

# GAME FOR LiFE



*Transforming Lives Through Sport  
Supplementary Resource*



## MR ANG PENG SIONG

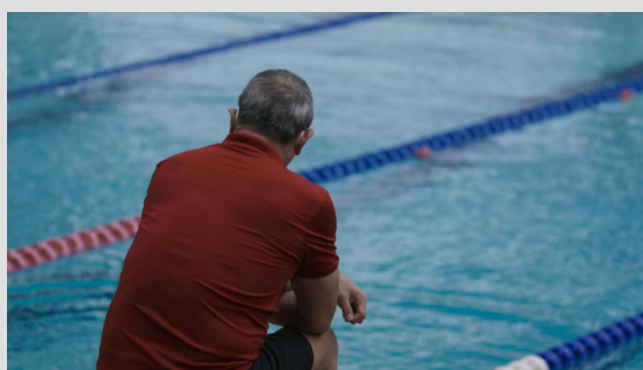


In Support of Coaching Development



# ABOUT MR ANG PENG SIONG

- THE FOUNDER OF APS (ANG PENG SIONG) SWIM SCHOOL AND APSC (AQUATIC PERFORMANCE SWIM CLUB) IN SINGAPORE
- A FORMER HEAD COACH OF SINGAPORE'S NATIONAL SWIMMING TEAM
- CURRENTLY A COACH IN APS SWIM SCHOOL
- PENG SIONG COACHES ATHLETES ACROSS ALL AGE GROUPS AND LEVELS INCLUDING PARA-ATHLETES
- HE IS A FORMER TEAM SINGAPORE SWIMMER AND A TWO-TIME OLYMPIAN
- PENG SIONG CLOCKED THE FASTEST 50-M FREESTYLE AT THE US NATIONAL CHAMPIONSHIP 1982. THE 22.69 SECONDS TIMING WAS A WORLD RECORD AT THAT TIME AND IT STOOD AS A NATIONAL SWIM RECORD FOR 33 YEARS
- FROM 1982 TO 1984, HE WON THE SPORTSMAN OF THE YEAR AWARD THREE CONSECUTIVE TIMES



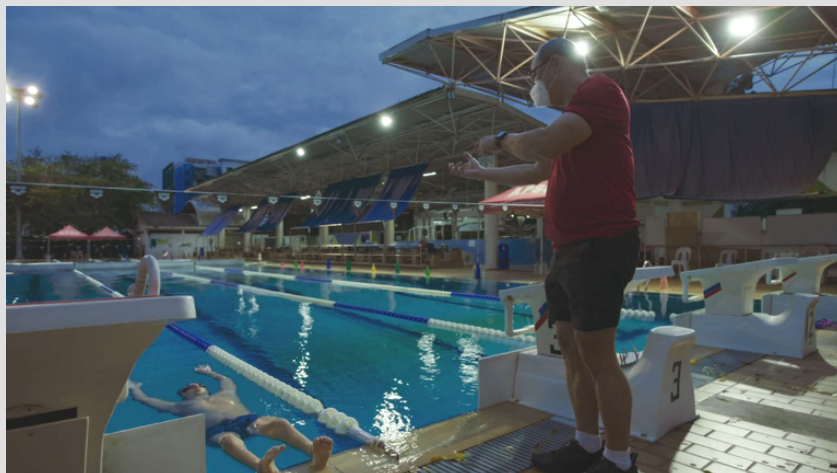
# KEY LESSONS FROM MR ANG PENG SIONG

**#1 -  
CHAMPIONS ARE THE RESULT OF THEIR ENVIRONMENT**

**#2 -  
THE ENVIRONMENT IS DEFINED BY ITS PEOPLE**

**#3 -  
PEOPLE ARE SHAPED BY THEIR PURPOSE**

**#4 -  
ADDITIONAL INSIGHTS FROM MR ANG PENG SIONG  
-SUPPLEMENTARY EPISODE**



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**“Our Aim Is Not To Produce Champions, But To Create An Environment  
In Which Champions Are Inevitable”**

- Forbes Carlile MBE, Olympic Swimming Coach

### **#1 - CHAMPIONS ARE THE RESULT OF THEIR ENVIRONMENT**

Coaching is just like other professions and practitioners will need to go in with a pursuit of mastery because there is so much knowledge and information available nowadays with modern technology. Coaches have a strong influence and must be able to guide our athletes to be the best that they can be.

To bring out the best in an athlete, Peng Siong believes that a coach needs to create the most conducive environment where champions are inevitable. To nurture champions, it is important that coaches create an environment that builds up a strong foundation and baseline of their athletes. Having a strong foundation in the sport will then enable the child to grow up healthy, and at the same time prepare themselves for the challenges in the sport and life.

In APS swim school, Peng Siong anchors the development of his athletes through three main stages of learning: Learning the Skill, Learning to Train, and Learning to Compete. At each stage, depending on the skillsets and development of the athlete, the coaches will then decide if an athlete is ready to go further in the sport. Parents are also educated on this process. Peng Siong also added that coaches need to be wary regarding when to increase the intensity and load for younger athletes at training. These young athletes may be the easiest group to develop and could possibly peak the fastest, but coaches need to be mindful of the interests of the child and not to push them too much as this may jeopardize their growth in the sport.



## PRACTICE TIME!

Peng Siong highlighted the different stages of learning in an athlete's development. It is important that coaches recognize that every athlete has a different starting point in the sport, and the need to create the environment where their athletes can thrive in.

- How can we create an environment that builds up a strong foundation in our athletes?
- How do we help our athletes who are ready for the next level progress in the sport?

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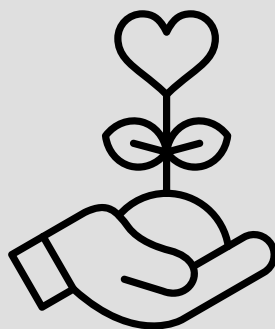
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“I come to practice every day with the mindset that I am there to get better”  
- Caeleb Dressel, American swimmer

## #2 - THE ENVIRONMENT IS DEFINED BY ITS PEOPLE

When he was growing up, Peng Siong often observed how his father, Mr Ang Teck Bee, who was a Judo Coach went about his coaching sessions. Seeing how much passion his father had for the sport and the strong foundation he had built for Peng Siong growing up as an athlete, this had much influence on Peng Siong's coaching approaches as he aspired to be like his father.

One important thing that Peng Siong learned from his father was that as a coach, one should not be heavily involved in the politics of the sport. According to him, sometimes as you are coaching a sport, things may not work out way you like it to go. However, he reminds coaches to learn to be patient and go with the flow, to let go and move on. Most importantly, as coaches you are there to give your best to the sport and holding on to these grievances does not help in the long run.



## PRACTICE TIME!

- Do you remember the first person who inspired you to become a coach? Reflect and think about how this person has shaped you in becoming the coach that you are today.

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"As human beings, we are all competitive in nature, but it is for us to decide which path we want to go on" - Ang Peng Siong

### #3 - PEOPLE ARE SHAPED BY THEIR PURPOSE

Due to his exposure to the Japanese culture through his dad's Judo coaching as he was growing up, Peng Siong holds on to this Japanese word 'Ikigai' which means to do things with purpose. This word serves as a reminder for him to focus on things he wants to achieve as a swimming coach with mindfulness and a strong presence.

He believes that every person in an organization is there for a purpose, and each of them will want to create the best outcome with those they interact with. This boils down to the daily rituals and practices coaches adopt in their training environment. Peng Siong cited an example of a Japanese coach he has in his swim school who starts of every training session saying to his athletes: "Today I will do my best, and you do your best." Thereafter, they will all bow to each other, which goes to reflect the relationship and level of respect the coach has established with his athletes.

Such positive practices go beyond the coaching environment and can influence how athletes' interact with others in their daily lives.





## PRACTICE TIME!

- Reflect about the purpose that anchors you as a coach?
- What are some routines and practices you can put in place to create a positive training environment for your athletes?

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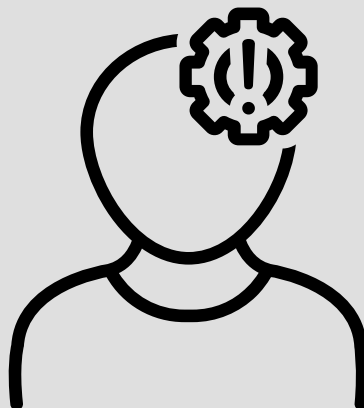
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## #SUPPLEMENTARY EPISODE –

# AS A FATHER AND A COACH, WHAT ADVICE DO YOU HAVE FOR PARENTS AND STUDENTS-ATHLETES?

As a parent, Peng Siong shared that one of the biggest mistakes a parent could do is to place their own expectation on the child. An example is when parents set a dream of their child being a national athlete or the next Olympic medal winner when their child is not ready or aiming for it. Peng Siong added that such expectations by parents is good, but they must understand the process. For example, the period of time it will take and what sustained effort is required by their child to be competing at that level. He cautions parents that at the end of the day not every athlete is going to make it to compete at the highest sporting level. Hence, parents need to be reminded that the foundation for participating in sports is for children to first grow up healthy and become a stronger person.



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### **PRACTICE TIME!**

- How will you as a coach help your athletes' parents see that every individual is different and that a child should be able to progress in a sport based on their own abilities and at a comfortable pace instead of forcing them by setting overly high expectations.

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## #SUPPLEMENTARY EPISODE –

# WHAT DIFFERENCE IS MOST STARK TO YOU ABOUT SPORT IN SINGAPORE NOW, COMPARED TO YOUR CHILDHOOD?

In the past, activities for children were different. What was more cohesive and different types of sports were played depending on the weather on that day. Peng Siong added that children in recent times need to be more exposed and they need to know that sports gives them an opportunity to physically express themselves. Being able to expand their energy in sports will make the child a more well-balanced individual.



## PRACTICE TIME!

Taking Peng Siong's advice about making a child become a more well-balanced individual,

- Think about some ways that you can incorporate other topics in your coaching in order to help the child grow holistically.

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## #SUPPLEMENTARY EPISODE –

# WHAT ARE YOUR THOUGHTS ABOUT COACHING DURING THE COVID-19 PANDEMIC?

Peng Siong advised coaches to continue to stay creative and innovative in our coaching methods/practices within the safety measures. Even though there were some challenges faced by coaches in using technology in their coaching, there are some positive outcomes from it. Learning from the Tokyo Olympics and Paralympics, Peng Siong mentioned that coaches must see sport as a powerful tool to inspire the world. Despite all the restrictions, athletes around the world were still breaking records. This has sent a strong message to the masses that one can still continue to exercise during a pandemic period.

## PRACTICE TIME!

- Think about some methods you would like to adopt in your coaching sessions where you can make use of technology to elicit your athletes' interest and also improve their performance.

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**WELL DONE!** 

You have completed this e-learning on SportSG-Ed! We hope you feel more motivated and inspired by all the sharing from Mr Ang Peng Siong.

We would love to see you put what you have reflected into your coaching sessions and practice it.

To find out more workshops for yourself and any other community practices, do follow us on,

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