



Our SSI's Support Behind Team Singapore

Our SSI colleagues work with our athletes to help them get stronger and faster, with extra TLC given sometimes!

Dr Marcus Lee is a Sports Biomechanist at the Singapore Sports Institute. He works closely with the 100m men's relay team comprising Muhd Naqib Asmin, Calvin Kang, Gary Yeo, Lee Cheng Wei, Muhd Elfi Mustapa and Muhd Amirudin Jamal. While the athletes are training, Marcus analyses their performance based on their movements. From there, he will help them develop a more targeted training programme based on their strengths and weaknesses.

According to Marcus, "Team training is very hard. They train almost six times weekly – it's a very demanding profession! People don't see the amount of hard work that they put in to try to bring glory to Singapore. I

think through sports, people feel inspired when they see great performances. I also believe in the power of sports – it teaches a lot of life skills. It allows you to be the best you want to be. In my profession, we can only do so much; the support from the rest of Singapore is actually the greatest thing we can do for them."

SSI's Julian Lim is the team's Strength & Conditioning Coach and helps them with their physical preparations. He teaches them gym-based exercises to help them get stronger and faster so that they can better their performances on the tracks.

"Our athletes train hard in the gym three times weekly in the early mornings doing weights and other

exercises. The amount of time they dedicate to training truly deserves our support!"

Sometimes, support not only comes in the form of exercises and conditioning routines. At the London Olympics in 2012, the athletes went to their sports trainer, Nicholas Zhang, for help.

"The athletes were missing Singapore food. We managed to get chicken rice, laksa and double-boiled soups. We brought the athletes to the recovery centre at the University of East London where the set up was exactly like the recovery centre at home. The athletes chilled out and tucked into home dishes that they missed so much!"

