As good as gold for the Silver State

Diver Jun Hoong has done Perak proud by winning the silver medal with partner Pandelela Rinong at the Olympic Games in Rio.

Jun Hoong (right) and Pandelela during the women's synchronised 10m platform diving final. — AP Photo

Jun Hoong (left) and Pandelela Rinong pose with their medals after the women's synchronised 10m platform diving final in the Maria Lenk Aquatic Center. — AP Photo

Jun Hoong's father Sun Meng, 54, mother Lai Kun, 50, and sister Jun Yeong, 23, watching a video of Jun Hoong and Pandelela receiving Malaysia's first medal at the Rio Games - a silver medal in the women's 10m platform synchro. — SAIFUL BAHRI/The Star

Five hours a day from Monday to Saturday. At a young age, she dealt with a very hectic schedule as she had to go to school, training and then tuition classes.

"Whatever we asked of her, she would do. Like any eldest child, she is the responsible one. She was quiet and can be quite blunt at times," said her mother Lai Kun.

Other than diving, Jun Hoong plays the piano and draws well too, but due to her diving, her other hobbies take a backseat.

Knowing that she couldn't train, she decided to continue her studies in Mass Communication at Universiti Putra Malaysia.

"They told her that she would be kicked off the team if she didn't stop, but national diving coach Yang Shuhang knew her potential and told them it would be a mistake to drop her."

"She didn't want to disappoint her coach, so she gritted her teeth and told herself that she would not quit," said Yeong.

As a father, I'm very proud of her. Her parents, who have always been supportive of Jun Hoang's ambitions, said they could tell instantly she wasn't herself in her single-minded dedication, her other hobbies take a backseat.

"She was a quiet girl then, but now she is more sociable. She is able to make fun of people and have fun with people."

Julie Roong said the family opted not to go to Rio because her father needed to take care of his business.

"She is used to staying on her own and I'm sure she is doing fine in Rio. We call and visit her every day," he added.

"Whether it's live or on TV, our love and affection for her is still the same. She will always be a champion in our eyes."