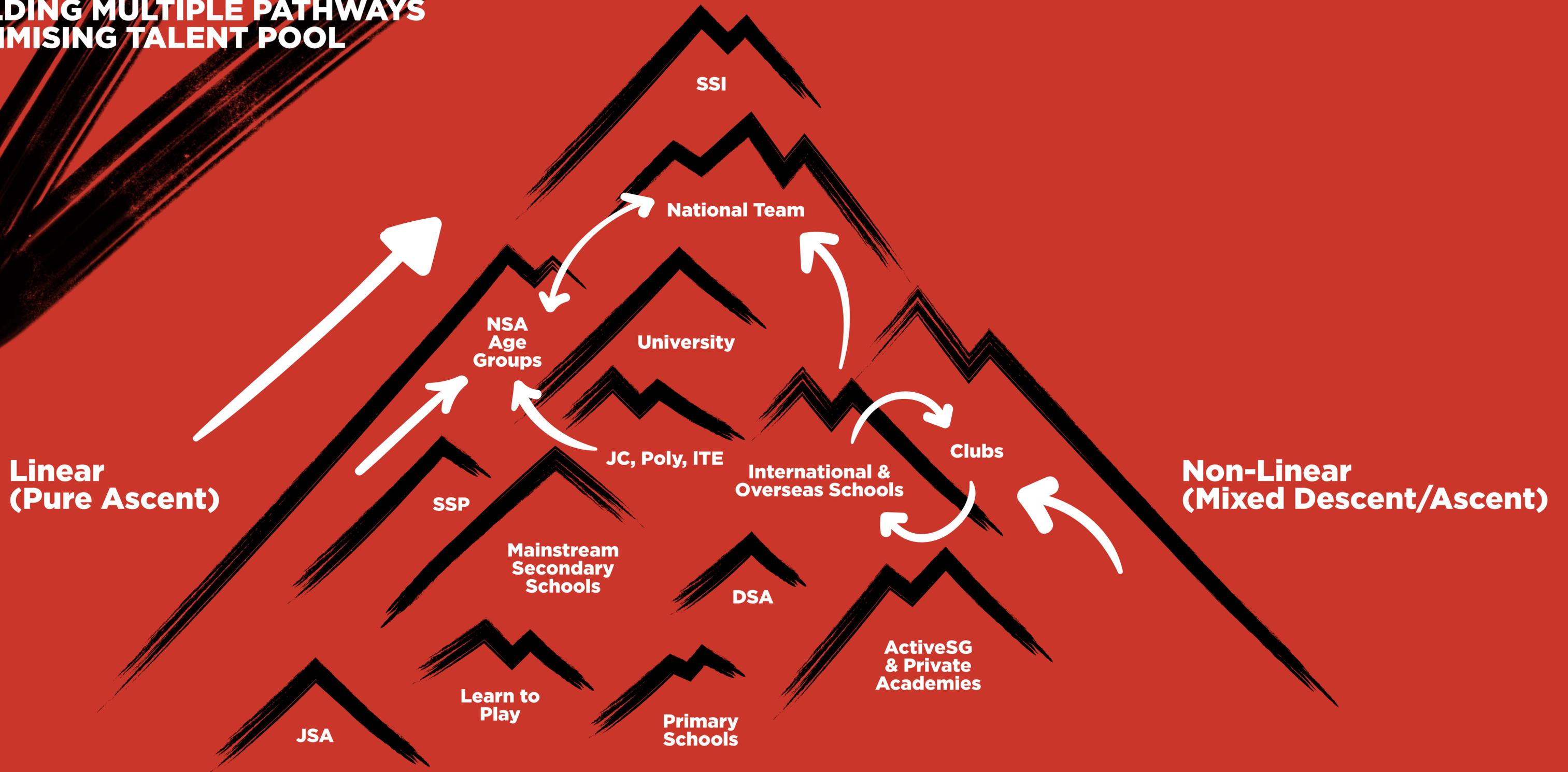


IMPACT REPORT 19/20



BUILDING MULTIPLE PATHWAYS OPTIMISING TALENT POOL



NYSI IMPACT BY NUMBERS

6,583

Youth Athletes Supported by NYSI

394

NSA Youth-Carded Athletes

5,601

Youth Athletes in School Sports Ecosystem

588

Singapore Sports School Student-Athletes

1,431

Sessions

373

Sessions

2,176

Sessions

Youth Athlete Development Conference '19

260

Registrees

YC Online Workshops

96

Attendees

Youth Coaching Conference '20

200

Registrees

YC Online Course

196

Graduates

NSA Communities of Practice

145

Attendees

TOP Athlete Programme

175

Candidates

TOP Athlete Programme

20

Chosen

Research Papers

6

Published

NYSI IMPACT ON THE ECOSYSTEM

STRATEGIC THRUSTS

BE THE CENTRE OF YOUTH SPORTS EXCELLENCE

BUILD SEAMLESS ATHLETE PROGRESSION PATHWAY

DEVELOP NATIONAL RESOURCE FOR YOUTH SPORT DEVELOPMENT

DRIVE NATIONAL TALENT IDENTIFICATION

INSPIRE TEAMS' SPIRIT AND CULTURE

OUTCOMES

- Improved performance benchmarks every year
- Improve our athletic talent development environment (ATDE)

- Build youth athlete development frameworks
- Sustained elite performers
- Progression and retention of athletes
- More non-linear ascent elite athletes

- Vibrant communities of practice
- Established coaching pathway
- Sufficient quantity and quality of youth coaches

- Increased athlete pool for selection
- Youth athletes progressing through the pathway
- Systemic transfer of athletes

- Singaporeans qualifying for new Olympic youth urban sports
- Functioning progression pathways for youth urban sports
- Shared social spaces and experiences

CAMPAIGNS NYSI HAS SUPPORTED

The support for our youth athletes has included strength and conditioning, physiology, psychology, nutrition, performance analysis, physiotherapy, coaching, and athlete life.



**LAUSANNE
2020**
YOUTH OLYMPIC GAMES

Winter Youth Olympic Games
Lausanne, Switzerland



**BUDAPEST
2019**
Fina
WORLD JUNIOR SWIMMING CHAMPIONSHIPS

Fina World Junior Swimming Championships
Budapest, Hungary



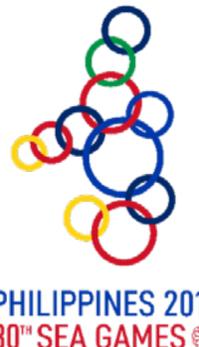
**ANOC WORLD BEACH GAMES
QATAR 2019**

Association of National Olympic Committees World Beach Games
Doha, Qatar



**ASIAN YOUTH SPORT CLIMBING CHAMPIONSHIPS
BENGALURU**

Asian Youth Sport Climbing Championships
Bangalore, India



**PHILIPPINES 2019
30TH SEA GAMES**

Southeast Asian Games
Philippines



**25TH Asian Junior & Cadet Championships
Ulaanbaatar Mongolia
2019.09.02-07**

Asian Junior and Cadet Championships
Ulaanbatar, Mongolia

SWIMMER JONATHAN TAN BROKE 50M NATIONAL RECORD TWICE WITH NYSI SUPPORT

Jonathan Tan, 17, set a new 50m national record when he stopped the clock in 22.46 seconds at the Fina World Junior Swimming Championships in Budapest on 22 Aug 2020.

Jonathan's timing meant he met the Olympic B qualifying time for the 2020 Tokyo Olympics.

"When I broke the record, it was quite a surprising thing. I wasn't expecting to break it," said Jonathan.

Four months after the Fina World Juniors, Jonathan shaved off another 0.01s to set another 50m national record at the 2019 Southeast Asian Games.

Jonathan started on a weight training programme in September 2019 with Charmaine Lim, NYSI Strength and Conditioning Specialist.

Leonard Tan, NYSI National Youth Head Coach (Swimming), said, "Charmaine did a fantastic job coaching Jonathan in the weight room and getting him through the training programme to get faster and stronger off the starting blocks."

Jonathan is currently studying at the Anglo-Chinese School (Independent) and is taking an extended International Baccalaureate diploma while training twice a day.



Above: Jonathan Tan with his 4x200m freestyle gold at the 2019 SEA Games. (Photo: SNOC/Andy Chua)

"Leading up to World Juniors and SEA Games, Charmaine played a crucial role in planning and supervising our land strength and conditioning training."

"Through her support, we were able to gym safely and effectively so that we could transfer our strength into the pool."

- Jonathan Tan

NYSI SUPPORTED MAXIMILIAN MAEDER, 13, AT WORLD BEACH GAMES 2019

Max Maeder proved the old adage, 'If you are good enough, you are old enough.'

The 13-year-old Singaporean was the youngest male athlete in the Kite Foil event at the inaugural ANOC World Beach Games held in Doha in Oct 2019.

He was the sole Singaporean to qualify for the Games after finishing as the highest placed Asian athlete in the Open category at the 2019 Formula Kite Asian Championships.

NYSI provided Max with nutrition, sleep and heat management support in the lead up to and at the Games to optimise his performance.

"Nutrition stood out the most for me," said Max. "Ng Ee Ling (NYSI Sport Dietitian) pointed out that I should eat more food that contains proteins or carbohydrates, especially for more intense trainings and competitions."

Jericho Wee, NYSI Sport Physiologist, explained the importance of sleep, strategies to sleep, and jet-lag management. He also shared cooling strategies with Max to help him cope with the dry heat in Doha.



Above: Max Maeder in action at the 2018 KiteFoil Gold-Cup World Series.
(Photo: IKA/Alex Schwarz)

The new formats used at the Games were fast and engaging, reflecting the need to reach a younger audience who are moving away from traditional formats.

Matthew Wylde, NYSI Head of Performance Pathways and Talent Identification, was the chef de mission.

"The World Beach Games was a great opportunity for Max to experience being part of a multi-sport games at this earlier stage in his career. With Kite Foil being part of the Olympic programme from Paris 2024, this new, exciting format will hopefully attract young Singaporeans who may not have been interested in traditional Sailing."

***- Matthew Wylde,
Head, Performance Pathways
and Talent Identification***

WOMEN'S WATER POLO TEAM WON 2019 SEA GAMES SILVER WITH NYSI SUPPORT



Back row (L-R): Ong Cheng Jing, Abielle Yeo, Rochelle Ong, Michelle Tan, Chow Yan Teng, Mounisha Devi Manivannan, Pek Meng Yee
Front row (L-R): Gina Koh, Melissa Chan, Koh Xiao Li, Angeline Teo, Nadya Kei Thinakaran, Koh Ting Ting
(Photo: SNOC/Andy Chua)

With only three players with prior experience in the Southeast Asian (SEA) Games, an inexperienced Singapore women's water polo team came away with a silver medal at the 2019 edition.

Playing a double round-robin format, Singapore lost twice to Thailand (2-20; 5-19) but their two wins over hosts Philippines (13-6; 18-9) ensured a third successive silver medal.

With water polo only confirmed with six months to go to the Games, NYSI stepped up with a variety of support - physiotherapy; physiological training and testing; psychological interventions with visioning, routine, and growth mindset; nutrition before, during and after training, and strength and conditioning.

"This was the first time the players were working with Sport Science professionals. The team and I had to learn how to utilise the support effectively. It was a good learning process," said Lee Sai Meng, NYSI National Youth Head Coach (Water Polo).

"I stepped in to support this team 10 weeks out of the SEA Games. Half of the team was injured and lacking in strength at the time.

In the weeks leading up to SEA Games, these ladies showed strong motivation, discipline and resilience in training to consistently turn up and push through every training session.

Within the space of 10 weeks, all performance markers - throwing velocity, in-water jump height, swim endurance - had improved concurrently with shoulder range of motion and strength.

They showed tremendous growth in the year."

- Charmaine Lim, NYSI Strength and Conditioning Specialist



Above: Jericho Wee and Marcus Lee (red), NYSI Physiologists, working with Lee Sai Meng, NYSI National Youth Head Coach (Water Polo), during a training session.

Left: Nadyne Kei Thinagaran of Singapore in action against Thailand at the 2019 SEA Games. (Photo: SNOC/Andy Chua)

The majority of the squad were student-athletes, with the youngest just 16 years old.

"The team showed progressive improvement in their fitness level across the training season," said Marcus Lee, NYSI Physiologist.

"When I see individual players taking a close look at their fitness test results, I can sense their intrinsic motivation to improve. That probably explains where they got to in their fitness levels."

"We are blessed to have the help of the NYSI Sports Science team," said national player Koh Xiao Li. "Especially the psychologist, S&C coach, physiotherapist, nutritionist and the performance analyst."

"We are very grateful for their hard work and dedication to our team and would not have made it this far without them."



CLIMBER LUKE GOH CLINCHED TWO 3RD-PLACE FINISHES AT ASIAN YOUTH CHAMPS WITH NYSI SUPPORT

Luke Goh Wen Bin, 17, grabbed two podium finishes at the Asian Youth Sport Climbing Championships in Bangalore, India, in Dec 2019. The former Outram Secondary student-athlete finished third in two categories - Male Youth A Lead and Male Youth A Boulder. He was competing in a field of 130 athletes from 13 Asian countries.

“The competition level was pretty high,” said Luke. “The champion had been in the world cup finals before and the second place finisher had been on the world youth championship podium.

“The dominant power was Japan which had sent three athletes. I was able to give them a run for their money by taking medals from each event respectively, especially during the lead round where I was tied for second. The count back to qualification made me third. I do believe I am able to catch up with them and maybe even surpass them,” added Luke.

Luke’s journey with NYSI began in Aug 2018 when he was selected to be part of an NYSI Singapore contingent that went to the UK Talent Inspiration Programme.

“Going to the UK was a whirlwind of enlightening experiences that has provided me lessons in my sport and life. Through my interactions with other athletes from other sports, it allowed me to understand what I needed to do to compete at a higher level.”

- Luke Goh Wen Bin

*Above: Luke Goh in action at the 2019 Asian Youth Championships in Bangalore, India.
(Photo: Pam Nattcha)*

Since then, NYSI has given Luke added support after he made it into the national youth training squad. In Oct 2019, NYSI hired a climbing coach, Shinsuke Kimura, to support a first-ever centralised sport climbing camp where he advised our two Singaporean national coaches on the principles and pathways of the Japanese sport climbing system.

NYSI also provided nutrition, physiology, psychology, and strength and conditioning support.

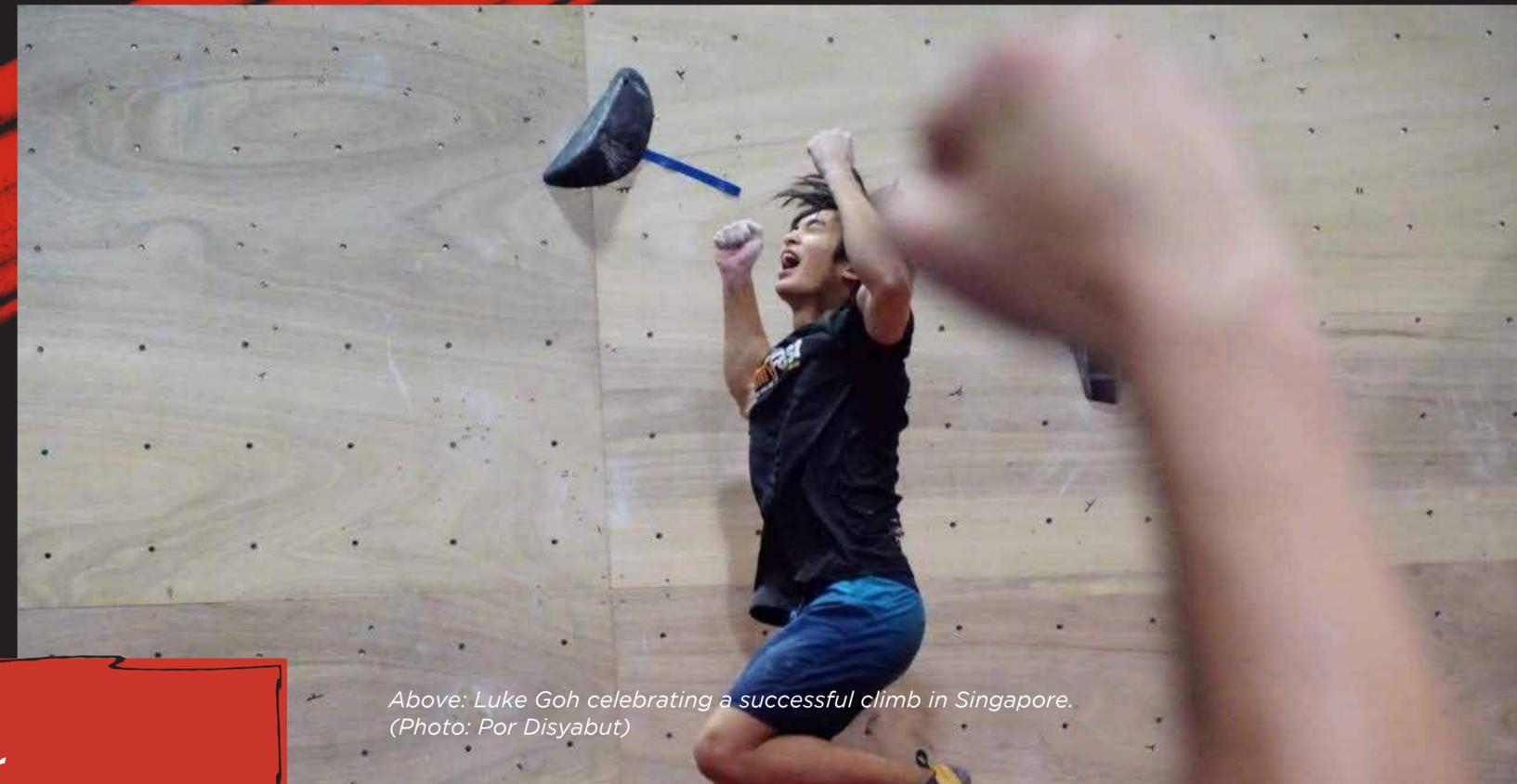
Luke said, "I feel the NYSI support has been really helpful. Having the organisation guide me with my training and other aspects like how to balance my life while still training at high frequency. What stood out was the fact that they could complement my existing training and help me in other aspects as well."



Above: Luke Goh in action at the 2018 IFSC Climbing Asian Cup in Hong Kong. (Photo: Por Disyabut)

"He has never complained and actively seeks to understand how each component of the S&C programme contributes to his climbing. Young Luke has that motivation, tenacity and resilience to push onwards."

***- Charmaine Lim,
NYSI Strength and
Conditioning Specialist***



Above: Luke Goh celebrating a successful climb in Singapore. (Photo: Por Disyabut)

After understanding Luke's strengths and weaknesses across the speed, lead, and boulder disciplines, Charmaine Lim, NYSI Strength and Conditioning Specialist, customised a programme for Luke to target specific movements for boulder and lead, and his overall power endurance for speed.

With Asian Games 2022 in mind, Luke decided to enrol in Ngee Ann Polytechnic to pursue a diploma in sustainable urban design over five years so that he can have the time to train.

"Luke really impressed me with his decision to pursue a five-year polytechnic course," said Xu Yuanzhen, NYSI Performance Pathways Manager.

"He decided that it was necessary to maximise his sporting potential, which shows me how passionate and committed he is. I'm glad that NYSI has an opportunity to work with him in the coming years."

SINGAPORE MADE WINTER YOUTH OLYMPIC GAMES DEBUT WITH NYSI SUPPORT

Three Singaporeans - Trevor Tan, Alyssa Pok, and Matthew Hamnett - helped Singapore make her debut at the Winter Youth Olympic Games (WYOG) in Lausanne, Switzerland from 9-22 Jan 2020.

In the lead up to the Games, NYSI provided physiotherapy, nutrition, and jet-lag management support. Joanne Loo, NYSI Performance Pathways Manager, was the chef de mission (CDM).

Below: Matthew Hamnett was the flag bearer for the Singapore contingent at the opening ceremony of the Winter Youth Olympic Games. (Photo: Getty Images)





(Photos: SNOC/Getty Images)

Alyssa Pok (above), 15, clocked a personal best of 48s in the 500m to finish 25th out of 29 skaters. In the 1,000m event, she was 22nd out of 29 competitors.

“I was able to clock a personal best timing and a new National Record for my 500m race during the WYOG which was definitely amazing,” said Alyssa.



Trevor Tan (above, middle), 17, who holds the men’s national under-18 records in the 500m, 1,000m, and 1,500m short track events, competed in the 500m and 1,000m.

He was not placed in the 500m because of an infringement and finished 23rd out of 32 competitors in the 1,000m.

Trevor, a Year 5 Singapore Sports School student studying for his International Baccalaureate diploma, had taken 2019 off to train full-time in Busan, South Korea.

He said that in Busan, training twice a day, and once a day on weekends, was tough.

“Our CDM was awesome as she spent a lot of time getting to know us so we would not feel anxious before the competition,” recalled Trevor.

“She also settled all the planning before and after the competition for us.

“Jocelyn Yong (NYSI physiotherapist) also shared with us some methods to mentally relax before our race and gave us more insights into stretching.

“This experience has definitely inspired me to continue to work towards my dream of Beijing 2022 Winter Olympics.”

“The competition in Lausanne was world class at their level,” said CDM Joanne Loo. “They now know where they’re lacking in and what they can aspire to be in the future.”



(Photo: SNOC/Getty Images)

Matthew Hamnett (above), 15, took part in the Men’s Mixed NOC 3-on-3 Ice Hockey tournament. His team ended the tournament with a 3-4 win-loss record to finish 6th out of 8 teams. In one of the matches, Matthew scored a goal and had an assist.

Regarding the games experience, Matthew said, “Wonderful experience. Guys on the team were friendly and encouraging, which taught me a lot about the necessity of energy on the bench and motivating teammates despite the scoreboard.”

NYSI LEVELLED UP YOUTH ECOSYSTEM AT 4TH YOUTH ATHLETE DEVELOPMENT CONFERENCE



*Above: Participants pack the conference held at Level Up Bar, Clarke Quay.
(Photo: NYSI)*

“The probability of hitting a talent at an early age is minimal, below 1 per million,” said keynote speaker Professor Dr Arne Güllich.

That provocative statement was heard by 260 educators, practitioners, and sports administrators at the 4th NYSI Youth Athlete Development Conference on 5 Nov 2019.

With the theme ‘Level Up’, experts from Germany, Japan, Norway, and Singapore shared how Singapore can build a productive system for talent development.

Prof Güllich researched the German talent development system and found that many of the successful youth athletes were not successful as senior athletes and vice versa.

He said that early talent identification and development (TID) is unreliable and unnecessary.

“(TID) is not needed if we have an effective competition system in place because talents will emerge through development if a good system is in place,” said Prof Güllich.

*Below: Prof Dr Arne Güllich sharing his research findings at the conference.
(Photo: NYSI)*



With an unorthodox venue in Level Up Bar at Clarke Quay, participants described it as a “great venue” and that it had a “fun and casual atmosphere for good discussions and networking”.

Another participant shared that “I love the concept and culture of the whole conference, it was very chill, yet intense topics were discussed”.

Participants also heard about the unique Norwegian sports system from Professor Elsa Kristiansen. Their leagues do not keep score and there are no national championships for children under 13 to allow them to enjoy and try multiple sports. Norway, with a population of just 5.3 million, topped the 2018 Winter Olympics medal table, beating traditional powerhouses Germany, Canada, and United States.

In Japan, Dr Taisuke Kinugasa shared that Japan uses the FTEM (Foundation, Talent, Elite, Mastery) framework from Australia. FTEM allows for cultural variations and the Japan Sport Council adapted it to fit their culture.

“Having this framework helps coaches of different levels and the people involved in athlete development to communicate with each other. I think that that’s the most powerful thing about the framework,” said Dr Kinugasa.

To show how NYSI supports our youth athletes, NYSI sport science staff did eye-tracking, velocity-based training, heart-rate variability, and mindfulness demonstrations.

“The sport science segues were a fun and novel way for NYSI sport scientists to showcase to our stakeholders how we support high level youth athletes,” said Matthew Wylde, NYSI Head of Performance Pathways and Talent Identification. “Hopefully this segment encouraged discussion amongst the participants and seeded some ideas on how sport science can be implemented into training programmes for youth athletes.”



“The conference saw a refreshing programme, with the return of our speakers from the inaugural 2016 conference to share the importance of a competitive sporting ecosystem to drive athletic development and create multiple pathways for sports excellence.”

- Dr Esther Chia, NYSI Head of Talent Identification and Development (TID)

Above: Nur Adilah binte Masismadi, NYSI Performance Analyst, demonstrating the use of eye-tracking technology. (Photo: NYSI)

NYSI LEVELLED UP YOUTH COACHES WITH ADVANCES IN SKILL ACQUISITION



Above: Participants at the NYSI Youth Coaching Conference which was held at the new NYSI facility located at 5 Stadium Lane on 19-20 Mar 2020. (Photo: NYSI)



Above: Dr Malhotra was the first of two keynote speakers at the 4th NYSI Youth Coaching Conference. (Photo: NYSI)

“Implicit motor learning, where the athlete learns a skill with a minimum conscious awareness of the mechanics of the movement, has long-term advantages.”

***- Dr Neha Malhotra,
NYSI Sport Psychologist &
Research Coordinator***

The two-day conference on skill acquisition was sold out with 100 people registered for each day.

Dr Malhotra, a sport psychologist and research coordinator at NYSI, spoke about how implicit motor learning can aid skill acquisition.

One of the challenges youth athletes face when acquiring new skills is coping with a lot of verbal instructions from their coaches. When they try to execute a skill, they might process the verbal instructions consciously.

Researchers have termed this tendency to consciously process information about the mechanics of movements as 'Reinvestment'. Individuals differ in their propensity to reinvest (high vs. low reinvesters).

“While high and low reinvesters might have the same learning curve, low reinvesters have generally been shown to perform significantly better than high reinvesters under pressure,” Dr Malhotra said.

She said that ‘less is more’ when it comes to providing instructions to train skills.

***“Skills that are learnt implicitly are more robust and resilient under conditions such as fatigue and psychological pressure,”
Dr Malhotra said.***

“The way the athletes perceive the environment determines their movement responses and the way they behave.

That’s why it is important to make practice representative of the performance environment and downplay repetitive drilling of isolated skills.”

- Dr Jonathan Ng



The second keynote speaker was Dr Jonathan Leo Ng from the Ministry of Education.

Dr Ng said that being able to combine movements effectively has implications on long-term physical activity and athlete potential.

“What makes the difference in performance? Adaptability that comes from increased movement competence – the capacity to adapt and combine various movement attributes to find solutions based on given constraints,” said Dr Ng.

Dr Ng emphasised that coaches should focus training on building movement experiences so that athletes can adapt and think critically.

For example, in football, players can be placed in different playing positions to allow different configurations of movements to emerge.

A player who usually plays on the right flank and re-positioned on the left may find creative solutions to overcome the change in constraints.



The afternoon workshops saw coaches from different sports come together for a workshop to apply the implicit motor learning principles in their own training sessions.

In the feedback survey, conference participants wrote that the “thought-triggering research” the speakers presented provided a “good reminder to rethink what needs to be prioritised in training”.

NYSI CONTINUES SEARCH FOR TOP ATHLETES TO REPRESENT NATION



Above: Tan Hui Xin clearing the water obstacle during the 3,000m Steeplechase race at the 2020 IVP Track and Field Championships.
(Photo: Lim Yong Teck/Red Sports)

Tan Huixin, 24, was talent spotted by NYSI in February 2019. Less than a year later, she set a new championship record in the 3,000m Steeplechase at the 2020 Institute-Varsity-Polytechnic Games. She clocked 13min 4.04sec to comfortably beat the previous record of 13:09.91.

“I really wasn’t expecting (the record) as it was my first time doing the event. But I guess it was also good because going into the race, I didn’t feel as pressured and just trusted the training process. I also feel really thankful to have the training support and resources that helped me in achieving this result,” said Huixin, who used to compete in aquathlon for the National University of Singapore and played handball at inter-hall level. She played netball while in secondary school and ran cross-country in junior college.

Huixin is part of the NYSI Talent Optimisation (TOP) Athlete Programme. There are currently 20 youth athletes in the programme.

“The TOP Athlete Programme is an ambitious project undertaken by NYSI. Our aim is to strengthen the non-linear development pathways by providing athletes with the opportunity to move into new sports and then fast-tracking their development towards representing Singapore.”

- Matthew Wylde, Head, Performance Pathways and Talent Identification

“With the progression and exposure that the (TOP Athlete) programme provided, it helped me to have a clearer picture of my goals and how I can work towards it. And it was really helpful that there were always people checking in from time to time to keep up with my training progress.”

***- Tan Hui Xin, 24,
NYSI TOP Athlete***



*Above: Tan Hui Xin at the NYSI testing held at Eusoff Hall in February 2019.
(Photo: NYSI)*

Huixin, who has signed on with the Singapore Armed Forces, currently trains under Steven Quek, who is the NYSI Track and Field Coordinator. She has been training with Coach Quek for six months since Oct 2019.

“His training is focused on the individuals’ fitness level and goals. Under his training, I feel that I’m able to achieve more in terms of growing physically and mentally stronger. And he’s also a very caring coach who gives us advice beyond training, like reminding us to take care of our health and how to manage work or school with training because it takes more than just training to improve beyond a certain level,” said Huixin.

“The greatest difference since I joined his training is having someone who is experienced to guide me to be a better athlete, because of the experience that he has. I feel that he’s able to see my potential and push me for growth, which is something that I can’t tell for myself. My immediate target is to qualify for the 2020 ASEAN University Games,” added Huixin.

“We are currently working with five sports (weightlifting, water polo, rugby, canoe, and athletics) and we will be expanding the programme to other sports in 2020. There will be hits and misses along the way but our aim is for our TOP athletes to contribute to the medal tally at the 2021 SEA Games and beyond,” Wylde said.

NYSI COLLABORATED WITH SNOC TO ORGANISE TEAM SINGAPORE ATHLETES' CONFERENCE 2019

"The transition from junior to senior squad is one that every junior athlete will go through and I felt very privileged to be able to share my experiences," said Shaheed Alam, 21, a Team Singapore tennis player.

Shaheed spoke to 260 team athletes at the Team Singapore Athletes' Conference at Dunman High School's Performing Arts Centre on Saturday, 3 Aug 2019.

"I hoped that they all took a thing or two from the session and it was also really cool for me because it was the first time being part of a panel of speakers and it was a fantastic way to give back."

***Shaheed Alam,
Team Singapore tennis player***



Above: Shaheed Alam sharing his experience at the Team Singapore Athletes' Conference. (Photo: NYSI)

Below: A panel of Team Singapore athletes share their experiences of transitioning from junior to senior level. From L-R: Dr Harry Lim (NYSI Psychologist), Charlene Lim, Shaheed Alam, Constance Lien, Leonard Tan (NYSI National Youth Head Coach - Swimming), Mark Chay (Chair, SNOC Athletes' Commission). (Photo: NYSI)



Shaheed was part of a panel of current and former athletes - Charlene Lim (Bowling), Constance Lien (Jiu-Jitsu), Leonard Tan (NYSI National Youth Head Coach - Swimming) and Mark Chay (Chairperson, SNOC Athletes' Commission) - who shared their experiences transitioning through the different phases of their athlete journey.

Charlene, 20, spoke about how she coped with her hip injury after the 2019 Malaysia Open singles and the stress she felt stepping into the national senior squad.

Shaheed shared that he took a year off from school at the age of 15 and how he had to adjust to older and more experienced athletes when he played on the open tennis circuit.

Constance, 20, a former swimmer, spoke about how she broke free from her struggle with insecurities when she found her passion for the mixed martial arts.

Mark, 37, focused on the rights and responsibilities of athletes - the rights to a safe training environment and coaching balanced with the responsibilities of representing the country and adhering to the athletes' code of conduct. He also highlighted the importance of safeguarding youth athletes.

Mark said, "It is important that all athletes are educated and made aware of what constitutes harassment and abuse. This is especially the case for youth athletes. I am glad to see that NYSI has come up with a safeguarding policy to protect the youth athletes that they support."

"As we're athletes ourselves, it's nice to learn from different experiences and understand more about how we can cope as athletes. I think these learnings will help us as we're able to resonate with them, to understand what our mind-set should be and how we can make better decisions for the road ahead."

- Amanda Lau, who transitioned from gymnastics to soccer before ending up in the national women's rugby team

"I myself came into the national team quite late and everything's still new to me. So coming to a conference like this is important because it helps me to set expectations of the standard of a national athlete."

- Low Yong Ming, 26, who won a silver at the 2019 Singapore Kickboxing Championship after joining the national Kickboxing team a year ago

NYSI LAUNCHED YOUTH COACHING ONLINE TO RAISE YOUTH SPORTS ECOSYSTEM STANDARDS



*Above: Zhang Yong Qiang, NYSI National Youth Head Coach (Sailing), facilitating a Youth Coaching workshop in Mandarin.
(Photo: NYSI)*

In June 2019, the NYSI Youth Coaching department launched its Youth Coaching (YC) Online, a 5-hour course that coaches can take at their own pace.

YC Online is part of NYSI's strategic thrust to be a centre of excellence by providing youth coaches with youth-specific coach education.

With about 3,000 youth coaches working with the Ministry of Education schools, YC Online focuses on issues that are pertinent only to youth athletes.

The 3-module, 16-lesson online course covers topics like early specialisation, the relative age effect, transformational coaching, and how to plan age-appropriate training sessions.

Youth coaches who finish the online course also earn coach continuing education hours, a mandatory requirement for coaches who need to renew their National Registry of Coaches (NROC) membership.

Almost 200 people completed YC Online in the financial year 2019-20.

“Coaches like hearing from one another, so that’s why we have made sure that our youth coaching workshops allow coaches to interact and share their experiences from different sports.”

**- Lee Sai Meng,
NYSI National Youth Head Coach
(Water Polo)**



*Above: Ismail Kadir (standing), NYSI Athlete Life Manager, facilitating a Youth Coaching workshop.
(Photo: NYSI)*

To reinforce the learnings on YC Online, the NYSI Youth Coaching department also put in place a series of blended-learning workshops to complement the online course.

From Jan to Mar 2020, 96 coaches signed up for nine blended-learning workshops. NYSI head coaches and sport scientists facilitated the workshops with each workshop kept to no more than 25 to allow better learning and interaction.

NYSI also put on a special Mandarin workshop as part of the series and it was facilitated by Zhang Yong Qiang, NYSI National Youth Head Coach (Sailing).

Youth coaches have responded to the workshops. In feedback surveys, coaches have said that the “trainer is knowledgeable”, the topics “are challenging and engaging” and that they found the workshops “very interactive” and they “learn a lot from interaction with fellow coaches”.

LOCAL T&F ATHLETES BENEFIT FROM NYSI'S 3RD YEAR OF PARTNERSHIP WITH JAAF AND WASEDA UNIVERSITY

For the third straight year, NYSI hosted elite Japanese youth track and field athletes for their winter training camps in Singapore.

This is part of NYSI's continued effort to uplift the youth ecosystem by bringing in foreign high-performance teams to share their experience with local youth athletes and coaches.

A Japan Association of Athletics Federations (JAAF) contingent of 26 athletes and seven coaches had their winter training in Singapore from 8-14 Jan 2020. They were then followed by a Waseda University contingent of seven athletes and one coach from 6-13 Feb 2020.



*Above: Track and Field athletes from Waseda University training with their Singaporean counterparts.
(Photo: Waseda University)*



Above: A Waseda University athlete demonstrating a drill during the sharing session organised by NYSI. (Photo: NYSI)

“I think it was an amazing initiative by NYSI to bring the Waseda Uni team over.

I believe the younger athletes really benefited from them sharing their depth of experience and giving training advice. Always good to learn best practices from high-performance athletes.”

***- Ng Chin Hui,
former national 400m runner***



Below: Singaporean youth athletes listening to the Waseda University coach during the sharing session organised by NYSI. (Photo: NYSI)

“The Japanese have a unique way of training that would ensure maximum effect. There is always something to learn from them when they visit us each year,” said Melvin Tan, NYSI Track and Field Coordinator.

“The training camps give a good opportunity for local coaches and athletes to interact and share experiences with their visiting counterparts. This helps our athletes and coaches to reflect on their own training,” said Baranee Kumar, NYSI Performance Pathways Executive.

Singapore has been an attractive training camp venue for foreign high-performance teams because of our tropical weather, safe environment, air connectivity, and sports facilities.

“We plan our training camp in Singapore at the end of winter (February). The warmer temperatures in Singapore allows for us to train outdoors and is a good preparation for the new season,” said Gaku Kakehata, the leader of the Waseda contingent.

“The facilities in Singapore are world class and this helps the quality of training during our training camp. NYSI is able to provide us with the help to assess our athletes at the start of pre-season and give us the indication on what to work on for the upcoming season.”

NYSI SET UP NEW HIGH-PERFORMANCE FACILITY TO IMPROVE YOUTH ATHLETE SUPPORT



(Photo: NYSI)



(Photo: NYSI)



(Photo: NYSI)

As part of its strategic thrust to be a centre of youth sports excellence, NYSI moved into a new facility at 5 Stadium Lane in March 2020.

NYSI took over the former Police Coast Guard headquarters building which was constructed in 1970.

The building had stood unused since 2006 after the Police Coast Guard moved to new headquarters in Pulau Brani.

Spending within our current operating budget, and with no additional funds from the ministry, NYSI injected new life into an old building with historical significance.

Old buildings have a history, providing both an anchor to the past and an inspiration for the future.

The exposed brick walls and beams of the facility are deliberate. They reflect the mission of NYSI to build tomorrow's athletes today.

The unfinished walls and beams also serve as a visual reminder to youth athletes that they are not the finished article and have to earn the right to step up to more polished facilities.

Using an old building is also cost-effective and allows NYSI to focus our funding on youth athletes.

The building is not fully air-conditioned. Apart from the cost savings, we capitalise on its original design which allows for natural ventilation. The building's orientation takes advantage of the winds during the Northeast Monsoon (Dec-early Mar) and the Southwest Monsoon (June-Sept) seasons.

So what can NYSI do at Stadium Lane that it could not before at the old facility?

This larger facility at Stadium Lane allows NYSI to support up to 5,200 youth athletes, almost 20 times the number we could support in the old facility at Kallang Theatre.

A youth coach and 20 youth-carded athletes will be able to spend three hours at NYSI and receive the following support:

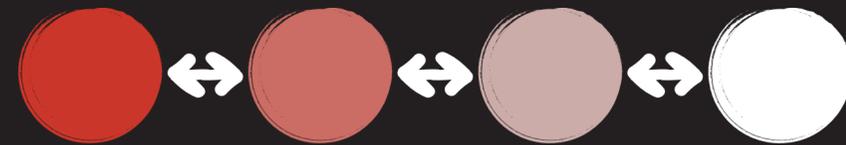
- a) **Physiotherapy treatment**
- b) **Sport psychology sessions**
- c) **Strength and Conditioning sessions**
- d) **Nutrition consultations and workshops**
- e) **Athlete Life coaching and workshops**
- f) **Youth Coaching workshops**
- g) **Sleep recovery support**

With the new facility, NYSI will pursue a transdisciplinary approach, a research strategy that crosses disciplinary boundaries to create a holistic approach.

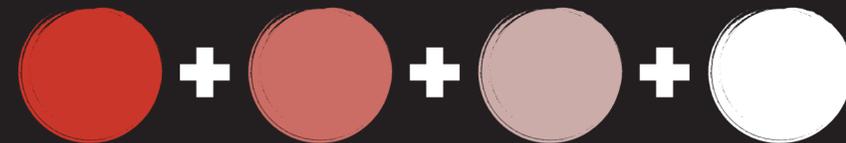
A TRANSDISCIPLINARY APPROACH



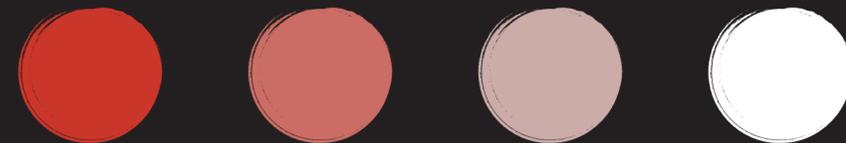
Transdisciplinary - Higher Level Synthesis



Interdisciplinary - Interactive



Multidisciplinary - Additive



Disciplinary - Silos

“A transdisciplinary approach aims to find practical solutions for complex problems. Such an approach is needed because no single discipline by itself can provide the solutions.

For youth athletes to stay on the development pathway and achieve podium success, the athlete must navigate a host of personal psychophysiological systems and external social systems.

A transdisciplinary approach challenges NYSI sport scientists to uncover the indivisible interconnections between these systems and find a practical action plan that will help youth athletes survive and overcome them.”

*Dr Low Chee Yong,
NYSI Head of Sport Science*