

SINGAPORE OLYMPIC FOUNDATION

PETER LIM SCHOLARSHIP 2022



Please print out this application form and submit the **hardcopy**, together with the supporting documents, to your school or National Sports Association (NSA) for endorsement. For National/National Youth Team athletes, a letter of support from the NSA must be attached.

Organise the documents in the following order:

1. Duly signed application form, endorsed by applicant's school or NSA;
2. Photocopies of 2021 school results;
3. Photocopies of CCA records, competition results, and/or other certificates/awards received in 2019, 2020, and/or 2021;
4. Original or photocopies of the relevant income documents and/or supporting documents from employers, CPF Board, IRAS, Courts, professional and medical bodies, or relevant authorities.
5. A Letter of Support & the NSA Assessment Form for applicants in the High Performance U18 category.

Submit your application by mail to:

Singapore Olympic Foundation – Peter Lim Scholarship 2022
% Singapore National Olympic Council
3 Stadium Drive #01-02
Singapore 397630

All completed applications must reach the SOF by 4pm on **15 February 2022 (Tuesday)**. Applications received after this date will not be considered. Each applicant can only submit ONE (1) application form per year. An applicant who submits multiple applications will be disqualified. Incomplete and/ or late applications will not be considered. We regret that only shortlisted applicants will be notified.

For more information on the Scholarship, you may contact Mr Chay Keng Fai at chaykengfai@snoc.org.sg, or 6702 5154.

Application Details

Date: 10/01/2022

Type of application: I am a Singapore Citizen and a new SOF-Peter Lim Scholarship applicant.

Category of award for application: High Performance U18 Category (for high-performing athletes U18)

1. Personal Details

Full name: Jarrod Toh

Last four digits and letter of ID: 0336G

Gender: Male

Date of birth: 11/04/2007

Age: 14

Weight in kg: 64

Height in cm: 180

Country of birth: Singapore

Citizenship: Singapore Citizen

Race: Chinese

Housing type: Private Property

Housing details: Apartment/Condominium

Home address:

83 Carlisle Road #17-06 Mera Springs, Singapore 219648.

Home phone: 96905697

Email address: jarrodtoh007@gmail.com

Mobile phone: 96740281

Parent's email: dawnleechienling@gmail.com

Parent's mobile phone: 96905697

2. Family Details

Name: Toh Han Ming
28/06/1970
Occupation: None
Gross monthly salary: 0

Relationship: Father **Date of birth:**
Highest qualification: Degree
Supporting document: CPF Statement

Name: Lee Chien Ling
23/07/1977
Occupation: None
Gross monthly salary: 0

Relationship: Mother **Date of birth:**
Highest qualification: Diploma
Supporting document: CPF Statement

3. Education Details

2022 School: Anglo Chinese School Independent **Level:** Secondary 3

2021 School: Anglo Chinese School Independent **Level:** Secondary 2

4. Sport Specialisation

Name of sport: Sailing

Training frequency per week: 6 times

Typical duration of training: 61 minutes to 120 minutes

5. Community Work

Number of CIP hours from school last year : 16 - 20 hours

Number of CIP hours not from school last year: None

For CIP not from school, what areas: Elderly

Details of community work not from school

6. Major Sporting Achievements

Category: Others **Name of event:** 17th KFC Langkawi International Regatta 2020

Discipline: Sailing - Optimist Mixed Team - Mixed **Recognised by NSA:** Yes

Date: 16/01/2020 **Location:** Malaysia **Division:** Senior Division

Position: 3rd **Results:** 47

Category: Others **Name of event:** 44th Singapore Laser Open

Discipline: Sailing - Laser 4.7 (Men) - Men **Recognised by NSA:** Yes

Date: 04/12/2021 **Location:** SAF Yacht Club **Division:** C Division

Position: 4th **Results:** 39

Category: Others **Name of event:** 17th SAFYC Regatta

Discipline: Sailing - Laser 4.7 (Men) - Men **Recognised by NSA:** Yes

Date: 17/04/2021 **Location:** SAF Yacht Club **Division:** C Division

Position: 5th **Results:** 15

Category: Others **Name of event:** Singapore Youth Sailing Championship 2021

Discipline: Sailing - Laser 4.7 (Men) - Men **Recognised by NSA:** Yes

Date: 17/03/2021 **Location:** National Sailing Center **Division:** C Division

Position: 3rd **Results:** 45

Category: Others **Name of event:** CSC Laser & 29er Open

Discipline: Sailing - Laser 4.7 (Men) - Men **Recognised by NSA:** Yes

Date: 27/02/2021 **Location:** Changi Sailing Club **Division:** C Division

Position: 2nd **Results:** 14

7. Injuries and Illnesses

8. Other Scholarships/Bursaries/Awards

9. Personal Statement

Describe one of the greatest challenges you have overcome in your life which you are willing to share with others.

One of the greatest challenges I am facing in my life is the need to juggle my time between sailing and studies. Sailing, just like any other sport, requires plenty of training in order to improve. However, more prep time is needed even before the training can begin, which includes the time needed to travel to National Sailing Centre (NSC) in the East Coast, time needed to rig up the boat and time needed to launch. After the actual sailing training at sea is over, time is needed to recover the boat, followed by washing of the boat and sailing equipment. The training is also subject to weather conditions. Sometimes, we would launch late because of poor wind conditions and at other times, we would not launch at all due to thunderstorms, and that is after traveling all the way to NSC and spending time rigging up the boat.

Physical fitness is also a vital part of the training. After sailing for 3 hours, we still need to spend time in the gym to strengthen our bodies and go for runs to improve our stamina. I train an average of 4 days per week, two weekdays and both days on weekends, and would often reach home only after 8 in the evening on days when there is fitness training. After a quick shower and dinner, I will then have to complete my school homework for the day.

In 2020, I started my first year in secondary school doing the IB program. The number of subjects and more independent learning in IB is a lot more demanding compared to primary school. At first, I was struggling and I would often doze off in the evenings while doing my homework as I have to get up at 6 every morning for school. However, I soon got used to it but the work still demands a lot of my time. In addition, there are more group projects that require hours of research on top of my daily school work. My parents were very concerned whether I was able to cope with the much more demanding curriculum in secondary school and still continue to sail. I have since learnt to better manage my time in order to pursue my passion and continue to do well in my studies. I'm also more disciplined now—I watch less TV and only play games on my mobile phone occasionally. During downtime at NSC, I would make use of the opportunity to revise my school work too. I'm glad that my hard work has paid off when I got into the Accelerated Science Class. I know the hard work has to continue and this is only the beginning.

I hope to continue pursuing sailing for as long as possible and I know that nothing in life is easy. If one is passionate about what they do and dedicate themselves to it, nothing is impossible.

What are your personal aspirations? (Up to 1,000 words)

My personal aspiration is to represent Singapore in regattas around the world. I was fortunate enough to experience that as an Optimist-class boat sailor. In 2019 and early 2020 before the pandemic, I participated in overseas regattas in countries such as Malaysia, Thailand, Oman and all the way to Italy, Netherlands and France. I have since progressed to a bigger class of boat and I hope to qualify for more of these overseas regattas as I find that they not only improve a sailor's skill at handling different wind conditions, but also expose us to different cultures around the world, allowing us to make friends within the global sailing community. Importantly, it also builds team spirit when we travel together with our coaches. I especially enjoy the camaraderie as we travel, train and compete together. I hope to eventually move to the Laser standard class boats and represent Singapore in the Olympics one day.

Sporting Development and Goals: In fewer than 1,000 words, please give a brief description of your development in your sport and your sporting goals. Indicate your training and competition plans for this coming year.

I remember in my first week in primary school, my teacher had brought the whole class around to visit all the different CCA stations during the open house. Somehow, of all the interesting sports, clubs and societies, and uniform groups on display, I picked sailing as my top choice. There was no doubt that sailing was the only sport I wanted to pursue and I am glad I made the selection.

In 2014, I began my sailing journey in the Opti Junior Course when I was 7 years old. A year later, I was sailing for the school team and also took part in my first regatta organised by the Singapore Sailing Federation. In June 2016, I made it into the gold fleet and progressively moved up in the rankings and was selected to join the National Training Squad in January 2018. I have been very fortunate to train under many dedicated coaches who have helped me improve my skills and pushed me beyond my limits as a sailor.

While it is important to train hard and improve myself as a sailor, it is equally important to have the opportunity to spar with other great sailors. Over the years, I have taken part in many local as well as overseas regattas and gained valuable experience competing with other top sailors in different wind and current conditions around the world. Unfortunately, we've since lost many of these opportunities to the pandemic that started in 2020 when training was paused and regattas were either postponed or cancelled. It is a temporary setback but at least training has resumed and local regattas are starting again.

Therefore, my aim for this year is to continue to train hard and take part in as many regattas as possible, both locally as well as internationally to help improve my performance beyond what I can achieve in training. Of course, I will have to balance that with my school schedule, which requires lots of discipline and juggling.

I also want to develop my body strength and fitness thus I have been going to the gym regularly and doing my exercises daily. In between revising my school work, I take a break by working on my push-ups, sit-ups and planking. Having moved to a bigger-class of boat, Laser 4.7, my coaches have been encouraging me to build up my upper body strength in order to have the power to control the boat.

'A smooth sea never made a skilled sailor' and I can't agree more. There is still much to learn, lots to improve and experiences to gain. I hope that in this new year, as the world slowly recovers from the pandemic, I can once again sail the seas, here and overseas with my team-mates and I can't wait to compete with other sailors from around the world.

Declaration by Applicant

I wish to be considered for the Singapore Olympic Foundation – Peter Lim Scholarship and declare that all the information submitted in this application form is true and complete. I understand that the Singapore Olympic Foundation reserves the right to vary or reserve any decision made on the basis of false or incomplete information.

Signature of Applicant: _____ Date: _____

Declaration by Parent/Legal Guardian of Applicants 18 Years Old and Below Only

My child/ward wishes to be considered for the Singapore Olympic Foundation – Peter Lim Scholarship. I declare that all the information submitted in this application form is true and complete. I understand that the Singapore Olympic Foundation reserves the right to vary or reserve any decision made on the basis of false or incomplete information. I agree to ensure that my child/ward adheres to all the terms and conditions of this award as detailed in the application form and guidance notes. If successful, I agree to ensure that my child/ward fulfils all of the commitments required.

Name: _____

Address:

Relationship to Applicant: _____

Signature: _____ Date: _____

Endorsement by School or National Sports Association

Note: Applicants must get endorsement from the **School Principal** or the **President or Secretary General** of the relevant National Sports Association .

Name: _____

Designation: _____

Name of School / National Sports Association: _____

Official Stamp: _____

Address:

Signature: _____ Date: _____

Checklist

I submit my application form and supporting documents, arranged in the following order:

1. Duly signed application form, endorsed by applicant's school or NSA;
2. Photocopies of 2021 school results;
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