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Foreword By the President

I was absolutely delighted to hear that our men’s and women’s teams had won their 9th Grand Slam in the intervarsity competitions organised by the University Sports Federation of Hong Kong, China for the 2016–17 season.

This is truly a remarkable achievement. No other local college has ever managed to win the overall championship this number of times. It is a record that will stand the test of time.

The success of our student athletes is all the more compelling because these intervarsity competitions arouse such fierce competition and put our athletes under intense pressure. However, thanks to their hard work and to the dedication of all the coaches and team managers in the Physical Education Section of Student Development Services, our team captured a total of 12 championships while 11 CityU athletes were named “Most Valuable Player” in their respective events.

The success of our athletes is proof if ever needed that when given the necessary support and encouragement young people are capable of amazing feats.

Striving to do one’s best against tough competition in a spirit of great rivalry and respect is a very valuable element in society, and so I applaud all our athletes and their supporters for their sportsmanship. It is a victory to savour.

Way Kuo
President and University Distinguished Professor
<table>
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<td>Badminton 羽毛球</td>
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<td>2nd 亞軍</td>
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<td>Woodball 活木球</td>
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<td>Annual Overall Position 全年總名次</td>
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<td>(Totally 13 Institutions) (總共十三間院校)</td>
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Overall 3rd 團體總季軍
Overall 6th 團體第六名
Overall 2nd 團體總亞軍
Overall Champion 團體總冠軍
城大本年度大專最有價值運動員

龍立仁（羽毛球）
梁諾（羽毛球）
侯俊（空手道）
馬嘉敏（空手道）
賀允同（足球）
劉衍銘（壁球）

黃嘉浩（乒乓球）
區銘開（跆拳道）
譚政揚（網球）
胡樂勤（排球）
唐肇崙（活木球）
編者的話

今年度的城大運動代表隊年報出世了！今期將繼續為大家送上精彩豐富的內容，讓各位城大同學及讀者們看得更愉快和輕鬆！身為城大的一份子，我們為城大這所大學而感到驕傲！年報特地記錄了城大各運動隊的精英和人才，他們不單是運動界的表表者，更是城大的光榮和驕傲。

城大就是一個將每一個來自不同背景的「你」和「我」緊緊連繫著的一個地方，就是有著不同的隊伍，不同的角色，不同的位置，不同的「你」和「我」為同一個目標進發。

在接手成為主编後，進一步深入了解編寫年刊的內容後，工序、時間表和分工等，要完成這個任務，真的並不如想像中簡單。因為當中的每一句、每一字，都是由每個城大隊伍有血、有淚的感情所編織而成。在此先感謝一同為此勞心勞力的編委們，沒有你們的通力付出，也就沒有這本年刊的誕生。

再一次，謝謝大家閱讀這本年報，希望它能賦予大家一份親切和歸屬感。

蕭書惠
社會科學副學士（運籌及旅遊管理）

編輯小組名單

督印人 戴王善鳴女士
顧問 魏闊義老師、范俊文老師
總編輯 蕭書惠（籃球隊）
副編輯 姚俊熙（空手道隊）
封面設計 吳綺君（籃球隊）

採訪 蕭書惠（籃球隊）；姚俊熙（空手道隊）
陳韻彤（乒乓球隊）；陳奕婷（排球隊）
總務 吳思濤（田徑隊）
攝影 馬俊賢、沈誠軒

排版及承印：陳湘記圖書有限公司
獎學金得獎者名單

香港潮州商會精英運動員獎學金
HK Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships
鍾翠婷 劉智恆

胡曉明傑出運動員獎學金
Mr. Herman Hu Outstanding Student Athletes Awards
羅煥妍 劉智恆 譚政揚

紀念林國本醫生傑出運動員獎學金
Dr. Lam Kwok Pun Memorial Scholarships for Outstanding Athletes
賴婉晴 郭樹勳

許義煒傑出運動員獎學金
Stephen Hui Outstanding Student Athletes Scholarships
陳詠恩 鍾翠婷 郭樹勳 文駿軒 劉智恆

商學院運動獎
The College of Business Sports Awards
譚政揚 裴銘鴻 葉子謙 梁詠 孟承佑 徐家林 陳歡樂 鄧群雯

人文社會科學院運動獎
The College of Liberal Arts & Social Sciences Sports Awards
劉智恆 劉嘉樑 羅煥妍 王寶詩

科學及工程學院運動獎
The College of Science & Engineering Student Sports Awards
潘尚熙 陳承瀚 仇朗山 馬嘉敏 林卓彥

學生發展處運動獎
The Student Development Services Sports Awards
賴婉晴 賀允同 陳卓盈 郭佳安 袁曉兒

香港城市大學專上學院運動獎
Community College of City University (CCCU) Year End Sports Scholarships
鄭凱傑 陳樹銘 莫卓洛 潘志良 陳琛妍

胡曉明 網球獎
Herman Hu Tennis Awards
最有價值運動員獎： 林仲賢 陳洧然 團隊嘉許獎： 男子隊冠軍獎 女子隊亞軍獎

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： 楊詠諾 鄧瀚琳

朱創豪教授游泳獎
Prof. Paul Chu Swimming Awards
團隊嘉許獎： 男子隊亞軍獎 女子隊殿軍獎

朱創豪教授羽毛球獎
Prof. Paul Chu Badminton Awards
團隊嘉許獎： 男子隊亞軍獎 女子隊冠軍獎

乒乓球獎
Table Tennis Awards
最有價值運動員獎： 黃軒浩 賴麗嫦 團隊嘉許獎： 男子隊冠軍獎 女子隊亞軍獎

彭漢釗李玉芳 籃球獎
Pang Hon Chiu Li Yuk Fong Basketball Awards
最有價值運動員獎： 王寶詩 團隊嘉許獎： 女子隊李軍獎
Kwok Long Fung
(CLASS)

I am Kwok Long Fung, Edward, a year-three student from the criminology major. I am also the vice-captain of the Men’s Woodball Team. I feel honored to be selected as one of the recipients of the Stephen Hui Outstanding Student Athletes Scholarships and Dr. Lam Kwok Pun Memorial Scholarships. Thanks to the donors for generous support and recognition of my effort at last year. Also, I have to thank my mum and girlfriend who support me all along. I would also like to show my gratitude to my coaches, Ms Winnie WONG and Ms Jessey LEE for supporting me and giving me advice in both academic and sport aspects over the years. Lastly, I would like to thank my teamates, I believe I could not perform well in the USFHK competition without any of you. I will spend most of my scholarship on buying new sport equipment in order to improve my performance in coming days.

Mau Yuen Ching
(SEE)

I am Nicola, a final year student from School of Energy and Environment and an epee fencer in CityU fencing team. It is my honor to be selected as the recipient of the Dr. Lam Kwok Pun Memorial Sport Scholarship. Firstly, I would like to thank the donor for supporting CityU sports teams over many years and the judges for selecting me to receive this scholarship. Secondly, I would like to show my deepest gratitude to my coaches, especially Ms Lai and Mr Wu. They give me trust and support in terms of sport and academic development. Finally, I would like to thank for the support from all teammates. Without my teammates, I could not earn this achievement. After receiving the scholarship, I would spend a part of it on coming overseas fencing competitions and the rest of it will be spent on my fencing team.

Chung Chui Ting
(CLASS)

I am Tindy, trainer of CityU Woodball team. It is my honour to be selected as one of the recipients of HK Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships and Stephen Hui Outstanding Student Athletes Scholarships. Thanks to the donor for supporting CityU over the years and judges in recognising my effort. Besides, I sincerely appreciate all the assistance from CityU. I would also like to show my greatest gratitude to my coach, Miss Winnie Wong for her trust and support, as well as all my teammates and trainers. I would never be able to achieve this award without their support and encouragement. For the use of scholarship, I will spend it on overseas competition activities, which allows me to gain more experience and share it with my teammates.
I have participated in the intervarsity annual athletic meet, organized by the University Sports Federation of Hong Kong (USFHK), for 4 years. As a final year student, I am pleased to have witnessed the changes within the team, like teammates graduating and new blood joining; and that the teams has had the experience of being in the champion, first runner up and second runner up positions. But winning or losing is not the only thing that we should care about; sometimes it is more important to take ourselves out of the realm of competition, and just enjoy and be satisfied with the entire process of practicing, learning, and growing. Learning and growing will never stop even at failure, losing or injuries.

This year, we have all put our greatest efforts on our training and recovery, hoping and aiming to run, to jump and to throw at our very best. Although we were only overall third and could not retain the overall champion title this year, I hope we will get better result next year. Besides acknowledging the great efforts of all the team members, we would also like to give our sincere thanks to everyone who has encouraged and cheered for us during the competition, without the support and cheering from the students, parents, teachers and coaches, we could not have finished our year rather successfully. We would like to dedicate our special thanks to Mrs. Dorothy Davies and Mr. Matthew Yip, who have paid a lot of attention to our training and provided their full support and care for us all these years.

Leung Ching Yi
Bachelor of Social Sciences
要成為一名成功運動員，心態比運動本身更為重要。堅定不移的決心更是長跑運動員不可或缺的條件。然而當我還小時，常會對運動感到煩惱。我認為運動就是一種苦差事，但隨著年齡的增長，我開始學會如何從運動中尋找樂趣。

在開始練習之前，我總是對時裝和訓練感到忐忑不安。然而，隨著訓練的進行，我開始對比賽產生了期待。比賽日來臨，我會感到興奮和緊張。然而，當比賽結束時，我會感到釋然和滿足。

Am I ready to run the race? Something swirled through my mind. It was my first time to enter the cross country race, so I was at my wits' end, and my mind was a jumble under the submergence of excitement and fear. Fortunately, I did not disappoint myself. My coach and my closest teammates. My result was beyond my expectation and our team came third in this year's USFHK competition.

Aside from that, I feel thankful to my amiable teammates and coach. Without their caring and amiable support, I would not have been able to improve myself. At the beginning, I doubted if I could follow the pace in my team as I had not trained before and I did not have any experience in joining such a massive competition. Confusion filled my mind. Thanks for their encouragement, I dared to exceed myself and endure the pain caused by the athletic injuries. This is an impetus for me to strive for my best. Besides, thanks for their instructions and considerations, I am now capable of improving my jogging posture in order to lessen the possibility of getting injured. Being a part of the cross country team, I seem to be in a family with warmth.

However, there is still room for my improvement. To bolster my ability, I should attend more intensive training so I can strengthen my muscles and endurance. As the first step is always the hardest, once I improve my running posture, it will be easier to increase the running pace. Accomplishment will not happen overnight, therefore I will do more training with my teammates. At the same time, it can foster the strength and capability of our cross country team. It is never too late to make improvement! Let's keep up our efforts and make a breakthrough for the next competition season.

Best of luck to everyone in the CityU Cross Country Team! Be the best that we can be!

Chan Pui Lam, Christie
Associate of Arts in Bilingual Communication Studies
(French and English)
“Be the Best that We Can Be!!” 我們終於做到了，城大羽毛球隊在本年度大專羽毛球賽，獲得了女子組及男子組的冠軍，亦於本年度大專羽毛球比賽中的第 10 個小滿貫。我十分榮幸和難忘可以在最後一年見證到這個歷史時刻，為我的大學生涯畫上了完美句號。

時間飛逝，轉眼間四年的大學過去了。回想前三年，城大女隊只得第三名和第四名，但我們並沒有失去信心，堅持不懈地向着目標奮鬥，互相支持，努力練習，加強溝通。同時，我們抱著享受比賽的心態，一路上過關斬將。

決賽中，面對勁旅中大，雖然我們都知道這是一場艱難的比賽，甚至處於些微劣勢，但憑着大家堅強的意志，女隊終於獲得了失落四年的大專冠軍。

最後，在此感謝羽毛球隊的教練周sir，領隊朱教授，訓練員和所有隊友，沒有任何人，我在大學羽毛球隊的生活便不會那麼難忘和有意義。我即將畢業，希望未來城大羽毛球隊能夠繼續保持着這份毅力，延續更多的勝利！

馬煒恩
商學士（商業分析）

“Be the Best that We Can Be!!” We finally did it and won the Championship for both the women’s team and men’s team in this year’s USFHK Badminton Competition, which is the 10th grand slam for our badminton teams. I feel really honored and will never forget this amazing moment during my final year as well as leading my university life to a perfect end.

Time flies, in the blink of an eye, four years of university life have gone by. Remembering the last three years, our women’s team only got 2nd runners-up and 3rd runners-up, but we didn’t lose faith and we continued unremittingly fighting for the goal as a team. We were all supportive of each other, practicing hard and actively communicating with each other. In the final game facing CUHK, although we all knew that it would be a tough match, we focused our minds on enjoying the game and having a strong fighting spirit, and finally we managed to overcome all the difficulties on the way to the Championship.

Lastly, thanks to our coach Mr. Sunny Chau, manager Prof. Paul Chu, all trainers and all fellow teammates. Without anyone of you, my badminton team life at CityU would not be so memorable and meaningful. Hoping that the CityU badminton team can continue this persistent spirit and upkeep the victory of this year!

Ma Chung Yan
Bachelor of Business Administration (Business Analysis)
在大專盃的初賽階段，男隊及女隊均遭遇不同院校的衝擊，其中近年冒起的浸大及中大向男子隊發起強烈的挑戰，城大均在落後的不利情況下及時調整狀態，打出現屆冠軍的王者氣勢，反勝兩隊強旅，以小組首名的姿態昂首挺進四強。女隊則與實力接近的隊伍狹路相逢，城大女將們因技藝和實力上準備較為充足，得以順利戰勝對手，續一連闖入四強。

乘著小組首名的氣勢，男女子隊分別以三比零及三比一一力克科大及中大，進入決賽。男隊有賴團結一致的精神及士氣，加上新任大教練、前港隊代表盧志偉教練馬如龍教練和黃月琪教練的悉心指導，以及王世濤、王世全教授以及一眾舊生好友的支持下，最終力壓香港大學，成為大專盃三連冠！而女隊則在竭盡全力後，以四比三差距負理工大學，獲得第二名。

在封鎖情況下，儘管過去一年城大乒乓球隊的訓練時間比過往少，練習場地也較為不便，這些不利因素常使我們每個人都更珍惜訓練的時間，更用心去鑽研自己的不足，與隊友及領隊及教練的交流更深入，隊員甚至自己在空餘時間加以鍛鍊。這一切，都是為了向所有人證明，城大乒乓球隊無論遇到任何的困難，只要我們團結一致，一定能迎難而上，創出佳績！

Time flies. It has already been the fifth year for me to participate in the USHK Table Tennis Competition. I will soon depart this sweet university, and I am sure I will miss the CityU Table Tennis Team more than ever.

CityU has always offered me plenty of opportunities to learn and grow. Being a member in this team, I could participate in the exchange programmes, training camps and regional competitions, travelling to Taiwan, Thailand, Japan and many cities in Mainland China, etc. This truly helped me widen my horizons. Being a captain in the women's team, I have learnt the importance of responsibility and discipline, which have made me become a conscientious person.

CityU Table Tennis Team has always been my sweet home. When I was frustrated, my teammates were always staying with me. When I was able to achieve my goal, they shared the happiness with me or they were even more delighted than me. In USHK Table Tennis competition this year, although the women's team captured the 1st runner up, I was a bit sad since I could not help CityU get the highest honour in my last year of university life. However, my lovely teammates always keep on being my backbone, giving me tremendous support and encouragement. In the men's team, they have been the champions 3 years in a row, and I am so proud of them. I believe that CityU Table Tennis Team is not only a team, we become a family, where we shared the burden and happiness with each other.

The success of the team depends on the support of many others. We would like to offer our deepest gratitude to Mr. Stewart Wong, our donor, for providing us the training venue and sponsorship; Coach Ma, Coach Ko, Coach Jin and Kiki for their continued unwavering support and guidance. Without any of their support, I believe our team may not have reached the achievement that we have now.

"CityU ushi" is our cheering slogan. It symbolizes the never give up spirit of our team members. I hope this spirit will define the team from generation to generation, and continue to propel the team to ever more success in the future.

Tsoi Lai In
Bachelor of Social Sciences
There are always things to be grateful for, even if the road is rough and challenging. My four years of being a part of the CityU women's basketball team were full of ups and downs, yet, I am so thankful for what I have experienced and undergone with this team.

It was a regret that we could not get into the finals as we aimed to be and came third instead this year. However, I have come to realize that it is not as much about the destination as it is about the journey. There is never a team that does not set goals for itself at the start of a new season. However, sometimes we get so focused on the ultimate destination and do not fully appreciate everything that we have already accomplished. From time to time, maybe we should just revisit the goals and try to observe how much everyone of us have grown over the season. Regardless of the result, we as a team has grown up and overcome many of the hardships we encountered together. The 11 days Shandong training camp was tough yet rewarding. During the trip everyone had an opportunity to express their own thoughts and feelings, which aimed at reflecting ourselves and fostering a stronger sense of team unity. Besides, we learned not only from ourselves, but also our opponents in the matches against the strong teams from other provinces.

I would like to thank my coach and team manager, Ms Kin Chit Lau and Ms Clara Wong, for bringing me knowledge beyond basketball skills. The equal amount of gratitude for every one of the teammates. I have met throughout these four years, especially Posze and Hollam, who have walked along by my side and accompanied me through all the ups and downs. Altogether they have brought me to who I am now. In the new identity as a CityU ex-team member next year, I would definitely go to support our team and I truly believe I could witness all of you bringing back the glory from Southorn Stadium next year!

Tang Wing Man
Bachelor of Business Administration (Business Analysis)
2016-2017 competition was a tough season for CityU Men’s Basketball Team. Because of the roof-top incident of the Sports Centre, it was difficult for us to find suitable facilities for regular practices. The training schedule and venue were irregular and the training sessions were insufficient. At the beginning of Semester A, we needed to play at the outdoor court, which would be easily affected by the weather. The availability of the court puzzled us a lot and our training schedule was disturbed. Even though there were some difficulties, we still tried our best to attend every training.

In October, we won the first game at Jackie Chan Challenge Cup against HKU. It was a good start for the season. However, we lost to PolyU in the semi-finals by 6 points. We were not frustrated by the loss. We reflected on both our weaknesses and strengths in the games and deemed it as our stimulus for harder training in the future.

In late October, the USFHK basketball competition began. We successfully defeated UST, LNU and SYU in the preliminary round. The team was improving and we gave a better performance than previous games.

During the semester break, we went to Taiwan for overseas training. During the training, we played friendly matches against some strong university teams, for instance, Chien Hsin University of Science and Technology. We were physically weaker than our opponents. We found that the team would need to develop more offensive tactics, and more intensive communication among players during defensive situations, when we were fighting our rivals HKU and CUHK in the upcoming matches in Semester B.

After the trip, we successfully defeated CUHK and HKU and advanced to the semi-finals. Unfortunately, some of the team members got injured and were unable to participate in the training. We lost to BU and HKU in the semi-finals and the bronze medal match. Finally, we got the 4th place in this USFHK Basketball Competition.

We are not satisfied with this result. So, we will train harder and come back stronger next year. CityU Men’s Basketball Team, let us go!

LEE, Ka Wai Calvin
Bachelor of Engineering
運動最引人入勝之處，在於比賽變化萬千，但對於運動員來說，這卻是最磨人。畢竟許多時候付出了，不代表就一定有收成，過程上挑戰與失敗，勝負確實難料。

一枝球隊要登頂峰，得依賴教練們因材制宜，裝備我們，鞭策我們越難而進，這得隊友們的互相砥礪，方能走到終點。天時、地利、人和，缺一不可。

猶記得球季初天公不作美，今年開操之日一再拖延，第一課練習也是在滂沱大雨下進行，可謂波折連連。加上比賽場地的變動，備戰的安排亦是一大考驗。可喜的是在教練和隊友們的配合下，球隊慢慢重拾軌道，促成最後再次奪魁，不僅為整年的艱辛劃上句號，更重要是為衛冕打下根基。

時隔一年，球隊得以重登冠軍寶座。固然是一大樂事，畢竟眾人揮灑汗水、傾力而戰，這份榮譽自是最大的犒賞。可是，決賽落幕後，慶賀的心情卻來得平淡，大概是因為這些頭銜，相比起我們所珍視的，就變得不值一提了。或許離別總是依依，不只是要離開校園，往日課後練習和比賽的日子也不復再，心中自是難捨。

四年寒暑，陪伴球隊經歷了好些起伏，許多人和事刻在心上，只要憶起身旁伴侶二十餘人，教練、隊友們每當沿途有你，就覺得無論結果是喜是哀，能夠身處這個家庭必定樂在其中。

在此感謝各位教練，Miss Lee、Poon Sir、Ng Sir、Sin Sir、師姐們以及各位隊友。希望大家能珍惜和守護這個群體，成就日後更強大的城大女足。

「我感激我們遇見，在今生，像河與海。」

郭浩欣
文學士（數碼電視與廣播）

This sport is not my greatest gift,
Yet it happens to be my fit.
As I wandered into this team,
It marked the start of something new.

From weekly training to daily bonding,
From acquaintances to hangout buddies.
We fought and fell and climbed again.
At last we shared our laughter and tears.

Four years seem long indeed is short,
Too proud to list our victories.
Surreal we know tis memory,
Farewell is time we’ve yet to speak.

Alas, Alas, Alas, Alas:
To be the best that we can be,
While chasing shadows on the fields,
Say ‘WE CAN DO IT’ as our days.

Cheung Tsui Hin Tracy
Bachelor of Arts (English Studies)
城大男足上年先後奪得大專杯冠軍，及在全中國大學生足球比賽取得不俗成績。經歷精彩的一年，城大男足今年再接再厲並誓要衛冕冠軍。

今年不少的主力球員畢業，加上有多達六名新的球員加入，默契方面需要時間磨合。季初的城龍挑戰杯，我們在決賽最終成功以三比零擊敗香港教育大學，為日後的大專杯打下強心針。城龍杯完結後，距離大專杯只剩下一個多月時間，我們積極備戰，對戰不同的隊伍，嘗試不同的陣式、踢法、戰術等。分組賽最重要的一戰是對香港理工大學，憑著全隊的努力、團隊的合作和教練臨場的調配，成功以一比零小勝宿敵理工大學，提前一輪取得出線四強資格。出線後對着香港教育大學，雙方互有攻守，激戰一百二十分鐘後僥以十二碼決勝，這次幸運之神沒有眷顧香港城市大學。

我們季中有不少的傷病問題困擾，使大家狀態未能維持最高水平，但大家專注集中比賽，希望為校長到最後一分一秒途精神是很值得各運動隊伍借鑑。儘管我們整個大專比賽只失掉一球，卻遺憾只得第四名完成 2016-2017 年度的比賽。

下年陸續有球員畢業，陣容變動會更加大，但這些因素並不能成為我們失敗的藉口，從失敗中改善才是我們需要做的。城大男足實力上可能不是最強，但團結就是孤軍匹馬也會無敵，這次的失利使我們更有決心放眼下屆的比賽，不但希望可以捲土重來重奪冠軍，更希望能包攬城龍杯及大專杯。城大男足，拾起頭，繼續向我們的目標邁進！

It is a great honor to be named one of the “Most Valuable Players” of CityU Sports Teams as a freshman. Our team was fabulous but the road to glory was never easy. We would have never got to be the champion last year without us playing hard and having good team spirit. But it would be more difficult to retain the championship this year.

“Unlucky” is the word that can be concluded our performance this year. We were undefeated in the preliminary round, but the result was not up to our expectation in the semi-final. We lost by penalty shootouts during the game! It hurt especially because it ruined the effort and time we spent in training but I promise that, with some new teammates, we will return stronger next year, in the USFHK competition as well as the China University Football League.

I would like to take this opportunity to give my special thanks to Yau Sir and all coaches and my teammates, especially the seniors, such as Captain Yuen, Fai Jai, Ka Shing etc. Let’s go CityU! Be the best that we can be!

Lau Hok Ming
Bachelor of Social Sciences
「嘿！嘿！嘿！」，我的手球大專生涯亦隨著這哨子聲的落幕
一同畫上句點。那一刻，臉是空空的，我的心跳也沒有想像中來
得失控，但心卻牢牢地響著，隨著它亦能跑動著的掌聲在耳邊迴
蕩。我深信這些掌聲不僅是歡呼我對冠軍隊伍的祝福，同時亦是對我
的勉勵和付出的肯定。面對這樣的結局，放聲痛哭只會影響隊伍，
所以我選擇了安靜沉著，呵，心中有夢，不執。那是我平生在中
於了 70 分鐘的球賽，每一球防守，每一個運球，如今都歷歷在
目。

還記得四年前，我很幸運地成為城大手女「彼端軍的那裡」，回想
起當天懵懵懂懂的自己，渾渾噩噩的浮浮到第四個年頭。曾想
像過自己會在手球的球賽中，但大任在如此重要的角色。7 公斤（21.2 公
斤的門）第一，你倒了。」，這是我前數天教練對我說過最深刻的說話。
我想他是否想試了我，到了決賽當天，酒一可說那話傳入耳中，
我也意識到這是最後的機會，再錯過便沒有把握了。我腦海裡不停
著自己要集中，不能掉以輕心，就像隊員也能從我的面上讀出我
緊張的心情。

由熱身階段到正式球賽開始，我想這是我由初入隊以來最沉靜的時
刻，畢竟平時活躍的「你衝作仔」、「喂」的一時，比賽正式開始，
計時開始亦開始遊動，而我的心跳大概是它的十倍。彷彿著急的嚎
叫，我隊輸得數十數不入球，於比賽差數一直被對手大
家的入局狀況以比數來得快，而且我們的防守，面對友好
球員來勢洶洶的進攻不但沒有消氣，反而變得愈來愈認真，對方多
次攻門成為我隊防守置最中之物，好不疲倦。就這樣我攻一球，
防守一球的訓練下，我們以 2 分之差領先對手，直至中途的哨子
響起。整支球隊的人士十分高昂，觀眾也看得瞪目結舌，老實
說，此刻的我心中有心底有點心花怒放的感覺，我感覺到冠軍的獎盃
我們已捧在手邊。然而，下半場的表現卻未如理想，加上對手以
不牢牢受傷需要輪換，整個進攻的節奏有所改變，隊員們開始心
急如焚，頭頭昏澀。對手的進攻十分緊張，相對地在香港失誤
情況下，對方攻勢十分，令比賽一度延長至 2 分的距離。世
界上每個運動員都有自己的防守，並且在多次進攻的防守，我可見緊張的情
不只出現在我們的球員身上。同時我們亦需把多支出射門的機會，
這些是運氣的關鍵射門。最後雙方於法定時間打成平手，
須加時再戰。這也是我在人生中過得最快的 10 分鐘，「嘿！嘿！嘿！
－－－－」。最終我們以 1 分之差敗，我隊的本年度的冠軍寶座擦身
而過，真的只差一點點。

一支球隊的成功與否，一場比賽的勝負不足以下定論。勝負背後的
辛酸與付出，才是每位運動員最值得珍惜的。這場仗勝了，但
無可厚非地聯賽，貢獻大家的掌聲；這裏的敗者我分享
很多人對城大手女刮目相看。心中確定的信念：日後就靠大家以行
動證明一個不變的真理，沒有比腳更長的路，沒有比腳更短的
山，只要有信心的信念，目標定可達到。作為原是畢業生的我，藉
此希望明年能看見城大手女站在領獎台的最高處，加油！

Time flies. I can hardly believe that it is my last year in
the CityU Women’s Handball Team. It has always been
a great honour for me to be in CityU jersey on court. It
has been a wonderful journey that I do not want to come
to an end. Our team is a place where we can forget the
stress of school, and a family in which we care about
each other very much. It has been a difficult year for
most of the CityU sports teams. Without the Sports
Centre, we have had to seek different handball courts
outside CityU, some of which were far away from school.
However, such challenges never discouraged us but
rather made us cherish every minute of practice and fight
to do our best.

As a final year student, it is the very last year for me
to represent CityU in the USFHK competition. It cannot
be denied that being part of the handball team has been the
most fabulous experience in my university life. Joining
my first outbound training camp, participating in overseas
competition in Taiwan and Nanjing, overcoming those
harsh fitness trainings at the steep slope outside Shek
Kip Mei Sports Centre, celebrating teammates’ birthdays
after our regular practices, are unforgettable memories
for all of us. Although we were not the champion this
year (but the first runner-up), all of us have strived to
do our best, and left no regrets on the handball court.
Our laughter, cheering and encouragement made the
demanding trainings and tough matches a bit easier.

Last but not least, I would like to express my eternal
gratitude to our coach, Simpson and team manager, Ms.
Winnie Wong and all my beloved teammates. Without
their wholehearted devotion, it would have been
impossible for the team to achieve what we did.
It is never easy to say goodbye and I promise that I will
always support and cheer for CityU in the future. Thank
you, CityU Women’s Handball Team. I am confident
enough that we can be the champion in the coming year.
"Be The Best That We Can Be". Love you all.

Li Hiu Ching
Bachelor of Business Administration
(Business Analysis)
四年時光如白駒過隙，今年已經是我留在城大的第四個年頭，亦是最後一年。每一場我們男子手球隊的目標無疑是奪冠，而過去三年我們分別奪得一個冠軍和兩個亞軍。

今年對我們來說最大的障礙就是訓練的時間。由於沒有固定的訓練時間和場地，每次練習都是數位隊員，絕對影響我們的訓練質量和默契。但教練總是教我們把困難克服，因此這個障礙無法阻止我們奪冠的決心。事實上，上學時期的兩位隊員在我們球隊中佔有非常重要的位置，他們的離開削弱了我們不少實力。而且我們的宿敵理工大學卻增添了不少實力的球員。相信奪冠之路將會困難重重。

但原來我們把目標定得太早，在小組賽時已經不慎敗給教育大學，以次名出線，在四強時已經碰上理工大學，影響了我們的部署。在四強的比賽場地，觀眾坐滿全場，無形中是大專決賽的提前上演，當中不乏城大和理大的支持者和歡呼聲。雖然比賽中大部分時間城大領先，但理大憑著堅毅的意志一次又一次把比分追平，在法定時間無法分出勝負後竟在加時，最後我們的比分仍然打和，要以點球分勝負，我們不捨以一分落敗。這雖是難以接受的事實，但我們很快收拾心情，在季軍戰中擊敗香港大學奪得本年度的季軍。

坦白說，最初進入城市大學的時候我深信城大會是四連冠，但最後卻只得一個冠軍。雖然這不是完美的結局，不過遺憾卻能留下最深刻的回憶。而且城大手球隊為我帶來一眾好兄弟，我亦不會在這裡過的四年。最後，如果你來年還有機會代表城大運動隊，請好好的珍惜大賽場上的青春，熱血和友誼。而快要畢業投身社會的我們，這段美好時光定要珍而重之，好好留下。

顏文傑
工商管理學士（金融）

Due to the rooftop collapse incident of our Sport Centre, we faced great difficulty in organizing our training this year. Luckily our spirits did not collapse with it.

For the whole year, we put our focus on defense tactics, especially some special tactics to defend against PolyU. Besides, improving shooting accuracy was also a main part in training, for it could consolidate our offensive strategy. Moreover, we did much more preparation by watching videos. It was our team practice to watch some previous matches to see what we needed to improve and how other teams played, then we would use related tactics to deal with certain situations. It was essential to know more about our opponents before the game.

However, having paid too much attention to PolyU, we underestimated our opponent in the preliminary round and lost the game to HKEDU. We became second place in the group and had to face our old enemy, PolyU, in the semi-final.

In the semi-final, with the lessons learnt from the past few years playing against PolyU, we had more experience in controlling the game's tempo. Although the atmosphere in the stadium was tense, we were not nervous and could manage to play point by point. Both teams played very well and performed a fantastic nail-biting match; which the moments of the match were still running in my mind. The scores were still tied after overtime and we had to decide by penalty play. Unfortunately, we lost in the semi-final by 1 point.

Finally, we had captured the 2nd runner-up for CityU. Our feelings were mixed, as it was the first time we were not fighting in the final. But we should learn how to face downsides and get back up to face other challenges in life. Determination and effort are elements that will lead us to success.

Singh Dilyadav
Bachelor of Social Sciences (Social Work)
I have been part of our women's volleyball team for four years. This year was undeniably a special one. Due to the Roof Top Collapse Incident happened at our Sports Centre, we needed to search for other suitable practicing venues on our own. It was quite worrying at the beginning, but then we were able to handle and overcome all the difficulties together. This would definitely be one of our most unforgettable memories.

To fight for the championship in this year's USFHK competition, we started our training during the summer break. Not only volleyball training, we also had Gym and running sessions as well. Drawing a lesson from last season, besides putting emphasis on our skill and strength, we made even more efforts on our cohesiveness. We must not rely solely on skills to win a game, but working as a team is important. Undoubtedly, we have made substantial improvement in both our skills and team spirit after all the tough times we spent together. And this brought us a good start in the Jackie Chan Challenge Cup by defeating the PolyU team and ending up with a second place. We then continued our firm conviction in the USFHK matches and we finally advanced to the final against PolyU, once more! We tried to perform our best, however, we did not manage to make it to victory. We are disappointed and yet we know that our team are still immature. We still have a lot of shortcomings both physically as well as mentally, that need to be improved.

We finished with the first runner-up this season eventually. This might not be the best ending. But looking back to last year, we have already made a great step forward. I am sure we will return stronger and better next season!

Last but not least, I would like to thank all those who have supported and trusted us, especially our coach, Vincent! The efforts and time he has spent on us is unquestionable. I also need to thank my teammates for all the hard work they did. I really love my team and I am proud to say that I am a part of CityU Women's Volleyball Team!

Lau See Wai  
Bachelor of Engineering (Information Engineering)
今年城大男排背負著衛冕冠軍的稱號，繼往於大專賽場上
征戰，在不負眾望下，再一次奪得了大專盃錦標。回想這次的冠軍之路絕不輕鬆，自去年季軍事件後，對今年的練
習場地極大影響，練習時間由每次 3 小時縮為 2 小時，並
且要到培正中學練習；而各球員亦有自己所屬的球會，青
年隊或成人隊代表，能同時出席練習的時間不多；還有是
心態上也備受到壓力，因在季初成龍盃不敵中大，球隊信
心有點動搖。

在種種原因下，我隊更於小組賽時沒有打好，負了給香港
教育大學而只能以次名出線四強，須提早迎戰中大。雖然
賽前不被看好，但在準決賽上的表現卻令觀眾眼前一亮，
在比賽中不斷給予對方壓力，最終以強勢姿態奪下了決賽
的入場券，並將這股熱情帶入決賽，在理大的主場中力壓
對手，拿下冠軍。

這個冠軍的意義重大，它不但證明了我隊的實力，更證明
了我們在排球場上付出的努力，汗水並沒有白費。在別人
眼中，這只會被視為一項殊榮，但在我們眼中，它卻是我
們隊中眾人心靈的象徵。

鄭小任
建築及土木工程學系

With a lengthy and fruitful history, CityU was poised to
continue their success and demonstrate their passion for
excellence under the bright lights of competition. However,
there are always ups and downs, and things don’t always
develop as expected. It is always tough and full of
obstacles for a team to continue their success, and CityU
was no exception in its quest to repeat as champions
in both Jackie Chan Champion Cup and in the USFHK
competition. Our first setback was our defeat by CUHK in
the Jackie Chan Champion Cup, and then another hitch
having to cope with an unexpected and disappointing
loss in a match against EduHK in the preliminary stage
of USFHK competition. With these hard obstacles behind
us we knew that our next challenge would be an intensive
battle with CUHK in the USFHK semi-final.

During the season, Wan Sir, our coach and Chris, our
trainer, have demonstrated their confidence and trust in all
of us. They instilled in us the belief that we were always
the winner and the final game was moving one step
closer to the championship. They motivated us to keep
a great training routine and we stayed hungry to win the
championship. All of us were eager to win and improve
ourselves in which we sharpened our skills again, as a
team with great passion and unparalleled teamwork.

It was a tough match in the semi-final against CUHK, but
we persevered and overcame it. Every one of us was in
their best form and mentality, which made us the strongest
team from the skill as well as the mental perspectives.
This elevation of our team to a new and higher level,
resulted in us defeating CUHK and PolyU in the semi-final
and final match respectively. It is definitely a must for us
to show our respect and super thanks to Wan Sir, Chris,
Dai Tung, Ah Sze as well as all of our supporters and fans
who inspired us to be our best and helped propel CityU
into another level of teamwork and volleyball.

I wish CityU all the best and hope our team will continue
to be amazing and energetic in the coming seasons.

Cheng Wai Nam
Bachelor of Business Administration
(Human Resources Management)
Whenever I think of CityU women’s rugby, the most vivid scenes and memories will be the continuous excellent result of the team. I have been actively taking note of the accomplishment of CityU women’s rugby team since I was in high school, and became determined to get a degree in CityU and represent its rugby team.

Being a substitute in the first and second year in the USFHK tournament, I have learnt a lot. In the first year, our women’s rugby team had a terrible drop in its result from the previous year. I kept on reflecting on the reason why our improvement was not significant at all. However, with constant encouragement from our coach, Man Jai, I worked hard in my external rugby club and was in the starting lineup for the team last year. With the HK team player Royce Chan and alumni Nam Ka Man joining the coaching team this year, our team spirit has become much stronger, and our skills have been much improved. Also we put all our stamina into all our training and treated every training as a precious experience.

As a senior player, I have taken up the role of guiding the team to have the right attitude and be on the right track. I wholeheartedly believe that we can be the best that we can be. Last but not least, I would like to thank all the people who have helped and supported us, especially Mrs. Davies, Mr. Ngai, Mr. Jack Burke and our team manager Mr. Fan. Also, huge thanks to our coaches who put a lot of efforts in coaching us. Our team will definitely perform our best in next year’s USFHK rugby competition to make you all proud of us.

Lai Ming Yan, Eunice
Bachelor of Social Sciences

Women's Rugby Team

轉眼間我在城大將要完成五年學業，今年是我最後一年代表城大作賽，感覺總是很不真實。回想起五年前初來報到，城大女榄可說是叱吒風雲，由創隊起一直衛冕冠軍的實力強隊。接下來的五年，我們經歷到新舊球員的交接，歷盡興衰，由第一名到第四名也都經歷過。對我而言，在這隊球隊感受良多，不單只是成績的起伏，更有個人的成長及球隊的故事。正是因為橄欖球，我學會了承擔和責任；因為其他大專隊逐漸地崛起，我們學習到合作和團結；因為教練，我們學習到謙虛和堅毅。這五年的一點一滴不能盡錄，但我們一起揮灑過的汗水及一起流過的眼淚都曾一直留在我們的心中，留下美好的回憶。

雖然今年城大女榄在力拼下僅得第三名，但能夠在最後名次賽上力壓理大（分組賽曾負理大），在全年度總體總標上亦意義重大。原來橄欖球是今年大專賽的最後一個項目，賽前城大女子隊總分與理大祇差一分，這次的勝利，不但替城大女榄奪得季軍，更為城大力挽女子全年總冠軍的名譽，結合城大男子全年總冠軍，也奠定了城大第九個大滿貫的傳奇。這可以說是我畢業前最經典的回憶。

另外，希望藉此多謝一直以來不斷為女榄默默負出的領隊和教練團隊，以及所有曾與我並肩作戰的隊友，沒有你們的努力就沒有今天的女榄。首先感謝戴太，魏Sir，Jack Sir和Fan Sir等等給予運動員支援、鼓勵及關心。再者特別感謝今個才強勢加入的教練們Royce和Kaman，以及教練們的悉心教導和無私付出。最後，感謝所有曾與我一起努力、不斷策策、互相扶持的隊友們，是你們讓我能在大學橄欖生涯中充實地走過。我衷心謝謝你們。

城大女榄，搏盡無悔。

文學士（亞洲及國際研究）

普穎姿
“Run faster, hit harder, we go further together.”

It is my second year in CityU Rugby team. Last year, we defended our title successfully and won the USHK Rugby Championship for the second year. CityU Rugby team is well-known as one of the top teams among the universities in Hong Kong. We have strong and skilled players, experienced coach and managers, intensive and well-designed training sessions. Most importantly, we have the same goal – “Be the best that we can be.”

Our determination is the most crucial attitude to make our team to be outstanding. USHK Rugby 7s tournament is usually held as the last competition among all USHK sports competition. We are going to give our best in this competition in the coming Easter which is only two weeks away. Representing CityU is the sole motivation which drives our team and keep us in high spirit. We fight for the team, we fight for our teammates and everyone else in CityU. Although some of our teammates got injured, our team is still in good shape. We may have felt depressed when the game plan was not smooth in the beginning of the season, but we have successfully fine-tuned and got better. We may also face many challenges, but we believe in our teammates and coach. Everything in our team shows our superior determination to defend our title. I still remember the joy of being the champion after the last whistle last year. If you come and support our team in the competition, you will be able to feel the fire in our hearts and that feeling would be so extraordinary and difficult to be described with words. Rugby is physical and unpredictable. That’s definitely the reason why we love rugby so much.

Our rugby team is not just a team, we are one big family. The brotherhood built within ourselves provides excellent team chemistry. We could not be the best without anyone of us. We would like to show appreciation to our coach – Kenneth Lee, Manager - Mr Jack Bruke and Mr Denis Wan, to our Captain – Ho Iam and all teammates. I firmly believe that we can defend our title this year and be the first team in USHK Rugby 7s claiming the champion title for 3 consecutive years.

Chan Yet Chun, Samuel (SaLo)
Bachelor of Laws
很慶幸這一年我仍然能夠代表網球隊參加各項不同的賽事。隨著不少年資較深的球員畢業，球隊比賽陣容亦漸漸改變，而我又有幸成為今年的隊長，帶領全隊員一同訓練和比賽。

除了大專盃的比賽外，我們還參加了全中國大學生網球比賽（華南分區）。這個比賽對我們網球隊陣容甚為重要。因為在這場比賽中我們不但能夠和不同網球選手交流球技及心得，更能夠在四日三夜的離港訓練和比賽中，隊員們齊心協力，練習比賽甚至食飯都形影不離，這有助於提升我們球隊中的團結和凝聚力。長時間的相處亦有助新隊員盡快融入球隊，加深隊員的了解和認識，從中提升球員之間的默契，這不但對球隊的長遠發展有利，甚至於我們在調整比賽策略亦有幫助。

在這次比賽中，與往年不同的是今年派出了不同隊員參加甲乙組比賽。在比賽中隊員們互相支持和提點，令我們球技有所進步。幾經波折後，男子乙組代表隊和女子乙組代表隊最後成功一起封王稱冠，而甲組代表隊亦獲得前四的排名，成績不錯。在這個比賽中獲得的肯定，明確地為我們打了一支強心針，不但令隊員們更自信地在比賽場上發揮，更加強了每一項練習和訓練的積極性。擁有自信和積極上進的心態，顯然地成功為我們在大專比賽中取得優勢。

經歷過離港訓練和比賽，球員們的身心狀態亦處於最佳水平。再加上在全國賽中新舊隊員成功磨合，當我們有更多不同的排陣來應付不同院校的對手。今年大專賽男子隊在分組賽中輕鬆地以首名出線，而女子隊則在對中國的比賽中遇上阻力。雙方須戰至第五場才能分出勝負，相對來說我們是勝利的一方。在決賽中我們男女代表隊的對手則是華中大學，最後中國大學都悉心相迎，希望重奪王者寶座。當我們的策略也十分成功，可惜女子隊在數強比賽中卻以小負數分落敗，最後以亞軍作結。相反男子隊憑著決心和毅力無限量的支持和包容，成功力鬥至第五場取得勝利，重奪王者寶座。

雖然今年男女子隊未能同時奪取冠軍，但我們會繼續努力，以團結的力量去突破不同的困難，希望能夠攜手奪得下年度的大專冠軍，為我們共同目標，創造屬於我們的新王朝。

陳曉嵐
社會科學學士

After 2 years of hard works and battles, the men’s team have finally defeated our strong opponent – PolyU by 3-2, and made their great comeback on getting the Champion trophy. It was a very tough and tight match that lasted for more than 7 grinding hours. Players were physically exhausted and faced different body discomfort that affected their performance; but they fought through it with determination; together with the massive support from fellow teammates, alumni, families and friends. It was a very touching moment when they won the match, as it proved that their hard work and persistence were not wasted. On the other hand, the girls’ team had also displayed great sportsmanship and performance, but unfortunately just brushed past the champion title and got 1st runner-up. The 2 titles are very good gifts for us to wrap up the 2016-17 tennis season.

One of the highlights of the season must be our full team’s participation in the All China University tennis match that was held in Guangdong during Christmas. The trip not only was a great opportunity for us to play and practice tennis together as a team, it also helped us to gain more mutual understanding of each other. After spending 5 whole days with each other, experiencing ups and downs, I am so grateful that we all teamed up together and faced the difficulties while sharing the happiness with each other. We got to learn more about each teammate’s emotional feelings on and off court. The trip was a very good memory for us all, and served as the foundation of our games and practices before the finals.

I would like to express my greatest gratitude to our wonderful coach – Peter Wu who taught us invaluable life lessons in and out of court; our team manager – Charles Wong who supported us along the way and took amazing snapshots of us; our trainers – Ocean and Kiki who always gave us good advice and come back us up despite their busy schedule; and to all the alumni who came back to practice and support us in every single match. This is my fourth and final year participating in CityU tennis team as a member, I could not be more thankful to be given the opportunity to learn and grow in this warm family. I look ahead to the many more successful wins, but most importantly the display of the long-lasting team spirit as a whole, because - “Together is Better”.

Lee Yan Lam
Bachelor of Social Sciences (Criminology)
今年的大專壁球比賽，城大男子壁球隊在小組賽中，成功擊敗其他對手，成為小組第一名出線，更在決賽中順利戰勝理大而奪冠。能夠有如此佳績，全靠我們各位隊員的努力，以及各位同學、老師的鼓勵。

回望上年的大專比賽，是我第一年參賽，我感到城市大學的運動隊伍就像學界中的勁旅，雖然上年在四強賽中不敵理大，但在比賽中的汗水和努力是沒有白費的，最終我們在主力球員下獲得季軍，今年的冠軍可以說是個實力的證明。

在2016年世界大學壁球錦標賽中，我們的隊員葉梓豐和黃祖謙，更屢創佳績，其中葉梓豐更成為首名奪得這項賽事冠軍的本港球手，而黃祖謙則在比賽中取得第三名，作為城大壁球隊成員的一份子，感到多一份光榮。

在女子隊方面，直至2017年頭，女子隊分別在小組中以全勝的戰績，進入決賽，雖然只差一步而屈居亞軍，但亦算是盡力的賽果。今年的賽績全靠女子隊各隊員的努力和溝通，因為我們有一位香港籍的隊員，雖然在比賽和練習中，都難以溝通，但運動本身是一種語言，令我們今年球隊的氣氛生息不少。

希望在下一個大專球季我們能取得更好的成績。

劉衍俞
社會科學學士

Time flies, it has been my third year representing CityU to participate in the USFHK squash competition. In the past two years, the girl's team has strived for our best and attained 1st runner-up in two consecutive years. It might be upsetting that we were one step away from being the champion, but we have no regrets as everyone has put in all efforts.

"Success is going from failure to failure with no loss of enthusiasm." Although our team may not be the strongest, we do have a positive and eager attitude to improve and strive for a better result. I do hope CityU squash team can become the champion this year.

It is my pleasure joining CityU squash team. I treat the team as my family and we share joys and happiness together. We give support to each other and persist till the end together. As a captain of the team, I feel that our team spirit is enhancing and the teammates are closer to each other.

Thanks to the support from CityU, we have sufficient resources to broaden our horizons and make improvements. Various team building activities, such as outbound training, are definitely beneficial to the team members. Through outbound training, we have the opportunity to have matches with foreign players, which is surely a great chance to recognize our room for improvements and to make us stronger.

Last but not least, credits should be given to our team honorable manager Prof. Horace Ip, team manager Mr. Matthew Yip, coaches Mr. Joe Wong and Ms Lily Lau. Without their support, we would not have attained the good results. Once again, I wish CityU sports team all the best in the coming year.

Tang Ka Yan
Bachelor of Business Administration (Accountancy)
最後一年，終於圓夢。

這是我待在城大木球隊的第六個年頭，今年終於可以一嘗小滿貫的滋味。男團冠軍、女團冠軍、團體總冠軍，是一個多麼完美的結局。

經常聽师兄師姐說過城大木球已經有十個年頭未能奪小滿貫，加上最近數年一直是「二奶命」，一直衝不過自己的心理關口。今年大家的目標只有一個：衝擊小滿貫，把最好的送給支持我們的每一位。皇天不負有心人，多年的努力終於沒有白費。

這兩年是我看來最團結、最有團隊精神的，各個隊長、訓練員、以及教練日夜兼顧，對每個需要幫助的人都傾其所有，讓各隊員在技術上、心態上都有很大的提升，這是對我們今年能夠順利奪冠最大的原因。

有人說城大木球隊看起來沒有「火」，但我相信球隊的優劣，並不是從口中說出來有多好，有多厲害，而是要真實的實戰纔是真功夫。有謂：「知易行難」，今年我們將有十名球員畢業，希望城大木球球可以做到薪火相傳，讓小滿貫的故事延續下去。

多謝黃錦詩老師，希望你們喜歡我們一眾畢業生，為你們送上這份特別的禮物。

曾俊言
文學士（中文及歷史）

Our team was so devoted that we spent a lot of time enhancing our skills through training and competitions. Other than regular training sessions in the Joint Sports Centre, we have also actively participated in various local woodball competitions such as Tai O Open Woodball Competition in order to apply our skills and techniques during the real game situation. In addition, we were lucky enough to go for a woodball exchange at a Taiwan university with a group of talented and industrious students. It was undoubtedly one of the most memorable and precious experiences for both of the institutions.

The USFHK Woodball Competition is always defined as the signature event of the year. We all feel so nervous but yet excited about the USFHK woodball competition as it is always regarded as the reflection of our efforts during the year. As one of the youngest members of the team, I am proud to improve and well-manage my skills so that I will not lag too much behind other experienced teammates. At the first day of the game, I felt like my heart was pounding out of my chest as I heard my teammates cheering for me from the stand. At that moment, I truly felt like we performed as one unit and could manage to score something. At the end of the event, it was announced that our team had won both women's and men's team champions. It was an unforgettable and historic moment for all of us, as CityU women's team was finally become the champion again after 10 years. We all shed tears as soon as the result was announced since we had been yearning for this victory so long. We were so proud to be part of the team and were pleased to share this glory with all current and ex-teammates.

After experiencing this major event this year, I have learned that concentration and perseverance are very crucial for playing well in a woodball game. Fighting against all tough environmental factors, it is impossible to complete the whole game without being in a mental strong and physical condition. That is why besides the physical training, Miss Wong, our coach, always gives us useful advice and pep talks to focus our mind on the game. She reminds us that playing woodball is just making decision in life. You have to consider all possible outcomes before you decide on any moves. Although sometimes you may have your friends and families to support your decisions, you are the one who decides what to do and must bear the consequences of your choice at the end. I think this is the most attractive part of woodball and I want to recommend this sport to every student, as you will be having a most practical life lesson when you are playing this fascinating sport.

Lam Sin Ching
Associate of Social Sciences (Public Relations and Advertising)
2016年10月23日，是一年一度的大專游泳比賽。這是我最後一次為城大泳隊出賽，為泳隊出一分力。來到第五年的大專賽，所有事物都不覺得陌生，回顧本年度發生的事，至今仍瀟瀟在目……

回想在七月初，泳隊受到城大場館事件影響，訓練場地由城大遷往理大。最初訓練的人數不足十個，因此我感到底時泳隊的士氣是灰沉沉的。但是，我有一個信念，只要經過九月的訓練營，城大泳隊一定能再次凝聚起來。當時，我只想到要作好自己的本份，不希望缺席任何一次訓練，身體力行，用自己的行動去感召其他隊員。藉此，我很想多謝每一位來訓練的隊員。因為你們的出現，都是我堅持訓練的動力。你們不只是我的隊友，也是我的朋友、戰友。

經過訓練營後，城大泳隊的確有着正面的改變。新隊員和舊隊員多了溝通，熟識很多，相處更加融洽。訓練人數漸漸上升，士氣高昂，大家的都是大專賽能夠發揮自己應有的水平。雖然隊內有著不同的化合作用，但我們每個人的目標和信念都是清晰一致的，那在十月尾的大專賽共創佳績。

今年大專賽，可謂是有驚無險。城大泳隊沒有受上半小插曲影響，各位隊員都做好自己本份，全力以赴，最終城大獲得男子團體第三名，是我們賽前預測的。而我雖然不能游出自己訂下的目標，但已用盡了洪荒之力，沒有辜負自己當初訓練的堅持和執著，也為城大取得積分，問心無愧。

在城大泳隊已經第五年，這個地方給了我很多很多，無論是訓練、大專賽，或是出國交流，帶給我不同的回憶，為我的大學生涯增添了無限的色彩。這個地方亦教懂我不同的東西，其中一種令我刻骨銘心的，就是：「前人種樹，後人乘涼。」這句說話在這五年一直陪伴著我，作為城大泳隊的一分子，時刻得到師兄的勉勵和幫助，我也希望能夠同樣地帶給下一輩的隊員，將這種精神傳承下去。

這五年，我感謝每一位教練和隊員無間斷的支持和鼓勵，是你們見證我成長。若干年後，回想起那些年我們一起有說有笑、一起度過每次的訓練、一起流過的血與汗，一起經歷過的大專賽，一起為著同一個目標努力去奮鬥，是多麼的熱血，是多麼的青春，卻教人回味無窮。

最後，我沒有後悔成為大學生運動員，沒有後悔成為城大運動員，更沒有後悔成為城泳隊一分子。

林卓彥
工學士（資訊工程學）

“Be the best that we can be!” Three years ago I was introduced to the motto that serves as the cornerstone of our swimming team. This City U spirit is what differentiates us from other institutions and guided us to our good performances in the past.

Last year, we had one of our best results in recent years as we came second in the boys, girls and overall categories. With the departures of several key swimmers, we knew that it would be very difficult for us to replicate the success. Nevertheless, we were prepared to give our best.

The roof collapse incident was a huge blow to all sport teams. This year, the swimming team had to train in our rival's backyard. Some may be fazed by the sight of the defending champion training beside us, but the situation only made us more determined to train harder in preparation for the USFHK Aquatic Meet.

In competitions where the school instead of personal glory comes first, one does not always compete in his/hers strongest events. I was touched by some of my teammates' sacrifices in taking up events that are the least popular among swimmers. Such selfless conduct has demonstrated the true meaning of "be the best that we can be".

Coming third overall was a great way for me and my fellow final-year teammates to blow out of our City U swimming careers. It was an honour and a privilege for me to have injected energy and enthusiasm into the City U swimming team. I am confident that the spirit which has brought us immense success will continue to flow through the swimming team for years to come.

Law Wing Yat Adrian
Bachelor of Laws
A year has passed again, in which the Fencing Competition organized by the University Sports Federation of Hong Kong annually was successfully held as usual. This year, the competition took place on the 18th and 19th February. The fencers from City University of Hong Kong gathered together, cheered with all their might, while some of them were on the piste, striking for victories. With the echoing cheering voices as a catalyst, it strengthened each and every fencer, to win great honors for City University of Hong Kong.

The two-day competition went exceptionally well, and the final results were utterly remarkable. Champions were awarded to our Men’s Epee Team and Women’s Sabre Team, followed by 1st runner-ups on Women’s Epee Team. The 2nd runner-up teams were both Men’s and Women’s Foil Teams. Our Men’s Sabre team had ranked 4th as well. According to the above results, City University of Hong Kong ended up with the Overall 2nd place.

Everyone must have heard of this old saying - “Hard work pays off,” and our team certainly agrees with it. We trained 6 hours per week, to improve our fencing skills, tactics, and strengthen our bonding among the teammates. We have also put a lot of efforts into learning and training as a team. We may be overall 2nd this year, but no matter what place we got, we will do better and better, year after year. Apart from that, we had a lot of fun training and competing together. Winning the competition may be substantial, but the most important thing, without a doubt, is to enjoy and build unforgettable memories in the USFHK Fencing Competition. We might not be champions this year, but we never failed on winning friendships and team spirit.

We truly appreciate all our fencing coaches, our teacher-in-charge, Miss Rebecca Lai, of the PE Section, as well as everyone who fully supports us. Their selfless devotion towards us, the athletes, is a large helping hand to our road to success. Thanks to them for our outstanding results in the USFHK Competition.

Ho Tik Lam, Debbie
Bachelor of Social Sciences
This was my first time representing CityU to participate in the USFHK Taekwondo Competition. Before, I had participated in the competition representing another university. Now, as a member of the CityU Taekwondo Team, I can feel the sense of belonging that previously could not feel at that university. I feel that all team members are united as a family. When some members are in trouble, everyone is willing to give support to them. In this year's USFHK Taekwondo Competition, I had a very unforgettable moment. That was the most memorable championship fight I had ever fought in my life. Before the competition, I didn't think I could even get into the final. I simply thought that I was not ready. However, I did it. I made it into the final and even became the champion. Although there was a bit of luck, without the support from my teammates and coaches, I wouldn't have made it to the finals.

In the first match, my opponent was from my previous school. I had a lot of pressure and fought pretty badly in that match, I just winning by 1 point. After this match, both of my legs were seriously injured. It was so painful that I could not even walk properly. At that moment, I predicted that I would lose in the next match.

Before the second match started, I had no hope of winning. The opponent was one of my friends and he was much taller and stronger than me. However, the match was not as bad as I had predicted. My previous competition experience benefited me a lot and with the tactics by the coach and a bit of luck, I won the match by 2 points. My coaches were impressed by my performance as they didn't expect me to win.

In the final match, I was a lot more confident due to my victory in the second match. To me, the opponent of the second match was the strongest among the whole group. Beating him made me full of confidence that I could become the champion. However, in the final match, I was rushing to get points. Due to the rush, I was very unstable and totally lost control in the final round. I was lack of preparation for the competition, my physical fitness was in a very bad condition. I was so tired that I could only focus on the match without hearing a word from my coach. After the 3 rounds of regulation, the score was 17-17 and it went into overtime.

At this point, I was extremely exhausted and my mind was blank. I could continue fighting was because of the support from my coaches and teammates. They kept yelling my name and that was the source of my waking up. So I used all of my power for the kick and the kick counted. When I saw the scoreboard turn to 1-0 for CityU, I immediately fell to the ground...

To conclude, without the support from CityU, my coaches and teammates, I could not have made it that far. Thank You.
教練常把這句話掛在口邊：「學習空手道的人都懷著一顆堅毅的心」。

的确，這個年頭還有多少個年輕人會背花上八年，甚至十年的光阴醉心於这项運動「空手道」？正所謂：「台上一分钟，台下十年功。」每一个今天奪得獎項或參與比賽的同學都在背後付出了他們的光霞與汗水，才能夠換得這片刻光輝。回想起剛剛踏入城大這個陌生的地方，能夠認識Ms Lai 和倫教練實在幸運。

他們二人是整個空手道隊的靈魂，而今年空手道隊再次奪得小滿冠，他們居功至偉。教練的得獎感言尤其令我刻骨銘心，他這樣說：「你們在座的每一位都曾經給Ms Lai 和我大大小小的麻煩……」他的語氣並非責怪，而是一位長輩看着孩子長大時，感慨地說出的一番話。我相信大家聽到後，內心是既羨恥，又感謝。這實在，他們對隊伍的無私付出如同父母對孩子的愛。所以我希望藉此代表空手道隊對Ms Lai 和教練說一聲謝謝，我相信這兩個字以及大家今年努力後所得的成果，已經納入他們的心窩，亦是他們奮鬥的動力。

今年香港城市大學空手道隊能奪得優異的戰績，全靠各位老師和隊員的努力不懈。我們緊緊以一分之微打敗緊貼其後的香港大學，過程實在是又驚又喜。

我相信大家今年團結一致的精神打動了幸運之神的眷顧。我們有隊員在受傷的情況下仍能全力以赴，教練們及隊員們在場邊的全力支持把大家團結起來，帶起我們的氣氛，缺一不可。我們就在這一個平凡的星期日寫下輝煌的戰績。我相信我們隊員的感情並非一朝一夕所得，團結二字談何容易，我希望每位學員看完這篇文章後，能夠回味今年我們隊伍上上下下的氣氛，和繼續秉承空手道隊的精神。

最後附上教練的話：「大家每年都會帶著一絲遺憾去參加比賽，但後亦會留下一些遺憾。我相信今年的比賽亦如此，但是我們不應讓遺憾留下，而是把它轉化為動力，向下一個目標進發。」

崔文軒
工商管理學士（市場營銷）

“Never, never, never give up.”

Being a student-athlete is not an easy task. Our schedules for lectures and karate trainings are draining my energies. Sometimes I feel so exhausted after training that I have to use my will power to drag myself home! One question that I frequently ask myself is “How can I stay motivated?” When I reflected on why I didn’t quit and still kept on training this competition season was because I could always hear a cheering voice telling me that “Your victory is right around the corner, never give up.”

Although I was eager to succeed at the USFHK karate competition, I had never dreamt about myself being able to stand on the prize presentation platform before the competition. I was so pleased that I got two gold medals, one for individual kata and one for team kata, at the end.!! I think my success was due to my hard work, persistence and “never give up attitude”. Also the support and encouragement from my teammates, trainers and coaches were very important.

I would like to take this opportunity to thank my teammates Kalam and Cara who had put a great deal of efforts in training with me for the female team kata event. I really enjoyed training with you both and I will never forget the laughter and tears we had at the moment of our victory. I would also like to thank the rest of my teammates who were my best training partners. Also, I have to give my appreciation and a big round of applause for the unsung heroes in the CityU Karate Team, including our coach, team manager, and the trainers. You guys have not only made us competitors, but also fighters. Without your support and guidance, our men’s and women’s team would have never achieved such an amazing result of being the overall champions in this year’s intervarsity competition.

Ma Ka Man
Bachelor of Science
(Environmental Science and Management)
隊伍外訪篇 — 田徑隊澳門異地訓練

這次的海外集訓，城大田徑隊到了澳門進行 3 日 2 夜的短期集訓，我們分別跟澳門田徑隊及澳門大學田徑隊進行交流活動及訓練，當然我們亦有進行一些團隊訓練的活動。

是次的海外集訓有兩件事令我的印象特別深刻。

第一件事是到澳門大學。因為學校剛剛有新校園，所有設施及配套都很齊全，其運動場及健身室更令隊友們都覺得甚為羨慕，我們還在澳門大學的同學陪同下圍繞校園外圍跑了一圈，是一個很棒的體驗。

第二件事是我們自己隊內的團隊訓練，遊戲好玩之餘，也訓練到所有隊員跑步跑樓梯的速度，亦令到我們隊更有團隊精神，更加令到新隊員可以融入在隊中，活動十分有意義。

即將畢業的我，這次的集訓是我最後一次的異地訓練，我享受跟隊友們一齊渡過了三日，一齊笑過、一齊辛苦過，是一個很好的回憶。

蔡詩好
工商管理學士
今年寒假，大女籃有幸參加了全國大學生運動會（籃球預賽），這次比賽代替了我們的外地集訓。從緊密的比賽中學習，頗有更多意義，一來提高了我們的見識，二來也會試代表香港外出比賽，更讓教練和隊友們都積累了更寶貴的經驗。這是一個極其難得的機會，我們也將盡自己最大的努力去發揮出最好的水平，即使我們的對手條件和我們一樣，個人技術超凡，但在比賽中從來沒有放棄過，每次都堅持到比賽的最後一秒，盡情地拚出自己獨特的風格。這令許多裁判和球員都對我們另眼相看，十分欣賞我們球員的拼勁和靈巧的打法。這也讓我們信心倍增，更有信心向其他球隊學習。通過這次賽事交流，我們以球會友，努力學習他們的長處以補自身的不足。這一次比賽的經歷成為了教練和每一位球員內心最珍貴的資源，和留下最美好的回憶。

這一年也是一個特別的一年，因為隊員們通過全國大學生賽互相了解和磨合，關係更加融洽。在完成全國賽的最後一場比賽後，我們在總結上反思和分享了隊員間更團結，以及和教練的關係更上一層樓。無論訓練或是比賽，我們像一棵根扎得更深的樹，為了一個目標而努力奮鬥，球員們在心中的信念都希望球隊能逐漸提高比賽的最後，能成為我們奪冠的最大動力。

當然，這一年對於我們來說，不僅是要取得最後一年的遺憾，而是讓我們感覺肩上的擔子特別沉重。由於上一年因傷病錯過了比賽的機會，因此今年更加迫切地渴望能在最後一年為球隊拼盡全力，與隊友們並肩作戰，一起流汗、一起流淚，也一同成長！

羅凱霖
社會科學學士
今年城大男籃再到台灣集訓，各以帶著期待的心情，因為知道下榻後要準備到醒吾大學作友誼賽。初到醒吾大學時，外觀其體育館還沒有什麼特別的地方，但一到體育館內就是另一種層次，在香港從沒看過這麼出色的地板，乍看之下好像就是美國職業籃球聯賽的影片中的地板有幾分相似，一問之下才知道這個醒吾大學體育館，將會用作 2017 年世界大學生運動會的籃球比賽賽場之一，頓時令我大開眼界。完成了與醒吾大學的友誼賽後，我們便回酒店略為整頓，便立刻趕到世新大學，再作另一場友誼賽，友誼賽後，各隊友們都抱著疲憊的身軀回到酒店好好休一宿。

經過連打兩場友誼賽和出出奔奔波的第一天，我們也是沒有太多休息的時間，第二天一早起床就要到鄰近的球場練習。練習過後，便一起享用午餐，過程中，大家說話都比較少，畢竟大家也在是節日用餐時間，希望在下午友誼賽健行科技大學前多點休息，所以我們的用餐時間都比較短，然後就各自回到房間休息。休息過後我們雖然還是累，但大家都懷著期待與健行科技大學友誼賽，畢竟健行科技暫時也是台灣大專校超級組的榜首球隊，我抱著戰戰兢兢的心情出發。可是我們上車前一刻，意外不幸發生了，原來我們把時間弄錯了，所以友誼賽延至第四日才打。雖然友誼賽打不成，但我們一起享用豐富的晚餐，有講有笑，為球隊增添了不少凝聚力，也為我們帶來更多的休息時間，有時候誤會並不是壞事。

第三天，我們友誼的對手是一所高中，對於我們來說強度是一般的。但對於少出場的球員是很有幫助的，這種強度的比賽能讓他們認清在球隊上的角色，同時又能增添自信心，及對上球隊的比賽節奏，從而建立默契。這是我們明天友誼賽健行科技大學做好了預備！真的，在與健行科技大學的友誼賽中，我們都發揮得很好，將我們這幾天練習的無球走動發揮得很好，在進攻上，我個人是十分滿意。但在防守上，我們隊中不少隊員的調整比
As a freshman of CityU Badminton Team, it was my first time to join the outbound training program. As I have heard from my teammates, they used to visit Taiwan in the last few years. For this year, we went to Kuala Lumpur in Malaysia. I have to thank our coach, Mr Chau, and our teammates for the well-arranged and well-planned training program cooperated with the training centres at Kuala Lumpur.

With the intense training and friendly matches in Kuala Lumpur, we have learnt a lot from them. The most important thing is our attitude. They always arrived at the training centre before the start of the training and started warming up even there was no light turned on. One of the most impressive scenes was whatever their coach asked for, they would immediately take action with no hesitation and line up properly and orderly. In addition, they had comparatively fewer girls and much younger than us. Hence, the same girl had to play matches continuously according to coaches’ assignments. However, they never declined to play or give up during the matches, but kept trying, hoping to get further improvement. Although they were younger than us, it was so hard to get one point with many rallies.

At the same time, the training environment in Kuala Lumpur is quite different from Hong Kong. Air-conditioners are installed in almost all of the indoor sports centres in Hong Kong, but none for Kuala Lumpur. We were hard to adapt to the stuffy and hot environment at first, but actually it was so enjoyable that you kept sweating a lot and the shuttle would not be affected by the wind speed from air-conditioners. It was so hard to experience this situation in Hong Kong.

Throughout the whole training, we have noticed that not only were our physical fitness and skills strengthening, but also our attitude has been improved. Badminton is not an individual game, but we play as a team. By motivating, improving and supporting our teammates, we believe we can strive for the best in our coming competitions. Finally, after all these training experiences, we successfully obtained the USFHK Champion for both Men’s Team and Women’s Team this year.

Chow Siu Kwan
Bachelor of Social Sciences
為本年度的大專比賽作準備，這是我們城大劍擊隊首次前往台灣國家訓練基地作冬季集訓。大家都對是次集訓充滿期待，而我對於能夠和台灣劍手交流感到興奮，因為台灣劍隊近年在亞洲賽事越見強大，這次能夠前往國家訓練基地集訓，是我們作為大學劍手難得的機會，期望各方面都有進步！

我們早上抵達高雄國訓中心的田徑場上作體能訓練，當時天空還是充滿霧氣似的，踏上草場為一天的訓練作出準備。這中心的場地設施很大，可容納多個運動項目進行訓練，場地包括田徑場，棒球場，室內泳池，搏擊運動練習場及綜合體能訓練場地等等。我們每天訓練完畢，都會去運動員餐廳用餐。在台灣做全職運動員不同在香港，他們早上練習，晚上會有老師過來跟他們授課，使他們能夠兼顧兩方面的發展。我們有幸能夠與他們練習，學習他們堅毅不屈的體育精神，實在難得。

藉著今次集訓，各隊員包括我在內也學懂了與人相處。例如，我們要安排行程，這些東西都是需要互相溝通，才能把事情弄好。另外，在劍擊技術方面，教練也給了不少的指導，例如，要學懂控制情緒，不要過於激動，影響打劍的節奏，這樣會造成弄巧反拙。希望大家可以在大專比賽發揮到更好水平。

另外，大家非常欣賞台灣劍擊隊對訓練追求認真的態度。

袁棋茵
社會科學學士
兩年一度的台大手球邀請賽，今年我隊有幸再次參賽，亦彌補了我兩年前沒有參與的遺憾，並取得歷屆最佳成績 — 李軍。2016 是女手新的一年，有超過半隊隊員因畢業離隊，新加入球員和舊球員的默契仍需要時間培養，經過去年大專賽洗禮，發現了不少技術和溝通上問題，因此希望透過這次邀請賽，改善問題並培養隊員間的默契，為今年的大專賽作準備。

7 月 7 日，我們一行 18 人連同教練及訓練員一大清早便在機場集合，準備出發。由於今次比賽分別會與不同國家的大學隊進行對賽，包括日本、台灣、中國及香港，因此出發前亦有十數課的訓練，重新調整好最佳狀態以應付是次比賽。

在比賽期間，最難忘的是第一場比賽，對日本的南亞科技大學 (NYUT)。日本是傳統的手球勁旅，本來並沒有太大的期待，教練出場前的指示亦希望我們做好自己應有的水準便可，結果卻給教練很大驚喜，我隊嘗試出很多不同的進攻模式，使兩隊的比分上一直拉鋸至下半場尾段，而且對陣一直保持快攻戰術，即使我們被深度足夠，但體能上的遜色，戰至比賽尾段被對陣拉開數球，結果我們以 25：31 落敗。雖然比賽落敗了，但卻得到了意想不到的效果，並令我們在及後的比賽更團結，即使沒落場的球員亦會大聲為場中比賽的隊友打氣，達到我們出發前的目標 — 更團結的全隊球隊！

如果再有這樣的情況，我真誠地推介給各城大女手及男手，台大邀請賽是絕對值得大家去的比賽！這比賽不但能提升球隊的技術，更可令球隊變得更好更團結。感謝各城大女手這五年的互相照顧和體諒，一隊十六人包容著十六種不同性格，互相遷就互相體諒可使球隊變得更全面，期望將來你們的集訓或海外比賽會有更深的得著！

李鉉明
商學院（管理科學系）
「天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身。」
雖則「餓其體膚，空乏其身」未必適用於我們身上，但是我們在欠缺練習的場下仍然刻苦訓練，隊友們克盡所能地出席練習，實屬難得。家聞台灣的手球隊伍以迅速的反應和強硬的防守而著名，在東亞地區繼韓國和日本之後，
台灣的手球隊伍很值得我們學習。城大男手既然以在大專手球賽上奪標為目標，
當然要求本集訓機會吸收更多經驗，以作應付大專賽上之強隊之用。

第一天到達台灣，當地天氣非常炎熱，再加上在室外場地練習，練習不夠
一、二个小时大家已全身溼透。由於室外場的地面是由混凝土所建成，相比起
室內場的木地板，球員的射門動作有所限制，並未能發揮最大的功效。
雖然場地有所不利，但是隊友們都早半小時前到練習場地去熟悉一下「地理環境」，
希望在友賽及訓練時有更好的發揮。在訓練後，迎來的就是與
台灣國訓手球隊和高雄市立三民高級家事商業職業學校手球隊的友賽。國
訓手球隊的實力不容質疑，全部都是台灣國家主力，而三民家商手球隊在
當地也是不容輕視的勁旅。當然經過一番車輪戰後，本隊吞下幾場敗仗，
主要原因是台灣的打法與節奏跟香港有很大的差異，當然未能適應，再
者兩隊體力和技術均比我隊優勝。但是先敗而後勝才是集訓所取之關鍵，
比賽過後教練指出了隊伍現階段存在的問題以及需要改進的地方。訓練後，
更衣室大家都在反思，並討論來日的對策。

第二天早上七正，大家都在早上飯店吃早餐，並為接下來的晨操作好準備。
早上的訓練包括基本的傳接球和進行一些小遊戲。小遊戲的內容也包含許
多重要的訊息，例：無球走動，走位，進攻意識等等。不過晨操的主課
是防守訓練，眼見昨天人家的攻擊來勢洶洶，顯得我們的防守未夠積極和
堅固。雖訓練未必適合香港隊伍打法，但是當「台式」守法混合「港式」
時，故有「師夷長技以制夷」的效果，更可進一步師「台」長技以制「港」
校的想法。午飯過後，又是和昨日一樣與兩隊作友賽，經過昨日的檢討，
加上早上剛學習的防守方法，比起昨日有明顯的分別，進攻流暢，不過防
守上還是顯的臨陣磨刀，雖然仍未能戰勝對手，但是在比分上已有很大的
進步。相信大家的狀態和信心開始有所改進。

第三天，晨操的內容與第二天的形態與內容不見太大分別，主要是讓隊友增強手感和
調整心態，並且重溫防守方法的要領。中午過後又是跟兩隊人員再較量，
今次大家都進步神速，主要是掌握了防守的技巧，而且熟習對方的攻防模式，
我們在進攻反擊時得心應手，防守穩如泰山，迫使對方頻頻失誤。
最後能迫使國訓，更戰勝三民，這都是經過兩日來的智慧和經驗的沉澱，
把技巧融會貫通，才能發揮出團隊的潛能。接下來的一天，我們也得到同
樣的戰果，證明了是認真對待練習，不介意改變原有的模樣，接受新的事物
的成果。

集訓過後，我們明白到屢敗屢戰的精神不為懼，更重要的是反思過錯，為
球隊注入新的對應方為上策。日復一日，經驗愈加增多，隊伍的實力提高
後，反勝的滋味更為可貴。以反勝的經歷，再談長勝之道，以奠基礎。

譚志浩
工學士（機電一體化工程學）
這是我第一次香港以外的比賽，也是我第一次代表城大出隊。我隊於 9 月初到廣州大學參加了 2016 年全中國大學生錦標賽。

在報名之前，考慮了很久，也問了很多人意見，最初的決定其實是不參加的，後來卻又因為很多原因，成全了我第一次的出隊比賽。

在比賽前的練習，十分艱辛，從沒想過加入城大空手道隊短短不足兩個月時間便有機會參加一個這麼大型的空手道比賽，所以我不敢偷懶，也不敢缺席賽前任何一場練習，心裡想即使輸了，也不能令大家失望。

到了比賽當天，我帶來莫名的緊張。由刷牙到吃早餐再到會場，也只有緊張的感覺。直到熱身時更是緊張。幸好此時有一個我與她素未謀面，只相處了數小時的舊生開解了我，短短數十分鐘的話語令我將緊張的感覺暫時放下，在場上打出了我最佳的表現，即使落敗了，但並沒有因此而感氣餒，反而下定決心明年再戰！

這個比賽，對我來說最大的意義，便是真正認同自己是這個團隊的一分子。以往練習前自己坐在角落，到現在大家有講有笑，這一切全因這個比賽，讓我感受到隊友之間的關懷，令我對大家認識更深，最重要是感受到城大空手道隊獨一無二的團隊精神。

許珮嘉
應用社會科學副學士
隊伍外訪篇 — 女足台灣備戰

5 日 4 夜的集訓令我大開眼界，不論是台灣人的習慣、足球水平或是禮儀，都有讓人反思的空間。即使友誼賽的對手只是初中生，他們的禮貌已勝過很多香港人。儘管只是友誼賽，友校準備了海報、校長親自迎接，務求讓我們得到最舒適的集訓環境。最令我深刻的是比賽前兩隊均依照國際賽事出場模式列隊進入球場。從比賽中看得見他們認真處事、團結互助的精神。她們了得的球技，就是憑著一星期五課不停的練習鍛造出來的成果。加上他們心態認真，有團體風尚，讓我們大學生顯得遜色。

憑著隊員間的提醒、照應，對大家的性格又更清楚，多了默契和溝通，纔出一顆團結的果。一支成功的球隊不只有出色球員，還有永不放棄、互相鼓勵的精神。比起上一次集訓，大家更認真對待，為即將上演的大賽賽作準備。面對著比我們強的台灣隊伍，我們鬥志被推到邁強愈強，正正是這次集訓球隊最大的得著。

賽後教練團和友校師長亦為我們安排了一席豐富自助火鍋及烤肉晚餐，當晚認識了不少台灣朋友，除了球技交流外，竟然還有機會認識他們社交生活，實在太滿足了。

吳嘉恩
社會科學副學士（康樂及旅遊管理）
今年城大男足仍到台北集訓，最深刻的事一定是每次的討論會，因為這是我的第一次集訓，可以和教練及隊友們發表自己的感受（其實平時我是不常表達的和沒有這一個機會）。雖然在第一次發表的時候帶點緊張，但可以說出心中的感受，跟大家分享，發現原來是一件很不錯的事情。從中我們可以互相了解大家和教練對我們的要求，讓大家知道一些不足之處加以改善（例如物資分配問題和時間管理方面等等）。這次集訓除了令我們提升狀態，其實我覺得在討論會上也可以令我們變得團結，隊友們可以互相鼓勵，有更進一步的溝通，整體變得更融洽，使團隊越來越強大。

能夠參與和策劃這次交流團，令我成長了不少和獲益良多，因為這是我第一次策劃集訓，平常只有參與球隊的集訓，發現原來並不簡單。一次的交流團需要安排和準備的東西很多，由基本練習場地和邀約球隊，到搜尋路線到所在地，其實看似容易，個中中卻非常繁複，尤其是當選擇一個練習地點，要考慮到車程和到步行走的時間。幸好有隊長出手幫忙，才可以順利完成任務。還有我覺得在集訓中，我變得更自律，更主動幫忙球隊的事務，這全都是向隊長學習，希望回到香港時繼續自律，在下一年我可以以師兄身份，做一個好榜樣給師弟學習，相輔相成。

在這次集訓中，很想感謝教練和隊友的包容，或許今次籌劃未算很好，但能有這個寶貴的經驗，希望我們都能好好回味，記住大家每一次的說話和鼓勵，將所學到的帶回香港，有些未能出席這一次集訓的隊友，我們可以將這股團結力量感染他們，還有記住教練和隊長的提醒，用心做好一件事，不能馬馬虎虎，努力向上。隊友們的說話我也會好好分析，不會聽完便忘記。在練習和友誼賽當中，要知道自己的不足，更要努力練習和改善。再次感謝邱 Sir 這幾天的照顧和安排。

董沛霖
社會科學副學士（康樂及旅遊管理）
隊伍外訪篇 — 壁球隊仁川集訓

繼早年的日本交先壁球隊於本學年出外到韓國仁川，與當地壁球會集訓及比賽，韓國選手給我最大的印象是技術全面的，有別於日本的選手。韓國球員在比賽中的節奏開快，記憶中他們的打法進取而有組織；能夠打出有水準的直線球，拉開對手離開 T 位（即場的正中），當看準對手防守出錯就毫不猶豫進行截擊，一下子加速節奏可令對手無所適從。

總括而言，與韓國球手交流後，回到香港再進行球賽，發現自己的速度比交流前有明顯的提升，亦能運用他們一些常用的策略。而在應對不同打法的球手時，亦能較快適應，這次韓國之旅確實獲益不淺。

李俊傑
媒體創作副學士
隊伍外訪篇 — 跆拳道隊 塞爾維亞 (Serbia) 比賽後感

衝出香港比賽相信是不少香港運動員的願望，能在國際舞台上取得好成績更是各運動員的夢想。而我作為城市大學跆拳道隊的新成員，能夠隨隊出外比賽實屬是我的榮幸。比起其他隊員，我只是一個跆拳初哥，因為我沒有什麼大賽經驗及頭銜，所以這次比賽令我獲益良多，知道自己與國外選手有多大差距。

其實在我們起飛前往塞爾維亞的時候，因為與香港跆拳道協會的溝通出現了問題，導致我們的參賽資格還未確認。不過有驚無險，慶幸大會得知我們遠道而來給予我們特別處理，才讓我們能與一眾國際好手有互相切磋的機會。

這個比賽是一個奧運計分賽，分數會累積到 2020 的奧運會，所以吸引了不少奧運及世界知名選手和國家隊參加，令這個比賽生色不少。一開始看見這麼多知名選手在場，確實有點膽怯，害怕會被技術性擊倒。但自己再深想一層，我自資來這個比賽是為了什麼？就是為了變得更強啊！為何不好好享受這個比賽？雖然比賽都是輸了，但能夠與一眾國際好手同場競技，所以付出都是值得的。

比賽後隊友們還用世界第一都是第一場就輸了，跟我們一樣，所以們跟他的實力也沒太大差距來互相安慰。雖然我們的實力跟世界水平有一定差距，但就這個例子而言，比賽場上有無數可能，只要我們不言敗，虛心學習加強訓練，可能下次擊敗世界第一的就是我們其中一個。

經過這次國際比賽之後，明白到自己有什麼不足，回港後也會做出調整，希望日後能夠為城大在大專賽上勇創佳績，為校增光，繼續追夢。

呂嘉豪
理學副學士（機場營運及航空物流）
隊伍外訪篇 - 全國大學生網球錦標賽（廣州分區）

還記得 2015 年，城大男子網球隊在廣州分區賽奪冠，之後有資格出席 2016 年的全中國大學生網球錦標賽（全國賽）與各地大學生競爭，雖然男子隊只有三名隊員去，但我們在團體賽和個人賽（雙打）也成功地奪得冠軍，隊員們也非常高興。至於女子隊，在同年廣州分區賽中奪了亞軍，但因為女子隊只有兩名隊員，所以不能參加團體賽。

今年我們承接上年度氣勢，繼續參賽全國大學生網球錦標賽（廣州分區），地點和上年廣州分區賽一樣，都是在廣州華南理工大學舉行。今年和上年不同的是，我們的參加人數男女合共有十八人，比起上一年更人強馬壯。由於我們人數多了，所以我們男女子隊分別都參加了甲和乙兩組的級別，背負著城大之名，離港比賽的確令人興奮。男女子組最後在廣州分區賽都能夠順利奪得冠軍，有資格出席在暑假舉行的全國賽；而男子組最後都在分區賽中排第四名，只有資格出賽個人賽；而女子甲組隊因為在小組賽就落敗了，不能和其他隊員一起參加暑假舉行的全國賽，希望她們往後不要氣餒，繼續努力。

能夠和一些從內地各省到來比賽的網球員交流球技及心得是個難得的經驗。我們隊友間分享，不論練習、吃飯，甚至睡覺都一直形影不離，建立了默契，同時亦加深了解，也能增進我們隊友之間的感情和友誼，令城大網球隊比以前更加團結。

羅仲賢
社會科學副學士（活動項目管理）
CityU Table Tennis Team Tokyo Exchange

It has been a while since our team went to any overseas programme. The last time was two years ago when we went to Thailand for our outbound exchange. It is truly an honor to have the generous financial support from our donor, Mr. Stewart Wong, so that we could go to Japan this year. Our profound acknowledgement also goes to Ma Sir, who helped us to make contact with four universities and organize friendly-matches with them. It was indeed an intense training for us in a five-day trip, since the purpose of this trip was to prepare us for the USFHK competition. Because of the tight schedule and the high standard of Japanese players, we had a five-day training camp before the exchange trip in order to get ourselves better prepared and to achieve better performance.

Though the students were on holiday the universities were willing to receive us, they gave us a warm welcome and arranged the same number of players to compete with us in the friendly matches so that everyone of us would have a chance to play against an opponent. Apart from that, they were serious about all the matches that they played. They would jot down all the scores and the names of both sides as a record. This friendly attitude was highly appreciated and we have much to learn from them.

Despite gaining experience in training and having friendly-matches, we also followed our team’s practice of assigning each one of us with various responsibilities for the team. For example, some of us were taking care of the daily itinerary, transportation, financial matters and the group reports. This provides a valuable opportunity to strengthen our team spirit by having more communication with each other and more importantly, to enhance our leadership and personal growth.

Despite the tight schedule and limited time, we were still able to squeeze some time to explore the Japanese culture. We did some shopping and went to the Meiji Shrine for sightseeing. The most unforgettable experience was of the self-discipline of the Japanese such as their remaining super quiet in the train, which is a big contrast from the situation in Hong Kong.

During the five-day exchange trip, we have broadened our horizons in the table tennis skills and strategy in the matches and the attitude of Japanese towards different aspects of life. It was a great experience and we are looking forward to having our next overseas exchange in the coming years!

Chan Cheuk Ying
Bachelor of Engineering (Energy Science and Engineering)
隊伍外訪篇 — 女排日本東京之旅

每年城大女排都會在上學期之後出外集訓，這年也不例外，我們首次遠赴位於日本富士山下的山梨學院大學交流。日本是世界女子排球的傳統勁旅，她們的防守和攻擊都比我們有優勢，我們希望透過交流活動中，與山梨學院大學的排球隊一起練習和對賽去鍛鍊技術，提升我們隊中的攻防能力，對我們日後的大專比賽有所幫助。此外，我們全隊人身處異地，在五日四夜裡，不論練習、吃飯、甚至睡覺都一直形影不離，透過多日的相處我們隊友之間的感情都增加不少，團隊精神亦隨之而建立。

第一天，各隊友帶著既興奮又期待的心情出發到東京，經過五小時機程和長達三小時的車程終於抵達山梨縣的民宿。我們各人都帶著疲倦身軀，吃過豐富的晚餐後便各自休息，好好準備未來連續三天的訓練。

其後三天，每一天都是早上練習和下午友誼賽。在練習的過程中我們兩隊球員會融為一體，跟隨她們教練的訓練程序進行集練。縱使我們的日語不靈光，透過簡單的英語和肢體語言來表達，亦無法阻擋我們對排球的求知心。除了溝通上的困難之外，我們還要適應寒冷的天氣。在接近零度的寒冷氣溫下，除了平日的熱身動作外，我們加插了一些小遊戲去幫助身體加熱。還有，完成每一次的訓練和友誼賽後，我們會來一個簡短的會議去分享集訓的點滴，和在過程中發現的問題，反省不足的地方去加以改善。

除了球場上的一點一滴，我們更有半天的時間到山梨縣附近的富士山觀光，令我們旅程中增添不少回憶。整個集訓和交流中，最令我們深刻印象的是隊中的融洽團結的氣氛。透過女排每年的傳統遊戲（Secret Angel）去支持和關懷隊友，從而提升隊中人與人之間的溝通和增進隊友之間的關係，令各隊員能夠無縫地融入隊伍之中，互無隔膜地打成一片。

最後，五日四夜的日本之旅很快便結束，在這五天裡我們獲益良多；感謝教練的悉心安排和帶領；亦要感謝各隊球員的包容和付出，才能有這樣難能可貴的回憶。希望我們女排在來年能夠越戰越勇，更上層樓。

陳穎琛
社會科學副學士
（康樂及旅遊管理）
這次集訓是我加入城大男排以來第一次到外地「台中」集訓，首天我懷著
戰戰兢兢的心情出發到機場，才剛下機，我們便立即趕到靜宜大學打友誼
賽，但在比賽中和預期一樣，隊員們均未能適應過來，影響比賽的表現，
打得比較吃力。

其後的數天，我們每天上午都會在台中公園內的小型運動場進行體能訓
練，下午則與不同的隊伍進行友誼賽。在體能訓練中，雖然在猛烈的陽光
下訓練，但大家都不畏艱辛，沒有任何怨言，反而互相鼓勵，更不時說說
笑話，在快樂中完成訓練。在這裡我感覺到自己開始融入到這隊球隊中。

接著，我們與多間大學和高中的排球隊伍進行友誼賽，當中讓我們在心態
和技術上獲益良多，其中讓我最深刻的是臺灣體育運動大學和豐原高級商
業職業學校的友誼賽，因為他們讓我們明白到台灣與香港排球技術水平的
距離，讓我們眼界大開，豐原高商雖是高中生，但他們的技術足以與我們
抗衡，這令我們十分佩服。

在這五日四夜裏，我明白到這次集訓的目的不單讓我們的球技更上一層，
更甚是讓我們在這數天的經歷，培養隊友間的友誼默契。另外，亦讓我
明白到台灣與香港的排球水平可以是相差這麼遠，但這並不是表示我們不
優秀，而是我們還有進步空間，只要我們能夠朝着同一目標進發，再難的
目標也不是問題！

潘志良
工商管理副學士
（人力資源管理）
隊伍外訪篇 — 城大木球隊台北集訓

是次五日四夜台北交流之旅獲益良多。當中學到很多東西，亦認識到很多台灣的朋友。

因為北護大學的草坪的地形在香港很少接觸，球場的斜度以及禿地很難掌握和控制。屬於高難度場地，最初打的時候很不習慣，須要嘗試多次才知道方向及力度的控制，然後慢慢從錯誤中學習。在打球選賽的時候，也曾與台灣的朋友一組，發現他們的姿勢很好，很值得學習，最欣賞是他們射門時的信心，從他們肯定及自信心，於射球時的入球率甚高，即使失手後也很鎮定地修補錯誤。

而我更學習到穩定地打球是很重要的，不要心急只顧分數，只要平均地發揮，分數也可以同樣理想。更加要注意控制力度，必須按照觀察地形，想像及預計下一球的落點。因為一直打香港的草坪，地形一般比較平坦，但其實每個場地都有它不同的特性，並不能用同一種方法去應付。所以一定要專心，又或是觀察前線球手的打法是否值得學習或是避免犯錯。所以回到香港後，希望可以把這次交流學到的東西能夠學以致用，以至增強日後的適應能力，和增加自信心。另一方面，很開心交流除了認識新朋友，在增進技術之餘，亦增進了城大木球隊的感情，因為五天的長時間相處，有更多的交流和溝通，有助日後球隊比賽。

鄧姵薔
社會科學副學士
（康樂及旅遊管理）
城大羽毛球男隊再一次蟬聯大專冠軍，今屆女子隊在事隔五年後重奪大專冠軍，更成就了羽球隊第十回的小滿貫。

今屆是我在城大第三年並且是最後一年的大專賽。正因男子隊多年都站在冠軍位置，冠軍頭銜的壓力則一年比一年大。還記得教練經常對我們說：「你們以為自己得，但其實你們還未夠。」這句說話對我們不斷帶來警惕，每當訓練時都要再集中一點，再努力一點。決賽對手再一次是理大。但有正選球員於決賽前夕受傷，這對我們一路的部署帶來很大的隱憂。當日立刻與教練召開緊急會議，商討對策。

男子隊決賽當日，在隊友的力拼下，我們先取得二比零的優勢。第三場我再次伙拍多年的拍檔。這場成為全場焦點，起初發揮尚算平穩，但在第二局時突然感到前所未有的壓力，以至精神完全未能集中在球場上。技術反應等各方面都完全未能發揮，結果被對方打成一比一局勢。第三局開始大家打成均勢，比分非常緊貼。在最後關頭，幸好有教練、trainer及拍檔的支持。最終都能拿下第三局，再次創下冠軍歷史，亦為我最後一年的大專運動生涯劃上完滿的句號。

女子隊方面，賽前教練不斷與隊員開會，務求商議出一個最強的組合。由分組賽一直到決賽，場場硬仗，四強對港大時，更是在落後情況下，最後以「刁時」反勝。決賽時，對中大打至局數 2:1 均手。決勝局由單打球員梁諾把關，幸好她沉著應戰，取得最後一分，帶領球隊勇奪冠軍，令人佩服。

在此再次向所有支持者致謝，首先是感謝領隊朱劍豪教授，對每一位隊員的關心及鼓勵。第二是周日光教練多年來對我的信任，三年來都願意將關鍵比賽交托在我手上。第三是想感謝的是我的拍檔兼隊長，在這三年來的扶持及協助。最後是各 trainer 無私奉獻、隊友們、校友們及各觀眾的全心全意的支持和鼓勵，感謝你們為我帶來三年的大專冠軍。作為最年長的一名隊員，我希望隊友們能在往後的日子繼續努力。不止為個人努力，而是為整個羽毛球隊努力。因為我相信團隊的力量比個人的力量大得多 - 「Be the best TEAM that we can be」

陳沛權
社會科學學士
決戰時刻篇 — 空手道隊以一分之微重獲小滿貫

勝利的光輝往往轉瞬即逝，一年容易又過去。憶及上一年大專賽時，大家面對挫敗和不甘，留下的一絲遺憾。今年，我們決定在跌倒的地方站起來，向著同一個目標進發。

想起今年大專賽我們獲勝的時候，大家臉上自豪和滿足的樣子以及看到教練和 Ms Lai 露出被融化的笑容，我相信大家的努力並沒有白費。其實大專賽當日，城大空手道隊一大早上便一氣呵成拿下了數個個人組手的獎項。

看着參加個人「型」的隊友，他們一拳一腳都用盡全身的力氣去打出，汗水從額頭旁慢慢流下。我相信他們已經把比賽場地，化作自己表演的舞台，他們發揮出淋漓盡致，加上在場邊的每一個隊伍都落力地為隊友鼓掌，這一個景象讓我聯想起中學時期運會的光景，一下子場內洋溢著青春的氣息。

轉眼間組手的比賽接將展開，因為場上已經站着一個個戰士背負著自己大學的名字出戰，他們堅定的眼神和鬥志高昂的決心。此時場的氣氛瀰漫起來。我常認為搏擊的比賽，較具觀賞性以及挑戰性，因為一旦比賽開始，任何情況都可能發生，而面對這些情況的人只有在場上的比賽選手，所以他們的智慧以及現場應變的能力不能小覷。比賽接連三輪，打頭陣的正是我們的隊長。他憑著臨危不亂的意志，在比賽中段反敗為勝，他的意志激起了大家的鬥志。之後的賽事亦非常緊張，我隊參賽的隊友仍都能憑著堅毅意志以及超人的技術把獎項拿下。

經過一整日的龍爭虎鬥，比賽的結果終於要公佈，城大女子隊順利以一分之差僅勝第二的院校，連同男子組團體冠軍，城大再次奪得小滿貫。回想城市大學上一次的小滿貫已經是兩年前，兩紅一白的錦旗是我們隊最大
決戰時刻篇 — 女足奪冠之路，感激你我同行

這是我在城大女足第三年，亦是我最後一年代表城大參與大專賽事。

第一年，才剛剛接觸足球。在各位具有豐富經驗師姐和隊友帶領下，我渾渾噩噩得了冠軍。還記得，在決賽當天，以二比零擊敗對手，我一直以為贏了比賽，而且歡呼雀躍，但當天場面就好像失落了冠軍一樣地抱怨，因為有些隊友認為自己未發揮到自己應有水準，不能擴大比數。

第二年，是我最深刻一年。四強賽事面臨敵大，大部份時間我隊處於優勢，先是領先對手一球。可是，作為後衛的我犯下無心之失，被對手扳成一比一，最後要互射十二碼爭奪出線。可惜，幸運之神沒有眷顧我們，城大四強出局。每位隊友失落表情，雙眼通紅的畫面，至今仍然瀟瀟在目。當時，我們便立下決心，重整旗鼓，明年定要捲土重來。

今年，上演了一場激烈的九龍塘決戰。面對多名勁旅的強大，也是以零失球姿態進入決賽。八十分鐘後，退華互交白卷之下，又要再次面對十二碼決勝高下。俗話有云：“在哪裡跌倒，便在那裡站起來！”最後，由城大門將撲出最後一個關鍵球。掟、掟、掟……城大終於都贏了。隊友教練們均衝出球場擁抱歡呼一刻，我想，一輩子也不會忘記。

在這三年裏，我們走過高山和低谷，真的得來不易。感激沿途有你（Miss Lee, Yau Sir, Fan Sir, Ng Sir, Poon Sir, Sin Sir, Trainers）師姊、球迷和家人背後支持。當然，少不了各位隊友的決心和態度，才能創造這傳奇。

感謝各位在我大學生涯留下了美好回憶，「有多少苦痛有你和我一起渡過、一起承受，有多少快樂有你和我一起享受、一起感動」。明年，城大女足會變得更強大，定必衛冕成功！

許惠儀（西西）
社會科學學士
今年2月26日是大專壁球賽的決賽日，傳大男子隊及女子隊都順利晉級進入決賽，而兩隊的對手都是理大。

在公平競爭的原則下，賽前是分別以抽籤形式來決定球員出場順序。我隊第一場是由剛剛從加拿大奪得公開賽冠軍的葉子豔出場，並順利為城大拿下一分，第二位出場的是隊中強強的譚卓強，他僅僅以3比0拿下第二分。到第三位出場時，我隊的黃凱傑與對手實力非常接近，須要戰至第三局“加時”，奮勇向對手。第四局則由第二強的黃子豪出場，他在無壓力下，順利以直落三局為城大奪取最後一分，也為男子隊奪回去年失落的冠軍，讚！

在女子隊方面，城大雖以1比2敗給理大，但過程卻十分緊湊。我隊中的何子樂在腳傷的情況下先下一城，但在隨後的兩場比賽，分數非常接近，可惜在力拼的情況下仍以些微分數不敵對手。賽後隊員們都互相感謝大家的支持，以及在練習和比賽中的激勵。

回顧上年度失利，以至今年成績達標，我們在各方面都有加強，不論在我們日常的訓練和海外訓練中，隊員們的球技和團隊精神都有大幅提升，而且在決賽前的兩個星期，女子隊員們都加強訓練，團隊精神令我們今年拿下一個冠軍和一個亞軍。明年將有幾個主力球員畢業離校，希望隊中各位能夠秉承團隊精神，再創佳績。

劉衍俞
社會科學學士
冠軍，雖說人人渴望，但從來得來不易，況且是男子團體冠軍更別說了。

在今年跆拳道大專賽中城大跆拳道隊男子組再次創造奇蹟，獲得男子組冠軍。但過程並不是一帆風順，在強校林立中能夠在每一個人項目得分數，說來殊不簡單。今年城大能夠再創高峰，成功之道就是不斷為大家打氣，令不少個人組別也可以順利成功層級，唯獨是最後一場的比賽中，成為了所有人的焦點。在場中，不斷充斥著來自各個院校的打氣聲，令到全場氣溫上升。比賽中的選手更熱血沸騰，打得更激烈，即使不能自控。城大代表梁司朗更感受到隊員的支持，成功追回落後的分數進入加時賽。結果他不負眾望，在不斷的喝采聲中最後成功以一分之差，勝出比賽，沒有令教練失望，他順利奪得了個人冠軍，也確定了城大奪取男子組的冠軍。當時無論教練及隊員們互相擁抱，也喜極而泣，因為大家都知道城大跆拳道在大專界再次寫下傳奇的一頁。

跆拳道不僅是個人項目，也是一個集合 “團隊的” 個人項目，令每位隊員及每位教練在未來的日子裡不斷進步，再接再厲。Be the Best that We Can Be!
決戰時刻篇 — 男網加操奪冠

本年度的網球隊氣勢如虹，先在季初贏得全中國大學生賽事男乙第一，更在季末奪得大專男子組冠軍，再下一城。球隊經過上兩年的刻苦訓練，早在開季前已定立明確目標，心理素質和體能培訓更成為本季的訓練重點。隨著各院校招兵買馬，大專水平也日漸提高，每隊陣容不容忽視。有見及此，我隊為有以勤補拙地把握每次的訓練時間，更增加多一天平日的訓練，務求“去到最盡”來突破極限。然而，通往成功的道路通常都十分艱辛，就是因為成功並不能唾手可得。塑造了我們不畏逆境，遇強越強的精神。

決賽當天，對上我們的宿敵理工大學，頭場雖被對方先拔頭籌，幸好其後我們發揮穩定，扳回兩局。我方氣勢佔優，但理大有港隊球員坐鎮連續一局，去到決勝的最後關鍵，高大球員憑藉堅毅不屈的信念，終於奪到勝利的喜悅。多一分的堅持，多一分的耐力，以意志戰勝障礙，用行動證明一切。

身為本年度網球隊隊長，我感恩有一眾隊友與我並肩作戰，也衷心感謝教練們的包容和努力，成就是大家共同的成果。不論比賽球員、家人或支持我們的朋友，你們每一聲的吶喊，都是推動我們缺一不可的力量。今年我們雖成績彪炳，但是不能輕易鬆懈，來年我們更應保持這份乘風破浪的氣勢，在場上繼續揮發出耀眼的光芒。當披上城大旗時，我們會以身為香港城市大學運動隊成員的身份感到驕傲。

林仲賢
工商管理學士
（人力資源管理）
2017年是城大活木球隊的大豐收的一年，今年終於重奪闊別十年的男女子總團冠軍，對於我來說亦都是極度興奮的一次大專比賽。

回想我三年前加入活木球隊，每年都以取得男女團冠軍作目標，第一年我們帶著遺憾以男女團亞軍作總結。到第二年男團重奪闊別九年的冠軍，而女團亞軍，祇差一點便可以取得全場總團冠軍，總團冠軍亦擦身而過。第三年，城大終於重奪總團冠軍（小滿貫）的滋味，今年對球隊來說是意義重大，對於今年畢業的隊友們，這個總團冠軍來得及時。

因為不甘心多年的「二奶命」，由這一個化遺憾成動力，推使我們努力訓練。為了在比賽場上不再帶著遺憾，這一個總團冠軍見證各位隊友的努力付出後的回報，亦都證明成功是沒有僥倖的。今年這一個總團冠軍亦都是球隊在大專比賽中重要的里程碑，它為城大活木球隊打開新的一頁，為將來的大專打了一枝強心針，隊員們要繼續保持這一團火。

唐肇嶽
文學士（中文及歷史）
人物專訪 — 戴太榮休

人稱戴太的學生發展處副處長（體育）戴王嘉瑤女士，是香港城市大學體育部成立以來的第一名員工。由城大前身 — 香港城市理工學院起，一直領導體育部至今超過三十年，見證了城大體育由無到有。

「當時比較年輕，希望可以接受新挑戰及考驗自己，於是便決定加入香港城市理工學院」戴太回憶道。當年校內的體育設施只有兩張乒乓球桌，到後來興建了第一個設備完善的體育館。戴太憑著敢於挑戰的心，由零開始，一手創辦了城大運動代表隊，帶領一眾同事及同學，於大專體育比賽中屢獲佳績。戴太認為城大運動代表隊成功的關鍵在於團隊合作精神。同時，城大運動代表隊有城大管理層的大力支持、教練的專業指導、隊伍經理的用心照顧及場務員的細心打點，運動員才能在無後顧之憂的情況下為城大賣力，攜手創造輝煌的成就。

回看上年 5 月陳大河綜合會館天花倒塌事件，戴太認為事件對運動員，以至整個體育部都造成重大打擊，不少隊伍失去穩定的練習場地，但戴太仍積極樂觀面對。認為事件正好令城大運動代表隊上下下前所未有的團結，一同克服難關。正因如此，城大運動代表隊今年才可以創造奇蹟，再下一城，勇奪第九個大滿貫。

戴太一直無懼世事變改，勇於接受挑戰。今年 6 月，戴太終於要退下火線，她寄語城大運動代表隊要保持一直引以為傲的拼搏，並承傳 Be The Best That We Can Be 的城大精神。

姚俊熙
社會科學學士
人物專訪 — 城大運動代表隊背後默默的支持者 黃成榮教授

每位成功人士的背後，都有每一位默默支持的人。而在成功城大運動員背後，其中一個默默的支持者，正是黃成榮教授。黃教授從1989年開始在城大任教，主教授犯罪學學科，他在城大教已超過27年。黃教授除了在教學上傳道授業，其實他與城大運動代表隊有著密切的關係。多年來他扶持著不少運動員解決升學問題，與他的學生運動員亦師亦友，默默地鼓勵著他們在運動和學科上的發展。

當時犯罪學講座的學生只有少部分是運動員，但從2005年開始取錄的學生有很多都是運動員，包括田徑、排球、籃球、跆拳道、游泳和足球。隨着任教的時間，黃教授對運動隊有更多了解，亦因此認識了體育部總教練魏Sir，與運動隊建立了密切的關係。

犯罪學在香港教育界，是一門受歡迎的學科，大部份運動員也受到這門學科的吸引，希望就讀犯罪學。很多犯罪學畢業生選擇在畢業後投身紀律部隊，黃教授認為運動員學生是沒有問題，就讀犯罪學令學生更具優勢去投考紀律部隊，他相信運動員的體能方面會佔優勢，不過他亦認為語文能力是運動員的弱點，應更加注意。

曾是黃教授的學生—陳逸昇師兄，現時他亦是城大跆拳道隊的教練，更曾是香港隊代表。他與黃教授關係密切，亦師亦友，於是在陳逸昇師兄邀請下，黃教授擔任了跆拳道隊的名譽領隊。黃教授對中國功夫頗有認識，可以和跆拳道隊有不同的交流，他對運動員有一份情，希望透過名譽領隊的身份幫助同學。

上月城大跆拳道隊出外比賽，不同的傳媒亦作出報道，令城市大學的名字在不同報紙上也能看到。對於此事黃教授認為城市大學的運動員更應爭取機會出外比賽，從不同的海外比賽中獲得更多經驗和見識，增廣見聞，才能在日後的比賽為城市大學爭取佳績。在城市大學未來的發展，黃教授希望運動員能夠努力爭取成績，無論學業或是運動成績方面，都能兩者兼得。

黃書惠
社會科學副學士（康樂及旅遊管理）
小城故事 - 世大活木球冠軍『唐肇嵐』

要談大學的三年，不長也不短，城大活木球代表隊唐肇嵐同學卻是一個很好的例子。他懂得利用並珍惜在城大的三年，由一個活木球新手努力訓練成為香港代表隊成員。代表香港於去年十月參加世界大學生活木球錦標賽，勇奪佳績。唐肇嵐同學協助香港隊奪得男子團體冠軍，而自己則奪取杆數賽冠軍和男雙亞軍。

三年前，唐同學因一次機會巧合下得到朋友的提點，加入了城大活木球隊。作爲一個活木球新手，唐同學認為活木球最困難的地方是戰術上的調配。唐同學說道：「在活木球的比賽中，每個人都有其自身獨特的節奏，有些人比較進取，有些人比較輕鬆，而我本身亦用了兩年時間尋找屬於自己的戰術和節奏。」

對於首次參加世界大學生活木球錦標賽，參賽經驗的差距和海外選手的情況，成為了唐同學最大的挑戰。入選成為代表隊成員之一，唐同學感到震驚，他明白自己的經驗和實力都尚未足夠，因此他亦盡量放鬆心情，抱着平常心的心態參賽，亦因如此，他才可以成功發揮平時的表現，克服了所面對的挑戰，成功殺入決賽，最後更成功勝過其他選手奪得冠軍。

雖然唐同學成功奪得冠軍，但他仍然沒有絲毫不滿。唐同學繼續力求進步，努力練習，希望能再次入選香港隊成員，代表香港參加亞洲大學生活木球錦標賽。

唐同學成功把握了一次又一次出現在他面前的機會，由一個活木球新手，努力訓練成為世界大學生活木球錦標賽的冠軍。除了憑著天分，更重要的是其自身的努力，和在比賽上調整心態的能力，而使他能不斷克服挑戰，成為冠軍級人馬。希望唐同學能再接再厲，再創佳績。

姚俊熙
社會科學學士
小城故事 — 城大女欖力挽狂瀾的何沅珊和黎明欣

今年度所有大專賽事城大各運動隊都竭盡所能，以爭取團體總錦標。賽前全年度的團體總分表上，城大的女子僅落後於理大一分，而城大男子隊已穩奪總冠軍。欖球賽為最後一項大專賽事，在整年度大專賽擔任守尾門的角色，城大與理大的女欖成績將會成為第 9 次 Grand Slam 的關鍵。因此我們訪問了其中兩名隊員，包括黎明欣 Eunice 和何沅珊 Rachel，分享當時感受。

Q：聽說城大和理大的競爭頗為激烈，可否略述？
A：先在小組賽事，城大曾敗給理大，在小組以次名出線。及後在季軍戰重逢理大，主要有兩大因素促使她們勝出。在四強賽事，本抱著衝進決賽，可惜敗給冠軍隊中文大學，無緣晉身決賽。雖然未能爭取奪冠，但她們沒有放棄，並在季軍戰奮戰到底，爭取勝利。另外，這年度女欖較多 final year 的隊員，其中有十指裂癢受傷的 Amber 仍落選比賽，可見她們的勇氣和爭勝的決心。季軍戰最後一刻經過於尾段城大在落後的情況下，由 Rachel 成功得分，追平後加時的幾分鐘，拿下關鍵分的 Eunice 表示她能夠成功達成全隊各隊員配合，當時大家都筋疲力盡，仍然搏到最後一刻，在 2 打 1 的情況，產生入球機會，最終獲勝。

Q：比賽勝負關乎城大能否成功取得 Grand Slam，會否為你們帶來壓力？
A：Eunice 和 Rachel 均表示起初的確感到有壓力，開賽前聽到有很多人到場支持，包括以前未觀賞過欖球比賽的同學及其他城大運動隊，令到很多隊員緊張，不少人都面前比賽擔心失準或表現未如理想，最後全隊以平常心面對，忘記緊張，將壓力化為動力，集中精神全力以赴，最後戰勝理大取得季軍。

蕎永惠
社會科學副學士（康樂及旅遊管理）
感情掠影篇

台前幕後
全情投入之「無懼」哥！
華爾茲劍手
兄弟同心，齊鼓掌！
誰說我不行！
I was initially hesitant about joining the team as I was unsure of the entry standard within Hong Kong Universities, and whether or not I would be able to keep up. I decided to go to a practice to try out for the team, only to discover that I was the only high jumper there for CityU. I practiced and found that I really enjoyed the environment, as all the coaches were extremely encouraging, and the high jumpers from other universities were helpful, despite competing for different teams. From that practice, I decided that I would continue to attend more training sessions, and be a committed member of the team.

It is quite hard being a full-time student who does not speak Cantonese, as all the team meetings and events are completely unintelligible. The coaches, however, always ensured I had someone translating for me, so I could keep up to date with deadlines and event information. I decided I would compete in the interhall competition, as I live in Hall 7 and needed practice for competing. To my surprise, only one or two other competitors (out of a total of about 8) had ever done high jump before. It was not what I was expecting, but made the event a very relaxed experience for me, and gave me some confidence competing in front of larger crowds.

I continued to train hard after the Edmund Ko Cup, with my sights set on the Intervarsity competition held in March. The level at this competition was significantly higher with several competitors jumping over 2 metres. This was intimidating, but also highly motivating, as I am only a first year participant and have so much time to train and improve ahead of me. I jumped 1.84 metres, which I was a bit disappointed with as I expected a bit higher, but considering how badly my season started (as I was very out of practice), I was pleased with my progress. I look forward to the next few years on the team!

Daniel Arnot
BBA Management
From South Africa
Coming from the United States, and not speaking any Cantonese, Hong Kong was initially a strange and confusing place for me. The coaches and athletes on the swimming team were my first contacts when I arrived and have become some of my closest friends. From the first moment that I arrived at the first team meeting, I was welcomed overwhelmingly warmly (they applauded as I entered). Little did they know; it had been years since I competed for a swimming team. Fortunately, their enthusiasm for making me feel included didn’t wane after my physical condition was betrayed by the rigorous training sessions. Not only did the athletes translate Coach Chung’s instructions during practice, but they invited me to join them for meals after workouts. One of my favorite things to do is to find new and unique places to eat. The swimming team helped me to find some of the best restaurants around the city, and nearby to campus, and they ordered all the tastiest foods for me. Without knowing anyone else, in a country where I didn’t speak the language, it made me very happy to feel like a part of this family.

I was fortunate to be able to join the team for a weekend training camp off-campus. This was certainly a highlight of the season. I enjoyed playing games with the team, forming closer friendships, and getting into proper physical condition. The team is very committed and competitive. During this weekend, I saw how tough these athletes are, and I have the utmost respect for them. They are all worthy of, and have gained, my admiration. We trained hard, and the weekend ended with a delicious team meal. I’m very grateful for the opportunity to be a part of it.

Being a member of the swimming team has given me great friends, wonderful new experiences, and enhanced health. I’d like to thank the team, Chung Sir, and Roy Sir, for welcoming me and whole-heartedly including me in their tight troupe. I look forward to ongoing training with the team, and I hope to contribute to the team’s continued success next year - let’s beat PolyU!

Jeremiah Palmerston
Electrical Engineering, PhD
From California, USA
Swimming has been my way of meditating for about 11 years now. Although I am not the fastest, I enjoy the team spirit and support, the thrill of waiting for your start at a competition and the bubbly feelings of winning the championship. I did not believe I could actually join the CityU Swimming Team and was pleasantly surprised, when I got the invitation to the first team meeting. Since then, more then three months have passed and I would like to dedicate this text to what I have come to see as “my team”.

Dear Coach and Team-mates,

The time with you has been a wonderful experience. Even with a language barrier, you managed to give me a warm welcome and integrate me in every practice or conversation in the changing room. You challenged me and gave me a reason to wake up at 5.45am twice a week. You are not only a team - you are a family and you gave me the feeling of belonging to that special family. The training camp with all the freshman games was so full of laughter and I got to know you all so much better, thank you. For everyone, who tried to translate the program for me - thank you. For your warm greetings, hugs and smiles - thank you. For the chance to experience a student life as a member of a sport team in Hong Kong - thank you.

Be the best that you can be. That does not only apply to me: You made me hope and fight for the best that I could give for the team at the competition. But it also applies to you: You fought. As individuals and as members of the team - be proud of yourself. Be proud of the team, you definitely can be.

I will miss all of you, when I am back in Germany. But I will cherish the memories I can take home and the many, many pictures I have of you, me and the whole team. I wish you good luck with your future studies and pathways in life and hope we get a chance to meet again.

Thousand hugs,

Pia Berlin
Applied Social Sciences (SS)
From Germany
STC 工作篇 — 知己難求

在上個四五月間，我收到了葉 sir 有關申請 STC 的電郵，而葉 sir 在差不多同一時間打電話來，問我有關參加 STC 和 training camp 的事，因為在半途半就的情況下，我只好答應去 STC training camp。

起初，我對這領袖訓練營沒有很大的期望，雖然到現在，我對在陽光下受訓沒有什麼好感（因為本人不太喜歡在曬太陽）。但可能今次一起入營的人都是運動員，所以比較 “嘴頭”，而十分幸運地還結交了不同隊的成員，其中有幾個到現在卻成為我一起食早餐的摯友。

STC 的工作雖然會佔據了暑期和 SemA 的日子，但大部分要工作的時間都是在星期五和六，其中最令我難忘的是在 Welcoming Party 中，擔任司儀一職。

MC 是我從未接觸過的工作，知道做 MC 其中最重要係口才和發音。由細之大，我發音方面都比較差，不能夠準確地講好一句句子，但今次做 MC 是個很大的挑戰，令我有機會改善自己發音，在口才上，我一向都乏善可陳，有幸今次和我的拍拍摟歌和浩文的協助下，加入了不少輕鬆的氣氛，令 MC 的工作更加順暢。雖然當晚時間 overrun，最後完結得非常倉猝。畢竟當晚的 MC 團隊 “CitySix”，都係係百忙中抽時間對稿和彩排，好多謝大家支持和掌聲，也在我的大學生涯添上難忘的回憶。

劉衍俞
社會科學學士
設計的意念起源於城市大學的守門瑞獸四不象的東西，是以吉祥物「貔貅」為主角。

貔貅在中國古代是最具有力量和膽識的神獸，也是城市大學最能代表勝利的動物，牠正正能夠為城大運動隊帶來好運，增添更多神妙的力量。而吉祥物設計運用了城市大學的主色（藍色和綠色），給人有耳目一新的感覺，更能夠凸顯城大運動隊的團體精神和釋放出正能量。

吉祥物更像徵運動員的自我挑戰和追求卓越。活潑開朗的吉祥物將作為啦啦隊長，向所有城市大學運動員傳達勝利和喜悅的信息。設計包括一男一女，命名「城城」和「君君」，兩者高舉勝利手勢，寓意男女子運動隊伍都能創出好成績，在奮進的汪洋中，攜手並肩，同舟共濟，在凝聚和奉獻中銳意出團結之光，彰顯團隊力量之美。

設計人
吳綺君
創意媒體學院學士
STC 工作篇 — 領袖的學習

STC. (Sports Team Council) 是城大運動代表隊唯一一組的團隊，是作為體育部
和運動員間的橋樑，主要工作是在幕後支持和協助體育部的領隊、教練和各運動
員。目的是希望能團結城大運動代表隊，和為城大爭取全年度的團體總錦標。

作為今屆 STC 的副主席，我感到十分榮幸，能為城大代表隊出一分力。成為
STC 後，我再一次見識到城大運動隊上下下的團結，同時亦明白到城大運動隊
之所以能成為大專體育界王者的原因。

成為 STC 後，我得到不少機會可以和體育部的老師們合作，從中我學習了他們
的工作態度、工作方式和熱誠。使我獲益良多，令我明白到認真工作的重要性。

STC 亦成為了一個動力，使我走出自身的舒適圈，擴闊了我的生活圈子，令我認
識了更多新朋友，亦令我學懂了更多待人接物的態度和技巧。在成為 STC 的
一年間，我有不少機會和其他成員合作，人與人之間的交往，難免會出現衝突，
而作為副主席，我有責任和義務去處理，而我亦從中體會了不少和成長了許多。
人是需要透過不同的經歷和訓練才可成長，小小的衝突令我學懂了身體力行的重
要，那就是要領導人們，必先得懂如何服侍人們 (To Lead & To Serve)，也因為
這些小小的衝突，使我們今屆 STC 變得更團結，更成熟，大家的關係更密切。

合理的是訓練，不合理的是磨練。而成為 STC 絕對是合理的訓練，既可學習到
工作態度，更可體驗到城大運動隊上下下的團結，更重要的是可以認識到更多
的新朋友，建立良好的關係。

姚俊熙
社會科學學士
**Professor Horace Ip**  
Vice-President (Student Affairs)  
Hon. Manager of Squash Team

Despite the lack of sports practicing venues this year, CityU Sports Team has surmounted major obstacles to deliver another year of successful outcomes and, in the process, show that a true champion not only rises to the challenges but also becomes stronger through triumph over them.

**Dr. Ron Kwok**  
Dean of Students  
Hon. Manager of Men’s Basketball Team

比賽有贏有輸，勝不驕，敗不餒，  
向着第十個大滿貫進發！
Dr. Tim Wong  
Director of Student Development Services  
Hon. Manager of Athletic Team

城大運動健兒在過去一年的艱辛環境之下仍然迎難而上，發揮城大精神，再創佳績，實在可喜可賀！願借用清代鄭板橋先生的詩句以作共勉。

－詠竹－
咬定青山不放鬆，
立根原在破岩中，
千磨萬擊還堅勁，
任爾東西南北風。

Dr. Raymond Chan  
Director of Communication & Public Relations Office,  
Hon. Manager of Women’s Handball Team

各位女手隊員，你們好嗎？
在過去這數月，你們多在外練習，少了機會與你們見面、傾談。知道有Winnie Simpson及各位隊員的指導及支持，我對你們一直信心十足，從你們的臉書，看到你們的努力，士氣高昂，從初賽脫穎而出。抽空到現場為你們打氣，欣賞整隊球員的表現，令人難忘。我拍了一些照片，放在我的臉書戶口，記錄了你們比賽的一刻。也許你未必完全滿意最後的結果，但我想告訴你們：在我心目中，你們就是冠軍！
祝你們快樂、健康，場內外均能順心順意！
Mrs. Dorothy DAVIES
Assoc. Director, Student Development Services; Athletic Team Coach

It is amazing that our dream of winning the 9th “GRAND SLAM” in this year’s USFHK sports competitions has come true. My heartfelt congratulations to CityU sports teams, their coaches and managers for such a splendid achievement.

“You can’t put a limit on anything. The more you dream, the farther you get.”
- Michael Phelps

Prof. Paul K Chu
Chair Professor of Materials Engineering
Hon. Manager of Badminton and Swimming Teams

One day, we will be separated from each other. Days, months, and years pass, memory blurs, and dream is still a dream.

One day, you see these pictures again, smile with invisible tear, and say to yourself: “It was with them I had the best time of my life.”
Dr. Louis Ma  
Director, School of Continuing & Professional Education  
Hon. Manager of Basketball Team

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

I am delighted to congratulate CityU Sports Teams for your outstanding achievements in this academic year. Star players and star teams are always in demand not only in sports but also in your future career. I hope that you will continue to excel in sports, develop your potential through the innovative learning experiences at CityU and prepare yourself as an "outstanding leader of our community" in the future.

任重道远  
A heavy responsibility and a long road ahead
As in so many previous years, the 2017 Men’s and Women’s Rugby Intervarsity Rugby Competition had an epic feel to it, being the last of the Intervarsity sporting competitions and both CityU rugby teams needing to perform well in order for CityU to win another Grand Slam.

The CityU Men’s Rugby Team did their best but a few things did not quite go their way. However, their performance enabled CityU to win the overall Men’s Intervarsity Competition. Most importantly, they accepted their successes with humility and their losses gracefully and it was obvious that many friendships have been made for life amongst this wonderful group of young men.

Things could not have been more dramatically scripted for the CityU Women’s Rugby Team as they entered their play off for third and fourth place. In order for CityU to tie the overall Intervarsity Women’s Competition in first place with their main competitor, PolyU, the CityU Women’s Rugby Team had to beat the PolyU Women’s Rugby Team in this match. PolyU were a very strong team and the CityU Women’s Team had lost some of their best players going into the game through injury. PolyU drew first blood and were dominating the game. They even looked next to score and seal the match before some great defence by CityU allowed Rachel Poon to score a remarkable break away try to tie the match before full time. The game then went into overtime and the next try scorer would win. Once again, the CityU supporters looked on nervously as CityU held out a succession of dangerous attacking waves by their highly fancied opponents. Then all of a sudden, Eunice Lai broke away from a ruck and ran half the length of the field to score a try. Third place to CityU in the Women’s Rugby Competition, the CityU Women’s Teams tied for first place in the overall Intervarsity Competition, and best of all, another Grand Slam for CityU to add to its growing record!

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**Set your goals high, and don’t stop till you get there.**

[Bo Jackson]

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**念念不忘 必有迴響**

Never give up the faith,

the dream will come true.
Rebecca Lai  
Manager of Fencing and Karatedo Teams

Vincent Kwan  
Coach of Women’s Volleyball Team  
Manager of Men’s Handball Team

Winnie Wong  
Coach of Woodball Team  
Manager of Women’s Handball Team

Denis Wan  
Coach of Men’s Volleyball Team &  
Manager of Men’s Rugby Team

“Courage is resistance to fear, mastery of fear, not absence of fear”.
- Mark Twain

In order to succeed, your desire for success should be greater than your fear of failure.
- Bill Cosby

Our Men’s Volleyball Team had an early defeat in the preliminary round and had to play against our strongest rivalry, CUHK, at the semi-finals. Our boys have made tremendous effort preparing themselves physically, strategically and most important of all - mentally. They have played their best match ever beating CUHK and made into the Finals to solicit the Championship title.
We are not candidates to win the tournament, but we are always candidates to win the next match.

YAU Tak Man
Coach of Men’s Soccer Team
Manager of Women’s Soccer Team

To go fast, go alone. To go far, go together. Together is better.

Simon Sinek

Nothing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen.

Reference: Epictetus, Greek AD50 – 135

Matthew Yip
Coach of Athletic Team & Cross Country Team,
Manager of Squash Team

“Leadership is not something you do to people. It’s something you do with people.”

~ Ken Blanchard in The Heart of a Leader

My captains, both women’s basketball and table tennis teams, did a great job this year! Really appreciate what they have done to the teams and hope the others can learn from them.

Peter Wu
Coach of Tennis Team
Team Manager of Men’s Basketball Team

Clara Wong
Coach of Table Tennis Team
Manager of Women’s Basketball
Thomas Fan
Manager of Women’s Soccer Team
Manager of Women’s Rugby Team

Always make a total effort, even when the odds are against you.

Arnold Palmer

YUEH Siu Lun
Coach of Karate Team

Don’t be afraid of Failure. This is the way to Succeed.

LeBron James

黃如榮
跆拳道隊教練

目標決定一個人的高度，努力是開啓成功的鎖匙，各位隊員請繼續努力吧！

Luk Wai Lung
Coach of Fencing Team

城大劍擊，自強不息。
總教練的話

繼去年「夢九標高」的年度主題未能圓夢，加上陳大河體育館的塌頂事件影響下，去年的城大運動代表隊周年頒獎禮意失敗。面對著缺乏場地設施的情況，確實是城大運動團隊一個嚴重的打擊，也是對能否重整士氣的一大考驗。

面對著當前嚴峻的景遇，我們並沒有因此而退縮。今年 STC 擬定的年度主題 "We Aspire To Embrace Restoration"「共產修復」便是存在著修複的渴望。除了期盼城大的運動場地和設施能夠盡快修復，城大各團隊也能夠盡快收拾心情，包容缺乏和重振士氣。於此，我很驕傲地告訴大家，我們終於做到了！本年度城大在大專頒獎禮中，獲得了我們歷來最難得的全年總錦標 - 第九個大滿貫，更囊括了男、女子的年度最佳運動員獎，是一個完美的結局。城大運動團隊能夠從歷盡滄桑中綻放異彩，確實是大專運動史上的一大傳奇。

論今年大專形勢，仍然是城大與理大之爭，城大有幸能夠在最後的女子欖球賽勝出，僅能與理大並列女子全年成績冠軍，連同城大的男子全年成績總冠軍，也成就了這第九個大滿貫，可以說是天公做美。其他院校列強並起，除了中大和港大，還有具備體育科系的浸大和教育大學，在本年度的各項賽事中也異軍突起，相信來年會有另一番的局面。論運動隊伍表現，城大於今年共獲得十二個冠軍、九個亞軍和五個季軍的佳績，而其中的羽毛球、空手道及活木球三支隊伍更獲得小滿貫，可以說是本年度的最佳隊伍。

自去年塌頂事件，至今年的大專頒獎禮的榮譽，令我感慨良多，感慨人生禍福難料。誰知道伴著我們成長的陳大河體育館傾刻間可以化為塵土？在缺乏場地訓練下的隊伍可以絕處開花？得與失有時會變幻無常。而能夠成就城大第九個「大滿貫」算是無悔，令我最難捨的是每年的畢業生，人生敘散有時，但要懂得珍惜。

共拼大專圓我夢
擁抱勝利強將功
修德敬業把酒歡
復建明日鳳鳥飛

總教練
魏開義 謹誌
11.05.2017
入學申請條件 Admission Criteria:
1. 符合大學「一般入學要求」
   Meet “General Entrance Requirement”
2. 符合所報讀「課程基本入學要求」
   Meet “Specific Program Entrance Requirement”
3. 具卓越運動表現及成績
   Demonstrate High Level Sports Performance & Achievement
4. 具有關學校、運動總會或香港體育學院推薦
   Submit Reference Letters Recommended by Relevant National
   Sport Associations or Hong Kong Sports Institute.
5.* 海外傑出運動員必須由其所屬高中或學校推薦
   *Non-Local Student Athletes should be recommended by their
   graduating high school or institution.

運動獎學金 Sports Scholarship:
大部份透過該計劃成功獲取籌的傑出學生運動員，可獲得每年由
$10,000 至 $40,000 元的「傑出運動員入學獎學金」。此外，有住宿
需要的學生運動員更有機會獲得每年 $10,000 的「學生住宿獎學金」。
Most of the successfully admitted outstanding student athletes
will be awarded an "Outstanding Student Athletes Entrance
Scholarship" from $10,000 to $40,000 annually. Besides,
the needy student athletes may receive a "Student Resident
scholarship" of $10,000 per annum.

海外傑出運動員入學獎學金
Outstanding Athletes Entrance Scholarship for Non-Local Students

CityU offers HK$140,000 (~US$18,000) per annum to cover full
tuition, hall fees and partial living expenses of admitted student
athletes who demonstrate their outstanding sports achievements.

Admission Related Enquiries:
Mr. Frank Chow, Global Service Office
Email: frank.chow@cityu.edu.hk

Sports Performance Related Enquiries:
Ms. Clara Wong, Student Development Services
Email: choiki.wong@cityu.edu.hk

Webpage: http://www.admo.cityu.edu.hk/apply
Nomination Form: http://www.cityu.edu.hk/international/
OAES1718.docx

查詢 Inquiry: 魏靄義先生，總教練 Mr. Roy NGAI, Head Coach
電話 Tel.: 3442 8056
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網頁 Webpage: http://www.cityu.edu.hk/sds/sch/titlea_ss.html
We Aspire To Embrace Restoration