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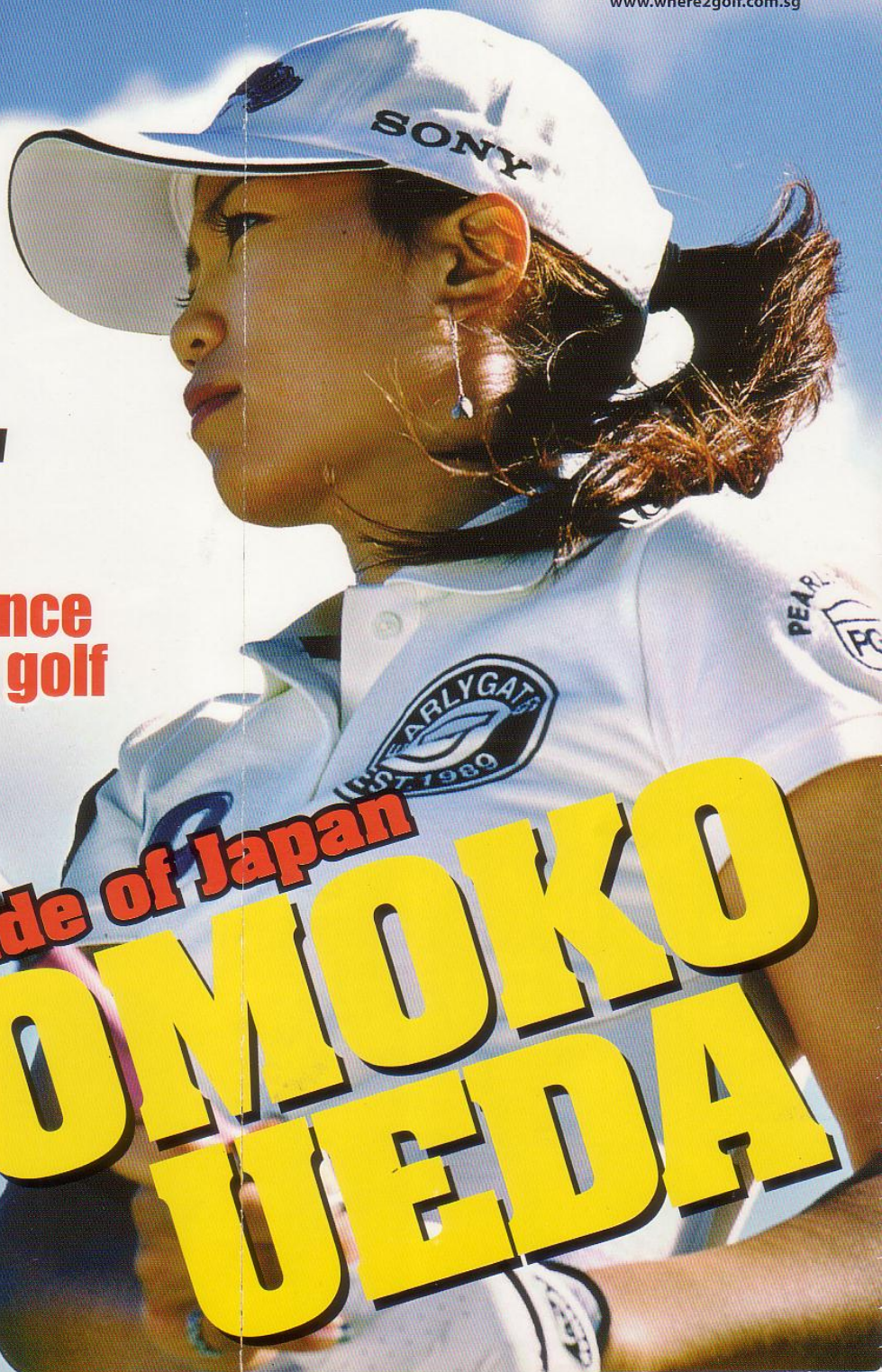
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# Dr Janice Khoo – **A Lady of Many Hats**



She is a doctor who dedicates as much of her time to both her patients as well as her junior golfers. Dr Janice Khoo, a golf “activist” who recognised that there is much that can be done for the local youths, is indeed a lady of many hats.

She was made the Honorary Secretary of SLGA in 1999 (last quarter) with the task to source and prepare a Ladies Golf Team for the 2001 SEA (South East Asia) Games in October. After the SEA Games, she decided to take on the task of creating a base of junior girls to compete in future international events. Her primary role then was to find those girls who have the interest and the ‘talent’, and train them up in preparation for international golf tournaments. It was an up-hill task for Dr Khoo then, but she managed to initiate the 1<sup>st</sup> Golf Talent ID (identification) programme for junior girls at Laguna National Golf and Country Club. With the help from Laguna National to allow the girls to use the course as well as the facilities without a fee, it was a huge support to the Golf Talent ID programme then.

On top of that, she also managed to get in other individuals and corporations to sponsor a twice weekly golf development programme. The Golf Talent ID programme was held every six months for

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the next two years in June and December during the school holidays. Besides the weekly training programme, Dr Khoo also organised golf training, camps held during school breaks in June and December. These the camps were mostly conducted locally, once in Ria Bintan and another in Melbourne to exchange pointers with the Aussie juniors. Training included sports psychology, nutrition learning, strength and conditioning, personality development as well as muscle recovery routine and management after intensive training.

In January 2002, Dr Khoo decided to approach Ministry of Education (MOE – CCAB) to recognise the junior girls golf as a Co-Curricular Activity (CCA)

## Bio: DR JANICE KHOO

### Vocations:

- Laguna National Golf and Country Club – Lady Captain
- Singapore Ladies Golf Association (SLGA) – Vice President (stepped down in 2005)
- Singapore Sports Council (SSC) – Council Member
- Republic Polytechnic – Member of the Board of Governors
- Laguna Youth Golf Programme – Committee Chairperson



# The Control. The Comfort...

PROFILE



*Dr Khoo with her husband Peter and daughter Sandra*



## PROFILE



so that they would have more time for practices and gain CCA points through their participation in golf. The proposal was accepted by MOE-CCAB, and golf was officially recognised as a CCA. Together with funding from Singapore Sports Council (SSC), golf development could progress further.

In 2004, Dr Khoo was appointed by Laguna National to chair the Laguna Youth Golf Programme (YGP). Laguna National was then the pioneer in promoting the game of golf amongst school children without club membership. Since 1997, the Club's Youth Golf Programme for Schools has given students the opportunity to be trained in the sport for free, fully funded through sponsorship. The YGP grew from the initial two schools to the current 15 schools. It has a field of 450 students currently, attending weekly golf training sessions, as part of their schools' CCA. To date, 3,000 students have benefitted from the programme since its inception.

With support from the generous sponsors, YGP was able to provide these junior golfers with the facilities and the means to train in something that they have passion and talent in.

Dr Khoo continued to helm the programme as Chairperson of the

committee and in 2005, formed the Youth Golf Excellence Programme (YGEP). This was introduced to provide students who have displayed potential in the sport, the opportunity to further hone their golfing skills as well as to identify those junior golfers who have potential to excel in the game. The YGEP is a holistic approach to training, encompassing golf skills (swing techniques, short game), course work and management, strength and conditioning in the gym, sports psychology, nutrition and hydration balance, personality development, as well as media handling. The junior golfers were able to learn and train in the YGP and YGEP at no expenses at all due to the generosity of the individual and corporate sponsors.

Dr Khoo is also a council member in SSC, a member of the Board of Governors in Republic Polytechnic, Lady Captain in Laguna National Golf and Country Club as well as past Vice-President of the SLGA back in 2004. She is constantly kept abreast of the developments of her junior golfers, "my ex-trainees still call me to tell me about their current performance even though they are out of the programme. We talk all the time," she mentioned smilingly. To the lady of many hats, I do literally take my hat off you.