

Dance Flame

The Official Newsletter of the Singapore DanceSport Federation

A QUARTERLY NEWSLETTER

ISSUE 28

OCT- DEC 2010

SGDF ADOPTS SPORTS SAFETY NET

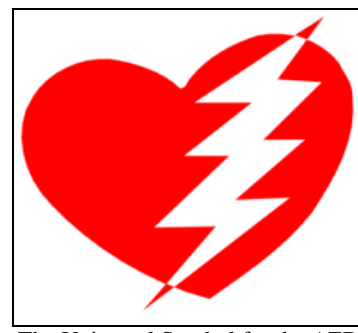
Following the call and initiative of Singapore Sports Council's (SSC) CEO Mr Oon Jin Teik to increase the awareness and implementation of a Sports Safety Policy in all National Sports Association (NSA), the Singapore DanceSport Federation (SGDF) will slowly implement several sports safety guidelines in dancesport championships. Several of SGDF members will eventually be trained and certified First Aiders.



Mr Robert Ong & Ms Sabrina Sim together with Ms Jeannine Heng (SSC) at the AED Presentation Ceremony



What the AED usually looks like



The Universal Symbol for the AED

In addition, SGDF will appoint several members to be trained to use the Automated External Defibrillator (AED). The AED is a small portable electrical device that automatically analyses potentially life threatening cardiac rhythms in a patient and treats it by defibrillation, the application of an electrical shock, to allow the heart to re-establish normal rhythms. It is designed to be used primarily by first responders in cardiac emergencies who may not be fully trained in Advanced Cardiac Life Support.

Early defibrillation, the third critical link in the Chain of Survival, can greatly improve survival rates for out-of-hospital cardiac arrests caused by irregular heart rhythms (ventricular fibrillation). Defibrillation works best in the first few minutes after the onset of cardiac arrest. If it is initiated too late, the heart may not respond to the electric therapy. For every minute of delay in giving CPR and defibrillation following collapse, the survival rate decreases by 7-10%.

A cardiac arrest can happen to any one, regardless of age or gender.

In addition, Sports Safety is not only about First Aid and the AED, but it also encompasses topics which include Health Hazards, Environmental Hazards among others.

The Singapore DanceSport Federation (SGDF) firmly believes that safety must be a fundamental component of a sporting culture and a prerequisite for every healthy lifestyle. In view of this, the SGDF has set a corporate goal of zero injuries, in the belief that all accidents are preventable.

THINK SAFE, DANCE SAFE

OUR MELBOURNE EXPERIENCE by May Ng

My new dance partnership started in early October 2010, very quickly with Mark Perez, we had the dance routines for the 5 standard dances choreographed. Amazed by the swiftness in getting well-gel into this new partnership, we decided to try out a dancesport competition to gauge our level of dance. Also, to have a goal to work towards and to compete in at least one competition before the year 2010 comes to a closure, so, after checking the dancesport calendar, the 64th Australian DanceSport Championship to be held in December 2010 in Melbourne, Australia seems to be the viable one to work towards to. We submitted entry for two events; (i) Masters 1-Level 3 and (ii) Masters Open 5-dance



The 64th Australian DanceSport Championship is organized by Australian Dancing Society, held at Hisense Arena Melbourne, Australia, championship is held over 3 days, consisting a total of 87 competing events. The Championship is also held in conjunction with the celebration of the 10 year anniversary at Hisense Arena, roughly over 1,600 competitors from around Australia, New Zealand, Asia and Europe participated in the Championships.



Ms May Ng & Mr Mark Perez

Actual dance practice and training for the Championship started in November 2010, we both worked towards fine tuning each of the 5 standard dances, 3 times a week of 2 -3 hours each session. By mid-November I left for 10 days holiday in France, a trip for which I have made arrangement way before I partnered Mark, while he went back home to Philippines to apply visa for entry to Australia, thus no practice for almost two weeks. When I returned to Singapore on 28 November 2010, I made a trip to Manila on 29 November 2010 (as Mark is still awaiting visa approval) committed to intense dance practice. I spent one week in Manila, focusing on practice which includes sweat training of rounds of 5-dance with 2 minutes of music per dance and working at the gym for stamina and core strengthening.

We arrived in Melbourne in the early morning of 9 December 2010, after checking-in to the official hotel, we went to the Championship venue hoping to do our dance practice, however in vain. We met one of the officials who directed us to a dance studio hereby, we had about 3 hours of practice.

10 December 2010 (Friday), Day 1 of the 64th Australian DanceSport Championships; we danced in the Masters 1-Level 3, there were a total of 26 couples in 1st Round, we made the finals and eventually were the Champion in this event. Day 1 ended pretty late, by the time the prize presentation was completed; we left the arena almost midnight. Noteworthy, event for Day 2 starts at 0930hours, we managed to catch only about 4 hours of sleep to battle competition in Day 2

11 December 2010 (Saturday), Day 2; total of 59 couples in the Masters Open which we took part in. 1st Round was danced in 4 heats. By the time we made finals, we had danced four rounds. During the semi-finals, Mark has feet cramps but managed to complete this round. Finals were danced in the evening with each finalist-couple walking out to the dance floor from the stage as the Master of Ceremony introduced them. I felt really grand about this way of presenting each couple in the finals, getting the attention of all. We came in 4th in the finals for the Masters Open, a "battle" I felt rewarding, for a two-months' partnership, what's more can I ask for?

TRAINING IN SLOVENIA

In December 2010, two athletes from the SGDF were in Slovenia for intensive dancesport training by world-renown Ms Barbara Ambroz. Timothy Ong & Pang Wan Ching were training in preparation for the 2010 IDSF World Junior II Latin Championships. While in Slovenia, they also participated in the 2010 Maribor Open DanceSport Championships.



Photo With The Slovenian National DanceSport Team

12th SGDF SINGAPORE NATIONALS



The 12th SGDF Singapore Nationals were held on Sunday 21 November 2010 at Le Danz (SUNTEC City). The event was well supported by local dancesport athletes and with the invitation of the Malaysian National Team, the standard of dance was again raised. The introduction of invitational overseas teams over the past year has provided the Singapore dancesport athletes an opportunity to raise their own personal competitive performance against their peers. Of course, valuable friendships are made with their respective counterparts at both the athlete level and officials level.

The SGDF will continue to use the Nationals as a platform to groom new athletes and a pipeline to the National and Intermediate squads for representation at international championships overseas. It will also be a requirement for aspiring adjudicators who wish to apply for the IDSF Adjudicators' Licence, that they first adjudicate at several local championships.

LATVIA, HERE WE COME !!!!



Fresh from a training stint and competition in Slovenia, Timothy Ong & Pang Wan Ching found themselves again in the middle of the action – the 2010 IDSF World Junior II Latin Championships in Riga, Latvia.

Barring the cold of the arctic winter, the dancing and warm friendships that both Timothy and Wan Ching made in Slovenia and Riga these past two week must have kept them warm.

SGDF salutes their drive and passion to excel in dancesport, and looks forward to see them bring honours to Singapore very soon.

SGDF SAYS FAREWELL

.....to Mr Alex Chan (Chairman, SSC) and Mr Oon Jin Teik (CEO, SSC). Represented at the Farewell Ceremony organised by the Singapore Sports Council were Ms May Ng and Ms Tiara Zhang.



Ms May Ng with Mr Alex Chan (Chairman, SSC)



Ms May Ng with Mr Oon Jin Teik (CEO SSC)

UPCOMING CALENDAR OF EVENTS

16 January 2011	Malaysia National DanceSport Championships 2011	Muar, Malaysia
13 March 2011	13 th Tokyo International DanceSport Championships	Tokyo, Malaysia
26 March 2011	2011 IDSF World Junior II Latin DanceSport Championships	Moscow, Russia
23 & 24 April 2011	TDSA/IDSF International Open DanceSport Championships	Bangkok, Thailand
30 Apr & 1 May 2011	2011 Korea Open DanceSport Championships	Seoul, Korea
22 May 2011	2011 Crystal Palace Cup	London, England

IN THE NEXT ISSUE OF DANCEFLAME

- 2nd Nanyang Tehnological Closed DanceSport Championships
- Malaysia National DanceSport Championships
- 13th Tokyo International Open Championships
- 2011 IDSF World Junior II DanceSport Championships