



Press Release

“Singapore Athletic Association Announces Further Plans for Development Centres Of Excellence at Gombak Stadium and Temasek Polytechnic”

Singapore. June 14, 2010: Having announced the introduction of two new Centres of Excellence back in March, the Singapore Athletic Association has released additional plans for the opening of the two new Centres of Excellence in the East of Singapore at Temasek Polytechnic and in the West at Gombak Stadium.

Both Centres will be utilized for athlete development with the ability for each venue to host 20-30 promising athletes, between the ages of 12-16, on each day over a series of weekends. The initial focus will be on sprints and will be under the direction of C Veeramani, the SAA's Technical Director – and Muhammad Hosni, the SAA's National Sprints Coach.

Letters identifying the youth athletes have already been sent to schools across Singapore as the two centres will open this month.

Each training session will be run by 4-5 IAAF qualified coaches, providing a high ratio of coaches to athletes. Singapore currently has over 200 IAAF certified coaches.

C Veeramani commented “There will be an initial focus on 100m, 200m and 400m sprints and we'll be looking to fully prepare and support our young athletes for events such as the 2011 Commonwealth Youth Games and the

2011 SEA Games in Indonesia. We'll be looking to expand the Centres of Excellence as the programme takes shape over the next year".

The development programme weekends will provide a series of basis testing that is evaluated and repeated at set-intervals. The clear focus will be on athlete development and improvement to put them in medal winning times at important upcoming events.

100 Metre sprinter Kenneth Koh is one of the young Singaporean athletes that will benefit from the Centre of Excellence at Temasek Polytechnic. Kenneth, who trains with SAA National Sprints Coach Muhammad Hosni, commented "The Centres of Excellence will be beneficial from both a fitness and performance perspective. Training in small numbers like this will really help me improve and be better prepared for events".

The Stadiums will also be the venue for various SAA Sprint Series, that are part of the plans announced by the SAA back in March, that will support athletes by regularly providing the opportunity for top-level competition as well as coaching guidance.

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