

GAME FOR LiFE



*Transforming Lives Through Sport
Supplementary Resource*



MR C. KUNALAN



In Support of Coaching Development



ABOUT MR C. KUNALAN

- MR C. KUNALAN IS SINGAPORE'S MOST DECORATED SPRINTER
- HE HAS REWRITTEN NATIONAL RECORDS FOR SPRINT EVENTS 19 TIMES IN HIS CAREER
- HE HAS WON 15 SEAP GAMES AND 5 ASIAN GAMES MEDALS
- AT THE 1968 OLYMPIC GAMES IN MEXICO, HE CLOCKED 10.38S FOR THE 100M SPRINT; SETTING A NEW NATIONAL RECORD THAT STOOD FOR 33 YEARS
- HE HAS ALSO BEEN AN EDUCATOR ALL HIS LIFE AND HAS MENTORED MANY TEACHERS AND ATHLETES, WHERE HE SHARED HIS EXPERIENCES AS TEACHER AND ATHLETE



KEY LESSONS FROM MR C. KUNALAN

#1 -

IMPART KNOWLEDGE BY MAKING IT RELEVANT

#2 -

MY COACHES WERE THE FOUNDATION OF MY SUCCESS

#3 -

MY COACHES DID THEIR BEST, SO SHOULD I

#4 -

**ADDITIONAL INSIGHTS FROM MR C. KUNALAN
-SUPPLEMENTARY EPISODE**



"There is a parallel between making & flying kites to coaching." - Mr C. Kunalan

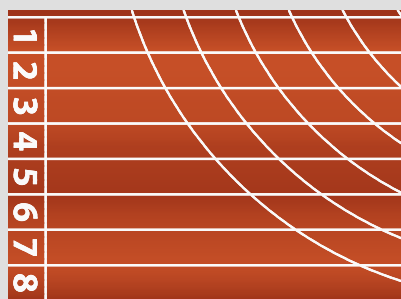
#1 - IMPART KNOWLEDGE BY MAKING IT RELEVANT

Mr C. Kunalan sees the correlation between a coach's and a teacher's job. Teachers are born to be coaches as they are keen on seeing the development of students. He believes that coaches have to impart knowledge in sports by making it relevant to athletes.

One example quoted by him was when he was a teacher at Tiong Bahru primary school, the teachers had to mark out a running track. To do that, his Head of Department (HOD), Mr Lai Hin Weng, taught and showed him how to do it by using the method taught in Mathematics. This was one way to incorporate another subject into something that Mr K. was passionate about which is running.

From this example, he reflected and realised that learning is made interesting when coaches or teachers use other topics/subjects that can help athletes relate to sport, which is something that they like. This will make learning transferable.

He said that coaches and teachers play an important role to athletes as they are constantly in the same training environment as them. Hence, a coach/teacher should give their best at all times because of their constant interaction which will have a great impact on these athletes.



PRACTICE TIME!

Similar to how Mr Lai Hin Weng, made learning transferable to his teachers by using Mathematics to mark out a running track,

- Think and write down about how you as a coach can get your athletes to transfer the value/s that you have shared at your trainings to other areas of their lives.

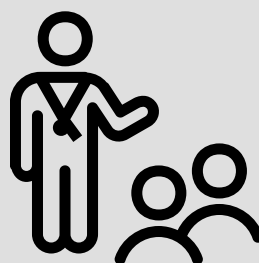
"Coaches have had so much influence in our lives." - Mr C. Kunalan

#2 - MANY COACHES WERE THE FOUNDATION OF MY SUCCESS

Mr K. said that he owes his successes to all his coaches who have given their guidance and time. Coaches in the past were mostly volunteers and they had a full-time job. In the video, Mr K. spoke about three of his track and field coaches who played a pivotal role in his successes. They were Dr Tan Eng Yoon, Mr Hari Chandra and Mr Patrick Zendher.

From Mr K.'s interaction as an athlete with his coaches, he brought up many positive points that we can learn from. He spoke about their level of dedication in coaching, humbleness and how they prioritised their athletes' welfare. To learn about their athletes, these coaches made time to interact with them to learn about their strengths and problems. Adding on, back then coaches continued to be a mentor to the athletes during and off training hours. This helped athletes like Mr K. to work even harder as a sprinter and made him want to achieve so much more as an athlete and also in other areas of his life.

Additionally, these coaches were able to spot talent and develop them based on the athlete's strengths. Coaches understudy their athletes and groom them to their potential. These were the reasons why athletes look up to their coaches and coaches become influential to their athletes.



PRACTICE TIME!

- Think and write down that one coach who has impacted your life as an athlete or as a coach.
- Next, recall the actions that this coach has made back then that you find influential to you or your team.
- Write down if there are any of the actions that you would like to adopt/adapt as a coach now for your current athletes/team and why you would like to do it.

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"Be the true human being that you should because you are
dealing with people's lives"
- Mr C. Kunalan

#3 - MY COACHES DID THEIR BEST, SO SHOULD I

Using Mr Patrick Zendher as an example, Mr K. said that his coach was always doing something for the team. His level of dedication was beyond words. Mr Zendher took charge of leading the warm-up, coming out with training plans and was still looking at his notes even after the athletes have ended their training. This amount of time spent encouraged Mr K. as an athlete to want to do his best.

In the video, Mr K. showed his medals and shared how grateful he is to all his three coaches. Mr K. believes that coaching is a noble profession and it has a high level of responsibility as they are dealing with athletes and their parents. In his own words using flying a kite as a metaphor for coaching, Mr K. said that it may look simple to many but it is not. As you go higher, a coach has more responsibilities to take on. He added that to see the kite soar, some parts of the kite have to be shaven. One then has to glue the parts back and then send it up again.

Similarly, as a coach, one has to sharpen the different skills of athletes to develop them holistically. He encourages coaches to learn how to manage athletes well by seeking help or learning from experienced people around them. When athletes see and feel cared for, they will want to train and perform to their best abilities.



#SUPPLEMENTARY EPISODE –

"COMPETITIVE SPORT IS A CRUCIBLE FOR LIFE LESSONS"

According to Mr K., in competitive sports, you are fighting to succeed and to win. That is also considered a life lesson because in life you are also fighting to succeed in all areas of your pursuits. Sports teach you to learn how to succeed in physical, mental and social components. These are the arenas that you have to work in life too and that is how learning in sports becomes transferable.



#SUPPLEMENTARY EPISODE –

HOW CAN COACHES BE EFFECTIVE IN COMMUNICATING THE INCREASING AMOUNT OF KNOWLEDGE?

'Simplify things'. This was Mr K. answer to the question. Coaches are an intelligent set of individuals. They should use this strength and present it to all athletes depending on their levels. Additionally, coaches need to be one step ahead of their athletes, especially in terms of sciences. This is so that coaches can share their different knowledge with athletes and meet their needs.



#SUPPLEMENTARY EPISODE –

HOW CAN COACHES CREATE AN OPTIMAL TRAINING ENVIRONMENT?

Coaches must be the right person for athletes. Besides coaching, coaches must be the athletes' mentors, role models and exemplary people to them. Adding on, Mr K. believes that coaches should help themselves by maintaining good health and physique so that they can show to athletes that they are applying the knowledge that they know about themselves. This will create that level of trust in the athletes that they are coaching.



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 C. Kunalan.

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

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