



SUB-COMMITTEE REPORT

SPORTS, RECREATION & GAMES



**Cassandra Nicole
Thomazios**



**Nurul Izzati Binti
Ahmad Nasaruddin**

Co-Chairpersons:	Cassandra Nicole Thomazios Nurul Izzati Binti Ahmad Nasaruddin
Convenors:	Brandon Hong (Basketball) Alvin Neo (Badminton & Bowling) Ravichandran (Cross-Country) Michael Koh (Chess) Christopher Joseph (Darts) Haris (eSports) Eugene Roy Joseph (Golf) Heather Marie Anthony (Ladies Futsal) Rosly (Pool) Muhammad Hafiz Bin Abd Samad (Premier & Veteran Football) Yuan Yi (Table Tennis) Mohd Zhafri (Men Futsal) Normala Mohamad Mukhtar (Netball) Cassandra Thomazios (Swimming) Syafiqah (Volleyball)

Introduction

Firstly, we wish to record our sincere thanks to our Chairman, Mr M K Thas, and the Honourary Secretary, Ms Ai Ting, for their support and guidance. Secondly, our heartfelt thanks to all convenors for their hard work in ensuring all respective sports and events ran smoothly. The sports committee's objective has always been to encourage more members to participate in Selangor Bars sporting events, especially the interstate bar games, now called MyBar Games. We wouldn't have been able to achieve this without all the convenors support and are pleased to report that this year, Selangor Bar sent a record number of participants for the MyBar Games 2024. We continued our tradition of sportsmanship and passion in representing Selangor Bar in all competitions and events.

(1) MyBar Games 2024 (previously known as Inter-state Bar Games)

MyBar Games was held in Penang on 28th & 29th June 2024, organised by the Penang Bar, where we are pleased to report that Selangor Bar participated and fielded teams for all 17 sports:



1. Football Premier
2. Football Veterans
3. Ladies' Futsal
4. Golf
5. Bowling
6. Badminton
7. Table Tennis
8. Volleyball
9. Netball
10. Pool
11. Darts
12. Cross Country
13. Men's Basketball (5v5)
14. Ladies' Basketball (3v3)
15. Swimming
16. Esports
17. Chess

Chess, Swimming and Esports were inaugural sports introduced at this year's MyBar Games in Penang. Selangor Bar, for the first time, sent a total of 165 players this year as compared to ISBG 2023 which comprised of 120 players from Selangor. Complimented by the additional 3 sports included this year, the highest number of players participating from Selangor this year was due to overwhelming response, camaraderie, the introduction of an accommodation subsidy from Bar Council and positive response from members. Selangor Bar overall, brought home silver as runners up and we proudly report that Selangor Bar brought home the golds for E-Sports, Premier Football and both Ladies & Men's Basketball!

Enclosed are the photographs captured throughout MyBar Games :









The MyBar Games 2024 in Penang had the following results: -

MyBar Games @ Penang : OFFICIAL POINTS TALLY

SPORT	KL	S'gor	Penang	Perak	M'cca	Johore	Kedah	K'tan	T'gganu	Negri	Pahang	Perlis
1 Swimming	5	3	2									
2 Bowling	5		3	2								
3 9-Ball Pool	5				3	2						
4 E-Sports	2	5	3									
5 Cross-Country	5		3			2						
6 Netball	5	3	2									
7 Volleyball	5	2								3		
8 Ladies' Futsal		2				5		3				
9 Badminton	5	3	2									
10 B'ball(M5v5)	3	5	2									
11 B'Ball(L3v3)	3	5	2									
12 F'ball (Prem)		5		2		3						
13 F'ball (Vets)	5	3					2					
14 Chess	5	2	3									
15 Table Tennis	2		3								5	
16 Darts	5	2			3							
17 Golf	5	3	2									
TOTAL	65	43	27	4	6	12	2	3		3	5	

Overall Champ

KL

Runners up

Selangor

Third Place

Penang



(2) Other Sports

On 8th & 9th November, Selangor Bar fielded teams for Football and Netball for the AIKOL Inter-Varsity Games 2024 organised by IIUM Law Student Society.

Next, Selangor Bar will participate in the upcoming Sports Program - Zumba Edition to be held in January 2025 jointly organised with the Anytime Fitness SACC Mall Shah Alam

Selangor Bar also participates in the upcoming Selangor Bench & Bar Just Run 2025 held on 8th February 2025 jointly organised with the Shah Alam Court. Below are some of the pictures captured at the run:





(3) Sports Personality 2024

Sports Personality of the Year winner was awarded to a deserving champion during the Selangor Bar annual dinner held on 23rd November 2024. Having represented Selangor Bar and the Malaysian Bar since his early years of legal practice in the sport of Football, Cross Country and several other sports, not to mention heading the helm of Selangor Bar as Chairman as well, Mr. SS Ravichandran is extremely passionate and has not only served but represented Selangor Bar for many years. His dedication and kindness has been a pillar of strength within Selangor Bar and we congratulate Mr. Ravichandran on this truly deserving recognition and award.

The Committee would also like to record our appreciation to all firms who allowed their pupils & lawyers time from work to attend to practice sessions & tournaments days without which the sports athletes would not have the opportunity to perform to the best of their abilities. We look forward to more participation from members including new members and that opportunities are accorded to them to unearth their sporting abilities as well as to inculcate the right mindset in discipline & training.

Thank you.

Report submitted by:

Cassandra Nicole Thomazios
Nurul Izzati Binti Ahmad Nasaruddin
Co-Chairpersons
Sports, Recreation & Games Sub-Committee