



**DR JANICE KHOO**  
General Practitioner

## This Doctor Prescribes Golf

You wouldn't think that a doctor would derive many benefits from golf in terms of work, but Dr Janice Khoo insists that she has.

"My profession involves dealing with all types of people, and I feel that golf has helped me to better understand human nature," she explains.

"It's also helped with work directly in terms of golf injuries. Because I understand the sport, I know how the injuries come about and how best to treat them. I'm also able to give my patients advice about exercises that they can do."

### A Good Juggler

We've often heard ladies citing not having even time as a reason for not picking up the game, and hearing about Dr Khoo's achievements would make them blush a deep red.

Not only is she a full-time GP, she also is a mother of four young daughters, a member of the National Women's Golf Team and the Lady Captain of Laguna National.

In between all that, she manages to find time to work on her game almost every day and is heavily involved in developing the junior golfing squad.

Dr Khoo laughs whenever other women express amazement at her ability to juggle

so many things. "That's another thing that golf has taught me – how to manage my time! It's made me figure out ways to squeeze every single moment of the day and do as much as possible.

"My days are pretty packed, I must admit," she understates, "I'm in the office between 10am and 5pm, so sometimes I go early in the morning, or once I get off work, I'm off to practice."

Having a supportive husband who helps to run errands and ferry the kids around no doubt eases the load as well.

"It's really how you manage your time and set your priorities," says the eight-handicapper, "and golf is important to me because it takes my mind off and away from whatever stress I've had elsewhere."

### Nurturing The Future

The youthful 40-something started playing golf at the age of 12, at a time when it was rare to see any youths at all on the course, let alone girls.

In fact, she can only remember one other female junior golfer aside from herself, and recalls that there was no such thing as junior tournaments.

Dr Khoo is now heavily involved in the training and development of girl junior golfers.

"The Sports Council and

the SLGA (Singapore Ladies Golf Association) want to work on putting together a high performance team. We recruit talent and develop the training programme. There are many areas to look into to make sure the girls receive a well-rounded programme."

One of the early problems that they ran into was the fact that the game was not on the Ministry of Education's list of Co-Curricular Activities (CCA), which meant that the young golfers had a take up another sport in school.

"I really pushed for golf to be accepted as a CCA because I wanted to form a Combined Schools Team. I felt that golf not being part of the CCA prevented the juniors from giving their full commitment to the sport because they weren't getting points for it that they could use to get into JC," Dr Khoo added.

Being a junior golfer and a school runner from the time she was nine years old has helped Dr Khoo understand the pressures of concentrating on school and being involved in a sport.

"When I develop programmes for my athletes, I keep in mind how tough it is to balance academia and sports. And I have kids myself so I know the stress they go through."