



GYMNASTICS

ANN SIM KWEI PENG (沈桂萍)

“

The Singapore Spirit is one that lives within us all and I'm proud to bring my spirit to the games.

”



8 Feb 1995 | 162 cm | 45 kg

Event(s)

Rhythmic Gymnastics, Individual All-around (Hoop, Ball, Clubs and Ribbon)

Latest Sporting Achievements

2011 ASEAN Schools Games Singapore Team - Silver,
Hoop - Bronze, Clubs - Bronze

2011 Singapore Open Singapore Individual All-Around
- Gold, Hoop - Gold, Ball - Silver, Ribbon - Gold

2011 SSSC School Girl of the Year Award
(Gymnastics, Rhythmic)

2010 Singapore Youth Olympic Games Group
All-around - 5th

2010 SEAGCON Junior Championships Singapore
Group Ribbon - Gold, Group Hoops - Gold

Current School / Employer

St Margaret's Secondary School

About Me

I have been in gymnastics since I first picked it up as a Co-Curricular Activity in primary two. I was thrilled and fascinated by the twirling ribbons and the almost superhuman dexterity required to excel in this sport. My lowest point was when I was out of action for four months in 2009 due to a fracture. It was due to the encouragement of my coach that I regained my confidence and form.



2 Mar 1995 | 160 cm | 48 kg

Event(s)

Women's Artistic

Latest Sporting Achievements

2009 - 2011 ASEAN School Games

- Team Silver (2009 & 2011) Team Bronze (2010)

2010 Pacific Rim Gymnastics Championships

- Individual All Around Rank 12

2010 8th South East Asia Gymnastics Confederation

- Individual All Around Gold

2010 7th Singapore Gymnastics Open Championships

- Individual All Around Gold

2009 1st Singapore Gymnastics National

Championships - Individual All Around Silver, Gold for Uneven Bars, Bronze for Balance Beam, Vault & Floor Exercise

Current School / Employer

Nanyang Girls' High School

FOO EN NING (符恩寧)



The Singapore Spirit is when every Singaporean comes together as one and cheers for Singapore with confidence, loud and proud. It is important to possess this spirit as it provides Singapore with its unique identity and being a Singaporean, I believe the Singapore Spirit calls us to fight hard, and move towards our goals with courage, confidence and stand united as one.



About Me

At the age of seven, I started my training to become a gymnast. It has been a long but rewarding journey and I look forward to playing my part at the SEA Games.



GABRIEL GAN ZI JIE

(颜子杰)

“

The Singapore Spirit is having unity and giving more support to our local athletes.

”

25 Nov 1985 | 168 cm | 62 kg

Event(s)

Men's Artistic

Latest Sporting Achievements

2011 World Universiade Games Shenzhen Pommel Horse - 11th

2010 19th Commonwealth Games New Delhi, India Pommel Horse - 4th

2010 Pacific Rim Championships Melbourne Pommel Horse - 4th

2010 HK International Championships Floor Exercise - Silver, Pommel Horse - Gold

2009 National Championships Individual All-around - Silver, Parallel bars - Gold, High bar - Gold

Current School / Employer

Edith Cowan University / Gymnastics Fun Pte Ltd

About Me

Although I started gymnastics rather late in primary three, I did well enough to compete in regional tournaments under the guidance of Murat Kanakaev from Belarus, who was my coach then. With the support of my training buddy Will Tan, Singapore Gymnastics and their coach Dr Han Yoon Soo, I was able to overcome my injury and train hard to qualify for the 2010 Commonwealth Games.



18 Jul 1990 | 165 cm | 59 kg

GREGORY GAN ZI CHAO

(颜子超)

“

The Singapore Spirit is unity as one even though we come from different backgrounds, races and cultures but our goals in a team will be the same. To do our best, strive hard, endure hardships and help each other to grow in many ways.

”

Event(s)

Men's Artistic

Latest Sporting Achievements

- 2011 Singapore Open Parallel Bars - Silver
- 2007 24th SEA Games Korat Thailand
- 2007 Commonwealth Youth Games Grand Prix Ostrava
- 2006 ASEAN School Games

Current School / Employer

Singapore Armed Force

About Me

My parents were gymnasts and are teaching gymnastics as a profession. My siblings and I used to tumble around after their lessons so perhaps it's in our blood too.

HOE WAH TOON

(何和俊)

“

The Singapore Spirit is representing the nation with pride!

”

25 May 1989 | 162.5 cm | 53 kg

Event(s)

Men's Artistic

Latest Sporting Achievements

2011 World Universiade Games (Shenzhen) Vault - 10th

2011 Singapore Open (Singapore) Floor - Gold,
Vault - Gold

2006 18th Commonwealth Games Melbourne Australia
(Vault)

Current School / Employer

National University of Singapore

About Me

My sister picked up the sport first because my parents thought gymnastics would be able to help her overcome her phobia for heights. After a few months they decided to enrol my brother and I for classes too. As an athlete, my teammates continually inspire me. Without them, I would not have gotten this far.



JOEY TAM JING YING (谈静颖)

30 Mar 1994 | 155 cm | 50 kg

Event(s)

Women's Artistic

Latest Sporting Achievements

2011 ASEAN Schools - Team Silver

Current School / Employer

Raffles Institution

“

The Singapore Spirit means to proudly support and represent our country. I think the Singapore Spirit shines especially bright in the field of sports, and it is able to unite fans, supporters and athletes as a single body, a close-knitted and passionate community.

”

About Me

I started gymnastics at the age of six, in Australia. When I came back to Singapore and with the encouragement of my school coach, I started competing at the age of 10. It was a memorable day when I joined the national team when I was 12 and I have been training there ever since.



KRYSTAL KHOO OON HUI (邱恩惠)

“

The Singapore Spirit is about having a never-say-die attitude in the face of adversity. It is about supporting and encouraging each other regardless of one's background. It is about winning together and losing together.

”

6 May 1993 | 161 cm | 49 kg

Event(s)

Women's Artistic

Latest Sporting Achievements

2011 Singapore Open Individual All-Around

- Silver, Uneven Bars - Bronze

2010 19th Commonwealth Games Delhi Team - 6th

2010 ASEAN Schools Team - Bronze

2010 National Championships Individual All-around

- Silver, Vault/ Uneven Bars/ Balance Beam/ Floor
Exercise - Silver

Current School / Employer

Raffles Institution

About Me

I am most proud of the fact that I get to represent my country and be identified as an athlete from Singapore as opposed to simply being an athlete. As an athlete and also in my life, my mum is my inspiration. Her sense of responsibility and dedication to what she does is amazing.



LIM HEEM WEI

(林欣玮)

“

A distinct culture that binds all Singaporeans together contributing positively to society. That is what the Singapore Spirit means to me.

”

12 Apr 1989 | 150 cm | 49 kg

Event(s)

Women's Artistic

Latest Sporting Achievements

2010 19th Commonwealth Games Delhi Balance Beam - Silver

2010 Guangzhou Asian Games - Participation

2008 Asian Gymnastics Championships Team - Bronze

2007 24th SEA Games Korat Thailand Team - Gold

2005 23rd SEA Games Manila Philippines Team - Gold

2003 22nd SEA Games Hanoi Vietnam Team - Silver, Balance Beam - Silver

Current School / Employer

National University of Singapore

About Me

Curiosity was what drew me to try out gymnastics. I was seven then and have been improving my technique since. I am determined to earn sporting glory for Singapore.



27 Nov 1991 | 158 cm | 53 kg

NUR ATIKAH NABILAH BTE MUHD JUFRIE

“

The Singapore Spirit is the honour to do battle for my country's glory, failure is not an option especially with the Singaporeans cheering me on.

”

Event(s)

Women's Artistic

Latest Sporting Achievements

2007 24th SEA Games Korat Thailand - Team Gold
2004 - 2007 National Colours Award,
Junior Team of the year 2004

Current School / Employer

College Of Allied Educators / GIM Sports

About Me

When I was young, my parents enrolled me in private gymnastics classes after a few recommendations from coaches and other parents. As I grew older my passion and interest in the sport pushed me to do the best I can for a combined school selection and managed to secure a place in the team. I was selected to be in the National Team when I was 12 and represented Singapore at the 2003 SEA Games held in Vietnam while also doing my PSLE. The rush that comes with representing the nation spurred me to continue and I managed to compete and bring back the gold from the 2005 and 2007 SEA Games.



PHAAN YI LIN

(潘毓苓)

“

The Singapore Spirit to me is the determination we all have as a Singaporean. We do our best in whatever we do and strive hard for better results each time.

”

26 Jan 1995 | 164 cm | 45 kg

Event(s)

Rhythmic Gymnastics – Individual All-around
(Hoop, Ball, Clubs and Ribbon)

Latest Sporting Achievements

2011 3rd ASEAN Schools Games, Individual All-around
- Bronze, Ball event final - Bronze, Team - Silver

2011 FIG World Cup Series (Portimao) - Participation

2010 Participated in YOG Group Event for 4 Hoops and
4 Ribbon and came in All-around - 5th

2010 Asian Junior Championship in Tashkent,
group event 4 ribbons - Bronze

Current School / Employer

Raffles Girls' Secondary School

About Me

I started Rhythmic Gymnastics as a Co-Curricular Activity in my primary school when I was in primary two. I decided to continue with it because I think this is a graceful and beautiful sport. I participated in my first inter-school competition when I was in primary three and I came in third position. After this competition, I went for a selection trial for the combined schools training squad and I got in. Hence, I began to train intensively and competed in many other competitions. I am an active person and I enjoy trying out new sports and activities.

RACHEL GIAM PEI SHI (嚴佩詩)

“

To me, the Singapore Spirit means togetherness as one people, as well as encouraging and comforting each other during good and bad moments.

”



3 Jun 1995 | 146 cm | 35 kg

Event(s)

Women's Artistic

Latest Sporting Achievements

2011 ASEAN Schools Games Singapore - Bronze

- Balanced Beam (Artistic Gymnastics) - Gold

2011 8th Singapore Gymnastics Open Championships

International Senior Individual Overall - Bronze

2010 and 2011 SSSC School Girl of the Year Award

(Gymnastics, Artistic)

2010 National Inter-Secondary Schools Artistic Gymnastics

Championships Individual Overall - Gold

2009 National Inter-Secondary Schools Trampoline

Championships Individual Overall - Gold

Current School / Employer

Singapore Chinese Girls' School (Secondary)

About Me

I attended gymnastics sessions during physical education lessons when I was in primary one in Paya Lebar Methodist Girls' School (Primary). The coach noticed that I had the potential and encouraged me to continue with the sport in school. I earned a spot in the school team the following year and I was so excited when my team won a medal at the 2004 National Inter-Primary Schools Championships.

During my 2008/2009 year-end school holidays, I would spend up to a month each year training at the Jilin Sports School in Changchun, China. I heard so much about the China gymnastics training regime and it was certainly an experience to be there training and living with their gymnasts. I joined the national squad team in April, 2009. My coaches and seniors are very encouraging. We have very good teamwork and we take care of each other during trainings and competitions, especially when we are overseas.

SEAH KANG WEI

(余康玮)

“

Humility, professionalism and fighting spirit. That is my Singapore Spirit.

”

14 Aug 1990 | 171 cm | 65 kg

Event(s)

Men's Artistic

Latest Sporting Achievements

2011 Singapore Open (Singapore) Pommel Horse

- Bronze, Parallel Bars - Bronze

2007 24th SEA Games Korat Thailand

Current School / Employer

National University of Singapore

About Me

I started out recreationally at a gymnastics club but discovered that I had talent and passion for this incredibly challenging sport. I've been competing since I was ten years old.



TERRY TAY WEI AN (郑伟安)

31 Jan 1994 | 174 cm | 68 kg

To me, the Singapore Spirit means determination and teamwork. With these values, my teammates and I will be able to progress in the sport together with the help of our coaches and sports association.

Event(s)

Men's Artistic

Latest Sporting Achievements

2011 Commonwealth Youth Games (Isle of Man)

Vault - Bronze

2011 Singapore Open (Singapore) Individual All-Around

- Bronze, Floor Ex - Silver, Rings - Gold, Vault - Silver,
Horizontal Bar - Bronze

2010 2nd ASEAN School's Gymnastics Championships

Vault - Gold

2010 Gymnastics Interschool's (B Division) Individual

All Around Champion

2010 Seagcon Junior Championships Vault - Gold,

Rings - Bronze

Current School / Employer

Nanyang Polytechnic

200

About Me

Luckily for me, my parents introduced me to gymnastics when I was in kindergarten. I quickly picked up interest in the sport and was selected into the national team in 2006 at the age of twelve.

I always found it fascinating how one could do such stunts when I was young, and when I look back from where I am now, it just reminds me of how far I have come despite the various setbacks. Together with my coach Mr Lin Zhen Qiu and teammates, I hope to succeed in my sporting career.



TIMOTHY TAY KAI CHENG (郑凯骋)

“

The Singapore Spirit is about being proud to be a Singaporean. It is about doing the very best to bring honour to Singapore.

”

5 May 1993 | 171 cm | 65 kg

Event(s)

Men's Artistic

Latest Sporting Achievements

2011 ASEAN Schools Games (Singapore)

Horizontal Bar - Gold

2011 Singapore Open (Singapore) Individual All-Around

- Gold, Floor Exercise - Bronze, Pommel Horse - Silver,
Rings - Bronze, Vault - Bronze, Parallel Bars - Gold,
Horizontal Bar - Gold

2010 Pacific Rim Championships - Ranked 12th
(Individual All-around), 8th (Parallel Bars)

2010 Asian Junior Artistic Gym Championships
- 13th (Individual All-around)

2010 Seagcon Junior Championships Vault - Silver,
Rings - Bronze

Current School / Employer

Hwa Chong Institution

About Me

In my early years, I used to watch my twin sisters train in gymnastics. Their coach subsequently managed to entice me to try out gymnastics when I was seven years old. It's been a great time and I have never regretted dedicating my life to gymnastics.

OFFICIALS



Lee Hong Chuang
Team Manager



Lin Zhenqiu
Coach



Yuan Kexia
Coach



Zhao Qun
Coach



Zhu Xiaoping
Coach



Zhang Yu
Coach