SPORTS TEAM NEWSLETTER

HKU Athletes at the 2018 Asian Games
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**MEET THE EDITORS**

- Ms. Cynthia Fan
  Sport and Recreation Officer, CSE

- Phoebe Fong
  BA&BAEd(ENG) III Softball Team

- Ashley Keung
  BA&BAEd(ENG) III Netball Team
MESSAGE FROM ASSISTANT DIRECTOR OF SPORT

The HKU representative teams are well into the sports season of 2018 and have been preparing well for their sports competitions. Every evening you will see our sports facilities being well utilized not only by our university sports teams, but also by halls and various other student and staff groups.

We are very proud of the HKU students who represented Hong Kong and our university at the Asian Games this past September in Indonesia. Students (and alumni) from HKU came back with quite a few medals of all colors and their dedication is really an inspiration to all at HKU.

CSE has committed to further supporting the development of our athletes and in the past year we have formed the High Performance Unit, which focuses on physical performance and strength & conditioning support to our HKU athletes. Some of you in the sports teams may already have been benefitting from the professional strength and conditioning support that has been running at our fitness facilities with our strength and conditioning specialists. We intend to further develop these support systems to help our athletes better prepare for their peak performances.

At CSE we also believe that taking part in sport is something that should be available to all our students. However, we also recognize that not all students are interested in competitive sport. Research has shown that being physically active, whether through sport or other activities, has many benefits to quality of life from both physical and mental perspectives. At CSE we hope to be help people get and keep active through different channels such as with UniSports and UniAdventure programs, as well as Exercise is Medicine on Campus months in May and October each year, where we offer free-of-charge activities all across campus for staff and students to partake in.

Our goal is to help create a happier and healthier environment at HKU through sport and physical activity and we hope to offer something of interest to everyone.

Dr. Michael Tse
AD/CSE

Welcome Home Celebration for HKU's Asian Games Medalists
Congratulations and well done to all our HKU athletes who represented Hong Kong in the 18th Asian Games held in Jakarta, Indonesia from August 18th to September 2nd. All athletes demonstrated great sportsmanship, and performed superbly during the competition. To celebrate their successes, a gathering was organized for our HKU athletes at the Foundation Chamber, Hung Hing Ying Building on October 2nd, in which each athlete shared their experiences, challenges and unforgettable moments at the Asian Games. Professor Paul Tam, Provost and Deputy Vice-Chancellor expressed his honor in listening to the many inspiring stories shared by our HKU athletes, and said that HKU will forever be proud of all their achievements. May they continue to strive in the sporting and academic field!

Current HKU Sports Scholars competing at the Asian Games
- Chan Ming Tai - Athletics
- Cecelia Yeung Man Wai - Athletics
- Pun Wo Sau - Baseball
- Cherry Cheng Hiu Lam - Fencing
- Tang Man Ting - Handball
- Angus Chan - Hockey
- Jasper Au - Hockey
- Chan Sze Lam - Softball
- Cheng Hei Man - Water Polo
- Yau Tsz Ching Ivan - Volleyball
- Wong Ka Yan Marcia - Softball

Alumni HKU Sports Scholar Medalists at the Asian Games
- Cado Lee- Rugby (GOLD)
- James Wong Pak Yan - Rowing (BRONZE)
- Coco Lin Yik Hei - Fencing (BRONZE)
Why did you choose to become a triathlete?
I chose to become a triathlete because I’m an extremely competitive person in everything I do. I started swimming at age 13 and then started running soon after that. A swim coach introduced me to triathlon and I fell in love with the sport. I really love swimming and biking and running and find the race more interesting than just a single sport. I love how I am in control of how I do in my races and training and I don’t have anybody else to blame if I do bad or good. I am so happy training and racing and I think triathlon is now a huge part of who I am.

When did you start training to become a triathlete?
I started to really start training only for around 15 years. I am still quite young in the sport and didn’t train very seriously when I was younger. Now I think I am starting to become elite and do a lot more races. So I started at around age 14 but only really became serious 15 years ago.

What plans and ambitions do you have for the future?
My long term goal is to compete at the 2024 Olympics. I am still a junior right now so I want to get a good result at the world Championships next year and podium individually at the next Asian games. For now I want to focus on my training, follow the process, and trust my coach.

How did you prepare for the 2018 Asian Games?
I spent 5-6 weeks in Europe doing races and a training camp with all of the Hong Kong team. I then went with my Asian games team to Thailand to climatize for the Indonesian weather and to connect as a team. This was a really important race so my coach did everything he could to prepare my team as best as he could. We spent the entire summer together getting ready for the Asian games and practiced so hard for the relay race because that was the best chance we had for Hong Kong to achieve a medal. We spent around 2-3 weeks in Thailand before going to Indonesia to race. My team had really good energy and intent and were 100% prepared to get the medal because of everything we did in preparation.

What were the most challenging and rewarding moments during the Asian Games?
The most challenging was definitely the pressure. I am very young and was the first leg of the relay race which made me very nervous. Making sure all the little things going into the race were okay was challenging because they would be the reason we won a medal or not (transition practice, stronger intent in certain parts of the race). The most rewarding was seeing my final teammate cross the finish line in third- it was something really moving and gave me a lot of hope for the future in Hong Kong Triathlon.
Why did you choose to specialise in fencing?
I used to be in the football school team in secondary school as well, but during Form 3, my fencing U17 ranking got into Top 8 and I was qualified to train the Hong Kong Sports Institute as a cadet Hong Kong team member. They require minimum training hours of 15 hours per week, which far exceeded my original training time (twice a week). So at that time, I chose to specialise in fencing.

When did you start fencing?
Since primary 4, because it was an extra curricular activity at my school.

How did you prepare for the 2018 Asian Games?
Since January, I changed to a full time fencer, then went on a 2 month Europe training camp in Paris (World Cup), London (training), then in Germany (another World Cup). Then I went back to London in May for training, and then to Russia for another World Cup. I then trained in China with the China team in June until the world championships in July [also in China]. Then finally, a one week training camp in Guang Zhou with the province team.

What were the most challenging and rewarding moments during the Asian Games?
The most challenging moment during the Asian Games was when one of my teammates injured himself during his individual event. He’s one of the best among the four people in the team, but because he wasn’t able to compete in the team event, our team’s strength decreased quite a bit. This was at the same time the most rewarding moment. Because he was injured, to our team, fighting for gold was no longer the ultimate goal and I had less pressure. Unexpectedly, we still managed to defeat the Japan team and won the silver medal in the team event, amazing results that the Hong Kong fencing team has never made. I’ve learned from this experience to always compete with the mentality of a challenger, so I can perform better.

What plans and ambitions do you have for the future?
I think I will try to do well in the World Cup held next season. And hopefully I will qualify for 2020 Olympics!
Chow Hei Long
BA
FOOTBALL

Chu Wing Yan Charlene
BA(AS)
TAEKWONDO

Chuen Wai Chung Max
BSc
SWIMMING

Fan Chun Shing Philip
BBA(Acc & Fin)
FOOTBALL

Fong Leong Sing
IBGM
ATHLETICS

Ho Chun Him
BEcon & Fin
SWIMMING

Ko Kit
BEng
BADMINTON

Kwok Yat Hei
BBA(Acc & Fin)
FENCING

Lam Chi Lok
BSc(ENVS)
SQUASH
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<td>Lam Cheuk Yan Samantha</td>
<td>BA</td>
<td>ATHLETICS</td>
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<td>Areta Lee</td>
<td>BJ FENCING</td>
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<td>Luk Yin Chun</td>
<td>BSocSci ATHLETICS</td>
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<td>Matthew Mak</td>
<td>BFIN (AMPB) FENCING</td>
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<td>Jonathan Mok Ho Weng</td>
<td>BA(AS) FOOTBALL</td>
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<td>Pun Pong Chun</td>
<td>BA HANDBALL</td>
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<td>So Ka Wang</td>
<td>BSS(GL) &amp; LLB ORIENTEERING</td>
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<td>Sze-To Kiu Wai</td>
<td>BNURS VOLLEYBALL</td>
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<td>Nicole Teh</td>
<td>BBA(Acc &amp; Fin) TAEKWONDO</td>
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Wang Li Yong
BSc(AC)
TABLE TENNIS

Wong Chau Yu Chloe
BEng
FOOTBALL

Wong Siu Yu
BSW
VOLLEYBALL

Wu Zi Jing
BSc
FOOTBALL

Yeung Ching
BA(AS)
ATHLETICS

Yeung Wing
BSocSci
ATHLETICS

Yu Chung Yiu
BA(AS)
BASKETBALL

Yu Wing Sze
MBBS
TENNIS

WELCOME TO OUR SPORTS SCHOLARS OF 2018-2019
Sports Scholar
WELCOMING LUNCH

HKU would like to give a warm welcome to our Sports Scholars 2018-2019. Being a sport scholar is an honour, and only a select few who show both academic and sporting excellence will be chosen. To celebrate and fully introduce these talented athletes to HKU, a welcoming lunch was organized on the 20th of September at Rome Cafe. A big thank you to Dr. Eugenie Leung, The Dean of Student Affairs, Ms. Katherine Ma, Director of CPAO and Ms. Trinni Choy, Assistant Director of CPAO for joining our lunch and handing the certificates to the new sports scholars. Gratitude would also like to be expressed to Mr. Wayman Ho, Managing Director of Gallant Sport Supplies Ltd for sponsoring a unique Kappa apparel to our sports scholars, as well as for his generous support for HKU Sports Teams over the years.

CAPTAINS MEETING

On the 4th of October, the team captains of all HKU sports teams were gathered. This was to help captains get prepared for their role as a team leader for all teams in the upcoming year. Various elements and tips in relation to being a leader and captain for sports teams were introduced. HKU believes that all our team captains will lead their teammates well, and demonstrate good sportsmanship, as well as strong team spirit to gain glory for HKU during competitions in the coming academic year.
SPORTS TEAM SUMMER TRAINING TRIPS AND COMPETITIONS

BADMINTON

“Although we were not able to meet our goals, we learned a lot from the competition.”

The 22nd All China Universities Badminton Championship was held in Wuhan at the Huanggang Normal University this year. Five players from the mens' badminton team represented The University of Hong Kong to compete in the Men’s Grade A competition. In the group stage, our badminton players competed with some strong teams including the Beijing Sports University and the Beijing Jiaotong University. Unfortunately, the badminton team came fourth in the group and had to play an extra match to avoid relegation to Grade B. Our players fought hard and were very determined to win their first match of the tournament. They successfully stayed in Grade A, with the captain's third game victory sealing a 2:1 win over Huazhong Agricultural University. Although they were not able to meet their goals, they learned a lot from the competition. Special thanks must be given to Fung Sir for his leadership and support. The badminton team will continue to work hard and strive for better results in the coming year.

ATHLETICS

Competitions and Achievements:
- Fung Chun Hin (4th) in the 400m race
- Kwok Tsz Fung (4th) in the 400m hurdle race
- Champion for the 4x400 Relay

CHAMPIONS UNDER A HEAVY RAINSTORM

In July, our Athletics Team participated in the 18th China National Collegiate Athletics Championship 2018 held from 16-20 July, in Daqing (大慶). 5 of our HKU athletes competed in the 400m, 800m, 1500m, 5000m and 4x400 relay events. Our athletes did very well with outstanding results in the competition. Fung Chun Hin and Kwok Tsz Fung got 3rd runner-up in 400m and 400mh respectively. The highlight of the competition was that the athletics 4x400m relay team (Fung Chun Hin, Kwok Tsz Fung, Wong Yu Chau, Ng Chun Kit James) won champion on the last day of the competition under a heavy rainstorm. Participating overseas competition is a great way for our athletes to learn how to physically and mentally prepare well in the future, which can directly enhance their abilities for later competitions. Many thanks must be given to Ms. Ng and HKU for their generous financial support to our athletes to have such a great experience.
DRAGON BOAT

Competitions and Achievements:
- **First place** in the HangZhou Dragon Boat Invitational Tournament
- **First place** in the University Open Championships category
- **First place** in University Mixed Championships category
- **Second runner-up** in the University Women Championships category

**DRAGON BOAT TEAM EMERGES VICTORIOUS**

It is our great honour to report that the Dragon Boat team has been invited to the HangZhou Dragon Boat Invitational Tournament in June earlier this year. The 800m race was held at the gorgeous Xixi National Wetland Park, where they competed against over 20 incredibly strong university teams from mainland China, as well as our fellow paddlers from CUHK. Despite fierce competition, our team emerged victorious and came in first place. The Dragon Boat team was then treated to a tour around the wetlands, which would not have been possible without the organizer’s generosity.

Besides overseas races, the Dragon Boat team has also achieved extremely encouraging results at the 20th Hong Kong International Dragon Boat Championships, capturing first place in both the University Open Championships and University Mixed Championships, and second runner-up in the University Women Championships.

Finally, thanks must be extended to Zhejiang University for hosting the team over the summer and to all those at CSE for supporting HKUDB.

BASKETBALL

Competitions and Achievements:
- **Third Place** in the AAAUM 20th Anniversary International Basketball Tournament

**WELL DONE TO THE BASKETBALL TEAM**

It is an honor for our basketball team to receive an invitation to participate the University of Macau Alumni Association 20th Anniversary International Basketball Tournament. Our teams get the opportunity to play against teams such as Korea, the UK and Taiwan. The men's team had an excellent performance by landing on the third place. We believe that both our men’s and women’s team have gained experience and will be better equipped for future challenges ahead.
HANDBALL

Competitions and Achievements:
- Fourth Place in the Taiwan International Handball Invitational Tournament (Alumni Cup)

EXPLORING BEYOND HONG KONG

Last July, the HKU men’s and women’s handball team were very honored to be invited by the National Taiwan University to compete in the biennial International Handball Invitational Tournament. Within the duration of only a few days, the handball team had to fight against opponents from Taiwan, Singapore, Macau and Hong Kong. It was both intense and challenging for our players in terms of adjustments and recovery, but regardless, our women’s team strove and came fourth in the alumni cup. The handball team is truly thankful for the incredible opportunity, especially for the invitation from the National Taiwan University (NTU) and support from Centre for Sports and Exercise (CSE). Our players will continue to work hard in incorporating these match experiences and tactics into our pre-seasonal trainings and prepare our best for the upcoming USFHK 2018-2019.

THE 27TH B.I.G

Competitions and Achievements:
- Swimming Team won second place
- Badminton Team won third place

AMAZING EXPERIENCES AROUND THE WORLD

The Biennial Inter-varsity Games (BIG) is a traditional competition that dates back to 1949, which was developed from an initial sporting foray by The University of Hong Kong to contest cricket and tennis against the students of University of Malaya in Singapore. The revival of the Games in 2007 after 10 years was a great success with 8 universities competing, including institutions such as the University of Western Australia and the University of Macau. The 27th Biennial Inter-Varsity Games were held in the University of Malaya, Kuala Lumpur. HKU sent the swimming, table tennis and badminton teams to compete and learn from their competitors.

We are pleased to report that our swimming team came in second overall, and the badminton team came in third. All athletes performed excellently, and were able to gain valuable experience in their sporting field. Most importantly, the BIG was an unforgettable trip for our student athletes to gain experience competing in different countries, whilst building great friendships with played from other universities around the world.
The 22nd Jackie Chan Challenge Cup took place in Lingnan University this October. Athletes from various universities have competed different events including volleyball, basketball, table tennis and Men's Football. It is seen as a warm up event for the USFHK which would kick off soon.

This year HKU made a good result at the Jackie Chan Challenge Cup. Our Basketball Team won 2nd Runner Up in both Men's and Women's Category. On the other hand, our Men's and Women's Table Tennis Team won 1st and 2nd Runner up respectively.

The competition not only allowed our players to reflect thoroughly upon the competency but also further blended them together, whereby reinforcing the unity among all. Our athletes will continue to strive for the best in the competitions ahead towards our respectful rivals.

Greatest gratitude is given towards not only our players who gave their best during every match but also other teammates who cheered for each other. We would also like to expressed the gratitude to coaches for giving athletes professional advice and encouragement on and off the court.
Amazing job well done by the rowing team during the AIG, a traditional race that facilitates the friendship between CUHK's crew and HKU. Our HKU rowers achieved outstanding results among both men's and women's teams.

Apart from the amazing results achieved by our rowers, this race enabled our rowers to obtain a deeper understanding of the sport through the importance of inter-communication among each other, which generated a stronger bonding within the team.

The 14th of October marked the opening of the 39th Annual Inter-varsity Games, with the Aquatics Meet held at the University Swimming Pool of the Chinese University of Hong Kong. Our swimmers have demonstrated their skills and sportsmanship, getting First Runner-up in both Men’s Overall and Women’s Overall and Women’s Overall divisions respectively. Losing by just a tiny difference (just 2 points away for the Women’s Overall division), our athletes are ambitious to strive for improvement in the upcoming USFHK competition.
The HKU swimming team completed the 55th USFHK Aquatic meet on the 28th of November 2018 with great success. USFHK is an annual occasion for the HKU swimming team to compete with other swimming teams from tertiary education institutes. The race was very competitive, as it involved athletes from the Hong Kong national swimming team. Yet, the swimming team was able to achieve good results. They came in 5th overall, with the men’s team coming in 4th and the ladies’ team coming in 5th. Over 20 of our HKU athletes entered the finals and achieved their personal best time. This year, the swimming team is delighted to have HKU TCM sports therapist team join them. They practiced battlefield acupuncture, Chinese medical massage and cupping on our athletes for faster recovery after the competition. The swimming team would like to thank the generous support from alumni, who subsidized their meals and spent time watching the competition. Special credits to Mr Fung M.L and Mr. Patrick Leung who captured fabulous moments during the competition.
ACKNOWLEDGEMENTS

We would like to truly thank our sponsors for their generosity and active support. Your encouragement will definitely lead our athletes to obtaining precious opportunities and accomplishments.

- Mr. Terence Ng
- Mr. Choi William Siu Wai
- Mr. Benny Ki
- Mr. Cheung Chun To
- Dr. Cheng King Hoi Andrew
- Wu Chor Nam JP
- NIKE HONG KONG LTD
- Gallant Sports Supplies Ltd
- Otsuka Pharmaceutical (H.K) Ltd

DONATE NOW

Donations from private individuals and corporations are vital in supporting HKU sports development. We sincerely hope that you can play a role in facilitating student sports team as well as Centre for Sports and Exercise.

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For further information, you can visit:

CALL FOR SUBMISSION

We are excited and are willing to report any interesting competitions that your sports team may have participated in! Your input about your team will always be welcome.

JOIN THE EDITORIAL BOARD

Join us to share more intriguing news about sports and our sports teams to the public. We welcome all students from HKU Sports Teams to join us! If you are interested, feel free to contact us via email: cynthiafan@hku.hk
UPCOMING EVENTS

TIMETABLE

AIG Athletics, Ball Games and Archery
Venue: CUHK
26 & 27 Jan 2019

USFHK Rugby Competition
Venue: Kings Park Sports Ground
9 & 10 Feb 2019

USFHK Fencing Competition
Venue: HKU
16 & 17 Feb 2019

USFHK Taekwondo Competition
Venue: Chu Hai College of Higher Education
24 Feb 2019

The 58th USFHK Annual Athletics Meet
Venue: Joint Sports Centre
10 March 2019

USFHK Karate Competition
Venue: HKUST
17 March 2019

USFHK Woodball Competition
Venue: CUHK
23 & 24 March 2019

USFHK Ball Games and Racket Competitions
October 2018 to March 2019

Joint University Netball Tournament
Venue: LCSD Sports Centre
Jan - March 2019

Inter-University Sport Climbing Competition
March 2019

Joint University Softball Tournament
Feb-May 2019

USFHK Dragon Boat Championship
6 April 2019