

Biographies of Athletes

Chia T-Chien

T-Chien represented Singapore in Women's Waterpolo at the 26th SEA Games held in Indonesia in 2011. She had also participated in other competitions including the Commonwealth Waterpolo Championships in 2006, Asia Championships in 2009 and the 25th SEA Games in Laos where Women's Waterpolo was played as an exhibition sport. As it was the first time Women's Waterpolo was officially part of the SEA Games competition, there was added pressure on the team to win the gold medal given their previous notable performances. With the competition being close to the pulse of most Singaporeans, national pride, purpose and determination brought the team even closer throughout their training.

In the months leading to the SEA Games, T-Chien juggled training alongside changes on the professional front to read law. She had also suffered ligament tears, sprains, inflamed tendons and other injuries caused by the rigorous training that took place almost daily for a year but overcame these challenges with her team mates and defeated Indonesia in the finals to win the first ever gold medal for Women's Waterpolo at the SEA Games. T-Chien also graduated with a law degree and is currently preparing for the Bar examinations.

With the SEA Games experience behind her, T-Chien recognises the values of discipline, perseverance and good time management as enduring traits that would see her through her stint as a trainee lawyer where she will once again be required to display a competitive spirit tempered with a sense of fair play.

Daphne Li

Daphne represented Singapore in the 1997 Jakarta SEA Games in Rhythmic Sportive Gymnastics. Despite having missed out on the 1995 Chiang Mai SEA Games due to a fractured arm incurred during a training session, her passion and love for the sport and desire to represent Singapore in a regional meet made her persevere after the recovery of her broken arm in the pursuit of a dream.

Much of Daphne's guiding beliefs from a personal and professional perspective has mostly resulted from her participation in competitive sports. She cites close friendships and peer encouragement as necessary social skills to forging strong team spirit and synergy. Daphne believes that humility and respect for others would exemplify true sportsmanship.

As an Associate Director of Business Development in Rajah & Tann Singapore, Daphne strives to achieve the same standards of high performance and excellence in the course of her work just as she had done so during her days as a gymnast representing Singapore in the SEA Games.

Fiona Chee

Fiona was talent spotted to train with the National Women's Hockey Team in 1980 and went on to represent Singapore at various international hockey tournaments. Upon a stringent review process, she was subsequently selected to represent Singapore at the Asian Games in New Delhi, India, in 1982 and the SEA Games, Singapore, in 1983. As athletes had limited training resources then, many were left to continue their fitness regime outside of the playing field. The camaraderie with her team mates led to a silver medal for the home team in the 1983 SEA Games.

In recent times, Singapore athletes have the support of companies, family and friends along with many other avenues to enhance their training processes. Fiona opines that resilience and the passion for excellence are instrumental to achieving sporting glory. While sacrifices are inevitable in the course of attaining one's goal, commitment to a passion would pave the way towards achievement.

As a Senior HR executive of Rajah & Tann Singapore, Fiona sees parallels between her employer and the SEA Games, in that both provide a platform for nurturing the best talents in Southeast Asia – the former in the legal profession, and the latter in the world of sports.