

SINGAPORE YOUTH AWARDS 2007 **SPORTS AND ADVENTURE**

MS VALERIE TEO HUI YING



“Do not be driven by the outcome, be driven by the process. We learn more from experience than from the win itself. Focus on what we can control, it makes winning a whole lot easier”

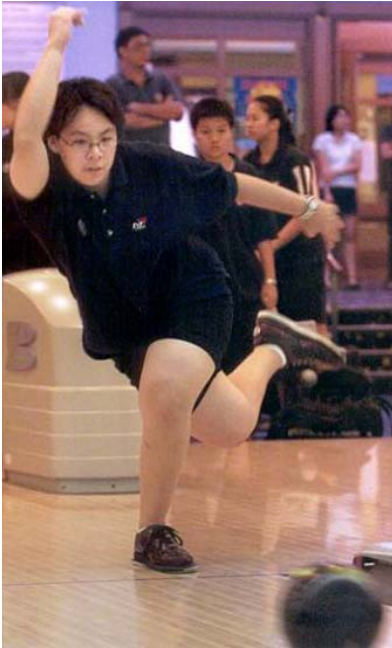
Ms Valerie Teo took up bowling seriously when she was just 12 years old. Two years later, she won a place in the national bowling team. Since then, Valerie has struck gold in numerous national and international bowling competitions. She was awarded the Singapore Schools' Sports Council's Sportsgirl of the Year in 1998 and 2003 and the Singapore National Olympic Council's Sportsgirl of the Year in 2003.

In 2006, Singapore watched proudly as Valerie was crowned world champion in the 9th World Youth Tenpin Bowling Championships in Berlin, Germany. This was despite the fact that she had just recovered from a fungal infection on her right ring finger, forcing her to take a break from bowling for six months. In the same year, Valerie clinched Singapore's first gold at the 15th Asian Games in the Women Doubles Event. The score broke the Games' six-game series record set 12 years ago.



Valerie's outstanding achievements are not limited to bowling alone. Pursuing her dream of becoming a doctor, she is now in her fourth year of studies in the National University of

Singapore's Yong Loo Lin School of Medicine. Her ability to juggle the rigours of high performance sport and the high demands of medical studies truly reflect her determination and strength of character.



In addition, Valerie still finds time to actively contribute to the community. She has been a volunteer with the Singapore Children's Society and the Assisi Home. She was also involved in the National Kidney Foundation's Children's Pre-Cruise Activities and fund-raising by the Methodist Association. Valerie continues to inspire youths, being a featured athlete in the Team Singapore Asian Games MTV and Commemorative Booklet in 2006.

For her dedication and for being an inspirational role model, Ms Valerie Teo is conferred the Singapore Youth Award 2007.