

Our staff for the ACS(I) Water Polo Academy

Mr Ho Yee Cheong, a Senior Teacher at Anglo-Chinese School (Independent) will oversee the ACS(I) Water Polo Academy. Mr Ho has 37 years of water polo coaching experience.

A graduate of the College of Physical Education, Singapore, Mr Ho holds a Master's degree in Exercise Science majoring in the area of Exercise Physiology and a Level 3 National Coaching Accreditation Programme (NCAP) Coaching Theory Certification from Singapore Sports Council. Additionally, Mr. Ho is also a certified Australian Strength and Conditioning Association (ASCA) Level 1 Strength Coach.

Mr Ho has vast experience in water polo coaching and refereeing. He was the Assistant Secretary of the Singapore Water Polo Coaches and Referees Committee from 1989 to 2005 and was also a FINA international Water Polo Referee from 1988 till 2004. He officiated in the 1989 and 1993 SEA Games Water Polo competition. In 2006 to 2008, Mr. Ho was appointed the Chief of the Singapore Water Polo Referee Commissions where he oversaw the water polo referees' development and conducted several level 1 and level 2 SWP water polo referee certification programmes in 2006. In 2011, he was the Tournament Director of the 3rd ASEAN School Games Water Polo Competition. In 2012, he served as one of the 2 advisors to the Singapore Water Polo's Technical Water Polo Committee.

Mr Ho held the role of Head Coach of the Singapore Schools Water Polo Team from 1992 to 2010. He was also the Coach of the Singapore National Junior Water Polo team which took part in the 6th Asian Junior Under-18 Water Polo Championships in Tokyo, Japan in Aug 2009.

For his contributions to Water Polo, Mr Ho was awarded the Singapore Sports Council Coaching Commendation Award in 2003.

Apart from heading the ACS(I) Water Polo Academy, Mr Ho also oversees the Anglo-Chinese School (Independent) Water Polo programme since 1989.

Mr Luo Nan is the Head Coach of the ACS(I) Water Polo Academy. He has vast experience both as a player and coach in the area of Water Polo.

At the age of 19 years old, under the foreign talent scheme for sports, Mr Luo arrived from Sichuan, China to be part of our Singapore National Water Polo squad. He was a key member of our national Water Polo team from 1999 to 2012 and represent our nation in 5 SEA Games (winning 5 gold-medals), and 1 Asian Games (5th position). He was also the Captain of our Singapore National Men Water Polo Team in 2007 and 2009 SEA Games and the 2010 Asian Games in Guangzhou, China.

He was also the Head Coach of the Singapore National Women Team from 2011 to 2014 and it was in the 2011 SEA Games where our girls won the first and only SEA Games Water Polo gold-medal so far. In 2013, he coached our national women team to a silver in the Asian Women Water Polo Championships thereby qualifying for the FINA Women Water Polo World Cup in Russia where our women team participated for the very first time.

Mr Luo Nan joined ACS (Independent) as a coach in 2007. Under his charge, the ACS(I) Water Polo Teams achieved many outstanding results in the national inter-school Water Polo competitions with many of the ACS(I) players moving on to continue to represent our Singapore National Water Polo Team. He has vast experience training children, both boys and girls from 9 to 18 years old including the beginner, intermediate and in the high-performance categories.