

SINGAPORE

ISSUE 03 / 2026

POLO *Club*



SPC Summer Polo League 2026

Inside Team B's (SPC White)
Remarkable Road to Victory

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CSIJ-B Prime Minister Cup 2026,
Kuala Lumpur

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LIFESTYLE

Fitness and Wellness
Programmes at the Club

COSMOPOLITAN POLO



29 AUG

General Admission: \$78 nett per person

- 2 bottles of drinking water
- 1 exclusive SPC branded Memento
- Exclusive access to After-Party

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Established in 1886



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PATRONS

Derek Mitchell
K.C. Loh

COMMITTEE

Rickard Hogberg
President

Ali Reda
Vice President

Asad Jumabhoy
Polo Captain

Stephanie Masefield
Honorary Secretary

Elbert Jacobus Pattijn
Honorary Treasurer

Peggy Yeo
Committee Member

Jane Drummond
Committee Member

Koh Chye Hock
Committee Member

Stijn Welkers
Committee Member

MANAGEMENT

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Events Manager

MPS Rajan
Front Office & Club Rooms
Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications
Manager

Sunny Oh
Polo Administration Manager

Colonel Ravi Rathore
Atoms Lead Polo
Professional

Daniel Sitranen
Riding Academy
Lead Instructor

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

The Polo Bar
6.00pm – 10.30pm (daily)
Closed on Mondays
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 9.45pm)

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

FACILITIES

Gym
7.00am – 9.00pm (weekdays)
8.00am – 8.00pm (weekends)
9.00am – 5.00pm (public holidays)

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
By appointment

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Polo

Riding

Atoms Polo Loft

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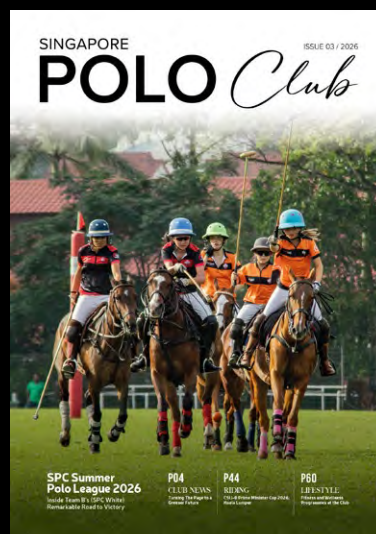
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ON THE COVER



COVER IMAGE

Atoms polo players at a recent tournament

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TURNING THE PAGE TO A GREENER FUTURE

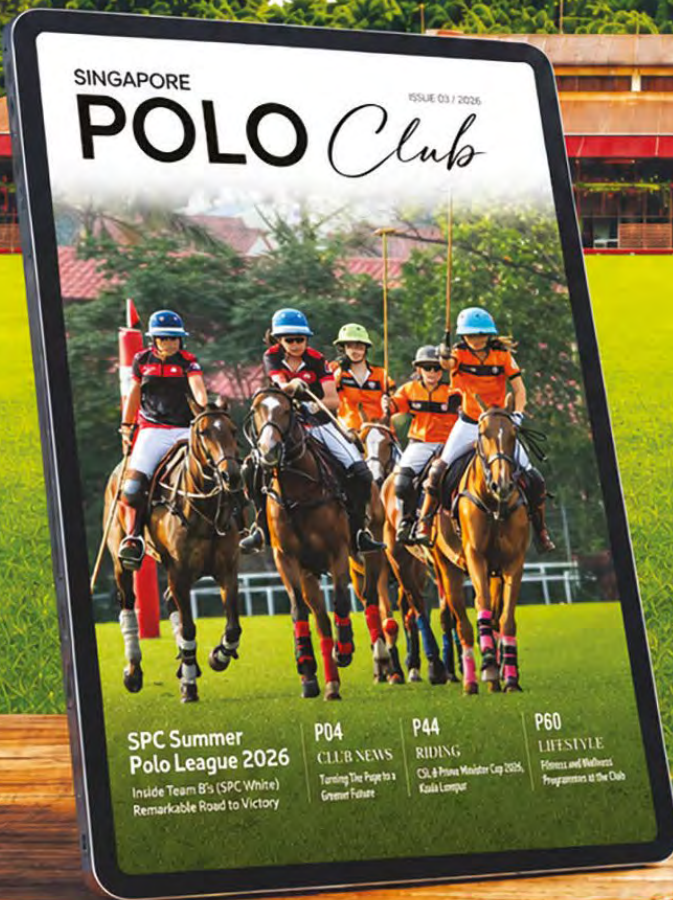
Every small step makes a difference.

At Singapore Polo Club, we're committed to making a positive impact on the environment.

Beginning in 2027, the SPC Club Magazine will go fully digital, marking an exciting new chapter in our sustainability journey.

By transitioning to a paperless publication, we'll reduce paper consumption while making it easier for members to enjoy the magazine anytime, anywhere.

The October–December 2026 issue will be our last printed edition.
Thank you for supporting our commitment to a greener, more sustainable future.



Please scan this QR code to view our magazines digitally



Dear Members,

Time certainly flies, and we are already well into the second half of the year. Our Summer League, held from 6 to 28 June, brought together players from the Atoms Polo Academy and the Club's handicapped players in a structured and competitive tournament. We concluded the league with a wonderful Asado, where delicious food and great company provided the perfect setting to celebrate sportsmanship, camaraderie, and the spirit of our polo community.

The excitement continued with the Atoms Summer Cup 2026 on 4 and 5 July, which saw spirited competition between Team Atoms White and Team Atoms Red. Congratulations to Team Atoms White for emerging victorious, and to Colin Tan, who was deservedly named the tournament's Most Valuable Player.

On 5 July 2026, we also held a productive and engaging Town Hall meeting. The recent Member Survey provided valuable insights into areas where members would like to see improvements. Food & Beverage emerged as the highest priority, followed by the welfare of the Club's polo ponies and Riding Academy horses, enhancements to the Riding Academy, improvements to polo field quality and scheduling, as well as upgrades to Club facilities and social spaces. Please be assured that the Committee and I are committed to addressing these priorities and continuously improving the Club for the benefit of all members.

During the Town Hall, the Committee also presented the Club's proposed long-term digital transformation strategy. This phased roadmap is designed to improve operational efficiency, enhance the member experience, and ultimately develop an integrated, AI-enabled digital platform that will better serve members while streamlining internal operations. We also shared updates on the Club's current position, future plans, and strategic priorities, while members had the opportunity to ask questions and provide valuable feedback.

I also updated members on the Club's management transition following the departure of our General Manager (GM). During this interim period, the Club continues to operate under a streamlined management structure, with a leaner team of Heads of Department and the Committee taking a more active role in overseeing day-to-day operations. The search for a new GM is being led by our Honorary Treasurer, Elbert Pattijn, in collaboration with an executive search firm. As this is a key leadership appointment, the recruitment process is expected to take between three and six months, allowing sufficient time to identify the right candidate and accommodate the successful candidate's notice period.

Looking ahead, the Club will soon host the second edition of Cosmopolitan Polo on 29 August. While our VIP Hospitality Packages have already sold out, General Admission tickets are still available. Be sure to secure yours through SISTIC before they are gone.

In October, I encourage everyone to support the fourth edition of the SPC Outreach Polo Tournament & Carnival, taking place at the Club grounds on 17 October. Bring your family and friends to enjoy the carnival festivities while cheering on the teams competing for the SPC Outreach Polo Tournament trophy. Carnival coupon booklets are now available for purchase at the Reception, Riding Office, Polo Office, and Atoms Polo Loft. Proceeds from coupon sales will benefit our selected charitable beneficiaries and support the meaningful work they do.

This year also marks a truly significant milestone for our Club as we celebrate our 140th year. To commemorate this remarkable achievement, we will be hosting our 140th Anniversary Gala Dinner on 6 November at the newly renovated Carlton Hotel Singapore ballroom. I warmly invite you to gather your family, friends, and fellow members to book a table and join us for what promises to be a memorable evening celebrating our rich heritage and bright future.

As you can see, there is much to look forward to in the months ahead. We remain committed to delivering more activities, improvements, and memorable experiences for our members. Thank you for your continued support as we work together to make our Club an even more vibrant, welcoming, and enjoyable place for everyone. ■

Warm regards,

Rickard Hogberg
President

New Members

APRIL TO JUNE 2026

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

Gong Shengyu
June Tan
Liu Yueting
Neha Wasan
Phan Hui Ming Grace
Shou Yuying
Tap Corine Danielle
Wang Yimeng

TERM

Fan Debby
Fatmawati Hassan Yusof
Jane Louise Morgan
Kumar Vikash
Li Xiaoyuan
Soos Daniel
Tang Kah Sin
Valentini Alessandro
Villedey Madeleine Marle Sophie

REGULAR

Ang Kok Chin
(Hong Guojing)
Ito Taiki
Jessica Kelsall
Lapping Kelly Melissa
Lee Kyoung Ha
Ng Cuili
Ng Sean Cho
Ong Si Yi Louisa
Serene Wee Mei Ling
Shoshana Kathryn Gunasekera
Tian Yilan
Zhao Wenjin

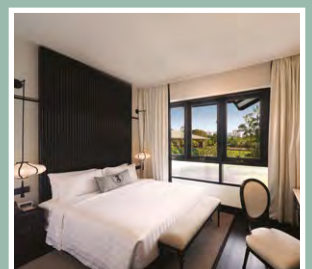
BE A PART OF THE DISTINGUISHED

LIFESTYLE



SIGN UP FOR A COMPLIMENTARY CLUB TOUR

For membership rates and enquiries, email membership@singaporepoloclub.org



SINGAPORE
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Calendar of Events

Polo

29 August

Cosmopolitan Polo

12 to 19 September

SPC Regional Cup
(SEA Games International)

18 to 20 September

SPC Ladies Cup

26 to 27 September

Atoms Ladies Cup

17 October

SPC Outreach Polo
Tournament & Carnival

25 October

Polo Test

Riding

22 to 23 August

SPC Training Show:
Dressage and Showjumping
NEC: Dressage

29 to 30 August

BTSC: Dressage

12 to 13 September

SPC: Showjumping

26 to 27 September

BTSC: FEI JWC C1 & C2

13 to 15 October

Halloween Pony Camp

17 to 18 October

BTSC: Dressage

23 to 25 October

National Dressage
Championships 2026



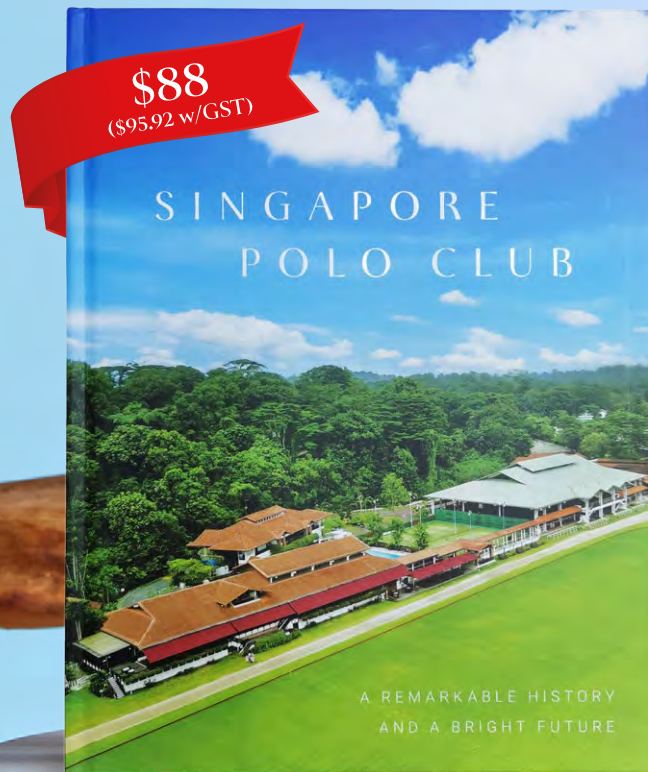


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SINGAPORE POLO CLUB COMMEMORATIVE BOOK

Get your copy to read about the history and milestones of our Club

To purchase a copy, email retail@singaporepoloclub.org





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Committee 2026/2027



Mr Rickard Hogberg
President



Mr Ali Reda
Vice President



Mr Asad Jumabhoy
Polo Captain



Mrs Stephanie Masefield
Honorary Secretary



**Mr Elbert
Jacobus Pattijn**
Honorary Treasurer



Ms Peggy Yeo
Committee Member



Ms Jane Drummond
Committee Member



Mr Koh Chye Hock
Committee Member



Mr Stijn Welkers
Committee Member



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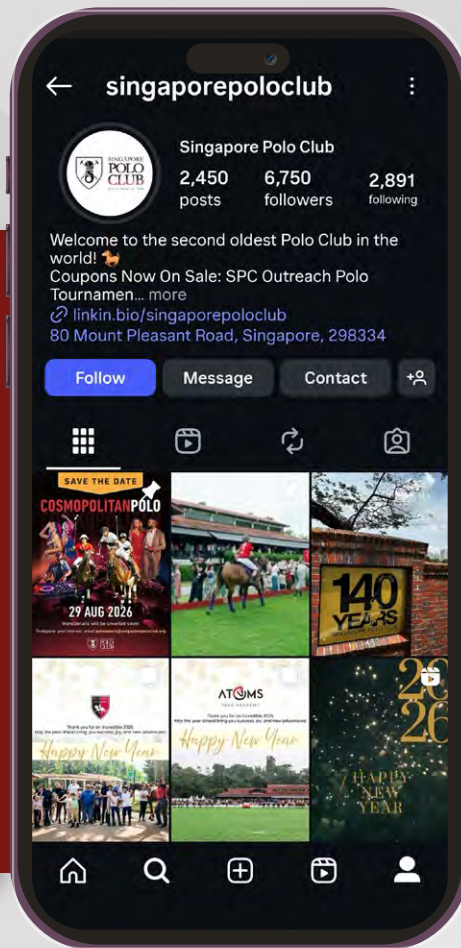
ENGAGE YOUR AUDIENCE THROUGH **OUR ADVERTISING** MEDIUMS

Digital
display
panels

Quarterly
magazines

Bi-weekly
e-newsletter

Social Media,
Posters with
flyers and
more



Contact marketing@singaporepoloclub.org
to view our media rate card and to book a spot.

Hooves & Happiness

Laughter, curiosity and unforgettable moments filled the air as we welcomed children from Sunbeam Place @ Children's Society for a special Outreach session on 17 March. Attendees had a unique opportunity to experience the world of horses in a safe and nurturing environment through our Stable Tour and Horse Interaction package.

The visit began with a guided tour of the stables, where the children were introduced to the daily lives of our beloved horses. From learning about their feeding routines and grooming practices to discovering how they are cared for by our dedicated stable team, every stop along the tour sparked excitement and plenty of questions from our young visitors.

The highlight of the day was undoubtedly the hands-on interaction with the horses. With guidance from our friendly staff and volunteers, the children had the chance to gently pat, groom, feed and shower the horses, creating meaningful connections with these gentle animals.

For many, it was their very first close encounter with a horse and an experience filled with awe, confidence and joyful smiles.

Beyond the fun, the session also encouraged empathy, responsibility and respect for animals. Through these interactions, the children gained a deeper appreciation for the care, patience and trust that form the bond between humans and horses.

At Singapore Polo Club, we believe horses have a remarkable ability to inspire, connect and bring people together. Outreach programmes like these reflect our ongoing commitment to giving back to the community by creating enriching experiences that promote learning, inclusion and emotional well-being through equestrian activities.

We extend our heartfelt appreciation to Sunbeam Place for spending the day with us and look forward to welcoming them back for more memorable adventures at the stables.



Trying their hands at showering and grooming a horse



Feeding CJ, our riding school horse



Our riding school horses, Toby and Bandit receiving plenty of love from the children



Interacting with CJ through gentle pats



SINGAPORE POLO CLUB

OUTREACH



Our annual SPC Outreach Polo Tournament & Carnival is making a comeback with thrilling games, family-friendly activities, delicious food, and plenty of opportunities to give back.

COUPONS ON SALE NOW



Priced at
\$50
per booklet

Now available at Reception, Atoms Polo Loft,
Riding & Polo offices

**OPEN
TO
PUBLIC**

CARNIVAL HIGHLIGHTS

Horse Feeding | Pony Rides | Train Rides
Food & Game Stalls | Lifestyle Bazaar

VIP HOSPITALITY PACKAGES

\$588+ for 4 persons

EMAIL

outreach@singaporepoloclub.org

for coupon purchase and partnership enquiries.

Proceeds go towards our SPC Outreach Funds
and the selected beneficiaries.



SINGAPORE POLO CLUB
OUTREACH

*Meet new
people*

VOLUNTEERS WANTED!

Be a part of something meaningful and make a difference in
our community!

We are looking for enthusiastic volunteers to support our
upcoming SPC Outreach Polo Tournament & Carnival 2026.
Whether you're helping at activity booths, assisting with games,
welcoming guests, or supporting event operations, your
contribution will help make the day a memorable one for all.

EVENT DATE: 17 October 2026

VENUE: Singapore Polo Club
Volunteer Shifts Available

*Give back to
the community*

*Be part of a fun
and rewarding
experience*

OPEN TO MEMBERS ONLY

Join us in bringing smiles, creating
memories, and making an impact.

Register your interest at
outreach@singaporepoloclub.org



SINGAPORE POLO CLUB
OUTREACH

PARTNER *WITH* PURPOSE

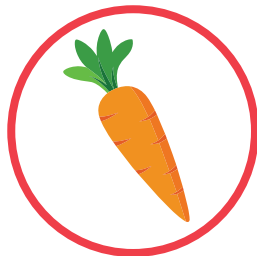
The SPC Outreach Polo Tournament & Carnival is seeking sponsors and partners to help bring this signature community event come to life.



Gain valuable brand exposure while supporting outreach efforts through



Monetary Sponsorship



Product Sponsorship

Carrots for horse feeding, mineral water for guests etc



Game, Activity or Snack Booth sponsorship



Lucky Draw & Prize Sponsorship

For polo tournament and game booths



Showcase your commitment to community engagement and corporate social responsibility while reaching a diverse audience.

Join us in making a difference, one partnership at a time.



Email: marketing@singaporepoloclub.org to find out the various packages available.

Learning Beyond the Classroom

CHIJ Secondary Students Experience Meaningful Stable Visit

We welcomed students from CHIJ Secondary on 25 May 2026 for an enriching Values in Action (VIA) programme at our stables, offering them a unique opportunity to learn beyond the classroom while connecting with nature and animals.

The visit introduced students to the daily operations of a working stable and the responsibilities involved in caring for horses. Guided by our stable team, the students gained firsthand insight into stable management, feeding routines, and the importance of maintaining a safe and clean environment for the horses.

The stable visit also allowed students to better appreciate the dedication and teamwork required behind the scenes in equestrian sports. For many, it was their first close encounter with horses, making the experience both eye-opening and memorable.

The students spent half a day cleaning out the stables, washing the feed buckets and also viewed the stables and facilities such

as the feed room, automated walker and more. They also had the opportunity to interact closely with our friendly Riding Academy horses, sharing gentle pats and learnt how to approach and handle them with care and confidence.

To end off the day at the Club, students gathered in teams at the thoroughfare to decorate their very own horse shoe which they brought home as memento. Mr Rickard Hogberg, Club President thereafter welcomed everyone to the Mountbatten Room and presented certificates to the students.

The Singapore Polo Club is proud to support initiatives that provide young individuals with opportunities for character-building and experiential learning. The Club looks forward to continuing meaningful community engagement programmes that inspire and educate future generations.

To find out more about our programmes, email outreach@singaporepoloclub.org



Students during a safety briefing that was conducted before the commencement of the session



Students trying their hands at mucking out a stable



Replenishing the water bucket



Giving the water and feed buckets a good scrub



The grooming tools are given a good wash down



Students gifted Mr Hogberg with a handcrafted artwork



President, Mr Rickard Hogberg with his welcome speech



Turning horseshoes into works of art

EQUINE ASSISTED PSYCHOTHERAPY

BY CATHY LIVINGSTON

Cathy Livingston, a certified Mental Health Counsellor and Psychotherapist, offers a unique approach to therapy through Equine Assisted Psychotherapy at the Singapore Polo Club. As a certified Equine and Mental Health Professional in Trauma Informed Equine Assisted Psychotherapy, Cathy is involved in the Club's Outreach initiatives and works with clients aged 12 and above who are experiencing anxiety, depression, adjustment issues and the adverse effects of trauma.



Scan to read a
feature on Equine
Assisted Therapy



To learn more about
Cathy's expertise and services,
please visit
www.livingstoncounselling.com



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JUNGLE TRAIL TRAIN RIDE

Come chug along with us

\$10 per person
for one round of fun

All on Board!
Saturdays and Sundays
11am to 11.30am

Book your slot at **6854 3980** or email **riding@singaporepoloclub.org**

Train rides will be cancelled in case of bad weather



Atoms Polo League Season 7

The spirit of competition, sportsmanship, and growth was on full display as Atoms Polo League Season 7 returned to the field from 8 to 19 April, bringing together young riders and aspiring polo players for another exciting chapter in the academy's development programme.

Now in its seventh season, the Atoms Polo League has become a cornerstone of the academy's calendar, providing riders with a valuable platform to apply their skills in a competitive yet supportive environment. More than just a tournament, the league serves as an important stepping stone in a player's polo journey, helping participants gain confidence, develop teamwork, and deepen their understanding of the game.

Throughout the season, players demonstrated remarkable determination and resilience as they navigated closely contested matches.

From strategic plays and well-executed passes to impressive goals and spirited teamwork, every game showcased the progress and dedication of the academy's riders.

As the final chukkas of Season 7 came to a close, the achievements of every participant stood as a testament to their hard work and commitment. Whether stepping onto the field for the first time or building upon previous league experience, each player contributed to a memorable season filled with learning, friendship, and sporting excellence.

With another successful season completed, the future looks bright for the next generation of polo players. The Atoms Polo League continues to provide an invaluable platform for young riders to develop their skills, pursue their passion, and create lasting memories in the sport they love.

SPECIAL MENTIONS

SENIOR DIVISION

Most Valuable Players	Most Promising Players	Hat-Trick Award
Tyler Yi from Pink Tornadoes & Georgie Lowndes - Cox of Black Hawks	Seve Hinds & Rei Itadoko from Black Hawks	Esha Soni from Pink Tornadoes

JUNIOR DIVISION

Most Valuable Player	Most Promising Players
Matt Wilson from Green Gladiators	Maxine Barnett from Blue Daredevils & Andrew Lee from Green Gladiators



Green Gladiators (left) and Pink Tornadoes (right) from the Senior and Junior Division emerged as winners of the Atoms Polo League Season 7



Celebratory champagne spraying by the ladies from Pink Tornadoes



Post match discussions amongst the teams



MATCH HIGHLIGHTS



Parents and guests eagerly focusing on the match

SPC Summer Polo League 2026

The SPC Summer Polo League came to a spectacular close on 28 June as players, members and guests gathered for an exhilarating day of polo, culminating in a lively evening Asado Party that perfectly captured the spirit of camaraderie synonymous with our equestrian community. Over the course of the 3-week league, teams displayed remarkable skill, determination and sportsmanship, treating spectators to fast-paced and closely contested chukkas. Each chukka highlighted the growing depth of talent within the Club, with players demonstrating excellent horsemanship, tactical play and unwavering team spirit.

The Finals lived up to expectations, delivering an exciting showcase of competitive polo with Team SPC Black and Team SPC Red battling for championship honours. With every pass, ride-off and goal, supporters were kept on the edge of their seats, creating an electric atmosphere around the field. Team SPC White, were crowned worthy champions after an outstanding display of teamwork and resilience over the few weeks of the league. Huge shout out to runners-up Team SPC Red and Team SPC Black for a well-earned finish at the finals. Following the prize presentation, the celebrations continued with an unforgettable Asado Party. Members and guests gathered to enjoy a sumptuous Argentinian-style barbecue featuring premium grilled meats, complemented by an evening of music, dance, laughter and great company.

The relaxed setting provided the perfect opportunity for players, families and friends to come together and celebrate another successful polo tournament.

Beyond the competition, the Summer Polo League once again reinforced the Club's commitment to fostering both sporting excellence and a vibrant social community. The league welcomed players of varying handicap levels which also included budding players from Atoms Polo Academy, encouraging friendly competition while strengthening friendships on and off the field.

The Singapore Polo Club extends its heartfelt appreciation to all participating teams, officials and supporters whose dedication and enthusiasm contributed to another memorable edition of the Summer Polo League. Their collective efforts continue to elevate the standard of polo while creating meaningful experiences for everyone involved.

As the sun set on a remarkable season, the Finals and Asado Party served as a fitting celebration of the passion, sportsmanship and fellowship that define polo at the Singapore Polo Club. We congratulate our champions and look forward to welcoming everyone back for another exciting season of thrilling matches, lasting friendships and unforgettable memories.



Celebrating the teamwork and dedication of players at the SPC Summer Polo League 2026

League Standings Table

	Team A SPC Red	Team B SPC White	Team C SPC Black	Win/ Draw/ Lose	Points	Goals Scored	Goals Against	Goals Difference	Order of Merit
Team A SPC Red		4-8 (6 Jun) 4-3 (14 Jun)	6-2 (13 Jun) 7-1 (28 Jun)	LWWW	9	21	14	+7	2 nd
Team B SPC White	8-4 (6 Jun) 3-4 (14 Jun)		6-4 (7 Jun) 5-3 (27 Jun)	WWLW	9	22	15	+7	1 st
Team C SPC Black	2-6 (13 Jun) 1-7 (28 Jun)	4-6 (7 Jun) 3-5 (27 Jun)		LLLL	0	10	24	-14	3 rd

Champions: Team B (SPC White)

2nd Place: Team A (SPC Red) | **3rd Place:** Team C (SPC Black)

Best Playing Pony: **Antonio (owned by SPC and played by Ollie Clark)**

Score of Finals on Sunday, 28 June 2026

Team C (SPC Black) 1 vs Team A (SPC Red) 7

Team C (SPC Black)	
Sanaullah Khan (Captain)	Chua Boon Lai
Purvish Shah	Kim Torgius
Tim Zee	Niamh Gordon

Team A (SPC Red)	
German Llorens (Captain)	Sarah-Jane Clark
Ollie Clark	Josh Miller
Andy Soh	Louisa Cantley

Team B (SPC White)	
Ang Roon Kai	Yee Kai Pin
Ameer Jumabhoy	Nicholas Brocklebank
Ang Ban Tong	Eilidh Drummond
Jane Drummond	Katharina Beckmann
Lucy Maskell Pedersen	

Team C (SPC Black)	
Sanaullah Khan	Chua Boon Lai
Ali Reda	Kim Torgius
Koh Pei Bei	Veer Bajaaj
Emma Gordon	Andrew Lee
Purvish Shah	Niamh Gordon
Tim Zee	



Winners of the league – Team B (SPC White)



Fast paced action amongst Sanaullah Khan and Tim Zee from Team C (SPC Black) and Ang Roon Kai from Team B (SPC White)



Ball throw-in to mark the start of the league's final match



Team C vs Team A in an exciting interception during the finals



Ollie Clark our youngest player in the league displaying precision and speed with a swing



Camaraderie on field



There's no better way to spend the evening than watching polo in a beautiful setting



Members and their guests at the post-polo Asado party

RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
AFRICA	South Africa	Inanda Polo Club	www.inandaclub.co.za
ARGENTINA	Pilar	Pilara	www.pilara.com.ar
AUSTRALIA	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	www.canberraclub.com.au www.sydneypolo.com www.waclub.com.au
CANADA	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	www.ranchmensclub.com www.tcclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	France	Polo Club du Domaine de Chantilly	www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
ITALY	Rome	Roma Polo Club	www.romapoloclub.it
JAPAN	Yokohama	Yokohama Country & Athletic Club	yacac.or.jp/wp
KOREA	Seoul	Seoul Club	www.seoulclub.org
LUXEMBOURG	Luxembourg	Cercle Munster	www.munster.lu
MALAYSIA	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil www.sunway.com.my/club www.royallakeclub.org.my www.berjayajayclubs.com
MEXICO	Mexico City	The University Club of Mexico	www.universityclub.com.mx
PHILIPPINES	Cebu Makati	Cebu Polo Club Manila Polo Club	www.cebupoloclub.com www.manilapolo.com.ph
SRI LANKA	Colombo	Colombo Swimming Club	www.colomboswimmingclub.org
THAILAND	Pattaya	Thai Polo Equestrian Club	www.thai-polo-club.com
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Atoms Summer Cup 2026

The Atoms Summer Cup once again brought together the next generation of polo players for a thrilling showcase of talent, teamwork, and sportsmanship on 4 & 5 July. Over the weekend, budding polo players from Atoms Polo Academy demonstrated remarkable determination and confidence as they competed in closely contested matches. From accurate passes and well-executed plays to exciting goals and strategic teamwork, every chukka reflected the tremendous progress made by the players through their dedication and training.

Beyond the competition, players supported one another both on and off the field, creating an encouraging environment where friendships flourished alongside healthy competition. The tournament also highlighted the invaluable support of fellow players, families and pros whose enthusiasm and

encouragement contributed to the vibrant atmosphere throughout the event. Their unwavering support continues to inspire and motivate our young athletes as they develop both as polo players and individuals.

As the final chukka came to a close, the Atoms Summer Cup concluded on a high note, recognising not only the winning teams but every participant who embraced the challenge with passion, perseverance, and exemplary sportsmanship.

The Singapore Polo Club extends its congratulations to all players for their outstanding performances and sincere appreciation to the tournament officials whose dedication made the tournament a memorable success. We look forward to seeing these promising young athletes continue to grow and shine in future competitions.



A perfect wrap to the Atoms Summer Cup

Winner:
Atoms White

Runners Up:
Atoms Red

Best Playing Pony:
Luz ridden by Louisa Cantley of Atoms White

Most Valuable Player: Colin Tan of Atoms White

Most Promising Players:
Tyler Yi of Atoms White & Peter Phan of Atoms Red

Atoms White

Tyler Yi
Colin Tan
Marion Wee
Louisa Cantley

Atoms Red

Ash Khan
Peter Phan
Laura Zhao
Amanda Williams



SPC's Vice-President, Mr Ali Reda with the teams



Mr Ali Reda with a ball throw-in to start the match



Winners Atoms White with President, Mr Rickard Hogberg



Mr Rickard Hogberg and Mr Ali Reda with the teams of the Atoms Summer Cup



Great competitive play between both teams



Luz ridden by Louisa Cantley of Atoms White was awarded Best Playing Pony of the tournament
Accompanying them are President, Mr Rickard Hogberg and Vice-President, Mr Ali Reda



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A Bond Beyond the Game

Polo is more than just a sport - it is a journey built on trust, teamwork, and unforgettable moments. For Louisa Cantley and Seve Hinds (mother-and-son) duo, the polo field has become a place where family bonds grow stronger alongside their love for horses. In this exclusive interview, they share how the sport has shaped their relationship and the joy of supporting one another both in and out of the saddle.

ABOUT LOUISA, SEVE AND SPC

Tell us about yourself, your 9-year-old son, Seve and your family.

We are a multinational family with roots in Australia, England and Hong Kong. My husband, Sam, and I have two children, Seve (9) and Aria (4). Sam is a keen golfer, and Seve is named after the legendary Spanish golfer, Seve Ballesteros. As a family, we love being outdoors, travelling and spending time together through sport.

How did the both of you get involved with SPC and the Atoms Polo Academy?

We live just minutes from Singapore Polo Club, so I decided to get back into riding at Atoms Polo Academy and soon encouraged Seve to try polo too. At just six years old, he found polo physically challenging, but after a summer of riding lessons in England, he returned with much more confidence. I'm hoping one day Sam will swap his golf clubs for a polo mallet - he has a great swing on the wooden horse!

Was it a challenge to fit Polo into your family's schedule for work, school etc?

In many countries, polo clubs are quite a drive from the nearest city. With horses, the gym, pool and dining all in one place, it's easy to make a morning of it and fit polo into our family's lifestyle.

Weekends are also spent at the Club, and some holidays revolve around polo too. When Sam travels for golf, I'll join him if there's a polo club nearby; his golf travel bag conveniently fits my mallets too!

How does Seve balance school and polo lessons?

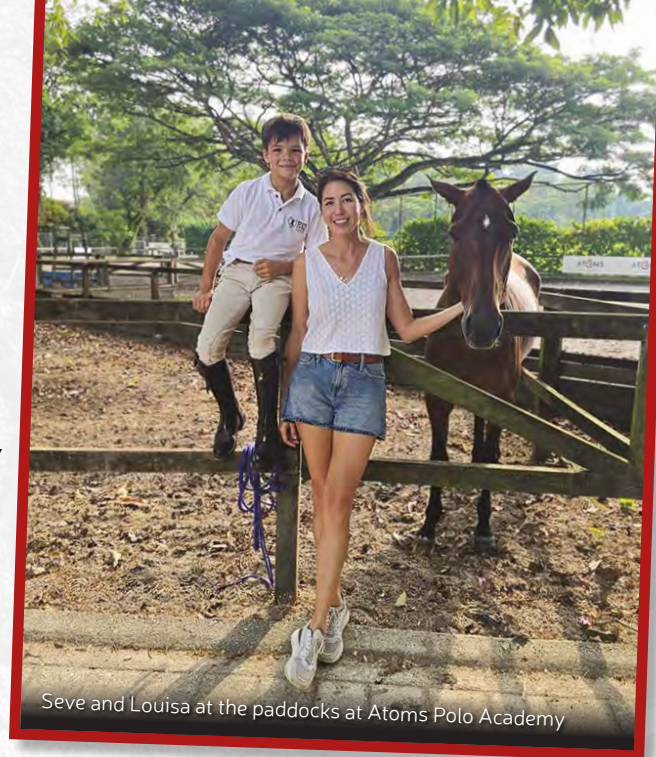
I should say that "school always comes first", but as a family we also place a lot of value on life experiences and the discipline that sport can give young people.

Balancing so much polo with school takes good scheduling! Recently, Seve had an especially busy time, riding two horses across six training slots each week, among his other activities. Thankfully the very efficient team at the Atoms Polo Academy worked it all out for us with ease.

What is a typical day like for you and Seve?

Most mornings, you'll find me either playing in a polo group or caring for two horses owned by one of our retired polo members.

Seve loves his polo days and often goes straight from polo to swimming, golf, skateboarding or a piano lesson, all by his own choice. If you spot a boy carrying chickens around the yard or e-wheeling across the field until after sunset, it's probably Seve! He makes the most of every minute at the Club.



Seve and Louisa at the paddocks at Atoms Polo Academy

How has polo enabled you to grow both physically and mentally together as a family?

Polo has given us a challenge to share, but more importantly it's given us something we genuinely enjoy doing together. Watching Seve grow has been especially rewarding. He often knows exactly what he wants to do on the field before he's physically able to do it, so it's been wonderful to see his strength gradually catch up with his ambition.

Looking back, I think we've both become more patient and more appreciative of the journey than the result. Sharing the sport and playing overseas together has given us time that we probably wouldn't otherwise have had, and that's become one of the best parts of polo.



Cantley-Hinds Family



Seve, Aria and Louisa interacting with a polo foal at Sotogrande in Spain

ABOUT THEIR EQUESTRIAN JOURNEY

Have you tried riding? If yes, which discipline suits the family more?

I never had riding lessons, and instead trained in classical ballet at Legat, where horse riding was discouraged. However, during the school summer holidays in England, I'd go hacking across the moors in Devon and gradually learnt through experience.

Do you have any polo playing experience overseas? What is the difference in playing polo here compared to overseas?

Yes! We've played polo in Thailand, South Africa, England, Scotland, Spain and Canada.

In Spain, I was in awe of the beautiful Mediterranean landscape, and the horses I rode were impeccably trained. Everyone was relaxed, welcoming and inclusive. Sam and I loved the region so much that we're now building a house in Sotogrande. In Canada, the climate creates a very different experience, with mornings sometimes so cold that you have to wait until late morning for the ground to warm up. Arena polo is also a much bigger part of the season there.

From Seve's perspective, the horses in England can be very fast but are often easy to control. He also loves playing in the e-wheel matches at the polo tournaments.

Playing overseas has given us wonderful experiences, but it has also made us appreciate the long grass season and facilities we have here in Singapore.

Tell us about your favourite horse at the Academy.

I am fond of many of the Club's horses! I learnt to play on little Fletcha, so I have a soft spot for him, though I don't ride him anymore. As we become better players, our requirements change and we need to change horses to suit our needs, not expect the horses to change for us.

My favourite horses to ride now are Hornos Luz and Moraleja because they're responsive and always seem happy to be out on the field.

Seve's current favourites are speedy Kenia, and his steady good boy, Super A.

Do you have any equestrian or polo goals for yourself and Seve?

Seve would like to be good enough to play as a pro. My goal is to keep having fun with like-minded players, and as Seve gets older, to be able to play together more regularly. Maybe Aria and Sam will join us one day.



Louisa and Maica at the Atoms Summer Cup



Seve and Luz at a chukka

ABOUT ATOMS POLO ACADEMY

What do you like about Atoms?

One of the nicest parts of Atoms has been the friendships. After lessons and chukkas, we'll often stay for a chat over coffee or cocktails, and Seve will hang out with the kids he plays polo with.

Who do you train under and what is the one thing that you like about your instructor?

We both train with all of the instructors on a regular basis, and each has their own style.

Colonel Ravi is brilliant at pushing you to improve, while keeping everyone smiling. Some of my favourite one-liners of his have been telling someone they "could go to jail for that foul," or that they were "riding around like a spectator!"

Sani brings such fun energy, often playing alongside us, and encouraging confident riding.

German is our newest instructor, and we appreciate his thoughtful approach to horsemanship and riding. His Argentine perspective has added another dimension to Atoms.



Luz was awarded the Best Playing Pony at the Atoms Summer Cup



Seve, second from right at the Atoms Polo League Season 7

ABOUT ATOMS POLO LEAGUE/ TOURNAMENTS

Louisa, you were part of our SPC Summer Polo League. How was the experience?

Playing in the SPC Summer League 2026 as part of German's team was a fantastic experience. His clear guidance before and during the chukkas helped bring out the best in all of us.

Seve played in Atoms League Season 7, his first field tournament, where he was thrilled to receive an award for Most Promising Player. He loved the opportunity to play alongside the older Atoms Elite players and has really appreciated how welcoming and inclusive they've been. We think that's a wonderful reflection of the Atoms community.

How do you prepare for the tournaments and de-stress once it is over?

I prepare by getting a good night's sleep, staying well hydrated and focusing on what I can control - getting the best out of the horses I'll be playing on, and contributing to the team. That helps me stay positive and think clearly. Afterwards, I enjoy relaxing with a cold drink and catching up with everyone at the Clubhouse.

Are there any fond memories that you share of the various tournaments? Please share them with us.

Some of my favourite tournament memories aren't actually from tournaments I've played in, but from watching the Groom's Cup. The grooms work incredibly hard throughout the year. Seeing them get the chance to compete themselves is something really special. It's one of the annual events I look forward to most.

Often described as “horse ballet,” dressage is a true testament to the partnership between horse and rider. Every movement, transition, and stride reflects countless hours of training, trust, and communication.

Our riders from SPC Riding Academy participated in Bukit Timah Saddle Club's Dressage Show held on 7 and 8 March 2026 and NEC's Dressage Show held on 28 and 29 March 2026.

Congratulations to our winners who aced through the various categories.

Silaturahim Dressage Show

CLASS 3: EA MEDIUM 4.2

1st place:

Lise-Anne Dunn and Let's Be Special with 64.86%

2nd place:

Averell Zee and Lor Duende with 61.08%

CLASS 11: FEI YOUTH TEST

2nd place:

Averell Zee and Lor Duende with 65.050%

CLASS 9: FEI SENIOR II

1st place:

Lise-Anne Dunn and Let's Be Special with 65.303%

NEC Dressage Show

CLASS 2: EA ADVANCED 5.1 (EFFECTIVE 2023)

1st place:

Katherine Braha and Lizar JM with 70.135%

CLASS 4: EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:

Maira Dahiya and Lady Wanda Sollenburg with 65.714%

CLASS 5: EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Sarah Ingham and Ivy Coast Uptons Cosby with 40.0%

2nd place:

Alessandro Caldana and A Touch of Sportsfield with 62.115%

3rd place:

Laxman Deepak Vaidya and Alica with 59.808%



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* Fees includes a SPC T-Shirt and course materials.

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SPC Riding Academy Riders Shine at BTSC Jump Show

Riders from SPC Riding Academy delivered an outstanding performance at the recent BTSC Jump Show, securing top placings across multiple classes and showcased the dedication, skill, and sportsmanship that define the Club's equestrian community.

Held over an exciting weekend, the event on 11 and 12 April 2026 brought together talented horse-and-rider combinations from various riding clubs, providing a platform for riders to demonstrate their training, precision, and partnership in the showjumping arena. Competing against strong fields, SPC riders rose to the challenge with confidence and determination, earning impressive results and bringing home a collection of top honours. Congratulations to all winners and participants.

RESULTS

CLASS 1: 90CM TWO PHASE SPECIAL ART #222.2.3

3rd place:

Sophie Grotowski and Camaro Xtreme

4th place:

Lucy Bennett-Baggs and Destiny

5th place:

Nicola Hammond and San Salvador

CLASS 2: 100CM TWO PHASE SPECIAL ART #222.2.3

1st place:

Nicola Hammond and Khalessi D.H.U

2nd place:

Elly Poh and Raspoetin T

CLASS 4: 120CM TWO PHASE SPECIAL ART #222.2.3

1st place:

Yasmine Bonehill and Fontrice

CLASS 9: 80CM ACCUMULATOR ART #229 NOT AGAINST THE CLOCK

1st place:

Julian Clark and San Salvador

CLASS 11: 100CM ONE ROUND WITH JUMP OFF ART #220.1.2

1st place:

Nicola Hammond and Khalessi D.H.U

5th place:

Lucy Bennett-Baggs and Destiny

CLASS 12: 110CM ONE ROUND WITH JUMP OFF ART #220.1.2

1st place:

Elly Poh and Raspoetin T

CLASS 13: 120CM ONE ROUND WITH JUMP OFF ART #220.1.2

1st place:

Yasmine Bonehill and Fontrice



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SPC's April Inter-Club

The SPC Riding Academy Interclub Dressage Show on 18 and 19 April brought together riders of all ages and experience levels for a rewarding day of competition and horsemanship. Showcasing months of dedication and training, riders demonstrated confidence and precision with their horses as they performed their dressage tests.

Our sincere thanks to our guest judge, Nico Pelealu, for his time and expertise and for joining us on the first day. Congratulations to all riders for their outstanding performances across all categories.



Featuring some of our Champions from across the different categories



Smiles all around, our riders with our riding instructors and judge, Mr Nico Pelealu



RESULTS: SATURDAY, 18 APRIL

FEI PRIX ST. GEORGE (EDITION 2009 – UPDATE 2022)

1st place:

Raine Tay and Don Remiro with 64.559%

FEI GRAND PRIX (EDITION 2009 – UPDATE 2026)

1st place:

Katherine Desbaillets and Discovery with 67.500%

EA ADVANCED 5.1 (EFFECTIVE 2023)

1st place:

Lise-Anne Dunn and Let's Be Special M with 70.541%

EA MEDIUM 4.1 (EFFECTIVE 2023)

1st place:

Ay Wen Lie and Gaudi with 64.445%

2nd place:

Maira Dahiya and Lady Wanda Sollenburg with 62.500%

EA ELEMENTARY 3.1 (EFFECTIVE 2023)

1st place:

Julian Clark and San Salvador with 69.857%

2nd place:

Clara Kong and Neque III with 66.857%

EA PRELIMINARY 1.1 (EFFECTIVE 2023) (OPEN)

1st place:

Celyne Beverly Khiezt and Swag with 67.400%

EA PREPARATORY 1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIORS)

1st place:

Helena Truman and Pio with 68.000%

2nd place:

Marcel Ian Teo and Catharina with 67.000%

3rd place:

Sophie Tiong Jia Xin and Toby with 63.000%

4th place:

Olivia Squillante and Bubble with 61.667%

5th place:

Yang Jing Faye and Shadow with 59.667%

EA PREPARATORY 1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIORS)

1st place:

Lara Kozan and Kaluna with 68.000%

1st place:

Cici McCalman and Venice with 68.000%

2nd place:

Cici McCalman and Kaluna with 68.000%

3rd place:

Maya Herbert and McKenny with 67.333%

4th place:

Michaela Harris and Venice with 66.667%

5th place:

Michaela Harris and Halifax with 66.333%

RESULTS: SUNDAY, 19 APRIL

FEI INTERMEDIATE I (EDITION 2009 – UPDATE 2022)

1st place:

Katherine Desbaillets and Equator with 68.824%

FEI SENIOR II (EDITION 2009 – UPDATE 2026)

1st place:

Lise – Anne Dunn and Let's Be Special M with 69.394%

2nd place:

Raine Tay and Don Remiro with 66.167%

EA MEDIUM 4.3 (EFFECTIVE 2023)

1st place:

Ay Wen Lie and Gaudi with 67.051%

EA ELEMENTARY 3.3 (EFFECTIVE 2023)

1st place:

Julian Clark and San Salvador with 65.122%

2nd place:

Maira Dahiya and Lady Wanda Sollenburg with 63.049%

EA NOVICE 2.3 (EFFECTIVE 2023)

1st place:

Yasmine Bonehill and Fontrice with 67.429%

EA PRELIMINARY 1.3 (EFFECTIVE 2023)

1st place:

Lynn Chen and Kaluna with 69.167%

2nd place:

Hannah Hui and Marmisch with 67.917%

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIOR)

1st place:

Anna Srom and Magic Coco with 65.600%

2nd place:

Kiran Joni Prasad and Orchid's Hero with 63.000%

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (SENIOR)

1st place:

Sienna Renard and Caramelito with 68.400%

2nd place:

Clara Boaventura and Magic Coco with 64.000%

3rd place:

Ayla Bower and Shadow with 63.600%

4th place:

Morgan Tay Jing Ling and Shadow with 63.200%



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ONE STEP CLOSER TO PERFECTION



National Jumping Championships

The National Jumping Championship from 5 to 7 June brought together some of the country's finest horse-and-rider combinations for a thrilling display of athleticism, precision, and determination.

Held at Bukit Timah Saddle Club over a few days of exciting competition, the Championship served as a premier platform for riders to demonstrate their skills and compete for top honours across a range of classes.

Spectators were treated to impressive performances as competitors navigated challenging courses designed to test accuracy, speed, and partnership. From emerging young talents to experienced riders, participants showcased the dedication and countless hours of training required to excel in the demanding sport of showjumping.

The Championship highlighted the importance of the unique bond between horse and rider, with successful rounds reflecting trust, communication, and teamwork. Clear rounds and competitive jump-offs kept audiences engaged, while riders displayed remarkable composure and sportsmanship throughout the event.



Beyond the competition arena, the Championship fostered a strong sense of community among riders, trainers, officials, and supporters. The event celebrated not only sporting achievement but also the passion and commitment that continue to drive the growth of equestrian sport.

Congratulations to all competitors, medallists, and organisers for making the National Jumping Championship a memorable success. The event once again demonstrated the high standard of showjumping in Singapore and inspired riders to continue striving for excellence in future competitions.

RESULTS:

DAY 1

100CM SPEED ROUND ART 225 TABLE C

1st place:

Nicola Hammond & Khaleesi DHU

2nd place:

Sophie Grotowski & Camaro Xtreme

110CM SPEED ROUND ART 225 TABLE C

3rd place:

Elly Poh & Raspoetin T

DAY 2

100CM ONE ROUND WITH JUMP OFF ART 220.1.2

1st place:

Nicola Hammond & Khaleesi DHU

110CM ONE ROUND WITH JUMP OFF ART 220.1.2

1st place:

Yasmine Bonehill & Fontrice

3rd place:

Elly Poh & Raspoetin T

DAY 3

100CM TWO ROUNDS ART 221.3.3.2

1st place:

Nicola Hammond & Khaleesi DHU

110CM TWO ROUNDS ART 221.3.2

2nd place:

Elly Poh & Raspoetin T

120CM TWO ROUNDS ART 221.3.2

1st place:

Yasmine Bonehill & Fontrice

OVERALL CHAMPIONSHIP

100CM CHAMPIONSHIP

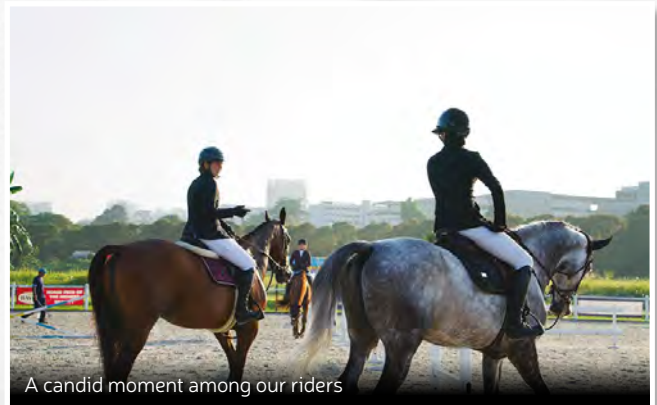
1st place:

Nicola Hammond & Khaleesi DHU

110CM CHAMPIONSHIP

2nd place:

Elly Poh & Raspoetin T



Summer Pony Camp 2026

A holiday of adventure, learning and forging new friendships

Summer holidays came alive at the Club as our little campers enjoyed a fun-filled experience at our 3-day Summer Pony Camp held from 23 to 25 June 2026. Filled with hands-on activities, new discoveries, and plenty of time in the saddle, the camp offered young participants the perfect introduction to the wonderful world of horses.

Throughout the camp, children gained confidence through daily riding lessons while learning the fundamentals of horsemanship in a fun, safe, and supportive environment. Beyond riding, they discovered the importance of horse care by taking part in grooming sessions, stable management, and interactive educational activities that deepened their understanding of these remarkable animals.

The camp also featured a variety of engaging games, team-building challenges, and creative activities, encouraging campers to build friendships, develop communication skills, and work together. Every day brought new adventures, ensuring there was never a dull moment.

For many participants, the highlight of the camp was heading out on a leisurely jungle trail and forming a

special bond with their pony. Whether it was leading their pony through an obstacle course, learning how to groom and care for them, or celebrating personal achievements during riding sessions, each child left with treasured memories and a newfound appreciation for equestrian life.

More than just a holiday programme, the Summer Pony Camp nurtured confidence, responsibility, resilience, and respect - values that extend well beyond the riding arena. It provided children with the opportunity to step outside their comfort zones, embrace new experiences, and grow both as riders and individuals.

A huge shoutout to the dedicated Riding Academy instructors, grooms and volunteers whose passion and commitment made the camp such a rewarding experience. We also thank the parents for their continued support and look forward to welcoming both familiar and new faces back for another exciting Pony Camp in the future.

Contact atoms@singaporepoloclub.org or riding@singaporepoloclub.org to register for the upcoming camps at the academies.





Participants were presented with a certificate at the end of the camp



A fun jungle trail ride around the club



Happy campers during their jungle trail ride led by grooms and volunteers

CSIJ-B Prime Minister Cup 2026, Kuala Lumpur

The Singapore Polo Club and SPC Riding Academy are proud to celebrate the outstanding achievement of rider Yasmine Isabelle Bonehill, who represented Singapore at the prestigious CSIJ-B Prime Minister Cup 2026 in Kuala Lumpur, Malaysia from 24 to 26 July.

Competing against 17 junior riders from 14 countries and regions across Asia, Yasmine delivered a confident and composed performance under the guidance of riding instructor, Nicola Hammond.

Yasmine opened the competition on 25 July with an impressive podium finish, placing 3rd in the CSIJ-B Borrowed Horse (90–100cm) class on Jalisco. Riding a borrowed horse, she produced a polished clear round to secure her place among the competition's top performers.

Building on that strong start, Yasmine returned to the arena on 26 July for the CSIJ-B 100cm class, once again partnered with Jalisco. She finished in the 8th place after an admirable round in a highly competitive international field.

Representing Singapore on the international stage is a remarkable achievement, and Yasmine's performance reflects her commitment, resilience and passion for the sport.

We congratulate Yasmine and Nicola Hammond on this memorable campaign and look forward to watching Yasmine continue to excel as she reaches new milestones in her equestrian journey.



Yasmine and Jalisco with riding instructor, Nicola Hammond



Yasmine with junior riders from countries and regions across Asia



Pony CAMP



Keep a look out for more
details coming your way

Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy.
Great for kids 6 years old & above.

New Liveries

The Club is delighted to welcome our newest liveries and their owners to our growing equestrian community.

Bringing a horse to the Club is more than choosing a place to stable, it is becoming part of a close-knit community united by a shared passion for horses and equestrian sports. Whether pursuing polo, dressage, showjumping, or leisurely riding, our liveries enjoy access to quality facilities, dedicated care, and a supportive environment where both horse and rider can thrive.

Danielle Barratt and Titan De La B

Danielle is very proud to introduce her newest addition of her family 'Titan De La B' (aka 'TEETAN' as the Spanish would say). Titan arrived just over 6 weeks ago and is settling in very well at the Club. Titan is a 6-year-old Spanish PRE and a horse of many talents – Danielle and her daughter are aiming for fun times ahead in dressage, as mother and daughter 'battle it out' for saddle time. Titan is a horse that has a presence, is kind, gentle and loves lots of cuddles. Currently developing his dressage skills, with the long-term goal of PSG level, the family look forward to many wonderful adventures with their new buddy.



Gina Lim and Opalo

At six years old, Opalo has already woven himself into the hearts of everyone he meets - both horse and human. He just has this effortless, magnetic energy. Gina and Opalo are right at the beginning of finding their rhythm, with so much to learn and discover. They are both looking forward to their fun-filled journey together.



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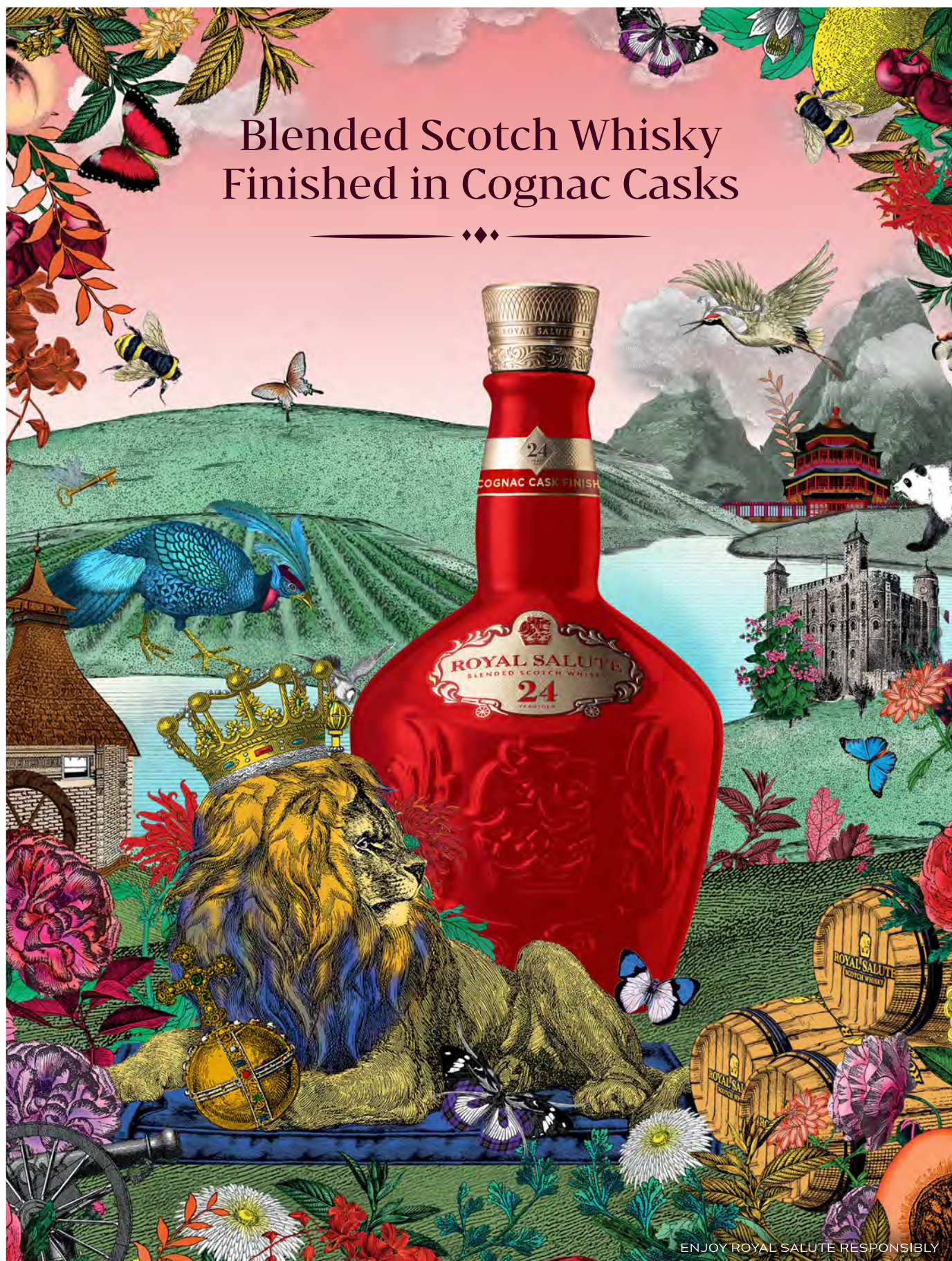
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How to Avoid Blindness Caused by High Myopia

SINGAPORE HAS ONE OF THE HIGHEST RATES OF MYOPIA (SHORT-SIGHTEDNESS) IN THE WORLD.

About 10% of Primary 1 students, 60% of Primary 6 students and 80% of 18-year-olds are myopic.

By early adulthood, up to 80% of Singaporeans may be myopic, with around 15–20% developing high myopia. (i.e. with myopia greater than -6 diopters or above 600 degrees).

WHY HIGH MYOPIA CAN LEAD TO BLINDNESS

"The retina is a thin, light-sensitive layer of tissue found at the back of the eyeball. It functions like a camera film by converting light into nerve signals, which the brain processes as the images you see," explained Clinical Associate Professor Andrew Tsai, Senior Consultant from the Surgical Retina Department at Singapore National Eye Centre (SNEC), a member of the SingHealth group.

"In people with myopia, their eyeballs become stretched or what eye experts call an increase in axial length. Over time and especially with severe or high myopia of over -6.00 diopters or 600 degrees, the stretching can cause small, painless tears or holes in the retina."

Clinical Associate Professor
Andrew Tsai,
Senior Consultant from
the Surgical Retina Department
at Singapore National Eye Centre (SNEC),
a member of the SingHealth group.

High myopia increases risk of sight-threatening diseases such as glaucoma, cataract, retinal tears and retinal detachment, and myopic macular degeneration.

When the naturally occurring gel in the eyeball (also known as the vitreous humour) gets behind the tears or holes in the retina (retinal tear), it can push the retina away from the back of the eye.

This form of retinal detachment called rhegmatogenous retinal detachment, is the most commonly seen in patients, said Clin Assoc Prof Tsai.

The incidence of retinal detachment in Singapore is approximately 10 cases per 100,000 people every year.

Retinal detachment most commonly occurs in people over the age of 50, with the highest risk between ages 40 and 70.

Other risk factors for retinal detachment include having:

- Retinal detachment in one eye previously
- Myopia
- Family history of retinal detachment
- Recent eye surgery (e.g. cataract surgery)
- Sustained eye injuries or trauma

Severe myopia tops the list for causing retinal detachment. In fact, those with high myopia are **five to six times more likely***¹ to develop retinal detachment than those with low myopia.

High myopia is also associated with a higher risk of **glaucoma, a disease that damages the optic nerve and may occur with or without raised eye pressure.**

Similarly, risk of myopic macular degeneration and cataract rises sharply with age and increasing myopia.

WARNING SIGNS OF RETINAL DETACHMENT

Floaters and flashes in the eye are usually the initial symptoms for retinal detachment.

"Floaters are dots or lines that you may see moving or floating in your field of vision. New-onset floaters or an increase in floaters are of concern. Flashes are the sensation of flashing lights or lightning streaks in your field of vision.

The appearance of a "curtain" or dark shadow blocking part of or your entire field of vision is another concerning symptom," explained Clin Assoc Prof Tsai.

WHY IS RETINAL DETACHMENT AN EMERGENCY?

Retinal detachment can cause permanent blindness if not treated immediately.

According to Clin Assoc Prof Tsai, if the macula (an area that serves central vision) is still attached, surgery should ideally be performed within 24 to 72 hours to preserve vision.

"Visual recovery depends on how long the macula has been detached; earlier repair gives better outcomes," he said.



WAYS TO LOWER RISK OF BLINDNESS FROM HIGH MYOPIA

Get comprehensive eye exams annually

Eye exams protect eye health. Those with high myopia should go for annual dilated retinal examinations, which is the best way to detect retinal tears early.

While Optical Coherence Tomography (OCT) can help to monitor the macula for myopic degeneration and traction-related complications.

Control myopia progression early

For children and young adults, myopia control interventions can slow eyeball elongation.

These include:

- **Atropine eye drops:** Low-dose atropine can effectively slow myopia progression.
- **Specialty contacts:** Orthokeratology (Ortho-K) lenses worn overnight or dual-focus soft contact lenses can slow progression.
- **Specialty glasses:** Peripheral defocus management spectacle lenses can better slow progression compared to standard lenses.

Make lifestyle modifications

- **Increase outdoor time:** Aim for at least 2 hours of outdoor time daily to reduce progression.
- **Follow the 20-20-20 rule:** For every 20 minutes of near work, look at something 20 feet away (6 metres) for 20 seconds.
- **Avoid eye trauma:** Use protective sports or workplace eyewear such as safety goggles to protect your eyes.

Monitor for symptoms and report vision changes immediately

Consult an ophthalmologist immediately when experiencing vision changes such floaters, flashes of light, or a curtain-like shadow in vision. These can be early signs of retinal tears or detachment.





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Enhance Sports Performance Through Agility Training

Agility is a crucial skill in many sports, enabling athletes to change direction quickly and respond to dynamic situations. In sports like soccer, basketball, and rugby, agility enhances performance by allowing players to maneuver past opponents, make fast decisions, and maintain control during gameplay. This article explores how and why it is essential for athletes.

Key Takeaways

- Agility in sports is a blend of cognitive and physical skills, essential for adapting to dynamic gameplay and enhancing performance.
- Agility significantly impacts team sports by allowing players to evade defenders, maintain possession, and create scoring opportunities.
- Effective agility training includes sport-specific drills, strength conditioning, and assessments to improve athletes' reaction times and decision-making skills.

Defining Agility in Sports

Agility is characterized by rapid whole-body movements that adapt to changing stimuli during gameplay. True agility blends cognitive responses with physical qualities and movements, setting it apart from mere change-of-direction speed. In sports, integrating cognitive and physical components is vital as agility involves movement, and athletes must adapt to dynamic environments, which is a key focus in human kinetics.

Importance of Agility in Team Sports

In team sports, agility allows attackers to evade defenders and maintain possession, enhancing scoring potential for the attacking team. Defenders rely on agility and defensive agility to anticipate and react quickly to attackers, preventing scoring opportunities. Defending agility while switching seamlessly between offensive and defensive roles is crucial for team sports success.

In critical game moments, like transitioning between attack and defense or adjusting to an inaccurate pass, agility can be decisive. Superior agility allows players to outmaneuver opponents, create scoring opportunities, and disrupt opposing strategies. Dynamic movements keep the game exciting and unpredictable, showcasing attacking agility.

Cognitive Factors in Agility

Athletes with superior anticipatory skills can start agility maneuvers before opponents complete their actions, gaining a strategic advantage. Higher-level players react quickly through anticipation, highlighting the importance of cognitive factors and physical and cognitive factors in agility. Decision-making in agility is influenced by an athlete's awareness of other players' positions and movements.

Agility is a multifaceted skill that combines physical movements with cognitive responses, making it essential for success in many sports. Effective agility training involves a combination of drills, strength, and conditioning exercises tailored to the specific demands of the sport. Assessing agility performance through various tests helps identify areas for improvement, while cognitive factors play a crucial role in an athlete's overall agility.

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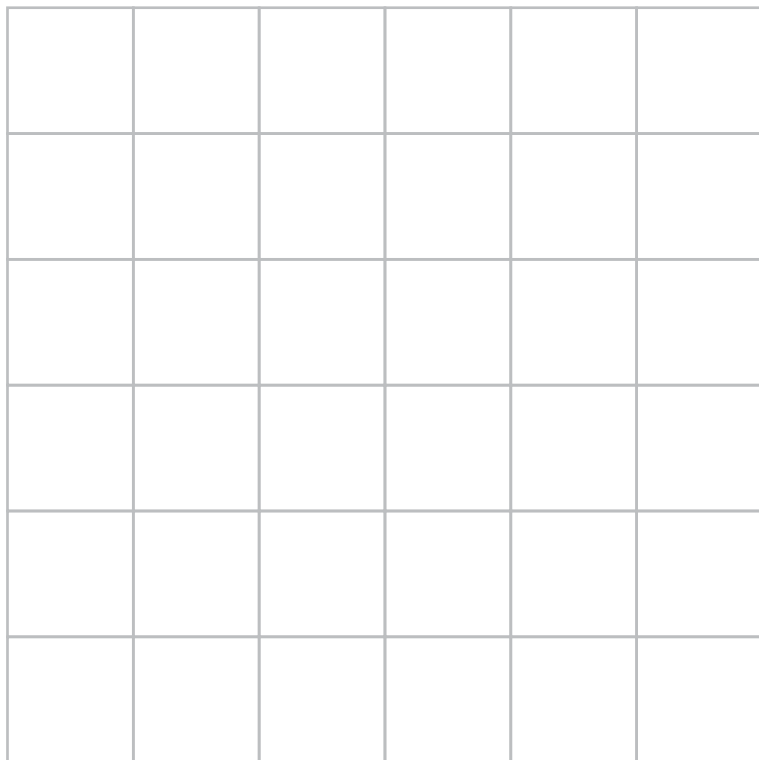
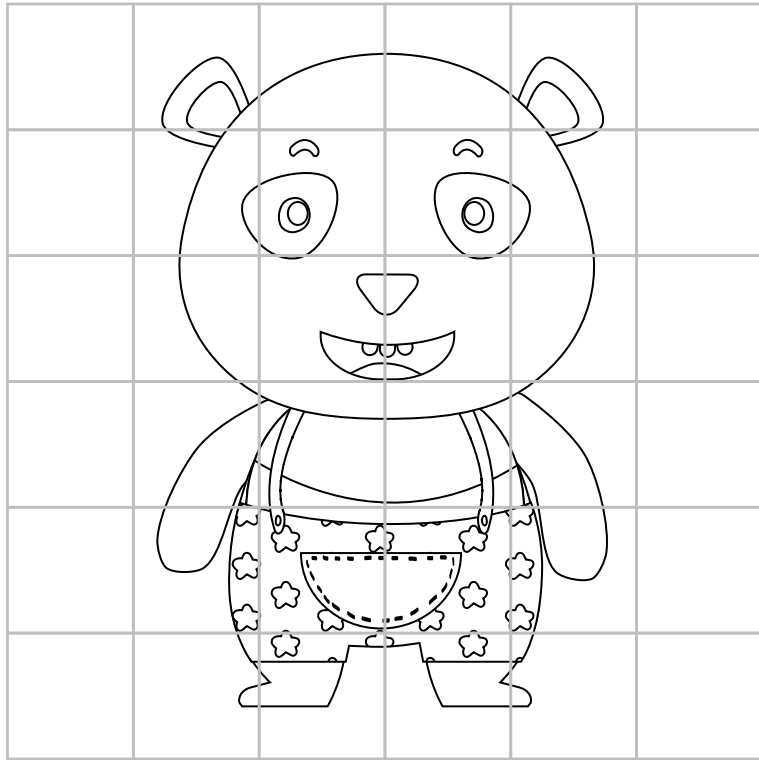
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