### 學生運動員入學計劃 (Student Athlete Admission Scheme, SAAS)

#### 入學申請條件:
1. 符合大學「一般入學要求」
2. 符合所有選「課程基本要求」
3. 具卓越運動表現及成績
4. 具有學校、運動總會或香港體育學院推薦

#### 查詢:
- 電話: 3442 8056
- 郵箱: sopengai@cityu.edu.hk

### 運動獎學金

2014-15年度大專比賽成績一覽表 (總共十八院校)

<table>
<thead>
<tr>
<th>項目</th>
<th>男子組 Men’s</th>
<th>女子組 Women’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>田徑</td>
<td>全年 2nd</td>
<td>全年 2nd</td>
</tr>
<tr>
<td>羽毛球</td>
<td>冠軍 Champion</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>篮球</td>
<td>季軍 3rd</td>
<td>季軍 3rd</td>
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<tr>
<td>陸軍 Cross Country</td>
<td>冠軍 2nd</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td>刺擊 Fencing</td>
<td>冠軍 Champion</td>
<td>第四名 4th</td>
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<tr>
<td>板球 Handball</td>
<td>冠軍 Champion</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>空手道 Karate-do</td>
<td>冠軍 Champion</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>網球 Squash</td>
<td>冠軍 2nd</td>
<td>第四名 4th</td>
</tr>
<tr>
<td>手球 Table Tennis</td>
<td>冠軍 Champion</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>助手道 Taekwondo</td>
<td>冠軍 Champion</td>
<td>第四名 4th</td>
</tr>
<tr>
<td>橄欖 Tennis</td>
<td>季軍 3rd</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>排球 Volleyball</td>
<td>冠軍 Champion</td>
<td>季軍 3rd</td>
</tr>
<tr>
<td>水球 Woodball</td>
<td>季軍 2nd</td>
<td>季軍 2nd</td>
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</table>

全年總體次 Annual Overall Position

<table>
<thead>
<tr>
<th>全年總體冠軍</th>
<th>全年總體季軍</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Champion</td>
<td>Annual Overall 2nd</td>
</tr>
</tbody>
</table>
前言：校長的話

勇往直前・止於至善

城大運動隊越戰越勇，一眾健兒在歷屆大專院校比賽中創下八度獲得「大滿貫」的紀錄，而且每年都取得多個單項冠軍，頻頻獲獎，令人稱讚。城大運動隊在 2014–15 年度的賽事中續創佳績。男子組獲得壁球、乒乓球、羽毛球、手球、擊劍、跆拳道、空手道等七項冠軍，女子組獲得越野跑、足球、排球、空手道等四項冠軍，使男子組蟬聯年度總冠軍，女子組則獲得年度總亞軍。

每當城大運動健兒又立新功，我都為之欣喜。田徑、游泳、球類、武術等各路健兒多方出戰，我雖未能逐一到場為之助陣，但都彷佛能親睹其雄姿英發的身影，感受其奮勇拼搏的氣概，對這些少年深感敬佩和羨慕。

不僅如此，身處教育界，而且我為校長，我對他們更心懷感激。城大健兒的優異成績，不但展示我校體育運動的水準，更彰顯城大勇於面對挑戰、持續追求卓越的精神，並且可激勵全校同學為將來造福社會而努力進修修業。運動家的追求，最精闢表現於國際奧林匹克賽的三字格言，英譯是「Faster, Higher, Stronger」，意即「更快、更高、更強」。格言所指的，不僅是奔跑跳躍的成績，更是一股勇往直前而不斷上進的精神。青年人來上大學，不也應該如此，令自己的「五育」修養再上一層？

況且「大學之道」，如《禮記・大學》所言，正在「止於至善」，也即應以完美境界為最終目標。「完
美」誠然難以企及，但每一分努力，必定使人更逼近目標，其間必定帶來一項又一項成績。我想，這就是我們運動健兒在比賽獲獎之外，為城大、為全校同窗的更大貢獻。我祝願大家都勇往直前，在運動和學業上，在成人成材道路上，朝著「止於至善」的目標不停邁進。

香港城市大學校長

2015年4月16日
編者的話及編輯小組名單

編者的話

要做一個出色的編者，並不容易，須先通過日夜的煎熬，與文字的糾纏，才能將一本充滿著血與汗的故事逐一編織出來，讓讀者慢慢咀嚼。我們四位 STC 有幸為今年度的城大運動年報當上編者。透過大家互補不足，取長補短，將城大運動員本年度的心路歷程分門別類地公諸於世。

2014-15 年雖然說不上是城大運動隊最豐收的一年，不過肯定是最刺激的一年。由年頭的仁川亞運會，多個香港代表的城大運動員都盡顯拼搏精神；到各隊伍的外訪集訓，和以最佳的狀態迎接大專決賽；最後在大專頒獎禮中，各隊運動健兒都以無悔的心情綻放光芒。

可惜的就是女團只差二分！雖然今年城大不能夠延續去年「大滿貫」的傳奇，但我們一班 STC 深信明年會是更好的。只要我們能夠堅守信念，群策群力，意志必成。城大在日後的大專比賽會各創出沒有最好，只有更好的佳績。

最後藉著這個機會多謝魏 Sir、戴太以及各位領隊和教練，非常感謝你們的信任，和不離不棄的支持。沒有你們的提點和指導，大家未必能夠享閱本年度的運動年報。

再一次，謝謝大家閱讀這本年報。

張翠華
英語語言系榮譽文學士

編輯小組名單

總編輯：張翠華 女足足球隊
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副編輯：古若蓉 女子排球隊；李仲輝 空手道隊；杜敏儀 拳擊隊
採訪：張翠華 女子足球隊；李仲輝 空手道隊；杜敏儀 拳擊隊；陳泳思 木球隊；文駿軒 男子排球隊；林仲賢 網球隊
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校對（英）：張翠華 女子足球隊；杜敏儀 拳擊隊
封面設計：溫浩賢 劍擊隊
總務：陳泳思 木球隊；陳潤輝 木球隊
排版及承印：陳湘記圖書有限公司
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2. 校長的話
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8. 隊伍回顧篇
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胡曉明 傑出運動員獎學金
Mr. Herman Hu Outstanding Student Athletes Awards
黃寶筠 張浚軒

香港潮州商會精英運動員獎學金
HK Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships
呂慧敏 關詠豪

紀念林國本醫生傑出運動員獎學金
Dr. Lam Kwok Pun Memorial Scholarships for Outstanding Athletes
林穎儀 任煥賢

商業學院運動獎
The College of Business Sports Awards
林穎儀 呂慧敏 蔡欣榆 梁二仁 黃寶筠 范家煒 黃筠婷 麥子謙

人文社會科學院運動獎
The College of Liberal Arts & Social Sciences Sports Awards
胡樂敏 奚翠婷 黃嘉浩 張浚軒

科學及工程學院運動獎
The College of Science & Engineering Student Sports Awards
陳梓謙 劉智恒 潘尚熙 黃詠儀 彭錦鋒

學生發展處運動獎
The Student Development Services Sports Awards
袁曉児 陳冠澄 劉慕賢 何銳銳

香港城市大學專上學院運動獎
Community College of City University (CCCU) Year End Sports Scholarships
梁應宜 古若蔚 羅可楨 鄭家軒 王兆琛

胡曉明 網球獎
Herman Hu Tennis Awards
最有價值運動員獎： 團隊嘉許獎：
譚政揚 周佳怡 男子隊季軍獎 女子隊季軍獎

紀念林國本醫生羽毛球獎
Dr. Lam Kwok Pun Memorial Badminton Awards
最有價值運動員獎： 團隊嘉許獎：
陳子謙 岑芷婷 男子隊冠軍獎 女子隊季軍獎

朱劍豪教授游泳獎
Prof. Paul Chu Swimming Awards
團體嘉許獎：
男子隊季軍獎 女子隊季軍獎

朱劍豪教授羽毛球獎
Prof. Paul Chu Badminton Awards
最有價值運動員獎：
袁柏瀚 鄧鎧琳

乒乓球獎
Table Tennis Awards
最有價值運動員獎： 團體嘉許獎：
麥子謙 鍾善穎 男子隊冠軍獎 女子隊季軍獎
Cheung Tsun Hin Nicholas
CLASS
I am Nicholas Cheung, a year 3 student from the English major. I am also the captain of the men's badminton team this year. First of all, I feel truly honoured to be selected as one of the recipients of the Mr Herman Hu Outstanding Student Athletes Awards. It's like a dream for me in getting such a prestigious sports scholarship. Thanks to the donor for supporting CityU over the years and special thanks to the judges in recognizing my effort. Besides, I have to thank my parents for raising me up and supporting me all along. I would also like to show my deepest gratitude to my coach, Mr Sunny Chau, for trusting me in these 5 years. To all the managers, trainers, supporters and teammates, I will never forget how all of you cheered for me when I was injured during the final game of this year. Without any of you, I would not be able to stand up again and win the match. I am always a lucky person and I feel truly blessed. Lastly, I would like to give a big “Thank You” to CityU which has given me so many unforgettable memories in my university life. I am proud of representing the "blue color" and all the great memories will stay in my heart forever.
For the use of the scholarship, I will have a celebration dinner with my coach and teammates. The remaining will be used for academic purpose.

Lam Chung Yin CB
I am Jethro, a sabre fencer in CityU fencing team this year. Up to this moment, I still cannot believe that I am one of the recipients of the Dr. Lam Kwok Pun Memorial Sports Scholarship. I sincerely appreciate all the supports from CityU as well as my coaches and closest teammates. Of course, there is a very important person who guides me to the right track all the time and she is Miss Lai. It is not easy to help and teach a student as naughtily as a monkey. I would also like to thank the donor for giving me the scholarship. After receiving the scholarship, I would like to spend a part of it on my fencing equipment and the rest of it will be spent on my fencing team.

Wong Bo Kwan CLASS
首先我要多謝校方給我這個機會，令我能有機會得到這個獎學金。其次，我要多謝城大女子的每一位教練、訓練員及隊友。排球是個隊伍的項目，要是沒有你們的話，我也不能第三次得到大專冠軍，更不能成為大專 MVP 及這個獎學金的得獎者。我希望能將這筆獎學金與隊友們分享，請他們吃一頓飯，好好答謝他們。

Lam Wing Yee CB
I am Wing, the captain of Woodball Team. I am so honoured to be selected as one of the recipients of the Dr. Lam Kwok Bun Memorial Sports Scholarships. Besides the donor, I would like to thank my coach Miss Winnie Wong and my teammates for their limitless support. I will use most of my scholarship on the Woodball Team - to have a celebration dinner for our hard work throughout the year. The rest of it will be used for academic purpose.

Lui Wai Man CB
我感到十分高興能夠再次得到這個傑出運動員獎學金，非常感謝香港浸會大學一直以來對城大運動隊伍的支援。
亞運特輯—小城大事

仁川亞運中的城大兵團

去年在香港仁川舉辦的亞運會，在香港代表隊的行列中，原來有八位選手是來自城大的運動員，他們代表著不同的項目出席這次盛會，以下是他們的賽後分享：

張美娥 - 女手
2014 仁川亞運是我邁向生命中最光輝的一頁，有幸能夠入住選手村，與亞洲各國的選手聚首一堂，零距離接觸，感覺很特別，既新鮮又興奮。在球場上與來自各國的手球勁旅對賽，令我獲益良多，當中所學習到的技術，讓我更有追求進步的動力。

劉志斌 - 男手
我在韓國亞運會完成了兒時的夢想，登上國際體壇的舞台，這次比賽給我留下的印象更是難能可貴，能夠親身於場內感受亞洲最大型比賽的氛圍。在仁川的戰役中，我們為比賽付出很多，所以更加珍視他們到不珍貴。幸好最後也能以最後一名殺入決賽，更在決賽中獲得第三名。亞洲第三的頭銜他們實至名歸，實在鼓舞他們高興。這經歷讓我更加確信在成功的路上，無論當中經歷多少挫敗，只要從不放棄，機會一定會留给有準備性的人。

古蕊蕊 - 女排
她是香港女排32年來首奪亞運獎牌的傳奇，在2014韓國仁川亞運會中，我有幸獲得亞運銀牌，雖在高手林立的國際賽場上與眾不同的未來以及與對手交流，都是屬於無數的挑戰技術更上一層樓，得益於經驗可以回歸城大排球隊，帶領球隊再創高峰。

羅可儀 - 女排
很榮幸有機會代表香港參加2014 仁川亞運會，對於我和香港女子排球隊，能夠參與亞運會這個榮譽實在讓我們激動，在仁川的一點一滴，現在我還歷歷在目，這次比賽達到了出發前所訂立的目標，並沒有辜負我們在香港的艱苦訓練，我們做到非常滿意。

冼仲愷 - 女足
2014 韓國仁川亞運會給了我人生很多的第一次：第一次作賽程正選；第一次參加亞運；第一次入住選手村，「舞台來到別留遺憾！」，這是我亞運中讓我最深刻的一句話，提醒自己要把活機會盡情發揮！

梁巧詩 - 田徑
亞運，四年一度亞洲體壇盛事，能夠第三次代表香港參與這場盛事更感到榮幸。這次比賽最難忘的是男子4x100米接力賽，在比賽中，隊友們不顧掉差點輸過了標準的機會，事實上他們為這次比賽付出了很多，所以更加珍視他們到不珍貴。幸好最後也能以最後一名殺入決賽，更在決賽中獲得第三名。亞洲第三的頭銜他們實至名歸，實在鼓舞他們高興。這經歷讓我更加確信在成功的路上，無論當中經歷多少挫敗，只要從不放棄，機會一定會留给有準備性的人。

鍾偉賢 - 男排
參加亞運會是許多香港運動員的夢想，我相信入選2014 韓國仁川亞運會後，感到非常榮幸和激動。我知道出戰亞運會的機會並不是必然的，機會難能可貴。在整個兩星期的訓練之，感受尤其深刻。我們的對手大都是職業球員，且是各國的排球隊精英。對於我們業餘球員而言，他們的水平及技術都是遙不可及的，難以與他們對抗。在比賽中，我們會盡力訓練，力求在下屆仁川亞運會再與他們碰面。

胡樂勤 - 男排
入選亞運期間，鍛鍊訓練令我時常產生放棄的念頭。當時是憑着球員的支持鼓勵下去的。後來與其他香港代表交流，發現他們比我付出更多，才能擠進一屆亞運的入場卷。因此，我更加珍惜每場比賽的機會，若果會有機會，就應該學習對方的技術並盡力模仿。
城大田徑隊今年雖然不能以全場團體總冠軍作終結，但卻馬上重拾士氣，並作出檢討，誓言明年要重奪總冠軍之名銜。

田徑隊經過去年大專比賽後五個月的休整，隊員於九月初已開始投入常規練習。一如既往，舊隊員畢業離開，順利交棒給新加入的成員，這些新同志很快便融入隊中，亦為校隊練習增添了不少生氣。

田徑隊在本年度舉辦了一天訓練營，目的除了增加隊員間的默契外，同時亦帶出隊員之間不能缺少的團隊合作精神。除此之外，我們不時進行團隊活動，好像團年飯、過三飯等等，這些活動令隊內氛圍更加融洽。其次，要感謝詹太、葉老師和周教練的悉心指導。他們除了在訓練各項田徑事務上努力外，亦在練習上亦不時鼓勵和支持隊員，為隊員們打了支強心針。

在九月五日的大專田徑賽當天，各隊員除了在比賽全力拚搏外，亦在休息時亦不忘為隊友打氣及互相鼓勵；經過整體的努力，最終全隊成績僅次於香港大學，以八分之差屈居亞軍。雖然今年我們不能成功衛冕總冠軍，但經過檢討後，我們會更加積極備戰來年大專的賽事，為重奪總冠軍之寶座，定會眾志成城。

田徑隊擁有堅毅不屈的精神，縱使遇到挫敗，我們不但不會氣餒，反而更加堅強面對，誓言明年要取得屬於大家的榮譽。

最後要感謝詹太、葉老師、周教練、各位隊員、總務會、物理治療師以及到場支持的同學和朋友們，來年城大田徑隊定會加倍努力，向總冠軍之路邁進。

明年今日，叱吒風雲！

梁巧詩
工商管理榮譽學士（會計）

“Hard work is the key to success”. With our perseverance in the arduous training programs, we achieved the Men's and Women's Overall First Runner Up in the USFHK Athletic Meet. This is indeed a very satisfactory result for us all.

We set an ultimate goal at the beginning of the season — “Be The Best That We Can Be” and be the champion in the annual USFHK Athletic Meet. After five months of the off-season break, we started regular training in September. Team members did not only actively participate in University team training, but also trained hard in the Sports Institute of Hong Kong and individual clubs. We improved ourselves through practice and advice from our coaches to prepare for the intercollegiate athletic meet. Although we failed to be the overall champion, we did our best and we will try to do better next year.

There is something more precious apart from the result. We have built strong bonds among the team through our team events such as team gatherings at the Lunar New Year dinner and the training day camp. In the training day camp, we had lots of fun and tried to overcome difficulties as a team and cooperated with one another. During the year-end team gathering, we shared our feelings, evaluated our performance and built our friendships. Our team is getting more and more cohesive through the above meaningful events which facilitated our training and created a sense of mutuality.

In the end, the great moment signifies that no one can deny our efforts under Team Coaches, Mrs Davies and Mr Yip. Their warm caring and staunch support also made a great contribution to the fruitful year of our athletic team. “Be The Best That We Can Be!” We hereby promise that we will keep up with good works and strive for excellence in the foreseeable future.

Mak Shing Hei
BENG Electronic & Comm Engineering
11月17日大专赛的清晨，城大越野队再次以强劲姿态，勇夺女子组冠军，男子组亚军和团体全场总冠军。

这三年来，作为城大越野队的一份子，能有此骄人的成绩，本人感到无限光荣自豪。而大学给予越野队的支援包括教练、领导们的全力支持，我诚表上万分感谢！

作为今届女队长，我矢誓为队员同心协力，新队员全情投入而给予最大的赞美，一支叫人动容的优秀队伍，岂能仅有出色的表现，更该的是他们渴望尽心尽力地为队伍全心全意上的那份热心。欣赏队员们尽心为壁报板设计摆上心思，为校队迎新表演彩排演出。纵然只是初次接触中长跑的新队员，也努力尽上自己最大的能力齐心训练。有你们，我信日后的城大越野跑一定会继续在大专赛绽放光芒。

作为队中同行的战友，在艰辛的训练中得到队友间的彼此的鼓励支持，确实叫人窝心，怯弱的得自信，疲乏的得力量。全因有你们每一个人的相聚，才显得城大越野跑的团队力量。

最后一年以学生身份代表城大出赛，确有点不舍，然日后更会替队方为你们，好好珍惜代表队的日子，以城大为荣！

知所当，CityU Cross Country Team has achieved outstanding results in the USPHK for years. The hard work of our team was recognized this year by capturing the Event Overall Champion, Women’s Overall champion and Men’s 1st Runner Up. This year, our Men’s Team has lost most of the strong runners due to their graduation, however, they performed a miracle in the race by their determination and efforts. We shared a common attitude ‘running is not alone’, we encouraged and supported each other. As such, we took practices very seriously and brought our all effort to strive for our goal. Ultimately, our efforts paid off. In short, our team would never have achieved such remarkable results without the support of our team managers, Miss Julyanna Chan, Prof. Zhou, as well as our team coach, Mr. Matthew Yip, team official, helpers and all our supporters. We hereby promise we will continue to run for the best in coming year.

Mabel Lui Wai Man
Bachelor of Business Administration (Honours) in Human Resources Management
勝利是屬於堅持到最後一刻的人

城大男子羽毛球隊多年來一直所向披靡，今年再次成功地蟬聯了大專羽毛球錦標賽冠軍，也令城大男羽自1995年起，第20次登上皇者寶座，而城大女子隊今年亦獲得了另一席榮譽，成績令人滿意。

今年是我在城大的第五個年頭，有幸擔任隊長一職，這個冠軍對我來說可說是具意義。去年兩位主力球員畢業後，我們的實力較以往有所削弱，幸好亦有不少新隊員的加入。初賽的時候，我們輸給了理大，還記得比賽當日結束後，進行了近兩小時的會議，檢討失利的原因和如何重整旗鼓。各人決定在假期中投入集訓，提升體能及技術，後來，城大再次打入決賽與理大對決，比賽一如既往地緊湊，前四場比分打成二比二，須憑最後的單打決勝。

我被任命出戰這場「Win Or Go Home」的單打，身負重任難免有點壓力，雙方各勝一局，當戰至決勝局時，我的雙腳不幸扭傷，幸好經過短暫處理後，只可一拐一拐地堅持下去，最後負負地敗給對手。在此要感謝我們的領隊朱劍豪教授，教練周Sir，一眾校友trainer們、物理治療師以及所有隊友，沒有你們的教導、支持和現場的鼓勵，便沒有決賽當天的堅持，感謝你們帶給我第五個大專冠軍，亦帶給我一個難忘的人生體驗 - “勝利是屬於堅持到最後一刻的人”。

張浚軒
文學士 - 英語語言

Everything Counts

Time flies, it is already the fifth year for me to participate in the USFHK Badminton Competition. Every year, we have players leaving due to graduation, while there are new players joining. During these five years, CityU badminton team has gone through a lot of ups and downs. However, we always achieved fruitful and satisfying results at the end. This year, facing the challenge of graduation of two key players and the loss to PolyU in the preliminary rounds, it was really a tough time for us to strive for the championship when we had to meet PolyU again in the final. It was a highly significant and meaningful USFHK competition for all our players as it was the first time that CityU Men’s Badminton Team had lost a match over the past five years. We didn’t give up because of our defeat, instead we worked much harder in practice and were more united. And we finally beat PolyU and became the champion after an extremely emotional and exciting last game.

Although our Women’s Team only achieved the second runner-up, they had also tried their very best in the competition following the “Be The Best That We Can Be” motto. Such an achievement was not just because of the effort of a few players, but because of the support and coordination of everyone contributed to the success of CityU Badminton Team. Therefore, great thanks must be given to our manager (Professor Paul Chu), coach (Sunny Chau), alumni trainers, fellow teammates and supporters of CityU Badminton Team.

Suen On Yu
BDCLASS (Hons) Asian and International Studies
今年城大乒乓球隊在大專賽事裡取得不錯的成績，最後總結我們取得男子團體冠軍、女子團體季軍。

我在城大已經六年了，由副學士先修、副學士、到學士課程，終於不覺間接近尾聲，在踏上人生另一個階段之前，我衷心感謝城大對學生運動員的支持，和育我成長。

離開城大在即，愈對城大乒乓球隊有萬二分的不捨，捨不得的男女隊員打成一片、互相扶持，捨不得練球後的飢餓飯局、捨不得充滿汗水的跑大圈體能訓練、捨不得大戰前夕的加操、捨不得每年一度港安伯斯活動，捨不得每年的Wellness March比賽，舊隊員跟現役隊員聚首一堂，捨不得試時時的溫習小組，捨不得每年一度的外訪交流和全國賽，實在太多捨不得的片段，難以一一盡錄。

我喜歡隊友們對乒乓球運動的尊重，不論正選和後備隊員都對它都非常執著，誓要盡到自己心目中的要求才肯收手。那團火，熱烈得使我非常享受在校隊訓練的時間；那團火，令我們的球員不論在大專賽或是對外的賽事都有出色的表现，技術上也有所提升。

球隊運作成功，有賴多個不同要素。感謝贊助人王世華先生對球隊慷慨贊助，榮譽領隊Professor Lai多年來對球隊支持，感謝教練馬Sir，金教練和KIKI的技術指導，感謝場務員為我們安排場地設施，還有比賽打氣團隊球員和女籃的隊友們，衷心感激。在城大運動隊的日子是我大學生活中最享受的時候，感謝城大給我們的一切。願城大運動隊繼續發揚發光。

鍾善穎
工商管理電子商貿系榮譽學士

This year, the CityU Table Tennis men’s and women’s teams captured the Champion title and 2nd runner-up place in the USFHK Table Tennis Competition respectively.

I have been a student at City University for more than 6 years. I began as a Pre-Associate Degree student, then an Associate Degree student, and finally a full-time undergraduate student at this great institution. Looking back, I cannot be more grateful for the support that the university has given to student athletes like myself.

I will soon depart the university, and I am sure I will only miss the CityU Table Tennis Team more than ever. I will miss the strong bonding between the men’s and women’s teams, the post-training dinners when everybody was starving, the sweat and tears from fitness training, the seemingly everlasting overtime training sessions before competitions, the annual Angus beef barbecue, the Wellness March competition, the revision sessions before examination week, the annual exchanges and national competitions... Those are only some of the many fond memories I have had with the team.

The one thing that has touched me the most is the passion and respect the team has for the sport of table tennis. Players and reserve players alike are determined to train as hard as they can to achieve their personal best. It is this passion that has propelled our team to success, be it in Inter-varsity competitions or external competitions.

Of course, the success of the team also depends on the support of many others. Special thanks to our sponsor Mr. Wong; our honorary manager Professor Lai; coach Ma; coach Jin, and Miss Kiki. I would also like to thank the staff at the University Sports Centre for their kind help, as well as the University cheerleading team, the wood ball team and the women’s basketball team for their unwavering support.

My time at the City University table tennis team has been some of my most enjoyable moments in university, and I am forever grateful for what the university has given me. May this passion that has defined the team continue to pass on from generation to generation, and continue to propel the team to ever more successes in the future.

Chung Sin Wing
BBA (Hons) in Electronic Commerce
這是我加入城大女籃的第三個年頭，過去兩年的大專賽我們先後獲得第四和第六名，說起來實在有點慚愧。有見於此今年球隊上下一心，重整旗鼓，加上多名具實力的隊友加盟，為球隊注入一番新氣象，城大女籃東山再起，奪得了季軍。

事實上，與往年相比今年本是城大女籃最有機會晉身決賽的一年。早在成班初期，教練就為我們定下今年的目標，提出針對性訓練，以保持我們的狀態和進展默契。可惜好運不常，大專聯賽期間有隊友作賽時不慎受傷，影響日後發揮，最後我們亦無緣實現當初所定立的目標。

事實上，今年球隊人腳變動之大，成爲了傷患以外球隊必須正視的問題。今年總共有六位新加入的隊友，其中不乏甲組及港青成員，他們來自各支球隊，每個人的技術都能獨當一面，球隊不論在攻防之間上都頗具實力。然而籃球終究是團隊合作之運動，我們的成班成員中也較其他大專院校為短，使得我們尚未能完全發揮各人的長處。下年度的人腳變動相信不大，展望我們能夠汲取今年之經驗，明年為城大女力爭勝。

何佩琳
中文系榮譽文學士

Going through this year together, CityU teammates was a wonderful experience in our university life. Our training was hard, but we were able to communicate with and support each other very well. We trained for 6 hours, 2 days a week. We ran and did a lot of fitness training to boost our physical abilities. We dribbled and shot, and practiced our basic skills, such as small-groups attack and defense strategies.

In Jan 2015, we went to Dongguan for an outbound training camp. This was definitely the toughest training we had in the year. We practiced day and night. We concentrated and focused all our attention on basketball. We also played friendly matches with some schools on the Mainland. One of the main things that made our journey a marvellous one was that we were able to watch basketball played at its highest level on WCBA and CBA, this was a real treat. Not only did we learn a lot, but it made us realize just what a wonderfully exciting sport it is. Our reward for our hard work and the learning experience in the Mainland was becoming the second runner-up in the USFHK basketball competition. This was for us, a great achievement, but we know that it is not the highest. I believe that we are able to achieve more and that next year we should do so.

Heidi Fong Ho Pul
Bachelor of Business Administration (Honours) in Marketing
This year, 9 freshmen players were selected to join CityU Men’s Basketball Team. As a final year student, I was appointed to be one of the captains. As partner with Lee Wing Tat, another team captain, we tried to support our newly recruited members to get used to Coach Chiu’s training style and CityU Sports Team’s “do’s and don’ts”. Wing Tat and I had one main goal for the team: to push everyone of the team hard enough in training — both physical and mental, so that we could once again get entered into the semi-finals or finals in USFHK basketball competition. This year, with the help of two passionate trainers Siu Wing and Joeman, we arranged extra training sessions in the morning, usually 1-2 times every week. We also discussed various team tactics during the lunch that followed the extra session. Because we had more time together in training, we were able to build a good team spirit and became good friends! On 29/3, we defeated HKIEd in the bronze medal game of USFHK competition. We felt accomplished because the last game was a very tough one and it could only be done because everyone of the men’s basketball team had given their best to the team—‘Unity is strength’!

Time flies, I will be graduating in this coming summer, CityU Basketball team is the most enjoyable team I have ever played with: we always encouraged and supported each other. I would like to thank my coach, team manager and all fellow teammates for trusting me in the role of team captain. I love U all!

Ip Tsz San  
BSc (Hons) in Applied Physics
年前，我曾对自己说：“当我入到大学后，要让自己的生活变得更丰富，不然长大后会后悔。”得知我在大学是一支大专女子足球队的队员，便一心冲着要加入这个队伍去。还记得那时，每位新生都要注册“本人卡”，沿路我像个小学生似的问旁人校队在哪里可以加入，得知校队招募职位正好在我的专业，但要赶过周末，我才在同学会的推断下被录取，或许这就是挑战的开始吧。

第一年的港大女足是七大人合比赛，队中有很多实力派的队员，对我这个新手来说是太多太多上场的机会。那时候并没有太多归属感和自豪感，为了在有限的时间里取得成功，需要不断努力和提高。但后来的比赛中，我就开始怀念。十一人之后，Miss Lee 就要我回家，初时时常感到很多压力，球队比赛都得看你，特别防守被攻入球将会是敌人，可是另一方面，我在球队中终于有了一个定位和角色。

第二年，深知自己身体不好的我在大合决赛病倒了，Miss Lee 看到了我一句：“你还能踢吗？”心里很想去踢，但又怕拖累队友，便选择不上场，由球赛队伍后我激动得想要冲到场上参加其中。我望了一眼 Miss Lee，她紧握着咬牙切齿，于是我便一言不语地看在拼命的队友。当完后一刻球赛结束了，大家都在哭，她们是为胜利而哭，而我则是为了自己的无力而哭。

今年队中再有新队员加入，令到大合女足更具盛望，大合比赛中我们都在不断寻求胜利。虽然如此教练并没有因此而降低要求，反而提出了不同的目标要我们达到。最后虽然未能全部胜出，但是三年来第一次大合决赛。得到冠军固然开心，但比不上我得到了归属感、存在感和队友带来的感动。

过去我都为自己的是一名球队新丁而感到自卑，踢球总是比在学时，觉得和队友们有一段距离。但事实上，让我变得更强大、更加自信，也慢慢地改变我。经过每周的训练，大大小小的集训，都对队友的关心变得更多。这是我在大合女足最后一年，我不断进步，这个是去珍惜每一次的训练。每次总是有聊不完的话题，每次训练都不想结束。多谢教练和 Miss Ho，为我书写出另一段故事。令我明白到，多谢教练没有因我而弃足球而放弃我。多谢队友们无处不在的支持。现今我珍贵的大学生涯里，留下一个完美句号。

詹晓如
创意媒体李学士

As the Olympic champion, Wilma Rudolph, once said, “Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday.”

Now, I am proud to announce the exciting news of the Women Soccer’s Team of City University of Hong Kong for being the champion of the USHK Women Soccer Competition.

At the beginning of semester A, we were inspired to write down our goals for the coming year and expectations for the team. Most of us mentioned the desire of getting the championship and taking back the trophy.

With the guidance from our coach, Miss Lee, and the leadership of the team captain, the training went extremely well. Everyone was determined to achieve the aims we set. We listened and paid attention to all the coaching during practices, the team got off to a good start this year. The results of our effort were shown in our first game in November as we won a victory over HKU by 7 goals. With the thrill of winning and the ambition of doing better, our team got back the passion which was lost for a while.

Thanks to the financial support from CityU, our team had the chance to attend the training trip in Kaohsiung during the semester break. The 9 a.m. jogging and training throughout the tour had improved the physical fitness and skills of the teammates. Friendly matches against local high schools’ teams were arranged with the help of Chinese Taipei Football Association. In the course of these tournaments, our team gained useful experiences and unity was formed between teammates. Apart from the training, the exploring of Kaohsiung’s culture and the sightseeing had broadened our horizons.

The journey to victory was tranquil. We hadn’t lost a single goal before the finals. We played against HKBU in the final match. I still remember what coach said to us before the game, “Try your best and forget the rest.”, and we did. We were fierce. On the second half of the match, we were leading 2 to zero, then a penalty kick was given to our opponents and they scored. Although we suffered the first loss, we won the competition at the end. Our team burst out crying with happy tears. The fulfillment and triumph we had were irreplaceable.

Lai Sum Yoe
Associate of Arts in English for Professional Communication
遺憾？振作！振作！

今年城大男足在四強賽中帶著一絲遺憾，以遺憾的心情地離開了球場，遺憾是我們不能打入決賽，重奪大專盃足球的冠軍，遺憾是我們喊著城大的口號，以及肩負著城大的精神去拼搏，欲為校校為自己加上一個光環，可惜今年勝利之神不再眷顧我們。

在四強的激戰中，與理大力爭至加時賽，仍以2:2不分勝負，最後互射十二碼輸給了我們的老對手理工大學，無緣爭奪冠軍。這場四強比賽是我們最難以忘懷的一場比賽，隊中有不少成員今年即將畢業，大家希望能奪標而回並一圓冠軍夢。我們只是一步就能再次挑戰冠軍的寶座，可惜天意弄人，在比賽後的階段我們經歷了高峯低谷，在八十分鐘的時候我們攻破了理大的大門，但可惜己隊有一名球員因傷倒地而埋下了被追和的伏線。在八十五分鐘理大的球員憑多打一人的優勢射破我方的大門，結果被對方逼至加時作賽。加時階段我們亦曾成為勝利的一方，之後我們乘風理大的失誤打進比分，進入被稱為最殘酷的十二碼決勝階段，結果我們以三比四不敵理大。

回想這一年，雖說今年將有不少師兄畢業，但亦有幾位具潛質的新力軍加入，實力上是有所增減。再者，那位來自西班牙交流生更加增強隊伍陣容，令對方難以適應我們的踢法和轉變。另一方面，我們亦承傳師兄之傳統及理後的食飯傳統，令隊中氣氛更加和諧，有助比賽上加強默契和磨合。總括而言，今年城大男足在球場上的發揮尚算不俗，只是欠缺勝利之神的眷顧，最後力保第三名，也算是一個不錯的成績吧！明年今日，我們定必捲土重來，再奪冠軍。

曾瀚林
工商管理副學士（金融服務）

It was a wonderful day, crowds screaming out "CityU! CityU! CityU!" and drums loudly playing along with the cheers. The atmosphere was great and we were all ready and prepared to battle, prepared to win for our University. It was the semi-finals against Polytechnic University. PolyU was one of the best teams, yet our team was fearless and were all well prepared. I have to say as a freshman, I was amazed by the atmosphere and the quality of all the players. It was very unfortunate that we had lost the semi-finals, but what I learnt and saw from that match was invaluable. Until the last minute CityU did not lose hope, although we were down by 1, we managed to tie the game and reached the sudden death period but lost in penalty shootout. What I learnt from the match was that, we should never give up. We should always be the best that we can be.

It is my first year in City University Football Team, and I was very fortunate to be able to make it to the team. Being a part of the team, I have had really fruitful experience and an unforgettable time with my fellow teammates and my coaches. I was scared at first since all the faces were unfamiliar to me whatever, after few trainings they became my good friends. I have learnt a lot from my training and have improved a lot since I first trained with them. I enjoyed seeing how the team stays as one and always does activities together and are well-organised. Players would go eat dinner after the training regularly, and I was always invited, which made me feel like I was accepted and welcomed. I was given a huge opportunity to go Hainan for football exchange programme. From there, I got even closer to my teammates and got to know them better. Through that exchange, I believe the team was more cohesive and the bond got stronger. Moreover, all the players who hadn’t gotten chance to show their ability in Inter-University matches received an opportunity to prove their ability. All in all I enjoyed the exchange and really got to know my own strength.

I am grateful to have such friendly and wonderful teammates. Not to mention, a very supportive, responsible and caring coaches. I would like to thank each and every members in the team and the coaches. Especially to Yau Sir, who believed in me and my ability. I believe next year we can do better and win the championship! Go CityU! Be The Best that We Can Be!

RANA Kal Singh
Applied Science and Technology
轉眼我已經加入城大女手第四年，今年亦是我隊中的最後一年，很快我就要畢業了。這四年來城大女手給我很多，包括很多回憶和最值錢的，這裡每個人都陪伴我度過，所有片段已深深刻在心中，值得的年紀裏記住你。

這四年來城大女手經歷高低起伏，令我感受良多，第一年我們只取得第六名，隊友們都互勉努力；但這亦成為我們某點唱響的動力，在教練「棍棍」帶領下，我們團結一心，懷著一顆愛球的愛心，決志在第二年勇奪城大專學甲級。當時的我被城大女手的齊心及友誼深深感動，想起我們一起向著目標奮鬥的熱血仍十分激動。第三年我們更加再下一城，憑藉著深厚友誼建立起的默契，加上刻苦的訓練（636,848, JL石公斜，不要埋怨……你們懂的）和多個外出集訓的機會（去中環與香港大學，去上海在低溫下晨操……），終於我們成長壯大，擊敗大專冠軍！成功非偶得，這個是我們十六人一起有汗有淚打拼而來的。

直至今年，我們再次在台大邀請賽及香港全壇賽決賽，可惜連連諾以完整陣容練習的默契，無疑成為我們最後的風雨和風暴。今年我更由當天的朋友變成隊長，處理的擔當和壓力更是難以言喻，感謝你隊與教練「棍棍」的帶領下，讓我們的技術和心態上步步提升，每隊友都自覺和全情投入每個練習（每次我們訓練有80次，分在不同的時間和球場，衝石公斜，訓練三次屯門培訓場……），最後我們奪得大專季軍，最後沒有進入決賽是今年的遺憾，但回想我們一步一步走來，至於遇未免失敗局還成為我們追求下個完美的動力，比賽勝與敗，我希望城大女手將來能更發揚，更團結一心，更有決心地在日後爭奪大專冠軍！

即將畢業，我希望在這個隊伍為我們成長的人，包括教練Simpson，領隊Miss Winnie Wong，各位Trainers，以及女手榮譽領隊Raymond Chan對城大女手的支持，學校比賽的致勝關鍵正是團隊力量，每個球員都可以為共同的目標努力，願願結盟的團隊力量能將前進。

最後，容許我再次感謝各位的兄弟姐妹，我的隊友們，繼續加油！城大女手 OSH!!

家姐 / 妹 / 哥斯 / Vicky / Pizza / 鈺明 / 欣怡 / 英儀 / 賀實 / 惠儀 / Zoo / 善阿姨 / Shadow / 善阿姨 / 俊如 / 欣欣

歐芷盈（家姐）
市場營銷學系

Time flies. It is my final year in the City U Women's Handball Team. It is always hard to say goodbye. Though the last handball match of the USFHK this year has already ended, the pictures of the matches within these five years are still imprinted in my mind. Here I would like to share some clips in these five years with you.

In my first year, we were the champion. As a freshman, I had no idea of what was going on. From that year, I started my exciting handball journey in the City U. In the second year, we won. We were in the sixth place which was a disappointing result for us especially because it showed a big difference from the previous year. The results upset us, but we remembered all the words and encouragement from our trainers, coach and manager. They always reminded us that “WE WILL BE BACK.” In the third year, we really did it and got into the final. We took the first runner-up by re-building our teamwork and strengthening our skills in defending. Last year, as usual, we were very keen to win the championship and made a lot of effort in the matches. We won the championship. It was especially memorable for me because the date of the final last year was also my birthday. This year, we got the second-runner up. We were sad because we did not play well in some critical matches. However, we kept positive as long as we could learn from the mistakes and performed better in the next game.

Being the champion of the USFHK Handball Competition is always the goal of our team. We might not achieve the goal every year though we did our very best. I would like to let you know that the City U Women's Handball Team did a great job in working towards our goal with the spirit in our slogan: ‘be the best that we can be!’ I am really glad that I could play handball in the City U team as it is where I grew up and developed my toughness over every ups and downs, challenges and difficulties. From a fresh-man to graduate, I treasure what I have experienced with all my teammates, especially after my exchange tour in the Semester A 2014. A number of players are going to graduate in our team this year and I find it hard to imagine that I am going to be one of them! Leaving the CityU campus does not mean that we leave our loving handball team. I believe that our bonding will be as strong as we were there. Our treasurable team spirit and passion towards the excellence in handball will link us together even if we are apart.

Hope our fellow CityU Sports Team members enjoy every games, experience and develop yourselves as much as you can.

Tsui Pui Sze
Public Policy, Management and Politics
It was a pleasure to capture the first handball championship title for CityU! The glory should be belonged to all our team members, trainers and coach. For the whole year, we put our focus on defence tactics; besides, shooting accuracy was also a main item in training for building up our offence strategy. With the lessons learnt from the past few years, we had much more experience in controlling the game tempo. We did much more preparation by watching videos in order to know more about our opponents. We had organized overseas training to cultivate bonding of members and unite them into a team. Determination and effort are elements that contributed to our success.

"No sacrifices, No victory" is the motto of CityU Men's Handball Team. Our goal is to be the best that we can be in the coming year!

Singh Dilyadav
College of Liberal Arts and Social Sciences

"No Pain, No Gain", if you want to achieve your dreams, you must be prepared to pay the price. You must be ready to work hard, to put in the hours, to sweat, to sacrifice your comfort. Every time you make a goal, you are making a commitment to yourself. And that commitment will bring its own rewards. In the end, it will all be worth it, because you will have achieved something that you truly believe in.
「光陰似箭 日月如梭」，不經不覺在城大女排中，度過了愉快的兩年大專生涯。回想初到校第一天到陳大河體育館練習時，就像是昨日發生似的，還歷歷在目。

本年度的女排，隊員人數眾多，隊中的每位球員都各有專長，具備不同的特質：新加入球員的實力及經驗都能為城大女排增強了不少力量。十八名隊員上下一心，目標一致，一起去捍衛大專盃冠軍。

為了以最佳的陣容應戰大專比賽，我們今年到訪台灣作四日三夜的集訓，與當地高水平的中學及大學校隊進行友賽，目的是去尋找球隊不足之處；每天的友賽完結後，都會進行檢討，共同找出最佳的解決方法。這次的異地集訓，教練贈送了「決心」兩字給我們，希望我們在做任何事時都要有決心才能成功，心態要堅定不移，做事才能得到成果。最後我們就以堅定不移的決心，在一屆不失的氣勢下，成功衛冕年度大專冠軍。

今年是我最後一年的大專生涯，最後一年以城大女排的身份參與大專比賽。還記得當初參加女排選拔的時候，我是抱着「試一試」的心態，想不到竟然能成為其中一員，十分感謝教練『耶穌』給我加入女排機會。在這兩年間，我學到的不單是排球技術，還學會了許多處事方法。令我最深刻的就是教練提醒我們的－「凡事有三個解決方法」；這種處事方法不僅在比賽中用得著，就連平常生活中都能活用得到。說實話，在城大女排裡真的令我獲益多多，當然又機會讓我再次選擇升學，城大——依然是我的首選！

最後，真的很感恩能夠遇到教練『耶穌』、訓練員和各位女排隊員；衷心地說：「感謝！」城大女排能夠纔華開花，在往後的大專比賽中再創佳績，衛冕更多的大專冠軍。我承諾後定會到場支持，城大女排我們在球場上再見吧！

莫嘉欣
職場發展及航空物流副理學士

This year is such an exciting year for women's volleyball team. Recalling the Jackie Chan's Cup Competition, which was our first competition of the season, we were beaten by Hong Kong Baptist University in the semi-final. It meant we did not have a good preparation. Facing the failure might not be the worst thing, because we must put much effort on studying the mistakes and growing from the defeat. Failure can encourage us to be better. Therefore, all of us had the strong determination to fight for USFHK competition.

During the semester break, we had an exchange programme in Taiwan. We played friendly matches with very strong teams from various universities. Some opponents were powerful and vigorous, no matter how hard we played, we could hardly beat them. Regardless of the result, we were very thankful to be given such a valuable opportunity to practice volleyball abroad and widen our horizons. Also, when we were in Taiwan, the bonding among our teammates had started to become stronger and stronger day after day; it had greatly improved our performance and enhanced the mutual trust among teammates.

As the saying goes, "Practice makes perfect". There was no short cut, and we had to be the best that we could be. All of us knew that hard training was the most essential key towards success. Our coach, Vincent, set the tasks so as to help us do our best and made the practice and competitions more challenging and effective. And we had only one goal to achieve, the championship!

How time flies! It was the USFHK competition again! We managed to fight back and beat Hong Kong Baptist University in the preliminary round. In the final, our opponent was HKU whom we beat at the Jackie Chan's Cup. We were still a bit stressful and anxious although we were playing in our own venue, as we knew HKU had well prepared for the game. Fortunately, CityU beat HKU by 3-0 at the end.

In short, thanks for all the teammates, trainers and our lovely coach, Vincent, for putting so much time and effort in this year's competition. Victory is certainly a pleasure and memorable thing, but gaining experience in the competition is much more precious. If you never try, you will never know!

Wong Wai Man
Associate of Leisure and Tourism Management
2015 This year is a very important year for me.

This year, the CityU Men's Volleyball team benefitted from great and valuable experiences, despite finishing 2nd at both the Jackie Chan's Cup as well as the USFHK competition. This year we invited Mr. Yau as our assistant coach, to help with the improvement of our personal skills, team tactics and our overall physical condition. The presence of Mr. Yau, in combination with our coach and trainer's continued efforts, resulted in great improvement in all areas of our games.

This year also saw us taking part in a Taiwan exchange trip, along with the girls' team, which enabled us to be well prepared for the final stages of the USFHK competition. The stout friendly competitions allowed us to further improve and focus on strengthening our defense and blocking. The matches were intense and difficult, but we fought hard and the whole team supported each other. In all, the Taiwan exchange helped us better understand our teammates as well as our coaches. We got closer and became a very united team.

We were all very disappointed by our marginal loss to CUHK in the 5th set (15:13) because of our unsatisfactory performance, but it was still a good experience for our team. Despite the upcoming graduation of a number of experienced team members, we still have a group of talented and energetic core players. With our fine coaching team and new incoming players, we believe that our team will be even stronger and make a come back again... this time for the championship!

Kong Ka Sing
BSC (Hons) in Surveying
We often hear the phrase "Be the best that we can be" on and off the field. It constantly reminds us to have the determination to play every game as if it was our last opportunity. Although our team could only come 4th in the USFHK Rugby Tournament, I am proud to tell others that we did our best.

Having four core players graduated last year and an injury to our experienced player before the USFHK Rugby competition, this year’s tournament seemed to be very tough to play. Being a senior player, I needed to take more responsibility to lead the team and boost up the confidence of the team. It was hard at first as I felt nervous and had doubts in my ability. Luckily, as the saying goes, "solidarity is power", I’m blessed to have this encouraging squad to back me up and fuel my passion every minute on the pitch. We may not be the strongest but we are united to play as a team. We have improved a lot this year and I am sure that we will come back and become a stronger team next year.

On behalf of the team, I have to thank all the Staff especially Mrs. Davies; Mr. Ngai; our honorary team manager (Mr. Jack Burke); team managers (Mr. Wan and Miss Ho) who supported the rugby team all along. Also a big thank you to our coach Roman and trainers who had put a lot of efforts and faith in our team and believed the best in us. Last but not least, I would like to thank my teammates for their effort and support. I am very confident that our team will accomplish better result in the coming years.

Believe in CityU Women’s Rugby!

Tsang Wing Chi Amber
BDCLASS (Hons) in Asian and International Studies
This is my second year in CityU Rugby Team. I can say our team spirit is very strong. We are teammates, friends and also brothers. Together, we fight for the same goal.

Last year, I got injured after the second match and 3 more of our starting players also got injured. We came 5th in the USFHK Rugby 7s Competition. I can still remember those tears from the final year students. We worked really hard but in the end we didn’t get what we wanted. I made a promise to myself to work an extra step and to get back the championship title. With lots of training and physical training, our team finally did it. Right after the final whistle, all our supporters, old team members, team manager, classmates and friends ran out from the spectator stand. It felt like winning the world cup. I would like to thank our dearest coach, Kenneth (Magic) Lee, and also the team trainers, Kun and Brian. Without their effort, we couldn’t be playing so well and so strong. Also, we would also like to thank our honorary team manager, Mr. Jack Burke, and our team manager, Mr. Denis Wan. Their support is very crucial to our team.

Our graduating teammates: Tiger, YB, Nigel, Richard, Michael, Randy and Mak Kwai Hin are leaving us this year. It would definitely be more difficult to win without the experienced players but I am sure that our new lineup will work harder to defend our title next year.

Chen Ho Lam
BENG (Hons) in Materials Engineering
This year was a challenging yet rewarding year for the team. Although both of our men’s and women’s team faced head to head with our strong opponent in the semifinals, and had lost unfortunately, under the supervision of our coaches and with the hard work of the teams, we had successfully won the 3rd place. Moreover, throughout the whole season, the team had demonstrated remarkable team spirit and heartening sportsmanship that created countless unforgettable memories for each other.

Besides the USFHK matches, the All China University Tennis Competition was one of the most remarkable experiences in tennis for me. Not only were we given the chance to interact with top players around the whole country, this experience also offered me the opportunity to learn and gain precious advice from excellent tennis players. It enabled my partner and me to reflect on and evaluate our performance, let us know our strengths and weaknesses, and motivated us to train harder to strive for a better result. This journey also further strengthened our bonding and mutual understanding as a team. I would treasure and never forget the scenes of how we ran the hills, and trained under the gruesome sun for hours just to be in our best shape before we faced our challenge.

Being able to go through these two fruitful years and be part of the Tennis Team family was my pride and privilege. It has been a big honor for me to go on the tennis courts and play for CityU. I would like to take this time to especially thank Peter Wu, our head coach, for giving me valuable guidance and amazing opportunities to play on behalf of CityU Tennis Team; our trainees and alumni for giving us precious advice and support; and not to mention, my teammates, for being so encouraging and caring. It is a pleasure for me to be on this team and was able to train hard and spending the time together with you.

At last, I hope all CityU Tennis Team members can keep up the spirit and double their efforts in the coming year to strive for a better result and fight beyond the limits.

Lee Yan Lam
BSocSc (Hons) in Criminology
Our CityU squash team has won the Men's Overall Champion and Women's Overall 1st runner up in the intervarsity competition. This was indeed a fruitful year for all of our team members, we had trained hard to gain what we earned. This year, we have been to Korea for our outbound exchange tour. This outbound training definitely helped toughen our mind and improve our physical condition and competitiveness so that we could be better prepared for the USFHK competition and challenges ahead.

As a final year student, I have been in the squash team for three years. When I look back, what are in my memories comprise only sweetness of laughter and tears of joy. Our team members always strive for their best during practices and competitions. Even when there are downs during adversities, we stand strong and strike back. I believe when we all meet again, there will only be laughers and nothing more.

This remarkable experience of being one of the members in our CityU squash team allows me to meet excellent people that I have long wished for. Each time I stand on the stage in the prize presentation ceremony, all I think of are the hard work and sportsmanship that we have earned and experienced. What CityU gives us is not only a title of being a City University Sports Team Member, but it teaches us how to be a sportsman with responsibility.

In the midst of our glorious days of learning, thank you CityU for cherishing us as squash players. We will mark this sense of responsibility and sportsmanship deeply in our heart, and for the rest of our lives.

Vicky Siu
BBA (Hons) in Accountancy
Being asked about the performance of our CityU Woodball Team was a good question. We did train hard and were well prepared but we lost the champion. In conclusion, it is probably a tough year.

In the past few years, we used to strive for our best performance in order to achieve our goal: to be the champion. However, we have been in the second place for three consecutive years. We were disappointed as we had put in a lot of efforts and had practiced a lot throughout these years. We believed that the victory would come to us this year. Unfortunately, luck was not on our side, although we almost made it.

As the vice-captain of the team, I am 100% sure that everyone has given their 200% effort during this year and practiced more than we expected. We shared the same goal and stayed together to become stronger and stronger in order to make our dream come true. However, the result was not up to our expectation.

In our evaluation, we agreed that apart from paying more attention to our physical skills, we also need to stay strong to fight against any tough situation. We have to be confident enough to overcome any challenges ahead.

It is time to forget our failure and train to be stronger. Hopefully, our performance will be greatly improved that it will be a good harvest for the CityU Woodball Team in the coming year.

Leung Hong Yee Bibendum
Associate of Business Administration in Marketing
Swimming Team

You may think swimming is humdrum, you may think swimming is only an event for individuals, but you may never understand how the power of gathering each individual swimmer to train together, to be punished together, to share the happiness, pains, and sorrows or even to live together, can create a family bond like CityU Swimming Team does. Two years ago, the day I was being chosen to train in the name of CityU Swimming Team, I remember how panicky I was. I was worried and nervous about being involved in a new group and getting to know unfamiliar faces. However, the two years were full of joy and love, and most importantly, the passion of each member towards their swimming career.

This year, we are blessed and honored to have an increase in the intake of new potential swimmers. Yet, the team still encountered a great obstacle ahead with the departure of our swimming coach. The challenge, however, turned to a motivation. The tough year has equipped us with self-discipline and substantial determination, even without a coach accompanying us and preparing us for the USPHK Aquatic Meet. With constant encouragement and support from each other, we were devoted wholeheartedly to trainings on consecutive mornings and afternoons. Although the result of this year was not great, it was nevertheless a remarkable and fruitful year for us as we have managed to demonstrate our great team spirit and determination which were more important than winning. I am sure that the CityU Swimming Team will inherit our ambition and enthusiasm towards one goal - to achieve a more excellent result in the upcoming sports years.

"They never said it would be easy, they said it would be worthwhile." Being a member of CityU swimming team is never easy, but what I have gained and earned is hard to express in words. Representing the name of City University of Hong Kong is a lifetime pride for every CityU sportsman and the honour will undoubtedly last forever in our hearts. I would also like to take this opportunity to thank sincerely all of those who have given love and contribution to the team. Without your support, our faith and devotion would not be as solid and long-lasting as now.

Fan Chun Ka Chloë
Associate of Arts in Communication and Public Relations
時光飛逝，日月如梭，轉眼又過去了一年。今年校大劍隊都向着大專冠軍的目標邁進，由於今年我們有多位新成員加入，花劍男隊高手林立，但卻帶來代表團增強的難題，幸好最終順利解決。

今年年初劍擊隊給予了我們很多幫助，例如舉辦了迎新活動、聚餐等等……對方的活動也給了我們很多的機會去增進關系。除此之外，我們也參加了校內的比賽，各個比賽都有不少奪冠，尤其是美術、舞蹈、個人、團體賽事也奪得獎項。這次的比賽不僅隻是大家的士氣和信心大大增加，而且在技術層面也有很大的突破。

隨着專案比賽一天一天的接近，家人、朋友等的期望一天一天的增長，雖然就成為了我們最大的敵人。這時候，Ms. Lai 與教練為了增加我們的信心，給我們多次的心理輔導和戰術分析等。眼見他們的擔憂，我們都為自己的軟弱感到抱歉，我們需要的不是退卻，更不是畏懼。我們需要的是相信自己！大家都萌生出一個信念，Be the best that we can be!

直到比賽當天，我們都互相信賴，面對強敵卻毫不畏懼，目標只有一個，為校再下一城，為劍隊帶來榮耀！當日，我們超額完成，除了達到花劍三連冠外，更獲得了男子小滿冠。另外，女子佩劍隊在本年度比賽，首奪金牌。整體成績有去年第五升至第四名，但如果缺少了Ms. Lai 和教練的支持和鼓勵，我們是不可能獲得這麼遠的，謝謝你們。

吳秋忠
公共行政與管理學部

Despite being a fencing player for years, I initially still have difficulty in striking a balance between sport and academic study at university. It is, however, after participating in the All China University Fencing Championship and USFHK Fencing Competition, I have learnt the spirit of “never give up” and gained lots of life experiences. I know the way to prepare myself when encountering difficulties and adjusting my mind no matter I am in an upward or downward position. Moreover, this spirit enables me to be perseverant in study. Though I failed many times and even wanted to give up my science experiment, then I remembered my harsh practice in fencing in which I repeated the same movement for 1,000 times and mastered it. As a result, I repeated the whole procedure and I finally succeeded. Furthermore, being a member of the CityU Fencing Team, I have developed strong leadership skills and good team spirit.

We have got the Overall Champion in the men’s event and 2nd runner up in the women’s event in this year’s USFHK Fencing Competition through a year of harsh practice. All our teammates enjoyed the game a lot and we have to thank Ms. Lai and our coaches for their administrative and technical supports.

Chan Hoi Kin, Howard
Bachelor of Science (Honours) in Applied Biology
Taekwondo had been a part of my life since the age of 11 but for some personal reasons, quitting somehow had become an option. Participating in Taekwondo again was out of my mind until over a year ago, the moment I coincidentally bumped into an acquaintance in Library. I was offered an opportunity to join the school team and would participate in the Inter-Collegiate Championship on behalf of CityU. My past experiences in the sport made me feel that picking up Taekwondo again was my destiny and words were not enough to express my gratitude.

The life of intensive training has undoubtedly broadened my horizon by taking part in different Taekwondo events every year. However, this is nothing when compared to the Inter-Collegiate Championship. The adrenaline stimulated a sense of pride and glory in me every time when I stepped into the arena in the CityU team uniform. I was no longer an individual but part of a great team. People were to support me and no one would be left behind. The good teamwork allowed us to stay intact and united during competition, this was something far greater than simply achieving outstanding individual performance. What I have learnt from joining the CityU Taekwondo Team was not only technical skills but I have also gained friendships, determination and willpower.

Chance does not come often but when it does, seize it and present the best of yourself. Life is too short to live with regrets, enjoy every moment during the process, it will be a good memory to look back to.

To Man Yi

BDCLASS (Hons) in Environment Policy
在眾人眼中，空手道是個人專項的運動，基本上每個隊員都是為了自己的成績而努力，難有團隊合作的機會。所以下了階段型和團隊組合，空手道是很少需要合作的。慶幸我今年在城大空手道隊的最後一年裡，能感受到這種比賽以外組織的感覺。

回顧過去一年，是屬於城大空手道隊滿滿豐收的一年。

由去年十一月的全國大學空手道錦標賽取得十五面獎牌起，直至十二月台港澳交流集訓，我們一直都備極為大專賽作出萬全的準備。包括不同的工作坊，增進大家在運動表現上的知識。

今年的大專賽賽程改制，由原本高級組兩組裁減為只有高級組，因而出賽簡章亦有所調整，雖然比賽的人數較往年少，但我們訂下的目標卻沒有改變，隊員們都十分珍惜這次練習的機會，希望比賽當天能以最佳的表現為城大爭勝。比賽當天經過一番激戰後，城大空手道隊以三金三銀一銅的佳績奪得男、女團體冠軍以及全場總冠軍，在大專賽寫下輝煌的新頁，取得今年城大空手道隊的第一個小滿貫。

團隊成功的背後，全因有一群愛我們的人，包括慰教練我們豐富運動知識、改善體能的幾位專業人士，在一個又一個的工作坊裡，我們都學會了很多空手道以外的知識。在將來的運動路上能有所幫助。另外，學校對我們的支持，使我們可以出外比賽和見識，凡大學的體育會比賽上，當然不能缺少的是Miss Lai和師Dimus練。我們不只是在技術上的教練，也是我們的人生教練，對我們關係備至，教導大家做人應有的態度和態度。

在城大的最後一年，我見證空手道隊由三甲不入，至現在取得小滿貫這個亮麗而輝煌的成績，感謝上天能讓我見到這樣難忘的一刻，亦讓我遇上這些充滿愛的隊友、教練和在背後支持的團隊。雖然對大學的生活十分不捨，但我真心的投入在每一個活動裡，在隊裡的每一分，我想大義無論任何人都難以忘懷。

教練提及過”兩紅一白”是代表一間院校同時取得男女團體冠軍的簡稱，希望在往後的日子裡，城大空手道隊會帶給大家的不只是兩紅一白，而是給大家充滿著支持和愛的感覺，這些力量使團隊更加強大，成為所有人力量之泉！因為只要相信，沒有事情是不可能的！

胡樂敏
應用社會科學系

As a freshman of CityU Karate-Do Team, this has been a very great year for me. I was lucky because there were chances for me to represent CityU Karate-Do team to participate in the ACU and USFHK competitions. I was fully supported by teammates with cheers. In the light of the imperfect performance as well as the result, the cheering gave me motivation to keep fighting on for my next battle.

There were not only competitions but also events such as training camp and exchange program in Taiwan that we did in the past year. It provided us the opportunity to explore our knowledge and cultivate the bonding with teammates.

In the exchange program, we had training with the students of the University of Taipei. After training with them, we came to realize the advantages and disadvantages of the original training program we had in Hong Kong. It enlightened us to come up with a better program. For instance, their program helped improve our skills and provided different ways of practicing. It also enhanced the strength of our mindset and toughened our physical condition, because of the high intensity and long training.

In those organized activities, we were not aiming to win and see who was better but to enjoy the time we spent with this “family”. We had good times in training hard, and we also played hard. That is the key to make our bonding so strong, and motivate for us to improve ourselves and get along better with each other.

Lastly, I would like to thank CityU, our team manager Ms. Lai, our coach Mr. Yuen and also everyone who contributed to this team. This successful year was the fruit of everybody’s hardwork. The result is such a big milestone of this team. I sincerely hope that we can have a more satisfactory achievement in the coming year.

Lau Chi Tat
Associate Degree of Social Science in Public Relations and Advertising
今年球隊加入不少新血，隊員間需要重新磨合和建立默契。城大男籃終於一嘗到外地集訓的滋味，於一月初前往台中與明道大學進行交流。因此，我們希望藉著這次集訓，除了球技更上一層樓之外，更重要是增進彼此之間友誼，使大家在球場內外都能多些溝通，這樣才能上下一心，打成一片。

我們與明道大學一共進行了兩次的友誼賽。第一場，我們大敗給他們，主要是因為球員之間缺乏溝通，未有提示隊友補位，使對方能輕易衝破我們的防線。經此一役後，我們大大改善了這不足之處，並於第二戰中僅以十多分落敗，情況漸見好轉。而值得一提的是，明道大學於今個學年奪得了台灣大專聯賽 UBL 的總冠軍。

在集訓回港後的第一課操練中，我感受到一隊全新的城大男籃，大家彼此之間的溝通和鼓勵多了很多，證明大家的感情和默契都昇華到另一階段。一支球隊的成敗得失往往取決於士氣，只要大家能夠保持著這股對籃球熱血的心，我相信城大男籃重奪大專盃王者之期不遠矣。

葉梓桑
應用物理學系榮譽理學士
今年我們再次到台灣進行一連五日的年度交流。其中一個目的就是為了與更多不同的對手切磋，從對手身上學習，豐富自己的比賽經驗，因此今年我們邀約了四所新的學校和我們打友誼賽。由於我們並不清楚對手的實力，縱然是友誼賽，但也要認真地作賽前準備。從這種準備比賽的態度，幫助日後的比賽中也能更快的集中精神，投入賽事。雖然對手普遍實力比我們稍遜，我們可以在友誼賽中嘗試更多以往不敢在對賽中運用的技術與戰術，從中得到不少打法上的啟發。好讓我們日後在正式的比賽上發揮出來。

另外，除了交流和球技切磋外，我們還把握休息的時間與當地的同學談天說地，大至平常球隊的訓練模式，小至鄰近夜市的美食推介，無所不談。接觸不同文化背景的人可以豐富我們狹隘的眼界，好讓我們能反思過去的處事態度及方式，激盪出新的想法去突破現狀，這樣對我們各方面的發展，也有不同程度的啟發。

由於今年有不少新隊員加入，為了讓他們盡快融入球隊，助教們特意為我們添置不少隊伍團體活動，好讓大家增進感情，其中不得不提就是單車遊。我們一行人從捷運「關渡站」外的單車店租車，然後一直踏到淡水再折返。途中有人是單車高手，有人是初學者，更有人不會騎。但是我們卻能互相幫助，騎得快的盡量放慢速度，騎得慢的便努力跟上大隊的步伐，而不會騎的便乘其他交通工具到約定的集合地點與大隊會合。大家都盡自己努力配合全隊，這樣「各施其職，各盡其分」正是一個球隊所需要的精神。沿途大家有講有笑，四處吃喝與拍照，在風光明媚的日子裏，渡過了愉快的一整天，留下美好的回憶。

這次台灣交流，除了讓我們在比賽經驗上得到更多啟示，更重要的是令球隊氣氛更加融洽。在今年的大專賽上，正是我們男女隊員互相支持、落力打氣，把團結一致的精神充分地表現出來，讓我們在決勝時刻能堅持下去。他們最終能夠擊敗對手，成功衛冕，女隊隊員也可謂功不可沒吧。

區婉萱
中文系系榮譽文學士
隊伍外訪篇 —— 創擊隊勇闖台北公開賽

這是我第一次參加台灣新北市劍擊公開賽，由於賽程緊密，引致比賽氣氛非常激烈。最深刻印象是女佩團體賽進入四強的環節，在最後一場比賽中，我們的分數與台灣隊有 10 分之差，但在隊友的努力下把分數拉成平手，可惜最後未能成功晉級。不過這場團體賽卻意外地增添了隊員間的感情。在我的角度來說，獎項已經不太重要了，我們應學習享受與隊員相處的時間。

今年加入創隊的新血有很多在入大學前已互相認識，他們有些隊友從未當過同一隊。不論任何劍種的隊員，籍著這次比賽機會，都能凝聚我們創隊間的團結。我認為每年到外地交流或比賽都十分重要，這是加強隊員溝通及提升實力的強心針。除了比賽外，在年中所舉辦的社交活動，亦可以增進大家的友誼。在此希望每年都能夠組織海外交流或比賽，這樣除了技術上得以改善外，也是團結創隊的重要環節。

張曉彤
環保政策榮譽學士
Last few years, CityU Men’s Handball Team used to visit Taiwan for outbound training. This year, with the coordination of our Coach Jack, we went to Japan, a highly influential country in handball culture in Asia.

Handball is a popular sport in Japan. Most of the Universities in Japan have their teams. The inter-collegiate competitions among Universities are intensive and challenging. They are categorized into 12 level leagues according to the skill level and competition standards of the participated Universities. Tokyo Surugadai University which we visited was the champion team of the league ranked at level 4.

In Japan, we trained with its University Team. Although training sessions were tough as they emphasized on speed and power, we enjoyed a lot. Japanese players were very kind and friendly. They had shared their experience and taught us how to improve. Besides improving individual skill among team members, the “brotherhood” among ourselves was also further developed after the 5-day trip.

Undoubtedly, this year, we have the best talents in our team among all the universities; however, this is also a problem in the team. When players had grown up to be stars of their own teams, it is difficult to make them come together to play as one. Fortunately, Jack reminded us, “The best two teams are already in CityU, they are among sixteen of you. The only thing that can beat you is your ego. Don’t underestimate your component.” Besides, having the lessons on losing the champion in past two years, we found the solution. “Discipline and Devotion”, they are the keys to success. All the team members and Jack had devoted countless efforts and time into trainings and preparation. Without sacrifices, there will be no victory! Finally, we did it. We captured the first champion title in USFHK Handball Competition.

Best soldiers are always trained under the severest conditions. We are not born with all the skills and strength; instead we have worked really hard and sacrificed a lot to become who we are now. The champion is not a destination, but just another start of a longer journey.

Singh Diliyadav
College of Liberal Arts and Social Sciences
今年的農曆新年，城大女足特意到台灣高雄集訓，為大專四強賽事作好準備。對我而言，是一種很好的學習與體驗機會。畢竟，接觸足球這項運動只是短短幾個月。能夠出外集訓，與其他台灣隊伍進行友誼賽，從球場中吸收實戰經驗，是個難得的機會。

旅程唯一美中不足是在最後一場友誼賽中不幸受傷。身為守門員的我，於一次撲救中不幸脫臼，但最為之深刻的卻不是我的傷勢，而是一班圍著我不斷表示關切卻愛莫能助的隊友。當中「電繡」的反應是最為深刻，當我倒地時，看到她被嚇得目瞪口呆，面容扭曲的模樣卻令我哭笑不得。這……可算是我最難忘的受傷經驗。

這五天台灣集訓，感謝李教練和潘教練的辛勞。當然，少不了「謝謝」謝老師的接待。未來一年，城大女足繼續加油，能夠衛冕成功！最後，希望受傷的隊友能夠盡快康復，繼續帶著足球夢衝出香港！

許惠儀
康樂及旅遊處助理學士
In the middle of a shivering winter, our squash team landed in Korea for a four-days outbound training. It was indeed a remarkable experience for us to bond, to grow and to reflect on ourselves.

During the trip, our team had intense physical training sessions and competitions with the Korean National Squash Team members. We gained valuable techniques throughout the trainings and the competitions with the Korean National Squash Team members. One of the most unforgettable experiences was that we ran along one of the famous river in Seoul, Cheonggyecheon, in a freezing cold day. The chilling air was brushing on our white checks while we ran. Every steps ahead was definitely a sense of perseverance and determination of our passion for our sport. With the words of encouragement from each other, our team members bonded together and ran miles and miles ahead. What we learnt from our trainings were not just physical fitness and skills; what we learnt was how to strengthen our mind in order to prepare for challenges ahead. We believe squash is not just a sport, but it is also a mind game. We, squash players think every strike ahead.

Once again, we would like to thank CityU for sponsoring us for this special outbound programme to Korea. It was indeed a worthwhile experience to encounter. In addition, we would like to thank our team manager, Mr. Mathew Yip. Last but not least, we would like to express our sincere gratitude to our honorary manager, Professor Horance Ip, for his guidance and support to our team.
Heroes of the Day — The Trip to Singapore

A day's journey, we wrote a beautiful memory; a picture was taken, we recorded the scene. Five days and four nights, this trip to Singapore was not an easy feat, it was the result of everyone's hard work. It was an affirmation of the university's swimming team's efforts. First and foremost, we express our gratitude to Sir and各位隊員的悉心安排及參與，以及各位隊友的積極參與，令這趟旅程增添濃厚意義。

The team we work with is the National University of Singapore (NUS) swimming team, although their level and technique are not as advanced as ours, but overall, they have improved and made progress. By interacting and working with them, we understand the importance of teamwork, which is one of the key factors. During the first day of training, we got lost in the water, but after swimming for a while, we were able to find our way back. This allowed us to experience the importance of teamwork and discipline.

除了大學交流和游泳操練，我們五天以來，走遍整個新加坡，參觀動物園、寺廟、水上樂園及環球影城等等。雖然行程十分緊湊，但是過程豐富多姿。除了新加坡的歷史、文化知識外，最重要的是增進了彼此的友誼。十一位男同事生活五天，縱然習慣不同，但並未成為我們之間的隔閡，相反，開心時彼此分享，失落時彼此安慰，把大家的距離拉近。試問人生有多少機會能玩得開心，全包起，只是自己人？我們做到了！這一切，都是我們友誼的印證，記憶深深印在腦海之中。

快樂時光飛逝，最後希望各位隊員在學業和游泳上更上一層樓，繼續為城大泳隊譜下輝煌的一頁。

蔡世謙
應用社會科學副社會科學學士
隊伍外訪篇 —— 跆拳道隊在全國賽中成長

自 2011 年起，事隔三年的 2014 年 7 月有幸再次以城大代表的身份參與全國大學跆拳道錦標賽。這個比賽對我來說是一個在跆拳道路上重要的成長啟發歷程，我對城大跆拳道代表隊的歸屬感及隊員身份的自豪感亦從此而生。

多謝城大給予我外出比賽的機會。因為全國大學跆拳道錦標賽是本人跆拳道生涯中第一個參與的港外賽事。我一直都知道中國內地的跆拳道技術水平較香港的高，和內地學生訓練時間也比香港多，因此在比賽時有一定的心理壓力，但在教練的教導及隊友的互相扶持鼓勵下，我們奪得了不俗的成績。正是在比賽完結後，我明白到自己的可能性，在日後面對其他賽事上更懂得如何調整自己的作戰心態。而城大的出色表現，也在內地院校留下了深刻的印象。

事隔三年再次參與這個比賽，有很多東西都有很大的改變。這些改變令我再次成長了不少。首先比賽地點由東北地區的吉林長春轉移至華南地區的浙江杭州。接著氣候也由寒冷的冬季轉換成炎熱的夏季。住宿雖然是新穎的宿舍並附有冷氣，但衛生環境欠佳並且有很多鼠蟲的出沒。在教練的指導下，我和隊友們慢慢熟悉適應陌生的環境。

其次，第一次參賽城大是香港唯一的大學，內地院校並不太會放在心內，反之因為是唯一香港大學院校作賽而有所禮待。可惜由於城大因第一年的佳績令他們對我們有所忌諱，再加上人事的變動，有某些事情已經不如以往。再加上跆拳道賽制的改變，令是次比賽在操作上，大會的流程進度上也較第一年的難色。當中我隊遇到一些不公不愉快的事情。但我們並未因此而感覺氣馁，反而鬥志更加高昂。隊員們在比賽時的表現發揮更為出色，更令我意外的是有其他學校的教練及學生向我們正面及積極的態度去面對賽事而作出表揚及讚賞。更在我們打比賽時成為啦啦隊為我們加油打氣。

最後雖然是次比賽我們的成績稍遜，但我卻覺得是得的更多。除了比賽績，更重要的是我們在比賽中突破自己，及隊員之間的感情增進不少。是次的比賽令我明白到為啥一個選手其實是要更全面兼顧很多的東西，我們並不應該完全依賴教練。除了教練熟悉大會流程，作為選手的我們亦應清楚明白，並且留意賽場上發生每一件與自己比賽相關的細節，是每個運動員自我的責任。最後，當面對不公平待時，應保持正確地應對，並且盡自己所能，全力以赴去比賽，用自己的實力打破不公平的對待是最佳的證明。更重要的是正面的團隊精神，有有效令隊員們面對困局和解決問題。

總括而言，即使是次比賽多番較第一次的進色，但這些不公及不快令我學習到如何去管理好自己成為一個更出色的選手。而此賽所經歷的一切，促進了隊員之間的關係，成為今年大專盃創下新佳績的重要一環。

李莉
社會科學公共政策、管理與政治系榮譽學士

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面對香港的大專盃後，網球隊亦要備戰全中國大學生網球錦標賽。這是一個具挑戰性的目標，能夠代表香港城市大學出外作賽絕對是一種光榮。今年是城大網球隊第三年參加全中國大學生網球錦標賽，參賽地點是杭州，經過過往兩年的經驗，當地天氣十分炎熱，我們為了有更好的狀態迎接大賽，便提早開始訓練。

到達浙江範大學，宿舍環境不俗，當地氣溫約 38℃，不過我們在比賽前也準備充足，所以這天氣的適應並不太困難。但談到最嚴重的問題就是比賽用球，當地所採用的網球與我們練習用球有很大分別，耐用度與感覺都沒有那麼好，但我們城大球員很快適應下來，在小組賽中晉級也十分順利，團體更打入八強。當晚我們對清華大學，爭持激烈，上演了一場精彩的比賽，實在值得回味。城大代表隊更奪得男雙季軍，不論經驗和技術都增進不少。

十天的比賽瞬即逝，回想起我們每天共度時光，一起食飯、打球，有說有笑。不論男隊或女隊比賽我們會互相支持，十分難忘。我享受着網球隊就像一家人，共同分享快樂，也共同分擔失落。

總括而言，這比賽帶給我們難能可貴的經驗，亦令網球隊更加團結，希望下次能在這個比賽再創高峰。

林俊賢

工商管理副學士（市場學）
今年是城大男排連續第二年到台灣進行集訓，跟上一年不一樣的是由五日縮減成四日，而且地點是由台中改到台北，人數更是由 14 人增至 20 人。透過今次的集訓，我們與當地多間勁旅進行比賽，大部分的對手都比我們高大、技術也較我們細膩。面對著強勁的對手，雖然我們大多數時候都處於劣勢以及落後，但大家卻沒有因此而放棄，甚至於對手鬆懈時扳回一兩局，打出了我們城大的拼搏精神和隊型。

這幾天除了友誼賽外，每天早上也有體能的訓練，其難忘的就是大家都感到非常吃力的時候，都會互相打氣。即使當天下著毛毛雨，我們的教練也會跟著我們一起做，大家都不會輕易放棄，這樣的艱辛卻另有一種滋味，更提升了我們的拼勁、鬥志及團隊精神。

總結而言，我們透過集訓加深了彼此的認識，新人與舊人打成一片，大家都講得開笑，如同手足。這份兄弟之情欣然建立，人人珍而重之。這次集訓是一個相當有意義的訓練及團隊建立活動，能加深隊友間的友誼及感情，更可以加強球隊的默契與鬥志，以大專盃冠軍作為我們共同所訂下的目標。台灣之旅帶給球隊整體融洽，真的不枉此行！

文駿軒
測量學助理學士（產業測量）
隊伍外訪問 — 活木球隊再臨台北

回首過去一年，卻不能以完滿去形容，或許人生一定存在著一種美，叫「缺憾美」。

兩年前，曾經有幸跟隨大木球隊到台北作木球交流。兩年後的聖誕節再次重遊舊地，同一處地方，不同的時間，卻帶來不同的感受。兩年前的我抱著遊玩的心態去學習；今年的我卻抱著交流的心態去遊玩，當然也抱著跟老師朋友相聚的心。台灣的朋友，尚有幾位尚未畢業，兩年後的重聚令我帶來非言語所能形容的感受。開心？興奮？滿足？都不足以形容當時的感受。台灣的朋友像以往一樣熱情，每一天的行程安排都非常妥善及完美，對我們的照顧亦超出我們所想。令我留下深刻印象的是到台北內湖高工作木球交流，這是我第一次到此作交流。一眾師弟師妹只有十六、七歲，卻在心態及技術層面上比我們優勝，可見日常他們比我花多幾倍的時間作木球訓練，確實值得我們作借鑑。

不單止是與台灣的朋友交流有很大得著，此行更能增進隊員間的關係。我與一眾新隊員的感情透過五日四夜之後增長不少。縱使他們比較被動，憑著我的「感人肺腑」以中國好聲音讀背的歌詞，打破我們之間的隔膜。

五天的相處對於我們來說真的很短，但我們有著同一個目標、同一個信念就已經足夠 — 同樣熱愛木球的心、對木球的那一團「火」。「見賢思齊焉，見不賢而內自省也。」《論語》希望各位有所得著，在各方面同樣有所進步。

曾俊賢
中文系系榮譽文學士
队伍外访 — 全国大学生乒乓球锦标赛

城大乒乓队於开学前参加了全国大学生乒乓球锦标赛，比赛场地安排在山东鲁东足球训练基地，进行为期十日的赛事，全场共有超过三十张球台。国内选手高手云集，每次参赛都让我们大开眼界。可喜的是，球队成绩每年都在进步，一方面参赛选手已适应国内球手的打法，於训练时作针对性的训练，加上教练们分享了他们以往经验，令球员们及早投入比赛。本年度，球队再创佳绩，一共取得四项奖项，分别是女子单打冠军获得第三名、女子团体第五名、男子双打第四名及男子团体第五名。是次比赛的佳绩，除了有赖队员之间的努力练习外，更因为两名教练黄彩琪教练及马如龙教练在场指导。比赛在一片男女队员奋力打气下，显示出球队的团体精神，所以大会亦颁发一道德风尚奖，给予球队肯定。

个人方面，这是我第二次参赛，国内球手与本地球手的打法大有不同，他们以力量及速度为主，而我们则以旋转及落点为重。与国内球手切磋时可学习到他们的打法，从而把自己的打法尽量发挥出来，大大加强将来的对赛信心。在往年的全国比赛中，我们更有信心，取得更好的成绩。

李伟麒
社会科学社会工作系荣誉学生
事隔兩年，女排今年再次到台灣集訓，與當地不同的高中及大學進行交流。

到達台灣的當天，我們安頓好住處後，便出發到華僑高中進行首場友誼賽。華僑高中是今年台灣高中聯賽的冠軍隊伍，球員每天上課前後都要去練習排球及訓練體能。縱使他們只是高中生，他們的實力絕對不比大學的球隊遜色，除了他們的技術外，他們對排球堅毅不屈的精神，亦是我們到台灣集訓的其中一個值得學習的地方。防守時，不論什麼情況，只要球還未著地，他們都會奮力去接球，甚至飛身救球。進攻時，無論二傳手是否把球托升到正確的位置，攻擊手們都會盡力去扣殺，不會放棄任何得分的機會。

集訓期間，除了下午到校進行友誼賽外，我們每天早上都會跑步到酒店附近的河邊進行體能訓練。有別於以往的跑步訓練，教練特意安排了一位訓練員去擔當「魔鬼」的角色和我們一起跑，一路上「魔鬼」會不斷誘惑我們，叫我們停下來，情況就像比賽時我們會在後方想放棄的一刻。在過程中，雖然我們真的很辛苦，很想停下來，但想到身邊有班隊友支持，我們下定決心最終還是順利完成訓練。

由於今年有很多新球員加入城大女排這個大家庭，這次的集訓不但提升每個球員的技術及體能，更重要的是增強了隊友之間的溝通和默契，令我們變得更加團結，決心更加堅定。

黃寶琦
媒體與傳播系榮譽文學士
決勝時刻篇 —— 無懼制度改變，實力始終如一

「嘩」的一聲，裁判揮出了旗，拍掌聲和歡呼聲亦隨即響起。

大概在大專賽兩三個月前，教練選出了我跟兩名隊友為隊際套拳的選手。雖然我們三人均是出自同一流派，但以前從沒有合作過，無論在手法、動作、呼吸上都有所出入。其中一名是擅長搏擊的隊員，起初令我們合作的確有點困難。雖然如此，經過我們不停磨合，最終總算把兩套套拳練好了。

接下来我們要面對最大難關，便是要創出套拳的分解。分解是跟據套拳的打法來拆解每個動作的用法。我們憑著各人的經驗和參考高水平國家的打法來創出分解，雖然過程涉及高風險和高難度動作，但經過不斷失敗再嘗試，最後也把分解練成了。

比賽當天，教練在出場前跟我們說：「出了場，就當自己站在舞台上，看見的只有射燈，別無他想，盡情發揮自己練習時的水準就可以了。」於是我們戰戰兢兢地走出場上，於第一場順利地勝出，但令我們最緊張的當然是決賽，因為這是要使出分解的時候。決賽當天，場外守候了雙方的隊友及教練，場內就只剩下我們以及來自理工大學的對手，而對手中亦有由港隊培訓出來的精英。大專空手道比賽在這年改變了制度，只有高級組，晉階的實力也提升很多。但我們相信，只要抱緊信念，遇到多強的對手也不會「怯」！我們是紅方所以先出場，打的時候全場很安靜，一舉手一投足甚至呼吸聲也顯得清清楚楚。到最後我們順利完成了套拳。到對方打的時候，我們看見他們分解的動作比我們更高難度，每一招更為逼真，心裏也更緊張，雖然如此但始終要面對結果。「嘩」的一聲，裁判揮出了旗，拍掌聲和歡呼聲亦隨即響起。

我們以三比二險勝對手得到了冠軍，終於鬆了一口氣。我感到很幸運，因為雙方的實力非常接近，但憑著隊友及教練在場外不停打氣，加上我們的默契和動作比較一致，是致勝原因吧。經過這次比賽後，我們發現在分解

部分尚有改善的空間，下次定要創出更高難度的動作。成功非僅僅，我們必須感謝隊友、教練及領對的支持和鼓勵，希望下一年能作出進步，再次在場內發揮空手道精神！

周湛皓
工商管理副學士（工商管理）
決勝時刻篇 — 黃峰在欖球的拚搏與無悔

採訪／文：林仲賢 工商管理副學士（市場學）
文獻刊 藝術學副學士（產業管理）

城大男欖連續五年都與冠軍無緣，今年終於能打破宿命，力挫科大奪得冠軍。「入讀城大五年，兩年副學士，三年學士課程。城大男欖五年內從未一嘗冠軍滋味，真的有嗎在畢業前贏一次。」這是黃子峰（又稱黃峰）的心願。

回味當年

「回想大專生涯的五年間，發生過不少值得回味的事情，就如在城大的第三年，也是我升上學士課程的第一年。那一年是城大男欖大換血的一年，多名主力球員都一様畢業離校。」而黃峰不其然成為隊中的師兄，由於多名主力的離隊，令球隊出現青黃不接的現象，更首次敗給理大而無緣四強，當時的黃峰是多麼的難受，多麼不服氣，更自責不能好好帶領球員。

打斷門牙和血吞

這五年也有不少辛酸的故事，當中最深刻的是在去年的四強賽。當時的初賽已是激戰連場，首天賽事已有四名球員在賽事中受傷，而他更在四強時更因與對手搏殺而撞斷門牙，需要即時入院。由於隊中後備席上已無他選，滿口含血的黃峰還是回到賽場上，即使球隊最後能成功闖入決賽，但終因為多名主力受傷而落敗，但黃峰的「鐵漢」故事確實令人敬佩。

決勝時刻

黃峰則認為最緊張刺激的時刻莫過於今年在分組賽對科大末試勝的一球。當時比賽只剩餘十秒，而控制權亦在對方手上，只要科大在門前將球踢出界便會獲得勝利，成為首名出線。幸好，城大男欖的球員們都不願放棄，在最後一刻從門中奪回控球權，並作最後一擊。他們就憑著堅毅不屈的精神，在最後一次進攻中連陣得分，「絕殺」科大比數為 14：12，成為小組首名。為餘下的準決賽及決賽打開勝利之門，這個漂亮絕殺可說是奪標的決勝時刻。
今年已是第三次參與大專賽賽事，前兩年都未能奪冠，不論是個人還是團隊，畢業前的冠軍夢一直是目標，包括個人和團隊能取得冠軍，幸好不負眾望，城大男子隊和我都成功拿下了冠軍。

由學期初開始，教練們已經清楚明白地表達今年度的目標是戰勝遠征六千多公里外的理大。由於賽制的變更，今年只得黑帶賽，對數衆多的理大來說難以用實力，再加上我們有好幾位現役和前港隊隊員，大大增加了整體實力。雖然奪標的信心有了，但賽前的一切準備還是要去做。

為了大專賽，三位教練如榮博士、易博士和史校 Sir 均花心努力去設計好訓練項目。由外在的體能訓練到內在的心理素養，都必須有充足的準備，使隊員們都能以平常心迎接比賽。此外，團隊意識亦是我們一直很強調的要素，不論內外，訓練，都要必須有一個團隊的感覺。

記得到達賽地的時候，因車程緊湊使得體力未能完全回復，步履輕浮地踏上場地，當我踏上柔道場的一刻，頓時志氣大增，令我暫時忘卻了疲憊，集中面對對手。決賽對手還是理大，因為這三年都是理大奪冠，如果贏了這場比賽，將會有助爭奪團體冠軍。比賽進行得還算順利，第一回合的試探和第二回合的戰術運用都很好，我控制著比賽節奏，令對方難以得分，其間我更拚了力，將比分拉開，及至第三回合，由於體力和集中力下降使我鬆懈，被對方擊中頭部，將比分拉近。最後，對方教練更大聲說：「再拚中多一次！」這下子令我有點迷失，是決勝的轉捩點，此時場外的打氣聲使我冷靜下來，我重拾比賽節奏，更找到機會得分，將比分拉開至完場，拿下了這奮鬥了三年才拿到的冠軍，一種勝利滋味。

在此感謝三位勞苦功高的教練：如榮 Sir、易 Sir 和史校 Sir，全因你們一直苦口婆心地教導，在比賽時現場的指示和戰術。非常感謝各位隊友現場吶喊，沒有你們，今年我沒有可能拿下冠軍。

最後寄望下年城大能更上一層樓，拿下全場男子及女子總冠軍！我深信城大跆拳道隊有能力可以達到這個目標，大家一起努力吧！
感情篇 — 永不放棄，反敗為勝！
感情篇——『相信自己，前面既難關有我地一齊面對』
感情篇——城大男手連續兩年飲恨得亞軍，今年終於苦盡甘來。
感情篇 — 城大女排激昂時刻！喜極而泣！
Upon arriving in Hong Kong for my study abroad year at CityU, I wanted to ensure I remained extremely active and continued playing rugby, so when I heard about the CityU rugby team I took myself down to training. I was informed that the major university tournament would be played in April which would give plenty of time to increase fitness levels, particularly necessary for the 7s format of the game in comparison with the 15s format that I am used to playing in the UK.

As an exchange student, being part of the team meant becoming close to more of the local students. Whist most of the boys chose to speak in Cantonese, they constantly made an effort to communicate in English with me and our shared understanding of the game made integration much easier. We were able to have post training meals at one of the players family restaurants which was not only great for bonding but the food was awesome, and gave me a close insight into Hong Kong’s culture and language. What I soon realized was how much the USF 7s tournament meant to all the players that would be involved, and I wanted to make sure I could help the team in winning the tournament. What I found most pleasing was the openness within the team: everyone was able to participate with ideas and advice on what we would need to do better as a squad to achieve success.

When April was upon us, I was confident the team was in good shape to contest for the title, with a good balance of power and pace, critical in any 7s team. As the group games continued, the team’s confidence grew and the performances continued to improve, allowing us to top our group and head into the semi finals the following day. Luckily there were no injuries from day one, and the team was confident we could win the final two matches and be crowned USHK champion. With victory in the semi-final, anticipation for the final was building, and with a match against previous group opponents HKUST, we knew what was to be done to claim victory. Because they were a very physical side we kept the ball alive in contact and were able to finish 7-0 winners, and crowned champion- an awesome moment to share and be a part of! I want to wish the team every success in the future, and hope they continue to represent CityU with the extreme pride I have witnessed this year.

Jack Hooper
College of Business
from United Kingdom
天外來客篇——異地結緣

If you ask me what is the most memorable thing happened in the first year of my PhD studies, I will definitely say joining CityU volleyball team.

Since I gained a lot of weight in my last year of college, I decided to work out more when I first moved to Hong Kong. One day, I went to our Sports Centre and started my workout routine. A familiar sound of spiking and shouting drew my attention – there was a volleyball team playing on the field!

Seeing the figure of their spiking, I was excited and eager to join them. I did not know the reason I felt that way, but it was a complicated feeling and hard to be told to another person who did not play sports as his biggest passion. Then, I went up to the coach, Wan Sir, and asked him if I could try one game. After that game, he asked me to join the CityU volleyball team and of course I answered “yes” because I found my passion again! I have never thought that I would play volleyball again after I finished the last Championship of China University Volleyball in undergraduate college.

When I first joined the team I thought it was going to be difficult for me to fit in due to the cultural and language barriers. However, I found my team members very awesome. We have a lot of things in common and we all love playing volleyball so I quickly made friends with everybody. During every game we played, we supported each other and tried our best to win.

We were also dedicated to improving ourselves in every routine training.

Whether in training or after, we bond like brothers. I would admit that I have had my best time hanging out with my team ever since I started school here. Even though we have a little regret for the USFK competition this year, I feel honored and grateful to join the CityU volleyball team. Besides, I am feeling confident of winning the Championship next year.

Wang Yu Fan
PD in Mechanical and Biomedical Engineering from Mainland China
There are many reasons why joining a sports team during exchange makes your abroad experience even more valuable. Apart from the obvious – doing exercise gives a healthy balance to busy school schedule—the CityU Women’s Soccer Team offers a lot more. It is not only a group of girls playing football very successfully, it is a team. Being part of this does not begin and end with practicing regularly, it includes a dinner after practice, an evening of premiere league or a night with karaoke. Maybe this off-field experience is the reason for the team spirit and why I felt comfortable in this team from the very beginning.

Instead, my first soccer practice began with a friendly match and I was allowed to join from the very beginning. And even though the main language was Cantonese, and therefore I was quite disoriented, the team did an awesome job, running for those who could not run and settling mistakes others made. Against my expectation, language difficulty was not a problem at all, and there was no other place, where I learned more about Hong Kong’s culture and language. For this experience I want to thank the team a lot. We deserve to win the championship!

If I would have to return to my home country next month, I would be sad to leave all this behind. Luckily, I am still staying for three semesters and I am looking forward to seeing the team again.

Leonie Opelt
School of Creative Media
from Germany
人物專訪——手足並用的「西西」

初體驗·新嘗試

西西和足球雖然同樣是球類運動，但打法和規則卻截然不同。手球運動員許慧儀一開始因體能問題，加入足球隊，同時兼顧兩個運動。起初她想加入校女足的原因，是因為她的中學同學希望她能和她一起踢球，但本來是手球隊足球隊員，希望完成副學士學位後才加入足球隊。就是一次偶然的機會，她的兩位女足同學邀請她跟女足一起操練體能，並得到教練的賞識，便加入女足當上門將。

最初西西未能適應從手球轉換到足球，但在隊友的鼓勵和指導下，她開始領略到足球和手球的相同之處，如兩者步法同樣有序的移動等，使她能更快掌握足球基本技巧。而最令她感到困難的，是足球和手球的龍門差距太大，令她非常想去克服龍門的空間大小，因此，她花了一段時間去適應，最後她成功當上了門將。

受傷後的失與得

西西在女足的比賽中第四度手臂脫臼，而手球的四強賽事將於集訓回歸後的第二天舉行，以致西西不能出席手球賽事。根據她的過往經驗，脱臼後要最少三個月才能再次投入訓練。西西的缺席，令到手球隊必須變陣。她不能與隊友並肩作戰，心情感到非常難過。有時候，隊友勸她因爲手術

脫臼後的西西渴望再次踏上手球場，她每天都去接受物理治療，數月後，她雖然能跑步，但無法出賽，只能在女足手下的賽事中，坐在後備席上為隊友打氣。或者，這也激發了她在女足賽事中的活力。

因為這一次的受傷，女足所有隊員都對西西有顧慮，彷彿想跟她一起分擔身心的痛楚。西西之前在手球有少許失落，後來隨著接受大家親切的問候和關心，可能就是這段時間內孕育的友誼，令到女足球員對西西加分信任，將她由守門員轉到後方的位置。與手球訓練相比，足球需要較多腳下功夫，雖然西西的踢球經驗不足，但阻止不了她踏上比賽場上的決心，每星期兩次的訓練讓她在女足餘下的賽事都能夠後備上陣。

大專生涯的遺憾美

對修讀副學士的運動員來說，兩年的大專生涯絕對不夠，就算他們在學業上多麼努力，有時未必能夠升上學士學位，因此他們特別珍惜作為大專學生的角色。

西西的大專體育生涯或許就此完結，女足奪冠給予她一大學生涯中難得的榮耀，初次踏進足球場便能登上決賽舞台，是她人生中美麗的際遇。不過，西西在心底裡依然對手球念念不忘。她沒有忘記與隊友之間真誠的友誼；也沒有忘記與隊友共同進退的一點一滴；和自己如何錯失了最後爭取手球冠軍寶座的機會。

希望明年在手球場、足球場上能繼續見到西西——許慧儀的身影。
人物專訪 —— 學生輔導長陳國康博士

陳國康博士 Raymond 當代人文及社會學院的資深老師，曾擔任應用社會學科的課程主任，以及應用社會學系的副系主任，由 2013 年開始擔任學生輔導長 (Dean of Student)。Raymond 在繁重的學務工作之餘亦非常關注城大運動隊伍出色的表現，去年他加入了城大女子手球隊擔任名譽領隊一職。

初次接觸 Raymond 感覺他是一個活躍開朗，性格平易近人沒有點兒架子的老師。他從小喜歡行山，嚮往自由自在的生活，從不喜歡束縛；中學時期會相約三五知己一起踢足球和跑步。然而，Raymond 近年因工作繁忙及家庭事務，減少了外出運動的時間。即使與運動的接觸少了，但他對運動的熱誠仍未有減退，他選擇以觀察者的角色，繼續追尋他熱愛的運動。或許很多人都在疑惑，Raymond 與手球又有何關連？

原來一切源於「緣」。

「緣」來是你

Raymond 在授課期間曾經教導過不少的學生運動員。部份學生給他留下深刻的印象，他在他其中一位手球隊舊生「阿簡」得悉 Raymond 對手球頗感興趣，便邀請他加入手球隊。Raymond 二話不說，便答應了賤大的邀請，出任名譽領隊。

Raymond 說這一切都是緣份，緣份讓他加入城大手球隊，讓他認識手球，讓他認識更多的運動員，讓他認識更多與他一樣熱愛體育運動的人。他亦因為這個緣份而更深入了解手球，並為此感到開心和滿意。
城市精神－超越自我

Raymond 最欣赏的是城大運動員那不屈不撓的精神，特別稱讚城大運動團隊的 Sportmanship。常聽別人說「輸人不輸陣」，他卻在我們身上真正體會到這句話的真義。Raymond 更提到士氣對團隊的重要性。士氣高昂的隊伍在陣容上已超越對手，如何保持高昂的士氣，一鼓作氣取下勝利，才是最關鍵的成功因素。

Raymond 道：「比賽的結果是其次，最重要的是運動員能否從中吸取經驗和教訓，這才是無價的資本。」他貫徹輸了比賽，但最值得鼓舞的卻是運動員那勝敗不論，永不放棄的鬥志。因而，人最大的對手就是自己，懂得超越自己，勇敢地面對失敗。」這是 Raymond 從城大運動員身上看到的，亦是我們值得堅持的態度。

'What doesn’t kill you makes you stronger'

Kelly Clarkson – Stronger 中的一句歌詞寫著「What doesn’t kill you makes you stronger, stand a little higher」是 Raymond 無意中從 Facebook 看見一位運動員對其他隊友的鼓勵說話，他想向借此所有城大運動員所說的話：「能打擊到你的事情，才能讓你變得更堅強，強者需要站得更高，才能臘得更遠。」

這個世上沒有長勝的將軍，更沒有永遠的失敗者，運動員需要做的，就是無時無刻都應處於備戰狀態，隨時將最好的一面展現出來。「機會只會留給準備好的人」是句耳熟能詳的話，能夠做到的，才是真正勝者。
人物專訪——跆拳道場上的農夫 ——黃如榮

黃如榮是城大第一屆跆拳道大專比賽的選手，其後擔任學會教練，後轉為大學代表隊的教練。二十多年來，他因為看到學生在隊內的投入，加上明白到自己在隊裡的重要性，令他對城大校隊有一份的執著，希望把這項目在城大發揚光大。

2010 年，他堅持自已兒時的喜好，選擇回返農田當一個有機農夫。跆拳道精神非常強調尊師重道，禮義廉恥，透過練習鍛鍊其不屈不撓、克苦耐勞的個人素質。雖然現時跆拳道這項武術趨橾運動化，黃教練依然認為運動員需時刻緊記跆拳道精神。

定立目標 堅持到底

他認為當農夫和當運動員的特點相似。運動健兒要為自已在其項目上定立清晰的目標，然後向著目標一步一步實踐，當中必然會有感到孤單、失意甚至受傷的時候，但最重要的是有一顆堅定的心。無論結果如何也必須有「勝不驕，敗不餒」的精神面對。就如作為一個農夫很多時要一個人面對大自然，順應自然規律，因著天氣的變化、泥土等地理因素去想辦法默默耕耘，按部就班不可操之過急。黃教練說：「耕作過程是一種個人挑戰，心情固然重要，但最重要的是全心投入，不要只以成果而去決定成敗失，箇中如何耕耘的過程更見重要，因為我們獲得的都是經驗。」

城大運動氣氛好

每年的夏天，在胡法光運動場入口大堂都會放映各隊的大專比賽獎項，也展示了城大健兒們在大專賽場上的傑出成果。黃教練認為城大在各大專比賽項目上奪冠並非偶然，大學提供優質的教育環境包括的完善運動設施，傳統的關懷文化，凝聚良好的團隊精神，全校同學和教練們互相付出，才能有今天的輝煌成績。其次，大學強調學生要有全人發展，然而，現今社會的誘惑很多，學生很容易被分心，以致無法把重事情按時完成。黃教練鼓勵運動員要有效運用時間，養成良好的時間管理，以為將來發展做好準備！
時日如梭，我擔任 STC 這職務已快一年了。在快要完成這一年的任期前，
我希望能在此記下這一年的點點滴滴。

回想當天與其他成員的首次見面，經過簡單的自我介紹，對其他成員有了
初步的認識。但真正熟絡起來的原因卻是 STC 的傳統—領袖訓練營。這
個訓練營讓我體會到很多東西。首先，我深刻的了解到團隊的重要性，不
僅是要求每個隊友的付出，還需要懂得根據不同人的長處、適當地分配工
作。營中其中一個遊戲，需要我們分別挑選出計算能力較高和體力較好的
隊員，去解決不同的問題。同時，我也學懂包容隊友的錯誤。每人也有犯
錯的時候，每個人的錯誤可能十分嚴重，但喚醒我無補於事的。因為隊友，
最重要的是尋找補救的方法，以及包容隊友。因為，你不能保證下一次犯
錯的不是自己。

正式接任後，我體會到每個活動都需要有人肯挺身而出，擔當領導者的角
色，帶領其他隊員準備。而最讓我印象深刻的的是舉辦校隊的 Welcoming 
Party，儘管我們盡力準備各個細節，但到正式運行時，亦難免有一些意外
發生。這令我明白除了事前的準備，臨場隨機應變的能力同樣重要。當然，
今年我還有很多很多其他的體會，一個團隊的成敗，往往視乎個人對「享
受犧牲」和「犧牲享受」的看法而定。

這一年，我們歡樂過、努力過、激動過。最後，很感謝我能成為本屆 STC
的一員，也很感謝今年與我並肩作戰的各位 STC 隊友。希望大家能友誼永
固，並在各自的在隊中發揮以服務來領導的精神。

麥子謙
工商管理榮譽學士（銀行及金融服務）
Welcoming Party 是城大運動代表隊每年季初的重點活動，由內容的籌備至演出，整個過程都由 STC 所負責，而我很榮幸地和細佬一同擔任了統籌一職。在籌備的過程中，有賴身邊的老師和其他 STC 隊員的幫助和努力令今年 Welcoming Party 順利完成，尤其是胡 Sir 在背後給我們的技術支援，提升我們的力量。

還記得當我是 Freshman 的時候，也曾參加過 Orienteering Games，當時覺得一班師父師姐很歡樂開心地帶領我們遊樂玩遊戲，沒想到今年卻輪到我們上場，統籌親為準備的時候才覺事情想要辦得好，原來並不是那麼簡單，過程雖然辛苦但總覺得有所得著，過程雖然困難但有一班 STC 兄弟姊妹們的合作，把困難都逐一解決，完成整個任務。

回望過去，我除了享受著各隊隊員在突破難題中露出的喜悅，也深深體會到在籌備小姐中處理難題的方法，和人際關係的重要性。況且，能夠與不同隊伍的 STC 共同籌組各項活動，我們的關係亦都增進了，到了現在大家還會繼續支持大家呢！

希望我們 STC 的 “To Lead and To Serve” 精神會能夠一代接一代，優良地承傳下去！

羅凱霖
社會科學社會工作系榮譽學士
Prof. Horace Ip  
Vice-President (Student Affairs); Squash Team Hon. Manager

“Well done and congratulations to CityU Sports Team for another year of great successes. Our spirit of “All for One and One for All” leads us to go from strength to strength, year after year.”

Dr. Tim Wong  
Director of Student Development Services; Athletic Team Hon. Manager

Success is to be measured not so much by the championship one has achieved as by the challenges which one has overcome while trying to succeed. I am proud of your hard work and congratulate to all members of CityU sports teams.
Congratulations to all CityU Sports Teams for another year of outstanding achievements, your persistence, determination, and unity were crucial ingredients to our success in the USFHK competitions.

"Persistence can change failure into extraordinary achievement"

Matt Biondi

Prof. Zhou Nan
Professor (MKT)
Cross Country Team Hon. Manager

Confucius said:
Study common knowledge to understand truth
Dr. Louis Ma  
Director, School of Continuing & Professional Education  
Basketball Team Hon. Manager

Mr. Jack Burke  
Sr. Teaching Fellow (SLW)  
Rugby Team Hon. Manager

Congratulations firstly to the Men’s Rugby Team for winning the tournament. In fact, they went through undefeated and only conceded one try which was a remarkable effort in a very strong competition. Both the forwards and the backs all showed great teamwork to play to the best of their ability to take out a tough final.

The Woman’s Team also had a successful tournament and played as hard as they could. They will be much stronger for the experience next year.

Special mention should go to Tiger and Lo Lo, who retire from the Club with two and three championships respectively. Both players have lived the motto, “Be the best you can be” at all times during their long and distinguished careers at CityU, providing outstanding role models to the younger generations they have mentored.
Mr. Sunny Chau
Badminton Team Coach
Taekwondo Team Manager

"There is no progress without compromise, no champion without sacrifice."
From "The Hunger Games: Free Dreams" (Mockingjay), is an American adolescent adventure science fiction, as novelist Suzanne Collins creation, 2010

Ms. Rebecca Lai
Fencing and Karatedo Team Manager

Don't focus on what's wrong. Things may not be perfect, but be grateful for the opportunity to experience each day. Live each day like it could be your last.

----Joel Osteen

Mr. Peter Wu
Tennis Team Coach
Men's Basketball Team Manager

"二人同心，其利断金，同心之言，其臭如蘭。" 《易經繫傳》
城大健兒！讓我們珍惜城大校隊 Student Athlete 這獨特的身份，並為自己能夠在校隊有所付出而感恩；也不要忘記 Be the best that we can be and Everything counts 的校隊信念，這些都不斷塑造我們成為真正的 team player：與隊中各同人相處，無論在一進一退一言一行中，都流露著體意識，齊心為目標奮鬥！日後，我們定會為這段努力過的校隊生活而回味無窮，沒有半點遺憾。

Mr. Denis Wan
Men’s Volleyball Team Coach
Rugby Team Manager (M&F)

"The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." – Ken Doherty
Extracted from http://www.keepinginspiring.me/100-most-inspirational-sports-quotes-of-all-time/#ixzz3W8MJZ5oL
Though I agree with Ken Doherty that the human spirit would be the greatest among the other elements but no one can win without any less of the others.
"We are not candidates to win the league, but we are always candidates to win the next match."

José Mourinho

成功根本沒有秘訣，如果有的話，就只有兩個：{謙虛}，{堅持}。

Ms. Winnie Wong
Woodball Team Coach
Women’s Handball Team Manager

If you want something you never had
You have to do something you’ve never done!

Mr. Matthew Yip
Athletic Team & Cross Country Team Coach
Squash Team Manager

“Making a mistake that may be a good thing, because without imperfection neither you nor I would exist.”

Steven Hauking
Whether you believe you can or believe you can’t. You’re probably right.

~ Henry Ford

“Talent wins games, but teamwork and intelligence wins championships.”

Michael Jordan

Thanks everyone for the legend we have made together. Keep fighting.
總教練的話 2015

2015 乙未年除了是學運佔中的年頭，城大在各項大專比賽中亦算是豐收的一年，本年度大專頒獎禮中，城大在男團共奪得 8 冠 4 亞 4 季，連同女團的 4 冠 3 亞 7 季的佳績，勇奪全年男子團體總冠軍和全年女子團體總亞軍。雖然未能延續「大滿貫」的神話，但仍算是不俗的表現，實是我們贏得不夠盡罷了。

縱觀大專形勢，今年仍是城大、理大、港大和中大四强分立之局，城大僅能在空中頗取一個「小滿貫」，有幸大部份的隊伍均能力爭頭三名次，可以看到列強實力接近，不進則退。如果要選本年度的最佳進步隊伍，我的票會投給男子隊的欖球、乒乓球、手球和鉛球選，和女子隊的足球，他們都是隊中陣容上沒有太大改變的情況下力爭上游，今次終賽所穫下桂冠，你可知道有時候成敗往往在一線，勝利卻係屬於最肯付出和最有準備的隊伍，對好幾個應屆畢業生的隊員而言，確是一件無憾的美好回憶。

如論大局，城大男團在技擊性的項目確有積極進取的表現，而城大女團早兩年的優勢似有下降現象。今年女團賽至最後，就僅以二分之差屈居亞軍，致為可惜！常言道：「勝不驕，敗不餒」是任何奪標隊伍的不二法門。況且，箇中還包括隊伍的「紀律」和「誠信」等元素。可能城大近年來贏的大滿貫多了，各項錦標看似垂手可得，在列強競逐的比賽中，些微的輕鬆往往成敗取勝的機會，而「誠信」是指要於比賽中，以誠懇態度公平競技，懂得欣賞對手，和能令人敗而無怨，欣然信服者，才是真正的勝利。