



Yeo Yong Jan

Athlete - M
Age: 25 / Chinese - SO Melaka

Sport - Swimming

Event 1 - 25m Breaststroke Male B

Event 2 - 50m Breaststroke Male B



SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023

Yong Jan, a student who struggled academically, was diagnosed as a slow learner and transferred to a special education school. Despite facing bullying, he showed bravery and determination. However, the COVID-19 pandemic brought additional challenges, including the loss of his father. To help him cope, Yong Jan's mother introduced him to Special Olympics Malaysia's online fitness and dance program, which he enjoyed.

After the Movement Control Order was lifted, Yong Jan explored various sports in Special Olympics Melaka and discovered a passion for basketball. He enjoyed interacting with other athletes and made new friends. His confidence grew, and he became involved in the Special Olympics Melaka Parent Support Group. Yong Jan's swimming skills also improved, and he won medals at State and National Games. His remarkable achievements led to his selection to represent Special Olympics Malaysia at the World Games in Berlin.

Driven by his determination, Yong Jan trained rigorously for the competition and convinced his mother to support him. Standing on the prize-giving stage and receiving recognition fuelled his dreams of competing on the international stage alongside athletes from 190 countries. Special Olympics transformed Yong Jan's life, providing him with a sense of belonging and purpose. He became more confident, outgoing, and developed new skills.

Yong Jan's commitment to swimming is unwavering, and he follows a structured routine that includes daily training and working at Agape Care Society as a slider. His mother is delighted with his progress and acknowledges the positive impact swimming has had on his life. Despite initial challenges in training, Yong Jan's attitude significantly improved, and he now looks forward to each session with enthusiasm.

Over time, Yong Jan developed discipline and perseverance, never giving up even when faced with exhaustion or pain during diving lessons. Coach Alvin is immensely proud of Yong Jan's progress and is thrilled to see him thriving in the sport.

Yong Jan's story exemplifies the transformative power of sports. Through Special Olympics, he found a supportive community, gained confidence, and experienced personal growth. Swimming became his passion, providing him with a sense of purpose and contributing to his overall well-being. Yong Jan's journey serves as an inspiration to others, demonstrating the profound impact that sports can have on individuals' lives.

