



Athlete Integrated Development (AID)

Members:

Ms Goh Kui Hwa

A Trained Psychotherapist & Counselling Psychologist

Experience includes working as a counsellor in Schools, Prisons Department and working with Teens and adults on stress reduction. Appointed to mentor the National Women's Team at the SEA Games 2005.

Mr George Foo

Member of the National Team from 2007 to 2014 who serves as a mentor to current national athletes.

Mr Raizan Rosli

SGA Safeguarding Officer who is responsible for ensuring the necessary safeguarding policies are enforced and maintained. He is the first point-of-contact for anyone in need and serves as a source of support and advice for any Safe Sport-related matters.

Background:

- SGA believes that the mental health of our athletes is an important aspect of their high-performance sport experience.

Objectives:

- To offer additional support services to athletes for the development and strengthening of their emotional and mental aspects of the sport in a holistic manner.
- Early detection and identification of athletes who requires strengthening of their mental capacity. National Coach/High-Performance Manager can make recommendation for athletes to consult AID for professional guidance.
- Provide avenues to athletes who wants emotional guidance to personal issues (e.g. education, relationships).
- Create additional channels for open communication where athletes can provide feedback on certain sensitive matters. This includes a final session for players before exiting their program with SGA.



Process for request of services:

2 types:

- **1st type: Athlete initiated**
- Athletes can email aidgolfsga@gmail.com directly and include the following information:
 - Name
 - Squad
 - Nature of support required
 - Education
 - Relationship
 - Family
 - Time management
 - Others:
- **2nd type: Coach initiated**
- National Coach/High-Performance Manager can recommend athletes to AID based on their judgments.
- AID will determine the level of support they are able to provide. AID could engage an expert if unable to provide necessary support.