

SINGAPORE

POLO

CLUB

April - June 2021
ISSUE 02

#WeHaveAnAtom

We bring you a sneak peek into our latest addition of our big, happy polo family!

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74th Annual
General Meeting

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RIDING

Our Pre-COVID
Equestrian-Themed
Escapades

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LIFESTYLE

Living The
Equestrian Moments




JAEGER-LECOULTRE

**REVERSO
TRIBUTE**

Marina Bay Sands Boutique: B2M-240, Casino Level, The Shoppes at Marina Bay Sands



SINGAPORE
**POLO
CLUB**
Established in 1886



PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Stephanie Masfield
President

Lawrence Khong
Vice President

Satinder Garcha
Polo Captain

Rickard Hogberg
Honorary Secretary

Timothy Zee
Honorary Treasurer

Leon Chu
Committee Member

Peggy Yeo
Committee Member

Koh Pei Bei
Committee Member

Jane Drummond
Committee Member

Daniel Chua
Committee Member

Wee Tiong Han
Committee Member

MANAGEMENT

Sylvan Braberry
General Manager

Rani Yong
Secretary

Victor Phua
Club Duty Manager

Irene Seah
Events & Banquet Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Chong Hion Kean
Finance Manager

Alinna Li
Human Resources Manager

Dennis Lim
Marketing Communications
& Lifestyle Manager

Joseph Kwok
Membership & Service
Development Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

7.30am – 9.30pm (Sunday to Thursday)
7.30am – 10.00pm (Friday & Saturday)

F&B OUTLETS

The Paddock
8.00am – 10.30pm (daily)
(Last order at 9.30pm)

The Polo Bar
6.00am – 10.30pm (daily)
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (daily)
(Last order at 9.45pm)

The Verandah
8.00am – 11.00pm (daily)
(Last order at 9.30pm)

FACILITIES

UNDER RENOVATION

Gym
7.00am – 9.00pm (weekdays)
8.00am – 8.00pm (weekends)

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 10.00pm (daily)

Gaming
12.00pm – 10.30pm (daily)

Atoms Polo Loft
9.00am – 7.00pm (Tues – Sat)
9.00am – 6.30pm (Sunday)
(Closed on Mondays)

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Polo

Riding

Sports & Recreation

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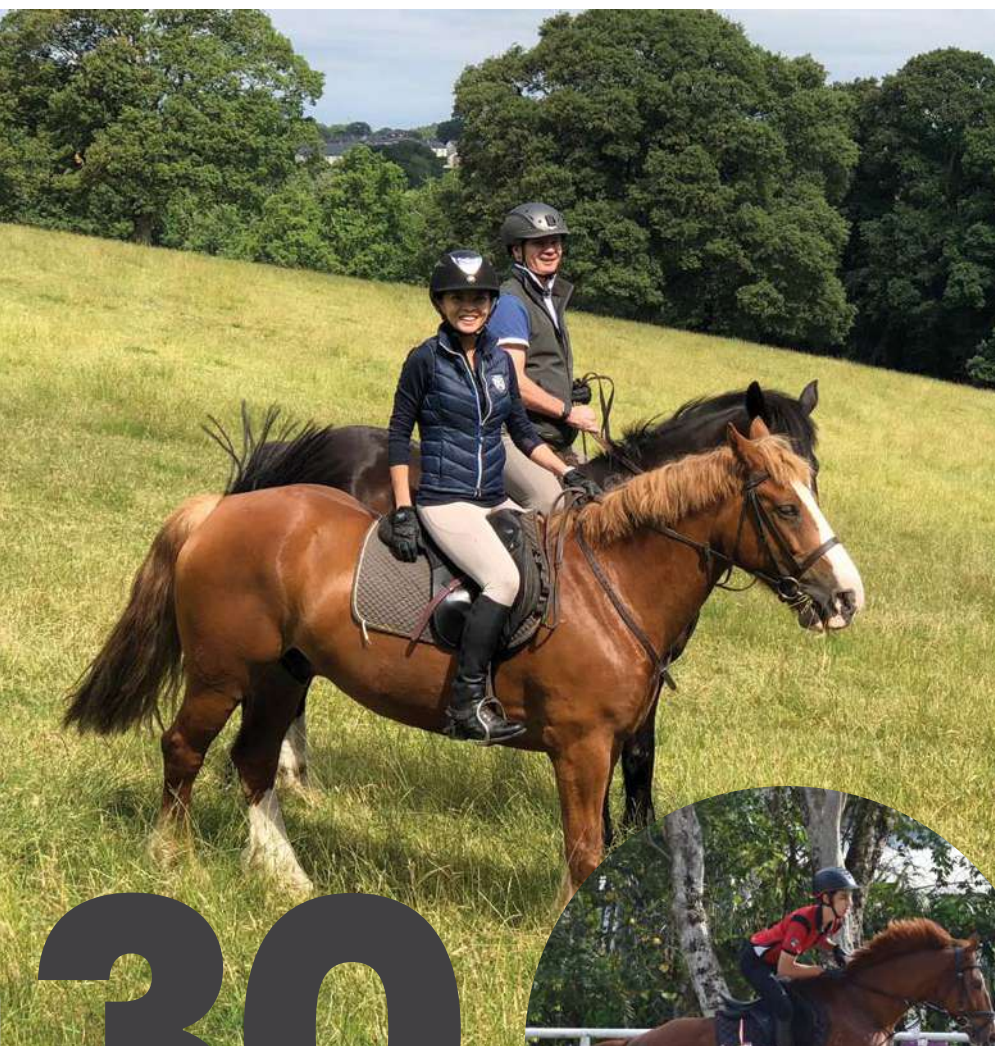
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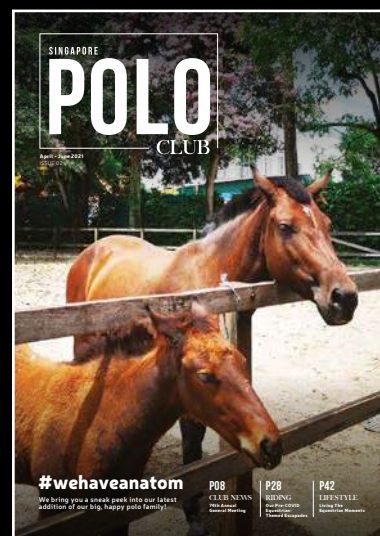


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New Members

Jan to Mar 2021

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the club!

CHARTER

Alessandro Paolo Caldana
Laxman Deepak Vaidya
Chadda Gautam
Hasan Amber
Rebecca Simone Baker
Sheehy John Desmond
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The Hon. Michael Andres
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Marc Christopher Forbes
Gustavo Henrique Goncalves
Rocha
Benjamin James Churchill
Neal Christopher Forbes
Brigitte Steckert
Tsui Gah Wing

REGULAR

Teerin Vanikiyeti
Baek Ji Hee
Tuuli Mari Turunen
Wang Guixia
Paige Anderson Parker
Shaun Philip Grosse
Chan Esther Wing Tze
Li Ning
Nicola Jacqueline Shaw Sok Ping
Warren David Bishop
Stewart David Wilson Easton
Neil Alexander Burton
William Michael Ball
Hsu Jonathan Yu Cheng
Westling Marcus Johan
Zhong Hongzhi
Ong Yee Ching
Xu Meng
Ahuja Naresh Bulchand
Johnson Samuel Rossiter Betts
Seamus Toal
Eastburg Brent Douglas
Thacker Maunik Mahendra
Kwan Li Feng
Mehra Sandeep Chand
Chang Wynnne
Xia Yuechun
Gao Meitian
Zachary Hal Lewis
Kim Ji Yong
Darren Simon Brighton
Darya Berezhnaya
Andrew Stuart Murray
Marc James Anley
Zhang Ming
Salman Khan
Ishaan Kavi Kapoor
Wong Ying Swen Vaness
Sushal Chopra
Roger Wolfgang Kammer
Huang Qiuwei
Mihir Mahendra Thacker
Zou Xinye
Navjyot Singh Sachdev
Naomi E. Herman
Ding Hai Yan



Dear Members,

It is an honour to be re-elected as President for a second term. Thank you once again for your confidence and continued support.

I am thrilled to have the majority of the Committee stand with me once again, as together we carry out the mandate to serve the Club for a new term. A huge thank you and farewell to Tan Hock who wished to retire from Committee as he has served for over ten years on the Committee and has also done an excellent job as convenor of Jackpot for just as long. He has promised to continue to assist the new convenor of Jackpot this next term.

Consistency and stability for the Club is key, which is why I felt it important to keep the Committee somewhat unchanged. You the members have endorsed that! However, with the exit of Tan Hock, I am pleased to welcome Leon Chu as a new addition to the Committee. Leon brings a wealth of experience having served as Club President in 2011/2012, he has been a member & polo player since 1996.

This last year we have seen the Club change in many positive ways and I hope members have embraced these changes too. It is heart-warming and uplifting to see the Club vibrant and buzzing

and so many members enjoying the newly improved and completed renovations. Many members have personally said how impressive the Club looks, with a positive atmosphere and great ambiance. We have also received many positive reviews of how delectable the food at the Paddock Bistro is and also now at the newly opened Coriander Leaf restaurant at The Mountbatten Room (the Tandoori lamb chops are my personal favourite!)

The Club has much to look forward to this year, especially as we enthusiastically await the completion of Phase Two of the redevelopment, which we hope will be completed by the end of the year. The prospect of our Club rooms and the popularity of StayCations should help add another revenue stream to the Club, which should emerge in 2022.

Last year I wanted to foster a more open style relationship with members and meet them several times in the year, unfortunately with the Covid 19 restrictions we could not do so. I do hope this term as things improve and hopefully open up, we can meet more regularly and we can take members' feedback into consideration. This is our continued effort to drive better communication and transparency within the Club.

At the recent Annual General meeting I shared that my vision is to have a vibrant Club with happy, active members and to drive the Club to be the best members Polo Club and Top Social Club in Singapore. To also find ways that the Club can contribute and add value to society on our "Beloved Little Red Dot." These sincere efforts we hope can help us try to secure the future of the Club beyond 2038.

Thank you for your persistent compliance with the Government advisories which the Club continues to manage and enforce. It is important we stay vigilant and keep on top of the Covid 19 situation, this way we can keep the Club safe and all our members can enjoy the Club facilities healthily together. Once again we appreciate your patience during the last phase of our re-development.

Wishing all members and their families a safe and healthy year ahead. ■

All the best,

Stephanie Masfield
President



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CELEBRATE SINGAPORE POLO CLUB 135 ANNIVERSARY

1886 – 2021

As part of our 135th anniversary celebrations, there are plans to create a heritage walk around the Club where members and guests can see the Club's history and walk down memory lane. We welcome members to submit any historical mementoes, photographs or memorabilias that best represent the Club's equestrian lifestyle. Members who are keen to contribute to the heritage walk can contact our front reception at **6854 3959** or email enquiry@singaporepoloclub.org





Dear Members,

The recent AGM on 25 March 2021 saw a hybrid meeting organized due to Covid-19 restrictions. We would like to thank all members for attending the AGM and would also like to congratulate the incoming Committee led by President Mrs. Stephanie Masefield; our first lady President, and the members of the Committee as we look forward to even more exciting times ahead for our Club and members under her capable and sound leadership.

We have had great reviews on Phase 1 of the recently completed Club redevelopment and upgrading works and works on Phase 2 has already commenced. The management team has already formed a pre-opening team in preparation of the 15 Club Rooms that is expected to be completed sometime end of this year. These rooms will provide an excellent complementary support to equestrian tourism where members and their guests can enjoy facilities and lifestyle activities, Polo and Riding experiences within a luscious, vibrant and exciting country Club. With all that's happening at the Club, it is little wonder that we have seen an increase in demand for our Club memberships. Management has teamed up with SDH Institute; who are specialist in the hospitality and tourism sector that provide Masters and Degree programs in hospitality and tourism management. Their team will work with our front office and rooms department to come up with a Club Rooms and facilities compendium for our members and guests.

Demand at Atoms Polo Academy has been so overwhelming that we had to slow down our marketing efforts. The pandemic has also made it difficult for the Club to have the desired number of polo horses and polo professionals but nevertheless we are pleased to announce that there will be 6 new polo horses arriving at the Club sometime in May or June. The Club has hired part-time polo professionals to assist with the schools' program and with the expected arrival of an Argentinian lady polo professional in late May this year, we expect to meet the current demand to some extent. Our school program has been a success with all schools wanting to continue their riding and polo programs. While we do our best to cater to all members, please note that the Club will not be able to allow members to specifically choose a polo professional as it would disrupt our lessons' bookings.

Members would have noticed the Club's 135th Anniversary sign at the entrance and can look forward to the Club's commemorative book and anniversary celebrations that will come your way. Our F&B operator Coriander Leaf will come up with food and beverages specifically created to celebrate our birthday year. You will also be receiving a complimentary 135th anniversary car park label and there will be limited merchandises designed in celebration of our anniversary.

The second half of this year will see an increase in the number of lifestyle activities, polo and riding events for members and their children. We have also pre-booked a hotel for our year-end gala dinner event to celebrate this momentous milestone of the Club. Of course, all these would be in accordance to the relevant Covid-19 restrictions in place at that point in time.

Meanwhile, my team will work together to improve on the various systems, SOPs and services to make your every visit a welcoming, exciting and memorable one. It is heartening to note the many positive feedback that we have received from members and this will go a long way to motivate our team to do even better for you. Thank you for all your patience and support while we make your Club, your home away from home and one that you can be proud of! We look forward to seeing you at your Club!

Warmest Regards,

Sylvan Braberry
General Manager

74th Annual General Meeting

25 March 2021

The following businesses at the 74th Annual General Meeting were approved and adopted

1. The minutes of the 73rd Annual General Meeting held on 24 March 2020.
2. The reports received of the Committee.
3. The Audited Financial Statements for the financial year ending 31st December 2020;
4. The appointment of HLB Atrede LLP, Auditors for the year 2021
5. (a) In accordance with Rule 37a(iii) of the Constitution, the Committee members were elected unopposed;
(b) In accordance with Rule 33a of the Constitution, the Trustee Group was elected unopposed;
6. (a) There were eight (8) Constitution Resolutions received, however, in accordance with Rule 40, it was not considered and voted as the requisite quorum was not achieved during the pre-registration.
(b) There was no resolution received and hence, there was no resolution considered and voted upon in accordance with Rule 37a (v).
7. One (1) nomination for Charter Polo Playing Member was received at the closing date of 18 March 2021 and was considered and voted upon in accordance with Rule 11.

Committee of 2021/2022 Elected Unopposed

President
Masefield Stephanie Frances

Vice President
Khong Kin Hoong, Lawrence

Polo Captain
Garcha Satinder Singh

Honorary Secretary
Hogberg Fred Rickard Robin William

Honorary Treasurer
Timothy Zee

Committee Members
Peggy Yeo
Daniel Chua
Jane Alexander Drummond
Leon Chu

Trustee Group Members of 2021/2022 Elected Unopposed

John Wong
Loh Kim Chah
Tan Hock
Jeff Hardee

In accordance with Rule 11 of the Club's Constitution, Daniel Chua was voted in as a Charter Polo Playing Member with 85% votes for.

Mr Wee Tiong Han and Ms Koh Pei Bei have been co-opted onto the Committee with effect from 12 April 2021.





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COMMITTEE

2021 / 2022



Mrs Stephanie Masfield
President



Mr Lawrence Khong
Vice President



Mr Satinder Garcha
Polo Captain



Mr Rickard Hogberg
Honorary Secretary



Mr Tim Zee
Honorary Treasurer



Ms Peggy Yeo
Committee Member



Mr Daniel Chua
Committee Member



Ms Jane Drummond
Committee Member



Mr Leon Chu
Committee Member



Mr Wee Tiong Han
Committee Member



Ms Koh Pei Bei
Committee Member

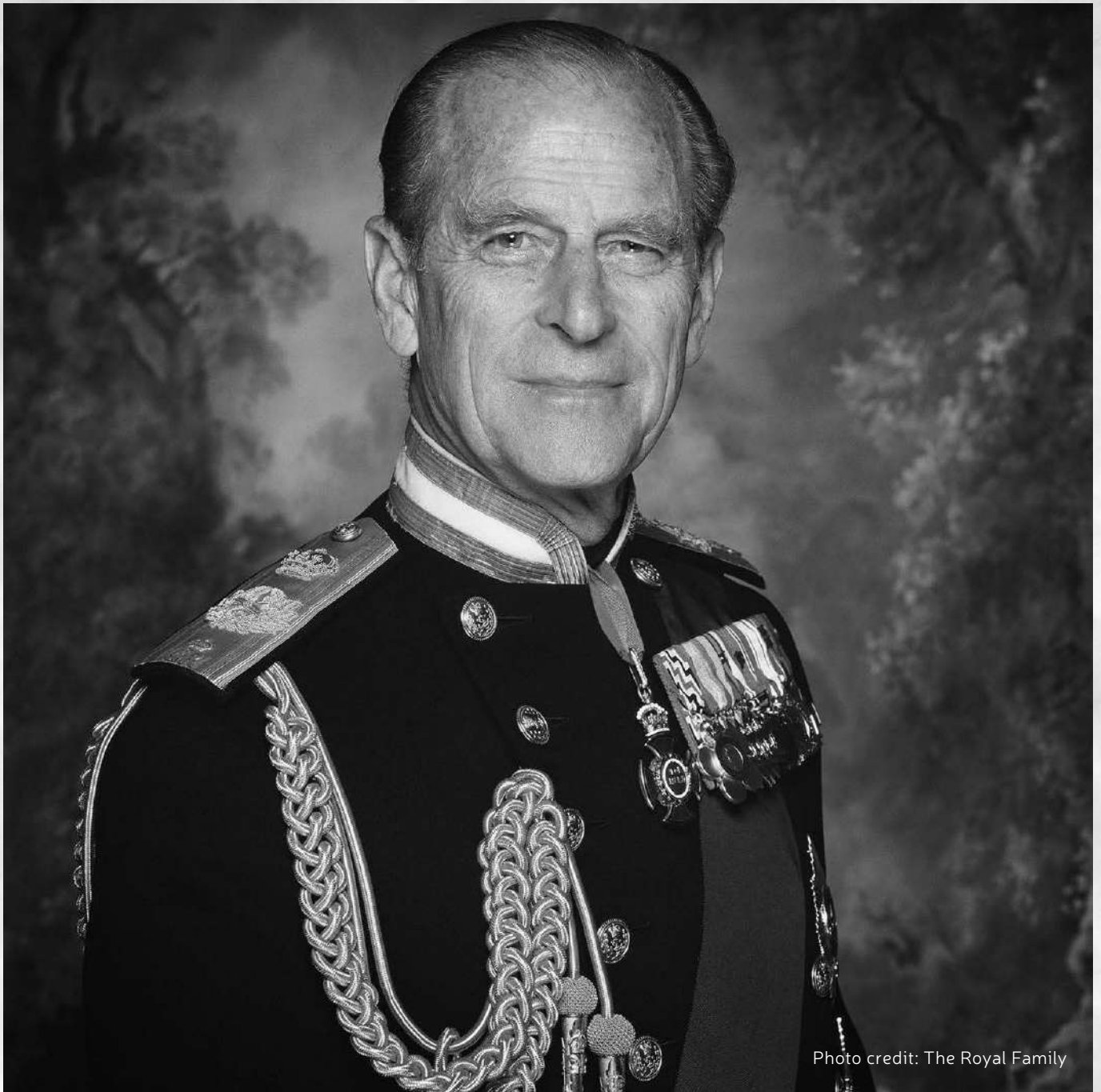


Photo credit: The Royal Family

IN LOVING MEMORY OF

H.R.H PRINCE PHILIP
THE DUKE OF EDINBURGH
_____ 1921 to 2021 _____

“An honorary life member since 1965, we are incredibly saddened by His Royal Highness Prince Philip passing, having celebrated several historical and memorable milestones with the British Royal Family.

Our deepest condolences to her Majesty and all The Royal Family. Our hearts, thoughts and prayers are with them through this difficult time.”

- Singapore Polo Club



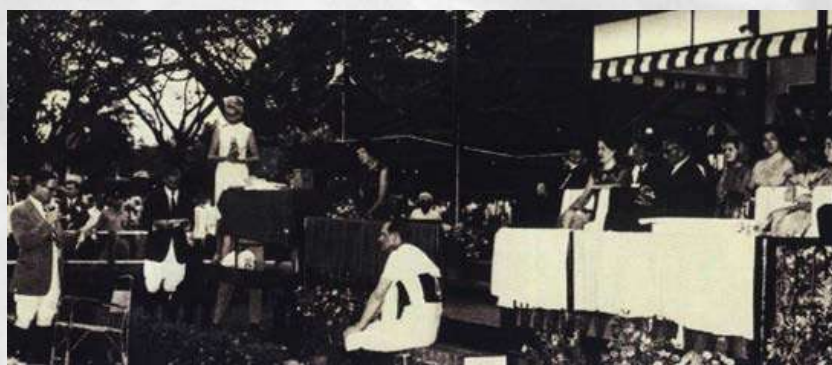
HRH Prince Philip, Duke of Edinburgh, fourth from left, with his team at the Singapore Polo Club in 1965.



HRH Prince Philip shaking hands with Mr Ameerali Jumabhoy upon his official visit to Singapore Polo Club in 1965.



HRH Prince Philip riding a pony just before a friendly match at Singapore Polo Club during his visit in 1965



HRH Prince Philip playing for Singapore Polo Club in 1965 at Royal Johore Polo Club. 3000 people (among them 4 uniformed nuns from the nearby Mount Alvernia Hospital) attended the match.

SPC X Equal F&B Promotion

In partnership with Coriander Leaf, the Singapore Polo Club provided an F&B Promotion to raise funds for Equal-Ark Singapore Ltd on 24 April 2021.

We are extremely grateful for the generosity of members and guests who soaked in the fun with our usual weekend activities and a visit from the minis from Equal.

A short tribute speech by the Club's Vice President Mr Lawrence Khong and Polo Captain Mr Satinder Garcha was made in honor of the late HRH Prince Philip, the Duke of Edinburgh, with some touching words from HE British High Commissioner who was our guest as well.

Check out the activities that our members and guests indulged in during this fun session!

*Our Vice-President
Mr Lawrence Khong addressing
diners with a welcome speech*



*Great brunch with an even
greater company!*





An exciting hands-on activity – horse shoe painting!



From left to right: Mr Satinder Garcha, Polo Captain, Mr Lawrence Khong, Vice President of SPC, HE British High Commissioner (in green) and Mrs Stephanie Masefield, President of SPC.



Our youngest polo player in the making



Precious moments with our adorable equine friends from Equall!



Some of our members and guests at the session





GO GREEN SAVE EARTH

To advocate a cleaner and greener environment, we would like to invite members to participate in our green initiative by opting out from receiving a **hard copy** of our quarterly club magazine.

Digital copies of all future issues of our magazines will be made available through our e-newsletter, which can be viewed and saved on your mobile devices, as well as on desktops.

Besides the current issue, all past copies of the e-magazines are also obtainable via our website: www.singaporepoloclub.org

Additionally, we encourage you to continue connecting with us with your updated email address, to receive the latest information on club matters, events and promotions.

You may opt out from receiving the hard copy magazine by sending an email to marketing@singaporepoloclub.org

We hope that you would equally enjoy the digital-only reading.

Thank you.



SINGAPORE
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STRETCH YOUR **ADVERTISING** DOLLARS WITH US!

Contact our marketing team for the Club's media rate card.

For more info, please contact us at **6854 3977 / 3978** or marketing@singaporepoloclub.org



Polo Forum

Our first Polo forum of the year was held at the Chukka Terrace on 6 February 2021. Polo Captain, Satinder Garcha kick started the session by sharing the club's overall direction and Atoms Polo Academy's vision for 2021.

Our GM and Head of Atoms Polo Academy, Mr Sylvan Braberry, shared the Academy's structure, programme/curriculum and Atom's growth and progress since its soft launch in October 2020, which is in line with the Polo Captain's objectives.

- *Singapore Polo Club envisions to be the No. 1 Polo and Equestrian City Centre Club in the world and the No.1 Polo Club in the world, up to 8 goal level.*
- *Atoms Polo Academy strives to be the No 1. Polo Academy in the world.*

The club will be concentrating on 4 key areas:

1. Expand Polo footprint both locally and internationally.
2. Increase tourism value through Polo and Equestrian.
3. Improve the value to the community through Polo and Equestrian.
4. Focus on players with a polo handicap. An annual polo charity event with proceeds going to IPCs chosen by the club or Guest of Honour and an Urban Polo event in partnership with Singapore Tourism Board is in the pipeline. The Polo Tournament calendar typically lasts for 2.5 to 3 months per season (up to 8 goals) with Spring season from mid-Mar to mid-Jun and Fall season from mid-Aug to mid-Nov.

Atoms key highlights

Atoms Polo Academy soft-launched on 17 October 2020, grew rapidly to have 151 Atoms polo players under its wing (excluding club's players with a polo handicap) within 3 months. The Academy has also forged a strong relationship with Singapore American School, Dulwich College and North London Collegiate School to provide structured Polo and Equestrian lessons for their students.

The Polo sub-committee and Atoms team came up with the following initiatives to improve the overall operations and make polo more enjoyable for all.

- *Clear communications channels to Atom's students.*
- *Atoms Polo Academy structure.*
- *A structured program, detailing the course outline, different levels, assessments and tests required.*
- *A personal report card to track the student's progress.*
- *A quarterly Atoms town hall and get-together. ■*



Stride On With ATOMS Polo Academy

Waqas Khan, ATOMS Polo Academy coach took a rare break from his action-packed schedule for a quick chat with us on his love for the sport and his vision for ATOMS.

How different is the Atoms program structure compared to your Polo learning experience?

Many think that Polo is predominantly a luxurious and inaccessible sport that is reserved for the affluent. It is a misconception we are trying to break down. Growing up, there wasn't much encouragement for my peers and me to get into the sport because we were surrounded by adults. The beauty of ATOMS is that we have so much enthusiasm from the kids who motivate one another to play for their love of the game. We never had kid's chukka before. ATOMS brought that to life which is amazing.

The pace of learning is unbelievable compared to the past. Within 6 months, we have kids who know all the rules and ride horses, all made possible by ATOMS dedicated instructors.

What is the biggest difference between coaching kids and adults?

Kids are very responsive and it's important to engage them by keeping the lesson interesting without making it too serious. Kids have a more natural innate ability to pick up riding easily, especially those who do skiing or gymnastic from a young age. Hence, starting them young at ATOMS will give them a significant advantage, just like gymnastic.

“THE BEST PART ABOUT POLO IS TO ENJOY THE JOURNEY”



What are the essential skills to do well in Polo?

Riding is definitely more important than hitting. We need to teach kids to master their riding, and not rush it. Many are eager to get out and play on the field which is exhilarating and liberating, but it is also important to have a good foundation of the basics. Take your time, enjoy the process and not rush things. In a gist, I would say riding is the most important skill, along with balance, core strength, good hand and eye coordination, patience and teamwork.

What are some of the key updates post the soft launch on 17 Oct 2020?

There are more schools coming on board, especially with strong support from Singapore American School and Dulwich College. The feedback from these institutions has been largely positive and the kids are doing really well by learning the fundamentals of horse riding before progressing to hit a ball. The enthusiasm is amazing from all the new players joining us on this polo journey and I hope to see more.





How is the program structured?

Due to the varying levels and age groups, students will be placed in an appropriate group to match their skill level. A student will never be placed in a class whereby one person is more proficient than the other. Students have to pass a series of stringent tests before advancing to the next level.

The flexible program suits both a novice and an experienced rider. Our youngest member is only a tender age of 5, while our oldest member is in his 50s. So, age is definitely not a barrier when it comes to riding and polo.

What do you enjoy most about coaching kids?

As a coach, it is very rewarding to see someone progressing in their skill level. Watching the kids hitting their first ball, you can genuinely see the excitement on their faces.

What direction do you see Atoms heading in the next few years? Any personal goals for yourself?

I hope there's the opportunity for ATOMS kids to take their passion for the game beyond Singapore and go on tour to SEA and other affiliated countries around the world to play with other clubs as part of the exchange program. Down the road, it will be great to host visiting teams from overseas for charity matches and friendly tournaments with prizes to evoke a sense of competition. ■



Come join our fun family and we will make a polo player of you.

For any enquiries, call +65 6854 3955 or email atoms@singaporepoloclub.org.

Trot over to atomspoloacademy.com for more details.

#WeHaveAnAtom



A couple of hours old

Born at our Mount Pleasant stable on 27 January 2021, little Atom is an inquisitive and mischievous foal. Often seen enjoying little naps with his mummy Morocha or simply basking under the hot sun, Atom is the pride of ATOMS Polo Academy.

Have you seen him trotting at the Paddock and enjoying little nibbles of icy cold carrots? He sure is a spoilt "child"!

Follow his little antics on social media via this hashtag **#wehaveanatom**

Fun Facts!

- **Name:** Atom
- **Age:** 2 months
- **Length:** 97cm
- **Height:** 9 hands
- **Loves:** Crunchy Apples and Cold Carrots
- **Favourite Past Time:**
Afternoon naps with mummy Morocha



2 months old



Atom with his mother, Morocha

Meet Our Polo Professionals

Say hello to our four polo professionals who are familiar faces at the ATOMS Polo Academy! Read on to find out their achievements in the polo community.



Sattar Khan

A polo professional, Sattar Khan has represented Singapore at two FIP World Cup Polo Tournaments. He has also played in numerous tournaments around the world. With a 3-goal handicap, Sattar, who is a native of Pakistan enjoys sharing his polo knowledge and experience with his students.



Waqas Khan

Waqas started riding and playing polo since a very young age and currently holds a polo handicap of 3 goals. His father, Sattar Khan is a polo pro by profession.

Waqas has participated in many local tournaments and has played polo in United Kingdom, Thailand, Malaysia, Argentina, and Pakistan. He has also won the under 14 Potrillos polo tournament in Argentina. His love and passion for the game has motivated him to pursue polo professionally in the future.



Ang Roon Kai

Born and raised in Singapore, Roon Kai was introduced to the sport at an early age by his father, Ang Ban Tong, an avid polo player and a Silver medalist at the 2007 SEA Games. He received his polo handicap at the age of 15 and currently holds a polo handicap of 2 goals. Over the years, he has toured Argentina, Australia, Chile, England and New Zealand to train and compete on young and world-class polo ponies for renowned polo professionals and organizations.

He has also competed in other countries, including Malaysia, South Korea, Thailand and USA. Highlights of Roon Kai's polo career include being the manager and coach of Leadenham Polo Club in England over the summer of 2015, and getting selected for the Singapore national team in the 2007 Southeast Asian Games and once again in 2017.



Sanaullah Khan

Fondly known as Sunny Khan among our polo community, he is one of the polo professionals at the Club and holds a polo handicap of 2 goals. Sunny has participated in many club tournaments and also polo tournaments in Asia, Argentina, Indonesia, Malaysia, Thailand and Pakistan.



1982 Casa Fagliano

HURLINGHAM



Introduction to Casa Fagliano

In 1920, Pedro Fagliano created his first polo boot in his small workshop in Hurlingham. A century later, the Faglianos are amongst the world's most renowned polo boots craftsmen. Casa Fagliano is five generations of artisanal polo bootmakers, based in the same workshop since 1892 in Hurlingham, Argentina.

The Fagliano's believe that the key strategy for the brand revolves around the product itself, as opposed to the marketing, a beautiful piece just speaks for itself.

The sought after boot dresses the royalty and stars of the polo world, from kings, sultans and actors to the world's most renowned polo players.

It is no secret why all the stars and demigods of the polo world come to Casa Fagliano to find their dream pair... Nowhere else will you find 100 years of expertise in the art of the polo boot.

The Polo Boot

There is a high level of exclusivity involved with owning a pair of Casa Fagliano. The craftsmen only produce up to 80 pairs a year. Everything is handmade and the slogan of the brand as always been quality over quantity.

It takes at least 45 hours to create a single pair, and you must hold-out between 6 to 8 months on a waiting list in order to get your bespoke pair of Fagliano's.

The outer part of the boot is crafted using four layers of leather, ensuring the boot is of certain thickness to protect the player's leg from the potential risks that are involved with the sport.

Each sole is hand welted and stitched with linen threads to insure its durability. The use of linen threads in a footwear, a rare commodity in the industry, displays perfectly the effort put in by the Fagliano to select some of the most noble materials to create each masterpiece.





The Urban Boot

The Fagliano's have used their knowledge and expertise of the polo boot and applied it to dress the polo player off his horse. The boots are manufactured in Europe, with the same quality and attention to detail used in the Hurlingham atelier.

They have created a unique collection of men's dress boots, crafted using the highest quality of materials. They are constructed using calf leather from the "Tannerie d'Annonay", a french tannery that is famous for being the main manufacturer of the luxury industry. All of our shoes are Goodyear welted and entirely recraftable, built to last a lifetime.

From sophisticated work wear to casual weekend footwear, these versatile men's boots dress the elegant gentleman on his urban adventures.





The Alpargata

The latest product the Faglian's have introduced comes straight out of the Argentinian lifestyle: the "Alpargata" or the street slipper of the polo player.

The Alpargatas is an evolution of rope shoes introduced in Argentina by the Spanish in the 15th century. In the 1850's there were about 50 families in Buenos Aires producing and living off the construction of their handmade Alpargatas.

Originally, the practical slip on shoe is made of canvas fabric and rope and was developed as an affordable shoe for the rural workers. The mythical gauchos of Argentina popularised the alpargatas, wearing them on and off their horse, wherever they go. The slipper is appreciated for its comfort and practicality.

The Fagliano's have revisited the shoe and turned it into a sophisticated item of clothing. Made of the softest suede, in a selection of colours with a very light and comfortable wear. The ideal footwear for a smart-casual sockless summer.



Collaborations

Casa Fagliano x Jaeger LeCoultre

Casa Fagliano came together with the Swiss time keepers, Jaeger LeCoultre for a unique collaboration on the Reverso watch, giving the elite of the polo field the gift of time.

The watch strap is handcrafted with the same cordovan leather that is used to make polo boots. You can match your watch strap to your prized polo boots, or even to your pair of Casa Fagliano cordovan sneakers.

Casa Fagliano x La Dolfina

As of this year, Casa Fagliano is dressing La Dolfina. La Dolfina is the best polo team in the world, founded by the Argentinian centaur, Adolfo Cambiaso.

The two great polo houses share a similar background and story, a story of excellence and heritage. Cambiaso is considered the best polo player in the world's history and has passed on his passion for the noble sport to his children.

The collaboration also allows us to show the whole lifespan of the polo boot. From its conception in our atelier to its birth on the most prestigious polo fields, making history along its riders. ■

The Game Changers in Women's Polo

Contributor: POLO LADY, (www.polo-lady.com)

In recent years, there hasn't been a shortage of exemplary women in the field of polo—brave, talented, and beautiful ladies who work on the saddle and hit goals like the true pro that they are. With the whole world recognizing the outstanding skills of females in the field, there's no denying that ladies are fit for anything they set their hearts and minds into.

This article puts the spotlight on some of the most stellar women polo athletes who bring pride to the sport.

On the frontline is the "Snow Queen," Melissa Ganzl. She's the first and only woman who has won all three major snow polo tournaments around the globe—World Snow Polo Cup in Aspen, Snow Polo World Cup Kitzbühel in Austria, and Snow Polo World Cup St. Moritz in Switzerland. In her two decades of playing, her only wish is to become a role model to all the female players, especially the younger ones. Apart from joining and standing triumphant in numerous other games, she also spearheads ladies polo in her clubs: the Aspen Valley Polo Club and Grand Champions Polo Club.



Melissa Ganzl. Photo courtesy of Snow Polo World Cup St. Moritz



Lia Salvo. Photo by Irina Kazaridi

Another big name in women's polo is 10-goal player Lia Salvo, who recently competed and won in the Ladies Argentine Open with her fellow El Overo UAE Z7 teammates Hazel Jackson, Millie Hine, and Clara Cassino. This polo lady is a persevering athlete who's always chasing her goals. "I work hard to get my goals, get what I want, and always know what I am going to do. I always wanted to be one of the best in the world, if not the best one. I think I just keep on working for that every day," she says in a recent interview with POLO LADY.



Pamela Flanagan_Photo by David Lominska

Multi-hyphenate Pamela Flanagan, on one hand, strives to balance her act. Juggling her roles as a property tax attorney and an international polo player, she successfully merges both passions without compromising on either—an impressive feat for any individual who has to take on more than just one responsibility at a time.



Meghan Gracida_Photo by David Lominska

On the other hand, La Herradura's Meghan Gracida now proudly wears her new badge of honor as the United States Polo Association's (USPA) Women's Committee chairwoman. With this role on her sleeve, she thinks of great plans ahead for females in the sport of kings. "If I can help get the United States back to being the best producer of women players, that would be the goal of mine," Meghan spills.

And finally, the pioneer of ladies polo in Thailand completes this round-up of women who changed the game of polo. Meet Nunthinee Tanner, founder of the top polo destination in Asia, the Thai Polo & Equestrian Club. She is also the first woman polo player in her country. The highly-anticipated Queen's Cup Pink Polo, the annual event Nunthinee herself established, is slated to happen this coming March.

Who says women don't run the world? In polo, and everywhere else in the world, ladies are real game changers—and these five polo standouts are the living proof. ■



Nunthinee Tanner_Photo by Dominic James

• Grooming • Daily routine on the yard • Horse behaviour • Colours & Markings • Mucking out

Poisonous plants • Caring for the hoof • Points of the horse • Tacking-up • Turning out a pony safely • Bits



• Saddlery • Polo equipment for horse & rider • Breeds • Wildlife and Birdwatching • Sequence of footfalls •

• Basic polo rules • Polo stick & ball on wooden horse • Competition rules • Feeding • Plaiting

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* Fees are subject to 7% GST and are inclusive of a SPC T-Shirt and course materials.

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New LIVERIES



Akita 104 with Tia Gabler

Akita 104 is a 9 year old Oldenburg mare from Germany. Although she was the first horse Tia tried in Hannover, she felt that they clicked almost instantly. Sweet natured with a big personality, Akita has also entered show jumping competitions up to 130cm and 140cm. After careful deliberation, Tia and her mum felt that she was the right horse for her and decided to bring her over to Singapore. Unfortunately, due to the Covid-19 pandemic, the duo were separated for almost a year with Akita even calling New Zealand home for a few months. Tia hopes to be able to jump a 130cm course with her while having lots of bonding moments and fun.

Discovery with Katherine Desbaillets

Discovery, a 5 year old Hanoverian of German origin belongs to Katherine Desbaillets. She shares that he is trained under the dressage discipline, is uber sensitive and has super movement with an amazing mind. Katherine's riding goals with him is to ensure he enjoys every ride! Here's to a lifetime of memories for them both!



Gaudi with Mey Yen

4 year old Gaudi from Spain is of Andalusian/ PRE breed. He loves cuddles and little nibbles of carrots and apples. Mey Yen and her mother Ay Wen have begun lessons on Gaudi and since he's very young, they hope to start him with the basics and compete him for dressage. The duo look forward to doing poles, hacking and jumping with him.

ATOMS

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SPC YOUNG RIDERS

In this issue, we feature 14 year old Maya Matheson who has been riding for the past 8 years (she was just six years old when she started!). Maya shared with our editorial team the joy of horse riding and her future aspirations in this competitive sport.

Maya who is currently competing at Elementary level and jumping around 80cm, joined Singapore Polo Club and the SPC Riding Academy nearly 4 years ago. "The coaches, horses and staff are all so amazing and are what brings the place to life" she says.

To her, the Academy is not just a place that she trains at, but a place where she has tons of fun every single time she visits. Currently, she rides 5 times a week both flat and jumping. "It started off as a struggle to manage my time because of other sports and commitments but I found ways around it such as having consecutive lessons. I have been able to fit 2 lessons in a row (one flat, one jumping) so that I can leave a few days free for other commitments and not have to miss out on any riding lessons" shares Maya. Most of the days she is seen heading for riding lessons straight from school with no break in between, but she doesn't mind the hectic hours as she's focused on preparing for her upcoming riding competitions.



Maya used to own a horse called Lambada who she started riding at the end of 2018 however around a year later at the beginning of 2020, she went lame and is now currently retired in Malaysia. Lambada will not be able to get back to the level she was at before but Maya hopes that she can help out with people who are not able to ride. For just over a year now she has been leasing a great horse from the Academy called Guinness. "I have learnt so much from riding him and even though he can sometimes be a little bit of a challenge, we always figure it out. I'm so lucky to have such a great bond with him and I can't wait to keep riding him" says Maya.

Her biggest idol in terms of riding is Jonelle Price, an Olympic Equestrian Rider who is from and competes for New Zealand. In 2012, she received a bronze medal in the Olympics with her team and won the Badminton in 2018. It is a dream of Maya's to compete in the Olympics for the New Zealand Equestrian team and Jonelle Price is such an inspiration to her because she has had downfalls too but that didn't stop her from wanting to achieve something. Even though these downfalls could physically affect her riding ability or her horses', her grit and determination made sure that those never got in the way because it doesn't matter how long it took, but eventually reaching your destination.



Maya personally tries to compete every opportunity she gets. She was very lucky to be able to compete in the National Dressage Championships in 2018 and 2019 but sadly they were not on last year because of the Covid-19 circuit breaker. Maya exclaims, "I have competed in so many training shows and interclub competitions that I have lost count! Some advice that I would give to people who want to start competing is that when you finish a competition, don't just accept the results and wait until next time, you should take the feedback and start working on it slowly. It doesn't matter if you only spend that time working on one thing whether it is for dressage or jumping, it's still making an improvement and that's how I have grown as a rider."

Before the global pandemic, Maya used to go on holidays with her family 4 times a year. A lot of the time these would be horse riding related. Her most recent travel was to Colorado! Her family stayed in really cool cabins overnight and during the day, they went on long treks and rides multiple times a day as well as participate in other fun activities. She has been to this particular ranch a number of times and fingers crossed that she will be going back soon along with her family.

In the future, she hopes to compete in Equestrian and maybe even as a riding coach. "Horse riding is my life and I aspire to do anything related to that!" says Maya. ■



Some things are worth **EXPERIENCING...**



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Contact us at **+65 6854 3980** or **riding@singaporepoloclub.org**



Our Pre-COVID Equestrian-Themed Escapades

By Doreen Koe Pattijn



I had never ridden a horse until I embarked on my equestrian pursuits with SPC Riding Academy in 2016. I started with dressage to build up my foundation and my husband, Elbert joined me shortly. We were immediately drawn into the sport, diving into both dressage and show jumping.

Not surprisingly, our holidays started to be driven by all things equestrian. Riding Arabian horses in the golden sand dunes in Dubai, the magical experience of hacking horses in the chateau at Auvergne, France, the exhilarating cross-country jumping in a castle estate in Ireland, the adventurous safari game rides on horseback in South Africa! The list keeps expanding and we are constantly trying to uncover another gem in our riding holidays.

Ant's Nest, Vaalwater, South Africa

The first day upon arriving at the safari camp on a small 4-seater private airplane, we immediately hopped onto our first game ride to rescue an injured eland antelope.

We helped hold up the sedated Eland's head while the rangers provided medical care to the

injured hind leg of the Eland. (Note: Holding the Eland's head upright facilitates recovery from sedation as the general anaesthesia wears off).

The following days were filled with endless horseback safari rides in search of Wildebeests, Waterloo, Blesbok, Rooibok, Mongoose, Warthog, Impala, Giraffes, Buffalos, Zebras and White Rhinos...the list goes on. The experience of getting so close to the game on horseback was most unforgettable.





Château d'Ygrande, Auvergne, France

Set in the 40-hectare grounds of the Bourbonnais woodland, we found ourselves mounted on two beautiful horses and totally spell-bound by the charming equestrian-themed chateau. Mornings were spent in the arena for some French-style dressage lessons or light show jumping lessons. And the afternoons were spent hacking through the French forest trails, exploring all the quaint little villages, vineyards and landscapes.

Alas, the lure of polo is too irresistible... in 2018, we dipped our toes into polo and we never looked back. Not wanting to miss the chance to swing the mallet even when we are on holiday, we started incorporating polo in our vacation!



RIDING

Castle Leslie, Monaghan, Ireland

Nestled on a 1,000 acres undulating countryside castle estate, the Irish Hunters are fearless. Canter through the glittering lakes, jumping over logs and hedges in the ancient woodland, navigating through obstacles like a piece of cake. After a full day of thrilling cross-country activities, it was so enchanting to return to our medieval theme castle room to relive the magical and captivating times of the olden days...



Polo Valley, Sotogrande, Spain

An hour away from Malaga is a unique polo destination nestled in Sotogrande, surrounded by many historic and exclusive polo clubs in Spain. At Polo Valley, we enjoyed our morning stick/balls sessions with the pros and in the afternoon, it's game on! Chukka time! All this to fold into the evening with the warm sizzling aroma from the Asado grill just beside the polo field...

Every equestrian-themed holiday, be it polo or riding-centric had been an eye-opener to us. Both Elbert and myself can't wait for the borders to re-open to re-commence our love for riding. ■

Happy Retirement!

The Riding Academy had a happy farewell for some of their senior horses and ponies who had retired from the equestrian scene. Definitely heart-warming to see them head out to their happy homes for an enjoyable, fulfilling retirement. They'll be very much missed by all!

Whilst Joey is temporarily stabled at SPC and Delmonte at RDA as a livery horse, Ollie has embarked on his retirement journey to Australia.

Hearty thank you to the following members who came forth to adopt them:

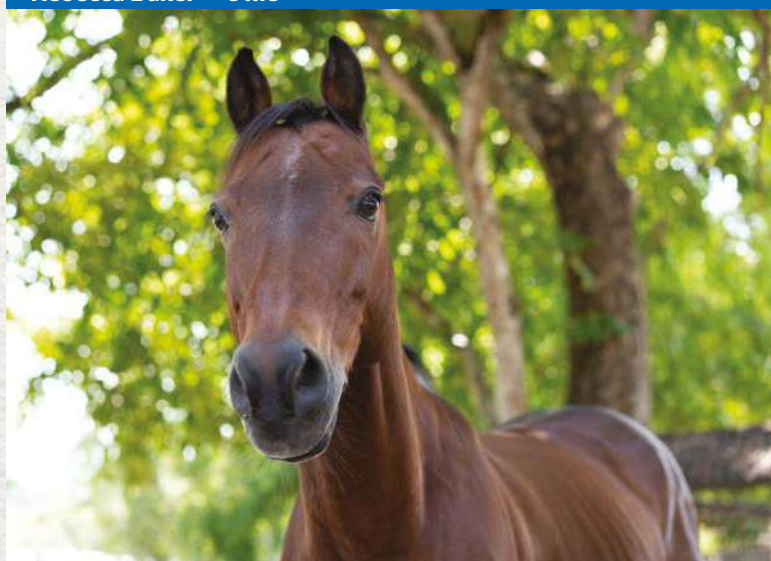
Margit Saur – Joey



Roshni Selvam – Delmonte



Rebecca Baker – Ollie



Members who wish to contribute funds towards the above horses' retirement may contact the Riding Academy at 6854 3980 or riding@singaporepoloclub.org

A Happy Head Start to 2021!

Photo credits: Delia Phey



Sharmini Winslow and Sharpy



Elly Poh and Tiptoe



Anaaya Deshpande and Dandy



Caedan Paul and Archie

After a year-long hiatus, training lessons at the Academy resumed with the prevailing COVID-19 safe distancing measures. What a heart-warming sight to see our riders arrive early and eager for the lessons at the TOP School. Don't you think our riders and ponies look absolutely sharp?

Step into our close knitted equestrian community. Follow @spcridingacademy and share your riding moments with the hashtag #spcridingacademy. ■



CORIANDER LEAF
— RESTAURANT —

OPENS AT

SINGAPORE POLO CLUB

*Lush Tropical Surrounds, Horses and Polo Set
the Scene for a Celebration of Vibrant Asian Flavours*

The Coriander Leaf Group proudly marks the 20th year anniversary with the opening of its second restaurant at the Singapore Polo Club. Vibrant Asian flavours spanning the cuisines of East, South, South-East and Western Asia are showcased on a menu of communal sharing plates and light, bright tipples that celebrates the freshness of Asian herbs, spices, and spirits. Guests will find signature Coriander Leaf favourites from its flagship restaurant at CHIJMES together with exclusive new creations and an extensive bar programme unique to Coriander Leaf Singapore Polo Club (SPC). Members of the public are welcome for dinner, Tuesdays to Fridays.

Setting the Scene

Overlooking the sprawling green expanse of the polo field, guests can choose to dine indoors or on the outdoor verandah with spectacular views of the polo fields at sunset. The indoor restaurant sports a palate of green hues complete with an open kitchen of the chefs in action. A Chef's table for intimate gatherings of 5 sets the stage for future culinary education, team building, and paired dinners. The adjoining Polo Bar and outdoor verandah reveal a subtle nod to the colonial heritage of the building, with plantation style loungers, monochrome fabrics and understatedly elegant touches that complement the club's lush tropical grounds





Coriander Leaf SPC -- A Culinary Map of Asia

A proud showcase of the depth and diversity of Asian cuisine, Coriander Leaf's menu stays true to the essence and authenticity of dishes from Tokyo to Turkey, while enhancing them with thoughtful technique, its menu warmly embraces flavours grounded in the earthiness of spice, the freshness of Asian herbs and brightness of local citrus. Dishes take inspiration from homestyle cooking, celebrating community, and heartier, more communal style sharing plates

"We are excited to shake up the destination dining scene here and invite guests to taste our cuisine in a setting unlike any other." says **Samia Ahad, Founder and Culinary Director of Coriander Leaf Group.**

The Bar Programme -- The Spirit of Asia

The cocktail programme showcases housemade Asian flavoured infusions, syrups and spiced salts alongside a spirits list that celebrates quality Asian distillers, highlighting Singapore produced gins, Thai and Cambodian rums, and vodkas and whiskies from India. Highlights include the **Coriander Leaf Cooler**, inspired by Samia's favourite snack of green mango and paprika. A refreshing blend of tandoor roasted green mango pureed with cumin, the drink is fortified with rum Agricole and lime. It is built high with shaved ice and receives a rim of dried mango powder, chilli, and salt.



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(International Sports Science Association)
- ACSM, AFPA
- SSC-Sports Massage & Sports Trainer
- National Coaching Level 1 & 2
- Kickboxing CMS
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- Shitoryu Karate (4th Dan Black Belt)
- Taekwondo (2nd Dan Black Belt - STF)
- Kobudo (Kenshinryu - Osaka)
- Self Defence (Army Trainer)
- Hapkido (1st Dan Black Belt)
- Wing Chun (Lineage - Randy Williams)
- Kick Boxing (Club Trainer)

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- Sports Karate Tournaments
 - 2006 to 2015 (about 10 local tournaments in all - Highest Award; Gold Medal) / 2015 Kuala Lumpur, Malaysia
 - 2017 Jarkata, Indonesia / 2017 Osaka, Japan
- Taekwondo Tournament
 - 2016 Singapore National Touranment
- Close Combat Trainer in the Singapore Armed Forces

For enquiry and registration, please contact Louis
9010 6631 / 6854 3984 or email: gymadmin@singaporepoloclub.org

Smart Choices For A High-Protein Breakfast

By Fitness Ironman Louis

We might not all be morning people, but anyone rushing to lose some pounds can try these eight high protein breakfast selections to kickstart the day.

These wholesome and nutritious dishes provide the right amount of fuel while keeping cravings and calories at bay. Do try them out! ■



Oatmeal with cinnamon and skim milk



Burrito with eggs, black beans and turkey sausage



Avocado with eggs



Greek yogurt with berries and nuts



Quinoa with milk, banana slices and walnuts



Cottage Cheese with fruits



Ricotta pancakes with blueberries



Peanut butter and banana toast

In partnership with:

FITNESS IRONMAN **ISSA**
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Rubber Powered Glider Workshop



Saturday, 12 June 2021

10.30am – 12.30pm

Chukka Terrace

\$35+ (Member)

\$40++ (Member's Guest)

Recommended Age: 6 and above

(Parental guidance is encouraged for children below 6)

Workshop Capacity: Maximum of 5 pax

Participants get to bring home their DIY-ed Rubber Glider.

Register by: 1 June 2021

Workshop Synopsis:

- Learn in-depth principles of flight theory like motion of flight and pitch of propellers
- Balance your glider and learn the techniques of launching it into the sky at the end of the workshop

Contact us at **6854 3999** or email events@singaporepoloclub.org



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TAMIYA CAR WORKSHOP



Saturday, 19 June 2021

10.30am – 12.30pm

Chukka Terrace

\$45+ (Member)

\$50++ (Member's Guest)

Recommended Age: 6 and above

(Parental guidance is encouraged for children below 6)

Workshop Capacity: Maximum of 5 pax

Participants get to bring home their own DIY-ed Tamiya Car.

Register by: 7 June 2021

Workshop Synopsis:

- Learn the fundamentals of how electric cars work, the principles of motion, mechanics of a car and factors that increase car performance
- Understand and apply science concepts via a fun and creative manner
- Put your engineering skill to good use. Assemble a stock car to test it out on the race track

Contact us at **6854 3999** or email events@singaporepoloclub.org



10

Questions Heard in Aquaspin™'s Locker Rooms

– Alicia Dedigama

Hello everyone! Don't worry, we are not spying on you in the changing rooms. I'm writing this article as we realised that there are a lot of questions you ask each other or you think about before and after a class, with some of them being left unanswered. What a shame! No one knows better about how you feel pre/ post Aquaspin™ than us so if you have any questions about our activity or fitness in general feel free to ask any member of our friendly team.

Too shy to ask? Let's address the top 10 questions you usually ask one another about in the changing rooms.

1 HOW MANY TIMES A WEEK SHOULD I JOIN?

Really good question. The frequency of your classes **WILL** affect your results. It all depends on what you are looking for.

- If you are looking to maintain your weight or fitness level and you already workout 3 times a week, I would recommend one or two sessions a week to compliment your fitness regime.
- If you are looking to tone up / lose weight or tackle cellulite, I would recommend 3 to 5 sessions a week. We make it super easy and affordable to hit the pool a few times a week with our unlimited packages. Try it out!



2 WILL I LOSE WEIGHT?

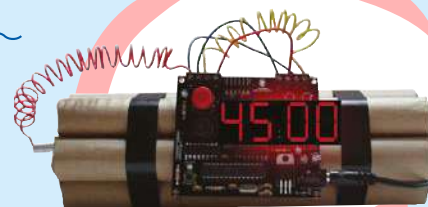
YES. You can lose body fat and gain lean muscle if you practice Aquaspin™ regularly. We have some beautiful Aquaspin™ stories to testify! Check out our fitness blog!

You can burn up to 800 calories an hour with us so it makes it a highly efficient way to lose weight. In comparison, Aquaspin™ burns 3 times more than land based workouts! However, you might have heard the bad news before, if you are looking for weight loss, working out is not enough. You **MUST** combine it with healthy eating and drinking plenty of water. Otherwise you are just sabotaging all your hard work!



3 WHY 45 MINUTES ONLY?

Most of our classes are based on a High Intensity Interval Training (HIIT) format. HIIT makes you go as hard as you can (remember that famous 100%?) for short period of time followed by some rest. Our classes are designed to get the most out of your precious time, intense to allow your heart rate to increase fast, boosts blood flow (your heart is a muscle) and your cardiovascular system to pump more oxygen around the body. 45 minutes of our specially designed class is more than enough to get your metabolism soaring and burning all day!



4 WILL I GET RID OF CELLULITE?

YES. Because of the aqua massage provided during the class, Aquaspin™ breaks down the cellulite cells and boosts your lymphatic system to flush out all these bad boys. Drop the anti-cellulite creams and get in the water, it will be much more effective to reduce the aspect of the orange peel. You can even get scientific studies about it, unfortunately they are all in French!

If you are keen to get rid of cellulite once and for all, you will need to take a look at your lifestyle too: smoking, salt consumption, hormones and dehydration are also responsible for cellulite.



5 WILL I GET SORE?

NO. Muscle soreness is felt because your body produces lactic acid once you workout. That acid stays stuck between your muscle tissues and creates this pretty horrible sensation. Good thing with Aquaspin™ is that the aqua massage we were talking about earlier goes deep enough to push this acid out. You will feel your legs have done something amazing the next day but no annoying soreness. Who said no pain no gain?



6 OOPS I FORGOT MY WATER BOTTLE – NO BIG DEAL?

YES it is. Water is SUPER important before, during and after the class. You don't realise it but during the class you will be losing a lot of water (yes we are sweating in the water) and you might feel dehydrated. Why is it a big deal? Not drinking enough water might get you light headed and can lead to a few muscle cramps during and after the class. There is only one way to avoid getting woken up by a calf cramp at 2am... DRINK UP!

Oh and did I mention that water is extremely important to blast fat and lose weight? Next time, bring a bottle with you!



7 WHY DO MY LEGS FEEL LIKE JELLY AFTER CLASS?

We promised you mermaid legs but as soon as you get out of the pool they feel SO heavy. Why is that? So you might have heard that when your body is submerged in water, you only feel a small portion of your body weight. The water carries or supports your weight for you.

However, that doesn't happen outside of the water. So after a 45 minute class in the water, once you get out of the pool you are going from feeling only a fraction of your body weight to feeling your full weight again. Your body suddenly feels heavy, but it is actually getting back to normal after feeling extremely light for 45 minutes. Hope this makes sense? On top of that, you're muscles are fatigued from the awesome work they've just gone through.

Let's imagine you are in a zero gravity room. You float and feel light then get out of the room, how would you feel? Like your feet are stuck to the floor and you are super heavy. Same here. Lucky for us this feeling last only a few minutes until we adjust again to our new environment.

8 WILL MY THIGHS GET BIG?

NO. Let's blow out this myth once and for all: stationary cycling will NOT makes your thighs big whether it is in or out of the water. First of all cycling like all sports makes you burn fat, and gain muscle. Guess what? Muscle is a lot "smaller" than fat, so as the fat is melting due to exercise, you should experience leaner legs, not bulkier ones. Yes but, look at these guys cycling at the Olympics? They have huge thighs!

Well, they do a lot more than cycling to get that big! Also, it is pretty hard for women to swell the way men do. As we have lower levels of testosterone, it is really difficult to build bulging muscles. Lesson is: feel free to spin as hard as you want, and forget about this crazy myth!



9 WHY DO I FEEL LIKE TAKING A NAP AFTER CLASS?

Don't blame yourself you are not the only one! Once again it is a bit scientific. The main culprit is the water. **First it's resistance:** As water creates x42 times more resistance than air, you are working a LOT harder in this element and your body is not used to it. **Second is temperature:** As the water is cooler than our body temperature, our bodies lose heat pretty quick due to the increased heat conduction property of water. Even if you are working out, your body temperature is lower than it would be outside, so your body is using more energy to maintain that temperature, which leads to greater fatigue than normal. Once you get out, your body will automatically try to warm up using your last bits of energy in the process, and making you sleepy!

Second culprit: The Sun: Sun exposure can create fatigue as well. Getting sleepy after your Aquaspin™ session is completely normal I would even say it's your body's natural reaction.

10 WHY DO I FEEL LIKE I NEED TO PEE AFTER CLASS?

Remember the aqua massage? While you are spinning you are boosting your lymphatic system which will eventually do its job: Get rid of the trash. How? The toxins will be pushed out to your kidneys and then released while you pee or sweat!

Bottom line is nothing's wrong with you, you should be super happy to hit the bathroom after class, it means that your lymphatic system did an awesome job during the class!



LIFESTYLE

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About the Author:



Alicia is a certified Spinning Instructor, Group Exercise Instructor, Pre-post natal and rehab instructor as well as an Aquaspin™ P.R.O. Having done her courses in Europe & Singapore, she has clocked in countless hours running classes for Aquaspin™, and her experience ensures that no two classes are the same! Her clients call her ECP "Evil Chili Padi". This is because even though she is small and super bubbly, she will make sure they feel the burn!

Scan the QR code to view
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TOP 10 TIPS FOR NEW TENNIS PLAYERS

Tennis Coach, Simon Mason from Vantage Tennis shares 10 tips a beginner tennis player can adopt to ensure a better play in this challenging sport.



1 TENNIS RACKET

Rackets for beginners can be inexpensive. Choose one that matches your body and grip size. Be sure to seek advice from your local pro or tennis racket store.

2 PRACTICE

Start at an early age with the help of some of the best coaches. Inconsistent performance is normal in the beginning stages. Don't be disheartened and just keep playing.



3 TAKE SOME LESSONS

The only way to improve is to take proper tennis lessons. You will also have the opportunity to meet people of a similar standard, while helping to identify your strengths and weaknesses.

4 WARM-UP AND COOL-DOWN

Always warm up and cool down before and after your sessions. This involves stretching of your arms and legs. Incorporating some light jogging would be ideal too. The workout applies for both the warm-up and cool off period.



By Simon Mason



5 STAY HYDRATED

Plenty of fluid, especially water is recommended for this intense outdoor sport. You can even prepare light snacks such as nuts, banana as a fuel. Avoid sugary snacks and fizzy carbonated drinks.

6 HITTING THE TENNIS BALL

It's easier to hit the ball after it has bounced and is on its way down. Always aim to hit the ball at waist height.



7 IMPROVE YOUR SPEED

Tennis players need to react quick with the opponent's shots and agile enough to move around the court quickly. Do workouts that can improve your footwork and co-ordination.

8 THE RIGHT GRIP

Ensure that you have a comfortable accurate grip, for different shots. Talking to experienced players can provide you with an insight.



9 IMPROVE YOUR STAMINA

A good aerobic workout will ensure better breathing. You could also try other sports such as yoga which help you with your breathing.

10 TAKE ONE POINT AT A TIME

Getting angry or frustrated does not help with your performance on the court. Concentrate on the current point you are playing rather than dwelling on the past points. "Tilt" a common term used in many sports occurs when emotion overtakes a cool, calm approach which causes you to fail altogether.



For further information or to make a booking, contact Simon from **Vantage Tennis** on tel +65 91445223 or email simon@vantagesportsgroup.com

Sugar, Spice and Everything Nice

How exciting to have a Lunar New Year themed children's workshop!

This year, we had members participating in a hands-on cookie decorating class with a lunar element. Children piped and brought home four cookies which best represented this local traditional festival.

Check out the works of our child members. Simply gorgeous!



From this...

To this...



Working on their cookies



Check out my completed work!

Instructor Jacquelyn Soo showing attendees on how to pipe the fondant on the cookies.

Zooming around without compromising on Fun!

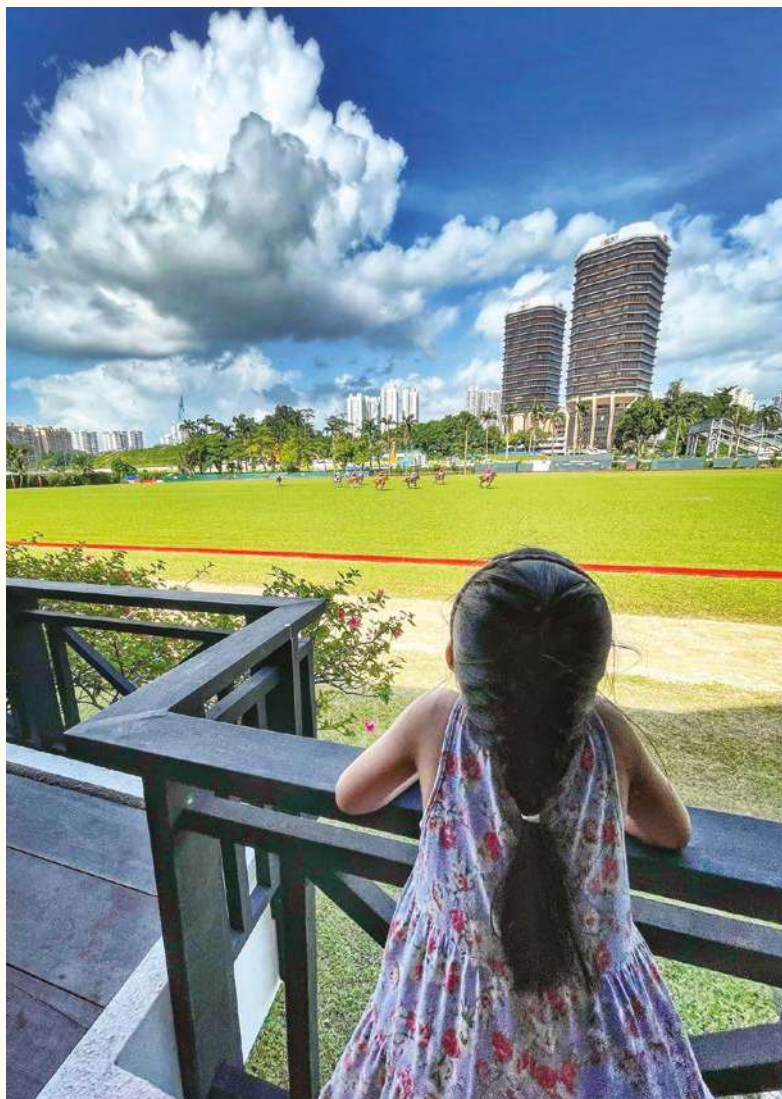
Sunday mornings in February and March were filled with plenty of fun and excitement for our young members, in anticipation of the adrenaline pumping eWheel course.

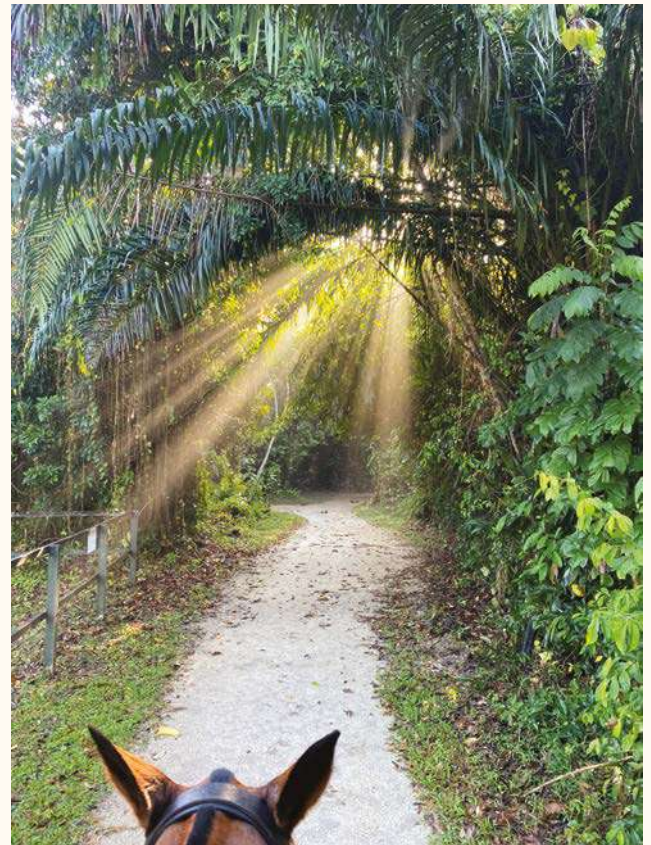
Comprising of 4 weekly lessons, with several modules each lasting 45 minutes, our young members were guided by an experienced coach. They kick-started the first lesson by watching videos on safe navigation and learned to balance and move on the eWheel. Progressively over the weeks, their confidence grew and they completed a challenging 8 obstacle course. The last lesson ended on a high note with them executing a perfect polo swing with a mallet in hand, while zipping around effortlessly on the eWheel!



Want first dibs on our exciting workshops and lessons?
Subscribe to our weekly E-Newsletter by emailing marketing@singaporepoloclub.org

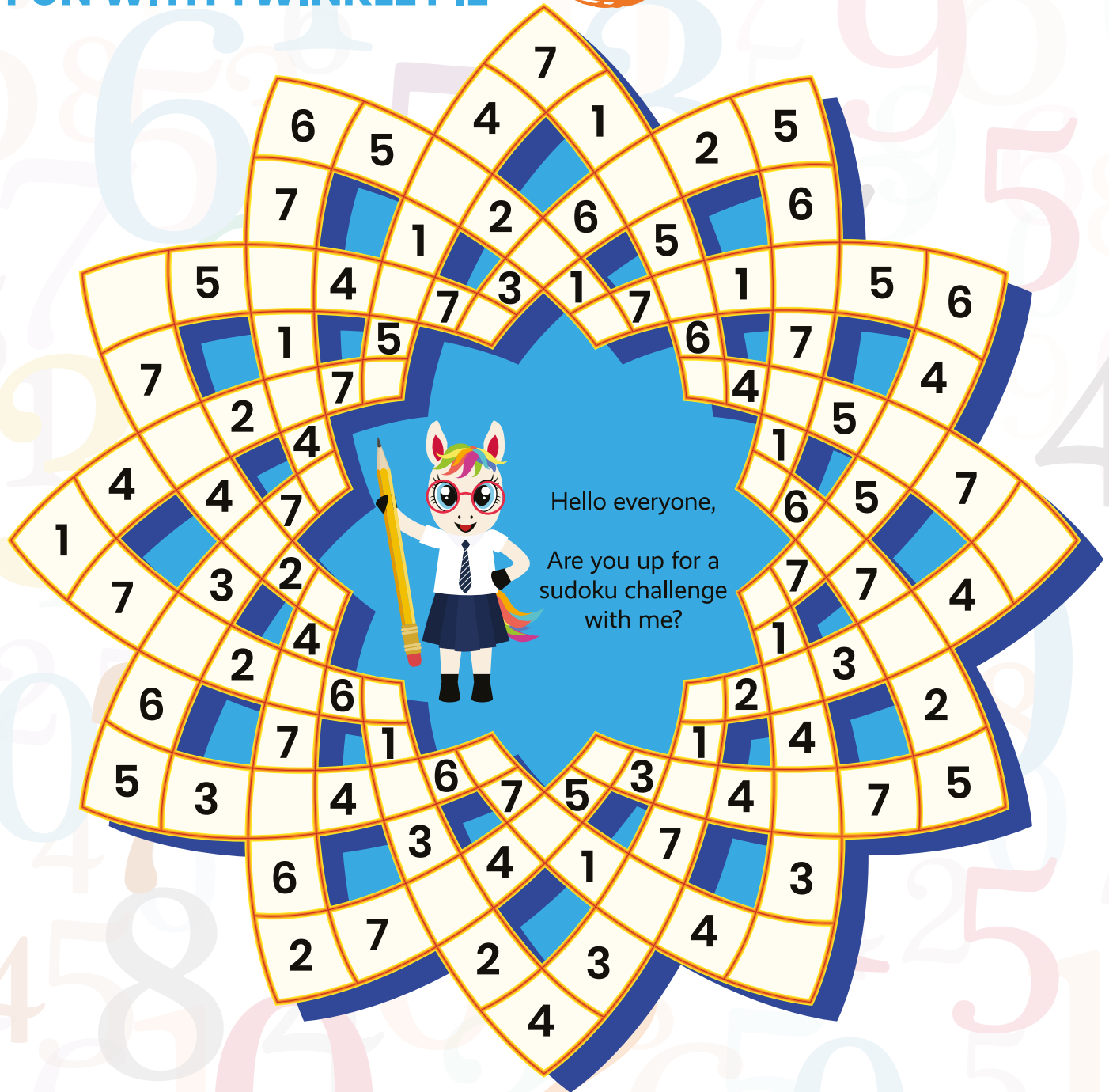
Living The Equestrian Moments





Logic Sudoku Puzzle Game for FUN WITH TWINKLE PIE

Smartest



Write the numbers in empty places so each line have different signs from

1 2 3 4 5 6 7

Stand to win card games that you could play with your family and friends this summer holidays!



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **28 May 2021**. Do remember to include your name, membership number (if applicable), email address and telephone number.

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