



Sheena Ung Xin Ying

Athlete - F
Age: 18 / Chinese - SO Sarawak

Sport – Swimming

Event 1 - 100m freestyle
Event 2 - 100m Backstroke



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023

Sheena's journey has been marked by challenges and determination since her infancy. Diagnosed with a medical condition at just one month old, her development was complicated, affecting her hearing and vision. Despite the difficulties, Sheena's parents were determined to provide her with the best care possible. She underwent multiple surgeries and her parents explored various treatment options. However, as she started school, they discovered that she also had a learning disability, making it harder for her to keep up with her peers.

Sheena found her stride in a Special Needs school, where she excelled academically with the support of her family and teachers. With their love and encouragement, she learned to read and write and even became a school prefect. She continued to make progress and achieve new milestones.

In 2018, Sheena embarked on her swimming journey by joining a Learn to Swim club. Despite the initial struggles, she refused to give up and persevered with unwavering determination. After eight months of hard work, Sheena mastered the freestyle and backstroke strokes beautifully. Encouraged by her progress, she joined the Special Olympics swim sessions in Miri. When Sheena was selected to represent Malaysia at the World Games in Berlin, her mother, Adeline, was both overjoyed and worried about her medical condition. Sheena's training became more intense as the competition approached, but she embraced the challenge with focus and dedication.

Sheena's mother always provides her with positive encouragement and instills in her the belief that she can learn and succeed with extra effort. Adeline aims to cultivate Sheena's independence, allowing her to stand on her own feet. Despite her medical condition, Sheena maintains a clean diet and accepts the journey she is on.



Through her dedication to swimming, Sheena has developed a strong sense of self-confidence. Her passion for the sport shines through in her enthusiastic approach to every practice. She never misses a lesson and approaches each session with a serious mindset. Her swimming coach, Geraldine, recognizes her dedication and hard work, believing that Sheena is a talented swimmer with a bright future in the sport.

Sheena's story is a testament to her resilience, determination, and the support she receives from her family and coaches. Despite the challenges she has faced, she has found her passion and thrived in swimming, building her confidence and inspiring others with her dedication. Sheena's journey demonstrates the power of perseverance and a positive mindset in overcoming obstacles and achieving success.