



Coach Jo

In this digital age, children should be given opportunities to be active.

Our active Coach Jo conducts Kinder League lessons. She is extremely passionate about sports, with a special interest in high performance sports. Teacher Jo has years of experience conducting multisport and soccer classes for children, teaching little ones the fundamentals of various sports and importantly, appropriate sports conduct, and encouraging them to be physically active. Children thoroughly enjoy Teacher Jo's classes as she makes sports engaging and fun! She believes that children should have an exposure to wide variety of sports, which would likely increase their performance in specific sports in future and reduce injury rates. Teacher Jo was a member of a number of Hockey Clubs such as the SCC Women's Hockey Club and the Singapore Police Hockey Club. She was also volunteer Game Maker at the London 2012 Olympics.



Certified first Aider, CPR, and AED provider



Masters Degree in Sports and Exercise Science, certification in Sports Massage



Published numerous papers on cardiovascular fitness, muscular strength, and endurance