

emPOWER

ATHLETE LIFE E-NEWSLETTER

BROUGHT TO YOU BY THE
HIGH PERFORMANCE ATHLETE LIFE TEAM



ANY QUERIES? CONTACT US
AT SPORT_HPAL@SPORT.GOV.SG



Photo credit: SBD APPAREL, Source: Straits Times

Not 1, Not 2, But 14

Congratulations to Farhanna Farid on setting her 14th world record with a remarkable 220.5kg deadlift at the World Classic Open Powerlifting Championships!

Achieving this milestone wasn't without its challenges. Farhanna pushed through both physical and mental fatigue to reach the podium. This experience served as a powerful reminder that recovery and finding joy in the process are just as important as the pursuit of excellence.

UPCOMING EVENTS

* Career Readiness Workshop August, 15, 2026

Learn to turn your sporting experience into career success with the practical skills employers value. Sign up [here!](#)

* spexBusiness Networking Session

September, 7, 2026

Don't miss this great opportunity to network directly with athlete-friendly companies and expand your professional connections! Register [here!](#)



Photo credit: Brian Teo, Source: Straits Times

Win Well Spotlight

Breaking Barriers at the NDP

For the first time, a contingent of persons with disabilities (PWDs) will be marching at the 2026 National Day Parade (NDP), and former TeamSG para-sailor Yap Qian Yin (Right) will be leading the charge.

"What I really want Singapore to see on TV is that our physical disability doesn't stop us," said Yap. "As one Singapore, be it our skin colour, culture, or different aspects of life, nothing stops us from coming together to rejoice and celebrate for Singapore."

The contingent will also feature 16 other participants from the Singapore Disability Sports Council (SDSC). Together, they will join a sea of marching civilians at the National Stadium to mark Singapore's 61st year of independence.



This event holds special significance for Yap, who has dreamt of joining the NDP since she attended a National Education show in Primary 5 - five years before she was paralysed below the waist due to a leukaemia relapse. Yap went on to win gold for Singapore in parasailing at the 2014 Asia Para Games and 2015 ASEAN Para Games.

The contingent marks a meaningful step forward for PWDs, moving beyond being an audience of the NDP.

spexEducation**spexUndergraduate Scholarship**

The spexEducation Undergraduate Scholarship underscores our commitment to supporting athletes in their educational pursuits. This scholarship is designed to (i) enhance support for athletes seeking to balance their sporting aspirations with tertiary education, (ii) provide greater assurance to athletes who choose to prioritise their sporting careers before pursuing academic qualifications and (iii) strength the sports sector's capabilities by encouraging athletes to pursue sports-related university courses. Find out more about the two available career tracks below.

Eligibility criteria:

- Singapore citizen
- spexScholar or spexPotential athlete
- Strong ethical values
- First undergraduate degree only
- A-Level, IB, Diploma or equivalent
- Local AU or overseas university with proven DPE
- NSA endorsement required

Key dates to note:**Sep 1****Application Opens**

1 September 2026, 10 AM

Sep 30**Application Closes**

30 September 2026, 5 PM

**Oct-
Nov****Interview Sessions**

Shortlisted applicants only

**Mar
2027****Application Outcome**

End of March 2027



Dual Career	New Career
For athletes who pursue university studies while actively competing	For athletes who defer university studies until after retiring from competitive sport
Must maintain ongoing competition commitments	Must have a retirement plan endorsed by NSA TD, HPM, and HPSI
No bond requirement	6-year bond for overseas sport-related degrees

Important Note: Prepare your supporting documents in advance — obtain your NSA endorsement letter, academic transcripts, and proof of university enrolment ahead of the application deadlines.

Upcoming Events by spexCareer Programme Office**Career Readiness Workshop**

- Ready to take charge of your career? Join us for a hands-on workshop on **August 15**, where you'll learn how to craft a compelling resume and market yourself with confidence to employers.
- This session would concurrently prepare you for our spexBusiness Networking Session on 7 September.
- Click [here](#) to sign up now! (Limited slots available)

spexBusiness Networking Session

- We will be hosting our second spexBusiness Networking session on **7 September 2026 (Monday), 12pm to 5.30pm**, at Capella Singapore.
- Click [here](#) to sign up and learn more about the different industries, discover new roles and career pathways while building new meaningful professional connections with employers who understand the demands of elite sport.



Athlete Life Management

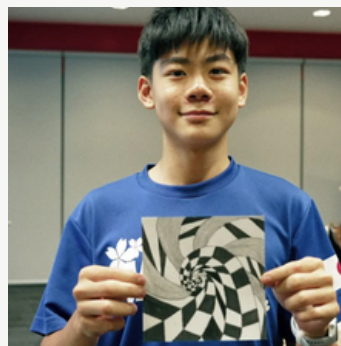
Athlete Features



Fun. Freestyled. Imaginary.
-Luis Koh, Wushu



Ups and Downs
-Lim Xin Yi, Dragon Boat



Wave. Circular. Illusion.
-Caleb Ng, Wushu



Own Your Path
-Clara Siew, Canoe



Aspirational. Representative. Spontaneous.
-Regine Lam, Netball

Find Your Calm
On 24 June 2026, 11 athletes explored mindfulness through Zentangle, a **meditative drawing practice** that offers our athletes a calming creative outlet to regain clarity and strengthen focus. The session was a welcome reminder that **rest and stillness are just as vital** to performance as training.

If you missed this session, feel free to **try out Zentangle** using the templates provided in the resources section below!



Diverse. Uncertain. Ailurophile.
-Damia Humaira, Canoe



Imperfect. Evolving. Flexible.
-Lauren Ng, Dragon Boat



Explosive. Play. Creativity.
-Muhammad Diroy, Para-athletic



Floaty. Dreamy. Fluid.
-Theresa Goh, Para-shooter



The Unplanned Flow
-Dave Ng, Canoe

Quah Ting Wen Awarded Lee Kuan Yew Scholarship

National swimmer Quah Ting Wen has become the **first current athlete to receive the prestigious Lee Kuan Yew Scholarship**. Awarded to exceptional individuals who demonstrated a strong sense of commitment to serve Singapore and Singaporeans, Ting Wen is one of six scholarship recipients for 2026. Driven by a desire to support fellow athletes in a more informed capacity, Ting Wen will be pursuing a Master of Guidance and Counselling at James Cook University Singapore and hopes this will inspire others to balance academic and personal development alongside their sporting careers.

The spexEducation team played an integral role in her successful application, **providing guidance and facilitating key resources** throughout the process. Ting Wen's achievement reflects HPAL's commitment to empowering athletes and supporting them for success beyond sport.



Recap of recent workshops

Athlete Endorsement & Sponsorship Workshop 2.0

The spexCareer Programme Office, together with spexBusiness partner, Octagon, delivered three sessions of Athlete Endorsement & Sponsorship Workshop 2.0, a comprehensive programme designed to equip TeamSG athletes with the knowledge and tools to navigate the world of athlete sponsorships and brand partnerships.

Athletes were taken through the complete sponsorship journey, from understanding the fundamentals of endorsement deals to crafting compelling personal brand portfolio and developing practical outreach strategies.



Self-positioning workshop

You've put in the hard work, but does the way you carry and present yourself reflect that? Our Self-Positioning Workshop was built on the idea that performance gets you noticed, but how you communicate determines whether opportunities keep coming.

Across four structured segments, athletes developed skills in making strong first impressions, presenting themselves with confidence, handling tough questions with composure, and building a reputation that lasts beyond their sporting career. Because the ability to tell your own story is just as important as the results on the scoreboard!



New Resources

Zentangle - Mental Wellness through Art

- Looking for a creative way to unwind and refocus? Explore our new resource on Zentangle, a simple, structured drawing practice that helps calm the mind, reduce stress, and renew focus.
- No artistic background required, just immerse yourself in the moment and draw on the templates provided [here](#)!



Anti-Doping Singapore Newsletter

- Anti-Doping Singapore's latest newsletter celebrates clean sport as Singapore turns 61. Hear from Team Singapore athletes and Clean Sport Educators on what integrity in sport means to them. Plus, test your anti-doping knowledge with their quiz, and join them for their Clean Sport Workshop on 18 September!
- A good read for any athlete who wants to stay informed and compete with integrity. Click [here](#) to read more.

