

GAME FOR LiFE



*Transforming Lives Through Sport
Supplementary Resource*



MS TEO SIEW LAN



In Support of Coaching Development



ABOUT MS TEO SIEW LAN

- A DOMINANT ICON OF THE LOCAL VOLLEYBALL SCENE
- MS TEO HAS COACHED BOTH 'C' AND 'B' DIVISION BOYS OF ST HILDA'S SECONDARY SCHOOL TO A TOTAL OF 29 NATIONAL CHAMPIONSHIPS IN HER 30 YEARS OF COACHING
- SHE BELIEVES IN LEADING EACH NEW BATCH OF ATHLETES ON A JOURNEY OF SELF-DISCOVERY
- SHE FACILITATES REFLECTIONS WITH HER ATHLETES THROUGH THE USE OF A 'BLUE BOOK'
- SHE HOLDS STRONGLY TO ONE CONSTANT IN LIFE: IT IS ONE'S CHARACTER THAT MAKES ONE A CHAMPION!
- SHE BELIEVES THAT VALUES ARE LIVED AND NOT TAUGHT



KEY LESSONS FROM MS TEO SIEW LAN

**#1 -
TRAIN THE PERSON, NOT THE PLAYER**

**#2 -
THE WORLD IS CHANGING, SO MUST WE**

**#3 -
THE TEAM'S CULTURE REFLECTS THE COACH**

**#4 -
ADDITIONAL INSIGHTS FROM MS TEO
SUPPLEMENTARY EPISODE**



"Champions are a result of character and character is shaped by team culture." - Ms Teo Siew Lan

#1 - TRAIN THE PERSON, NOT THE PLAYER

Ms Teo mentioned that every coach will first have to train their athletes. Athletes will need to have this mentality of being a 'champion person'.

According to Ms Teo, skills do not make an athlete a champion. The desire of wanting to be a champion must first be in the mind of an athlete before he/she can be one. What is a champion person?

To her, a champion person is someone who is confident in themselves and can embrace their weaknesses and strengths. Ms Teo feels that different athletes have different needs.

As a coach, she will need to help the athletes pick up different things at training sessions like confidence, competence, and character.



"Because times change, the world changes and that is what I like." - Ms Teo Siew Lan

#2 - THE WORLD IS CHANGING, SO MUST WE

Ms Teo mentioned that every athlete is unique and comes with different problems and challenges that could affect their development in the long run.

As a coach, we need to think about how to help them overcome these obstacles. She added that coaches should spend time reflecting on what they are doing. This enables coaches to grow.

All coaches want their athletes to do well and want them to aim high. Ms Teo mentioned that over time, coaches must relook at the standards and their expectations - whether they are achievable by this group of athletes.

Due to life changes (e.g new technology), students change and people change. This will cause a change in one's team values and culture.



PRACTICE TIME!

- Think and write down your current standards/expectations you have for your athletes.
- Next, recall and list down the recent trends or challenges in the environment that would affect your current standards/expectations.
- Relook and write down whether there are changes to be made to the standard/expectations you have for your athletes after reflecting on the recent trends or challenges in the environment.

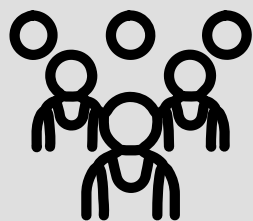
"Build a culture or an environment to cultivate values." - Ms Teo Siew Lan

#3 - THE TEAM CULTURE REFLECTS THE COACH

When you see the coach, you also see the culture of a team. Ms Teo highlighted that she creates an environment that enables her to cultivate the values she has chosen for her team.

In her belief in instilling values, Ms Teo uses the mode of reflection to get her athletes to live those values. She uses reflection as a platform to discuss with athletes the problems they face, and how they can use the values that she has set for the team to overcome their challenges. This allows athletes to think through deeply about their actions - be it in terms of volleyball or other areas of their lives.

Ms Teo mentioned that the most valuable part of this process is seeing how the athletes mature over the years in terms of thinking, which is reflected in their actions too. To her, sport is an instrument for athletes to learn about themselves and to grow.



#SUPPLEMENTARY EPISODE – WHAT IS MS TEO'S VIEW ON WINNING?

Ms Teo does not believe in fixing the mindset of athletes on having to win in every game. To her this is an unspoken rule. The most important thing is, athletes' need to enjoy and discover about themselves.

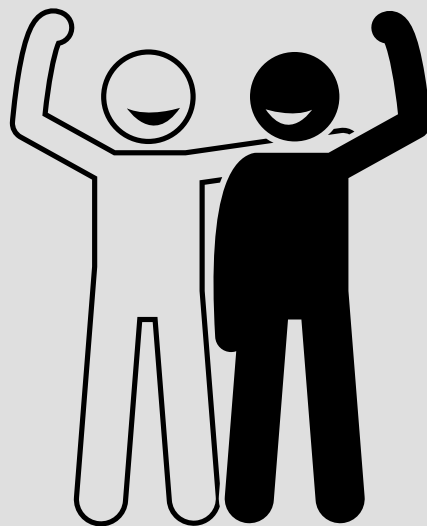
Ms Teo strongly believes that if an athlete can overcome themselves, they can overcome the challenges on the court.



#SUPPLEMENTARY EPISODE – WHAT DOES MS TEO DO WHEN SHE CAN'T HELP A STUDENT MAKE A BREAKTHROUGH?

Ms Teo feels that when athletes are facing problems that take a long time to be solved and a coach is not able to help, there are other resources out there that a coach can tap on.

Changes for each person happen at a different pace and these cannot be forced.



ST HILDA'S VOLLEYBALL TEAM ETHOS

1 Tim 4:12 (NIV) Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

Champion Character, Champion Team

先学做人后学做事

Isa 41:10 (NIV) So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Foundation for Champion Athletes 10 Life Lessons

1. Integrity – Value and behaviour align
2. Teachable Spirit – Take correction as compliment
3. Academic Responsibility – Giving the best effort and attitude to each class, everyday.
4. Confidence – Confidence comes from being prepared.
5. Discipline – Have strength of character to overcome the temptation and pressures and do what is right.
6. Accountability and Work Habits – Take responsibility for what ever happen to them. Good work habits are begun with initiative and determination.
7. Mental Toughness – How quickly one can recover from mistakes.
8. Pride – Has the desire to become as good as possible for each other.
9. Leadership – Lead by serving the team, able to put others before themselves.
10. Selflessness-Teamwork – "Team First" attitude, intentionally puts the needs of the team ahead of their own.

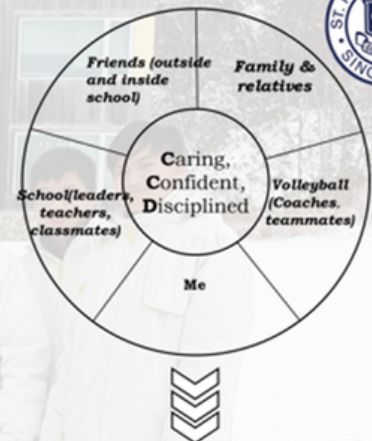
Growing Champions

6 Traits of a Champion

1. Self-analysis
2. Self-Competition
3. Focus
4. Confidence
5. Tough-mindedness
6. Having a Game Plan

Book Reading

- Sec 1: Excel in Sports and Studies
 Sec 2: 7 Habits of a Highly Effective Teen
 Sec 3: The Mental Athlete
 Sec 4: The 6 Most Important Decisions You'll Ever Make



God's Desired Character for a Life Champion

FRUIT OF THE SPIRIT

- LOVE
- JOY
- PEACE
- PATIENCE
- KINDNESS
- GOODNESS
- FAITHFULNESS
- GENTLENESS
- SELF-CONTROL

Gal. 5:22-23

WELL DONE! 

You have completed this e-learning on SportSG-Ed! We hope you feel more motivated and inspired by all the sharing from Ms Teo Siew Lan.

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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