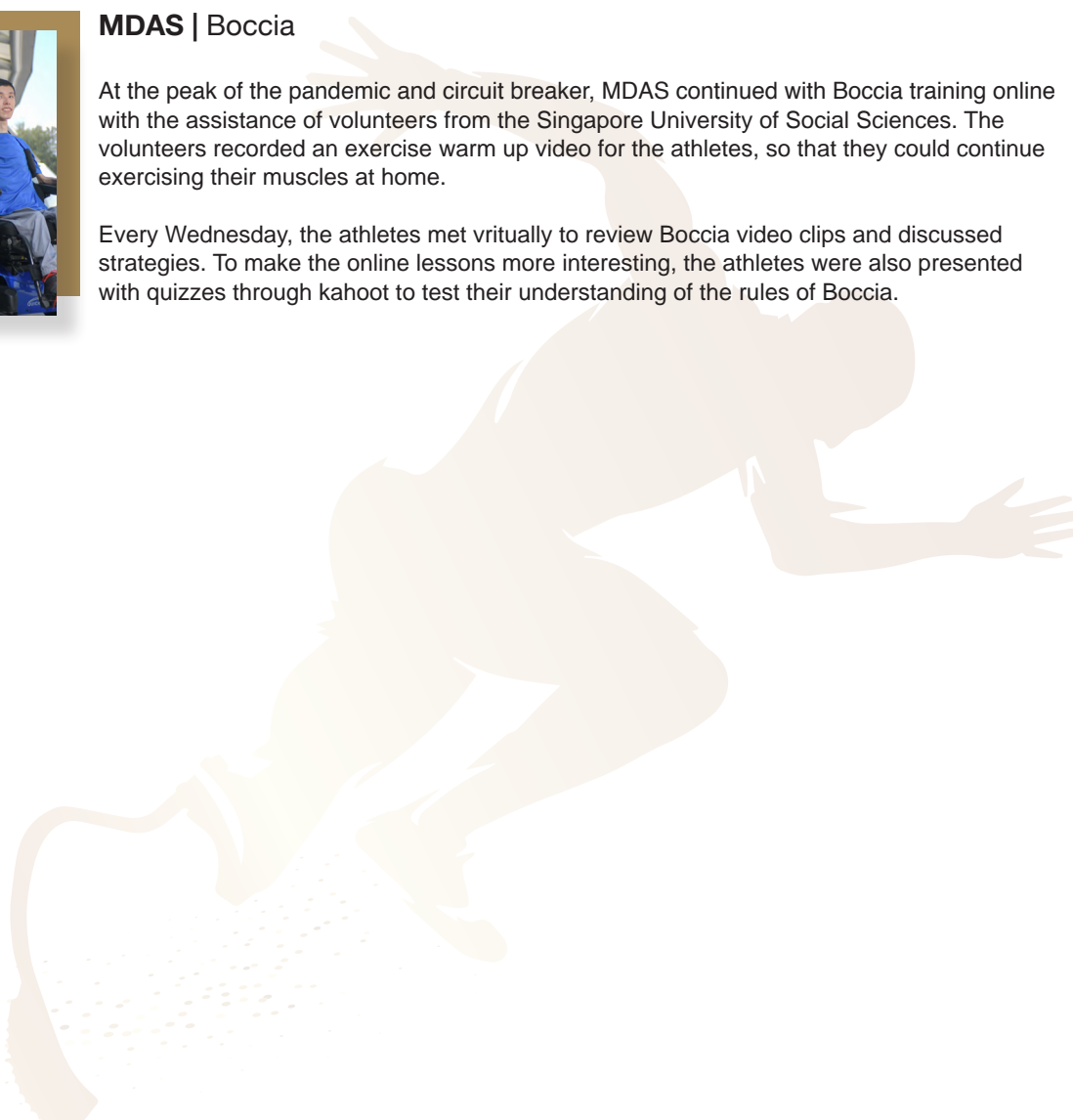
Regardless of the pandemic, the group remains dedicated to promoting Goalball as a sustainable team sport.



MDAS | Boccia

At the peak of the pandemic and circuit breaker, MDAS continued with Boccia training online with the assistance of volunteers from the Singapore University of Social Sciences. The volunteers recorded an exercise warm up video for the athletes, so that they could continue exercising their muscles at home.

Every Wednesday, the athletes met virtually to review Boccia video clips and discussed strategies. To make the online lessons more interesting, the athletes were also presented with quizzes through kahoot to test their understanding of the rules of Boccia.



In conjunction with SDSA this year, SDSC also hosted the SDSA Digital Raffle 2021, where we encouraged members of the public to donate to SDSC, for a chance to win attractive experiences across different categories as part of a donation draw. It was the first time SDSC carried out an experience of this nature. We are thankful that we had the support of 11 different partners who contributed a total of 30 prizes for the SDSA Digital Raffle 2021.

The draw was conducted on 3 Aug 2021 in the presence of an independent auditor who oversaw the donation draw. The winners were picked out by Mr Brian Loo, Group General Manager, Haw Par Corporation and Mr Eric Tseng, SDSC executive committee member.

On behalf of SDSC, thank you to all partners and all participants for your donation.



Gold Partners



Silver Partners

Bronze Partners



SPECIAL THANKS

to the members of the Judging Panel for their invaluable time and insightful guidance in the selection process of the Singapore Disability Sports Awards 2021 Resilience edition.

Dr Teo-Koh Sock Miang [Chairperson]

President, Singapore Disability Sports Council

Mr Mohammed Azhar Yusof

Head, CoachSG, Sport Singapore

Mr Shawn Lim

Head, SportCares, Sport Singapore

Ms Suzana Soo

Member, Executive Committee, Singapore Disability Sports Council

Community Sports & Participation Sub-Committee, Singapore Disability Sports Council

Ms Theresa Goh

Member, Executive Committee, Singapore Disability Sports Council

High Performance and Development Sub-Committee, Singapore Disability Sports Council

Mr Toh Boon Yi

Chief, Singapore Sport Institute, Sport Singapore



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