

TOPIC 2 - Overcoming Challenges in the Development of High-Performance Training Centres in Asia

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Speakers: Dr Takahiro Waku

Dr Su Chun-wei

Dr Luo Chen



Dr Takahiro Waku

- Deputy Director-General (Japan Institute of Sports Sciences at the Japan Sport Council)

Dr Waku, Ph.D., is the Deputy Director-General of the Japan Institute of Sports Sciences at the Japan Sport Council (JSC). Since starting his career at JSC in 2001, he has launched and established several core functions in Japanese high performance sport ground, including sport intelligence, Talent Identification and Development, Dual Career, Sport Integrity and the High-Performance Support Centre, which provides sport science and medicine support outside the village during the Games. Additionally, given his expertise in networking and collaboration, he oversees the Japan Sport Network, which includes over 900 local authorities and municipalities working together on community development through sport participation. In his role at the Japan Sport Agency, he contributed to the development and implementation of sport policy in Japan. Moreover, he has been the chair of the Association of Sports Institutes in Asia (ASIA) since 2015, leading the development of new organizations to foster stronger collaboration among Asian countries.

Presentation Abstract

The Association of Sport Institutes in Asia (ASIA) is the only network of high-performance sports hubs established in 2015 by the Japan Sport Council (JSC), Hong Kong Sports Institute (HKSI),

Singapore Sport Institute (SSI), and Aspire Academy of Sport under Memorandum of Understanding (MOU). This network, comprising 21 organizations from 16 countries/regions, aims to foster collaboration and connectivity among Asian nations to advance high-performance sports.

Despite Asia's significant potential, with about 60% of the world's young population, many countries have not fully realized their capabilities in this domain due to challenges in information sharing and collaboration, influenced by economic, political, environmental, geographical, linguistic factors.

ASIA addresses these gaps and seeks to overcome these barriers through initiatives focused on knowledge sharing, collaboration, leadership, and organizational development. In this presentation, as the chair of ASIA, he will introduce the high-performance sports environment and its challenges in Asia, alongside ASIA's initiatives to address these challenges.

The session will provide an overview of ASIA's member centres, discuss the challenges identified over nearly a decade of ASIA initiatives in developing high-performance sports in Asia, and highlight distinctive activities such as the ASIA Congress, collaborative activities during international multi-sport events, the ASIA Directory, and the ASIA Study Tour. Additionally, the network structure and properties created within the ASIA will be presented based on survey results from the ASIA members. Considering these factors, some analysis will be conducted on the key factors that have been crucial for the ASIA to fulfil its role.



Dr Su Chun-wei

- Chief (Singapore Sport Institute, Sport Singapore)

Dr Su is Chief, Singapore Sport Institute (SSI) and Director, National Youth Sports Institute (NYSI). He works with his colleagues and stakeholders to build a strong and sustainable high-performance sport (HPS) ecosystem and to deliver targeted support to TeamSG athletes, including sport science, sport medicine and athlete services, in fulfilling their sporting aspirations. The Singapore HPS ecosystem competes on the strength of our system, nurturing sporting talents into champions. Dr Su's work seeks to contribute to uniting the nation and inspiring the Singapore Spirit through the achievements of TeamSG. It is also his conviction that Singaporeans can be inspired to live better through sport.

Dr Su obtained his PhD in Mechanical Engineering from the National University of Singapore, where he also spent his undergraduate years. He is a practising Professional Engineer (Singapore) and Chartered Engineer (UK). Before joining SportSG, Dr Su was a research scientist with A*STAR and his area of research interest was in advanced light structural alloys for high performance applications.

Presentation Abstract

Asia seeks to improve our performance in international elite sports. Many Asian countries, including Southeast Asian nations, have set high ambitions in sport and are moving towards a more systematic approach to develop high performance sport centres (HPSCs) in support of their elite athlete training. These endeavours are not without challenges and this session examines some of these hurdles that regions could face. Addressing these issues with knowledge sharing and more regional collaborations across Asian HPSCs can help more centres achieve a sustainable model/framework to nurture world-class athletes and to further strengthen its competitiveness.



Dr Luo Chen

- General Director (Strength & Conditioning and Rehabilitation of Chinese Rowing Team in Tokyo Olympic Games), Deputy Secretary (General of Chinese Rowing Association), Visiting Professor (Beijing Sport University)

Dr Luo holds a Master's degree in Sport Science and a Doctorate in Physical Education, with extensive experience in coaching and performance training for Olympic rowing teams, including roles at the Rio, Tokyo, and London Games. Currently an Associate Researcher at the National Sport Training Centre, he has also served as a speaker for coaching education programs and held academic positions at Beijing Sport Training Centre.

Presentation Abstract: “Enhancing Rowing Performance by Functional Training”

Introduce famous coaches and training facilities in America, such as Micheal Boyle and MBSC, Juan Carlos Santana and IHP, Mark Verstegen and EXOS.

All those coaches have been to China for speeches and lectures. In return, Chinese Olympic Committee sent group of coaches to US from Track & Filed, Swimming, Judo and Boxing. According to positive effects of functional training, Chinese Olympic Delegate has best record in London and Rio. During Tokyo term, Chinese Rowing Association adopted and insert functional training into training system and got gold medal and two bronze medals.

Take women’s quadruple sculls and women’s single sculls as example, to analysis requirements from athletes from ageing, training years, injury history, and make athletes profiles.

Explaining the philosophy how to make different modules for warm up, regeneration and performance enhancement with videos and demos.