



How to Raise a Sports Champion?

C Kunalan

10th March 2017

LIVE BETTER THROUGH SPORT



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How to Raise a Sports Champion?

"It takes a whole VILLAGE!"



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"Who are our Villagers?"



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ST 1st March 2017

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

Journalists ! Views !




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

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.



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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 - 10,716

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



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"How to raise a Sports Champion?"

"It takes a whole VILLAGE!"

Who are the other VILLAGERS ?



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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 !



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Our Schools; our Educators; our Parents

Our Clusters; our Teachers; our Parents

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Giving primary school children more chances to play sport

100% Satisfaction | 2016 | 2015 | 2014



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.



Mum telling us !?

“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



Another Mum

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.”



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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 8, 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.




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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!!!



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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 ?



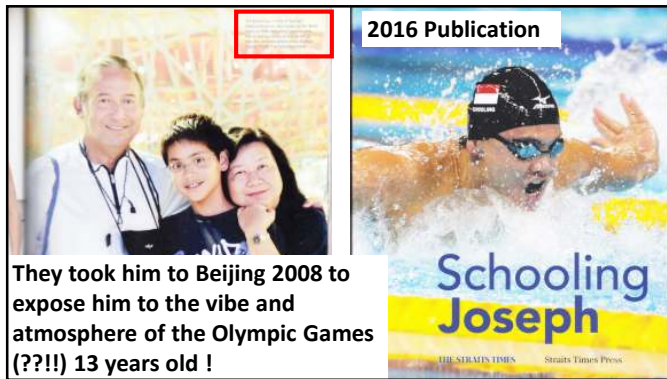
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Singapore Sports School – MCCY’s baby
Under pressure to win Championships?
Lead to early specialization in some sports?
What are Sports Schools in Flanders doing?

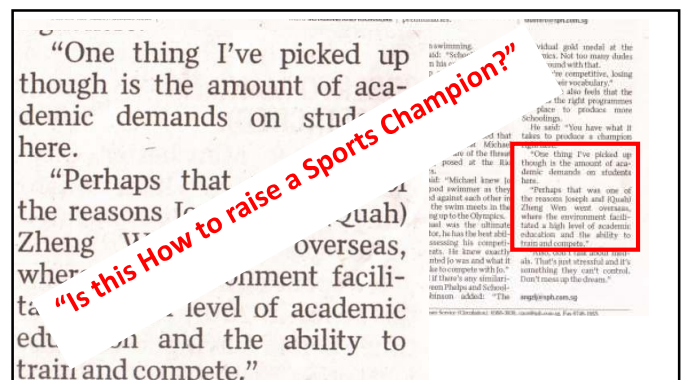


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“How did May & Colin Schooling raise Joseph?”
From childhood to overseas schooling to NS deferment to Rio Gold!



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



[illegible][illegible]

Lai wins first U-20 fencing gold medal

KORAT (Thailand) • Esther Lai won Singapore's first-ever gold medal in the junior (Under-20) category at the ongoing Asian Junior and Cadet Fencing Championships yesterday.

The 16-year-old Raffles Institution year 5 student beat Japan's top junior fencer Miho Yoshimura 15-4 in the women's junior epee final. Miho is ranked 16th in the world junior rankings, while Esther is ranked 76th.

ST 2 Mar 2017

We have talent !

Esther Lai
16-year-old (RI
Year 5)

Gold (Under-20)
Asian Junior
Championships



TUESDAY, MARCH 7, 2023 THE STRAITS TIMES

C9

ST 7 March 2023

SPORT

GETTING TO THE POINT
WITH TOP COACHES

Min. Khayutthai will guide Singapore's safety
and foil fencers in 2024 Olympic bids

News Brief

Singapore's national fencing team will be guided by Thailand's Minister of Sport, Min. Khayutthai, as they bid for the 2024 Olympic Games. The team will be coached by Min. Khayutthai, who will also be the team's manager. The team will be based in Bangkok, Thailand, and will be coached by Min. Khayutthai, who will also be the team's manager. The team will be based in Bangkok, Thailand, and will be coached by Min. Khayutthai, who will also be the team's manager.

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Three members of Singapore's fencing team (left to right) stand with their coaches (right) before the start of the 2024 Olympic Games. The team will be based in Bangkok, Thailand, and will be coached by Min. Khayutthai, who will also be the team's manager.

ACQUAINT

There's no short cut... after putting in the time, you must fine-tune your training method and find the most efficient way to improve your technique.

AND KNOWLEDGE... the more you know about the sport, the better you will be. The more you know about the sport, the better you will be. The more you know about the sport, the better you will be.

A photograph of three men standing together in front of a fencing competition backdrop. The man on the left is Min Xinsheng, the former national men's sabre head coach from China. The man in the middle is Andrei Klyushin, the former national epee coach from Britain. The man on the right is Fu Han, the current national epee coach from China. They are all wearing white jackets with red accents and lanyards. The background shows a fencing arena with spectators and officials.

China's former national men's sabre head coach

- Britain's former head coach
- National epee coach

China's former national men's sabre head coach Min Xinsheng (left) and former Britain head coach Andrei Klyushin have joined the national fencing set-up. They join national epee coach Fu Han. (PHOTO COURTESY OF CHINA FENCING ASSOCIATION)

THURSDAY, MARCH 7, 2008 THE STRAITS TIMES

ST 7 March 2017

No other way ?

SPORT

**GETTING TO THE POINT
WITH TOP COACHES**



Min admitted that fielding a Singaporean fencer at the Olympics would be an uphill task as locals do not train as often as their Asian competitors, who do so full-time.



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Sport Singapore & Sports Science Institute

Many basic things to grasp and use.

Have started on Coach Development programmes !!!

TNP 10 Mar 2017

The Singapore Government will pump \$50m into the High Performance team over the \$10m a year.

Huge boost for Singapore sports

"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 aerobically produced ATP for use during sports.

TNP 9 Mar 2017

Shooters get scientific

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



The data will be analysed by UniSIM staff and students to build individual profiles for the athletes, who will in turn learn more about their body's response to heat, stress and fatigue and their training needs.

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TNP 9 Mar 2017

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."

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LINE SAY HENG

The data will be analysed by UniSSM staff and students to build individual profiles for the athletes, who will in turn learn more about their body and mind to help them gain an edge over their rivals.

The information to be collected includes emotional states during training and competition, and even changes in the athlete's heart rate.

UniSSM president Michael Vaz said: "Shooting is a special sport: we can bring a shooter up technically to world-class levels... but the problem of shooting at the top level (is that) on the day of the competition, it becomes a mental thing."

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THE KING WHO LOST POWER TO HIS MEN

Ranieri's coaching comes just hours after players voted Leicester's manager out of the club.

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LONDON • For Claudio Ranieri, it was not enough that he had pulled off one of the most remarkable successes in the history of team sport by winning the English Premier League with rank outsiders Leicester City last season.

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"How to raise a Sports Champion?"
"It takes a whole VILLAGE!"
PARENTS

TNP 25 February 2017

Tough to wean kids off fast food, say parents

Former TV Host Diana Ser and family

Eight to 10 hours of sleep essential for well-being of children, experts say.

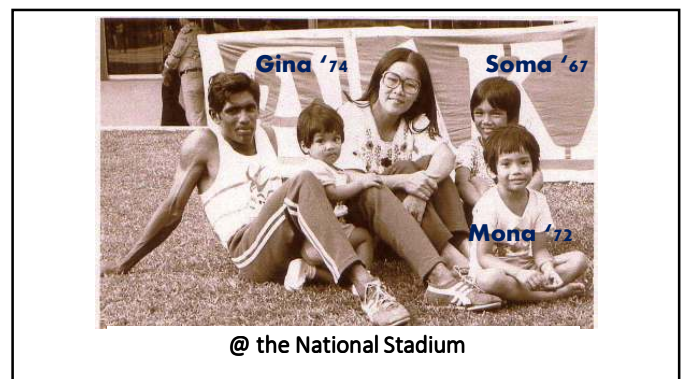
Getting enough sleep tough for kids and teens

YOUR GUIDE TO HEALTHY LIVING AND WELLNESS

Getting enough for kids

Ms Ser's children, aged 11, nine and six, begin their day at 6am and end it by 8pm, even on days when they have enrichment classes.

Her emphasis on sleep for her children is supported by the principal of Creative O Preschoolers' Bay, Ms Tan Beng Luan, who said good resting habits begin with parents conditioning their children even before they enter formal education.





ST 1 July 2012

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 hhuang@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

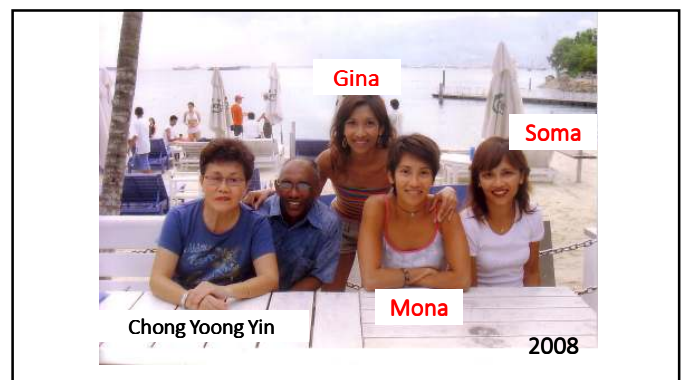
Schooling's mum on raising a champion.

Talent is only 10% of the equation

Relative to the 8 Finalist

Strategic approach to water-planning crucial: DPM Teo

Home: diabetes push and NKF crunch





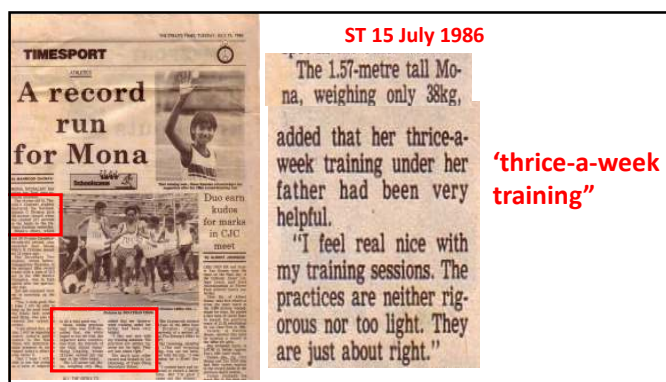
RGPS Sports Day – Winning the Hurdles



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



ST 15 July 1986

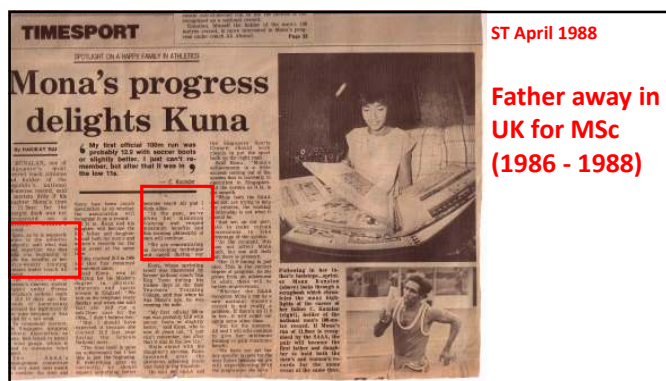


ST 15 July 1986

'thrice-a-week training'

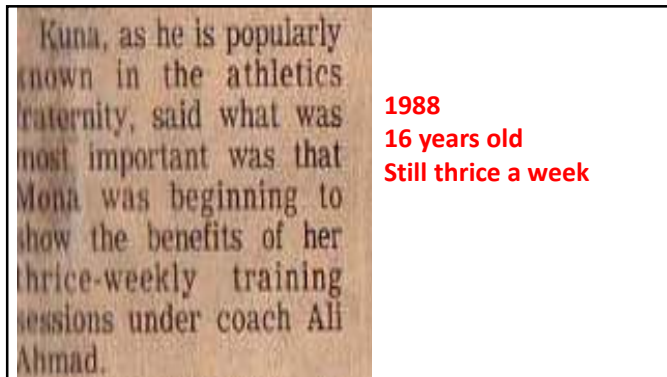


ST 1 Aug '87

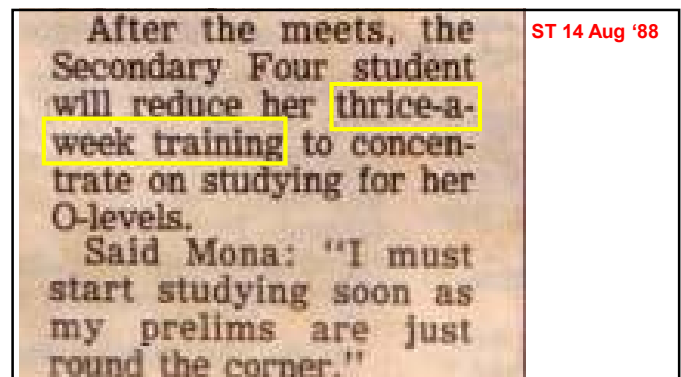


ST April 1988

Father away in UK for MSC (1986 - 1988)



Mum, the supporter/chauffer/nutritionist Ali Ahmad, the coach





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.

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How to Raise a Sports Champion?

"It takes a whole VILLAGE!"

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