

The age of an elite athlete is getting younger by the day. For some sports such as gymnastics, getting into an elite level at a very early age has always been emphasised. Today, many other sports seem to endorse this concept as well. Singapore hosted two significant inaugural youth sports events at an elite level, Asian Youth Games 2009 (AYG 2009) and Youth Olympic Games 2010 (YOG2010). Around 7000 international elite athletes participated in these two events. The challenges and lessons learnt in providing performance psychology services to elite youth athletes of Singapore representing AYG 2009 and YOG 2010 will be discussed.

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