Sports Team Newsletter

ISSUE 22 - JUNE
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MEET THE EDITORS

Ms. Cynthia Fan
Sport and Recreation Officer, CSE

Juliet Reuven
BSS III, Sports Scholar
En guard, pret, allez! Signifying the start of a match, this phrase not only encapsulates the judge's warning for fencers to start their attacks, it also serves as an indication for fencers to concentrate on the match before them and get ready for the challenge ahead.

This year our fencing teams did a sterling job in the USFHK Fencing Competition in proving our hard work, with Women's Epee, Women's Foil, and Men's Foil achieving gold medals; a silver for Women's Sabre; bronze for Men's Sabre; as well as a 3rd runner-up for Men's Epee. Last but definitely not least, we are extremely proud that HKU achieved overall champion in the competition.

Although fencing as a sport might mean something different to each of the HKU members, a common view we all share is that the fencing team is a family, a place where people who possess the same passion are gathered together to practice something they’re immensely interested in, a place where laughter is shared and where joyous memories are constantly being created. Amidst all the competitions, the fencing team continues to be each other’s pillars of support and always cheering each other on.
The University Sport Climbing Team members participated in the 3rd Hong Kong Inter-University Sport Climbing Championships on 25th February, 2018, and performed with flying colors. The Team won a total of three individual awards and the overall group champion.

In the Women’s Open category, experienced team member Lau Yu Ting [PhD I] managed to top two out of three routes of the competition and eventually captured first runner-up. Two of our new team members Au Yeung Lily [BSocSc II] and Lam Chi Ching [BA I] also achieved extraordinary results despite having little competition experiences. Lily came closely behind Lau Yu Ting and achieved second runner-up in the Women’s Open. While Lam Chi Ching competed against more than 20 competitive contenders and won first runner-up in the Men’s Amateur category. Thanks to the effort and contribution of other team members, our team was able to bring home the Champion cup in the overall group category!

Lastly, the team would like to express their utmost support to coaches Terry, Hong and Matthew for their advice and guidance throughout the year. Their support helped nurture team members’ ability and passion in the sport.
USFHK TAEKWONDO COMPETITION

On 25 February, our eight fighters in the Taekwondo Team participated in USFHK Taekwondo Competition at the Polytechnic University. Lau Kevin R, one of our fighters, got the second runner-up in men welter section of the competition. Despite the results, lots of dedication and effort was put into the competition by each individual athlete. Thanks should be given to the spectators for their support and our coaches for training our fighters. The team hope that more fighters can join the competition next year and welcome new members to join us in the HKU Taekwondo Team!

USFHK KARATEDO COMPETITION

On 25th March, the annual USFHK Karatedo Competition was held at HKUST. There were fourteen players participating in the completion. Our Ladies’ Karate Team were awarded the Champion while our Male’s Team finished in the fifth place. Combining the result of that day, we were awarded Overall 2nd Runner-up.

The effort and contributions of our players are highly appreciated. The team spirit which was shown during the competitions was remarkable. We would also like to thank our coaches and team manager, Ms. Fan for their unconditional guidance and encouragement throughout the year, and we look forward to achieving better results in next year!
The HKU Athletics Team members have continued our pursues in sports this year. Following numerous trainings since summer with endurance, our team has ignited on the sports ground in a wide range of competitions.

The 57th USHK Athletics Meet was held on 11th March 2018 in Joint Sports Centre this year. Our dynamite athletes have spared no effort to compete with those in other universities. Encouragingly, our team has managed to finish our mission with heartening results. The climax of the day was highlighted when our 4 x 400 m team finally beat the rallies and brought us a precious champion. To conclude, Men’s Team won the 2nd runner up while Women’s Team won the 3rd runner-up. Such satisfactory performance cannot be done without our constant persistence and determination.

At the same time, may we deliver our genuine gratitude to our coaches Ms. Ng, Mr. Ng. Their unconditional support and endeavors were the threshold to our success and light up our sports life. Wish our team continues to strive for excellence with true sportsmanship and take it up a notch in the coming years!
The men’s handball team played against PolyU in the USFHK handball competition final on 24 March 2018. Although they were 3 goals behind halfway through the second half, our members fought with our utmost efforts and eventually scored the go-ahead goal in the last 10 seconds, which secured our team’s first ever USFHK championship title.

We would like to take this opportunity to express our deepest gratitude to our coach Mr. Lo, for his thoughtful guidance, and Ms. Ng, for her unconditional support to our team over the past years. Although a number of our core players are graduating this year, the handball team will keep up the momentum and strive for the very best in competitions ahead of us.
“The USFHK Badminton Competition took place from October 2017 to March 2018. It is one of the most prestigious inter-varsity badminton competitions in Hong Kong.

This year USFHK competition was without a doubt, one of their most memorable and valuable experiences. Not only did the competition give the athletes opportunities to compete with elite local players, but it also matured each and every one of them as athletes.

We must thank both of our coaches for guiding us, their support was our key to success. Also, we also appreciate the graduates who spared their time to support us on the match days. We hope that we can continue to achieve great results in the following years.”
Consecutively, the Men’s Football Team achieved the second runner-up of Inter-Varsity Games this year. However, unlike all previous years, the team faced tremendous obstacles this year from the outset. The HKU football team was almost knocked out in the group stage. Nonetheless, with concerted effort, they still managed to proceed to the semi-final as 2nd in the group, facing one of our rivalries, the Hong Kong Polytechnic University.

In the semi-final, they were leading by one goal and fought fervently against the opponents for the rest of the game. However, during the last ten seconds of the game, the opponents had a golden opportunity from a free kick and scored a last minute equalizer. After that, PolyU went on to win in over time.

This year’s result might not be the most desirable one. However, the beauty of every sport lies in the fact that sometimes we win, sometimes we lose. At the end, perhaps it is the “we” that matters so much after these few years of sweat and toil.

Besides USFK, the HKU’s Men’s Football Team also managed to achieve unprecedented success at an international level. In April, we finished third in the Southern District Qualifiers which automatically booked us a spot at the "All-China Intervarsity Football Championship Finals" held in Gangsu this July. However, as a passionate fighters determined to bring glory to the University, we assure you that we are not satisfied with merely being ranked top 16 in China but will continue to strive our very best in the road of becoming national champions.
USFHK VOLLEYBALL COMPETITION

In these years since the last Champion in USFHK, the HKU Volleyball team were in a great shortage of players. With little blood joining in every year, they were really in a trough and under great despair of earning position 8th in two consecutive USFHK competitions, and 6th last year. The Men’s Volleyball team spent all these years building rapport among teammates and uniting ourselves to compensate for the scarcity of star players just longing for Top 4 in USFHK.

This year, the 4-year effort had finally paid off. This was already the most satisfying results to be a kind of recognition of our sweat and to prove our team could not be easily defeated.

We would like to express our heartfelt gratitude to our coaches Mr. Ngai Chun Kuen and Mr. Mak Ping Leung for their patience and great effort these years. And we wish our graduates Mr. Yau Tsz Ching, Mr. Cheung Chun Pui, and Mr. Chan Ka Hei all the best in their upcoming career pathway. Our team spirit never dies.
In 2017-2018, the men’s and women’s squash team performed extremely well at university-wide competitions. Having worked very hard and intensively both on the court for skills and off the court for fitness, both teams were very proud to have secured third place at USFHK and first place at the Annual Inter-Varsity Games.

We would like to thank Tim Yan, our squash coach who has given us tremendous support and guidance over the past years; as well as Alan from the Centre for Sports and Exercise, who has dedicated his time and efforts in designing our new fitness programme, which definitely benefited our players’ stamina during competitions. Additionally, a massive thank you to Hung Sir and the CSE team who provided immense help behind the scenes for our athletes. With our great team of squash athletes showing immense passion, enthusiasm, and determination, we hope to achieve more outstanding results next year!
2017 was a remarkable year for the woodball team, as it was the second year in HKU history that they have participated in the USFHK and the first year was already 10 years ago. This was very challenging and tough for them to build all from zero, but with the strong bonding between Matthew, coaches, teammates, they managed to overcome all the problems.

In the USFHK held on 17th & 18th of March, the HKU Woodball Team gave their best to compete with other universities and they came to a 6th position overall. Although there is still a lot of room for improvement, it is already a very satisfactory result as a first year player. The woodball team is determined to come back with a more prepared and experienced in the USFHK next year.

Special thanks to our coaches and all teammates for their efforts throughout the year. Without their passion, this successful competition would not be possible. Lastly, as a newly developed team, the Woodball Team lacks teammates and if anyone is interested, please feel free to join!
We couldn’t be prouder of our team’s spectacular performance at the inaugural USFHK Dragon Boat Championship, held on the 28th April 2018 at Shing Mun River. Despite extremely strong competition, the team’s determination to do our best led us to stellar results. We are very proud to announce that we came away with the title of Overall Champion, coming in first in the Open Small Boat category and First Runner Up in the Mixed Small Boat category.

The competition was fierce on a day which featured many exciting races and close finishes but our team managed to prevail. Though this may only be the first official USFHK dragon boat championships, we hope to build upon this momentum for upcoming competitions and future iterations of the event. We would be remissed if we did not say a big thank you to our coach for his unconditional support throughout the year. It was a combination of his dedication as well as that of every single one of our teammates to make us what we are today.

Our team would also like to extend our gratitude to Centre for Sport and Excellence (CSE) for their backing throughout the year. With your unfailing support, we trust that even more students in HKU will be able to experience the amazing bond that the sport of dragon boating has brought us.
JOINT UNIVERSITY NETBALL TOURNAMENT

After months of intensive games during February and March, both the girls and boys’ netball teams proudly emerged as champions at the Joint University Netball Tournament on 28 April 2018. The tournament, involving eight participating institutions from Hong Kong, was immensely challenging, and of course, reflective of a year of hard training.

In particular, two players emerged as MVP - Miss Crystal Yeung for the ladies’ team; and Mr Regan Wong for the men’s team. As a whole, the team displayed tremendous solidarity and spirit, proudly representing the University among themselves. Looking forward, the team aspires to stay humble with their successes and continue striving for excellence in the years to come.
This is the third consecutive year that both the male and the female team both made their ways to the finals of the Joint University Softball Tournament. The female team got into the game with a slow start, chasing 2 – 6 until the last inning. Refusing to give up the competition that easily, the defending champion stormed 8 runs in the last inning and eventually won the game at the final score of 10 – 7.

Contrasting to the females tough competition, the male softball team was having an easier afternoon. The HKU softball athletes had the lead throughout the game and resulted in the result of the HKU 7 - 1. This is the third year that the HKU Men's Softball team members grasped the champion position.

Most importantly, we would like to give thanks to all who have participated and coordinated the matches, for all the support and determination throughout the year. Being one of the new-balls in HKU and having consecutive successes in results in the Inter-U events, softball is gaining momentum and is thriving in its popularity, especially in HKU. We hope to see a continuing success next year with players giving off good matches on behalf of HKU.
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HKU SPORTS TEAM SUPERPASS DINNER

On the 26th of April 2018, all the teams, respective coaches, alumnus, and sponsors gathered together in Lindsay Ride Sports Centre for the annual Sports Team Superpass Celebration. This year, the HKU teams and individuals achieved outstanding results in a wide range of local and international competitions, with over 500 students representing HKU from different sports competitions every year. Gratitude was also expressed to all the coaches and team captains for all their hard work and dedication. The Superpass Dinner ended with the memorable lucky draw. We thank our alumni, sponsors and CSE staff members for their sincerely support throughout the year.

Champion Teams of the Year

Women’s Fencing Team
Women’s Karate Team
Women’s Badminton Team
Men’s Handball Team

Team of the Year

Men’s Handball Team

Most Improved Team of the Year

Men’s Fencing Team

Outstanding Team of the Year

Men’s Volleyball Team
Rainbow Yip - Swimming  
Some of her remarkable achievements are:
- The representative of HK Swimming Team  
- USFHK Annual Aquatics Meet 2018 - 100m and 200m breaststroke record  
- 5th Asian Indoor & Martial Arts Games: 100m breaststroke 1st runner-up, 400m medley relay champion and record  

Sportsman of the Year  

Ryan Choi - Fencing  
Some of his remarkable achievements are:
- The representative of HK Fencing Team  
- Under 23 Asian Fencing Championship - Men's Foil - 1st runner-up  
- Challenge Cups Fencing Championship - Men’s Foil - 2nd runner-up  
- Current Asia Ranking: 17
ACKNOWLEDGEMENTS

The Success of HKU Sports Team is attributed not solely to the hard work of our athletes, but also to the generous and active support of our sponsors. They include:

- Mr. Terence Ng
- Mr. Simon Tang
- Wu Chor Nam JP
- Mr. Choi William Siu Wai
- Mr. Benny Ki

“TEAM HKU”

We now have a new facebook page called “Team HKU”. If you want to stay updated with the latest information regarding our athletes, preparations and their latest development, remember to "like" and "follow" our page!

WHAT'S NEXT?

- Sports Team Oversea Training Trips and Competitions
- 2018-2019 Sports Scholars
- The 22nd Jackie Chan Challenge
- The 39th AIG Aquatic Meet
- The 54th USFHK Aquatic Meet
至啲好動啲你！
劇烈運動
半小時流失約
900ml體液
30 mins

*聲明：根據Nielsen2002年4月至2017年3月全港能量及運動飲品零售週期報告

HKU Sports Team Drinks - Proudly Sponsored by Otsuka Pharmaceutical (H.K.) Ltd.