



SWIMMING



BENSON TAN ENG KIONG (陈永强)

“

I'm not afraid to face challenges despite my disability and do my best for Singapore. That is my Singapore Spirit.

”

22 Jun 1991 | 165 cm | 55 kg

Event(s)

50m Freestyle, 100m Freestyle, 50m Butterfly

Latest Sporting Achievements

2011 SDSC National Championships

200m Freestyle S14 Open Mens - Gold

100m Breast Stroke S14 Open Mens - Gold

100m Backstroke S14 Open Mens - Gold

2009 Asian Youth Para Games 100m Backstroke
- Silver

2009 KL ASEAN Para Games 50m Butterfly and 50m
Backstroke - Gold

2009 KL ASEAN Para Games 100m Freestyle - Silver

Current School / Employer

DNR Wheels Pte Ltd

About Me

I was diagnosed with attention deficit hyperactivity disorder (ADHD) with an IQ of below 55. Because of my hyperactivity, my parents decided that I should take up sports to “burn” my energy and discussed with my teacher on getting me started on swimming. My coach was very patient with me and he had high hopes on me that I could progress further. In 2008, I was the only person with intellectual disability to represent Towner Gardens School to compete in the National School Swimming Championships. I did not win but I was in the 19th position and I shaved off 4 seconds from my record. Thereafter, I was given many opportunities by the Singapore Disability Sports Council to compete in KL ASEAN Para Games, Tokyo, Asian Youth Para Games and IPC World Swimming Championships. Now I am in Swimfast Aquatic Club, thanks to Mr. David Lim, training together with mainstream swimmers.



BRYAN JAMES SEOW WEI HWA (箫伟华)

“

‘Never-say-die’ and doing my best for Singapore. That is the Singapore Spirit at its best.

”

7 Jul 1993 | 160 cm | 57 kg

Event(s)

50m Butterfly

Latest Sporting Achievements

2011 SDSC National Championships 50m Backstroke
- Gold

2011 SDSC National Championships 100m Backstroke
- Silver

2011 SDSC National Swimming Championships 50
Butterfly - Bronze

Current School / Employer

Delta Senior School

About Me

Around seven years ago, my parents wanted me to keep fit, so they sent me for swimming lessons. Today, I am proud to be here representing my country.



CHARLOTTE LEE AI SHAN (李艾珊)

“
The Singapore Spirit inspires us to achieve success despite being a small country. Work hard and work smart!
”

16 Aug 1993 | 160 cm | 45 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke

Latest Sporting Achievements

2011 SDSC National Championships

50m Freestyle S14 Open Womens - Gold,
50m Breast Stroke S14 Open Womens - Gold

2009 ASEAN Para Games Kuala Lumpur

50m Breast Stroke - Gold, 50m Freestyle - Gold,
100m Freestyle - Gold

2007 Special Olympics World Summer Games
Shanghai - Bronze

Current School / Employer

Assumption Pathway School

About Me

My father taught me how to swim when I was about seven during our weekend family outing to the pool. When I entered Grace Orchard School, I was selected to represent the school at the National Swimming Championships and began winning medals. Sometime in beginning of 2008, I was invited to join the APS Swim School to undergo formal swim lessons and training. The following year, I was selected for the ASEAN Para Games 2009. Swimming has taught me discipline and perseverance. Most of all, it has helped me to gain back my self-esteem and self-confidence.



CHEW ZI LING

(周孜玲)

“

Together, we strive for happiness, prosperity and progress as a nation. That is what the Singapore Spirit means to me.

”

25 May 1992 | 165 cm | 70 kg

Event(s)

50m Freestyle, 100m Freestyle, 100m Breast Stroke

Latest Sporting Achievements

2011 SDSC National Championships

100m Backstroke S14 Open Womens - Gold

100m Freestyle S14 Open Womens - Gold

200m Freestyle S14 Open Womens - Gold

2009 ASEAN Para Games Kuala Lumpur

200m Freestyle - Gold

2009 ASEAN Para Games Kuala Lumpur

50m Freestyle - Gold

2009 ASEAN Para Games Kuala Lumpur

100m Freestyle - Gold

2008 ASEAN Para Games Thailand 50m Freestyle - Gold

Current School / Employer

Metta School

About Me

I started my individual swimming lesson with my coach, Mr Oh, when I was 11 years old. In 2007, I was selected to be part of the team for the ASEAN Para Games in Thailand and I won a gold medal. After I returned from competition. I was asked to join APS Swim School for swimming, training six to seven times a week to help me build up my confidence and perseverance.



DARYL PHUA TING HUI

(潘庭辉)

“

The Singapore Spirit means trying our best and winning medals for Singapore.

”

12 May 1991 | 167 cm | 60 kg

Event(s)

50m Freestyle

Latest Sporting Achievements

2011 Athens Special Olympics World Summer Games
100m Breast Stroke - Silver

2011 Athens Special Olympics World Summer Games
4x50m Medley - Silver

2011 National Para Swimming Championships 50m
Freestyle - Gold

2011 National Para Swimming Championships 100m
Freestyle - Gold

2011 National Para Swimming Championships 4x100m
Freestyle - Gold

Current School / Employer

SIA-Minds

About Me

I learned how to swim during my school swimming lesson at Grace Orchard School some time in 2005. Subsequently, I was selected to represent the school in the Singapore Disability Sports Council's SPH Foundation National Para Swimming Championships.



EMMA DIONE SCHICK

“

The Singapore Spirit means lots of amazing opportunities to excel and achieve and never giving up or letting external limitations or perceptions stop me.

”

19 Jan 1996 | 156 cm | 52 kg

Event(s)

50m Freestyle, 100m Freestyle, 50m Backstroke

Latest Sporting Achievements

2011 SDSC National Championships

50m Freestyle S9 A Division Womens - Gold

100m Freestyle S9 A Division Womens - Gold

100 Breast Stroke S9 A Division Womens - Gold

2010 50m Breast Stroke 2010 German International
Open Swimming Competition - Asian record holder

2010 Asian Para Games Guangzhou 50m freestyle
- 8th place out of 16.

2011 Equestrian Dressage (horse riding) FEI

Preliminary Test - Silver, Dressage Preparatory Test
2 - Gold (Able-bodied competition)

Current School / Employer

Singapore Sports School

About Me

Having lived my early years in New Zealand, swimming and water sports was a way of life. I went for my first competition at age seven, however I got a bit intimidated by the huge pool and held on to the lane rope about a third of the way down the pool. After some encouragement, I eventually continued on and today I'm proud to be part of Team Singapore. I am inspired by my mum and dad who never gives up on me, and are always there to help me clear the path of obstacles. The obstacles are of course mine and mine alone, but my parents' unwavering support inspires me to carry on.



HAN LIANG CHOU

(韩良畴)

“

With passion and hard work, we can succeed. That is the Singapore Spirit.

”

9 Oct 1996 | 175 cm | 70 kg

Event(s)

50m Breast Stroke, 50m Back Stroke

Latest Sporting Achievements

2011 SDSC National Championships

100m Backstroke S14 A Divisions Mens - Gold

50m Freestyle S14 A Division Mens - Gold

50m Backstroke S14 A Division Mens - Gold

Current School / Employer

Tanglin School

About Me

I owe my start in swimming to my grandmother. After discovering that I would need to attend special school, she encouraged me to take up swimming as she felt that I would be able to attain some achievements in this sport. My family has also been very supportive, especially my Mum. I'm very happy to be able to represent Singapore.



JOSHUA TANG JIN LIN

(邓靖霖)

“ The Singapore Spirit is a competitive spirit and not a complacent spirit. One should always compete fairly and win honourably. ”

6 Nov 1992 | 159 cm | 47 kg

Event(s)

50m Breast Stroke

Latest Sporting Achievements

2011 Special Olympics World Summer Games,
Athens, Greece 4x50m Medley - Silver

2011 SDSC National Championships

50m BY S14 Open Mens - Silver

400m Freestyle S14 Open Mens - Gold

50m Breast Stroke S14 Open Mens - Bronze

4x50m Freestyle Relay Mens - Gold

Current School / Employer

APSN Delta Senior School

About Me

I started swimming when I was in primary two. After attaining the National Survival Swimming Gold award, I went on to represent my schools, Grace Orchard School and Delta Senior School, in the 2003 and subsequent SDSC National Championships. I was a member of Team Singapore in the 2007 ASEAN Para Games in Korat, Thailand and the 2011 Special Olympics World Summer Games in Athens, Greece.

LAWRENCE TAY WEI SIANG (載蔚祥)

“

The Singapore Spirit is doing my best
for Singapore.

”



6 Oct 1994 | 173 cm | 60 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke,
50m Backstroke

Latest Sporting Achievements

2011 SDSC National Championships

- 50m Breast Stroke S14 Open Mens - Gold
- 100m Breast Stroke S14 Open Mens - Silver
- 50m Backstroke S14 Open Mens - Gold
- 4x50m Freestyle Relay Mens - Gold

Current School / Employer

Delta Senior School

About Me

My love for swimming was cultivated ever since my parents brought me swimming at a young age. The pool is where I feel most liberated and most competitive - both at the same time.



NADIA XU BISHAN

(许碧珊)

“

The Singapore Spirit is my motto
- to strive and yield not.

”

6 Mar 1983 | 160 cm | 65 kg

Event(s)

100m Breast Stroke, 50m Freestyle, 100m Freestyle

Latest Sporting Achievements

2011 Special Olympics World Summer Games

50m - Bronze, 100m - Bronze

2011 SDSC National Championships

50m Freestyle S14 Open Womens - Silver

100m Freestyle, S14 Open Womens - Silver

2005 ASEAN Games Manila Philippines - Bronze

Current School / Employer

MINDS

About Me

In 2005, I was talent-spotted by the legendary Mr Ang Peng Siang in one of the Singapore Disability Sports Council's Swimming Championships. I represented Singapore in the 3rd ASEAN Para Games in Philippines. Thereafter, swimming became a daily routine. It was also recommended by doctors for motor-sensory development. I have also gone to Kunming for the high altitude swim programme organised by the Aquatic Performance Swim Club (APSC).



RACHEL TAN WEI-LIN

(陈纬琳)

“

The Singapore Spirit is inclusive and supportive, giving me the opportunity to compete for the nation and be a part of Team Singapore.

”

27 Jun 1994 | 156 cm | 48 kg

Event(s)

50m Freestyle

Latest Sporting Achievements

2011 SDSC National Championships
50m Freestyle S14 Open Womens - Bronze

Current School / Employer

Metta School

About Me

I started swimming at the age of five. I found it difficult at first. Being autistic, there were only a few coaches who could understand and were willing to teach me. After training, I find that swimming is something that I enjoy. In my journey to learn and excel at swimming, my mother has been my true support and inspiration. She is by my side, always.



STANLEY LIM MIN CHIEH (林明杰)

“

Even though we're a small country,
we're very proud to be Singaporeans.
That is the Singapore Spirit.

”

3 Nov 1977 | 180 cm | 56 kg

Event(s)

100m Freestyle, 50m Backstroke

Latest Sporting Achievements

2011 Arafura Games 50m Backstroke - 1.34.16

2011 Pan Pacific Para Games 100m Freestyle -
3.27.19 50m Freestyle - 1.38.67

2011 SDSC National Championships
100m Freestyle S2 Open Mens - Gold

About Me

One and half years after sustaining an injury from an accident, I was introduced to the Handicaps Welfare Association swimming programme. On my first lesson, a volunteer assisted me into the water with a float strapped around my waist. Then, I began to swim on my back using both my arms. It was very tough but I felt extremely good to be back in the water. After weeks and months of training, my hard work paid off. Finally, I could swim without a float! I was accepted into swim school and never looked back! My inspiration as an athlete is Christopher Reeves, a famous actor who was paralysed from a horse-riding incident. He kept fighting right to the end!



THERESA GOH RUI SI (吴蕊思)

“

The Singapore Spirit to me, is to know deep down, there's no place I would rather call home than Singapore.

”

16 Feb 1987 | 60 kg

Event(s)

50m Freestyle, 100m Freestyle, 50m Backstroke

Latest Sporting Achievements

2011 Pan Pacific Para-Swimming Championships,
Canada 200m Individual Medley - Gold

2010 Guangzhou Asian Para Games, 50m Freestyle,
50m Backstroke - Bronze

2008 Beijing Paralympics, 100m Breast Stroke - 4th

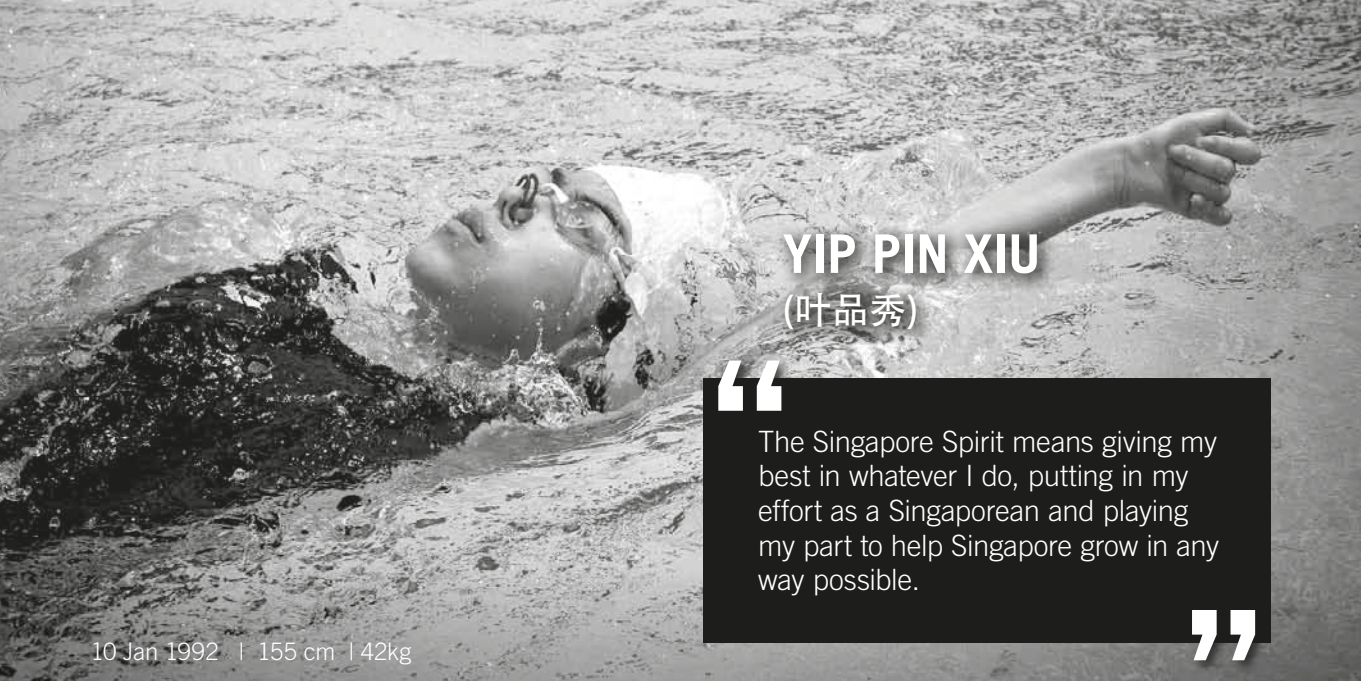
2007 German Open Championships (Berlin, Germany)
50m Breast Stroke (SB4) Gold (world record)

Current School / Employer

Singapore Institute of Higher Learning
(Edith Cowan University)

About Me

I was only swimming leisurely every Sunday as part of a weekly family activity. I was spotted at the pool by a volunteer from the Singapore Disability Sports Council (SDSC). He introduced my parents to SDSC's programme and brought me to their national track and field event to get a feel of a disability event. Soon, they got me started on their swimming programmes and the rest is history!



YIP PIN XIU (叶品秀)

“

The Singapore Spirit means giving my best in whatever I do, putting in my effort as a Singaporean and playing my part to help Singapore grow in any way possible.

”

10 Jan 1992 | 155 cm | 42kg

Event(s)

50m Freestyle, 100m Freestyle, 50m Backstroke

Latest Sporting Achievements

2008 Beijing Paralympics 50m Backstroke - Gold

2008 Beijing Paralympics 50m Freestyle - Silver

2009 5th ASEAN Para Games 50m Breast Stroke
- Gold

2011 Pan Pacific Para-Swimming Championships
Canada 50m Freestyle - Gold

2010 IPC Swimming World Championships 50m
Freestyle - Gold

Current School / Employer

Republic Polytechnic

About Me

Swimming used to be more like a family activity where we would go to the pool every Sunday as a family. My brothers would learn while I would play alone in the baby pool. After a while, I got bored and asked my mum if I could join my brothers to learn swimming as well. Their coach agreed to take me in and I started having weekly lessons. In 2004, seven years after I started swimming leisurely, I was spotted by Danny, a volunteer with the Singapore Disability Sports Council and he invited me to join the National Junior Swimming Championships. At the Championships, I won six gold medals in six events and was then brought over to train with the elite team. I'm proud of being a Team Singapore athlete just because we are small yet very powerful. Being a very small country in Asia, we are still able to produce world class athletes to compete for glory.

OFFICIALS



Justinian Chua
Team Manager



Jiao Yang
Coach



Zhai Yu Dong
Coach



Stephanie Ng
Coach