

COACHSG CONFERENCE 2025:

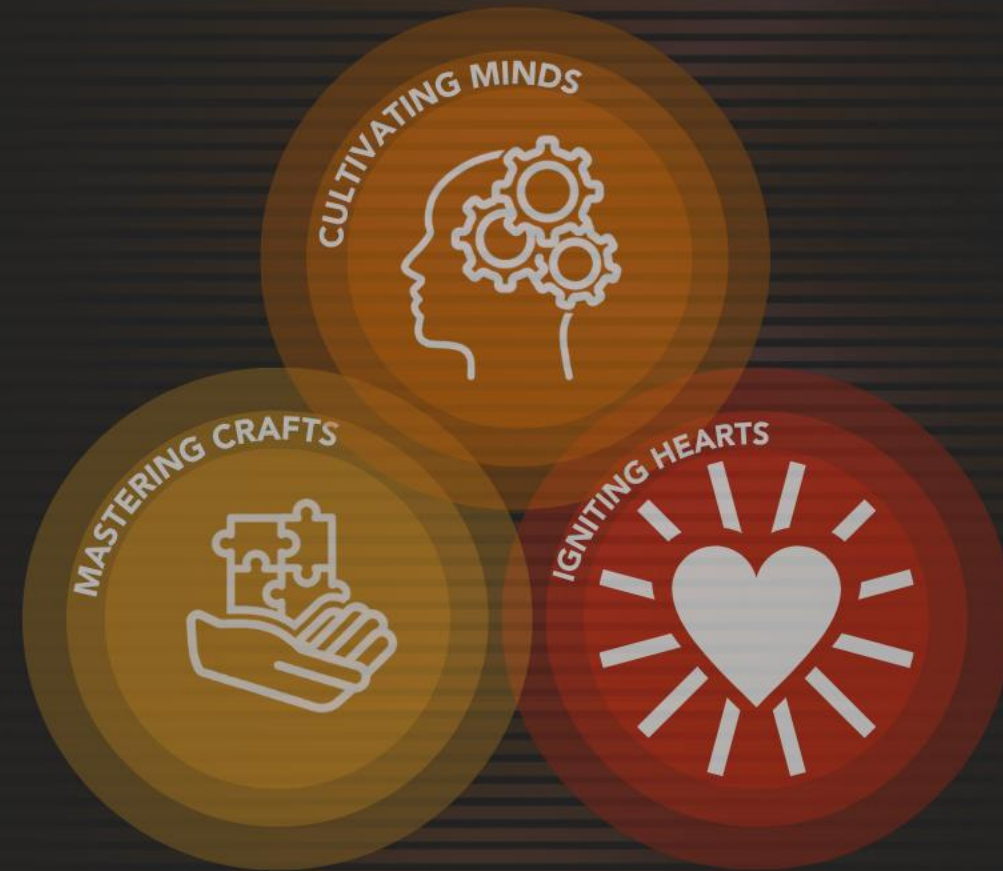
COACHING THE NEXT LEAP



HPSI
HIGH PERFORMANCE
SPORT INSTITUTE

Tim Newenham

How To Win



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Danny 22.12m British Record.MOV

How To Win - at Javelin

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Stretch Shortening Cycle – stretch reflex

Muscles can exert more force when slightly longer than resting length (up to 20%)

Type II Explosive fibres can be trained specifically

The principles are the same for able-bodied or para

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Steve Backley. 2 x World
Récord.

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As an athlete:

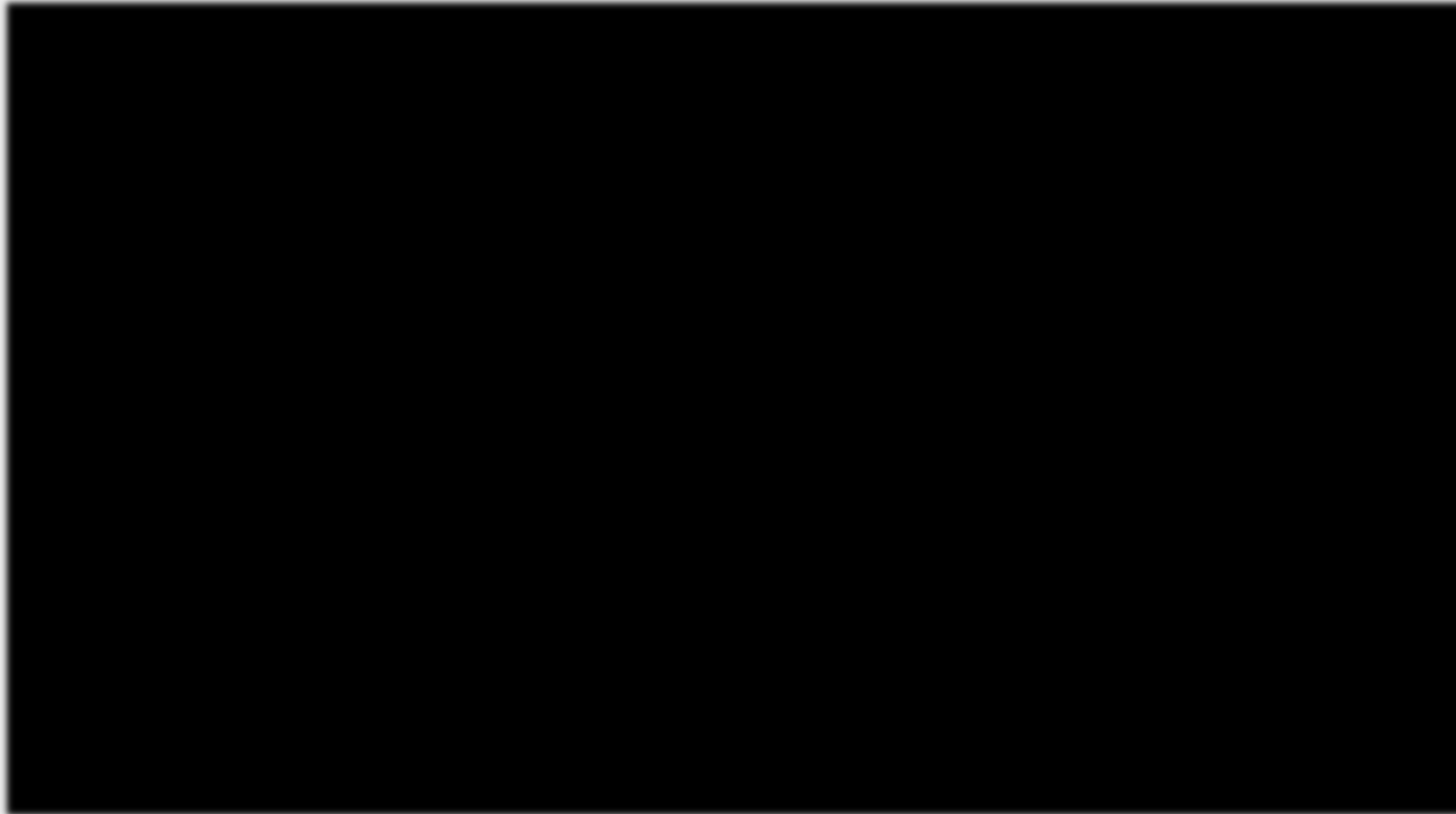
Take responsibility for your own performance

Become indestructible and independent

The Paralympic Journey

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So what are the common denominators of 'How To Win'

1. Ruthless determination to succeed
2. Enjoyment, Challenge & Satisfaction
3. Feeling in Control



The Four Insights Discovery Colour Energies

We have all
four colour energies
within us ...not just one!



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We all have all **four** colour energies
in us...



...but we each use them in a
different order and with
differing intensities.

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The Four Discovery Colour Energies



Cool Blue

Showing no bias,
Objective, Detached



Earth Green

Still, Tranquil,
Calming, Soothing



Sunshine Yellow

Cheerful, Uplifting,
Spirited, Buoyant



Fiery Red

Positive, Affirmative,
Bold, Assertive

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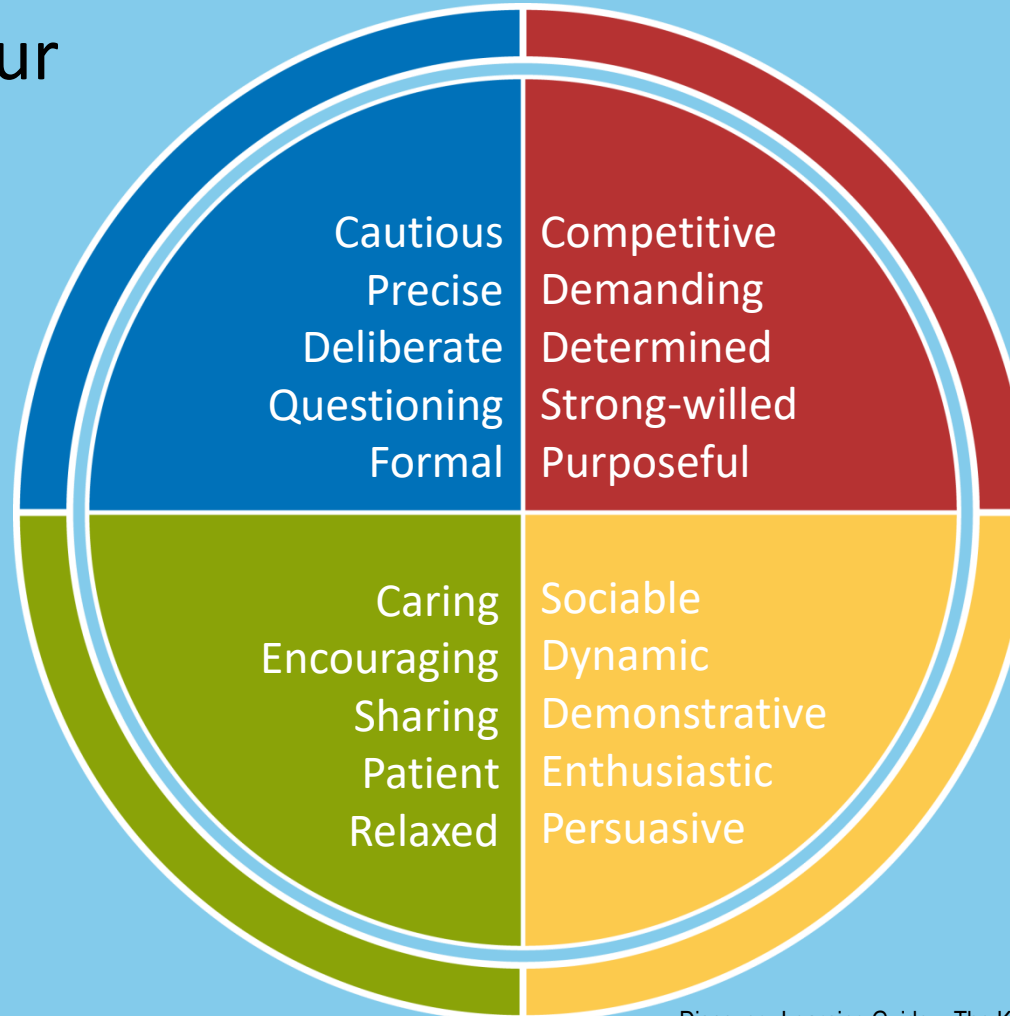
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The Four Insights Colour Energies

On a good day...



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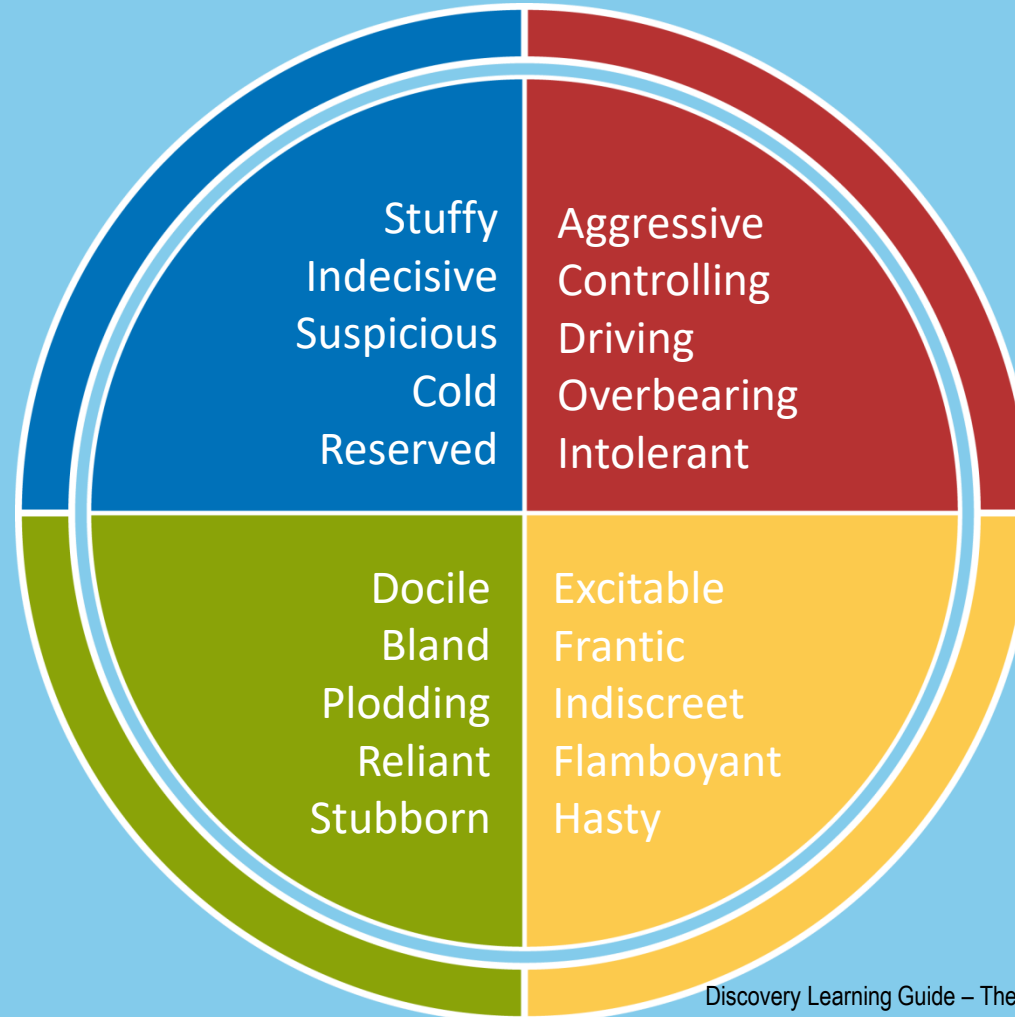
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The Four Insights Colour Energies

On a bad day...



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Colourful Statements



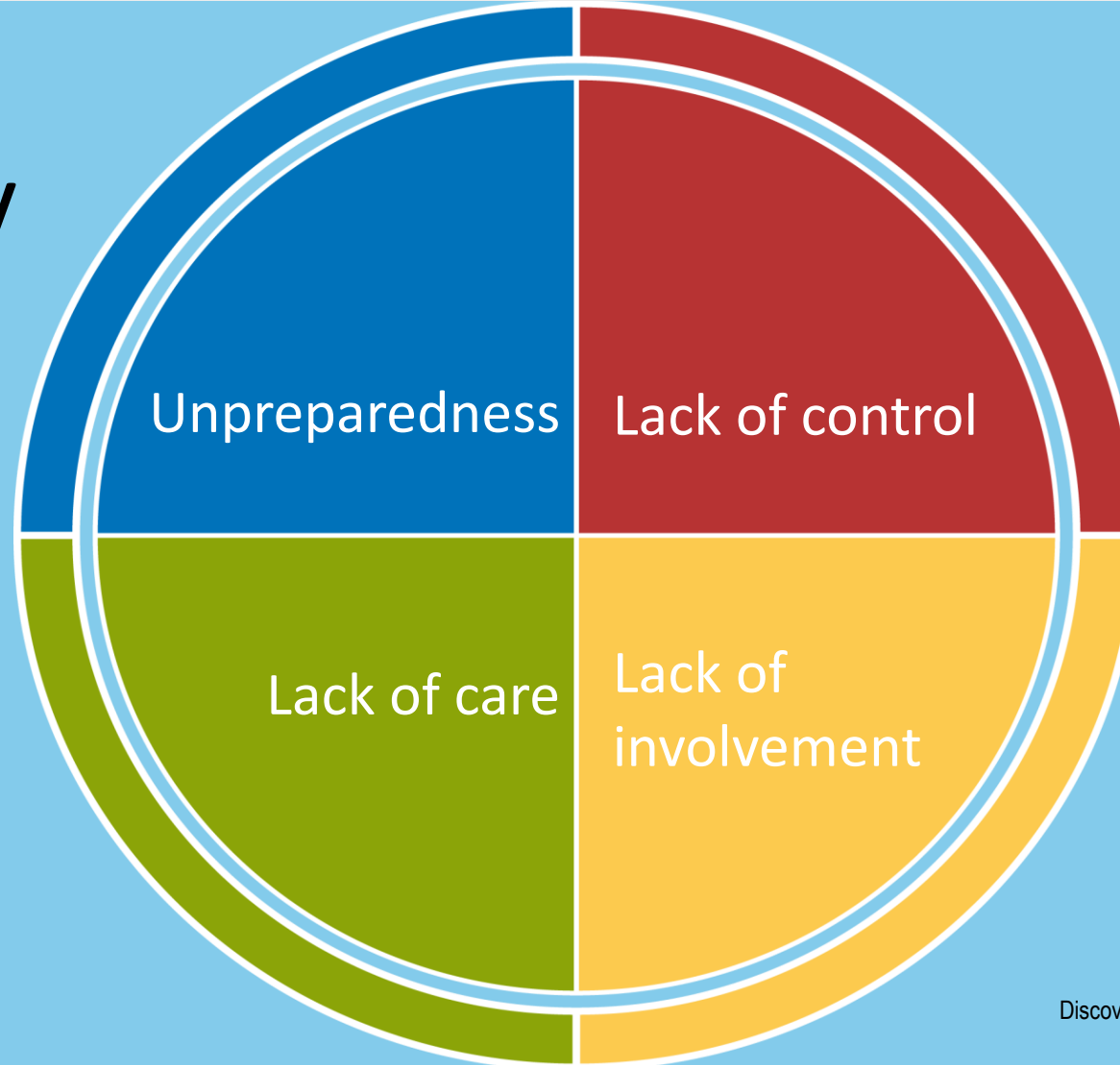
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May be
challenged by



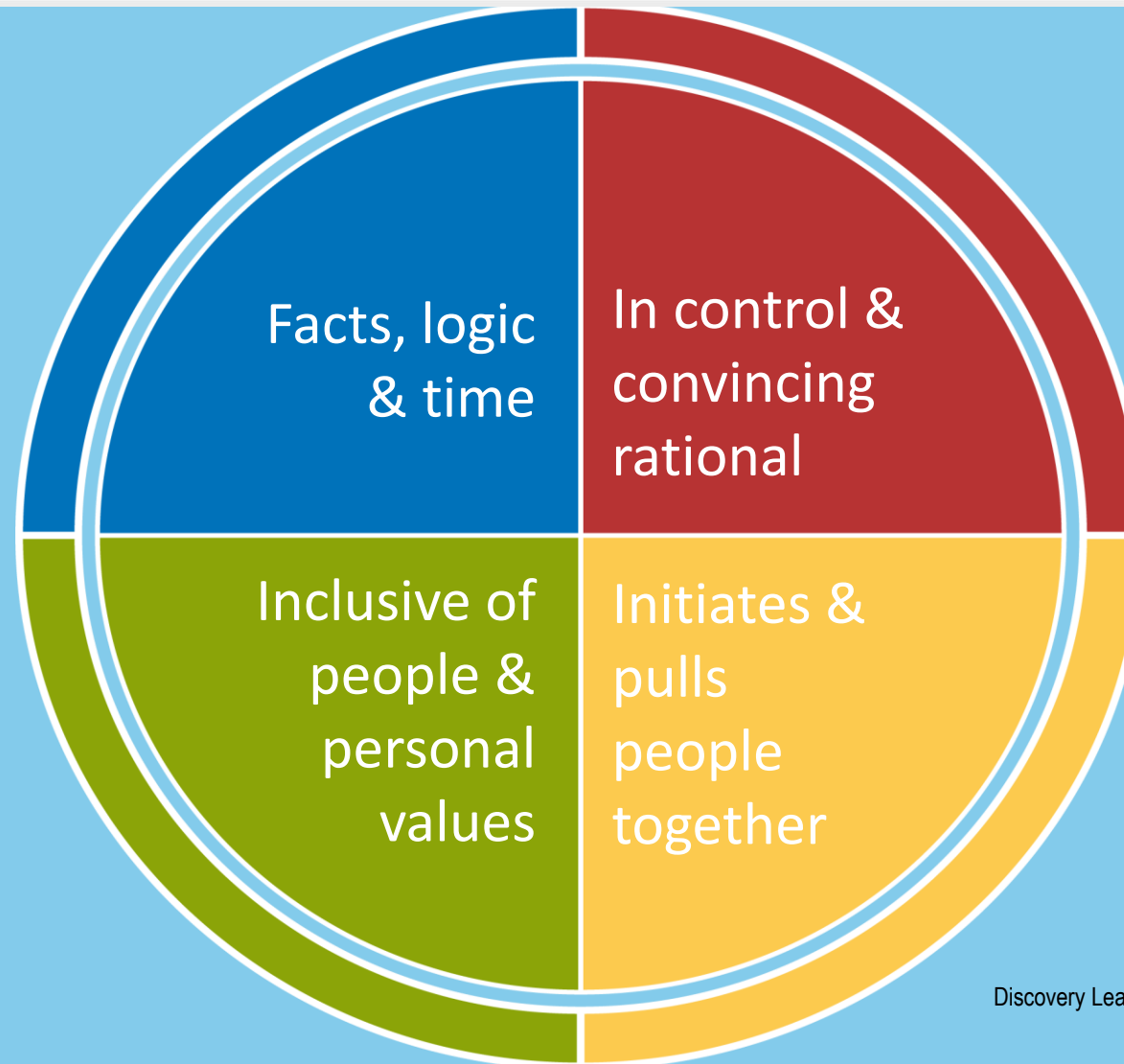
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Change is
facilitated when



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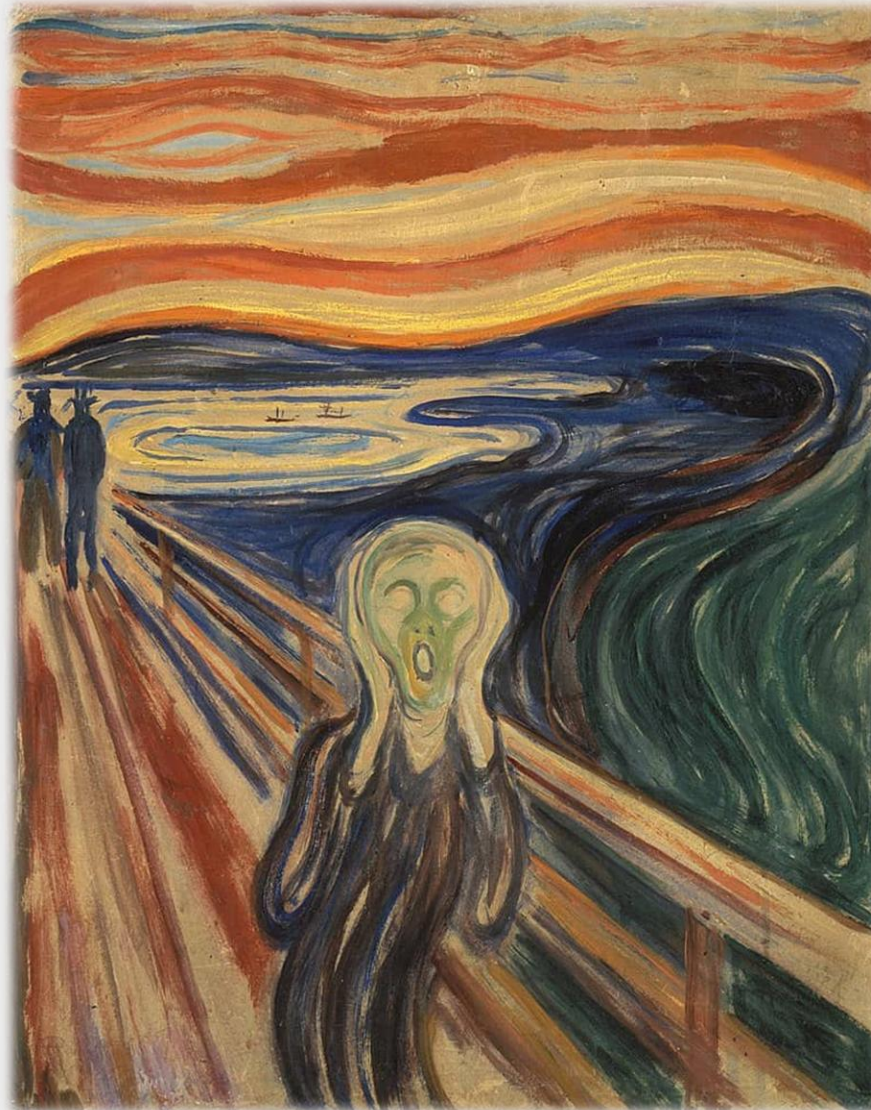
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Beware of feelings of Hopelessness & Helplessness

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So what other common denominators do we have for 'How To Win'

1. Performing Under Pressure
2. Knowing Yourself Well
3. Keeping Perspective

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The positive psychology concept of flourishing to live and function optimally, characterised by growth, goodness, resilience and generality (Fredrikson & Losada, 2005) is a desirable state for an athlete

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Research has shown that the common characteristics of flourishing among athletes are being determined, eager, challenged, confident, happy and achieving. (Ashfield, McKenna & Backhouse, 2012)

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The researchers also examined the factors identified by the athletes as impacting on flourishing.

They include relationships with friends, family, sports coach, having a balanced social life, being busy yet having a planned lifestyle, and having the correct training environment.

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Mission

To build a vibrant and inclusive community where persons with disabilities can pursue their sporting aspirations.

SDSC is committed to be a National Body representing and advocating sports for persons with disabilities. Our long-term goals are:

- To establish / Influence national initiatives and policies to promote sports for persons with disabilities across a spectrum of Private and Public Sectors including Health, Education, Social and Family Development, besides Sports
- To provide oversight and guidance for national sports associations (NSAs) to become inclusive to persons with disabilities and ensure that organisations, clubs and groups are coordinated for athletes with disabilities to access sports
- To be an agent that represents athletes with disabilities and organisations serving persons with disabilities to champion sports issues
- To maintain oversight over high performance and development concerning para athletes in NSAs and National Disability Sport Associations (NDSAs), and host national events and programmes to channel talent to NSAs and NDSAs and promote public education

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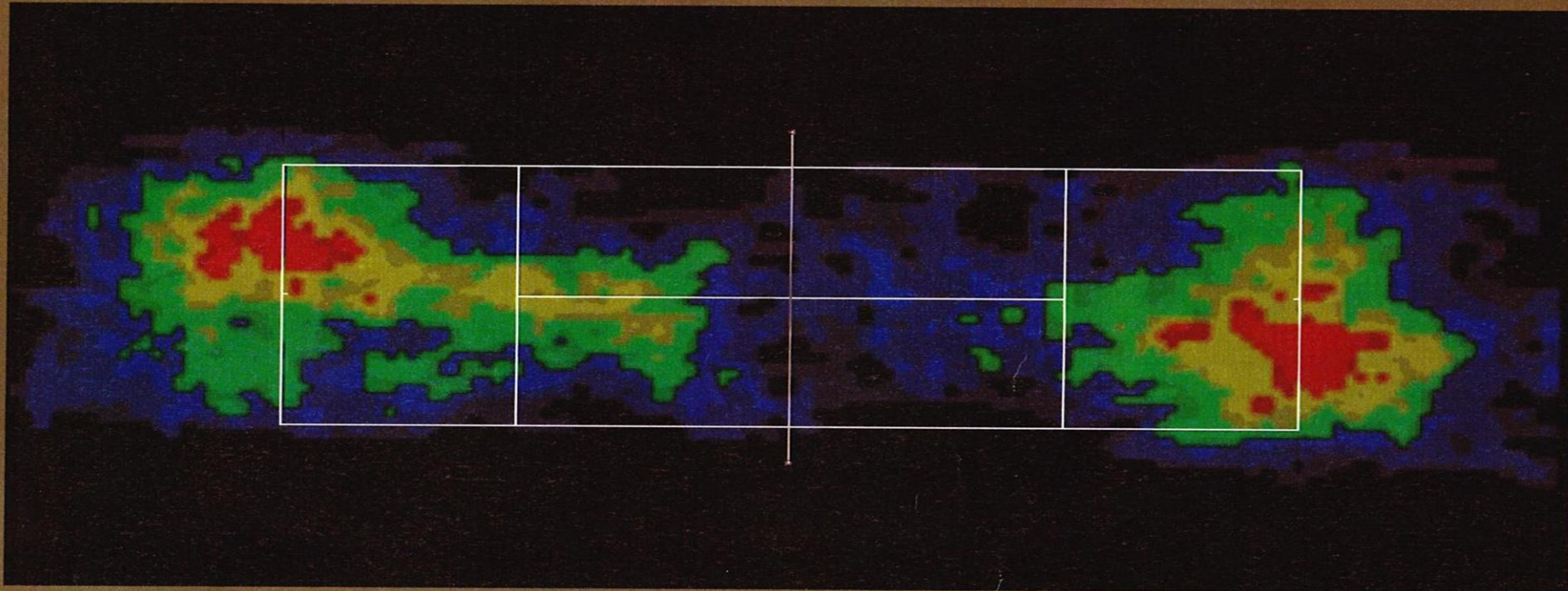
Lucent
Bell Labs



Henman – Corretja

Match

Henman



Corretja

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Have a Plan A... and a Plan B
(Leadership)

Uses the Team around them
They keep the focus on the things that matter

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Performance happens in the present, and your ability to be there; fully focussed, grounded and honest with your shot – is what makes the difference!

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Take responsibility for your performance

Become Independent and Indestructible

Having a ruthless determination to succeed

Enjoyment, challenge & satisfaction

Feeling in control

Ability to perform under pressure; knowing yourself well / keeping perspective

Having a Plan A, and a Plan B

Optimally use the team around you; coach, sports science, sports medicine, leadership & management

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BE PRESENT

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How to contact Singapore Disability Sports Council:

Address:

3 Stadium Drive, #01-34
Singapore 397630

Phone:

Tel: (65) 6342 3501
Fax: (65) 6342 0961

Web:

<https://www.sdsc.org.sg/>

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TOYOTA WORLD PARA SWIMMING CHAMPIONSHIPS SINGAPORE 2025

21 - 27 SEPTEMBER | OCBC AQUATIC CENTRE



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Come make waves with us!

Interested to volunteer? Indicate your availability through the form below & join us to make a difference and contribute towards this significant landmark event. Be part of the workforce to make our **first** World Para Swimming Championships an enjoyable experience for all!

For groups (10 pax and above) including organisations, corporates and schools looking to volunteer, feel free to reach out to us!
For any queries, drop us an email at volunteer@sdsc.org.sg or WhatsApp 96549278.



Logistical Support

4 - 6, 11 - 13, 18 - 27 Sep
All activation spaces

[More](#)



Airport Operations

8 - 21 Sep
Changi Airport

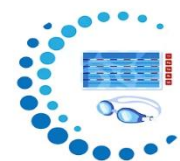
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Hotel Operations

8 - 28 Sep
City Hall / Esplanade &
Novena Area

[More](#)



Event Operations

18 - 27 Sep
OCBC Aquatic Centre &
surrounding areas

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Thank You

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