目錄

1 目錄
2 校長的話
3 大專比賽成績
4 城大本年度大專最有價值運動員
5 編者的話及編委名單
6-7 奪得金獎者名單及奪得金獎者感受
8-27 各隊伍回顧
28-37 香港城市大學與國立交通大學（台灣）運動交流賽
38-44 海外集訓
45-46 人物專訪 - 輔導長 郭致偉博士 及楊銘晳同學
47-54 天外來客篇
55-58 運動領袖 Sports Team Council (STC) 2017-2018 工作點滴
59-61 運動大使計劃 Sports Ambassadors Programme (SAP)
62-70 名譽領隊及教練贈言
71 體育部主管 陳炳祥博士 結語
72 學生運動員入學計劃 Student Athletes Admission Scheme (SAAS)
73 城大運動代表隊合照
Foreword By the President

Sports are an essential component in life. They teach us the kind of team spirit that stays with us for life, impacting how we interact with and support colleagues, and influencing our careers and the way we lead our lives.

They show us the value of practice, the need for hard work and discipline, and illustrate quite clearly the old maxim that success is mostly due to perseverance and commitment rather than genius or luck. Then there is, of course, the health aspect. In today’s world, which seems to be characterised more and more by sedentary lifestyles and less active leisure time, I can only applaud those CityU students who take to the track, the pool or the pitch, come rain or sunshine, balancing the pressures of assignment deadlines with the need to keep in shape for the next competition.

And that applause is well deserved because, once again, CityU athletes have acquitted themselves superbly in this year’s local intercollegiate sports competitions. The sheer volume of top honours in a range of sports reflects the talent, organisational brilliance and determination that permeate CityU sports.

I wish you all the best in your sporting endeavours, and would like to emphasise how proud we are at CityU of our student athletes.

Way Kuo
President and University Distinguished Professor
City University of Hong Kong
<table>
<thead>
<tr>
<th>EVENTS 項目</th>
<th>MEN 男子</th>
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</tr>
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<tbody>
<tr>
<td>Badminton 羽毛球</td>
<td>Champion 冠軍</td>
<td>2nd 亞軍</td>
</tr>
<tr>
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<td>4th 第四名</td>
<td>3rd 季軍</td>
</tr>
<tr>
<td>Handball 手球</td>
<td>4th 第四名</td>
<td>Champion 冠軍</td>
</tr>
<tr>
<td>Rugby 橄球</td>
<td>2nd 亞軍</td>
<td>3rd 季軍</td>
</tr>
<tr>
<td>Soccer 足球</td>
<td>5th 第五名</td>
<td>2nd 亞軍</td>
</tr>
<tr>
<td>Squash 壁球</td>
<td>Champion 冠軍</td>
<td>2nd 亞軍</td>
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<td>Champion 冠軍</td>
<td>3rd 季軍</td>
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<td>Tennis 網球</td>
<td>2nd 亞軍</td>
<td>3rd 季軍</td>
</tr>
<tr>
<td>Volleyball 排球</td>
<td>2nd 亞軍</td>
<td>Champion 冠軍</td>
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<tr>
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<td>3rd 季軍</td>
</tr>
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<td>4th 第四名</td>
</tr>
<tr>
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<td>3rd 季軍</td>
<td>6th 第六名</td>
</tr>
<tr>
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<td>3rd 季軍</td>
<td>Overall 6th 團體第六名</td>
</tr>
<tr>
<td>Karatedo 空手道</td>
<td>2nd 亞軍</td>
<td>Overall 2nd 團體總亞軍</td>
</tr>
<tr>
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<td>2nd 亞軍</td>
<td>Champion 冠軍</td>
</tr>
<tr>
<td>Woodball 活木球</td>
<td>2nd 亞軍</td>
<td>3rd 季軍</td>
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<td>Annual Overall Position 全年總名次</td>
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(Totally 13 Institutions) (總共十三間院校)
城大本年度大專最有價值運動員

陳錦玲（手球）
Chan Kam Ling (Handball)

詹港豔（跆拳道）
Jim Kong Yim (Taekwondo)

羅可楨（排球）
Law Ho Fung (Volleyball)

鄧灝軒（羽毛球）
Tang Ho Hin (Badminton)

黃嘉浩（乒乓球）
Wong Ka Ho (Table Tennis)

黃祉謙（壁球）
Wong Chi Him (Squash)
編者的話

今年的城大運動代表隊年報終於踏入第十個年頭，寶貴不易。與往年相比，今期的年報雖簡潔卻苦心孤詣，特別是今年我們須共同面對種種的挑戰及挫折，仍然能堅韌地迎難而上。在此我想感謝所有為這本年報辛勞勞力的每一位，謝謝你們的不辭勞苦，願意犧牲自己的私人時間，一同完成這本心血結晶。

「吃得苦中苦，方為人上人」。作為主編，從編排到校對內容、印刷，要顧慮的很多，壓力也相對地大。尤其是編輯年報的時間橫跨「死亡四月」及考試月份，每一位成員都各有各忙。今年可說是艱辛奮鬥的一年，雖然我們已經出盡百份的努力，聲聲汗水和淚水的苦澀，但大專比賽的成績還是未盡人意。可這正好呼應了我們今年的主題「凤凰涅槃，浴火重生」：我們必須經歷挫折與失敗，才能更珍惜得來不易的勝利。

「有夢但不行動叫空想，有夢而付諸實行才叫夢想」。城大運動隊集合了來自世界各地、擁有各不同背景的運動員，同時又盛載了每一位的夢想和努力。今年的如意，造就了我們明天的積極重來。

「城大人，成大器」大抵是我訪問 Dr. Ron Kwok 後其中一個最大的得著。城大沒有與體育相關的學位，卻拿下了 9 屆 Grand Slam；城大沒有最先進的設備，卻有學生榮獲奧斯卡最佳動畫片獎；城大沒有悠久的歷史，卻開創了全港第一個獸醫學士學位。

願城大運動隊能繼續艱難奮進，勇於嘗試，成就更多的「不可能」。

編輯小組名單

督印人 黃志添博士
顧問 陳炳祥博士 胡家信先生
總編輯 陳旻樂（劍擊隊）
副編輯 蕭嘉明（足鋼隊）；鄭觀傑（越野隊）；李清森（籃球隊）
校對 Junto Qiu（網球隊）

封面設計 麗以琳（乒乓球隊）
採訪 陳旻樂（劍擊隊）；蕭嘉明（足鋼隊）；鄭觀傑（越野隊）；周肇鈞（越野隊）
攝影 馬俊賢；沈誠軒

排版及承印：Sun Design Printing Co. Ltd
獎學金得獎者名單

胡曉明傑出運動員獎學金
Mr. Herman Hu Outstanding Student Athletes Awards
郭瑞豐、羅煒妍、鄭瀚琳

香港潮州商會精英運動員獎學金
HK Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships
古蓉蓉、黃嘉浩

許義鏞傑出運動員獎學金
Stephen Hui Outstanding Student Athletes Scholarships
黃嘉浩、文駿軒、潘尚熙、鄭瀚琳、郭瑞豐、楊銘諾

商學院運動獎
The College of Business Sports Awards
詹議彪、阮永豐、何子樂、歐皓欣、鄧啟軒、梁詠、任栩燕

人文社會科學院運動獎
The College of Liberal Arts & Social Sciences Sports Awards
古蓉蓉、羅可楓、羅煒妍、冼大維

科學及工程學院運動獎
The College of Science & Engineering Student Sports Awards
周健

學生發展處運動獎
The Student Development Services Sports Awards
郭本妍、謝允同、羅以琳

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、彭泳琳、梁灝程、潘志良、陳琮妍

胡曉明 網球獎
Herman Hu Tennis Awards
最有價值運動員獎：
莫卓洛

紀念林國本醫生羽毛球獎
Dr. Lam Kwok Pun Memorial Badminton Awards
團隊嘉許獎：
男子隊亞軍獎、女子隊季軍獎

朱劍豪教授游泳獎
Prof. Paul Chu Swimming Awards
團隊嘉許獎：
男子隊冠軍獎、女子隊亞軍獎

朱劍豪教授羽毛球獎
Prof. Paul Chu Badminton Awards
團隊嘉許獎：
男子隊季軍獎、女子隊第四名

乒乓球獎
Table Tennis Awards
最有價值運動員獎：
潘尚熙、陳耀彤

彭漢銘李玉芳籃球獎
Pang Hon Chiu Li Yuk Fong Basketball Awards
團隊嘉許獎：
男子隊冠軍獎、女子隊季軍獎

女子隊季軍獎
獎學金得獎者感受

古蓉蓉
排球隊
首先，我要感謝城大給予機會，令我有幸得到香港浸會大學英語及人文社會科學學英語及人文社會科學學學金及人文社會科學學工作坊獎。我非常珍惜這個機會，並感謝所有教職員和學生們的幫助。

Kwok Long Fung
Woodball Team
I am Kwok Long Fung, Edward, a final year student from the criminology major. I am also the captain of the Men’s Woodball Team. To begin with, I feel honored to be selected as one of the recipients of Mr. Herman Hu Outstanding Student Athletes Awards (許耀明傑出運動員獎學金) and Stephen Hui Outstanding Student Athletes Scholarship (許耀明傑出運動員獎學金). Thanks to the donors for generous support to CityU and recognizing my effort at last year. Also, I have to thank my family to support all along. I would also show my gratitude to my coaches, Ms Winnie WONG for supporting and giving me advices in academic and sport’s area in these years. Lastly, I would like to thank my teammates and all sports teams. I hope to perform well in the upcoming matches and support me.

Tang Ho Lam
Badminton Team
I am writing to thank for the donors for granting me the Mr. Herman Hu Outstanding Student Athletes Awards (許耀明傑出運動員獎學金) and Stephen Hui Outstanding Student Athletes Scholarship (許耀明傑出運動員獎學金). I was very happy to be selected as the recipient of the scholarships. I am the final year student in translation and interpretation, and also the team captain of badminton team. I would like to show my greatest gratitude to my coach, Mr Sunny Chau. With his support and encouragement, I was able to make tremendous improvement in badminton skills. CityU badminton team means a lot to me. I always feel comfortable and enjoyable when being with my teammates. We could share with each other for the difficult moments and the game pressure. I could not earn this much in this academic year without my teammates’ support. I will use the amount of the Scholarship to attend badminton coaching courses so that I will keep on improving my techniques and teaching skills of badminton.

Wong Ka Ho Carson
Table Tennis Team
I am Wong Ka Ho, Carson, a final year student majoring in Criminology. I am also the captain of the Men’s Table Tennis Team in this year. It is my honor to be selected as one of the recipients of HK Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships (香港潮州商會精英運動員獎學金) and Stephen Hui Outstanding Student Athletes Scholarships (許耀明傑出運動員獎學金). I would like to thank the donors for supporting CityU sports teams for many years and the selection panel for selecting me to receive this scholarship. In addition, I want to thank my mum and my friends who always give me ideas and support. Also, I would like to say thank you to Mr. Stewart Wong, Honourary Team Manager of Table Tennis Team, coaches Clara Wong, Ma Sir and Ko Sir for providing me good advices to improve my table tennis techniques. Finally, I also want to say thank you to my teammates as they really give a huge support to me and let our team having a good morale during the USF-HK competition. After receiving the scholarships, I would like to spend most of the amount on trying new table tennis equipment like the bat rubbers and rackets in order to improve my performance.
今年，對城大田徑隊而言是一個大考驗。因為在錄取新隊員時，結果並不理想。尤其是在女子組，當時並沒有新隊員加入。而男子組方面，情況也不是特別樂觀。儘管教練和隊員都四處找合適的人選加入田徑隊，希望增加出戰大專賽的人數，但始終未能如願。

到比賽當日，代表城大田徑隊的女子成員只有十四人左右。相比其他院校，我們在參賽人數方面的確欠缺優勢。我們並沒有妥協，也沒有認輸，反而更激發了鬥志。畢竟未到最後一刻，誰都能創造奇蹟。只有盡力，才不會一直以來艱辛的訓練。

最後，男子組獲得團隊銀牌，女子組也取得季軍。即使面臨逆境，城大運動員也能創造出令人驕傲的成績。這並不是自滿，也不是炫耀，只是打從心底佩服每一位盡力展現自我的運動員。這份榮耀是屬於每一位的。當然，我也要衷心感謝教練和教練，你們都辛苦了。

運動員的訓練是一段漫長的過程，經歷傷患也經歷艱辛，這都是需要極大的毅力去堅持下去。我只想衷心地對運動員們說：「運動員們，你們都是最棒的，辛苦了！」農夫以用心種植的心態，換來豐盛的收成，但願我們也能如此，用心訓練，勿忘初衷，繼續堅持下去。希望未來城大能錄取更多出色的新隊員，為城大爭光，造出更好的成績。

“長風破浪會有時，直掛雲帆濟滄海。”

—— 余露琳  
社會科學副學士

—— Chow Kin  
Bachelor of Science (Applied Chemistry)
Spending my second year in CityU cross-country team is definitely one of the most memorable experiences. I still remember the moment when I first got into the team. I was lacking in self-confidence that I couldn’t be capable with all the training programs. As I was one of the few members who haven’t had any proper training before, I knew that I had to pay extra efforts in order to get a better performance. I am very lucky to have a group of amiable teammates who have the same goals and interests. In every tough training session, they always encourage me with a motto “If it doesn’t challenge you, it won’t change you.” What I have learnt from them is that they take running as part of their life: they think a run can change a day and many runs can change a life. We also do fitness and morning runs during our free times. These additional sessions are essential for me to enhance my running speed and posture.

In this year, some overseas and exchange students also joined us. From this, we had the chance to share running techniques and competition experiences. During the semester break in January 2018, I was grateful to go to the Taiwan outbound trip and participated in Yangmingshan Ultra-Marathon with 10 other teammates. The race was challenging and tough because the elevation was 600m. We all completed the run and finished with a satisfactory running time.

CityU Cross Country team is always full of enthusiasm and commitment towards running. The men’s team captured 2nd runner-up in USFK Cross Country race and the lady’s team came 6th in the race. We would like to offer our greatest gratitude to Coach Yip, he has given us professional guidance and patience. We hope he can keep on enlightening our potentials and guide us in striving for better achievements in the future.

Running is not just about being better than someone else, it’s about being better than we used to be. Running is hard to explain, especially when we are tired, that’s what makes it all worthwhile!
I have been in the team for 5 years. Being a member of CityU Badminton team is always the most memorable experience in my years at university. CityU has offered me plenty opportunities to learn and grow. I was the team captain, participated in exchange programmes, local competitions and the World University Games. I have to thank CityU because they nurtured me to become a responsible and disciplined person. CityU badminton team is always my second home. This year, we had lots of team experiences: participating in 10k Standard Chartered Marathon, exchanging Christmas presents, buying the same brand of badminton shoes and designing our first team hoodie etc. Overall, we had a wonderful team life.

In this year's USFHK badminton Competition, the men's team captured the champion title and the ladies' team came 2nd in the event. On behalf of all members, special thanks should be given to our coach Mr. Sunny Chau, Honorary Team Manager Prof. Paul Chu and trainers for their strong leadership. I hope that CityU badminton team can keep up its spirit and GO FURTHER TOGETHER.

Tang Ho Lam
Bachelor of Arts (Translation and Interpretation)
In the 2017-18 USFHK Table Tennis competition, our boys were crowned champions in the men’s team event and the girls achieved 2nd runner up in the women’s team event. This year was the fourth consecutive year for our boys to stand at the top of the stage. It was never easy for them to sustain such an outstanding performance within such a long period of time, and I am so proud of what they have achieved. With the ever-improving level of the USFHK competition in the women’s team, our girls lost by a close margin to CUHK and PolyU in the group stage and semi-final. It’s a pity that we could not enter the final, and we only got a second runner up. However, I believe this third place will definitely motivate us to train even harder to fight back for glory in next year.

I would say 2017-18 was a tough year for the Table Tennis Team as we have been encountering several challenges, especially our lack of a regular training venue. Our deepest gratitude must be given to Mr. Stewart Wong, our donor, for helping us search for new training venue and providing sponsorship, Coach Ko, Coach Ma and Miss Wong for their continued unwavering support and guidance. We would not have achieved what we have if we lost the support from any of them.

I will soon depart from the Table Tennis Team family, and I will miss CityU more than ever. Thank you CityU for offering me opportunities to explore and experience. I travelled to Japan and will be going Korea to experience a Table Tennis exchange program, which other institutions may not be able to provide chances for their students like CityU does. Thank you CityU Table Tennis Team for letting me know what unity is all about. All boys and girls cheered for each other to enhance our morale during the matches and I particularly loved the feeling when the sound “CityU Ush” we acclaimed, echoed across the stadium. I wish this team spirit will be everlasting and continue to help the team from generation to generation.

Chan Sum In
Associate of Social Science in Leisure and Tourism Management
It is my honour to be one of the members of the basketball team. Having engaged in basketball team in this year, I was able to learn so much from our coach and teammates. It not only increased my physical strength, but also shaped my personality and helped me to be a stronger person who never gave up when facing difficulties.

In this team, I can strongly understand how unity drives our success. We support and encourage each other during hard times. It is true that not every team member got the chance to take part in the competitions. Even so, we still see every member as equally important. The players on the court can always feel the support from other teammates on the bench. All the teammates are cheerful and supportive.

On behalf of our team, I would like to take this opportunity to present our warmest thanks to our coach, Miss Lau and our teachers-in-charge, Miss Wong. Without their coaching and encouragement, it would not be possible for us to capture the bronze medal in the USFHK Basketball Competition.

Even though this may not be the most fruitful year of the Basketball Team, we will not stop here and we will strive harder in the future with never-ending grit and passion.

Yuen Oi Yan
Bachelor of Social Sciences
As an international student-athlete, I probably have a different perspective on certain things that my local teammates might have. This season was an interesting time for the CityU Basketball team. With myself and Vejko Kovac coming from Europe, we were able to bring some European influence and cooperate with the rest of the team in order to create a great playing environment. However, this year’s final results in the “Inter U” basketball competition unfortunately didn’t let us prove that. We knew that our team chemistry has built up tremendously and that we have believed in each other more, but something was missing, and that missing factor led to an unsatisfying fourth place in the competition. It made us learn a lesson the hard way... but we learned it. As a team, we all know that next year, this team will be something else and we are ready to prove it, especially with the support of the Coach and Mr. Peter Wu.

Taiwan trip

Last December we got an opportunity to travel to Taiwan for the NCTU sports exchange and it was an unforgettable experience. Since I have never been there before, it made it even more interesting and enjoyable. We stayed for 3 days in Hsinchu, where we played multiple matches against NCTU, and then we moved to Taipei where we continued our training for the next 4 days. The matches we played were a great way for us to compete against different basketball programs and ultimately gain experience and come together as a better team. This trip affected our team chemistry a lot - in a good way of course. We were all able to get to know each other better and hang out with the rest of the team. However, it did not just help us in terms of building friendships, it also helped every individual to find their role on the team.

BUDISAVLJEVIC, Edi
Bachelor of Business Administration
There are always things to be thankful for, no matter how many obstacles are stacked in our path to success. This would be my last year spending in this amazing team and university.

We had a brilliant squad and every team wanted to defeat us, which consequently resulted in a difficult road to glory. It was a pity that we could not win the championship in consecutive years and ended up with 1st runner-up instead. However, we learned why we failed and analyzed our fail points to determine how to handle situations and plan for next year.

Communication is the crucial part that I want to stick with. While we are playing as a team, we should not be ashamed of expressing our own thoughts. Especially when football is known as a team sport, talking is the most straightforward way to bond with our teammates. I wish every player would be more confident in performing their best for the team and for the university.

I would like to take this opportunity to express my eternal gratitude to our team manager, coach and the team. As the former manager of women’s soccer team has prospered his career to another place, Mr. Yau came in as the manager of boys football team and assisted us with anything in academics and sports, which we all appreciated. The coach, Miss Lee, tried her very best to make us better players. Last but not least, I am so glad to meet teammates who accompanied me by my side through all the ups and downs. I wish you all the best of luck in bringing back the trophy next year!

Elena zu Schleswig-Holstein
Bachelor of Arts in Media and Communication
城大足球隊素來有常勝之師形象，其氣勢驚人，總使對手戰陣以待，對鱉在後，稍有不慎。此情亦發生於今年城大足球隊在大專盃的每場賽事，乃我初年代表城大比賽的其中一大體驗。

今年度的成績相較於往年未免略為失色，惟「江東子弟多才俊，白玉軄來亦可知」，未來定能出師報捷，凱旋而歸。再者，經過半年在城大足球隊的經歷，其可貴之處實不得不在顯赫的成績。

作為城大足球隊其中一員，第一年涉足大專比賽，先是以負重負名，後以實力在對手中表現出眾，方能取勝出場機會，緊張不在話下；然而隊員之間不限於球場外的交流默默地建立出彼此的互信，潛移默化地感染我們當中每一員，使個人更信心爭勝，隊員更團結一致，此情方為城大足球隊難能可貴之處。

或許每個人都有過一個夢想成為領袖引領自己所歸屬的團隊長風破浪；在此之前，筆者經歷過數度失意之學業旅途，鬱鬱不得志，進退失據；直至今歲成為城大其中一員，方悟「同舟共濟」此四個如此簡白的字對一個團隊的重要性。城大足球隊的每一個夢都明白自己的定位，對這目標明確的船長上責任；當仁不讓，水手之間緊密的合作方能使船隊浩浩蕩蕩地前進，才能稱之為同舟共濟。回首向來蕭瑟處，不因緣際會帶我走到充斥著辛與苦，望不見盡的水手的船隊中對牛彈琴，也風風雨也晴。

在職有悔，處處不勝寒，團隊有時運之高低，惟有依點燃你的石頭，從錯誤裡吸取，無益的愧疚則隨緣地拋走，方為偶爾失意而面對的正途。

廖建傑
文學院（中文及歷史系）

Being someone totally new to the soccer team in City University, as well as the culture of Hong Kong, adapting to this environment was quite a struggle for me at first. Nevertheless, I took this opportunity given to me as a challenge. It’s always a challenge fitting into a new soccer team especially when you’re not too familiar with the local language which in this case, was Cantonese. But, I was blessed to have been able to understand the language as I learned it when I was little through my grandmother back in Malaysia. Also, the goal I set for myself was to provide and give it my best for the team to achieve the target of champions during the inter-varsity competition.

Adapting to the culture as well as making friends within the team went very smooth as everyone was very accepting of me despite coming from a different country. What made it even easier was the similar passion we share for the game of soccer. As trainings went on during the semester, the chemistry within the team strengthened due to mutual understandings among each other. All of us worked hard and trained hard despite only having two trainings a week. We then had our first game against SVV which we did well and won by 4 goals to nil. Then after, we had to wait quite a while till we played our second game which took about 2 months.

Within that period, we continued training and I was excited that the team management decided to make an exchange trip to Malaysia. We played 3 friendly games in Malaysia to further build our team and prepare for our upcoming matches. It was great spending time with them as well as getting to share their Malaysian culture especially the food in Malaysia to my teammates. I had a great time, and I’m sure my teammates did as well in Malaysia.

Fast forward to our game against Hong Kong Polytechnic University (PolyU). We knew we had to win to qualify for the semi-finals. We trained hard and worked really hard for this match. Although not many could turn up for training we still kept a positive attitude and believed in our potential. The players had to produce results. Unfortunately, we couldn’t make it through to the semi-finals as we went down 1 nil to PolyU. We felt frustrated, angry and sad. There were poor decisions made by the referee but we could not do much about it. Soccer can be cruel at times as well as unpredictable, so as a team we accepted the defeat but kept our head held high to face our remaining two matches in determining 5th to 8th placing. In the end, we played very well in both those remaining matches, winning 3-1 against VTC and 4-0 against our common rivals Baptist University.

In conclusion, the journey this season may have ended at 5th place for us, but we will never stop working hard to achieving our target goal of being champions the next season. I’m positive that every player in the team will work hard and strive to bag the gold in the next season. We will bounce back! This one year has been nothing but an amazing experience for me and I’m looking forward for the years to come with the team as well as developing myself as an individual.
新的一年，隨著隊員畢業的離開，球員間的磨合則是我們最困難之處，亦是手球這項運動最大的關口。經歷無數的訓練，流下不少汗水，為求將空隙收窄，為的也是失落多年的冠軍。

才新一年沒多久的一月，我們十六人就步進機場前往台灣進行為期7日的異地集訓。臺體大的教練與球員均是相當富有經驗，第一天的友賽基本是被他們壓倒性擊敗，每日拖著快倒下的身軀回到宿舍，不斷的商討，不斷想盡辦法在短時間內有新突破。其實我們每個人的能量、身體質素都不夠臺體大的球員好，但在最後兩天，我們每個都好像用盡最後一口氣都要把球傳到隊友手裏般，用盡最後力氣與對隊球員對抗，不斷嘗試攻破防守。越打越好。相信只要堅持，握緊拳頭，成功便在眼前！

“鍛而舍之，朽木不折；鍛而不捨，金石可鏤”
希望城大女手要保持信念，為自己創造精彩大學旅途。

黃紹婷
文學士（中文及歷史系）
I am the new member of the CityU Handball Team this year. I had expectations of improving my physical capability and technique in every handball training session. I found that the Taiwan training camp last January fulfilled quite a lot of my training needs. By playing friendly matches with the handball players of Taiwan universities, we built our team spirit. The Taiwanese handball players are stronger in various aspects based on the fact their training was 4 to 5 times more frequent than ours in Hong Kong. After the camp, we were inspired we had to devote more time in training together in order to gain significant progress.

Due to the lack of handball court in CityU, we made a partnership with the Handball Team of Tung Wah Group of Hospitals Chang Ming Thien College (CMTS). They offered the venue and we trained together, aiming to help each other to make progress. The CMTS players also possessed strong fundamental and defensive techniques. We shared our thought of handball training after each session. Team spirit and friendship begun to develop among us.

It was exhausting having two sessions of training every day. However, this is exactly the essential element in fueling our determination. “Perseverance makes success”. I look forward to the CityU Handball Team achieving excellent results in the upcoming USFHK Handball Competition.

Lau Tak Kei
Bachelor of Architectural Engineering in Architectural Engineering
This is a flourishing year of CityU Women’s Volleyball Team. We have successfully won the championship in the USFHK competition this year. Our team worked extremely hard together since we lost the championship for 2 years straight. It is like a dream come true to regain the title of champion again. The road to success is never easy but always rewarding. In October, our team lost the final match against PolyU and finished as the 1st runner-up in Jackie Chan Challenge Cup. It was frustrating but it also boosted our determination to win in the USFHK competition.

During the semester break, we went to Taiwan and Japan for outbound exchange and training camp. Not only were our skills improved, but our strong team bonding was also developed. We have been through all the hard times during weekly practices and running sessions with support from teammates.

Finally, we got back the championship with our persistence. This year is also more meaningful for our team as we have six final-year players. The champion finish is definitely the best graduation gift for them. As one of the graduate team members, I would like to thank all my lovely teammates for all their efforts and caring. On behalf of the team, I want to thank our beloved coach Vincent Kwan for his patience and coaching.

Our coach Vincent always says, “stay humble and be persistent, success will follow.” Thank you for teaching me such a valuable lesson through volleyball.

Yau Ka Suet
Bachelor of Arts in Digital Television and Broadcasting
今年的城市大學男子排球隊跟以往不太一樣，在多位師兄以及上年的奪冠功臣畢業後，球隊處於新舊交替的一個情況。球隊有近半隊的球員是大一生，相較之前，球隊顯得有點幼嫩。在一眾多月的磨合下很快便到了成龍挑戰盃，成龍盃往往是各大學院校為大專比賽前一個試練及磨合的機會。這年我們首輪便抽中了香港中文大學，一支實力很強橫以及難纏的對手，令人意外的是我們隊沒有顯得怯場，在整場比賽中，師兄的經驗及技術與師弟們的熱血和拼勁相輔相成，在五局的惡戰下，我們拿下了勝利。為我們打了一支強心針。這場比賽除了向別人展示了我們的決心和永不放棄的精神，也叫其他球隊永遠也不能輕視我們。延續了第一場比賽的表現，我們淘汰了香港大學，昂首進入決賽，而對手正是呼聲最高的香港理工大學。在這場比賽中沒有了我們想像中的惡戰，在主力球員缺陣，我方顯得有些怯場的情況下，我們還沒有發揮出自身的實力便輸掉了這場比賽。這場比賽的失利，亦為我們敲響了警號，明白要成為衛冕冠軍的路是有多艱辛。

到了一月，便是我們一年一度的集訓營，在多場友誼賽的得益下，不但個人技術成熟了不少，更甚是以一支球隊來說，亦顯得更加成熟。除了球技上的提升，我們經過朝夕相處後，各個球員的熟悉及親密程度也提升了很多，由以往只是由球場上的隊友，到現在我們球場外也多了許多共同話題。

在我們台灣訓練營的磨練後，我們便繼續了我們大專比賽的賽程。我們成功以全勝的姿態進入了四強，而對手正是我們嬴過的香港大學，在種種因素下，我們在不夠準備及輕鬆的情況下，先輸了兩局。在尹Sir和師傅的提點下，才明白铿已有退路。我們帶著破釜沉舟的氣勢一路過關斬將，再在決賽中，我們面對着前敵香港理工大學，我們也很想贏對手一報成龍盃之仇及為大專賽事寫下三年霸主。在首局中，我們一度取得領先，但在自身的失誤以及對手的猛攻之下，我們輸了首局。在第二局中，我們顯得更加集中，求勝心也更加強。整個比賽也成了拉鋸的戰局，但在最後的關鍵位置，我們以微弱的失誤下，被對手拿下第二局。在第三局，我方心態已出現了問題，在此消彼長的情況下，我們以零比三輸掉這場決賽，我們接受失敗，卻不會向放棄妥協，反而藉著這次決賽的失利去思考球隊未來的路，為我們日後的勝利作鋪墊。這次的失利，讓各位新隊員都立下決心好好裝備自己，為師兄們再次奪冠，也是為我們日後的勝利作鋪墊。

最後，我們也想感謝尹Sir以及各位即將離隊的師兄，多謝你們一路的照顧以及提點，亦為球隊疲於奔命。安排各個事項，照顧還未完成成熟的我們。多謝。

羅浩田
社會科學副學士
從勝利中學得少，從失敗中學得多。
城大男欖上年未獲佳績，四強不入，但大家並無氣餒，依然積極備戰下一年的大專比賽。而今年的城大男欖改變很大，新模式，新教練，新球員，對於我們而言亦是一個新的挑戰。

在大專前三個月，隊中各人開始緊張。
「教練會否選我入隊？」
「大家能否成功磨合？」
「其他院校的實力如何？」
大家心中的擔憂不斷涌現。

在二月尾與中大的友誼賽，為我們打下一支強心針。這場友誼賽讓我們明白人與人能合作，並非因為大家的技術有多精湛，而是因為大家的目標一致。也許我們大家的技術水平不同，打法不同，但我們心裡都渴望勝利，渴望成為最佳的隊伍，我們的默契開始建立，越戰越勇，成功擠身決賽，無奈要取得成功並不容易，在決賽面對港大一場苦戰，在大家全力應戰下，我們輸了一球，取得亞軍。此挫敗感有如登山只差一步登頂，卻失足墜崖一樣痛。在賽後大家都十分失落，在我們失落之際，教練跟我們說：「就把這次比賽當成教訓，積累自己的失誤，積累這種挫敗感，當你下一次踏入球場的時候，回想一下這些你們永遠不會再感受多一次的失敗。」這次的失敗令我們學習很多，成長很多。

失敗並不重要，只要勝利的決心堅強，失敗只會令我們更加渴望勝利。請謹記我們去年畢業師兄的忠諗。欖球運動勝利的關鍵在於被撞倒後，能否重新站起來，繼續跟隊友作接應。

兄弟們，明年勢必要重奪城大男欖的王朝。
「玉經琢磨多成器，劍拔沉埋便倚天。」《唐摭言·慧恩寺題名遊賞賦詠記》－王定保

The feeling of playing in a team sport is always great. It's bittersweet. While you are proudly wearing the jersey representing your school on the field, battling and standing side by side, looking out for your brothers and knowing that everyone always has each other's backs and well of course... the rugby ball, the feeling in unimaginably great.

During the 3 years journey at Cityu, I've witnessed again and again, the power of team spirit. We have been through the darkest days with a low team morality. By putting in all the hard works and the new tactics that was implemented by our new coach, Kei, we managed to get back on the right track and this year we came back with strength and confidence to storm the tertiary tournament. Unfortunately, we lost in the final but I believed this defeat didn't hurt us. Instead, it strengthens our team's experience and enables us to be more determined and hungry for the trophy next year. Our Ladies team also played well in the USFHK Competition, by bringing CityU a bronze medal in the event.

“Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.”

Yip Chak Hang
Bachelor of Social Science in Criminology
It is my pleasure to be one of the members in the Cityu Tennis team, an experience of hard work, dedication and battles that we all endured through and treasured together as brothers. Half of the teammates will graduate this year and the best gift for them is to win the championship as we hope they can end their university tennis career in the best way possible. Unfortunately for us, we missed out on the championship and ended with runner up. However, we tried our best and are to glad to accept the final result.

In this season, one of our main players Michael Tam had graduated last year but we are lucky that we had an exchange student and an international student join our team, Rory Thompson and Junto Qiu. We have two training sessions a week regularly. Before the final match, we have additional training to maintain our fitness and playing ability. In order to create the best line-up for every match, we discussed together about our opponents’ weaknesses and strengths and encourage everyone in providing their own opinion. As a result, we were able to achieve the strongest preparation for every match.

One of the most memorable matches was playing against University of Hong Kong in fighting for the first place in group stage. In that match, our opponent was leading 2:0, but we did not give up or back down. Instead we held onto every point and conjured up a great comeback to win it 3:2. In that match, I could see that everyone was doing their best to safeguard the glory and the highlight of that win was not because we fought together as a team but because we fought together as a family.

Next season will be a tough year because many of our players will graduate. I hope all those who graduate and Rory will have a great future and always remember the spirit of our team. Also, we are welcome for all of them to come back and train with us as family is always family. Moreover in the future, I trust that the remaining players and myself will try our very best in fighting for CityU in order to continue carrying the good name and reputation of the University.

“Be the best that we can be!”

Mok Cheuk Lok
Bachelor of Social Science in Public Policy and Politics
It is my pleasure to be a part of the squash team at CityU, playing the third year for CityU is memorable and exciting. Although we won the championship last year, we realized that it was becoming more difficult to compete with other universities because they had some strong players that built up an intensive and competitive atmosphere. Fortunately, we were honoured to have won the championship this year with high team spirit and support from the graduated trainers and the coach.

In this season, one of our members who is part of the current Hong Kong National Team had graduated last year. However, it was lucky that we could still have the best-lineup of 4 HKSI athletes and thus, we were still standing on the top 3 before the semifinal match and final match. With the support of HKSI athletes in the, we were able to defeat Chinese University 3-0 in the semifinals and win 3-0 in the final match against The Baptist University.

One of the memorable matches this season would be the semi-final match because it was the first time for The Chinese University of Hong Kong (CUHK) to enter the semi-final stage. As they were much stronger than before, we had to put up the best 5 players to compete with them. Although our team was very strong, CUHK had nearly put it into 3:1.

Lastly, it will be more challenging next year because some of the team members are going to graduate this year, and the lineup is still changing as there will be some potential athletes joining City U squash team. Moreover, I believe that the remaining players will try their very best in fighting for CityU and always carrying the good reputation of the University. “Be the best that we can be!”

Leung Ho Him
Bachelor of Social Science in Public Policy and Politics
It is the fifth year for me to play woodball for The City University of Hong Kong. I am glad that I spent my efforts on playing woodball, got my admission via Student Athletes Admission Scheme and completed my bachelor study here. Looking back to these five years in playing woodball, I would like to thank my teammates, trainers and my coach, Ms. Winnie Wong, who are willing to stand by me from the first day I got into the woodball team. What I learnt in these five years are not just some skills in playing woodball, but some skills for my daily life and work in future. When I was a junior player, I still remembered I spent plenty of time to ponder what I did and played after my training session. As we usually end our training at night, I could ponder until the middle of night. It was a tough time for me, however, I learnt how to conduct a self-reflection for myself to think about what I did well and what I should improve on in the future.

The USFHK woodball competition is the most crucial event for us every year. Since there were more than half of teammates graduated in our team last year, it was a huge challenge after losing some experienced players, especially when we aimed at winning back-to-back overall champions and a triple crown for men’s team this year.

Although just have few of us had been playing in the USFHK competition before, we do believe that we can be our best and win the champion title. However, we just won a 1st runner up in the men’s team, and 2nd runner up in overall rank, but it was still a good start for our players who never played in USFHK woodball competition. Although the days after losing a triple crown is dark for me, I do trust they can perform better for CityU in coming few years especially after some reflection and some planning for future goals as a team.

Kwok Long Fung
Bachelor of Social Science in Criminology
You may think swimming is an individual event, but we prove that wrong. Going through these three years with my CityU swimming team has been my greatest experience ever and definitely made my university life more enjoyable. I have witnessed and experienced all the hardships and happiness with my teammates.

This year was a tough year for our team. We were unable to participate in all events of USFHK Swimming Competition because we didn’t have enough swimmers. However, we are blessed and honored that we got 4th overall in competition. It was not the best result in team’s history, but it was so meaningful for us. It proved that our team with strong bonding and hard work could face all the challenges.

The CityU Swimming Team is looking forward to having high intensity training sessions in 2018-19. Teamwork and dedication will be our main values in training. It is an honor to fight for CityU in the arena of USFHK swimming competition. At last, I would like to take this opportunity to thank our coaches for their leadership in the team. I am glad that I am a member of CityU Swimming Team! “Be the best that you can be!”

Sin Ka Yeung
Bachelor of Business Administration in Accountancy
I am honoured to be part of the university fencing team over the past three years. The experience has brought me various challenges and lots of wonderful and unforgettable memories of the USFHK.

We fencing team members must thank our coaches and manager who hired us with a decent off-camp train venue for us. We trained every Monday and Thursday. In each session, each member received one-to-one coaching from our coaches and practiced actual combat. We all love training as it enabled us to share the joy of fencing as a group.

The USFHK fencing competition this year was successfully held on the 10th and 11th of February 2018. All of us were driven to perform to the best of our abilities. After all the sweet and tears, our ladies team finished as the 1st runner-up in overall results as well as the women’s division. While in the men’s division, we finished as the 4th place. The game this year was a tough one, as we had to compete with many strong opponents from other universities. The competition was tough for us, also because we had only 6 girls in our team, and each girl must therefore play in two competitions involving two different types of swords. I am a foil player but I also had to compete in the epee competition. This posed quite a challenge to the girls, as they had to use an unfamiliar weapon in the competition. All in the fencing team showed up on both days to cheer and root for their teammates, bringing along energy drinks and snacks to refresh their friends who were facing a tight schedule of games.

The most memorable moment in the competition this year was when we played against CUHK. We were defeated by them last year in the semi-finals, but this time, we managed to overcome them. The very moment my teammate scored the winning point, all of us screamed and burst into tears. We were exhilarated not only because we won the game but also because we managed to emerge stronger than before. To me, winning or otherwise does not really matter so much. Rather, the important thing is our success in pushing the limits of our abilities.

My thanks must go to the fencing team for giving me so many precious memories and the opportunity to meet all my beloved teammates in the past three years. Without the fencing team, I would not have known so many friends who share my interest in fencing. I will soon graduate and I do not know when I will pick out the sword and play again. But my friendship with the team will last. I wish all my fellow teammates and our coaches another fruitful year ahead. I look forward to seeing higher achievements of our university team in the coming USFHK. Thank you!

Rowena WONG  
(Bachelor of Arts in Translation and Interpretation)
In this year’s USFHK Taekwondo Competition, our men’s and women’s team captured 2nd and champion respectively, and we seized the title of Overall Champions in USFHK.

During the whole training session, we had to prepare the competition in a struggling condition because we did not have a regular venue for training. But both our coaches and members gave 100% effort for every high intensity training session. I would like to profusely thank our coaches and teammates. We keep on motivating each other for contributing our best parts in the training in competition. Therefore, we were being paid of with the USFHK’s victory. However, in order to remain at the top, we still have to keep fighting and stay determined for future championships to come.

In the upcoming year, we shall keep up the momentum in every training session. We shall do our best in every match and strive for more victories and echo with our slogan—Be the best that we can be!!

On Chun Yin
Associate of Business Administration (Marketing)
Time flies, it has been the fourth year representing CityU Karate team and this is my first time standing on stage, grabbing the team overall 1st runner up and 2nd runner up of the -75kg kumite. Being in the karate team is one of the most precious memories throughout my university school life. Karate team is my second home, it does not only honed my skills and techniques, but also brings me precious friendship. Words from coach, teammates and trainers always rendered in my mind. I still remember what my teammates always say to me – ‘Watching you on stage and competing with other school is more nervous than I competing on stage!’ Without all of their support, I cannot have such a fruitful and remarkable year.

Results are always not the most important thing when comparing to the process. Setting our target, having trainings, and being there for each other are things that meant so much to me because we have gone through these altogether. Without anyone of you, my karate life in CityU would not be so meaningful. I hope that karate team can keep up the spirit and perform better in the coming years. Once again, thank you our manager Miss Lai, our coaches and all the karate teammates for giving me an unforgettable year and nurturing me to become a better person.

Kwok Long Fung
Bachelor of Social Science in Criminology
今年是城大運動代表隊特別的一年，因為我們有幸與交大進行兩回合高水平的運動友誼賽。

第一回合交流賽於 12 月 26 至 28 日在交大舉行。城大運動代表隊包括：男子籃球、女子排球及羽毛球隊，在郭位校長和教練的帶領下，以客隊身份到台灣作賽。此外，兩校教職員也進行了壘球友誼賽。交流活動完結後，城大男子籃球及羽毛球隊繼續留台集訓，訓練成果美滿。第一回合交流隊伍感想及相片如下。

**男子籃球隊**

在本年的聖誕我們有幸能夠到台灣交通大學進行交流，在這次的交流我們進行了兩場友誼賽，台灣交通大學還為我們進行了一晚宴，能夠與交通大學的學生交談和進餐，增加友誼，在這次的交流中我們了解了許多關於台灣大學的文素和生活。總結而言我覺得這是一次很好的交流。

李清霖
工商管理學學士（管理學）
女子排球隊

這次十分高興能夠代表城大女排參與 NCTU 三日兩夜的交流活動。三天交流裏除了進行友誼賽也有不同的活動，例如有歡迎晚宴，參觀校園的環境，觀賞教師職員棒球友誼賽的活動等等。其中最令我印象深刻的就是校園裏的運動設施及配套都十分齊全，其棒球場更令我們驚為觀止。第一次在棒球場上觀賞校長及教職員的友誼賽，我們都十分興奮，也是一個很好的體驗。

此外，短短三天裏我們享受各種的待遇，從中更看出台灣人對賓客熱情的招待，他們以禮待人的精神十分值得我們學習。

在為期三天的交流中，我們獲益匪淺。除了排球技術的提高之外，與隊友的關係增進也是我們所獲得的寶貴財富。我們其樂融融地一起度過了三天的時光，為球隊增添不少凝聚力。最後透過三日的交流，我最大的得着是“珍惜”。因為不是每次都能夠出外集訓，即使時間短促，我們都要用心學習別人的好加強自己的弱項。因此，我學到珍惜時間，要珍惜機會，力求做到最好。

彭泳琳
社會科學副學士（康樂及旅遊管理）
女子羽毛球队

時間匆匆過去，回想那數天的台灣交流，承載著滿滿的回憶和不一樣的體驗。今年是我第一次參加學校的交流團。這次交流不但提升了我們的球技，更增進了隊員之間的關係，令城大羽毛球隊更佳團結友愛，亦令我得益不少。

交大同學給我第一個的印象是非常熱情、友善。那盛大的開幕典禮讓我感覺賓至如歸。他們細心禮節地招待我們，為了讓我們在匆忙的行程中有更充足的休息，特地為我們預備了雞腿外賣便當，以及我們很喜歡的珍珠奶茶，令這次台灣之旅生色不少。

經過一番切磋與比試，可見台灣的羽球水平確是很高。可是，真正讓我眼界大開的是他們的團隊精神以及態度。那自覺性、求進心和認真的訓練態度是我們必須向他們學習的。藉著這次交流讓我親身體驗到「一山還有一山高」的道理，雖然城大羽毛球隊是大專傳統勁旅，但我們不應安於現狀，必須發奮努力，以臻完善，才不會被人趕過頭。在未來的日子，我會視台灣同學為奮鬥目標，希望能為球隊作出貢獻。

吳邵穎
工商管理學學士
男子羽毛球隊

在上學期的考核結束後，男女子羽毛球隊、女子排球隊及男子籃球隊共赴台灣國立交通大學，展開為期三天「以球會友」的交流。

這次交流團與過去大有不同，以往羽毛球隊的交流多只是隊內成員及教練出訪，但這次的交流，除了贊同其他隊伍出訪外，郭校長、副校长、顧博士等一眾教職員也一同前往交通大學，使城大的訪問團隊陣容更為鼎盛之餘，亦能為城大運動員打氣，增強士氣。

另外，在跟交通大學交流期間的活動亦跟過往有很大差異。在我們到埗台灣的第一晚，交大設置歡迎晚宴招待我們，這是過往羽毛球的交流卻從未有過的環節。在歡迎晚宴上，交大的校長、教職員及一眾運動員均展現了熱情好客精神的一面招待我們，城大的運動員跟交大的運動員同檯進餐，互相認識。以往羽毛球的交流外訪，隊員甚少會記得跟自己切磋過球技的對手名字，但經過這次歡迎晚宴後，我們能把部分交大羽毛球隊隊員的名字記在腦裏，使這次交流不只限於球技上，而且能開拓雙方的友誼，好讓其後兩日的交流活動更能順利進行。

在這三天的交流中，我吸取了寶貴的實際經驗，也了解到台灣羽毛球的訓練模式與香港的差異。但我最大的感受是意識到「自律」的重要性。
第二回合的交流賽於1月24至26日在城大舉行。交流賽事包括：男子乒乓球、男子足球及網球隊，共三場友誼賽。由於在第一回合交流賽時深受交大的熱情款待，所以我校亦投桃報李，並於第一天晚上於香港賽馬會設歡迎宴，讓他們認識香港獨特的賽馬運動文化。在第二天的開幕禮後，郭位校長和陳信宏副校長互相切磋乒乓球，為接下來的友誼賽展開序幕。
第二回合交流隊伍感想及相片如下：

男子足球隊

在 1 月 25 日的下午，我校相約了台灣國立交通大學進行了一場足球友誼賽。儘管交通大學人腳不足，但仍能在比賽當中感受到他們對是次交流賽的投入及認真的態度。在雙方互有攻守下，最終雙方以 2 比 2 積極和。而且在賽後的晚宴中，得知該校有來自各國的學生，我們亦有互相交流大家在當地的學習環境及娛樂，大家在當晚無所不談，十分融合！

蕭嘉明
工商管理學學士（市場學）
男子乒乓球隊

這次與 NCTU 的交流中，我們之間的接觸只限於三次短暫的飯聚和一場友誼賽。初次見面，飯聚氣氛頗為尷尬，唯有以了解他們為主題，討論當地大學生活及就業等問題，並介紹他們香港的好去處，讓他們見識見識。隔天是交流的重點友誼賽，比賽注重以球會友，並將參賽不同地方的球員不同的打法，拓開眼界，不再把眼光局限在熟悉的香港球壇。遺憾的是，交流時間短暫，難以互相更深入地認識。但是，這次交流，令我們親身體驗如何跟外地人打開話匣子，近距離接觸不同地方的球風，不管有否茅塞頓開的體悟，亦不失為一次珍貴的經歷。

鄭釗蔚
網球隊

網球隊有幸與台灣交通大學進行交流，作為球隊的代表，我有很大的收穫同時可以增廣見聞。 雖然是次比賽只是友誼性質，但他們比賽時擁有堅毅不屈的精神，每球也盡最大的能力把球回過網。這個不放棄的精神絕對值得我們學習。

莫卓洛
公共政策及政治
日期：6-10/1/2018
集訓地點：泰國，清邁，木球村 The Peak Resort
成果：是次五日四夜 (6-10/1/2018) 的泰國交流之旅，我們去了清邁的木球村 - The Peak Resort，這幾天我們的確獲益良多，亦認識了清邁當地的本土文化。

因為 The Peak Resort 的草的地形在香港在香港很少接觸的到，無論是球場的斜度還是天氣和草的湿度都很多樣化，所以對於球員本身的挑戰性很大，需要很多時間去掌握和作控制。在第一天開始訓練，我們都覺得很吃力，一來場地比起平常練習和比賽的場地大，所需要的力量和能量都比較多，而且需要多次練習才開始知道該如何控制力度和線的方向。之後的練習也有一些泰國的球手跟我們一起打球道賽，他們都比較年長而且很有經驗，因為這個場地本來就是泰國國家代表練習的場地。他們所選擇的線路很準確，而且每一桿都很有力量，真的令我們敬為觀止。

而我跟他們一起打球學到的是心態對於一場比賽是很重要的，因為其實他們都會有失手的時候，但他們打死不退的精神令他們很快從失誤中走出來，在集中於如何打好下一桿。打好一球不代表什麼，但若然因為自己一次的失誤而失去對自己的信心，那便對於賽果帶來巨大的影響。我們應該相信自己可以做到得到我們平常所練習技巧，在場上好好發揮我們所擁有的，只要平均地發揮就可以得到一個可觀的結果。在打每一桿之前都要先想好力度，線道以及球的落點，亦可以觀察前面球手的打法以制定好屬於自己的策略。

在泰國所得到的經驗豐富了我們對木球的想法，不但在技術上有增長，在心態上也有更深的體會，以令我們在日後的比賽更得心應手。希望之後可以有更多與其他球手交流的機會，有助以後的比賽。

余曉燕
社會科學副學士
（康樂及旅遊管理）
海外集訓 - 男子籃球隊

日期：2017 年 12 月 28 日至 2018 年 1 月 2 日
集訓地點：台灣
對賽隊伍：台灣清華大學
泰山高中
政治大學
成果：在這一星期的海外集訓，我們提升了隊友和教練互相的默契，體驗了台灣強悍的防守態度，也學習了不少新的進攻技術。經過這次的集訓我們的溝通比以往更好，這對我們之後的比賽或練習十分重要。不但默契和溝通比以往更好外隊員的感情也比以前更好是我們更加團結。希望回港後我們能把台灣集訓的成果展示出來。

李清霖
工商管理學學士（管理學）
日期：10/1/2018-15/1/2018
集訓地點：新加坡 Singapore Indoor Stadium
成果：我們與新加坡的體院運動員練習，跟着他們的練習密度和強度，大大提升了我們的速度和體能，更使我們思考在有限的體力下如何運用適當技巧。
比賽：2018 Fencing Singapore Senior and Veteran Championships
成果：在比賽中要面對香港以外的對手，訓練著我們的抗壓能力和對抗能力，同學們都表現得不錯，為我們在大專前打了一枝強心針。
Date: 1/4/ 2018 – 4/4/ 2018
Country: Sunway (Malaysia)
Training Achievements: We understood all teammates' strengths and weaknesses after we had the intensive training and friendly match every day. Moreover, the bonding between us has enhanced after the trip.
日期：2017-12-29 至 2018-1-2
集訓地點：日本，大阪
成果：在這一次的海外訓練中，記憶最深刻的，就是和隊員的關係變得更加好，透過今次的海外訓練，我們在各個方面都有很大的進步，在體能上，我們了解到日本球員的體能比我們好，這事令我們更加注重在體能訓練上，另外，雖然我們球技整體上比日本球員好，但是他們的心態非常正確，不會放鬆任何一刻，到完場為止。在這次的旅程中，也到訪了日本的文化景點，例如：清水寺，日本傳統食店，我們對日本印象的感覺有不同的看法。而最重要的，透過這次海外集訓中，我們在日本討論大專盃的策略，令我們在三月上旬的大專盃中取得佳績。

劉衍俞
社會科學學士（公共政策與政治）
海外集訓 – 男子排球隊

日期：3-7/1/2018
集訓地點：台灣
交流隊伍：國立台北教育大學、中國文化大學、銘傳大學及明志科技大學
成果：城大男排在今年的1月3-7日到台北進行交流，以準備大專比賽，取得佳績。這次交流與多隊台灣隊伍進行友誼賽，包括國立台北教育大學、中國文化大學、銘傳大學及明志科技大學。他們的打法各有特色，其中國立台北教育大學更上屆大專排球聯賽的亞軍，以台灣傳統快節奏的打法見稱，值得學習。
這次的交流活動，我們隊都希望明年再與他們對賽，以測試自己的實力進步了多少。
Date: 11 -14/1/2018  
Country: Taiwan  
Competition: Yangmingshan Ultra - Marathon (20km)  
Training Achievements: All team members broke through their limitation in the race. Even though we had encountered difficulties in the trip, we dealt with those together and learned the importance of teamwork. Besides, we also explored and immersed in the Taiwan local culture. What a good experience!
人物專訪 — 城大運動員的守護者 —— 郭致偉博士

學生輔導長郭博士，自 2002 年起加入城大，是位卓越非凡且受人愛戴的老師。郭博士是商學院資訊系統學系副教授，曾多次獲得教學獎項，深得學生歡喜。他的教學工作雖與「運動」風馬牛不相及，但他卻是城大男子籃球隊名譽領隊，對城大的運動發展十分關心。原來郭博士熱愛運動，求學時是多項運動校隊隊員，滿有運動細胞。

郭博士指出，為了平衡工作與健康，郭博士平日愛聽著音樂跑步，也愛享受大自然的美景，吹吹海風，看看魚躍，浪漫一番。那麼運動員又該如何舒緩壓力？他認為運動員本已有不少常規操練，所以建議他們選用其他方式減壓，例如做義工——當有需要人士的領跑員。所謂「助人自助」，從中你也可以思考、反省、體味人生，這種助人的快樂和滿足感正是減壓的好方法。郭博士強調「運動是良藥」，但適當的休息也很重要，是為了走得更長、更遠的路。

城大運動員超過 450 名，位位皆是精英，他們創造了九個大滿貫的佳績。郭博士認為一個優秀的運動員要同時兼顧學業和運動實力不易，當中必定有不少的掙扎和堅持，我們的運動員同學也必定是能懂得管理時間，分配主次工作，才能迎難而上，使學業與運動成績兼得。

熱愛運動，力行支持，過往十六年裏，郭博士經常抽空觀賽，支持學生運動員。在眾多不同的學生運動員及比賽中，他最深刻的是今年的男子籃球四強賽，那刻一眾球員在落後七分的逆境下，依然奮勇作賽，抱着「比賽未完，不可輕言」的心態，各人咬緊牙關，一分一分地追返對手；隊員那刻的拼勁，堅持與毅力，充分顯現出優秀運動員的風範，這正是球賽最精彩和令人入勝之處，因此運動員實在值得嘉許。雖然球賽終不如人意，但郭博士勉勵球員：「輸唔怕波，贏唔會教訓」。成績永遠不是最重要的事，只要不放棄，下年一定可以捲土重來，重振聲威。

近年本港政府努力推廣運動，提倡運動普及化、精英化和盛事化，這些理念與我們城大的運動發展宗旨相似。精英化，這是城大運動隊持之以恆的發展方向；而普及化及盛事化則代表我們積極鼓勵所有師生員工參與運動，共享不同體育盛事的樂趣，例如舉辦校園馬拉松 (Campus Run)、康健全方位 (Wellness For All)，讓所有師生員工及畢業生參加，籍學生運動員傳播活力種籽，觸發眾人的運動情感，推廣普及運動。

未來 AC4 將會重建，估計運動設施會更勝舊時，但郭博士卻認為設施的新舊好壞不能完全決定運動員的表現和成績指針，最重要的還是各城大運動員必須逆境自強，以大無畏的精神，勇於踏出自己的 Comfort Zone 去挑戰 Challenge Zone，造就更多的「不可能」。

最後，郭博士寄語同學「城大人，成大事」。他以城大畢業生榮獲奧斯卡最佳動畫片獎作例子，鼓勵運動員也一樣可以 "Go Global"，衝出香港，挑戰自己，揚威海外。

陳旻樂
文學士（翻譯及傳譯）
人物專訪 — 精英運動員 —— 楊銘諾同學

楊銘諾同學是香港城市大學的四年級生，同時是城大羽毛球隊隊長和現役香港羽毛球代表隊成員。楊同學於去年十一月參加了由大學教育資助委員會舉辦的座談會—「跳躍萬里」：推動在學精英運動員雙軌發展，分享如何平衡學業與運動成績。雙軌發展主要是描述精英運動員如何在學業和運動上共同發展，從而締造出一個平衡且多元化發展的大學學習環境。楊同學在2014年透過運動員招生計劃入學，大專中打拼了四年，流了不少汗水。然而，他在上半學期由一名全職學生轉為全職羽毛球運動員，是人生中的一個里程碑。

楊同學有了這個轉變絕對是得來不易，同時十分感激城大對他不論在學業或是運動方面的支持。他實在無以為報。在學業方面，楊同學記得當初入學時那名年少無知的小伙子，對於大學生活和課程需求不太熟悉。但幸得羽毛球隊的教練主動聯絡他，一起相討學習和訓練時間表，令他有更完善的時間安排。同樣地，即使楊同學現在也是一名全職運動員，也會抽時間與教練見面，談談自己學業上的需求和情況。例如：每當他需要減少學分來爭取時間完成港隊的訓練，教練也會盡他所能提供幫助。

再者，楊同學可以在羽毛球方面有突破並成為香港隊的隊員，絕非一朝一夕之事。當中城大為他提供的支援更是不可缺少的。起初，楊同學除了日常在校隊的訓練外，就沒有其他練習機會。但在大專比賽期間，教練會經常安排更多額外的訓練和球賽，以增強隊伍的實力。亦由於城大運動員可以免費使用健身室，令隊員在體能和力量上有顯著的提升。這也是其中一個成就楊同學成為香港隊成員的原因。

另外，楊同學知道城大有「事業及領袖計劃中心」，主要是為學生提供機會，與僱主及業界人士談談學業上的情況和問題，好讓他們能及早做好職涯規劃，在日後的職場上有更好的發展。楊同學十分感謝城大提供的所有機會，例如教導同學寫求職信和面試技巧，以應付不同企業的面試，令他可以規畫出退役後的計劃，亦讓他知道不一定要從事羽毛球教練，也可以有其他多元化的發展。

最後，楊同學再次感謝城大、城大體育部和羽毛球隊一直以來對自己的支持，令他可以同時在學業和羽毛球場上繼續發光發熱。
Hey! I'm Jasper, a Communication and Media student from the Netherlands. I'm 25 years old and I have been fencing foil for about 16 years now. I knew I wanted to keep on fencing while studying abroad. And being able to combine those two things really is what brought me to CityU. If you're a passionate or hobbyist fencer I can totally recommend joining the CityU fencing team. Not only is it a fun experience, it's also a very good way to make your first steps into the local fencing community. I'll be writing about some of my experiences with the CityU fencing team and where the team brought me later on.

So to start off, the CityU fencing team practices 2 days a week on average, and only during the time when the intervarsity tournament is held. That's a team event involving all universities in Hong Kong, I was there to watch and it's really fun! That aside, I'm only taking my second semester in Hong Kong. From the start of the second semester the regular training only lasts for about 2 more months. So as the intervarsity tournament came to a conclusion, I had to move on to find other places to fence.

Finding a club in Hong Kong can prove complicated if you don't know anyone. Therefore I feel like the main benefit of joining the CityU fencing team is the awesome network that it provides. You will meet a lot of people that are social, often humorous and approachable. As I got more familiar with everybody, it brought me to various places and I've made a lot more local friends rather than just sticking with the other exchange students. And through the local contacts I now also have a trainer people to fall back on when I need help and I got to fence with several different clubs.

The other benefit of fencing with the CityU team is that you develop a lot of skill from it. Compared to the Netherlands or other European countries that I know of, the average
level of fencers here is quite high. I don’t mean to make an Asian stereotype, but as I was
invited to other places I think I’ve observed why: I saw that a lot of parents let their kids
train 3-5 days a week from a fairly young age. I got to meet and fence some of these 12-
15 year olds. And boy, am I glad that I’m relatively tall in this country (180 cm). I can just
stretch my arm and run away when needed, because speed and skill wise some of them
can really shock you.

Usually though, most people that fence with university fencing teams are more chill about
their training regime as studying can be intensive. So even if they don’t remain as active
as fencers during their university life, they will still be very strong opponents as they’re
polished and experienced. You could probably say that most of the fencers on the CityU
team are like that. They’re chill but have a lot of skill.

There was one thing I found challenging however: The language barrier. I wish I could
speak Cantonese better than the occasional swear word and knowing what to say to
get free money off of married people during the Chinese New Year. But then again, the
language barrier really is to be expected when you’re the only Western person around.
I can’t blame anyone for speaking their mother tongue when I’m standing with them, but
it can make you feel left out sometimes. So if you plan on joining the team, be prepared
to hear a lot of Cantonese. If you interact with the team or the coaches however,
they’ll definitely be open to socialize with you, even if their English isn’t that good. To
summarize, I had a great time with the team, even if it was a bit short lived. I still have
close ties with some of the fencers, despite not fencing with the team anymore. I wish I
had been here during my first semester to be with them for a longer time. Definitely bring
your gear and join if you can!

Jasper Van Der Wal
Bachelor of Arts in Media and Communication
From Netherlands
To a foreigner who is not familiar with Hong Kong, joining a rugby team here would seem like a silly idea let alone a rugby team filled with people who speak a language you don’t understand. Rugby is not something I used to associate with Hong Kong and not speaking Cantonese was seemed to be a looming obstacle in a team that communicates mostly in that language. So it’s easy to see why I was sceptical when I was first invited by Joylein, the team captain, to come to a CityU rugby training. It was only after discussing the topic with him several times and running out of feasible excuses that I finally decided to attend one. I found myself in a group of people who spoke mostly Cantonese but who were welcoming nonetheless. I spent a lot of time listening to the coach release flurries of unintelligible words as instructions to the team and only rarely did I have the relief of hearing him summarise a 3 minute Cantonese lecture into 2 English sentences. I survived mostly by asking other players to translate. Needless to say I wasn’t blown off my feet after the first session, but I still found myself back there a week later, blankly staring at the grass as the coach went on. I’m not sure why I was doing it to myself then, but as I look I realise it must be the enthusiasm of the players - I did not understand most of their conversation but they were happy to have me and showed it; I was welcome.

Those first experiences and my reflections after the USF are worlds apart. It was a gradual process, but I find myself looking back at my time with the CityU rugby team with fondness. Instead of idly lazing around on the outskirts of a team chat I felt excluded from, I now look back to memories of team meetings in which I was the one motivating my team as they motivated me. It is now safe to say that I have formed bonds with my teammates in a form and at a pace which only sport can bring about.

I have had countless discussions with my teammates (who are also my friends) about the events of the USF weekend. It is safe to say that we performed better than many people expected and yet we are disappointed that we could not manage the final push needed in the final. The results, however, are only a small part of the picture. I was taken from someone making excuses not to attend a training session, who was sceptical of the ability of the team to even play rugby and who was daunted by the prospect of being in a Cantonese team to someone who felt the hurt of a loss and the jubilation of every win along with my friends and someone who felt pride in wearing the CityU jersey. I now know that language is a barrier that can be overcome by the openness of a group of people and the bonding power of team sports. Win or lose, I would not have played the USFHK final with anyone else.

Quintus Kilbourn
Bachelor of Business Administration in Global Business
From South Africa
It has been an amazing year to be a part of the CityU tennis team. I did not expect the standard of tennis to be so high at the university and have loved the challenge of competing for my place in the team in enjoyable training sessions. My experience though would not have been as great had it not been for my teammates and coach Peter Wu who were all friendly and welcoming from the start. We would also go for food after training often and have had some great times celebrating our various successes throughout the season.

My scholarship enabled me to invest generously in my studies and ensured that I was able to have access to all the materials I needed to earn a good GPA. The scholarship also set me an academic goal to achieve and made me respect that I have to make as much as an effort off the court at university as I do on the court. It also put me in a position in which I could occasionally buy food and drink for my team which was the very least I could do to say thank you.

Tennis wise, I feel I have continued to improve my skillset whilst being a part of the CityU team. I am not used to training just tennis for 3 hours which was initially a real challenge. But my team mates and my coach pushed me through and I became much fitter and stronger as the semesters went on. Peter Wu would also take me on runs with him which was extremely kind of him and always very fun! This strong determination mindset from my team and myself reflected well in my performances in matches where I was able to overcome my opponents often.

The experience has been invaluable. I have made great local friends who have shown me sides to Hong Kong that I know I would never have seen otherwise without them. CityU has pushed me to my limits and has helped me to succeed at the very top which I am forever grateful for. I'd love to be able to do it all over again from the beginning. Thank you to everyone involved at CityU tennis for an unforgettable year and good luck for next season!

Rory Thompson
Exchange student from England
(Economics & Finance, year 3)
From England
I joined the cross country team in my first week at CityU and in Hong Kong. Reflecting back, it was one of the most important decisions I made during my time on exchange. When you arrive in a new country, and know only a few people from your home university who are in the exact same situation as you, you wonder how you can really get involved in university life. How will you meet local students? Do you have things in common? How can you have a more authentic Hong Kong experience? Whether you’re an exchange student who’s wondering the same things as I was, or a local student, who wants to know what goes on in an exchange student’s mind, keep reading! I’ve come up with 5 things I’ve learned from running around Hong Kong:

1. You never know who you’re going to meet: I met some great friends whilst I was on the team...and we still keep in touch. Everyone is friendly and they put so much time into making sure you feel at home in Hong Kong. It’s important that people appreciate that (thank you team!).

2. It keeps you on your toes (literally): from travelling to Taipei as the only team member without a Hong Kong passport, to trying almost every new food (delicious local noodles, hot pots, Taiwanese bubble milk tea...and of course smelling lots of stinky tofu), you never know what’s in store next.

3. It grounds you: as an exchange student, you sometimes get overwhelmed with how much there is to do in and around Hong Kong. You wonder where you should go first, who you should go with, and when is the best time to go. For me, a lot of these questions were answered through the team. I also realised
that, despite your busy schedule and your desire to see as much of the new city as possible, sometimes it's important to just enjoy being a local for a while. Have a routine (2x a week training in between your classes), go for Hong Kong-style lunches with your new friends, and even study together. I found that a lot of these small memories amount to a much bigger one in the end.

4. You learn things you didn't know before: I found that, even though I'd been running for a few years already...there was actually a better way to do it! The coach and team have great techniques that I hadn't considered back at home. On a different note, I learned some Cantonese, which means you won't catch me saying hello, good bye or thank you in English when I'm in Hong Kong. And lastly, I found out that it's not impossible to take over 300 photos at 1 event. Who knew?

5. You can do things you had no idea you could: in preparation for our outbound trip to Taipei, the team took me on a 13km training run. What I didn't realise was that it would be a 400m incline and, for me, more like a hike than a run. To my dismay, I found out that the 20km race we were running in Taiwan was going to be a 700m incline, at which point I seriously questioned my ability to complete it. Despite my worries and my failed training run, the team reassured me that we would succeed together. I didn't believe this at first but, I have to admit, that they were completely right! I finished the run alongside my team, and completely forgot about the struggles I faced in training the other week. Everyone supported each other, and you really felt that you were part of something bigger than just an individual race.

I started and finished my time in HK with the cross country team, flying back to the UK the day after the Taiwan race. I'll miss my time there and would like to thank everyone on it for making it so great. If you can't tell already, I would really recommend joining some team at CityU. I definitely feel that I gained a lot more from my exchange by doing so.

Nikola Duncanova
Bachelor of Business Administration in Management
From England
Upon receiving the letter of admission to The City University of Hong Kong, I found myself celebrating the success of being granted with a full scholarship with my parents. My family showed appreciation of what the University was able to provide in relieving them of their financial situation and enabling themselves to send their eldest son away on an International experience where he would have the chance to develop responsibility and independence.

From the initial thought of travelling away from home to study full time in another country was very overwhelming. I was very uncertain about what my experience would have in store for me, but nevertheless, I could say that I was still excited for my arrival in Hong Kong. This opportunity had also given me the chance to get closer to my cousins and other family in Hong Kong.

The first week of my arrival was filled with meeting new people at orientation day, Ocamp and being introduced to the Hall life. However, I mostly valued my first meeting with who was to become my tennis coach for my next 4 years at CityU, Peter Wu.

My coach has been there for me from our very first run together to countless team building and tactical planning meetings. He has without a doubt been the most fatherly figure for me at CityU as I felt like I was supported by him every step of the way. He has nurtured me to embrace CityU’s team spirit through countless chants of “oosh” and even facilitated my own making of a team chant. I first engaged the team strongly through our first match against Chinese University of Hong Kong. The score was tied up at 2-2 with one of our strongest singles players, Joe Mok battling his heart out for the last deciding set. My passion for the team had engaged me, forcing me to cheer “let’s go Joe ... let’s go.” Funny enough, the team all turned heads and eyes observing me with a puzzled look. They were surprised with my engagement so quickly with the team. I even asked Joe, after the match how he had felt with my cheer. To my surprise, I laughed when he told me that he was and let me emphasize this ... “呆左”. Since then, my cheer had slowly been the atmosphere changer and the team spirit lifter for all our tough matches.

I can only say that this experience for me allowed me to realise how much I think of my teammates as brothers that are all part of one connected family. For sure, we fight all challenges together and we all have each other’s backs whenever there is trouble.

But back to how I feel a scholarship has helped me with my study and my tennis, I feel like it has given me some sort of incentive to make the most of what I’ve luckily been given and show appreciation for those who have helped me to achieve what I thought was challenging or impossible. However, I can truthfully say that although the scholarship was one of the reasons that made Hong Kong possible for my parents to accept in the first place, I feel that there are so many more motivators for what I strive to achieve in the future, originating purely from our team’s motivation to win the Championships next year as well my personal motivation to achieve the best I can through the area of academics.
In the years to follow, I hope to play an even larger role in dedicating my time and effort to the team’s success and hope to achieve a stronger balance with academics to allow for improvement across both areas of my university life. All in all, I am grateful for what I have been given and will utilise all that I have to the best of my advantage, a full scholarship, a team of brothers and a coach who is pretty much a father to me in Hong Kong.

Junto Qiu
BBA_Management
From Australia
1. 領袖訓練營 Leadership Training Camp

日期：23-25/5/2017

五月份的城大的領袖訓練營象徵新一季的來臨，承傳師兄師姐的任務去維繫城大體育的團結精神，向未來的目標一起進發。一貫傳統，各運動隊伍的 STC 在導師的指導下分成紅黃藍三隊互相競技。透過隊旗競製作，分享晚餐，團隊遊戲等活動，除了建立大家的友誼，亦從中明白到聆聽和溝通是作為領袖及帶領團隊走向成功的必要元素。透過溝通去凝聚眾人微小力量，可以衝破重重難關，甚至完成我們想像中不可能的任務。
2. 城大資訊日 Information Day

日期：14/10/2017

在 Information day 中，一眾應屆文憑試考生到城大參加運動員入學計劃講座 (CityU Student Athlete Admission Scheme, SAAS)，了解入學資訊，而 STC 成員更向有興趣報讀城大的的中學生講解城大的運動員的生活。體育部老師更解答疑問及提供建議，並即場為有興趣入讀城大的同學進行面試。

3. 校隊迎新日 Freshmen Orientation Day

日期：21/10/2017

STC 們精心設計的 Orientation Games 讓互不相識的大家打破隔膜。同學們被隨機分成不同小組去互相競技較量，在遊戲中透過溝通、思考、合作去全力爭取勝利。即使與陌生的隊友合作，仍能發揮出運動員應變能力及精益求精的特質，從他們身上看到城大燦爛的未來。
4. 校隊迎新晚會 Welcoming Party

日期：21/10/2017

為了歡迎同學加入城大運動隊伍的大家庭，每年的 Welcoming Party 都會在一連串緊湊的大專比賽開始前舉行，這年也不例外。各學生運動員穿上全新設計的新 Tee shirt 出席迎新派對，當晚由城大副校長（學生事務）葉豪盛教授致開幕詞及頒發新生入學獎學金後，Peter Wu 帶領下大家一起接受 "Be the best that we can be" 的挑戰挑戰。最後由 STC 壓軸表演舞蹈，將當晚的氣氛推向高潮，讓同學感受到城大運動隊伍的溫暖。
5. 校隊年度主題 Year Theme of Sports Teams 2017-2018

今年設計以「鳳凰涅槃，浴火重生」作為主題，而靈感是源於魏sir 的一番贈言：「共拚大專圓我夢，懷抱勝利強將功，修德敬業把酒歡，復建明日鳳鳥飛。」

傳說中的的鳳凰在烈火中燃燒，經歷漫長痛苦後，在燃成灰燼的剎那間，憑著無窮的意志獲得重生。這象徵鳳凰即使面臨逆境，周遭不順的情況下，仍默默去忍耐著，等待著重生的一刻，以更風采的姿態歸來。鳳凰的主題更能表達出城大運動員有著堅毅不屈的精神，無論遇到任何困難都能夠迎難而上，最後也能以最光芒的姿態蛻變而出。

鳳凰身上的洪洪烈火更能表達出城大運動員心裡的熱情，拼勁以及城大奪標的渴望。而「鳳凰涅槃，浴火重生」更比喻著一種不屈不撓的奮鬥精神，和一種堅強的意志，只有在堅持的力量下才會產生新的面貌，更警惕著我們不能自滿，要不斷堅持，使自己不斷進步，才能為城大貢獻出最好的自己。
運動大使計劃 Sports Ambassadors Programme (SAP)

城大的領袖訓練除了有 Sports Team Council (STC) 外，今年還新增了 Sports Ambassadors Programme (SAP)。SAP 旨在向社區推動健康及運動文化，城大運動大使希望透過為鄰近的中、小學提供體育訓練：例如校隊訓練和運動興趣班，藉以培養學生的運動方式，跟中、小學生交流運動和升學心得。這項目是由學生發展處處長 Dr. Tim Wong 領導，而體育部的導師 Mr. Peter Wu 和一眾運動大使共同策劃 SAP 的服務內容細節。

運動大使在未正式開始服務前，要接受一連串的培訓，例如課程設計和示範教學，讓他們互相觀摩學習。在服務階段，導師與運動大使會定期檢查進度，並記下當中珍貴的經驗。服務完結後便會進行檢討工作、教學表現及遇到的困難，以便日後多加改善。

SAP 在過去的一年裏獲益匪淺，特別感謝以下的學校單位讓我們有機會協助學校的老師或教練，把 SAP 的服務向同學實踐：
© 香島中學 – 女子籃球隊；
© 聖公會聖安德烈小學 – 女子籃球隊（四年級隊員）；
© 天保民學校 – 男子籃球隊；
© 路德會協同中學 – 男子及女子欖球隊及籃球隊；
© 宣道會陳朱素華紀念中學 – 女子乒乓球隊；
© 將軍澳天主教小學 – 網球興趣班。

“To Lead is To Serve” 是 SAP 信念之一。這一年的服務工作印證了運動大使的成長，也體現了學生領袖必須有專業的知識和認真做事的態度。在此展望計畫能夠繼續成長，讓運動大使在未來服務更多團體，成為一個具備德行與才能的學生領袖，並為推動社區健康而作出貢獻。

陳昊樂
文學士（翻譯及傳譯）
Professor Horace IP  
Vice-President (Student Affairs)  
Hon. Manager of Squash Team 

Another wonderful year of success for our Squash Team! 
With a combination of self-motivation and self-discipline, our team will go from strength to strength.

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

You can’t win unless you learn how to lose  
(Kareem Abdul-Jabbar)
Dr. Tim WONG
Director of Student Development Services
Hon. Manager of Athletic Team

It’s not the team with the best players that win. It’s the players with best team that wins. Let’s join together and be the best that we can be.
No matter win or lose, you all are heroes!

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

24/3 比賽那天，我完全感受到高昂士氣、團隊精神！
你們的付出沒有白費、汗水沒有白流！
欣賞你們的表現，面對困難不言放棄。亦感謝 Winnie、Simpson 及各訓練員對你們的照顧。
明年、讓我們再一起努力！
Prof. Paul K CHU
Chair Professor of Materials Engineering
Hon. Manager of Badminton and Swimming Teams

When the going gets tough, the tough get going.

Dr. Louis MA
Director, School of Continuing & Professional Education
Hon. Manager of Basketball Team

熟練及諧調之大運動代表隊在大專界體育競賽的卓越成就！無論在體育競賽或非體育上，精英隊員及卓越團隊皆當為楷模，故僅以下面口號作為激勵：
體育精神：鍛鍊身心，展創新
學習及發展態度：積極向上，精益求精
希望各運動員以崇高的體育精神，主動創新的學習態度，發揮自我潛能，肩負「未來社會棟樑」重任，貢獻社會。
I am delighted to congratulate CityU Sports Teams for your outstanding achievements in this academic year.
Top players and star teams are always in demand not only in sports but also in your future career.
I hope you will continue to excel in sports, develop your full potential through the innovative learning experiences at CityU and prepare yourself as an "outstanding leader of our community" in the future.
Mr. Roy NGAI  
Head Coach, City University of Hong Kong  
Coach of Swimming Team

The CityU Men’s and Women’s Team played some enthralling 7’s Rugby to get themselves into winning contention by Sunday afternoon over a long, hard fought weekend. Ultimately, they responded well to their coaching staff and played with great spirit, toughness and teamwork, placing very creditably at the tough end of the tournament after some closely fought games which could have gone either way. There is a lot of talent in these teams and with a bit more big-game experience now under their belts, there are strong grounds for optimism for the future.

Mr. John BURKE  
Sr. Teaching Fellow (SLV)  
Hon. Manager of Rugby Team

忘我卅載回首觀  
口號齊呼破寂寥  
月上柳梢黃昏至  
貝酒當歌慶功可  
凡事問心毋所畏
Mr. Joseph CHAN
Hon Manager of Soccer Team

- Foresight
- Organisation
- Outlook
- Teamwork
- Balance
- Attitude
- Link-up
- Line-up

Success in career and life need the same attributes!!

Prof. Dennis WONG
Hon Manager of Taekwondo Team

Practice makes perfect  鍛鍊達完美；
Persistence leads success 堅毅致成功
Ms. Julyanna CHAN
Supervisory Executive Officer
Department of Management
Hon. Manager of Cross Country Team

Mr. Sunny CHAU
Coach of Badminton Team
Manager of Taekwondo Team

Ms. Rebecca LAI
Manager of Fencing and Karatedo Teams

Mr. Vincent KWAN
Coach of Women’s Volleyball Team
Manager of Men’s Handball Team

Socrates:
The unexamined life is not worth living

一步一腳印。
Every Step and Effort Count.

“我们有压力，
更有劲！
祝願大家有正能量面對壓力，
把「它」驅之往後。
共勉之。

“We have to do the best we can. This is our sacred human responsibility.”
—Albert Einstein
Ms. Winnie Wong  
Coach of Woodball Team  
Manager of Women’s Handball Team

Good things come to those who BELIEVE,  
Better things come to those who are PATIENT,  
And the best things come to those who DON’T GIVE UP.

Mr. Denis Wan  
Coach of Men’s Volleyball Team  
Manager of Rugby Team

“The future belongs to the Competent. Get Good, Get Better, Be the Best!”  
- Brian Tracy

As a competitor in sport, we should prepare ourselves to be competent, be confident, and to demonstrate our best in the game. Time waits for no one, act now before you are on your senior year and playing your last match for the university.

Mr. Gordis Yau  
Coach of Men’s Soccer Team  
Manager of Women’s Soccer Team

“If you get off to a good start, you’re in control of your own fate, versus needing a little bit of help”  
- Jordan Spieth

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

Failure we can do alone.  
Success always takes help.  
- Simon Sinek
Running can get you a merry heart. A merry heart does good like a medicine.

Mr. Matthew YIP
Coach of Athletic Team and Cross Country Team
Manager of Squash Team

Mr. Yuwing WONG
Coach of Taekwondo Team

Be the best that we can be

即使對方很弱小，也一定要把對方看的很強大，即使對手很強大，也不一定要把自己看得很弱小。
– 馬雲

十年努力未敢鬆懈，
上下一心做好傳承，
盟友相助成就佳績，
今朝奪冠全場振奮！
If you want a thing done well, do it yourself.
- Napoleon Bonaparte

Mr. WU Siu CHEUNG
Coach of Fencing Team

Ms. Clara WONG
Coach of Table Tennis Team
Manager of Women's Basketball

勇往直前，再攀高峰。
體育部主管結語 - 陳炳祥博士

2017-2018年度對「城大」運動代表隊（簡稱「校隊」）來說，是一個艱辛的一年，連在校園內僅有的室內運動場（永久練習場），亦於今年一月初關閉，迎接室內體育館之重建工程。故此，我們要為一班仍然努力不懈的城大運動代表隊成員，表達謝意及讚賞，他們沒有因缺乏固定練習場地而氣餒。整體而言，城大校隊成員均能積極練習，最後在競爭激烈的大專比賽中，勇奪6金10銀10銅，並同時獲得男子團體總亞軍及女子團體總亞軍。其中衛冕成功之男子羽毛球隊、男子壁球隊及男乒糖球隊，「逆境自強」之女子排球隊及女子手球隊，與「吐氣揚眉」之女子跆拳道隊更值得表揚。

今年Sports Team Council (STC)擬定的年度主題為“Burn & Re-Emerge”，蘊含著凝聚動力，再創高峰的意義。最後，本人謹代表城大校隊向領導層致謝，他們給我們「全方位」支持及鼓勵，各領隊及教練「全心全意」的教導及鼓勵。來年城大校隊能否「傳承」，再創佳績、「Be the Best that We Can Be」就要大家一起「逆境自強，繼續努力」。
**Student Athletes Admission Scheme (SAAS)**

**入學申請條件 Selection Criteria:**
1. 符合大學「一般入學要求」
   - Meet "the general entrance requirements (332233)"
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 either Sports Club, National Sports Association or the HKSI

**學生運動員獎學金 Sports Scholarship:**
大部分透過該計劃成功獲取錄的傑出學生運動員，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 athlete who demonstrate their outstanding sports achievements

**For admission related enquires:**
Ms. Carmen Wong
Global Service Office
Email: carman.wong@cityu.edu.hk

**For sports performance related enquires:**
Ms. Clara Wong
Student Development Services
Email: choiki.wong@cityu.edu.hk
Website: http://www.cityu.edu.hk/international/OAES_Flyer.pdf
BURN AND RE-EMERGE

共拚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

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