

IMPACT REPORT 2016-2017

**BUILDING TOMORROW'S
ATHLETES TODAY**





The National Youth Sports Institute (NYSI) was set up in 2015 following the Singapore Sports School (SSP) Review to positively impact the national youth sports ecosystem.

This report captures how NYSI has:

- a. Focused resources on targeted sports and youth athletes for better national outcomes;
- b. Provided better support for youth athletes outside of SSP to improve the youth sports ecosystem and
- c. Enhanced SSP's value proposition as a developer of student-athletes.

NYSI SUPPORTS



Badminton



Fencing



Netball



Shooting



Tennis



Basketball



Football



Rugby



Swimming



Track and Field



Bowling



Hockey



Sailing



Table Tennis



Water Polo

NYSI IMPACT

Singapore 21s Netball won Asian Youth Netball Gold for first time in 23 years

Singapore finished as 4th best swimming nation at 2017 Commonwealth Youth Games

Singapore contingent won 24 Gold, 27 Silver, 27 Bronze at 2017 ASEAN Schools Games

SSP shooter won debut silver at 2017 SEA Games

SSP fencer won debut bronze at 2017 SEA Games



IMPACT ON YOUTH SPORTS ECOSYSTEM

Provided better support for student-athletes outside of SSP and created an improved youth sports excellence ecosystem

Focused resources on targeted sports and selected athletes for better national outcomes

IMPACT ON SINGAPORE SPORTS SCHOOL (SSP)

Enhanced SSP's value proposition as developer of potential student-athletes



IMPACT BY NUMBERS

NSAs

877

Sessions

894

Youth Athletes

430

Coaches



151

Sessions

7,831

Youth Athletes

451

Coaches



1,807

Sessions

580

Youth Athletes

27

Coaches



2,835

Sessions



9,305

Youth Athletes



908

Coaches



250

250 MOE teachers and school coaches attended NYSI Sport Science workshops.



282

The Recovery Tubes were completed and 282 have been distributed to youth athletes.



2016

NYSI app was rolled out in 2016 for Android and iOS platforms.



2018

Collaboration with the University of Gent on the Sports Compass project has been confirmed and will commence in 2018.

SOCIAL MEDIA IMPACT



1,281

PAGE LIKES



5,941

VIEWS



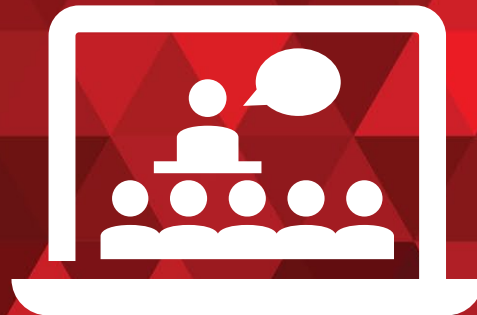
15,372

ENGAGEMENT



214,544

REACH



429,851

IMPRESSIONS



NYSI focused our resources on campaigns for targeted sports and youth athletes for better national outcomes.

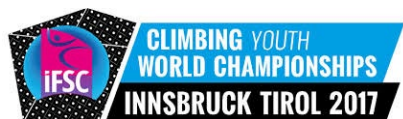
Notable campaign successes were:

Winning the 2017 Asian Youth Netball Championship for the first time in 23 years.

Finishing as the fourth-best swimming nation at the 2017 Commonwealth Youth Games.

Working on a campaign mode raised our level of competencies, and focused everyone – youth athletes, youth coaches, sport scientists – on what it takes to win.

CAMPAIGNS NYSI HAS SUPPORTED



Youth World Sport Climbing Championships in Innsbruck, Austria

NYSI Strength and Conditioning (S&C) Specialists, Dietitians, Physiologists and Psychologists supported the youth climbers in the lead up to the Championships. An NYSI S&C Specialist also travelled with the climbers to Austria to provide support.



10th Asian Airgun Championships in Wako-Saitama, Japan

An NYSI-supported shooter earned Singapore a spot at the 2018 Youth Olympic Games, after she finished 5th in the 10m Air Pistol event at the 2017 10th Asian Airgun Championships. NYSI provided Sport Science support in the three months leading up, with a particular focus on Sport Psychology. Two Singapore Sports School shooters with higher potential were also given targeted support in Strength and Conditioning and Physiology.



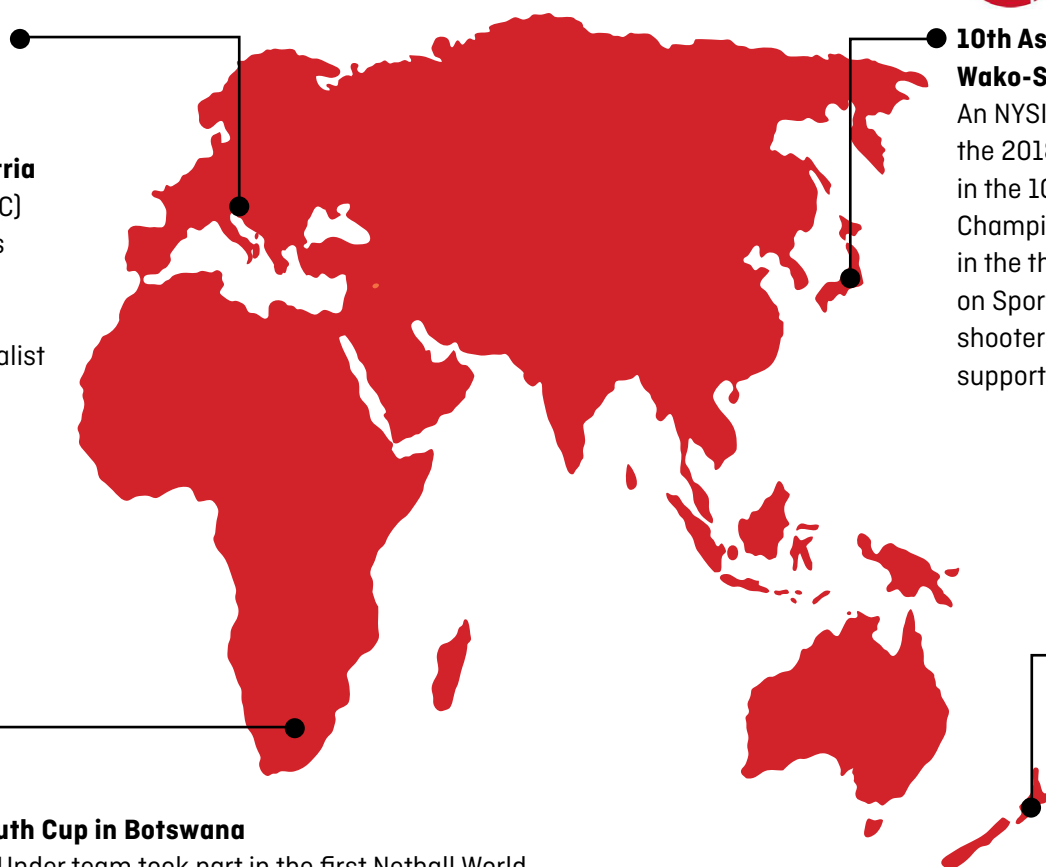
Youth Sailing World Championship in Auckland, New Zealand

The Youth Sailing World Championships attracted 380 participants from 65 nations. Previous winners of the championship had gone on to excel in the Olympic Games. NYSI Sport Scientists used the championships as a platform to establish procedures to support Singapore's youth sailors in their pre-race preparation and post-race analysis and recovery.



Netball World Youth Cup in Botswana

Singapore's 21 & Under team took part in the first Netball World Youth Cup. Apart from the similar level of support for the Asian Youth Championship, NYSI also implemented a jet-lag management programme to help the players to regulate and adjust their sleep patterns. This helped them focus better during matches.



CAMPAIGNS NYSI HAS SUPPORTED



Junior Pan Pacific Championships in Maui, Hawaii

The NYSI Swimming Head Coach led the contingent while NYSI Performance Analysts and a Physiologist supported the youth swimmers in the lead up to the Championships. NYSI Sport Science also created a jet-lag management programme to help the swimmers cope with the effects of jet lag.



Commonwealth Youth Games in Bahamas

The NYSI Swimming Head Coach took charge of the youth swimmers while an NYSI Performance Analyst and a Strength and Conditioning Specialist supported the swimmers in the lead up and travelled with them to the Games. The NYSI Assistant Director of Sport Science was the Chef de Mission for the Singapore contingent.

CAMPAIGNS NYSI HAS SUPPORTED



20th Thailand Sports School Games

NYSI Sport Scientists supported student-athletes from the Singapore Sports School in the lead up to TSSG. An NYSI Physiotherapist was also present throughout the Games to render assistance to the athletes.



8th ASEAN SCHOOLS GAMES
21-29 July 2016
Chiang Mai, Thailand

8th ASEAN School Games in Chiang Mai, Thailand

NYSI partnered with the Ministry of Education and Singapore Schools Sports Council to develop a handbook for student-athletes taking part in the Games. The handbook covered sport nutrition, injury prevention and sport psychology.



SEA Games in Kuala Lumpur, Malaysia

Prior to the Games, NYSI Sport Scientists supported youth athletes in Sailing, Fencing, and Shooting, all of whom went on to win medals in Malaysia. NYSI also assisted the Singapore Sports Institute with Sport Science support for the Singapore athletes at the Games. The NYSI support was focused around the Medical and Recovery Centres.

Asian Youth Netball Championship in Jeonju, South Korea

The Singapore National 21 & Under team emerged as champions for the first time in 23 years after defeating Malaysia in the final. The NYSI Netball Head Coach supported the 21 & Under Head Coach while NYSI Sport Scientists advised the netballers on nutrition, conducted psychology sessions, physiology tests, and analysed their training loads. An NYSI Performance Analyst and Sport Physiologist also travelled with the team to provide support during the Championship.

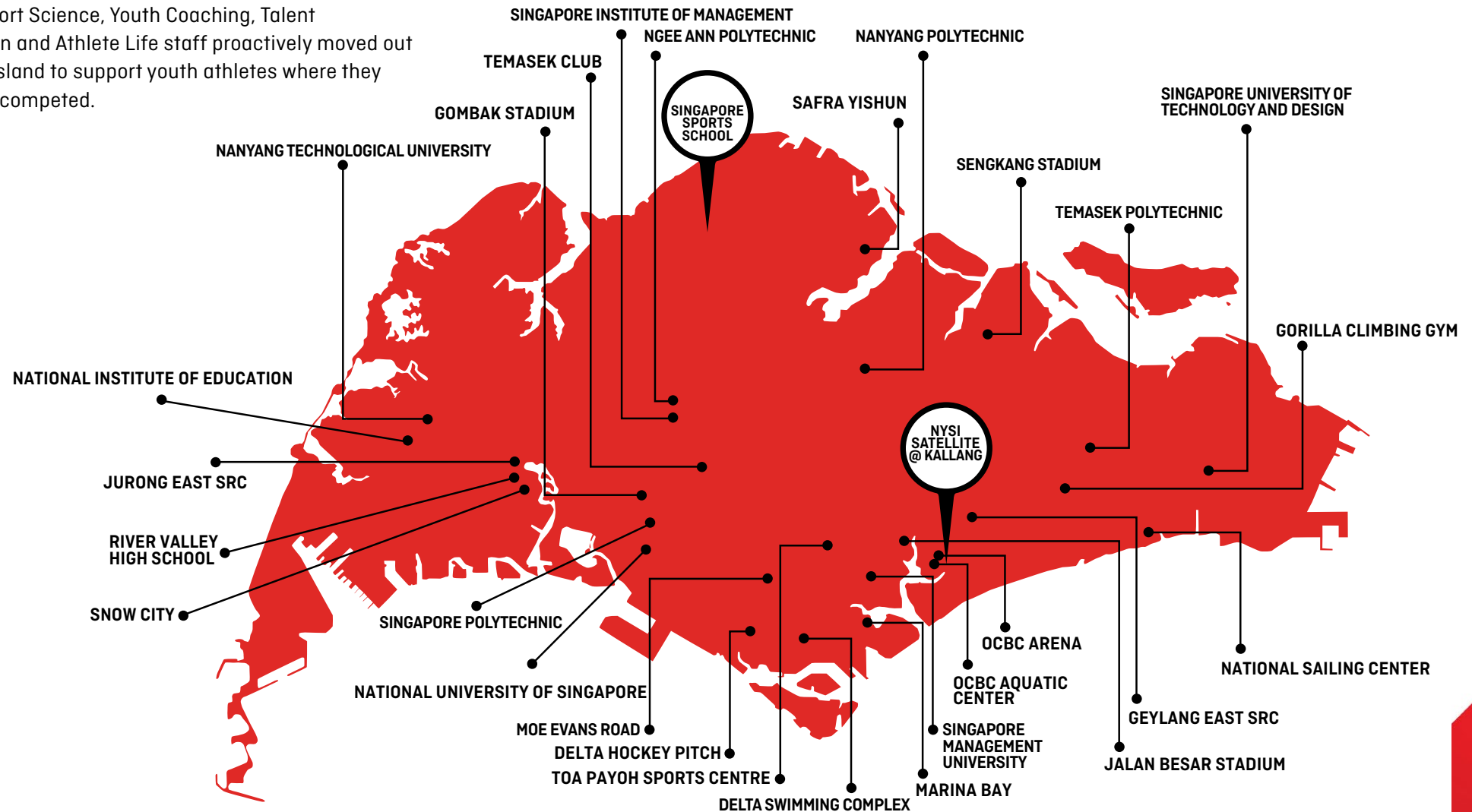


9th ASEAN Schools Games in Singapore

NYSI Sport Scientists worked with MOE and the Singapore Schools Sports Council on the ASEAN Schools Games for the second year running, and produced two handbooks – a Learning Journal and a Coaches' Handbook.

NYSI SUPPORT IN SINGAPORE

The NYSI Sport Science, Youth Coaching, Talent Identification and Athlete Life staff proactively moved out across the island to support youth athletes where they trained and competed.





Beyond the numbers, here are eight stories of how NYSI has supported youth athletes in and outside of SSP to improve the national youth sports ecosystem through our four functional areas – Sport Science, Youth Coaching, Talent Identification, and Athlete Life Management.

SINGAPORE YOUTH NETBALLERS WON **ASIAN GOLD** AFTER 23 YEARS WITH NYSI SUPPORT



The Singapore 21 and Under team with their Asian Youth Netball Championship trophy.



After a wait of 23 years, Singapore once again lifted the trophy at the 2017 Asian Youth Netball Championship with a 47-43 victory over arch-rivals Malaysia in the final.

Singapore last won the title in 1994 and followed that up by finishing second in the 1998 edition. However, there were no other successes to speak of until 2017. In the lead up to the 10-team Championship, NYSI Netball Head Coach Joanne Loo assisted the 21s coach while NYSI Sport Science supported the Singapore 21-and-Under netballers with Performance Analysis, Psychology, Nutrition, and Physiology.

“The NYSI Sport Science support was crucial in helping (21s Coach) Huang Po Chin and I prepare the team for the Championship,” said Joanne. “For example, the fact that we did not lose any players to serious injuries like ACL (Anterior Cruciate Ligament) tears is down to the fact that (NYSI Physiologist) Marcus Lee was monitoring the training load of each player closely to avoid overtraining. (NYSI

Performance Analyst) Adilah’s support in the final against Malaysia was especially crucial as her work helped us secure the title.”

NYSI Sport Psychologist Jeevita Sajeev Pillai worked on the team’s mental skills. She created individual psychological profiles based on questionnaires the athletes filled out and the coaches then reviewed the profiles to see who required extra support.

Jeevita taught them how to use their breathing to anchor themselves when they experienced an emotional storm and helped the players set up their pre-competition routines.

“One of the athletes was advised to have a pre-competition routine when she was on a netball trip to Perth and she found that it worked for her,” said Jeevita. “Her experience was later shared with the rest of the team in a follow-up session and each one of them came up with their own pre-competition routine.”

SINGAPORE YOUTH NETBALLERS WON **ASIAN GOLD** AFTER 23 YEARS WITH NYSI SUPPORT

NYSI Sport Physiologist Marcus Lee also supported the coaches by monitoring the training load of each player prior to the Championship.

“We had the players rate how hard they found each training session from a scale of 0-10. These scores were then tabulated to give an overall view of each player’s training load throughout the week,” said Marcus.

NYSI also looked at the nutrition needs of the youth athletes in the lead up.

NYSI Sport Dietitian Ng Ee Ling held a workshop to teach the netballers nutrient timing, how to identify the nutritional properties of different food items, snack ideas, and the importance of hydration.

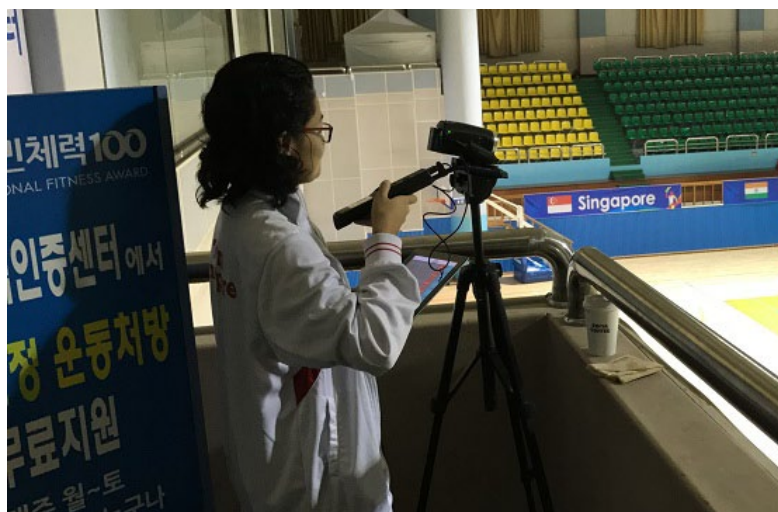
“They had the opportunity to learn some basic cooking skills while preparing their own lunches. This also provided a good bonding opportunity for the girls and coaches. It was beneficial for the girls as proper nutrition aids in their recovery after matches,” said Ee Ling.

During the Championship in Jeonju, South Korea, NYSI Performance Analyst Nur Adilah binte Masismadi spent many hours analyzing video footage of netball matches. Seated at a higher ground to record matches, she used the Dartfish App to code center-passes, turnovers, feeds and shots as they occurred during the game.

“My role was to analyse the Singapore and the opposition teams’ matches,” said Adilah.

The end of a match still meant more work for Adilah. From syncing the video recording to the tags and looking at specific plays, Adilah picked out clips to identify the opponents’ preferred patterns of play.

The coaches and players would then strategise and come up with a game-plan using these clips as visual aids. At times, the coaches also used clips from earlier matches to highlight areas for improvement or to acknowledge a player’s good performance.



TOP LEFT: Adilah, NYSI Performance Analyst, recording a game at the Asian Youth Netball Championship.

TOP RIGHT: NYSI Physiologist Marcus Lee tracked each netballer’s training load in the lead up to the Championship.

LEFT: NYSI Dietitian Ng Ee Ling conducting a workshop for the netballers.

AHMAD HUZAIFAH OVERCAME FEARS TO WIN **DEBUT BRONZE** AT 2017 SEA GAMES WITH NYSI SUPPORT

PHOTOS FROM SINGAPORE SPORTS SCHOOL



Fencer Ahmad Huzaifah, 17, overcame his fears and went on to win a sabre bronze medal on his debut at the 2017 South-east Asian (SEA) Games.

Supporting him in the 10 months leading up to the Games was Dr Harry Lim, NYSI Acting Head of Psychology. "Dr Harry helped me prepare my mental game leading up to SEA Games. Through mental

exercises, he helped me clear my doubts and not overthink. This helped me remain more focused on my fencing. Dr Harry also helped me better manage my expectations and I learnt to be more calm as a result," said the teenager who is currently studying for a Diploma in Sports and Leisure Management jointly-offered by Singapore Sports School and Republic Polytechnic.



"Dr Harry helped me prepare my mental game leading up to SEA Games. Through mental exercises, he helped me clear my doubts and not overthink. This helped me remain more focused on my fencing."

– Ahmad Huzaifah

AHMAD HUZAIFAH OVERCAME FEARS TO WIN **DEBUT BRONZE** AT 2017 SEA GAMES WITH NYSI SUPPORT

"Setting goals, building consistency, and getting him to be more confident in his ability," recalled Dr Harry about the support he gave Ahmad. "Ahmad is starting to realise the importance of these factors in relation to his performance. I feel happy for him and especially his coach, with whom I worked very closely to deliver the outcomes."

Ahmad also trained with Jason Gregory, NYSI Strength and Conditioning (S&C) Specialist.

"Jason helped me tremendously in improving my physical conditioning. Poor fitness and agility affected my fencing performance as it hindered quick movement. Through Jason's training plan and motivation, I became physically stronger and more determined," said Ahmad.

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– Ahmad Huzaifah



"We designed a programme specifically for him based around explosive power," said Jason. "I had been working with him for five years and I knew where he started, where he was, and where he needed to be. He is talented and a physically very capable athlete. I was ecstatic for him when he won the bronze."



Dr Harry (left) with Ahmad and his SEA Games bronze medal.

LAU YWEN CAME BACK FROM INJURY WITH NYSI SUPPORT TO WIN 2017 SEA GAMES GOLD

In early 2017, Lau Ywen sustained three hairline cracks in her lower back. As a result, Ywen could not defend her sabre title at the 2017 Junior and World Cadet Championships. Her 2016 victory was historic – it was the first time a Singaporean had won a world fencing title.

An NYSI team of strength and conditioning (S&C) coaches, physiotherapists and performance analysts assessed her injury and developed a rehabilitation and strength training programme targeting her weak posterior chain

muscles (lower back, glutes and hamstrings).

Two months after she was diagnosed with the injury, the 17-year-old United World College of South-east Asia (UWCSEA) student started a weekly training programme with NYSI in April 2017.

“We decided to come to NYSI because not only does it target youth athletes, NYSI knew how to help me improve in my sport,” said Ywen after one of her thrice-weekly sessions at NYSI.

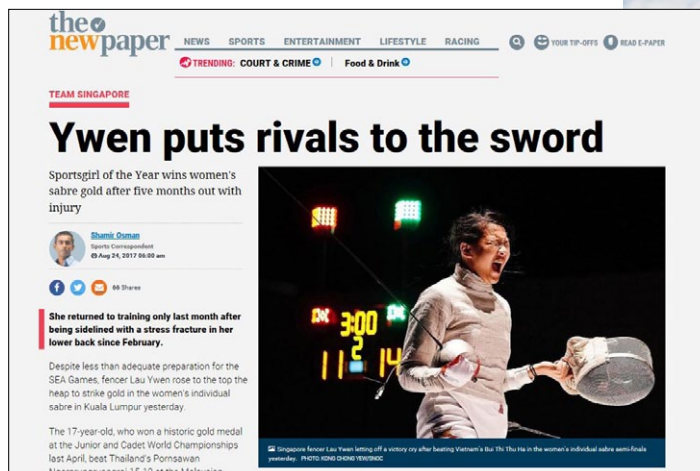


PHOTO BY SYLVIA LIN

LAU YWEN CAME BACK FROM INJURY WITH NYSI SUPPORT TO WIN 2017 SEA GAMES GOLD



ABOVE: Lau Ywen training with Mr Quintin Roman, NYSI Head of Strength and Conditioning.

LEFT: Lau Ywen going through her training programme with Mr Quintin Roman, NYSI Head of Strength and Conditioning.

Working closely with the NYSI Head of S&C, Quintin Roman, Ywen said the training sessions have made her a lot stronger and strengthened her lower back, making her more stable.

"Quintin really cares about the athletes. When we don't perform well, he'll genuinely let us know how to improve. It really motivates me to do better and push myself harder to improve in my form, and sport," said Ywen.

"Ywen is a very smart and intelligent fencer. She understood the importance of S&C in the rehab process and ultimately in enhancing performance. As such, she was very enthusiastic and positive about the plan we had for her. In training she has a good work ethic and is self-driven," said Quintin.

"She also understands that she needs to embrace the process by taking ownership and responsibility of her own rehab by doing the little things well – sleep as the best form of recovery, good nutrition, stretching and trigger ball, foam-rolling homework daily. Training

does not end when she walks out of the gym," added Quintin.

After making a recovery, Ywen went on to win a sabre gold at the 2017 South-east Asian Games in Kuala Lumpur.

"I really felt very, very happy for her, considering where she was in April and then what she achieved in 2017. It's also a testament to the good team of professionals we have. Her success is also our success. There's still a lot of work ahead for us. She's not the finished product. We are only at the start of the journey. I'm very pumped and look forward to continuing the journey in her development," said Quintin.

"What makes NYSI stand out is the way they deal with athletes. They are so focused with youth athletes' growth and development. We aren't full-time, professional athletes. We also have to juggle school and training. The NYSI space allows me to do school work, rest, and train, all under one roof!" said Ywen.

MARK CHAN CAME CLOSE TO QUALIFYING FOR YOUTH OLYMPIC GAMES WITH NYSI SUPPORT

PHOTO BY ANG CHING SIANG



RIGHT: Charmaine Lim, NYSI Strength and Conditioning Specialist, supported Mark Chan in his efforts to qualify for the Youth Olympic Games.

Mark Chan Chong Kiat, 17, finished 10th in bouldering and just missed out on qualifying for the Youth Olympic Games at the 2017 Youth World Sport Climbing Championships.

Supporting the Springfield Secondary student-athlete in his efforts was the NYSI Sport Science team.

"The [Sport Science] sessions at NYSI have been really helpful. [Strength and Conditioning] Specialist Charmaine Lim really helped me a lot. She guided me when it came to strength trainings to reduce the chances of sustaining an injury," said Mark.

"We were replicating the movements of rock climbing in the gym without using weights. Through that, a lot of focus on core movements and strength in mobility," said Charmaine. "He never complained. He was technically sound and was very dedicated in training."

While Charmaine worked with Mark on improving his physical fitness, NYSI Sport Psychologist Jeevita Pillai helped him to mentally prepare for competitions and taught him to better manage his expectations. NYSI Sport Dietitian Ng Ee Ling also worked with Mark to teach him proper nutrition to aid in recovery. Charmaine also travelled with Mark to the Youth World Championships in Austria to provide Sport Science support.

"In Austria, I helped him with his meals, what to buy at supermarkets. I supported him with his warm ups and if he had muscle discomfort. I also helped him with taping," said Charmaine.

"I felt gutted when he didn't qualify for YOG. He was so close. But at least I saw an improvement in coordination, shoulder strength and core strength over the three months I worked with him," added Charmaine.

MOHD IRWAN FOUND FOCUS WITH NYSI SUPPORT TO WIN DEBUT 2017 **SEA GAMES SILVER**

PHOTO FROM SPORT SINGAPORE/SUKI SINGH



"When Dr Harry is present, I'll tell him I feel pressured but he'll reassure me and remind me that my opponents are just as nervous as I am." – Mohamad Irwan

"Before I met Dr Harry, I didn't know how to manage my thoughts. I would get easily affected at competitions," said Mohamad Irwan Bin Abdul Rahman, 18.

Three months before the 2017 South-east Asian (SEA) Games, Irwan connected with Dr Harry Lim, NYSI Acting Head of Psychology. When he made his SEA Games debut, Irwan celebrated his 18th birthday in Kuala Lumpur with a silver medal in the 10m air rifle event.

"When Dr Harry is present, I'll tell him I feel pressured but he'll reassure me and remind me that my

opponents are just as nervous as I am," recalled Irwan about Dr Harry's support in Kuala Lumpur.

So what did Dr Harry work with Irwan on in the months leading up to the Games?

"I supported him on establishing self-worth, managing expectations, enhancing focus, thought rationalisation," said Dr Harry. "Irwan felt it was beneficial and helped him to stay calm in the SEA Games." Irwan found himself in a nerve-racking tie-breaker, but he pulled through to beat his Thai opponent to seal the silver medal.

RIGHT: Dr Harry Lim (extreme left), NYSI Acting Head of Psychology, celebrates with Irwan (2nd from right) on the 2017 SEA Games podium.



MOHD IRWAN FOUND FOCUS WITH NYSI SUPPORT TO WIN DEBUT 2017 **SEA GAMES SILVER**

"There's always immense pressure when you are in the final ... I could feel the muscles in my face twitching during the event," the former Singapore Sports School (SSP) student was quoted as saying in TODAY after his win.

"I was just focused on following what my coach and sport psychologist have been telling me to do – to trust my routine and be confident in myself, so that's what I

did and it helped me get through the tie-break," added Irwan.

"I felt satisfaction and fulfillment that I managed to help Irwan and his coach in whatever little way possible," said Dr Harry.

"If I hadn't met Dr Harry, I don't think I would've performed well at the SEA Games. He helped me through every day and reassured me that things were going to be fine," said Irwan.

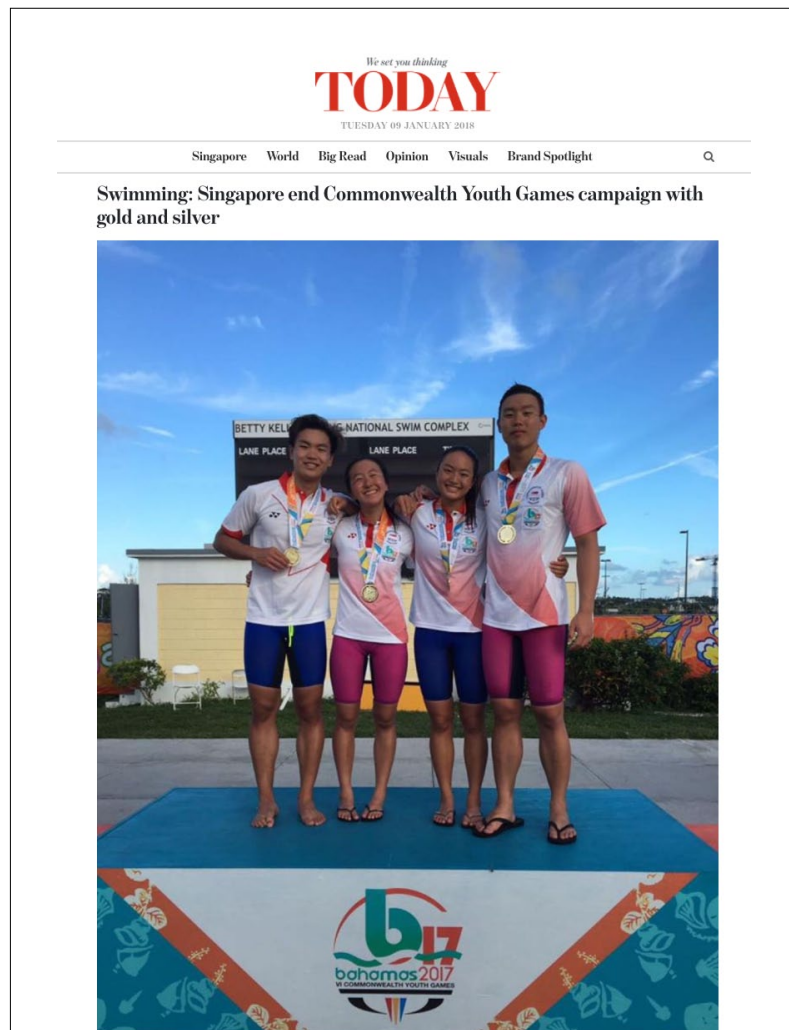


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– Mohamad Irwan



SINGAPORE SWIMMERS FINISHED 4TH BEST AT 2017 COMMONWEALTH YOUTH GAMES WITH NYSI SUPPORT



Leonard Tan, NYSI Swimming Head Coach, shaking hands with Gary Tan, Head Coach of the National Training Centre (NTC) squad. Looking on is Marcus Cheah, NTC Assistant Coach.

Singapore finished as the fourth-best swimming nation at the 2017 Bahamas Commonwealth Youth Games behind England, South Africa, and New Zealand.

Leonard Tan, 32, NYSI Swimming Head Coach, led the contingent of swimmers to 7 gold, 4 silver, and 6 bronze medals. The 17-medal total was the third best tally after England [21] and New Zealand [20].

Supporting Coach Leonard in the lead up were the NYSI Sport Scientists.

"The NYSI support provided me with more data to coach the swimmers better," said Leonard. "I worked

with Ivan Ee, the NYSI Performance Analyst, on a weekly basis with the National Training Centre swimmers using video feedback. During competitions, the Performance Analyst is the one that provides me with crucial racing data so that we can decide and make adjustments – turn times, number of underwater kicks, pacing per lap, stroke efficiency – in between heats and finals."

"The trip provided the perfect platform to incorporate various elements of sport science within coaching," said Ivan. "The swimmers used our underwater video feedback actively, to fine

tune their swimming mechanics during the training phase."

Apart from Performance Analysis, NYSI also provided sport science support in Strength and Conditioning (S&C) and Nutrition.

"I conducted S&C training for the swimmers in the three months leading up to the Games," said Elaine Gay, NYSI Strength and Conditioning Specialist. "It was satisfying to see swimmers like Quah Jing Wen and Natasha Ong improve over the months. And I travelled with them to the Games to provide recovery support. I felt proud seeing the swimmers win medals."

SINGAPORE SWIMMERS FINISHED 4TH BEST AT 2017 COMMONWEALTH YOUTH GAMES WITH NYSI SUPPORT

The Sport Scientists also supported the swimmers with a jet-lag management plan to cope with the 12-hour time difference. In addition, NYSI Sport Dietitian Ng Ee Ling held workshops before the contingent's departure for the Games.

"The NYSI Sport Dietitian went to training camps to guide the youth swimmers and impart knowledge about the finer points of recovery and diet," said Coach Leonard.

The swimmers responded positively to the NYSI support. "The whole NYSI team felt encouraged about the swimmers' response to our support and we were motivated to ensure the best training environment for the swimmers to perform. Throughout the trip, everyone – swimmers, coaches, officials and NYSI sport scientists – worked towards a common goal of bringing back medals for Singapore. The feeling was electrifying," recalled Ivan.

Two NYSI Sport Scientists who worked with the swimmers in the

lead up to the Games also travelled with the team to The Bahamas. As a result, the swimmers benefited from having a support team they were familiar with.

"The NYSI scientists fit right in with the team because of the daily and weekly interactions with both junior and senior elite swimmers," said Leonard.

"We did really well," said Dr Low Chee Yong, NYSI Assistant Director of Sport Science, who was also the Chef de Mission of the Singapore contingent at the Games. In fact, based on a previous analysis by Ivan Ee, we were targeting 11 medals but we finished with more than that – 17. The athletes really took this in their stride and made the most out of this opportunity to race competitively. The experience our athletes got from this competition put them in good stead for the 2017 SEA Games. To hear the Singapore national anthem played seven times over the course of four days at the Commonwealth Youth Games was really special and we were all glad to be part of this."

Male swimmers

- Dylan Koo, 18
- Samuel Koo, 18
- Darren Chua, 17
- Francis Fong, 17
- Maximillian Ang, 16
- Ong Jung Yi, 16
- Jonathan Tan, 15

Female swimmers

- Christie Chue, 17
- Natasha Ong, 17
- Quah Jing Wen, 17
- Jamie Koo, 16
- Nicholle Toh, 16
- Faith Khoo, 13



TOP: The Singapore quartet comprising of (L-R) Quah Jing Wen, Darren Chua, Jonathan Tan, and Natasha Ong won the 4x100m Mixed Freestyle Relay in 3:36.01, beating England and Scotland.



BOTTOM LEFT: Christie Chue won the 50m Backstroke gold in 32.28. She also won a 100m Breaststroke bronze.

BOTTOM RIGHT: Ong Jung Yi (extreme left) won the bronze while Dylan Koo (extreme right) the silver in the 100m Butterfly.



NYSI SUPPORTED YOUTH ATHLETES HELP SINGAPORE WIN 2017 SEA GAMES BRONZE

PHOTO COURTESY OF NUR HALIZAH



Some of the national youth development players that NYSI Sport Scientists have supported since 2016. Nur Halizah (extreme left) was one of four development squad players who made it to the National Open's team. From left to right: Nur Halizah Binte Zulkifli, Jolene Ng Jin Xin, Tammy Toh Sze Lynn, Megan Francis, Sardonna Ng Yu Xin, Hajaratih Bintre Johana.

At the 2017 South-east Asian (SEA) Games, the Singapore National Women's Hockey team won a bronze medal and NYSI played a role in their journey to the podium.

In September 2016, NYSI started providing Sport Science support to the women's hockey youth development squad.

"The support provided by the NYSI Strength and Conditioning team was brilliant. The coaches are super attentive to each individual.

Furthermore, the support helped facilitate the advancement of four players from the development squad to the senior team," said David Viner, 60, who coached the National squad to the SEA Games bronze.

"The training programme designed by NYSI Strength and Conditioning Specialist Jason Gregory was planned in a way that was tailored for each individual. This provided flexibility for the players when it came to exam periods," said Viner,



"The support provided by the NYSI Strength and Conditioning team was brilliant. The coaches are super attentive to each individual." – David Viner

David Viner, 60, coach of the Singapore National Women's Hockey team that won a bronze at the 2017 SEA Games.

as his players had to miss training sessions during the exam periods.

"Personally, I appreciate the support I had during my debut period," said Nur Halizah Binte Zulkifli, one of the four development players who made it to the Open squad.

"NYSI Sport Scientists were ever so ready to help us improve fitness levels and strength. They even taught me how to do my sleeping timetable which emphasised

sufficient rest to prevent injuries as I was balancing school and training. Lastly, they also taught me how to be mentally and emotionally prepared for major tournaments. With that support, it really helped me to be more confident in competing," added Halizah.

NYSI SUPPORTED MOE TO IDENTIFY 1,000 TALENTED PRIMARY SCHOOL YOUTH ATHLETES FOR **JUNIOR SPORTS ACADEMY**



TOP: Track and Field is one of the sports offered in the two-year JSA programme.

BOTTOM: Jeevita Pillai of NYSI briefing primary school student-athletes during the JSA selection trials.

Since 2016, NYSI has worked with the Ministry of Education (MOE) to ensure that the chance to learn and play sports does not elude physically talented primary school children just because their parents cannot afford it.

“The Junior Sports Academy (JSA) is a good platform to detect talent and help us identify young student-athletes who have the potential to excel in sports. Furthermore, the JSA is a broad-based exposure programme that develops a variety of skills that will help development,” said Dr Esther Chia, NYSI Head of Talent Identification and Development (TID).

Since 2016, NYSI TID have worked closely with the Physical, Sports & Outdoor Education Branch (PSOEB) of MOE.

In 2016, NYSI TID tested approximately 4,000 primary school youth athletes through the JSA selection trials and 1,000 youth athletes through the JSA sports modules. In 2017, TID reached out to another 4,000 more youth athletes.

Nominated by either their parent or teacher, the youth athletes were tested on speed, agility, coordination, balance, and power. 500 of the best movers from each batch of 4,000 were then chosen to join the two-year JSA programme.

Mrs Tan Chen Kee, MOE Divisional Director of student development curriculum, told The Straits Times (First batch of student-athletes under MOE’s revised Junior Sports Academy programmes graduate; May 20, 2017) that she believes

“The Junior Sports Academy (JSA) is a good platform to detect talent and help us identify young student-athletes who have the potential to excel in sports.”

– Dr Esther Chia

NYSI SUPPORTED MOE TO IDENTIFY 1,000 TALENTED PRIMARY SCHOOL YOUTH ATHLETES FOR **JUNIOR SPORTS ACADEMY**

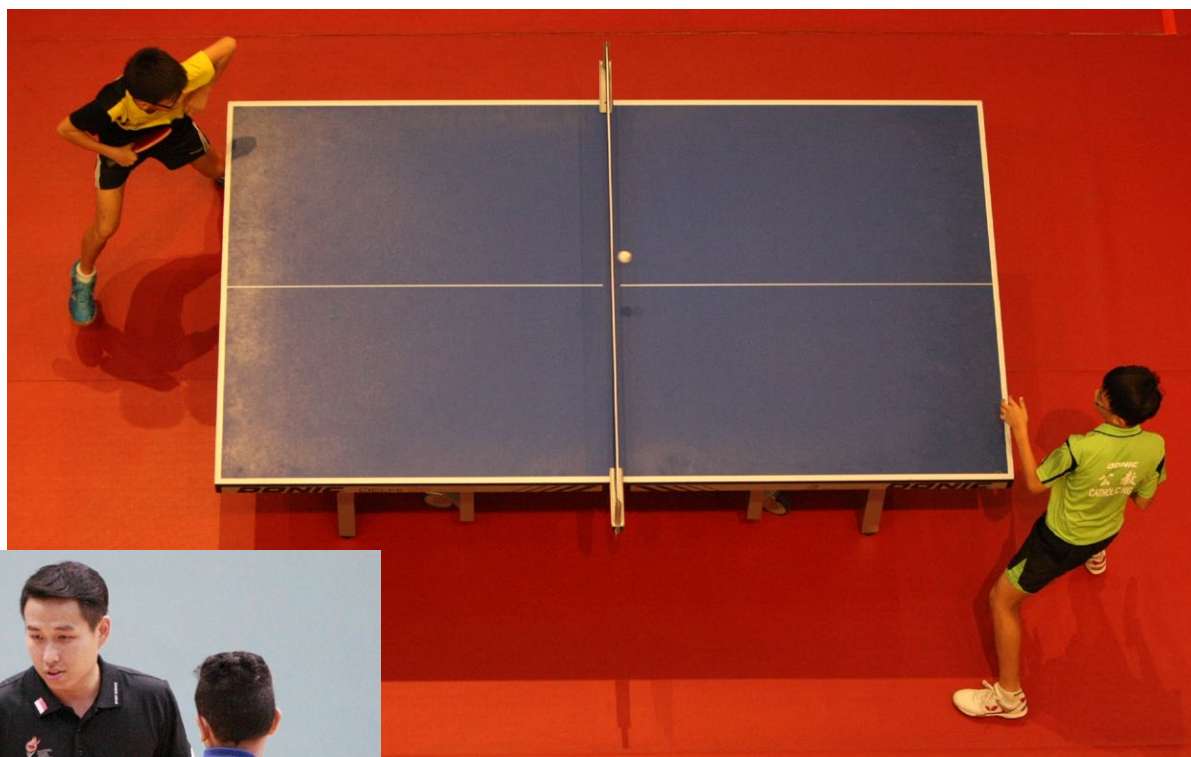
the partnership with NYSI will open up the JSA programme to more students and provide greater depth to the modules.

"Apart from having more sports (in the future), we also want to deepen the students' exposure to the different sports and build in sports education as well," said Mrs Tan in The Straits Times.

"Mental resilience and self-management are some of the skills they pick up in sports, and we also want to help the kids learn to transfer what they pick up in the sport to the other aspect of their lives."

During the two-year JSA programme, youth athletes choose a sport from each of the following categories: General Sports (Gymnastics, Track and Field, Sailing, Swimming, Taekwondo, Wushu), Territorial Invasion Sports (Basketball, Flippaball, Floorball, Football, Netball), Net-Barrier Sports (Badminton, Table Tennis, Tennis, Volleyball), and Target Sports (Shooting, Fencing, Bowling, Softball).

"This multi-sport approach helps the youth athletes to explore, discover, and develop their areas of interest and strengthen their overall physical ability. It also gives us an opportunity to test certain concepts in youth athlete development to accelerate the progress of a student-athlete," said Dr Chia.



TOP: Primary school student-athletes can choose Table Tennis as one of the sports in the two-year JSA programme.



LEFT: Ivan Ee of NYSI answering the questions of some primary school student-athletes during the JSA selection trials.

