

Striving Towards Sporting Excellence

By Ether Kum, Student Development Programme Executive

For most student athletes, sports and fitness are symbolic of a balanced university education and excellence in the sporting arena. For some, it also represents a valuable opportunity to train and compete beyond Singapore's shores as well as to meet with fellow student athletes from other countries. In December 2016, SIM GE supported three sports teams at competitions and training camps in Asia.

The SIM Women's Basketball team attended a pre-season training in Taiwan, Taipei. The six-day-five-night trip comprised training sessions with teams from Taiwanese universities, and friendly games with the hosts. Such trips are organised to build the team's competitiveness as well as to enable them to bond as the season draws near. Despite the intensive training sessions, the team also found time to interact with the Taiwanese players and visit local attractions.



A friendly jump-start between the tallest players of the two teams.



Lim Ke Min (left) and Jennifer Chua doing their best in the finals of the K2 event.

Sailing To Victory

The SIM Canoe team competed in the 2016 Asia Cup Canoe Sprint Tournament (ACCST) held in Hong Kong from 14 to 19 December 2016. Competing alongside Asian teams such as Macau, Taiwan, and China, the canoeists did well to qualify for the finals in the distance and sprint events. Despite competing in unfamiliar waters and weather conditions, the team of six finished in the top five for their events.

Closer to home, our SIM Dragon Boat team competed at the 37th Penang International Dragon Boat Festival (PIDB) from 7 to 12 December 2016 and bagged the championship titles in the Women 100-meters and 250-meters sprint events respectively. They also clinched four silvers and a bronze in other respective sprint categories. The performance of our teams at the ACCST and PIDB served as a good gauge of their standings in the Asian Canoeing and Dragon Boat rankings.

The pursuit of sporting excellence is not an end in itself, but rather a means to an end. Through sports, students realise the value of teamwork, resilience, effective communication and the culture of excellence- these are competencies that would help them face life's challenges.



The SIMDragons celebrating their victories!

Here's what our student athletes had to say:

"The trip was a good bonding and learning opportunity as we came together as one unit to enjoy the experience, both on and off the court. I believe this valuable experience would stand us in good stead for the upcoming seasons." – **Janice Ong, Captain, SIM Basketball team.**

"This trip has greatly encouraged our members to push themselves harder for the upcoming competitions. Having experienced the conditions in Hong Kong, we are definitely appreciative of how we are blessed with relatively calm weather and water conditions in Singapore." – **Nick Ng Wai Zhen, President, SIM Canoe Club**

To find out about SIM's Student Clubs, email student-involvement@sim.edu.sg.