TANGLIN LIONS IMPACT PROGRAMME

Individualised Support

The IMPACT programme offers specialised education and support to students in our performance squads, as well as those aspiring to excel in sport. The purpose of IMPACT is to enhance learning and performance, whilst also helping students maintain the balance between high-level sporting commitments and academic studies.

Mentoring & Lifestyle Coaching

Our Head of Athletic Development, in consultation with coaches, monitors the training loads and weekly demands placed on our highest performing students. Those needing additional support are guided by coaches who understand the pressures placed on young aspiring athletes, helping students achieve and maintain a healthy, balanced lifestyle.

Physiotherapy & Injury Prevention

Through our onsite clinic and partnership with Singapore Physio, Tanglin Sport can draw upon a wealth of high-performance expertise. Singapore Physio staff work alongside our Head of AD to support our high performing athletes, including sport-specific fitness screening, pitchside support at major events, and injury prevention strategies. In addition to individual appointments, Singapore Physio also offer workshops and forums where students and parents can learn more about injury prevention and management.

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Athletic Development

Students follow personalised training programmes which are developmentally appropriate and tailored to the demands of specific sports. Working with teams, small groups, and individuals, our Head of Athletic Development will help students understand the importance of athleticism; teaching them how to train, recover, and prepare for peak athletic performance.

Cognitive Techniques

Ahead of key competitions, students are offered sessions led by psychologist Dr Jay-Lee Nair, who specialises in sport and performance psychology. These sessions include guided self-analysis and teach practical strategies to build resilience and manage the competition environment with more confidence and control. Parent sessions also offer guidance on how to support aspiring new athletes.

Training & Performance Nutrition

A certified sports nutritionist educates students on sports nutrition and the strategies which support athletic performance. Sessions for students and parents are scheduled ahead of key competitions and will help students understand how to fuel the body for high-load training and optimal performance.