



Dance Flame

January – March 2005

A Quarterly Newsletter : Issue 9

Special Edition: The Games...



Gilas (Elegance), the 23rd Southeast Asian Games Philippines 2005 Official Mascot

Dear Readers,

Year 2005 was the year when DanceSport made her debut in the South East Asian Games and the 1st Asian Indoor Games as a medal sport. Many memories were made during the last year training for the games, participating in the games. This special edition of the Dance Flame is dedicated to all the athletes, coaches, officials and all the supporters who tirelessly supported SGDF in this entire endeavor.

May this first step as a medal sport in the Regional games leads DanceSport into greater heights.... The Olympics...

Your Editor

Flag Presentation Ceremony

Nov 9th, 2006 marked the official Flag Presentation Ceremony of the 23rd SEA Games. It was held in Novena Square where all the athletes from all the participating sports gather to witness this event. The Guests of honour was Mr. Teo Chee Hean, Minister for Defence.



The Training...

As early as last year, a team of potential SEA Games athletes were chosen, based on the placing in the SGDF Ranking Lists, to participate in a series of training designed by the Singapore Sports Council. This required the athletes to first undergo a series of tests involving the athletes' current oxygen consumption level as well as endurance level. The athletes were strapped to the latest technology devices to measure these details. After the tests, specific training sessions were developed to train our athletes. This

encompassed weekly stamina training where the athletes undergo interval training on the bike and on the treadmills. In addition, the athletes trained intensively 3 times a week on their dancing, to prime themselves up for the SEA Games.



Sea Games – The Opening Ceremony



DanceSport Team Athletes on the day of departure together with Mr. Teo Chee Hean, Minister for Defense.



The first batch of Team Singapore Athletes leaving for the SEA Games.



DanceSport athletes, officials and coach at the Opening Ceremony parade



Cebu, Philippines, 27 Nov 05

Finally after all the preparations, the SEA Games arrived. We have undergone rigorous physical and mental training prior to the Games and were all rearing to go.

There were 6 medals up for grabs, 2 medal sports, 1 in each style. Representing Singapore in the SEA Games in the Standard Category was Kelvin Toh & Rosanne Chong; and in the Latin Category : Melvin Tan & Sharon Tan and Roger Kwa & Connie Tan.

Leaving early with the rest of Team Singapore, on Thursday, 24 Nov 05, we arrived to a great fan fare in Cebu, Philippines. We were greeted by the Philippines officials and were treated to many dances they have prepared at the airport for the arrival of the athletes.

We were brought to our official hotel within an hour. Through out our stay in Philippines, we were well looked after and were constantly surrounded with bodyguards, taking care of our safety.

As Cebu was one of the cities hosting 9 of the sports, we had our own opening parade. The atmosphere at the stadium and along the roads where we marched were thick with celebration.

(Con't on Last Page)



Top : The ladies in the DanceSport Team

Right : 2 Sisters participating in the SEA Games, both were enjoying the once-a-lifetime experience.



Left : Our National Coach, Shawn Tay. Note the many collar pins of the various nations on his blazers. It was one of the many fun things our athletes get to do & collect during the parade.

Right : Our Team officials Robert Ong and Sabrina Sim, waiving the Singapore flag.



1st Asian Indoor Games



Bangkok, Thailand,, 14 Nov 05

This was the first time the Asian Indoor Games were held. DanceSport was included, also for the first time, as a medal sport. As the run up to the SEA Games, this was the last competition our athletes took part in. There were 12 medal sports within DanceSport. Each style of dance was competed separately as an individual event and there were 2 categories were all 5 dances were competed as an event. Countries competing in this event included Japan, China, Korea, Thailand, Vietnam, Malaysia, Philippines

Representing Singapore in these Games in the Standard Category were : Richard Tan & Jenny Tong; Kelvin Toh & Rosanne Chong. And in the Latin Category : Melvin Tan & Sharon Tan; Roger Kwa & Connie Tan; and Ng Wey Keen & Edna Lee. Congratulations to Melvin Tan & Sharon Tan on coming in 5th in the finals in the Rumba event, amidst the tough competition.



On Sat, 12 Nov 06, our team of athletes left Singapore early in the morning together with the rest of Team Singapore.



Upon arrival, we received a warm Thai Welcome.



Our athletes lining up in the official opening of the Games.



Athletes march pass at the Official Opening of the Dance Sport Event at the Stadium.



Official Opening of the DanceSport Event.



Our Singapore Team, in competitive gear, together with the Team officials Robert Ong & Sabrina Sim, and National Coach, Shawn Tay.



Singapore Team, in our track suits.



Sea Games Con't :



The Competition Day, Sunday...

We were all pretty excited on the morning of the competition. We woke up early to prepare ourselves for the big event. We did our make up and don our competition gear - especially made for this event.

The Waterfront Hotel's Ballroom was filled to the brim with spectators. As we entered the ballroom, the applause was deafening. DanceSport was indeed one of the more popular sports drawing the crowds.

Dancing in the finals in the SEA Games was yet another experience for us. We were required to do 2 solo dances, and 5 group dances. Our Singapore Team was strong in their support for us, screaming our numbers every time we danced. We were very happy to come in 4th in the games, though a little disappointed to have missed the bronze medal.

On the whole, this experience, from preparation to the games, has taught us much. It toughened us both physically and mentally. We were very fortunate to receive this opportunity to participate in the SEA Games.

Melvin Tan & Sharon Tan



Far Left : Melvin Tan & Sharon Tan

Middle : Roger Kwa & Connie Tan

Left : Kelvin Toh & Rossanne Chong

© Dance Flame is an official publication of the Singapore DanceSport Federation (SGDF). All rights reserved. No part of this publication may in any form or by any means (electronic, mechanical, microcopying, photocopying, recording or otherwise) be reproduced or transmitted without prior written permission from SGDF.