



THE MAN BEHIND A CULTURE

Generations of Cedarians have been through (and sometimes complained about) jogging sessions, but they all graduate with fond memories of the tradition. We talk to Mr Subramaniam, a pioneer of Cedar's sporting culture.

When former Cedar teacher Mr Subramaniam organised the school's first jogging sessions in 1961, he got a mixed bag of responses — including complaints aplenty from both the students and teaching staff.


"Teachers complained when their students fell and bruised themselves on the bitumen track during the runs," recalls Mr Subramaniam. "And students said jogging sessions made them so sweaty; how could they concentrate in lessons afterwards?"

Thankfully, he found allies in two Physical Education (PE) teachers — Ms Maggie Chan and Ms Yvonne Seah — who proposed and conducted a survey on the jogging sessions.



Mr Subramaniam, who pioneered jogging sessions in Cedar, was also in charge of the track team from 1972-1976

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End of the road for 400m track



C Div walkers stride to victory



Former Cedarian, Rachel Yang sets new national pole vault record

14 double championships for Cedar Athletic Team



Team captains with the championship trophies at the Sports Week.

Cedar Solid

For most Cedarians, cheering from spectator stands is the closest we get to the action. No wonder we give it all we've got, reflects former Cedarian Clara Lick.

The sprinters crouch at the start line of the old national stadium, during the National Inter-School Track and Field Championships one year. From towering concrete stands we crane our necks at a small figure clad in gold

competition day it is only then starting down an empty track, a freshly levelled sand pit, or a high jump bar that has just been raised.

As spectators we know this. We know

pay the price. But for now it is all worth it as we watch a Cedarian overtake her competitors in white and green and blue.

More than a decade later, I think about

From broken knee to broken record

National athlete Cheryl Chan is always on track towards her goals, whether it is a new national record or a degree in veterinary medicine.

The first time Cheryl Chan ran the 3000m steeplechase was also the first time she broke the national record.

"My coach entered me into a time-trial gearing up to the South-East Asian (SEA) Games qualifying trials as a joke," she says, laughing. "I only found out on the morning of the trials when I saw my name in the steeplechase lineup."

She started out tentative, afraid of falling or clipping the barriers. But Cheryl eventually outran both her competitors and the clock, and began training for the 2015 SEA Games.

But five days before her race, during a training session, Cheryl crashed into the barrier and broke her knee.

"My leg was so swollen and twisted the wrong way. It looked so distorted that when the paramedics came, they were afraid to move me," says Cheryl. Doctors advised her not to race, warning that if she injured her knee any further, she might never walk again. Cheryl, who had set her heart on bettering her national record, was devastated.

By the next day her tears had turned to determination. Cheryl convinced a doctor to sign a waiver of responsibility, raced until the race, and made her way

"It was a mental game; it was mind over matter. I told myself that if I don't do my best, I won't be happy. And if I can't be happy, what else is there to live for?" Her pep talk paid off, and Cheryl shaved ten seconds off the national record.

Off the track, other things make her happy too. Like the animals she treats as part of her Veterinary Medicine programme at the University of Sydney, or working with horses during a former job at the National Equestrian Centre. They are all stepping stones towards her childhood dream of becoming a vet — a journey that, upon closer inspection, is not so different from competitive running.

"I take academic semesters as a race. At the start you go strong, but you don't want to create it and burn out, so you just stay consistent and don't lag behind. The grind comes at the last 300m, or the last few weeks before exams — when the workload gets heavier and you have lots of things to remember. That's where mental strength comes in. And the final stretch, or the last 100m, is like the exam itself, when you go all out and deliver what you have prepared all semester for," says Cheryl.

It is a parallel she has drawn since her track and field days in Cedar, one that will continue to serve her well in semesters

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