CityU Star Coaches
我們的星級教練

Contributors: Mr. Ko Lai Chak, Miss Sherry Tai, Mr. Joe Wong and Mr. Wong Yu Wing

CityU Sports Teams have demonstrated stunning performance by winning many inter-collegiate competitions. Besides the profound devotion of staff from Physical Education Section, a group of star coaches have also contributed their efforts to lead the student athletes to strive for professionalism and sportsmanship.

TABLE TENNIS: Ko Lai Chak

Mr. Ko Lai Chak is the former Hong Kong table tennis representative and had captured many awards in Olympic Games (2004 Olympic Silver Medal in Men's Table Tennis Doubles), Asian Games and ITTF World Tours, etc. He has been coaching CityU table tennis team for 2 years. As a former athlete, he appreciated very much CityU's supports for student athletes. “CityU spares no efforts in sports development and invests a lot of its resources to support student athletes,” he said.

Captain Hugo Poon and Wharton Chan said, “Coach Ko always reminds us to be confident. His supportive spirit empowers us to perform much better during competitions that leads to better results.”

高禮澤教練是前香港乒乓球代表，曾參與奧運會、亞運會及國際乒乓球巡迴賽等大型賽事，屢獲佳績（2004年奧運男子乒乓球雙打銀牌）。高教練任教了兩年，非常欣賞城大對學生運動員的支持。他表示：“城大對於學生運動員的支持不遺餘力，除了投放了不少資源於運動上，亦為學生們提供多方面的支援與配套，幫助他們在學業及運動上雙線發展。”

隊長潘尚熙及陳鴻銘說：“比賽時，高教練常常提醒我們：要對自己有信心！他的叮囑給我們打了一支強心針，令我們在比賽中不但發揮應有水準，甚至有更好的表現。”

2017/18 CityU Table Tennis Team
2017/18 城大乒乓球隊

Coach Ko coaching a player during competition
高禮澤教練於大賽中指導球員
SWIMMING: Tsai Hiu Wai, Sherry 蔡曉慧

Miss Sherry Tsai is a three-time Olympic swimmer (2000, 2004 & 2008) representing Hong Kong SAR. She was Hong Kong’s flagbearer at the Opening Ceremony of the 2004 Athens Olympic Games. Sherry has devoted her life to swimming, first as a professional athlete, then as a sports journalist in television program and a writer in newspaper column on swimming, and now as the Head Coach of Stanford Swim School.

Sherry has been the swimming coach of City University of Hong Kong since 2018. Under her leadership, the Women’s team clinched the first-runners’ up title in the USHK Annual Aquatic Meet, and they also broke the record of 4 x 50M Freestyle Relay. Their outstanding performances and excellent achievements are undoubtedly the best results for the dedicated coach.

“CityU’s emphasis on sports development is beyond my expectation. I wish to nurture more young sports talents for the University,” said Sherry.

SQUASH: Wong Wai Chung, Joe 王偉聰

Mr. Joe Wong, the coach of CityU Squash Team since 2011, has led the team to win many intercollegiate squash competitions over the years. And recently, the team had captured all men’s titles at the 2018 World University Squash Championships at Shanghai.

Coach Joe (right), Honorary Team Manager & CityU Vice President (Student Affairs) Prof. Horace Y. K. Yuen and World University Squash gold medalist, Mr. Yip Tat Fung at the competition venue of intercollegiate squash.

Coach Joe (far right) leads CityU Men’s Squash Team to capture all prizes, including Overall Men’s Team Champion, Men’s Gold, Silver, and Bronze medals, at the 2nd China Squash Championship, Shanghai 2018.

Mrs. Joe (far left), Home Economics Teacher, in the moment when the team clinched the second run title in the 2nd China Squash Championship, Shanghai 2018.

Coach Joe (on the left) and Joe’s wife Linda are proud when the team finally clinched the gold medal in the 2nd China Squash Championship, Shanghai 2018.

TAEKWONDO: Wong Yu Wing 黃如榮

Mr. Wong Yu Wing, having coached the CityU Taekwondo Team for fifteen years, was the first batch of CityU Taekwondo member at the City Polytechnic Mong Kok Center campus in 1989. He has acquired several black degree belt qualifications and senior coach certificates in Taekwondo.

The All China Taekwondo Championships was the most memorable competition for Coach Wong who led the team to capture a number of awards and he was also awarded the Outstanding Coach in this important event. Coach Wong hopes that he could inspire the members with his sportsmanship to work hard towards their personal goal and develop their potential.

Captain Joe Liu said, "Young Sir is the spiritual leader of our Taekwondo team, he takes care of everything in the team. He is our coach and he is our friend.”

黃如榮教練於1989年「城市理工」年代的跆拳道學員，他持有黑帶九段及國際教練證書，出任城大教練已有三十五年。

黃教練形容這場比賽經歷，是到國外作戰（全國跆拳道錦標賽）。“隊伍贏取了多個獎項，他當是任教課時，黃教練希望能夠把跆拳道的精神感染學員，讓他們更為目標努力，發揮潛能。”

隊長呂家豪說：「如果Sir是我們的精神領袖，能兼顧隊中大事小事，且與隊員相處，亦即亦友。」
Effective communication at work
成功源自溝通

Elaine is currently an Executive Officer in the HKSSA Government and has served in different departments in the previous 5 years. Effective communication skills are very important when she works with different stakeholders including citizens and colleagues from other departments.

She is grateful that her tutor at the Marketing Department recommended her to join the SA Programme. Her self-confidence and soft skills were greatly improved during the programme and these attributes enhanced her presentation skills and overall effectiveness at work.

Be the big fish in the small pond!
事無大小，盡心服務

Gary Yeung Ka Hei 李用康

Quantitative Finance and Risk Management, 2013 Graduated Student Ambassador

Credit: Student Ambassadors Programme

CityU Yoga Day 2018
城大瑜伽日2018

Eleine Ng Yee Ling 吳雅琳
Marketing, 2013 Graduated Student Ambassador

Credit: Marketing and Communications Office, CityU

CityU Yoga Day, over 260 participants participated to relax and team yoga.

CityU瑜伽日，逾260名参与者参与瑜伽营，放松及团队瑜伽。
Footloose the Musical: Joy of Music and Dance Under the Spotlight

音樂劇《渾身是勁》: 鎂光燈下的熱情歌舞

Contributors: Miss Kathy Ng (English Studies, Undergraduate Year 3) and Mr. Placathose Bruce Wyatt (Mechanical Engineering, Undergraduate Year 2)

Have you ever imagined that you are dancing, singing and acting under the spotlight?

Having undergone the process of audition, intensive training in dance, vocal and acting 3 times per week in 5 consecutive months as well as the 4-day training camp in Macau, 39 selected students participated and performed the Best Choreography of Tony Awards, “Footloose the Musical”, in 2018 CityU Arts Festival from 18-20 October 2018. Students devoted and animated performance brought round after round of applause till the show ended. This is the third year that Student Development Services organized the CityU Musical. Apart from local students, students from South Korea, Sweden, South Africa and Indonesia also actively participated in the musical this year. Students learnt professional stage production, and developed co-operation self-awareness and confidence through the process of practicing. We believe that it is an unforgettable experience that will remain in the memory of students and audience now and ever.

想獲得在鎂光燈下又唱又跳又演的你，會是怎樣呢？

城大39位同學經過選拔、連續5個月接受每星期3次歌、舞、演的專業訓練，以及為期4天的粵劇訓練後，於2018年10月18日至20日举行的蔡廷釗音樂劇節中於台上亮麗登場。演出榮獲東尼獎最佳編舞獎的音樂劇《渾身是勁》，同學們盡顯汗水、傾力演出，全場觀眾熱烈鼓掌，촌 игровie演出成功。1986年，守在《渾身是勁》的創作人員如編舞、導演、音效、音樂、舞台設計等，一同參加向香港觀眾介紹音樂劇，學習專業的舞台製作，並在過程中認識自己，增添信心，加強團隊合作精神，共同創造了大學生活中的難忘回憶！

With the aim of producing spectacular musical performance, students have undergone a 5-month intensive training.

Students were involved in stage production, and developed co-operation self-awareness and confidence through the process of practicing. We believe that it is an unforgettable experience that will remain in the memory of students and audience now and ever.

I am grateful for being able to perform again on CityU’s stage as a return performer. I have further explored more possibilities in terms of the roles I can actually play, as well as being able to communicate with the directors and cast members more effectively.

今年音樂劇給我「家」的感覺，我們甘苦與共，有血有淚，每個人都經歷高低起跌的時時刻刻。但每當在最困難的時刻我們每人都能互相支持，我很高興能再次踏上城大舞台的舞臺，感受有這群演員在演員生命中出現過，音樂劇讓我得到了新的角色的機會，以及對現況如何加深了解和掌握到演員馬道。

This year’s Footloose team is like my family. We trained hard, shed tears and blood (I sure did) together. We all had our ups and downs but I am proud to say we always have one another during the tough times. I could not have asked for a better cast, and I am grateful for being able to perform again on CityU’s stage as a return performer. I have further explored more possibilities in terms of the roles I can actually play, as well as being able to communicate with the directors and cast members more effectively.

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Placathose Bruce Wyatt (Mechanical Engineering, Undergraduate Year 2)

Deep inside, I have always wanted to shine. As a Mauritian, dancing is like a second nature. I just saw the musical as an opportunity to meet people who have that spark and passion for performance. I also knew that the cast would be full of bold and energetic locals and it would be a chance for me to make more friends from Hong Kong. I learned a lot but above all, I realized, as one of the main characters of the play, how heavily dependent we are on each other in general. Weaknesses were overcome with teamwork and everyone was completing each other like a puzzle to build the whole picture. In summary, it was a journey filled up with laughter, amusement, hard work, sweet pain and love within a united family. I encourage everyone to join the forthcoming musicals because it’s going to be memorable for them.

深內心，我一向都想要發光。作為國人，跳舞是另一種本性。我認為觀賞音樂劇是一個難得機會。讓我認識到一個充滿熱情和活力的香港朋友。這次經歷，我獲益良多。我明白到音樂劇的主角是，演員們需要互相支持。我們就像一塊拼圖，彼此間互相補全，方能完成整張。我們是一個團結的大家族，互相分享快樂，難過，挑戰，汗水和愛。在此，我推薦大家踴躍參加年度音樂劇，一起經歷這段難忘旅程！

Audience indulging in a series of singing and dancing performance. 演唱會演員穿著領帶上場。
Barrier-free Discovery Tour for SEN students and Inclusion Ambassadors (Macau)

Contributors: Dr. Larry Ng and Ms. Holly Ho

To provide students with special educational needs (SEN) an opportunity to acquire global learning experience, Student Development Services (SDS) therefore organized a three-day "Barrier-free Discovery Tour" in Macau for them with the companion of Inclusion Ambassadors (IA). The tour aimed to offer a chance for the students to understand the services and support provided by the local government, organizations, and educational institute for people with disabilities.

Five IAs and eight SEN students joined the trip and visited the University of Macau (UM) where student ambassadors at UM introduced their on-campus SEN supporting measures and guided them for a campus tour to learn about the university’s history, campus development, and student life.

Our SEN students and Inclusion Ambassadors visiting University of Macau to learn about their inclusion policies and different accessible facilities.

To celebrate diversity and appreciate friendship, UM and CityU students also had interactive activities by the end of the visit. After that, the IAs and SEN students visited Caritas Macau, which provides rehabilitation services and support to people with physical disabilities, to learn more about accessible facilities in Macau. Besides, students had visited different cultural and historical heritage of Macau and watched a signature show.

While opening the students’ horizon in gaining knowledge about Macau and the social services available, the trip has also helped them to develop friendships. Most importantly, it made global learning barrier-free for SEN students.

Students participating in an art workshop organized by Caritas Macau Sunshine Center.

The UM Student Ambassador introducing the architectural model of University of Macau.

Visiting the Student Activity Centre of University of Macau and interacting with the local Student Ambassadors and SEN students.

Students visited various cultural and historical sites, allowing them to gain a deeper understanding of Macau’s heritage.

In the academic year of 2019/2020, 54 students participated in the Barrier-free Discovery Tour for SEN students, including 5 students with special educational needs and 49 general students.

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