



SWIMMING



AMANDA LIM XIANG QI (林香杞)

“
When I think about the Kallang wave, I immediately think of the Singapore Spirit. I know it's weird, but I think that shows that Singapore is united.
”

8 Jan 1993 | 170 cm | 57 kg

Event(s)

50m Freestyle, 100m Freestyle, 200m Freestyle

Latest Sporting Achievements

2009/2011 FINA World Championship

Olympic B cut for 100m Freestyle

2008 FINA World Junior Swimming Championships

2006/2007 International Children's Games Thailand,
Iceland

2007/2008/2009/2010 FINA/ARENA World Short
Course Swimming Championships Singapore, Russia,
Sweden, Germany

Current School / Employer

Auckland University of Technology

About Me

I was diagnosed with asthma at a very young age and my family general practitioner recommended that I take up swimming to speed up my recovery process. Since then, I have not once looked back at my decision to take up the sport.



ARREN QUEK XIN HUI (郭信辉)

“

The Singapore Spirit is our hearts beating as one. We're a little red dot but its knowledge and wisdom is as big as any other country.

”

20 Nov 1993 | 175 cm | 65 kg

Event(s)

50m Freestyle

Latest Sporting Achievements

2010 Singapore Youth Olympic Games - Finalist
2010 19th Commonwealth Games Delhi - Finalist
2010 ASEAN School Games - 4 Golds

Current School / Employer

Anglo Chinese Junior College

About Me

Like any normal kid, my mum wanted me to learn swimming, for water safety and fitness. When I was very young, I was very comfortable in the water and loved to play in it whenever I could.

Being part of Team Singapore and wearing the national colours is just an incredible feeling! We're a team that never goes down without a fight. It's all or nothing.



CHERYL LIM XIN JING (林欣靜)

“

I feel honoured to be representing Singapore in one of the most prestigious games. It's my way of showing my Singapore Spirit.

”

16 Jul 1994 | 163 cm | 52 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke,
200m Breast Stroke

Latest Sporting Achievements

2010 Singapore Youth Olympic Games
2009 FINA World Championships
2009 Asian Youth Games Singapore
2009 25th SEA Games Laos Vientiane
2007 FINA World Championships

Current School / Employer

Raffles Institution (JC)

About Me

I used to swim in the kid's pool when I was young, waiting for my brother to finish his swimming training. One fateful day, my mum just asked me if I wanted to take up swimming classes as well. And now, here I am, proud to be part of Team Singapore.

As a swimmer, I draw much inspiration from watching Michael Phelps. He is someone who doesn't let anything or anyone get in the way of what he wants to achieve, and that is truly admirable.



CLEMENT LIM YONG EN (林雍恩)

“

It's about unity. The Singapore Spirit shows how Singaporeans can come together as one despite the differences in race/gender/religion.

”

5 Apr 1993 | 179 cm | 73 kg

Event(s)

4x100m Freestyle, 4x200m Freestyle

Latest Sporting Achievements

2010 Guangzhou Asian Games 4x100m medley - 4th

2010 Singapore Youth Olympic Games 100m Freestyle
- Semi-Finals

2010 Singapore Youth Olympic Games 4x100m
Freestyle - Finals

2009 25th SEA Games Laos Vientiane 4x200m
Freestyle - Gold

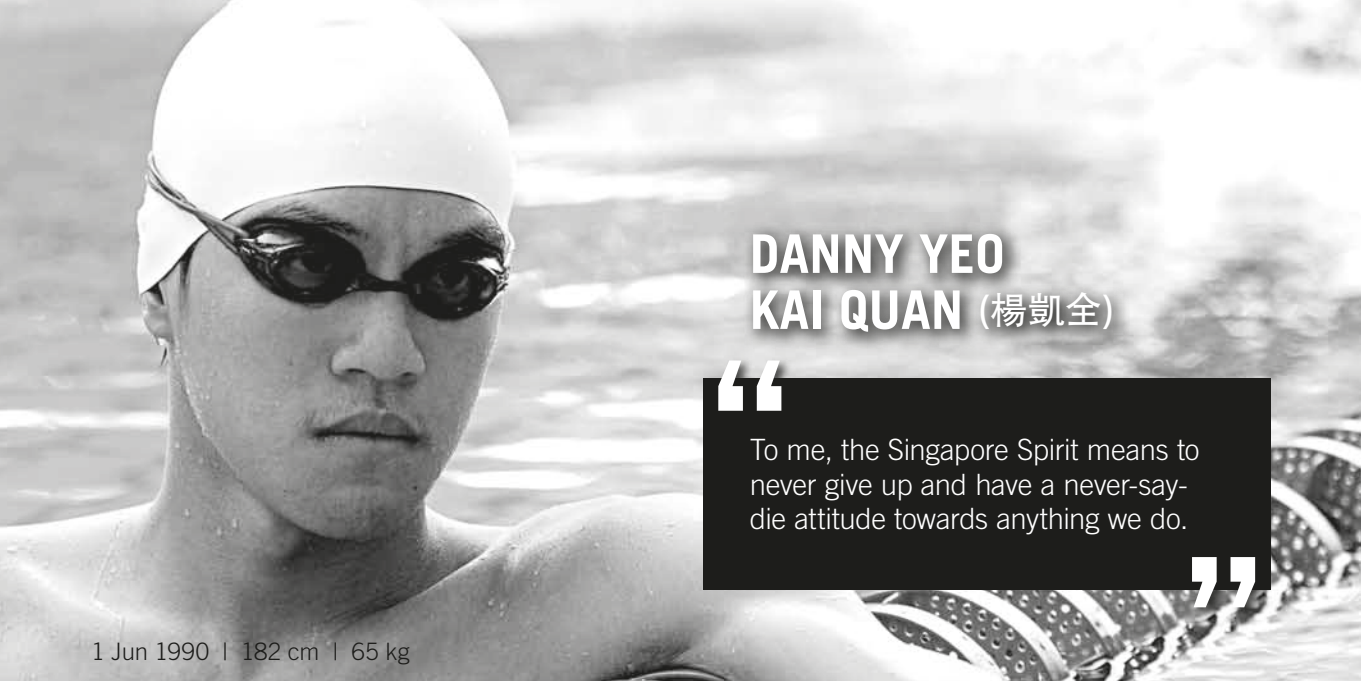
2009 25th SEA Games Laos Vientiane 4x100m Medley
- Silver

Current School / Employer

Auckland University of Technology

About Me

I started learning to swim when I was just four years old. My parents thought it would be good to put me in the sport since my brother was already in it. I started competitive swimming at seven and have loved the sport since. Being able to represent and bring glory to my country - there's no better feeling than that!



DANNY YEO KAI QUAN (楊凱全)

“

To me, the Singapore Spirit means to never give up and have a never-say-die attitude towards anything we do.

”

1 Jun 1990 | 182 cm | 65 kg

Event(s)

100m Freestyle, 200m Freestyle

Latest Sporting Achievements

2011 Victoria States Youth Olympic Games

2010 Guangzhou Asian Games 100m Freestyle
- National record

2009 25th SEA Games Laos Vientiane 4x100m
Freestyle Relay - Gold, 200m Freestyle - 7th

Current School / Employer

National Service

About Me

I picked up the sport when I was a kid to keep fit and actually planned to quit when I turned 18. But I had a breakout swim and decided to continue swimming. Under the guidance of Jack Simon, I continued to improve. When Jack left, I came over to Aquatic Performance Swim Club (APSC) to continue my swimming career under Coach Jin.

Before the Asian Games, I decided a change of environment would be great so I headed over to Australia for a stint with Matt Brown of the Brothers Swim club. Now, I am back training in APSC under coach Jin. I want to thank all coaches who have helped me get to where I am today - Coach Zhao Zhan, Coach Zhang Jian Nan, Jack Simon, Coach See Phuay Kheng, Coach Jin Xiao Li, Matt Brown, Coach Ang Peng Siong and Bill Sweetenham.



JEREMY KEVIN MATHEWS

“

The Singapore Spirit drives me to do my best for my country and for myself.

”

14 Jun 1994 | 182 cm | 65 kg

Event(s)

200m Freestyle, 400m Freestyle, 200m IM,
400m IM

Latest Sporting Achievements

2010 19th Commonwealth Games Delhi
400m Freestyle - National record

About Me

When I was young, I picked up swimming for the fun of it, following in the footsteps of both my brothers. One thing lead to another and I started swimming competitively.

Today, I'm proud to represent my country and I hope to inspire younger swimmers to keep working hard and bring glory to Singapore too.



JEROME TEO SZE CHEN (张志诚)

“

The Singapore Spirit means everything to me and I am proud to be representing my country at the Games.

”

11 Jun 1991 | 183 cm | 71 kg

Event(s)

50m Butterfly

Latest Sporting Achievements

2008, 2009, 2010 World Cup (Singapore Leg)

Current School / Employer

ITE College East

About Me

I started competitive swimming at the age of 13 and have been swimming till now. As part of Team Singapore, it is my honour to be representing the country.



JOSEPH ISAAC SCHOOLING

“

When I'm on the podium and everyone's cheering and I hear the National Anthem, that's when I feel immersed in the Singapore Spirit. This feeling is like no other.

”

16 Jun 1995 | 182 cm | 69 kg

Event(s)

50m Butterfly, 100m Butterfly, 200m Butterfly,
200m IM

Latest Sporting Achievements

2011 Yakult Most Valuable Swimmer for
Singapore Open

2011 Chan Ah Kow Cup

2011 Lima World Youth Championships
100 Butterfly - 5th

2011 Olympic B cut in 100m and 200m Butterfly
High School National Champions

Current School / Employer

The Bolles School

About Me

I was six months old when my parents brought me to Tanah Merah Country Club to swim with floaties on, and I have not looked back since.

KOH HUI YU (许惠瑜)

“

The Singapore Spirit is the intangible thing that brings us together as one Singapore.

”

14 Mar 1995 | 173 cm | 62 kg

Event(s)

200m Freestyle, 400m Freestyle, 200m Individual Medley, 400m Individual Medley

Latest Sporting Achievements

2010 Guangzhou Asian Games 4x100m Freestyle Relay - 5th

2009 Asian Youth Games Singapore Womens 4x100m Freestyle Relay - Gold

2009 25th SEA Games Laos Vientiane 200m - Double Bronze, 400m IM - Double Bronze

Current School / Employer

Raffles Girls' School (Secondary)

About Me

I started learning how to swim when I was five because of my cousins. At 10, I decided to swim competitively and started training harder. To me, being part of Team Singapore means being given the opportunity to represent Singapore and do Singapore proud.

In life, I look up to Nick Vujicic. He was born with no limbs but eventually overcame his disability and went on to accomplish so much and transform people's lives. He has shown the world that we should focus on the positives and what we have in our lives, instead of the negatives.



**LIONEL KHOO
CHIEN YIN (邱澣穎)**

“

The Singapore Spirit is working together and succeeding as one.

”

27 Mar 1995 | 179 cm | 73 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke,
200m Breast Stroke

Latest Sporting Achievements

2011 ACS(I) Sportsboy of the Year,
CSC Sportsboy of the Year

2010 Guangzhou Asian Games 4x100m medley relay
- 4th, 50m Breast Stroke - 14th, 100m Breast Stroke -
12th, 200m Breast Stroke - 12th

2010 Hong Kong Open 50m Breast Stroke - Bronze

2010 3 U-17 records

2010 SNAG - Yakult Best Performer Award

Current School / Employer

Anglo Chinese School (Independent)

About Me

When I was a kid, wading away in the baby pool, I used to envy the older swimmers who were jumping off the blocks and always wanted to be just like them. A couple of years down the road, I saw myself standing in front of the blocks in my first race. Here I am today, preparing for the race I always dreamt of.



MEAGAN LIM SHEN-HUI (林仕慧)

I look forward to representing my country and showing my Singapore Spirit to the world.

23 Mar 1996 | 155 cm | 49 kg

Event(s)

100m Butterfly, 200m Butterfly, 100m Backstroke
200m Backstroke, 200m IM, 400m IM

Latest Sporting Achievements

2011 3rd ASEAN Schools Games 100m Butterfly
- Gold (1.02.70)

2010 FINA World Swimming Championships 25m

2010 FINA/ARENA Swimming World Cup 200 Butterfly
- 8th

Current School / Employer

Methodist Girls' School

About Me

I picked up the sport when I was four as my mum felt that swimming was a survival skill. I really enjoyed swimming at a young age and over time, I fell in love with the sport.

Outside of swimming, when I do have the time, I choose to relax and do things I enjoy.



MYLENE ONG CHUI BIN (王翠彬)

“
The better the Singapore Spirit, the
louder we roar.
”

23 Jul 1991 | 169 cm | 54 kg

Event(s)

50m Freestyle, 100m Freestyle, 50m Butterfly

Latest Sporting Achievements

2010 Guangzhou Asian Games 4x100m Free Relay -
5th

2010 Guangzhou Asian Games 4x200m Free Relay -
5th 2009 25th SEA Games Laos Vientianes 4x100m
Free Relay - Gold

2009 25th SEA Games Laos Vientiane 4x200m Free
Relay - Gold

2007 24th SEA Games Korat Thailand 4x200m Free
Relay - Silver

Current School / Employer

Auckland University of Technology

About Me

When I was younger, my parents always brought me along to my older sister's swim training. I would accompany my mom while she watched my sister swim. It always looked like she was having lots of fun in the water so I thought I'd give swimming a try as well. I took up some swimming lessons and I loved it.

As a swimmer, I look up to Missy Franklin, my new idol! She's so young and such a fast swimmer too! She burst into the swimming scene out of nowhere at the World Championships in 2011.



NG JIA HAO (黄嘉豪)

“

To me, the Singapore Spirit is like a voice within me which tells me to put national interests above individual ones.

”

13 Jan 1991 | 181 cm | 70 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke

Latest Sporting Achievements

2009 25th SEA Games Laos Vientiane - Silver

2008 Commonwealth Youth Games India - Silver

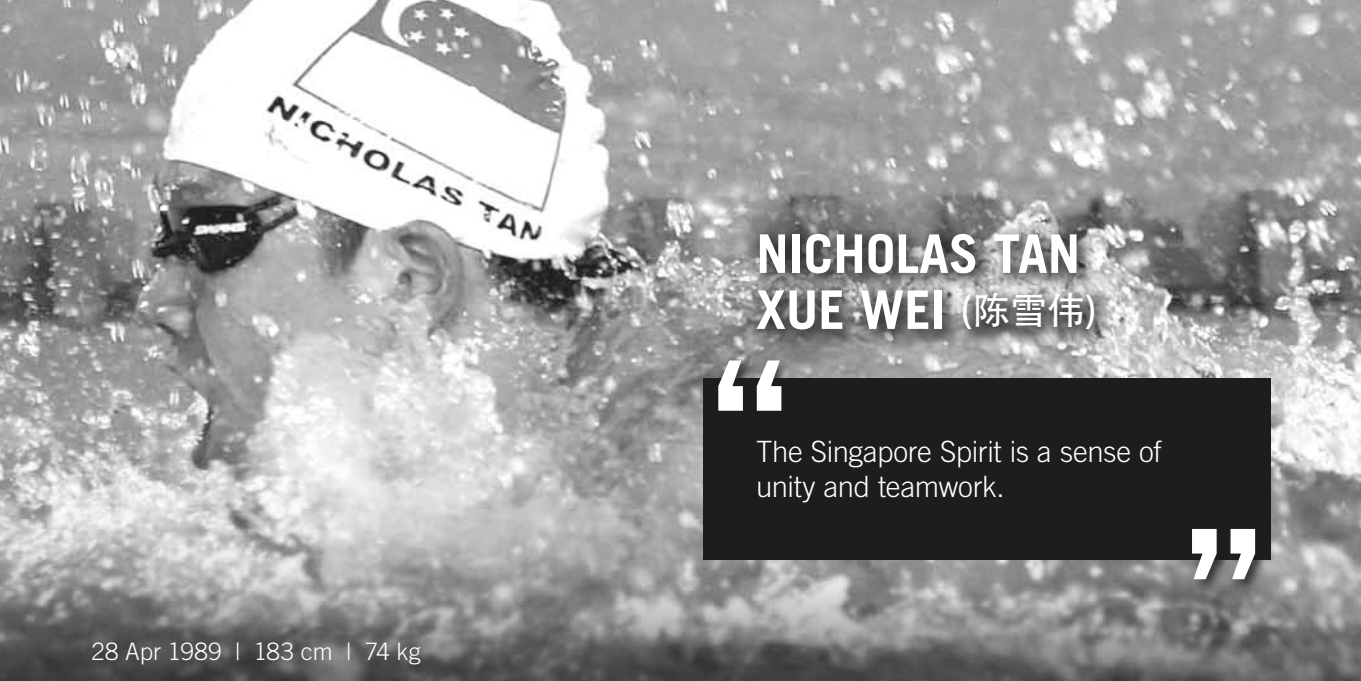
Current School / Employer

National Service

About Me

I joined swimming at about the age of five to help me deal with my asthma. I am proud of being a true blue Singaporean who is given the opportunity to present our very best efforts in competitions.

My inspiration as an athlete is Kosuke Kitajima. He is the one who made me believe that Asians do stand a chance against bigger-sized competitors such as the Americans.



NICHOLAS TAN XUE WEI (陈雪伟)

“

The Singapore Spirit is a sense of unity and teamwork.

”

28 Apr 1989 | 183 cm | 74 kg

Event(s)

100m Freestyle

Latest Sporting Achievements

2010 Guangzhou Asian Games 4x100 IM Relay - 4th
2009 Singapore Open Best Male Performer Award

Current School / Employer

Harvard University

About Me

When I joined Raffles Institution at Secondary One, everyone had to pick a Co-Curricular Activity. I picked up swimming and have not looked back since.

I cherish the camaraderie and good friendships made in being part of Team Singapore, and I'm proud to be able to do my best for Singapore.

PANG SHENG JUN

(冯盛均)

“

The Singapore Spirit is Singaporeans from different races and languages coming together to compete as one Singapore.

”



4 Sep 1992 | 175 cm | 72 kg

Event(s)

400m Freestyle

Latest Sporting Achievements

2010 Guangzhou Asian Games - Finalist
2010 Singapore Youth Olympic Games - Finalist
2009 25th SEA Games Laos Vientiane - Finalist
2009 Asian Youth Games Singapore - Finalist
2009 World Swimming Championships - Participation

Current School / Employer

National Service

About Me

I had asthma when I was a kid and the doctor advised me to take up swimming as it would aid in curing my asthma. And soon swimming became a sport that I could not live without.

Being able to represent Singapore is just phenomenal. The Singapore swimming team is very well bonded. Everyone has the same goal - to do Singapore proud. So we would definitely do well under a positive environment.

To me, winning isn't everything. It's about experiencing the unforgettable moments that sport can give you and cherish it for life.



QUAH ZHENG WEN

(柯正文)

“

The Singapore Spirit means to give my utmost best in what I do so that I am able to do my nation proud, and to stand tall as a Singaporean.

”

29 Sep 1996 | 171 cm | 55 Kg

Event(s)

50m Backstroke, 200m Butterfly, 400 IM,
1500m Freestyle

Latest Sporting Achievements

2011 42nd Singapore National Age Group Swimming
Championship (Category : 13 - 14 years/Boys)

- Most Valuable Swimmer Award

2011 ACS(I) 74th Annual Swimming Championships

- Individual Champion (Gp 3)

Current School / Employer

Anglo Chinese School (Independent)

About Me

Since I was little, I have loved water play and enjoyed going to the beach very much. It was only natural for my parents to sign me up for swimming lessons just so I would be water safe. Even after I learnt to swim, I continued to swim on a regular basis because my big sister was into competitive swimming. I only began to take competitive swimming a little more seriously at about 12 years of age when I realised I enjoy racing.

My sister Quah Ting Wen is also a national swimmer and she participated in the Beijing Olympics 2008 at the age of 16. I think her achievements are simply awesome and I am very inspired by her.



RAINER NG KAI WEE (黄凯伟)

“

The Singapore Spirit means Singaporeans uniting together as one and going through thick and thin together. My family inspires me as they sacrificed a lot to give me the opportunity to be who I am today.

”

4 Jun 1992 | 171 cm | 64 kg

Event(s)

50m Backstroke, 100m Backstroke,
200m Backstroke

Latest Sporting Achievements

2010 Singapore Youth Olympic Games - Silver
2009 25th SEA Games Laos Vientiane - Silver
2008 Commonwealth Youth Games - Bronze
2007 FINA World Cup Series - Bronze

Current School / Employer

National Service

About Me

I had asthma when I was a kid and my parents enrolled me in swimming lessons to help me combat it. After a while, I started swimming more competitively and have not stopped since.

I am very proud to have the chance to fly the national flag and represent our nation in front of the world.



RUSSELL ONG KAI YI (王凯羿)

“

The Singapore Spirit means doing my best for our country no matter what anyone else says.

”

14 Apr 1989 | 178 cm | 73 kg

Event(s)

50m Freestyle, 100m Freestyle

Latest Sporting Achievements

2009 25th SEA Games Laos Vientiane
4x100m Mens - Gold

2009 25th SEA Games Laos Vientiane
50m Freestyle - Bronze

2009 25th SEA Games Laos Vientiane
100m Freestyle - Bronze

2007 24th SEA Games Korat Thailand 4x100m
Mens Freestyle Relay - Gold

2007 24th SEA Games Korat Thailand 50m
Freestyle - Bronze

Current School / Employer

Singapore Management University

About Me

I started swimming because my parents wanted me to be water safe. Fifteen years later, competitive swimming is now my life. I am proud to race for Singapore as it is a golden opportunity that not many get.

I'm thankful for my sister's support. She is a pillar of strength and love for me and has brought me through my toughest times.

SAMANTHA LOUISA YEO (杨琪)

“

The Singapore Spirit is bonding and respecting each other, working together as a team to achieve greater heights.

”



24 Jan 1997 | 164.5 cm | 54.8 kg

Event(s)

50m Breast Stroke, 100m Breast Stroke,
200m Breast Stroke

Latest Sporting Achievements

2010 Guangzhou Asian Games
50m Breast Stroke National U-14 record (33.53)
Qualified for 100m & 200m Breast Strokes
4x100m Medley Relay - 5th
2010 Hong Kong Opens & Singapore National Schools
- 100m & 200m Breast Stroke National U-14 records
2010 SEA Age Group in Philippines
- 3 Gold, 6 Silver & 1 Bronze
2009 25th SEA Games Laos Vientiane
200m Breast Stroke - 4th

Current School / Employer

Raffles Girls' School (Secondary)

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About Me

I started swimming at five to improve my health and immunity, and at the same time, to be water-safe.

At 12, I proved that age does not matter when I clinched the 4th position at the 200m Breaststroke Finals and with a National U-14 record, even though I was the youngest swimmer in the 2009 SEA Games squad.

Being in Team Singapore is all about bonding, respecting each other and working together as a team to achieve greater heights.



SHANA LIM
JIA YI (林佳育)

“

The Singapore Spirit gives me more motivation to strive forward.

”

11 May 1993 | 160 cm | 55 kg

Event(s)

50m Backstroke

Latest Sporting Achievements

2011 FINA World Championships

2009 FINA World Championships

2008 FINA World Junior Championships

2008 Commonwealth Youth Games

2007 FINA/ARENA Swimming World Cup

Current School / Employer

University Of Arkansas

About Me

When I was young, I enjoyed watching the others play in the pool when my parents brought me to the club. Seeing that they were having fun, I persuaded my parents to let me take up swimming lessons.

When I'm not swimming, I enjoy relaxing and hanging out with friends.



TAO LI (陶李)

“

The Singapore Spirit is what keeps me winning medals for Singapore.

”

10 Jan 1990 | 161 cm | 57 kg

Event(s)

50m Butterfly, 100m Butterfly, 200m Butterfly
50m Backstroke, 100m Backstroke,
200m Backstroke

Latest Sporting Achievements

2010 Guangzhou Asian Games - 2 Golds
2008 Beijing Olympic Games - Finalist
2006 Doha Asian Games - 2 Golds

Current School / Employer

Auckland University of Technology

About Me

I came from a sporting family and eventually followed in my parents' footsteps to become an athlete. I remember starting to learn how to swim when I was five.

My family inspires me daily in my journey as a swimmer. I want to make my parents proud.



TEO ZHEN REN (张帧任)

“

Fire and passion. That's my
Singapore Spirit.

”

11 May 1994 | 173 cm | 63 kg

Event(s)

1500m Freestyle

Latest Sporting Achievements

2011 National Record 1500m Freestyle

2011 National Record 800m Freestyle

2011 FINA World Championships

2011 Commonwealth Games

2010 1500m Freestyle SEA Age Group

Swimming Championships - Gold

Current School / Employer

Raffles Institution (JC)

About Me

I first started swimming competitively at the age of seven. I like staying in the water, as it makes me feel like I'm living in a different world.

As an athlete, Lance Armstrong is my inspiration. He shows me that anything is possible, as long as you fight for it.



ZACH ONG WEI SHIEN (王维贤)

“

Helping each other to be the best they can be is how we show our Singapore Spirit.

”

28 Nov 1990 | 183 cm | 67 kg

Event(s)

100m Backstroke, 200m Backstroke

Latest Sporting Achievements

2009 25th SEA Games Laos Vientiane 200m
Backstroke Men's - Gold

2009 25th SEA Games Laos Vientiane Men's 4x100m
Freestyle Relay - Gold

2009 25th SEA Games Laos Vientiane Men's 4x200m
Freestyle Relay - Gold

2007 24th SEA Games Korat Thailand Men's 100m
Backstroke - Gold

2007 24th SEA Games Korat Thailand Men's 200m
Backstroke - Silver

Current School / Employer

Singapore Management University

About Me

I used to swim by the side of the pool while my brother was having his swimming lessons. One day, I joined other children in the small pool to have lessons and my interest in the sport has been growing ever since.

Even though Singapore is one of the smallest countries, we still manage to fight for honours at all levels in various sports. This is something I love about being in Team Singapore.

OFFICIALS



Aloysius Yeo Ho Sin
Team Manager



Ang Peng Siong
National Head Coach



See Puay Kheng
Coach



David Lim Fong Jock
Coach



Barry Edward Prime
Coach



Jin Xiao Li
Coach

OFFICIALS



Fang Hai Jiao
Coach



Tuner Ian Roderick
Coach



Roger S Fitzgerald
Physiotherapist



Taisuke Kinugasa
Physiologist