PALEMBANG — The last time gymnastics featured at the SEA Games was in 2007.

Singapore's gymnasts returned home from Krabi, Thailand with four gold and three silver medals.

Team manager Lee Hong Chuang is not making any predictions about their chances at this year's SEA Games.

He has not sized up main rivals Thailand and Vietnam, and the Singapore team has also changed, so Lee preferred to reserve judgment about the prospects of the 14-strong squad.

The Singapore team are missing twins Tabitha and Nicole Tay, who won three golds between them four years ago.

Only half of the side that competed there will feature here.

The gymnastics squad still have 2010 Commonwealth Games silver medallist (women's beam) Lim Heem Wei and 2010 Hong Kong Open Champion (pommele horse) Gabriel Gan in their ranks and they are expected to deliver.

"Not having the twins Nicole and Tabitha Tay this time will be a factor, as the standard of our team could be affected," Lee told TODAY.

"While we would like to match or even better our haul from 2007, it will be very difficult to say how we will do this time as we have yet to see Vietnam and Thailand here at the Athletes' Village or at the competition venue.

"But the good thing about this team is they all want to succeed very badly. They don't say it, but you can see it in their dedication."

The Singapore team went through a five-hour session at the new Conoco Philip Gymnastics Arena at the Jakabaring Sports City complex under the watchful eyes of coaches Lin Zhengqiu, Zhao Qian, Zhang Yu and Yuan Xia yesterday.

The venue will host the gymnastics competition from tomorrow until Nov 21. Medal hopeful Lim gave a resounding “thumbs up” to the Arena, which uses the same Jansen-Fritsen apparatus and floor equipment that the team trains with in Singapore.

The 22-year-old veteran, who will feature in the women’s artistic event, is competing in her fifth SEA Games and is now the leader of the team.

"I actually see myself as a “big sister” to the younger members of the team, and sometimes act as a go-between them and the coaches," she said.

The petite 1.50m was part of the team that won gold at the 2005 and 2007 SEA Games. They also came in third at the Asian Championships three years ago.

While she has loads of experience, Lim feels like a first-timer here.

"I’ve been competing a lot overseas and to be back at the SEA Games feels a little like the first time in 2001," she said.

Also making a return to the SEA Games is 22-year-old Hoe Wai Tiong, whose last major outing was the 2007 Games before he enlisted for National Service.

The 1.63m tall, 52kg dentistry undergraduate at NUS is waiting for his first medal at the senior level.

"I wasn’t planning to take such a long time away from competition," said Hoe, the first Singapore gymnast to compete at the Commonwealth Games in 2006.

“But after watching the world-class competition at last year’s Youth Olympics in Singapore the gymnastics bug bit me again. I believe I can do it."