

(Member of the Singapore Athletics)  
(Member of the Asian Masters Athletics)  
(Member of the World Masters Athletics)

**SMA Briefing for 21<sup>st</sup> Asia Masters Championships in Kuching, Sarawak**  
**EXECUTIVE COMMITTEE MEMBERS In Attendance at Gombak Stadium on 8 Jun**  
**2019**

**Present**

**Mrs Glory Barnabas**

**Mr. Samuel Veera Singaram**

**Mr. Patwant Singh**

**Mr. A Kannan**

Mr. AP Nadan

**President**

**Deputy President**

Training & Selection

**Vice President**

**Media & Publicity**

**Hon. Secretary**

Hon Treasure

**AMA Asia Masters Championship Preparation Summary**

Deputy President Samuel Veera Singaram welcomed and thanked the Masters runners who attended the briefing and highlighted the need to work as a cohesive and united team.

The Deputy President went on to emphasize that members should walk, run, train and travel together for such major competitions as this would show their solidarity as a family to cooperate and overcome any challenges.

Over the past 20 years, there had been instances where some of the SMA members have not taken such International meets seriously and treated such occasions as more of a family holiday.

From this year onwards, Singapore Masters Athletics wants to take a more professional approach to the preparation for such major competitions and ensure that athletes are better supported with proper coaching and centralised training ahead of the December Championship in Sarawak.

However, some members raised concerns about such centralised training programme citing their own personal training arrangements. They also lamented that fact that Gombak Stadium, one of the training venues, is quite a distance to travel. Family commitments is another excuse for not wanting to be a part of the centralised training and they also expressed their willingness to forfeit the subsidy or funding from SMA in lieu of centralised training and added that they can afford their own travel to the overseas competitions.

SMA, however, does not support such independent actions by these members as it goes against the team spirit and sets a negative example for the rest of the SMA community.

Singapore Masters believes in equal treatment of all members and discourages such practices which breed a class divide within the SMA fraternity akin to the Haves or Have Nots or First Class and Second Class members.

The organisation expects members to behave in a professional manner and exhibit self-discipline to participate as Singaporeans and Team Singapore Masters.

Members are to strictly adhere to the centralised training barring which their participation to the International meets would not be endorsed by SMA, including those organised by AMA and WMA.

SMA then proceeded to share the training schedule with the members.

Friday 6 pm - 8 pm (Toa Payoh Stadium)

Saturday- 8 am - 10 am (Bukit Gombak Stadium)

Sunday- 8 am - 10 am (Toa Payoh Stadium)

Sunday- 4 pm - 6 pm (HOA or Toa Payoh Stadium)

The training venues are subject to change and members will be updated accordingly.

Members are kindly encouraged to attend one of these training days on offer and clock at least 75% attendance for the entire session.

SMA also informed that there are a few Masters athletes working overseas in countries like New Zealand, Australia, Hong Kong and Malaysia and they keep in touch with the SMA Secretary for regular progress update reports.

Singapore Masters Athletics reiterated the fact that it is self-funded and never gets any external financial assistance. The committee works hard to secure funding and is organising a Charity Golf event to raise funds for participants competing in the upcoming 21<sup>st</sup> AMA Championship in December.

Deputy President Samuel also introduced a team of Volunteer coaches for the Masters Athletes.

Leading the team of trainers is Head Coach Mr Tan Wei Leong (IAAF Level 5) who shared his training plan.

Coach Tan assured that his coaching style was very flexible and welcomed any feedback and suggestions from his charges. He also wanted the athletes to be open and give his method a try and hopefully they would enjoy it.

Assisting Coach Tan to prepare Team Singapore Masters athletes will be of 8 other trainers including Mr Azam from Malaysia who will be taking care of the throwing events.

The meeting also saw the signing of a Memorandum of Understanding (MOU) between Singapore Masters Athletics and Darwin Masters Athletic from Australia.

Darwin Masters Athletics President, Mr Roger Chin, said he very proud and happy to see Singapore Masters preparations and progress. He also thanked Mr Samuel and Coach Tan Wei Leong for inviting him to Singapore and hopes to see Singapore Masters Athletics participate in Darwin Masters events.

The final agenda for the briefing, the appointments of Ms Carine Attan as Singapore Masters Athletics Assistant Secretary and Mr. Tan Wei Leong as SMA Head Coach and Chairman of the Coaching Committee with effect from 1 June 2019.

SMA further added that Deputy President Mr. Samuel Veera Singaram, will be the Advisor to the newly formed Coaching Committee while Mr. A. Kannan will act as its Deputy Chairman and Ms Carine Attan, the Secretary.

End of the Briefing Report