



How to Raise a Sports Champion?

C Kunalan

10th March 2017

LIVE BETTER THROUGH SPORT





#nysiTALKS

NYSI Youth Coaching Conference 2017

REDEFINING SUCCESS IN YOUTH COACHING

How to Raise a Sports Champion?

“It takes a whole VILLAGE!”



#nysiTALKS

NYSI Youth Coaching Conference 2017

REDEFINING SUCCESS IN YOUTH COACHING

“Who are our Villagers?”



#nysiTALKS

NYSI Youth Coaching Conference 2017

REDEFINING SUCCESS IN YOUTH COACHING

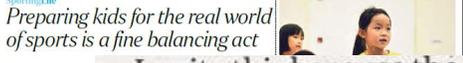
ST 1st March 2017



“Preparing kids for the real world of sports is a fine balancing act”

Journalists ! Views !

Rohit Brijnath



I write this because the Singapore Sports School and some parents have been caught in a minor kerfuffle over whether students

Money, schools and kids all important considerations for raising Sports Champions

has now been reached, yet as I reflected on money, schools and kids, three points came to mind.



Rohit Brijnath

RED SPORTS®

HOME HEADLINES FIXTURES PHOTOS SPORTS DSA

A different kind of Journalist

Spreading important messages

By Les Tan on December 3, 2016 Views: 10,716 Industry in Motion

By Les Tan, RED SPORTS - 10,71€

Dr Gullich at the 2016
Youth Athlete
Development Conference

"Junior success is a poor indicator of long-term senior success. Their success at the age of 10 had a zero correlation with their success as a senior. Same was true with their success at 11 – 14, 15 – 18. We have a zero correlation."

Dr Gullich at the 2016
Youth Athlete
Development Conference

"Even in cases where talent is correctly identified at a young age, the chances of the athlete becoming world class is low." (WHY?)

Dr Gullich at the 2016
Youth Athlete
Development Conference

"Consistently, those who were recruited into the system earlier, started specializing significantly earlier."

Dr Gullich at the 2016
Youth Athlete
Development Conference

"As a result...., those recruited earlier were more successful at a youth age, but they were under-represented in terms of senior world class, said Professor Gullich."

Dr Johan Pion at the 2016
Youth Athlete
Development Conference

"I come from Flanders, the upper part of Belgium. We have approximately the same population size (6.41 million) as you have in Singapore (5.67 million) We start very early to detect the better movers," said Dr Pion

Dr Johan Pion at the 2016
Youth Athlete
Development Conference

"It is important to start with talent detection 16 years before podium. It is important to know what children like to do, what they are good at. It's important to cluster sports to learn from other sports, to develop in the right way.

Dr Johan Pion at the 2016 Youth Athlete Development Conference



"And it's important to transfer them, to have less drop out than we had before. It is not witchcraft, it is sports science," concluded Dr Pion.

Dr Johan Pion at the 2016 Youth Athlete Development Conference

OMG !!

"We are lucky because we started top sports schools in 1990.....And so I think here in Singapore your system will



#nysiTALKS
NYSI Youth Coaching Conference 2017
REDEFINING SUCCESS IN YOUTH COACHING

"How to raise a Sports Champion?"
"It takes a whole VILLAGE!"
Who are the other VILLAGERS ?



#nysiTALKS
NYSI Youth Coaching Conference 2017
REDEFINING SUCCESS IN YOUTH COACHING

Ministry of Education **Am I dreaming?**

Up-to-date PE Syllabus; Great Time Tables in Primary & Secondary schools and Junior Colleges
Best facilities – Indoor Sports Hall, School Hall, Artificial pitch; good budget; no lack of equipment !



#nysiTALKS
NYSI Youth Coaching Conference 2017
REDEFINING SUCCESS IN YOUTH COACHING

Our Schools; our Educators; our Parents
Our Clusters; our Teachers; our Parents



RED SPORTS®

Giving primary school children more chances to play sport

Cluster level sports competitions for non-school-team players

Educators trying to change the situation on the ground !



Marvin Chan, VP of Rosyth School, sharing about the pilot project to give primary school children more chance to play sport.....

Modified competitions for non-school team players



Mdm Carol Loi, a mother of two, thinks giving children chances to play sports is a good idea. While her eldest daughter, who is in Sec 2, made it to the school netball team, her younger Pri 5 daughter does not play any sport because she could not make it into any school team.



“Excellent! Just what we need. In primary school, they should be allowed to play and explore a range of sports. Also useful at secondary level, if it count towards their CCA points. Especially at secondary level, some CCAs are limited.” Mdm Carol Loi



Mdm Foong, a mother of two boys, she is glad that her sons’ primary school has a sports carnival. “...has two tracks at its sports carnival. One regular and one modified for the kids to just enjoy themselves. Both my kids appreciate it. I do wish it were a regular affair though.

Too much spent on one-off Carnival ?



“And to encourage sportsmanship, students nominated players from opposing teams who displayed the Olympic values of Friendship, Respect, and Excellence” Ahmad Zohri (HOD PE/CCA)

Qualities of a Sports Champion



“ It also allows many opportunities for them to display acts of sportsmanship and get recognition for it.”

RED SPORTS®
 “Speakers from PSOEB & NYSI held pre-competition workshops for the students”



“We were taught how to manage our competition stress using breathing techniques, and how the amount of sleep and the water we drink may affect our performance”
 (Participant)

RED SPORTS®

HOME HEADLINES FINANCES FINANCE SPORTS

Giving primary school children more chances to play sport



“We are moving towards a more balanced and holistic model of sports participation, and students can look forward to even more opportunities to play and compete.”
 Mr Mohd Roshan, Subject Head PE

#nysiTALKS
 NYSI Youth Coaching Conference 2017
 REDEFINING SUCCESS IN YOUTH COACHING

Our Ministry of Education (PSOEB)
National Championships in many Sports @ Primary Level
No need! Put \$\$\$\$ in Clusters.
All Clusters do what North 1 Cluster did in 2016
Keep it going throughout the year BUT with as many sports as possible –prevent ‘specialization’

#nysiTALKS
 NYSI Youth Coaching Conference 2017
 REDEFINING SUCCESS IN YOUTH COACHING

Direct School Admission (DSA) & Private Coaches
Success of creating “sports industry”
Be warned of the dangers of early “training” & specialization.
Or should we leave it to Parents to decide?

WEDNESDAY, JANUARY 25, 2017 | THE STRAITS TIMES | A23

FORUM

Children's TAKE

“Children are being sent for training in sports, music, art, theater or dance even before they start primary school.”

Raise DSA bar to admit only the naturally talented

While many Primary pupils had only one extra offer to handle last year — the Primary School Leaving Examination (PSLE) — this year they will have to contend with the Direct School Admission (DSA) process. Several hundred of pupils applied for direct entry to Sec 1 (Jan 25).

The DSA scheme was introduced with the intention, but parents have expressed their concerns over an additional Children are being sent for training in sports, music, art, theater or dance even before they start primary school.

This has resulted in a number of children who had to give up their DSA offers because they were not selected. It has also caused a divide between parents with resources and those without.

Noted education expert Dr. Heng Phua has said that it is an “open secret” that the DSA benefits children who have more resources than those who do not.

With the Ministry of Education reviewing the scheme, I hope that a concrete step will be taken to address such a divide.

The bar should not be set too high. The DSA should be limited to only a small number of pupils with exceptional natural ability. Alternatively, the MOE could consider implementing the DSA only for Secondary 3 or tertiary education.

This would certainly reduce the stress on average children.

Meng Hin May (Ph)

WEDNESDAY, JANUARY 25, 2017 | THE STRAITS TIMES | A23

FORUM

Children's TAKE

“Admission through sports, music and the arts should be limited to only a small number of pupils with exceptional talent.”

Raise DSA bar to admit only the naturally talented

While many Primary pupils had only one extra offer to handle last year — the Primary School Leaving Examination (PSLE) — this year they will have to contend with the Direct School Admission (DSA) process. Several hundred of pupils applied for direct entry to Sec 1 (Jan 25).

The DSA scheme was introduced with the intention, but parents have expressed their concerns over an additional Children are being sent for training in sports, music, art, theater or dance even before they start primary school.

This has resulted in a number of children who had to give up their DSA offers because they were not selected. It has also caused a divide between parents with resources and those without.

Noted education expert Dr. Heng Phua has said that it is an “open secret” that the DSA benefits children who have more resources than those who do not.

With the Ministry of Education reviewing the scheme, I hope that a concrete step will be taken to address such a divide.

The bar should not be set too high. The DSA should be limited to only a small number of pupils with exceptional natural ability. Alternatively, the MOE could consider implementing the DSA only for Secondary 3 or tertiary education.

This would certainly reduce the stress on average children.

Meng Hin May (Ph)

Direct School Admission (DSA) & Private Coaches
Success of creating “sports industry”
Be warned of the dangers of early “training” & specialization.
MOE’s review. Parents to choose?

A6 | TOP OF THE NEWS | ST 8th March 2017 | THE STRAITS TIMES | WEDNESDAY, MARCH 22, 2017

Education Minister (Schools) Mr Ng Chee Meng

Mrs Lydia Wong, who has two primary school-going children, said: “For years, parents have tried to game the system, such as by sending their kids for special classes to prepare them. But I am glad that MOE is tackling the problem and returning the DSA to its original intent to recognise specific talents. Only then can we help kids to nurture their gifts.”

And that will stop parents from sending their children to private coaches?

With this expansion, students can better access schools with suitable programmes via DSA, to nurture their strengths, talents and interests.

Direct School Admission (DSA) & Private Coaches
Success of creating “sports industry”
Be warned of the dangers of early “training” & specialization.
Or should we bring EVERYBODY under ActiveSG Academies & Clubs!!!

Junior Sports Academies (JSAs) 2-year programme

General	Territorial-Invasion	Net-Barrier / Wall	Striking-Fielding / Target
Gymnastics Track and Field Wushu	Basketball Floorball Football	Badminton Table tennis Volleyball	Fencing Shooting Tenpin bowling

Our answer to Dr Pion from Flanders ? Grouping ?

Singapore Sports School – MCCY’s baby
Under pressure to win Championships?
Lead to early specialization in some sports?
What are Sports Schools in Flanders doing?

“How did May & Colin Schooling raise Joseph?”
From childhood to overseas schooling to NS deferment to Rio Gold!



2016 Publication

Schooling Joseph

THE STRAITS TIMES Straits Times Press

They took him to Beijing 2008 to expose him to the vibe and atmosphere of the Olympic Games (?!!!) 13 years old !



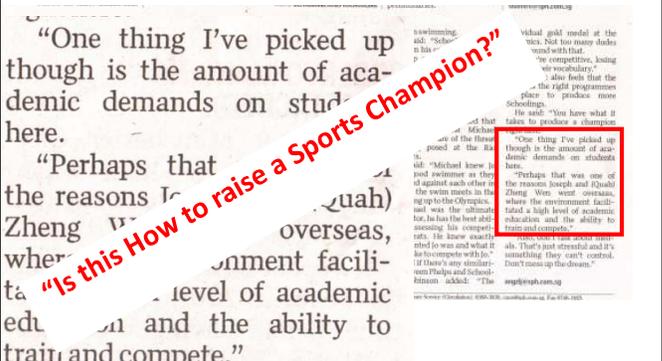
TNP 25 February 2017

Joseph started early but clearly did not 'over train'; From the beginning the focus was on FUN He played Golf, Tennis, Bowling, Billiards, did Hiking Canoeing and Football



Joseph can medal in the freestyle at the Olympics too!

Keenan Robinson, high performance director of the United States national swim team



"One thing I've picked up though is the amount of academic demands on students here."

"Perhaps that the reasons I (Quah) Zheng went overseas, where government facilities level of academic education and the ability to train and compete."

"Is this How to raise a Sports Champion?"



TNP 7th March 2017

A new blueprint for success

SSA's masterplan

sayheng@sph.com.sg



#nysiTALKS

NYSI Youth Coaching Conference 2017

REDEFINING SUCCESS IN YOUTH COACHING

National Sports Associations Go into NSA as a Team. Must work as a team.

Time to change - "We are all volunteers!" mentality

Focus on "How to raise sports Champions!"



#nysiTALKS
NYSI Youth Coaching Conference 2017
REDEFINING SUCCESS IN YOUTH COACHING

Sport Singapore & Sports Science Institute

Many basic things to grasp and use.

Have started on Coach Development programmes !!!

44 sports **TNP 10 Mar 2017**

Government to inject at least \$50 million to nurture local elite athletes

Huge boost for Singapore sports

The Singapore Government will pump \$50m into the High Performance team over the next 10 years. *"We need our corporates, parents and the wider public to rally behind our athletes."*

— Minister for Culture, Community and Youth Grace Fu



"A talented and dedicated athlete is a necessary starting point," Minister for Culture, Community and Youth Grace Fu said in her Committee of Supply debate speech yesterday.

"To groom that athlete into a world champion, we need great coaches supported by deep sports science and sports medicine capabilities.

Contribution of anaerobically and aerobically produced ATP for use during sports

What is "anaerobically and aerobically produced ATP?"

for use during sports ?

Contribution of anaerobic and aerobicly produced ATP for use during sports.

sports shooting

National shooting body to work with UniSIM in bid to give athletes the cutting edge

Shooters get scientific



The data will be analysed by UniSIM staff and students to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

The data will be analysed by UniSIM staff and students to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

UniSIM said it will study the data to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

UniSIM said it will study the data to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

UniSIM said it will study the data to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

LIBRARY NEWS

The data will be analysed by UniSIM staff and students to identify the most critical areas where the difference between a 'good' or a 'great' shot lies.

but special arrangements have been made for local events.

Veloso said: "Hopefully with all the results they have collected, we will know much more about ourselves and we can improve during training – how we can improve our training plans so that we can improve our performances at competitions."

Veloso said: "Hopefully with all the results they have collected, we will know much more about ourselves and we can improve during training – how we can improve our training plans so that we can improve our performances at competitions."

Veloso said: "Hopefully with all the results they have collected, we will know much more about ourselves and we can improve during training – how we can improve our training plans so that we can improve our performances at competitions."

The NurtureSG committee issued a slew of recommendations to promote a healthy lifestyle among children here on Thursday.

“How to raise a Sports Champion?”

‘IDEALISTIC’

Some parents find the recommendations “idealistic and impractical”.

TNP 25 February 2017

Tough to wean kids off fast food, say parents.



Parents don't feel “guilty” and give in to bad habits.....to compensate

Joseph Schooling loved to snack on raw broccoli and cauliflower



#nysiTALKS
NYSI Youth Coaching Conference 2017
REDEFINING SUCCESS IN YOUTH COACHING

“How to raise a Sports Champion?”

“It takes a whole VILLAGE!”

Check out these VILLAGERS



Chong Yoong Yin 4 x 100m National Team Training



Team Mates

More than just Team Mates – she became my B A B E !

1965 SEAP Games (KL) Chong Yoong Yin:100m finalist - 12.6 sec (With shin splints on both legs)



Gina '74

Soma '67

Mona '72

@ the National Stadium



ST 1 July 2012
Page 7

Running in the family [ARTICLE + ILLUSTRATION]
The Straits Times, 1 July 2012, ST PHOTOS: ALPHONSUS CHERN, FILE | Microfilm Reel NL32187

Running in the family Relatively Speaking Huang Huifen Huang Huifen hfhuang@sph.com.sg Like it or not, it is in the Kunalan family to run. Ms Gina Kunalan, 37, the youngest daughter of former national sprinter and Olympian C. Kunalan, recalls her track and field days in school with mock annoyance: "Because

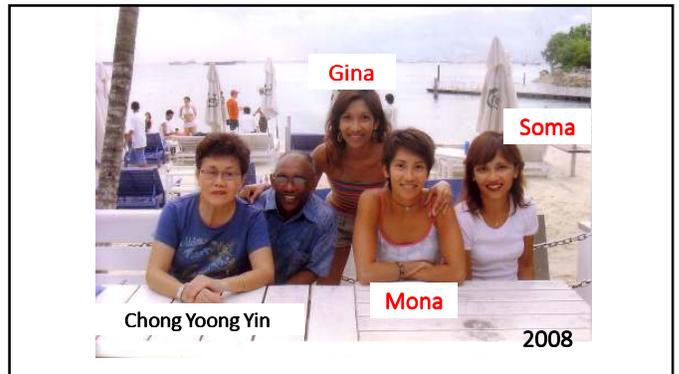
Running in the family

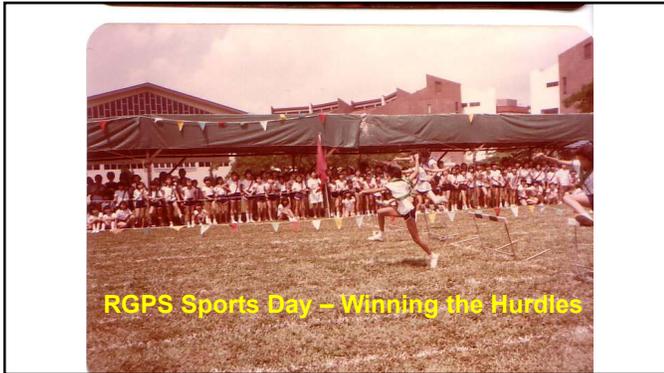
Like it or not, it is in the Kunalan family to run. Ms Gina Kunalan, 37, the youngest daughter of former sprinter and Olympian C Kunalan, recalls her track and field days in school with mock annoyance: "Because...

ST 5 March 2017

Schooling's mum on raising a champion. Talent is only 10% of the equation

Relative to the 8 Finalist





RGPS Sports Day – Winning the Hurdles



Mona at RGPS Sports – joint Champions
Same age; different builds



ST 15 July 1986



ST 15 July 1986

“thrice-a-week training”



ST 1 Aug '87

“Fleet-footed Mona possesses the same kind of speed her father displayed”

..and mother!!



ST April 1988

Father away in UK for MSc (1986 - 1988)



Mona at ASEAN Schools Championships '90 (18 years old – doing 3-year Pre-U in Swiss Cottage)



Mona at 1991 SEA Games (19 years old) A Level Exams

Dr Gullich at the 2016 Youth Athlete Development Conference



“world-class athletes did not just focus on their sport from a young age, but played more than one sport..... ..German

Serious Club & National Soccer



**Teacher Training 92 - 94
1997 SEA Games. 3 National Teams' training.**

Serious School & Club & National Hockey



Women Soccer League Match – ACL INJURY

ST 5 March 2017



**Schooling's mum on raising a champion.
Talent is only 10% of the equation**

Strategic approach to water-planning crucial: DPM Teo



#nysiTALKS

NYSI Youth Coaching Conference 2017

REDEFINING SUCCESS IN YOUTH COACHING

How to Raise a Sports Champion?

"It takes a whole VILLAGE!"

**Let's Work Together
Thank You !!**