

城大

CityU Sports Teams Yearbook 運動代表隊年刊



2022 - 2023

UCS

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Foreword by Professor Way KUO 郭位教授的話

CityU has earned a reputation as a well-rounded university that highly values both the academic and athletic success of its students. We are proud to rank among the best of Asian institutions of higher learning that most diligently pursue excellence in both sports and academics for its students.

I want to take a moment to congratulate our student athletes on their convincing wins in intervarsity events. They won seven of the 12 Grand Slams in local university sports tournaments over the past 15 years, earning great honour for CityU and affirming its dedication to excellence in various pursuits.

At CityU, we place great emphasis on the health and well-being of our staff and students, and physical exercise has been heartily practised for fitness in both body and mind. This is evidenced by our receiving the Exercise is Medicine® On Campus (EIM-OC) Gold Award in 2020–2022. This special prize, I'm sure, has helped to make us a role model for the general public in Hong Kong, highlighting our mission as a provider of higher education, namely to help improve society as a whole.



I am also honoured and proud to have led the CityU Marathon Delegation in the Standard Chartered Hong Kong Marathon for 13 straight years, except for 2020 and 2022 because of the pandemic.

Happily, we've been fortunate to have young people like you join the CityU community. I urge everyone on campus to keep up their efforts despite many challenges so that we can reach new heights together.

I appreciate the hard work and enthusiasm with which you have represented CityU, and I wish you continued success in all your activities.

The distance of the journey doesn't matter, the lack of aspiration does!

Best wishes,

Way KUO,

Senior Fellow, Hong Kong Institute for Advanced Study
Emeritus President and University Distinguished Professor
City University of Hong Kong



Foreword by Professor Raymond CHAN 陳漢夫教授序言

Sports teach us many lessons, about discovering our cutting-edge and limitations; setting goals and breaking through; accepting failures and embracing victory. Cultivating a sports spirit in the university, in a long run will prove to be beneficial to the greater good of society.

With the collaborative efforts of faculties, staff, and students, CityU has won the Exercise is Medicine® On Campus Gold Campus Award in 2023, for the fourth consecutive year since 2020. This international recognition once again reaffirms our university's commitment to promoting wellness enhancement through physical exercise.

As the Honorary Team Manager of the Athletics Team, I have been witnessing student-athletes' constant growth and achievement with joy and pride. This year, we achieved remarkable results in inter-collegiate competitions, including overall 2nd runner-up titles in both men's and women's teams in the USFHK Competition 2022-2023, and championships in Women's Table Tennis, Soccer, Men's Rugby, and Fencing.

To provide support for outstanding athletes to study at CityU, enriching their sports excellence and campus life, CityU admits exceptional athletes through the "Student-Athlete Learning Support and Admission Scheme" launched by the University Grants Committee, as well as providing various sports scholarships and awards. These opportunities hopefully will facilitate athletes' dual-track career development in both sports and academic studies.



Exercise not only trains our bodies but also strengthens our willpower. I was thrilled to complete my second 10 KM marathon alongside other CityU runners in the CityU Marathon Delegation 2023. With the support of a professional coach, I truly believe that exercise is for everyone and we can "add smiles to our miles". With a spirit of endurance, we can conquer any challenge ahead and Be the Best that We Can Be!

The discipline, cheerfulness and perseverance of athletes are always invigorating. Every year, in the yearbook we take an inventory of our achievements,

keep an album of happy moments and share insightful stories to encourage one another. I hope you will all enjoy reading it and share our enthusiasm for sports.

Professor Raymond CHAN
Dean of College of Science
City University of Hong Kong



CityU Sports Teams Activity Highlights 城大校隊全年焦點

2021-2022 USFHK
Prize Presentation
Ceremony
2021-2022 中國香港
大專體育協會周年頒
獎典禮



Team Building
Training of Sports
Ambassadors
運動大使團隊訓練





HKJC Community Cup 3 on 3 Basketball Championship 香港賽馬會社區盃三人籃球錦標賽



Student Development Services
EXPO 2022
學生發展處 EXPO 2022



Student-athletes Orientation
學生運動員新生簡介會





Karatedo Performance
in the University
Welcoming Ceremony
空手道校隊成員在大學
迎新典禮上表演



CityU Student-Athlete
Learning Support and
Admission Scheme-
Meet & Greet Student-
Athletes
城大傑出學生運動員學
習支援及入學計劃
入學歡迎會

Flag Raising Ceremony
十月一日國慶升旗禮





CityU Information Day - Briefing Sessions on Student Athletes Admissions (2023 Entry)
城大資訊日 - 學生運動員入學計劃簡介會 (2023年入學)

MAKEITLOUD Hong Kong Universities Invitation Tournament
MAKEITLOUD 大專邀請賽



CityU Sports Teams Welcoming Ceremony 城大校隊迎新暨頒獎典禮





Promoting the Student Athletes Admission Scheme in Secondary Schools
到訪中學推廣學生運動員入學計劃



Sports Teams Training Camps 校隊集訓營



Gatorade Basketball Championship
佳得樂籃球挑戰賽





Sport Service Project for St. Joseph's College Volleyball Team
運動大使社區服務：聖若瑟書院排球隊



Sport Service Project for Pentecostal School Cross Country Team
運動大使社區服務：五旬節中學越野運動員



2022-2023 USFHK Annual Prize Presentation Ceremony
2022-2023 中國香港大專體育協會周年頒獎典禮





CityU Sports Teams Annual
Prize Presentation Ceremony
城大校隊周年頒獎典禮



Dialogue with the China Women's
National Volleyball Team at
City University of Hong Kong
中國國家女子排球隊
香港城市大學分享會





CityU Student-Athlete Learning Support and Admission (SALSA) Scheme 2023

城大傑出學生運動員學習支援及入學計劃 2023



▲ Professor Way KUO (first row, fifth from left), and Professor James TANG Tuck Hong (first row, fourth from right), Secretary-General of UGC, joined the gathering and have a group photo.
郭位教授（第一排左五）以及教資會秘書長鄧特抗教授（第一排右四）出席聚會並拍照留念。

CityU actively encourages students to develop their potential in both academic and sports aspects. More than 1,200 student-athletes have been admitted through the "Student Athletes Admission Scheme" since it was set up in early 1997. This year, the University Grants Committee (UGC) has launched the SALSA Scheme to support outstanding athletes to pursue dual-track career developments, and CityU admits seven more outstanding athletes. The outstanding athletes are Sean GLASS (Wheelchair Fencing), LO Sum Man (Karate), HO Kwan Kit and PAU Yik Man (Table Tennis), Reginald LEE Chun Hei, LEUNG Sze Lok, and LUI Lok Lok (Badminton). Two Olympians, Reginald LEE Chun Hei and HO Kwan Kit, feel excited to be back to school, they hope to achieve good results in both academic and sports.



▲ From left to the right: Reginald LEE Chun Hei, LUI Lok Lok, LEUNG Sze Lok, Sean GLASS, LO Sum Man, HO Kwan Kit and PAU Yik Man.
從左至右分別是：李晉熙、呂樂樂、梁詩樂、陳曦、羅心汶、何鈞傑、鮑奕文。

The then President Professor Way KUO welcomed the seven student-athletes to the CityU family at a small gathering alongside the Deans of several Schools/Colleges on 15 September. "CityU nurtures outstanding young people who are well-versed in academics, sports and global perspectives," said Professor KUO.

城大重視「文修武德」，自 1997 年起，已透過「學生運動員入學計劃」取錄逾 1200 名學生運動員。本學年，大學教育資助委員會推出「學生運動員學習支援及入學計劃」，城大再取錄七名傑出學生運動員，支持他們學業、體育雙向發展。他們包括輪椅劍擊運動員陳曦、空手道運動員羅心汶、乒乓球運動員何鈞傑及鮑奕文、以及羽毛球運動員李晉熙、梁詩樂及呂樂樂。曾代表香港出戰奧運會的兩位運動員李晉熙及何鈞傑對於能夠重返校園皆表示興奮，他們希望學業和運動可同時取得佳績。

時任城大校長郭位教授於 9 月 15 日舉辦的聚會上，聯同多名院長歡迎七位學生運動員加入城大。郭教授亦於會上提及：「城大培育文武雙全、放眼世界、具國際視野的優秀年輕人。」



Sports Teams Welcoming Ceremony 校隊迎新暨頒獎典禮

The Sports Teams Welcoming Ceremony is held annually to celebrate and present awards to uprisng sports athletes who received entrance sports scholarships. It also imparts CityU's sports theme and spirit to new members of Sports Teams. We were delighted to have the attendance of Professor Way KUO, *Emeritus President and University Distinguished Professor*; Professor Raymond CHAN, *Dean of College of Science and former Vice-President (Student Affairs)*; Professor LO Tit Wing, *former Associate Vice-President (Student Affairs)*; Professor Henry CHUNG, *Dean of Students*; Dr. Tim WONG, *Consultant and former Director of Student Development Services*; Dr. Ron KWOK, *Director of Alumni Relations Office*; and Mr. Sunny CHAU, *Associate Director of Student Development Services (Physical Education)*. More than 250 guests, coaches, and athletes joined the ceremony, and over 40 of them were scholarship awardees. During the ceremony, student-athletes had the opportunity to meet and learn more about each other.



▲ Professor Way KUO, *Emeritus President and University Distinguished Professor*, delivering a remark in the ceremony
城大榮休校長及大學傑出教授郭位教授於典禮上致辭

The theme of this year is “Repetitions Make Progress”, which encourages Sports Teams to stay strong and tough in striving for achievements throughout the year and overcoming challenges under the pandemic. Representatives from the Sports Ambassador Programme introduced the spirit and the caring culture of CityU Sports Teams family. At the end of the ceremony, *Emeritus President* Professor Way KUO led the “Grand Slam Beats”, a unique cheer alluding to our remarkable feat of achieving nine Grand Slam titles over the past years, which also symbolises our CityU students will keep embracing the CityU Sports Teams motto in the coming season – “Be the Best that We Can Be”.

一年一度的校隊迎新暨頒獎典禮旨在頒發多項獎學金予一眾傑出運動新星，並將城大的體育精神和理念傳承予新力軍。本年的迎新典禮有幸邀請到城大榮休校長及大學傑出教授郭位教授、理學院院長及前副校長（學生事務）陳漢夫教授、前協理副校長（學生事務）盧鐵榮教授、學務長鍾樹鴻教授、學生發展處顧問及前處長黃志添博士、校友聯絡處處長郭致偉博士、和學生發展處副處長（體育）周日光先生親臨揭開序幕。多達 250 名嘉賓、教練及校隊成員參與是次典禮，其中 40 多位新加入的成員榮獲「城大運動員入學獎學金」。典禮期間，新加入的校隊成員更有機會與隊友互相認識，為將來訓練訂立更好的合作根基。

今年的主題為「Repetitions Make Progress」，寄語城大各個校隊發揮堅持不懈、不屈不撓的精神，一起攜手渡過疫情下的各種難關及賽事。此外，運動大使更介紹了體育隊伍的精神理念和關懷文化。典禮最後再由城大榮休校長郭位教授帶領，一起喊出早年獨創的「Grand Slam Beats」口號，以表揚過往城大奪得九屆大滿貫的壯舉，亦標誌著一眾精英將繼續以「Be the Best that We Can Be」的精神於運動場上盡展所能、迎接新的賽季。



▲ Group Picture of CityU Sports Teams 城大校隊大合照



List of Awardees of Sports Entrance Scholarship 運動員入學獎學金列表

Outstanding Athletes Entrance Scholarships for Local Students (International Level) 傑出運動員入學獎學金（國際水平）

No.	Name	Chinese Name	Team/Sex
1.	LO Sum Man	羅心汶	Karate (Women)
2.	LEUNG Sze Lok	梁詩樂	Badminton (Women)
3.	LUI Lok Lok	呂樂樂	Badminton (Women)
4.	LAU Ka Yiu	劉嘉堯	Handball (Men)
5.	PAU Yik Man	鮑奕文	Table Tennis (Men)
6.	Sean GLASS	陳曦	Wheelchair Fencing (Men)
7.	Reginald LEE Chun Hei	李晉熙	Badminton (Men)
8.	HO Kwan Kit	何鈞傑	Table Tennis (Men)



Outstanding Athletes Entrance Scholarship for Non-local Students 傑出海外運動員入學獎學金

傑出海外運動員入學獎學金

No.	Name	Team/Sex
1.	Arthur Herman ENTSIK	Basketball (Men)
2.	CHEN Ke	Table Tennis (Women)
3.	Denis KOPUNOVIC	Soccer (Men)



Outstanding Athletes Entrance Scholarships for Local Students (Regional Level) 傑出運動員入學獎學金（亞太區水平）

傑出運動員入學獎學金（亞太區水平）

No.	Name	Chinese Name	Team/Sex
1.	WONG Cheuk Yin	黃焯賢	Taekwondo (Men)
2.	TAM Yan Lap	譚殷立	Volleyball (Men)
3.	CHAU Yui Wang	周睿弘	Soccer (Men)
4.	LAU Tsz Kiu	劉子翹	Sport Climbing (Men)
5.	LAW Ki Kwan	羅琪珺	Soccer (Women)



▲ Confetti-gun Salute by Honorary Guests 嘉賓鳴禮炮



Outstanding Athletes Entrance Scholarships for Local Student (Elite Level)
傑出運動員入學獎學金 (精英運動員)

No.	Name	Chinese Name	Team/Sex
1.	LEE Cheuk Ho	李綽浩	Swimming (Men)
2.	CHEUNG Man Tik Dick	張文迪	Table Tennis (Men)
3.	CHAN Pak Yin	陳柏諺	Badminton (Men)
4.	CHAN Sze Yuen	陳思遠	Handball (Men)
5.	CHEUNG Kai Ching	張佳晴	Handball (Men)
6.	CHEUNG Kai Long	張佳朗	Handball (Men)
7.	CHENG Sau Man	鄭秀雯	Volleyball (Women)
8.	TSANG Ngok Ling	曾岳羚	Volleyball (Women)
9.	LUI Chu Lok	呂珠樂	Athletics (Men)
10.	LUK Ka Ming	陸嘉明	Athletics (Men)
11.	LAM Tsz Nok Ron	藍子諾	Athletics (Men)
12.	HO Kwan Hoi	何均海	Cross Country (Men)
13.	HE Jingwu	何敬武	Cross Country (Men)
14.	LAI Pong Yin	黎邦賢	Squash (Men)
15.	SHEK Ming Him Isaac	石銘謙	Basketball (Men)
16.	WU Ting Yan	吳婷欣	Basketball (Women)
17.	SO Man Him Elroy	蘇文謙	Fencing (Men)
18.	LEUNG Yoanna	梁凱童	Rugby (Women)
19.	SHEK Ching Yi	石靜怡	Rugby (Women)
20.	FUNG Ka Him	馮家謙	Rugby (Men)
21.	LAM Hoi Ling	林凱翎	Athletics (Women)
22.	AU-YEUNG Ho Yat	歐陽浩一	Rowing (Men)
23.	KWOK Yu Cheung	郭宇翔	Handball (Men)



▲ Outstanding Athletes Entrance Scholarship Recipients
傑出運動員入學獎學金得獎者



▲ Taekwondo Team's Performance
跆拳道隊表演

Stewart Wong Entrance Scholarships for Outstanding Table-tennis Players
王世濤傑出乒乓球運動員獎學金

No.	Name	Chinese Name	Team/Sex
1.	HO Kwan Kit	何鈞傑	Table Tennis (Men)
2.	PAU Yik Man	鮑奕文	Table Tennis (Men)

Pang Hon Chiu Li Yuk Fong Entrance Scholarship for Outstanding Student Athletes in Basketball
彭漢釗李玉芳傑出籃球運動員入學獎學金

No.	Name	Chinese Name	Team/Sex
1.	CHOW Fu Him	周富謙	Basketball (Men)



An interview with Professor Raymond CHAN 訪問陳漢夫教授



Professor Raymond CHAN was appointed as CityU's Vice-President (Student Affairs) (VPSA) from 2021-2023. In the past few years, the pandemic has hindered the training and competitions of CityU's sports teams. However, Professor CHAN still took the time to meet team captains, listen to their voices, and attend major events such as Sports Teams Welcoming Ceremony and Student-athletes Orientation. He also gave us encouragement and support during competitions. With the pandemic receding, the student editorial board took the opportunity to interview Professor CHAN in mid-March. Without the need to wear masks, Professor CHAN talked freely about his impressions of CityU's athletes and his interesting experiences during his days as a student.

2021 至 2023 年期間，陳漢夫教授出任城大副校長（學生事務）接近兩年多。過去幾年，疫情窒礙了城大運動隊伍的訓練和比賽，但陳教授仍然抽出時間跟運動隊伍的隊長會面，聆聽他們的心聲，並出席校隊大型活動，例如校隊迎新暨頒獎典禮和學生運動員新生簡介會，更在比賽中給予我們鼓勵和支持。隨着疫情減退，城大體育部年刊編輯委員會也把握機會，在 3 月中訪問了陳教授。在無需配戴口罩的情況下，陳教授暢快地談到他對城大運動員的觀感和他求學時期的趣事。



Do you have any special impressions on CityU athletes?

城大運動員給予你甚麼特別的印象？



Before becoming the Vice-President (Student Affairs) of CityU, I had a few opportunities to interact with CityU athletes. At that time, I thought they were "tough" and "rough", and very energetic. However, through attending their gatherings and talking with them, I found that they were all very polite and well-spoken. I appreciate their discipline in balancing training and studying - they attended classes during the day, practiced in the evening, and competed in weekends. There are indeed full of challenges in this train-study-train cycle! Their perseverance as young people and passion for sports impressed me a lot.

在未成為城大副校長（學生事務）前，我有幾次機會接觸城大運動員，那時他們在我的心目中是種「波牛」的粗獷形象，但透過參與他們的聚會，和他們交談，我發覺到他們都很有禮貌、談吐得體。我更欣賞他們很有紀律，同時兼顧訓練和讀書：日間上課、晚上練習、週末比賽，過程絕不輕鬆！他們流露出年青人的堅毅和對運動的熱忱，都令我很佩服。



What was your campus life like when you were in university?

副校長在大學時期的校園生活是怎樣的？



I studied mathematics in university. In my first year, I thought it was a "honeymoon year" and spent more time in playing than studying. My academic results at the end of the semester were therefore disappointing. So, I learned to redistribute my time - focusing more on studying during the term time, and fully enjoying my favourite activities during semester breaks. In one of the summer vacations, I coordinated a "tutorial school" with my classmates to provide free tutoring in math, physics, and chemistry for secondary school students. I could "study first, and have fun afterwards". CityU athletes have to study and train and to make progress in both areas at the same time. I appreciate their ability to manage their time and persevere through their rigorous training.

我在大學是主修數學。在大學一年級時，我以為這是一個「蜜月期」，因此玩的時間比讀書多，結果學期末的成績強差人意，於是我便學會重新分配時間——在學期中專心學習，在學期完成後才盡情參加自己喜愛的活動。我曾經在大學時期的暑假和同學們統籌「補習學校」，免費幫助中學生補習數、理、化。我可以「先讀書，後娛樂」，但城大的運動員卻要同時兼顧讀書和練習，他們在掌握時間的分配和能堅持刻苦的訓練是我所欣賞的。



Can you share with us your favourite sports, and why is it? How does that particular sport help you on a personal level?

可以分享一下你喜愛的運動和原因嗎？這個運動興趣和習慣，又怎樣幫助到你自己？



I enjoy swimming and hiking very much because they could keep me stay healthy. Recently I am more into hiking because it brings me a sense of achievement. I also enjoy the endless topics we discuss while hiking with my friends. I have also deepened my understanding on other cultures as I have got the chances to hike with students from different countries. This is an unexpected gain from hiking, which is very meaningful.

我喜愛的運動有游泳和行山，因為它們對身體十分有益。現在的我更喜歡行山，除了登上山峰所帶來成就感外，和朋友一起郊遊時，更會有說不完的話題。在過往的日子中，我曾有機會和來自不同國家的同學遠足，過程中加深了對別國的認識，這也是行山的意外收穫，別具意義。





Professor CHAN has participated in the CityU Standard Chartered Marathon team and ran with teachers and students. How did you feel about that?

陳教授你早前參加了城大渣打馬拉松隊，和師生一起跑步，你對此有甚麼體會？



I have participated in the Standard Chartered Marathon 10km race twice. The first run was very challenging! But the second run this year was easier and was more enjoyable because I had got enough training before the race. I felt the joy of running with CityU team members. The colleagues from the Physical Education Section arranged physiotherapy support and hot drinks for the athletes after the race. Being able to complete this challenge with CityU teachers and students made me feel very proud.

我參加過兩次渣打馬拉松十公里賽事，第一次比較吃力，而第二次因賽前預備時間充足，有足夠的訓練，所以跑得比之前輕鬆自在，也更感受到和城大隊員一起跑步的快樂。體育部的同事在賽後更為運動員預備了物理治療支援和熱飲。能夠和城大師生們一起完成這個挑戰，讓我感到十分自豪。



Professor CHAN is an outstanding mathematician. What is the secret to your success in the field of mathematics?

陳教授是一傑出的數學學者，在鑽研數學領域中有何成功秘訣？



I chose mathematics just as how athletes chose their sport field. Because of strong interest and passion, we are willing to dedicate a lot of time in exploring all aspects of our chosen field, and are always curious as we learn more about it. My strong interest in mathematics keeps motivating me and I can commit my entire life contributing to this beautiful subject.

我選擇了數學，就正如運動員選擇了自己的運動項目，大家都是因為興趣而投放許多時間在自己喜愛的事情，去接觸該項目涵蓋的所有範圍，不斷學習。我相信我對數學的濃厚興趣，是我讀數的「初心」，我願意花上一生的時間為此付出。



How did Professor CHAN overcome difficulties in the research process? We believe your sharing inspire athletes a lot.

若研究時遇上的瓶頸，陳教授會怎樣克服？相信你的分享也會對運動員有所啟發。



In the process of moving towards the pinnacle of success in scientific research, we will inevitably experience failures and setbacks. Whenever I encounter these situations, I would ask myself, "Why do I want to continue? What do I want to achieve?" These questions always "reset", and bring me back to my original motivation for studying mathematics. My passion in mathematics will orientate me, and remind me not to give up! In addition, I would discuss with my colleagues about the issues I am struggling with. They always provide me with useful insights that helped me find an alternate route in my research.

在科研過程中，若要達至成功的尖端，定會經歷失敗和挫折，每當遇上這些境況，我便會反問自己：「我為甚麼要繼續付出？我想得到的是甚麼？」這些問題總能讓我重回自己讀數學的「初心」，讓我更堅定地為目標走下去，為自己的理想付出。除此之外，我們會嘗試多點與他人溝通和分享自己研究時遇到的問題，從中汲取別人的意見和優秀的技巧，融會貫通，為自己開創一條嶄新的研究路徑。



In the long run, how will Professor CHAN support CityU's sports teams?

長遠而言，陳教授會怎樣支持城大的運動隊伍？



To support student-athletes, the university has increased the number of sports scholarships for student-athletes in recognising their efforts and contribution. Also, through different funding and donations, students can have more opportunities and subsidies for participating in overseas competitions.

With the completion of the "One Health Tower", CityU athletes will soon return to the main training venue – the home court of the university. Hopefully the cohesion and training quality of the CityU sports teams will be greatly improved! As long as CityU athletes manage their time well and set good priorities, I am confident that all post-pandemic learning and competitions will also be opportunities for whole-person development and growth for them.

為了支持學生運動員，大學已經增加了多項運動員獎學金的名額，希望能夠肯定學生運動員付出的努力。此外，透過不同的撥款，學生可以有更多海外比賽的機會和資助。

隨着「健康一體化」大樓的落成，城大運動員可以回到本校主場進行訓練，到那時候，城大運動團隊的凝聚力和訓練質素必會大大提升！城大運動員只要做好時間管理，定好優先次序，必能把疫情復常後的種種學習和比賽機會，轉化成多元化發展的契機。

At the end of the interview, we also gave Professor CHAN a math problem to work on so that he can exercise his brain a bit! Do you want to give it a try?

在訪問結束時，同學們也送了一道數學題給陳教授，讓他動動腦筋！讀者們又可有興趣試一試？

Insert different mathematical symbols (such as + / - × ÷ / () ...) so that these equations are all equal to 6:

加入不同的數學符號 (如 + / - × ÷ / () ...)，讓下列的算式全等於 6:

1 _ 1 _ 1 = 6

2 _ 2 _ 2 = 6

3 _ 3 _ 3 = 6

4 _ 4 _ 4 = 6

5 _ 5 _ 5 = 6

6 _ 6 _ 6 = 6

7 _ 7 _ 7 = 6

8 _ 8 _ 8 = 6

9 _ 9 _ 9 = 6





CityU Sports Ambassadors Programme 城大運動大使計劃

The CityU Sports Ambassadors Programme has entered its sixth year! This programme aims to provide outstanding student-athletes with hands-on experience in event management and sports coaching. With CityU Sports Teams captains and executives serving as Sports Ambassadors, they will participate in service-learning projects for the community to enhance personal development and cultivate their sense of empathy. They will be trained with essential skills to conduct coaching sessions in community-based sports service projects on and off-campus. Regarding external work, Sports Ambassadors will conduct coaching sessions for sports teams in primary or secondary schools in community-based sports service projects. In terms of internal work, Sports Ambassadors will work as event organisers of CityU mass events, such as Sports Teams Welcoming Ceremony and Annual Prize Presentation Ceremony, and other Projects of Student-Athletes Development, including updating the Sports Teams' news on social media platforms and publishing the Sports Teams Yearbook.



▲ Training programme for Sports Ambassadors 領袖訓練營



▲ Pentecostal School volleyball interest group
五旬節中學排球興趣班

In the beginning of the semester, the new crew of Sports Ambassadors launched several mass events after participating in the leadership training camp organised for them in August 2022. Ten Sports Ambassadors participated in the Student Development Services EXPO and performed Karatedo in the University Welcoming Ceremony. They also introduced the CityU Sports Teams slogan, "Be the Best that We Can Be", to our new team members at the CityU Sports Teams Welcoming Ceremony in October.

As the pandemic regulations eased, CityU Sports Ambassadors gradually launched more community service projects. In March and April 2023, Sports Ambassadors provided training courses for the St. Joseph's College volleyball team, as well as the Pentecostal School volleyball and cross country running interest group. In addition, the Sports Ambassadors assisted both Wan Chai Youth Ambassadors Limited and the Hong Kong Correctional Services Department to provide table tennis training session for low-income families' children in May and June. Through these serving learning projects, CityU Sports Ambassadors were able to develop a deeper understanding and exercise the "to serve and not to be served" spirit in real-life situations.



城大運動大使計劃今年已踏進第六個年頭，成員主要包括各隊的隊長和具備教練及策劃活動經驗的校隊隊員。此計劃期望運動大使通過參與不同的服務，培養個人對社羣的關懷，達至多元化發展。他們的主要任務分為校外和校內兩部分。校外方面，城大運動大使通過社區運動服務為各中、小學的運動校隊提供培訓；而在校內方面，城大運動大使充當領導角色組織和執行有關城大運動隊大家庭的大型活動，例如校隊迎新日暨頒獎典禮，並負責在社交媒體更新校隊的生活和比賽戰況，以及每年出版運動代表隊年刊。

學期初，我們新一屆的運動大使團隊在 2022 年 8 月參與為期三日兩夜的領袖訓練營後便開展協助策劃多項校內的大型活動。其中，十名運動大使參與了學生發展處 EXPO 和在大學迎新典禮中表演空手道。運動大使更在 10 月中統籌城大校隊迎新暨頒獎典禮，以及周年頒獎典禮，為新校隊成員介紹了城大校隊的口號「Be the Best that We Can Be」。

隨著疫情逐漸舒緩，城大運動大使積極參與社區服務，在 2023 年 3、4 月期間先後為聖若瑟書院排球隊及五旬節中學排球和越野跑興趣班提供培訓。此外，運動大使在 5、6 月協助灣仔區青年大使會和香港懲教署為低收入家庭兒童提供乒乓球訓練。通過不同的服務，城大運動大使除了可以獲得寶貴的工作經驗，更可以深刻體驗「非以役人，乃役於人」的精神。



▲ Student Development Services EXPO 2022
學生發展處 EXPO 2022



▲ St. Joseph's College Volleyball Team training
聖若瑟書院排球隊培訓



▲ CityU Sports Teams Welcoming Ceremony
城大校隊迎新暨頒獎典禮



▲ Pentecostal School cross country training 五旬節中學越野跑培訓



▲ CityU Sports Team's slogan "Be the Best that We Can Be"
城大校隊口號 "Be the Best that We Can Be"



▲ Karatedo performance in the University Welcoming Ceremony
在大學迎新典禮中表演空手道



CityU Sports Stars 城大運動隊 —— 星中之星

YUEN Sai Kit



Soccer (Men) 男子足球隊

Study Year: Year 4

Bachelor of Arts in Chinese and History
文學士 (中文及歷史) 四年級生

Hong Kong Fustal Men's Team, Hong Kong U23 Team

Hong Kong Premier League player (HKU23)

Sports Achievements:

- AFC U23 Asian Cup Uzbekistan 2022 – Qualifiers
- AFC Ertisal Championship, Kuwait 2022 (Qualifiers)

Steve NG Hao Yuan



Tennis (Men) 男子網球隊

Study Year: Year 4

Bachelor of Social Sciences (Asian and International Studies)

社會科學學士 (亞洲及國際研究) 四年級生

Sports Achievements:

- 2022 SCAA Open – Champion
- 2022 CRC Open – Champion (Men's Open Doubles)

LEE Wing Yan



Soccer, Athletics, Cross Country (Women)
女子足球、田徑、越野隊

Study Year: Year 4

Bachelor of Arts in Digital Television and Broadcasting

文學士 (數碼電視與廣播) 四年級生

HK Team Member

Sports Achievements:

- Turkish Cup 2023
- 2022-23 USFHK Annual Athletic Meet – Champion (5000m)

NG Shiu Yee



Badminton (Women) 女子羽毛球隊

Study Year: Year 6

Bachelor of Business Administration in Strategy and International Management

工商管理學士 (策略管理及國際商貿) 六年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Badminton Team (Women's Doubles)

Sports Achievements:

- Croatia Open 2022 – Champion (Women's Doubles)



LO Sum Man



Karatedo (Women) 女子空手道隊

Study Year: Year 1

Bachelor of Social and Behavioral Sciences
社會及行為科學士 一年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Kata Team
- USFHK Sportswoman of the Year 2022-23

Sports Achievements:

- Karate1 Series A – Champion
- FISU University World Cup Combat Sports – Bronze Medal
- The 10th EAKF Karate Championship 2023 – Silver Medal

HO Kwan Kit



Table Tennis (Men) 男子乒乓球隊

Study Year: Year 1

Bachelor of Social and Behavioral Sciences
社會及行為科學學士 一年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- USFHK Sportsman of the Year 2022-23

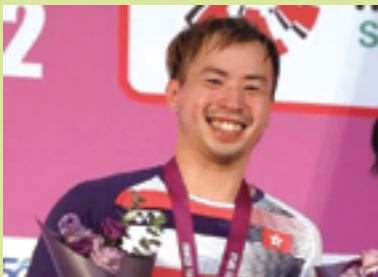
Sports Achievements:

- WTT Feeder Doha 2023, 2nd (Men's Doubles)
- WTT Feeder Dusseldorf III 2022, 2nd (Mixed Doubles)

ITTF World Rankings:

- 14 Men's Doubles
- 16 Mixed Doubles

Reginald LEE Chun Hei



Badminton (Men) 男子羽毛球隊

Study Year: Year 1

Bachelor of Business Administration in Management
工商管理學士 (管理學) 一年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Badminton Team (Mixed Doubles)

Sports Achievements:

- Asian Champion 2022
- Taipei Open 2022 – Champion (Mixed Doubles)

BWF World Rankings:

- 22 (Mixed Doubles)

CHEN Ke



Table Tennis (Women) 女子乒乓球隊

Study Year: Year 1

Master of Arts Communication and New Media
文學碩士 (傳播與新媒體) 一年級生

- China National Table Tennis Team member 2013-2021
- National-level athlete (中國國家乒乓球隊 – 國際級運動健將)
- USFHK Most Valuable Player 2022-23 (Table Tennis)

Sports Achievements:

- MAKEITLOUD Universities Table Tennis Tournament 2022 - Champion
- 2019 World Military Games – Champion (Women's Doubles)
- 2019 All China Table Tennis Championship – Champion (Team)
- 2019 Hong Kong Open Tournament – Champion (Women's Doubles)



Elite Athletes - “Best of the Best” 城兵港將



KENNELLY Michael John
Athletics(Men) 男子田徑
Bachelor of Engineering in
Mechanical Engineering
工學士 (機械工程)



CHAN Tsz Ching
Swimming (Women) 女子游泳
Bachelor of Social Sciences in
Criminology and Sociology
社會科學學士
(犯罪學及社會學)



HO Chung Lun
Swimming (Men) 男子游泳
Bachelor of Arts in Media
and Communication
文學士 (媒體與傳播)



LEUNG Cheuk Fung Jasper
Swimming (Men) 男子游泳
Bachelor of Business Administration
in Information Management
工商管理學士 (資訊管理)



NG Ki Lung Roger
Tennis (Men) 男子網球
Bachelor of Business
Administration in Information
Systems
工商管理學士 (資訊管理)



CHAN Yee Fu
Basketball (Men) 男子籃球
Bachelor of Arts in Chinese and
History
文學士 (中文及歷史)



LO Sum Man
Karate (Women) 女子空手道
Department of Social and
Behavioral Science
社會及行為科學系



LAW Sin Yi
Taekwondo (Women) 女子跆拳道
Bachelor of Social Sciences in
Criminology and Sociology
社會科學學士 (犯罪學及社會學)



YEUNG Ming Nok
Badminton (Men) 男子羽毛球
Bachelor of Business
Administration
in Business Economics
工商管理學士 (商業經濟)



NG Shiu Yee
Badminton (Women) 女子羽毛球
Bachelor of Business
Administration in Strategy and
International Management
工商管理學士
(策略管理及國際商貿)



LEE Wing Yan
Soccer (Women) 女子足球
Bachelor of Arts in Digital
Television and Broadcasting
文學士 (數碼電視與廣播)



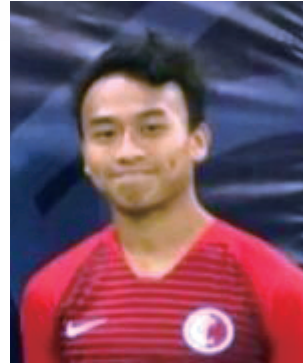
LUI Lok Lok
Badminton (Women) 女子羽毛球
Bachelor of Arts in Media and
Communication
文學士 (媒體與傳播)



LEUNG Sze Lok
Badminton (Women) 女子羽毛球
Bachelor of Social and
Behavioural Sciences
社會及行為科學學士



CHAN Ho Ting
Soccer (Men) 男子足球
Bachelor of Arts in English
文學士 (英語語言)



LEUNG Sin Fung
Soccer (Men) 男子足球
Bachelor of Social Sciences in
Public Policy and Politics
社會科學學士 (公共政策與政治)



CHOY Tsz To
Soccer (Men) 男子足球
Bachelor of Social Sciences in
Public Policy and Politics
社會科學學士 (公共政策與政治)



YUEN Sai Kit
Soccer (Men) 男子足球
Bachelor of Arts in Chinese and
History
文學士 (中文及歷史)



CHAU Yui Wang
Soccer (Men) 男子足球
Bachelor of Social Sciences in
Criminology and Sociology
社會科學學士
(犯罪學及社會學)



TSANG Lai Mae Halasan
Soccer (Women) 女子足球
Bachelor of Arts in Digital
Television and Broadcasting
文學士 (數碼電視與廣播)



Reginald LEE Chun Hei
Badminton (Men) 男子羽毛球
Bachelor of Business
Administration in Management
工商管理學士 (管理學)



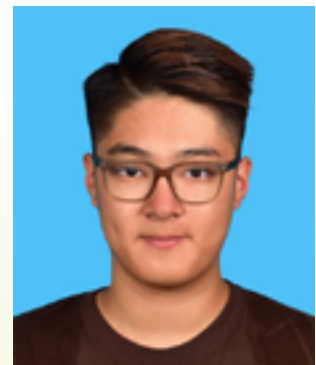
WONG Tsz Ying
Soccer (Women) 女子足球
Bachelor of Arts in Chinese and
History
文學士 (中文及歷史)



YICK Wing Sum
Volleyball (Women) 女子排球
Bachelor of Arts in Media and
Communication
文學士 (媒體與傳播)



CHEUNG Yi Kit
Volleyball (Men) 男子排球
Bachelor of Arts in Translation
and Interpretation
文學士 (翻譯及傳譯)



TAM Chun Ho Damian
Volleyball (Men) 男子排球
Bachelor of Science in
Biomedical Science
理學士 (生物醫學)



Elite Athletes – “Best of the Best”
「城兵港將」



FUNG Ka Him
Rugby (Men) 男子欖球
Bachelor of Arts in English
文學士 (英語語言)



LEUNG Yoanna
Rugby (Women) 女子欖球
Bachelor of Social Sciences in
Public Policy and Politics
社會科學學士 (公共政策與政治)



SHEK Ching Yi
Rugby (Women) 女子欖球
Bachelor of Social Sciences
Public Policy and Politics
社會科學學士 (公共政策與政治)



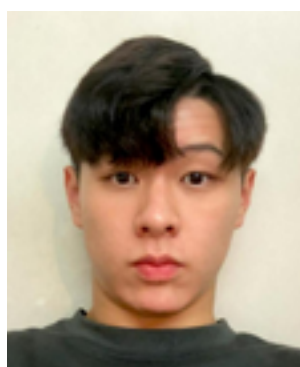
HO Kwan Kit
Table Tennis (Men) 男子乒乓球
Bachelor of Social and
Behavioural Sciences
社會及行為科學學士



PAU Yik Man
Table Tennis (Women) 女子乒乓球
Bachelor of Social and
Behavioural Sciences
社會及行為科學學士



LAW Chun Yiu
Handball (Men) 男子手球
Bachelor of Business Administration
in Strategy and International
Management
工商管理學士 (策略管理及國際商貿)



SO Man Him Elroy
Fencing (Men) 男子劍擊
Bachelor of Business
Administration in Management
工商管理學士 (管理學)



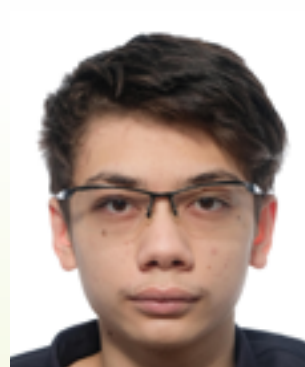
CHIU Man To
Fencing (Men) 男子劍擊
Bachelor of Business
Administration in Finance
工商管理學士 (金融)



HUNG Devina Catherine
Water Polo (Women) 女子水球
Bachelor of Arts in Creative
Media
文學士 (創意媒體)



WONG Cho Wai Gabriel
Wushu (Men) 男子武術
Bachelor of Social and
Behavioural Sciences
社會及行為科學學士



Sean GLASS
Wheelchair Fencing (Men)
男子輪椅劍擊
Bachelor of Business
Administration in Marketing
工商管理學士 (市場營銷)



Student-Athlete Learning Support and Admission (SALSA) Scheme

學生運動員學習支援及入學計劃

The Student-Athlete Learning Support and Admission (SALSA) Scheme is initiated by the University Grants Committee (UGC) to offer university education opportunities to elite athletes of Hong Kong in quest of their dual career development in sports and in academics. There is no minimum academic or age entrance requirement for elite athletes under the SALSA Scheme.

大學教育資助委員會（教資會）推出「學生運動員學習支援及入學計劃」支持有意作雙軌發展的傑出運動員。此計劃不設錄取學生運動員的最低學歷或年齡要求。

Eligibility for Application 申請條件：

The applicant must satisfy the following criteria:

1. A senior current elite athlete:
 - i. nominated for admission by Hong Kong Sports Institute; or
 - ii. of a recognised National Sports Association and has achieved Elite Vote (EV) Point 3 or above according to the EV Level of Elite Athletes. Results of junior championships will not be considered; and
2. The student-athlete is eligible to represent Hong Kong in competitions that are sanctioned by the respective international federation.
3. The applicant should be able to demonstrate their aptitude and suitability for study.

申請人需符合以下資格：

1. 現役成年精英運動員：
 - i. 經香港體育學院提名入學；或
 - ii. 為認可體育總會之運動員及根據精英評分表，達到評分 3 分或以上的成績。青少年組賽事成績不會予以考慮；以及
2. 學生運動員符合代表香港參與相關國際體育總會所認可之比賽資格。
3. 申請人需展示其學習意向及適合雙軌發展。





Selection Criteria 遴選準則：

- Level of sports 運動水平
- Interview / Test Performance 面試 / 測試表現
- English Language Proficiency 英語能力

Sports Scholarships 運動員獎學金：

Student-athletes admitted through the SALSA scheme will be awarded an “Outstanding Student Athletes Entrance Scholarship” up to HK\$80,000 annually. Besides, student-athletes in need may also receive a “Residence Scholarship Scheme for Student Athletes” of HK\$15,100 per annum, and over 40 various Sport Scholarships offered by donors and departments of the University.

成功透過 SALSA 計劃獲取錄的傑出學生運動員，每年可從「傑出運動員入學獎學金」獲得高達 \$80,000 港元的獎學金，有需要的學生運動員，更有機會取得由「學生住宿獎學金」提供的 \$15,100 港元住宿資助。此外，每年大學和其他機構更會提供超過 40 個不同運動項目的獎學金。



Enquiries 查詢：

Dr. Clara WONG, Senior Officer (SALSA)
Tel: 3442 7291 Email: choiki.wong@cityu.edu.hk

Mr. Peter WU, Senior PE Officer
Tel: 3442 8149 Email: p.wu@cityu.edu.hk

Mr. Sunny CHAU, Associate Director of Student Development Services (Physical Education)
Tel: 3442 8048 Email: s.chau@cityu.edu.hk





Student Athletes Admission Scheme (SAAS) 學生運動員入學計劃

Eligibility for Application 申請條件：

1. Demonstrated high sports performance standards
展現卓越的運動成績
2. Recommended by Sports Club, National Sports Associations or the Hong Kong Sports Institute (HKSI)
獲得有關球會、體育總會或香港體育學院的推薦
3. Recommended by their schools
獲得所讀學校的推薦
4. Have submitted an application via JUPAS or Non-JUPAS route
已通過聯招入學計劃或非聯招入學途徑遞交入學申請



Entrance Requirements 入學要求：

For admission to Bachelor's degree programmes at the University, applicants must meet the General Entrance Requirements and programme specific entrance requirements. For details, please visit www.cityu.edu.hk/admo. Admission is competitive. Meeting the minimum requirements does not guarantee admission.

申請人必須符合學士學位的基本入學要求和個別課程的入學要求，請瀏覽招生處網頁 (www.cityu.edu.hk/admo) 參閱有關資料。由於入學競爭激烈，符合最低入學要求者並不保證能獲得錄取。

Sports Scholarships for Local Students 學生運動員獎學金：

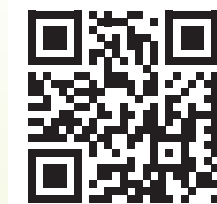
Successfully admitted outstanding student-athletes may receive an "Outstanding Student Athletes Entrance Scholarship" ranging from HK\$10,000 to HK\$42,100 per annum. Besides, student-athletes in need may also receive HK\$15,100 per annum under the "Residence Scholarship Scheme for Student Athletes". Annually, around HK\$4.5million will be granted to the student-athletes by the University and donors.

成功被取錄的傑出學生運動員，每年可從「傑出運動員入學獎學金」獲得 \$10,000 港元至 \$42,100 港元的獎學金。另外，有經濟需要的學生運動員，更有機會得到由「學生住宿獎學金」提供的 \$15,100 港元住宿資助。此外，每年大學和其他機構更會為學生運動員提供約 \$450 萬港元的獎學金。

Enquiries 查詢：

Dr. Clara WONG, Senior Officer (SALSA)
Tel: 3442 7291 Email: choiki.wong@cityu.edu.hk

Mr. Peter WU, Senior PE Officer
Tel: 3442 8149 Email: p.wu@cityu.edu.hk



Website 網址：www.cityu.edu.hk/admo



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

CityU offers HK\$175,000 (~US\$22,400) per annum to cover full tuition, hall fees and partial living expenses of admitted student-athletes who demonstrate their outstanding sports achievements.

For Admission Related Enquires:

Mr. Johnson CHEUNG
Global Engagement Office
Email: johnson.cheung@cityu.edu.hk



For Sports Performance Related Enquires:

Mr. Denis WAN
Student Development Services (Physical Education)
Email: denis.wan@cityu.edu.hk

Website 網址 : http://www.cityu.edu.hk/sds/web/pesports_team_scheme.shtml





Sports Scholarships and Awards 運動獎學金得獎名單

List of Awardees of Year-end Sports Scholarships 期終獎學金得獎名單

Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships 香港潮州商會精英運動員獎學金

No.	Name	Chinese Name	Team/Sex
1.	LEE Wing Yan	李穎欣	Athletic / Cross Country / Soccer (Women)
2.	Steve NG Hao Yuan	黃浩淵	Tennis (Men)



Dr. Herman Hu Sports Awards and Scholarships 胡曉明博士運動員獎及獎學金

No.	Name	Chinese Name	Team/Sex
1.	YUEN Sai Kit	袁世傑	Soccer (Men)
2.	NG Shiu Yee	吳邵頤	Badminton (Women)
3.	LIN Wing Man Vivian	連詠文	Tennis (Women)



Dr. Herman Hu Sports Awards and Scholarships – Tennis 胡曉明博士運動員獎及獎學金 - 網球獎

No.	Name	Chinese Name	Team/Sex
1.	KWOK Hong Kiu	郭康蕎	Tennis (Women)
2.	NG Ki Lung Roger	吳奇龍	Tennis (Men)



▲ Academic Merit Awards



▲ Vote of thanks
YUEN Sai Kit



▲ Vote of thanks
Steve NG Hao Yuan



▲ Vote of thanks
LEE Wing Yan



Stephen Hui Outstanding Student Athletes Scholarships 許義鏞傑出運動員獎學金

No.	Name	Chinese Name	Team/Sex
1.	LEE Wing Yan	李穎欣	Athletic / Cross Country / Soccer (Women)
2.	NG Yuk Shing	吳育丞	Rugby (Men)
3.	TSANG Lai Mae Halasan	曾麗薇	Athletic / Soccer / Cross Country (Women)
4.	YUEN Sai Kit	袁世傑	Soccer (Men)
5.	NG Sui Yin Venus	吳萃然	Soccer (Women)
6.	MAN Dick Kwan	文迪君	Table Tennis (Women)



Dr. Lam Kwok Pun Memorial Badminton Awards 紀念林國本醫生羽毛球獎

No.	Name	Chinese Name
1.	LAU Sin Hei	劉善熹
2.	LEUNG Sze Lok	梁詩樂



Stewart Wong Table-tennis Awards 王世濤乒乓球獎

Awards	Name	Chinese Name
Most Valuable Athlete 最有價值運動員獎	PAU Yik Man MAN Dick Kwan	鮑奕文 文迪君
Attendance Award 最高出席率運動員獎	CHEUNG Man Tik	張文迪
Most Dedicated Athlete 最熱心運動員獎	YEUNG Pui Lam CHOI Hang Yi	楊沛霖 蔡杏怡

Stewart Wong Scholarships for Prominent Table-tennis Players 王世濤優秀乒乓球運動員獎學金

No.	Name	Chinese Name
1.	WU Hei Tung	吳僖桐



▲ Stewart Wong Table-tennis Awards



Scholarship for Outstanding Student Athletes in Distance Running 傑出長跑運動員獎學金

Awards	Name	Chinese Name	Team/Sex
Most Valuable Athlete	LEE Wing Yan	李穎欣	Athletic /Cross Country / Soccer (Women)
Most Progressive Athlete	HUNG Devina Catherine	孔德韻	Athletic /Cross Country / Swimming (Women)
Most Potential Athlete	NG Tsz Yan	吳芷茵	Athletic /Cross Country (Women)



▲ Scholarship for Outstanding Student Athletes in Distance Running



▲ The College of Science Student Sports Awards

The College of Science Student Sports Awards 科學院運動獎

No.	Name	Chinese Name	Team/Sex
1.	MAN Chun Hei	文仲希	Handball (Men)

The College of Engineering Student Sports Awards 工程學院運動獎

No.	Name	Chinese Name	Team/Sex
1.	HO Tai Hei	何大熙	Karate (Men)
2.	KENNELLY Michael John	祈尊康	Athletic (Men)
3.	LAM Loki Yoshi	林宥希	Handball (Men)



The College of Liberal Arts and Social Sciences Sports Awards 人文社會科學院運動獎

No.	Name	Chinese Name	Team/Sex
1.	Steve NG Hao Yuan	黃浩淵	Tennis (Men)
2.	CHAN Ho Ting	陳皓廷	Soccer (Men)
3.	CHAN Yee Fu	陳怡富	Basketball (Men)
4.	LAW Sin Yi	羅倩兒	Taekwondo (Women)





Student Development Services Sports Awards 學生發展處運動獎

No.	Name	Chinese Name	Team/Sex
1.	LIN Wing Man Vivian	連詠文	Tennis (Women)
2.	Reginald LEE Chun Hei	李晉熙	Badminton (Men)
3.	YEUNG Kwan Pui	楊均培	Fencing (Men)
4.	YIP Wan Kiu	葉尹蕎	Athletic / Soccer (Women)
5.	TAM Chun Ho Damian	譚竣顯	Volleyball (Men)



▲ Student Development Services Sports Awards



▲ The Most Valuable Players



▲ The Most Progress Players



▲ The Most Dedicated Players



▲ Sportsman of the Year



List of Sports Scholarships and Awards 運動獎學金列表

Sports Entrance Scholarship 入學獎學金

Award Name 獎學金	Each Award Value 獎學金額 (HK\$)
Dr. Herman Hu Outstanding Student Athletes Entrance Scholarships 胡曉明博士優秀運動員入學獎學金	20,000 - 40,000
Dr. Herman Hu Outstanding Student Athletes Entrance Scholarships in Tennis 胡曉明博士傑出網球運動員獎學金	20,000 - 40,000
Outstanding Athletes Entrance Scholarships for Local Students 傑出運動員入學獎學金	10,000 - 42,100
Outstanding Athletes Entrance Scholarship for Non-local Students 傑出海外運動員入學獎學金	160,000
Pang Hon Chiu Li Yuk Fong Entrance Scholarship for Outstanding Student Athletes in Basketball 彭漢釗李玉芳傑出籃球運動員入學獎學金	10,000
Stewart Wong Entrance Scholarships for Outstanding Table-tennis Players 王世濤傑出乒乓球運動員入學獎學金	20,000

Student Residence Scholarship 住宿獎學金

Award Name 獎學金	Each Award Value 獎學金額 (HK\$)
Residence Scholarship Scheme for Student Athletes 運動員住宿獎學金	15,100

Year-end Sports Scholarship 期終獎學金

Award Name 獎學金	Each Award Value 獎學金額 (HK\$)
Dr. Herman Hu Outstanding Sports Awards and Scholarships 胡曉明博士傑出運動員獎及獎學金	10,000
Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships 香港潮州商會精英運動員獎學金	15,000
Stephen Hui Outstanding Student Athletes Scholarships 許義鏞傑出運動員獎學金	10,000
Stewart Wong Scholarships for Prominent Table-tennis Players 王世濤優秀乒乓球運動員獎學金	20,000
Stewart Wong Table-tennis Awards 王世濤乒乓球獎	5,000
Dr. Herman Hu Tennis Awards 胡曉明博士網球獎	5,000
Dr. Lam Kwok Pun Memorial Badminton Awards 紀念林國本醫生羽毛球獎	5,000
Prof. Paul K. Chu Badminton Awards 朱劍豪教授羽毛球獎	5,000
Prof. Paul K. Chu Swimming Awards 朱劍豪教授游泳獎	5,000
Scholarship for Outstanding Student Athletes in Distance Running 傑出長跑運動員獎學金	4,000 - 4,500
The College of Liberal Arts and Social Sciences Sports Awards 人文社會科學院運動獎	8,000
The College of Engineering Student Sports Awards 工程學院運動獎	5,000
The College of Science Student Sports Awards 科學院運動獎	5,000
Student Development Services Sports Awards 學生發展處運動獎	8,000



We Care for CityU Sports 城大運動隊籌款平台

With a great support from the Alumni Relations Office, Physical Education Section is so delighted to launch a new donation campaign named "We Care for CityU Sports" this year. The campaign aims to nurture the growth of our full-time CityU student-athletes in the areas of personal, academic, and career development by providing adequate support through volunteer services and donations.



The donation will have transformational value that empowers the body and mind of our student-athletes. CityU friends or donors are encouraged to make donation either to a specific "Sports Team" or "General Sports Development" online via: <https://aro.cityu.edu.hk/home/caring/sports/>. In addition, CityU alumni and friends are also invited to support our student-athletes through volunteer services in the following areas: Cheering for Sports Teams, Career Mentor, Professional Assistance, Academic Support and Internship Opportunities. This means a lot to all CityU athletes!

The campaign has received tremendous support from alumni and CityU friends since its launching! As of now, 100 donors have made contributions and the total donation amount has reached near HK\$600,000. Let's keep on this meaningful act!

在校友聯絡處的鼎力支持下，城大體育部於今年成立了 "We Care for CityU Sports" 籌款平台。計劃促進城大學生運動員與校友，以及各界友好的聯繫，並透過他們的捐款或義務工作，在個人成長、學術及專業發展得到更具體的支援！

每一筆捐款都有助學生運動員的多元化發展。各城大友好及捐款人可以透過 "We Care for CityU Sports" 網上平台 <https://aro.cityu.edu.hk/home/caring/sports/> 把捐款存入指定校隊 (Sports Team) 或綜合校隊發展 (General Sports Development)。同時，城大好友也可以參與義務工作，如為校隊打氣、職場導航、專業協助、學術支援和提供實習機會。這些支持將為校隊的師弟師妹們帶來莫大裨益，意義深遠。

計劃自推出以來已獲取 100 位好友的捐款，共籌得接近 \$600,000 港元。讓我們繼續努力，把每分支持成為美好的祝福！



Website 籌款平台網站：
<https://aro.cityu.edu.hk/home/caring/sports/>



The MAKEITLOUD Hong Kong Universities Invitation Tournament 2022

MAKEITLOUD 大專邀請賽 2022

The MAKEITLOUD Hong Kong Universities Invitation Tournament organised by the Lingnan University was viewed as a prelude to USFHK. The competitions in basketball, table tennis, soccer and volleyball held in October 2022 were keen but our teams dug deep and persevered. After several days of competition, our teams were able to come home with four gold and three bronze medals.

作為香港大專體育比賽「前哨戰」，由香港嶺南大學主辦的 MAKEITLOUD 大專邀請賽於 2022 年 10 月順利展開，當中包括籃球、乒乓球、足球及排球邀請賽。城大健兒把握機會大展身手，勇奪四金三銅的佳績，成績彪炳，亦為緊接其後的大專賽事做好準備，各隊戰績如下：

Team 組別	Result 成績
Men's Soccer 男子足球	Champion 冠軍
Men's Basketball 男子籃球	Champion 冠軍
Men's Table Tennis 男子乒乓球	Champion 冠軍
Women's Table Tennis 女子乒乓球	Champion 冠軍
Women's Basketball 女子籃球	2nd Runner-up 季軍
Men's Volleyball 男子排球	2nd Runner-up 季軍
Women's Volleyball 女子排球	2nd Runner-up 季軍



▲ Men's Basketball 男子籃球



▲ Women's Basketball 女子籃球



▲ Men's Soccer 男子足球



▲ Men's & Women's Table Tennis 男子及女子乒乓球



▲ Men's Volleyball 男子排球



▲ Women's Volleyball 女子排球



USFHK Sports Competitions 2022-2023 大專體育比賽 2022-2023

Organised by the University Sports Federation of Hong Kong (USFHK), the intervarsity sports competitions were commenced on 29 October 2022. As the pandemic subsides and social distancing measures were gradually eased, all events were resumed and adopted single round robin fixture in this competition season. Most events will have their teams drawn into two pools. The top two teams in each pool will qualify for the final. Teams finishing at 3rd and 4th places in the groups will play for the consolation round. Except for the Aquatic Meet and Men's Water Polo, the other one or two-day events were arranged in the second semester.

By the end of Semester A, CityU Sports Teams had demonstrated their hard work and perseverance by catching 38 wins and one tie out of 46 preliminaries of all ball games. In the Men's Water Polo and Aquatic Meet, CityU athletes showed their highly competitive performance by winning 1st Runner-up and Overall 3rd Runner-up respectively. As the competition season was about to enter the final stage, CityU's 15 teams advanced to the semi-finals at a height of time but CityU could only reach the finals with four teams under the pressure of main rivals. Summing up the results of this year's USFHK sports competitions, CityU Sports Teams won the Men's Overall 2nd Runner-up and the Women's Overall 2nd Runner-up with four gold, three silver and ten bronze medals. Among the champion team members, four players were awarded the title of USFHK Most Valuable Athlete. Meanwhile, the players, HO Kwan Kit of Men's Table Tennis Team and LO Sum Man of Women's Karatedo Team were selected respectively as the USFHK Sportsman and Sportswoman of the Year. Congratulations to CityU sports talents.

The USFHK Annual Prize Presentation Ceremony was held at the Chinese University of Hong Kong on 23 April 2023. Over 70 athletes, coaches, team managers and guests attended, including Professor Henry CHUNG, *Dean of Students*, and Dr. Tim WONG, *Consultant of Student Development Services*, who represented CityU. In recognition of the achievements of CityU sports teams throughout the competition season, the participation was the highest among all awarded institutions.





由香港大專體育協會主辦的體育賽事，於 2022 年 10 月 29 日登場。隨著疫情消退，社交距離措施逐步放寬，今季所有項目都得以復辦，以及採用慣常賽制舉行，即大部份賽事都以分組單循環比賽，獲得最高積分的兩隊參加準決賽及決賽。每組第三、四名順序參加名次賽，全部採用交叉淘汰制。另外，除水運會及男子水球外，其他一或兩天的賽事均安排在下學期舉行。

截至上學期完結前，城大運動代表隊表現平穩，在 46 場初賽中取得 38 勝 1 和的成績，展現各隊員的競技實力。而在水球及水運項目中則分別奪得男子亞軍，以及水運團體殿軍。在賽事進入白熱化階段，城大共 15 支隊伍晉級四強，然而在主要對手新人輩出和群雄力壓之下，城大只能有四支球隊打入決賽。總結本年度大專體育比賽成績，城大運動代表隊以四金、三銀、十銅奪得男子全年團體總季軍及女子全年團體總季軍，當中四名冠軍隊成員順理成為該項目的大專最有價值運動員；而男子乒乓球隊何鈞傑同學和女子空手道隊羅心汶同學憑藉大專比賽表現和目前世界排名分別被選為大專全年最佳男子及女子運動員，恭賀城大運動健兒。

而大專周年頒獎典禮於 2023 年 4 月 23 日在香港中文大學舉行，城大共派出超過 70 名運動員、教練、領隊及嘉賓出席，其中包括香港城市大學學務長鍾樹鴻教授，及學生發展處顧問黃志添博士，總人數為各參與典禮院校之冠，以肯定和見證城大運動代表隊全年的努力成果。



▲ 男子劍擊隊奪得大專男團冠軍後，將教練拋起慶祝
Men's Fencing Team players threw up their coach after winning the champion



▲ 女子乒乓球隊員在賽事中施展凌厲抽擊
Women's Table Tennis Team's player performs a fierce stroke in the game



▲ 男子欖球隊以勝利姿態合照
Victory gesture of Men's Rugby Team



▲ 城大榮休校長郭位教授及領隊等人，與奪冠後的女子足球隊留影
Professor Way KUO, CityU Emeritus President, and other team managers had a group picture right after Women's Soccer Team won the gold medal



Overall Result of CityU Sports Teams in USFHK 2022-2023 (13 Institutions in total)

2022-2023 年度城大運動代表隊大專比賽成績一覽表 (共十三間院校)

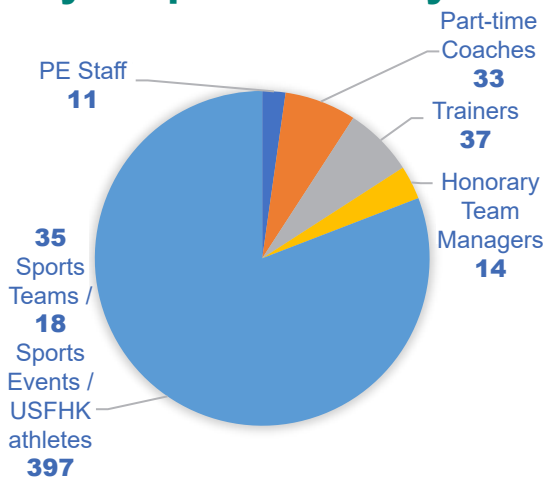
Events 項目	Men 男子	Women 女子
Regular Events 常規項目		
Badminton 羽毛球	3rd 季軍	4th 殿軍
Basketball 籃球	2nd 亞軍	6th 第六名
Handball 手球	4th 殿軍	3rd 季軍
Rugby 欖球	Champion 冠軍	4th 殿軍
Soccer 足球	3rd 季軍	Champion 冠軍
Squash 壁球	6th 第六名	3rd 季軍
Table Tennis 乒乓球	4th 殿軍	Champion 冠軍
Tennis 網球	3rd 季軍	3rd 季軍
Volleyball 排球	4th 殿軍	2nd 亞軍
Athletics 田徑	3rd 季軍	5th 第五名
	Overall 4th 團體總殿軍	
Aquatics 游泳	5th 第五名	4th 殿軍
	Overall 5th 團體第五名	
Cross Country 越野	7th 第七名	5th 第五名
	Overall 6th 團體第六名	
Fencing 劍擊	Champion 冠軍	4th 殿軍
	Overall 3rd 團體總季軍	
Karatedo 空手道	3rd 季軍	3rd 季軍
	Overall 3rd 團體總季軍	
Taekwondo 跆拳道	7th 第七名	2nd 亞軍
Woodball 活木球	4th 殿軍	3rd 季軍
	Overall 5th 團體第五名	
Other Events 其他項目		
Water Polo 水球	3rd 季軍	N.A.
Dragon Boat 龍舟	6th 第六名	N.A.
Annual Overall Position 全年總名次	Annual Overall 3rd 全年總季軍	Annual Overall 3rd 全年總季軍
	13 Institutions in total 共十三間院校	



CityU Honorary Team Managers, Team Managers and Coaches 城大榮譽領隊，領隊及教練團隊



CityU Sports Family



Honorary Team Managers

Athletics Team	Prof. Raymond CHAN Dr. Tim WONG
Basketball Team (Men)	Dr. Ron KWOK Dr. Louis MA
Basketball Team (Women)	Prof. LO Tit Wing
Rugby Teams	Mr. John A.S. BURKE
Soccer Teams	Mr. Joseph CHAN Prof. Sam KWONG
Squash Team	Prof. Henry CHUNG
Table Tennis Team	Mr. Stewart WONG
Tennis Team	Dr. Herman HU Dr. Charles WONG
Volleyball Team (Men)	Prof. Timothy SHEK
Volleyball Team (Women)	Mr. Derek Wu
Cross Country & Dragon Boat Teams	Ms. Julyanna CHAN

PE Staff

Mr. Sunny CHAU Badminton Team Coach and Team Manager	Tel: 3442 8048 Email: s.chau@cityu.edu.hk
Ms. Rebecca LAI Fencing Team & Dragon Boat Team Manager	Tel: 3442 8053 Email: soperlai@cityu.edu.hk
Mr. Denis WAN Volleyball Team (Men) Coach, Rugby Team (Men & Women) Manager	Tel: 3442 8024 Email: denis.wan@cityu.edu.hk
Mr. Peter WU Tennis Team Coach, Basketball Team (Men) Manager	Tel: 3442 8149 Email: p.wu@cityu.edu.hk
Mr. Vincent KWAN Volleyball Team (Women) Coach, Handball Team (Men) Manager	Tel: 3442 8054 Email: v.kwan@cityu.edu.hk
Dr. Clara WONG Table Tennis Team Coach, Basketball Team (Women) Manager	Tel: 3442 7291 Email: choiki.wong@cityu.edu.hk
Ms. Winnie WONG Woodball Team Coach, Handball Team (Women) Manager	Tel: 3442 8052 Email: sopewsw@cityu.edu.hk
Mr. Gordis YAU Soccer Team (Men) Coach, Swimming Team (Men & Women) Manager	Tel: 3442 8150 Email: sopeyau@cityu.edu.hk
Mr. Matthew YIP Athletic & Cross Country Teams Coach, Squash Team Manager	Tel: 3442 7290 Email: sopemyip@cityu.edu.hk
Miss Hoi Lam POON Athletic & X-Country Teams Coach & Soccer Team (Women) Manager	Tel: 3442 6308 Email: hlpoon4@cityu.edu.hk
Mr. Sunny LAU Taekwondo & Karatedo Team Manager	Tel: 3442 8050 Email: sunny.lau@cityu.edu.hk



Words of Sports Captains 隊長心聲

Women's Athletics Team

Captain



NG Tsz Yan

Bachelor of Business Administration
in Marketing

Vice-Captain



LEE Wing Yan

Bachelor of Arts in
Digital Television and Broadcasting

Being the women's athletics team captain is both an honor and a responsibility. It is more than just managing and organizing the team. Encouraging every team member to reach their maximum potential is one of the responsibilities that brings me the greatest satisfaction. Although the pressure of competing as individuals on the track and field can be intense, the support and encouragement we provide each other always lift our spirits and let us know that we are not alone.

I believe our success is not only measured by the number of wins. Instead, the thick and thin we went through together, the effort and attitude we brought to each game, and the bond we built within the team are the core memories we are very proud of. In the future, I hope all the girls on the team can achieve our goals and "Be the Best that We Can Be."

Men's Athletics Team

Captain



KAM Man Ching

Bachelor of Science in
Computer Science

Hello everyone, I am the captain of the men's athletics team. At the recent USFHK Athletics Meet, we achieved a commendable result of Men's Overall 2nd Runner Up. Notably, we also attained 1st place in the Men's 4 x 100M relay event.

Our team comprises individuals who constantly challenge themselves, while also encouraging and supporting each other. This team spirit and mutual support allow us to go farther, higher, and faster. BE THE BEST THAT WE CAN BE!

I would like to express my gratitude to our coaches and people who supported us throughout this season. We will continue to persevere, improve, strive towards attaining even better results in the future!



Vice-Captain



MA Tin Lok

Bachelor of Social Sciences in
Psychology

As the vice-captain of our athletics team, it gives me great pleasure to reflect on our achievements this year. We succeeded in our goal of finishing in the top four in the USFHK Athletics Meet, and exceeded expectations with 1st place in the 4 X 100M relay team event. The energy and excitement that filled the stadium as our team crossed the finish line was truly unforgettable.

However, it was not all smooth sailing. We faced numerous challenges and difficulties throughout the year, including injuries, venue availability, and tough competition from other teams. But we stayed strong and persevered, always following the motto of CityU, “Be the best that we can be”, to push ourselves to do better.

As the vice-captain, I learned that it is important to lead by example; to be a pillar of support for my teammates, and to never give up even when things get tough. I am incredibly proud of each member and look forward to seeing what they will achieve in the next season.

Women’s Badminton Team

Captain



NG Shiu Yee

Bachelor of Business Administration in
Strategy and International Management

Vice-Captain



HO Sze Wing

MSc Biostatistics in Biostatistics

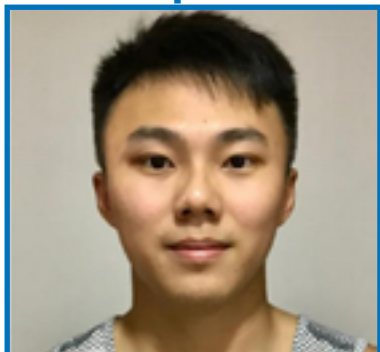
This is my sixth and final year at CityU. The past few years have been challenging for the badminton team, from the graduation of key team members to the suspension of training during the COVID-19 pandemic. Despite all these difficulties, we managed to get back to the top 4 in USFHK competition this year. We went through all the blood, sweat, and tears together. We did extra training at 7 am every day during the preparation period. Though we fell behind in the first three out of five games in a crucial match, giving up was not a choice. We persisted and won the match. I tore my ACL, did the surgery, and was still able to return on court again. All these experiences have shaped me to become a more resilient and tough person.

All in all, I am thankful for Chau sir’s teaching and trust in me. Thank you for always inspiring me to be the best version of myself. As the captain this year, I would like to thank my lovely teammates for devoting their best efforts to each training session and competition. Believe in yourself, trust the process, and remember how we overcome obstacles along the way. HARD WORK DOES PAY OFF. Last but not least, I am honored to represent CityU and fight for CityU throughout these six years. “Be the best that we can be” is not simply a slogan but a life motto guiding us to give all out in every endeavor.



Men's Badminton Team

Captain



TSE Long Yin Ronnie

Bachelor of Social Sciences in Social Work

Vice-Captain



LEUNG Wai Lam

Bachelor of Arts in Creative Media

The CityU Badminton team's performance this year was admirable, but I believe we still have potential to achieve much more. We aim to create a more efficient training schedule that maximizes every team members' time on court. Additionally, we want to organize more team bonding activities, such as regular meals together or fitness sessions outside of school training. Lastly, we hope to include more training stints, such as exchange tours to Taiwan, to improve the overall level of the badminton team.

Women's Basketball Team

Captain



LUI Sze Ching

Bachelor of Science in
Biological Sciences

Vice-Captain



WONG Tsz Ching

Bachelor of Social Sciences in
Criminology and Sociology

The team this year is different from the previous year. Most of the players joined the team this year, so it took more time to know each other and work as a team. In addition, some players got injured or left the team during the season. The challenge got more intense for our team. Although the final result was not ideal, it was a golden chance for us to learn to persist when facing different setbacks and obstacles.

One of the most memorable moments of our team this year was the training camp. Not only improve our individual skills, but it also brought us closer together as a team. It provided a time for us to know each other better and express our opinions, building a more positive atmosphere for the team.

As a team captain, I learned a lot about leadership, communication, and the importance of trust and respect among team members. I also learned that success is not just about winning, but about the journey and the relationships we form along the way.



Men's Basketball Team

Captain



WONG Ho Yin

Bachelor of Social Sciences in
Asian and International Studies

Vice-Captain



LIN Man Ching

Bachelor of Social Sciences in
Public Policy and Politics

Although we were not able to win the championship this season, I still consider this season to be an outstanding one. In previous seasons, the team was largely unable to compete with a complete line-up due to various factors. This year, we managed to compete with our rival universities with our strongest and most complete line-up yet. Each of us tried our best to contribute to the team during this time. Every member has a strong sense of belonging, and that is what makes me happiest. Regardless of the ups and downs, everyone in our team will face them together, support each other, and move forward together. I hope we can achieve our ultimate goal of winning the championship next season.

Women's Cross Country Team

Captain



NG Tsz Yan

Bachelor of Business Administration
in Marketing

I am Yoyo, the captain of the Women's Cross Country Team. Our recent competition in CUHK was a prime example of our team's strength and resilience. We faced tough and challenging training, running uphill to the top of CUHK and downhill to the sports ground. However, we always pushed ourselves to the limit. This was an incredible experience for us to learn and grow.

It is an honor to be the Cross Country Team captain, and I am so proud of all our team members. We are all committed to dedicating our time and energy for the team. We will surely continue to encourage and motivate one another, both on and off the field. Together, we can achieve a great result in the future.



Men's Cross Country Team

Captain



LEUNG Chun Yi

Bachelor of Science in
Applied Physics

In this season's cross country race, our team faced significant challenges. Some of our teammates suffered injuries before the race, and I fell ill on race day. Despite the tough obstacles that we faced, I am proud of how our team pulled through.

We faced adversity, and we didn't let it defeat us. We fought hard, we gave it our best, and we supported each other all the way. This is what being part of a team is all about. We may not have come out on top, but we gave it our all, and that's all that matters.

While the result may not have been what we wanted, I am still incredibly proud of my team for showing up, giving it our all, and sticking together through tough times. We may not have won the race, but we won something more important: the respect and admiration of our teammates, our coaches, and all those who watched us compete. These are all things to be proud of.

Women's Fencing Team

Captain



YUEN Wing Chin Vinci

Bachelor of Business Administration
in Finance

It has been my pleasure to represent CityU as a team captain for these two years, I am glad we achieved excellent results in the USFHK this year. In such a challenging year under the pandemic, the team successfully conducted various activities such as intensive training and adventure camp. These activities provided golden opportunities for the team to improve skills and develop team spirit among themselves, which helped our teammates to prepare for the USF tournament and their personal development.

As a team, we pushed ourselves to be the best that we could be, both individually and collectively. We supported each other, learnt from each other, and strived for excellence in every match. But what makes our team truly special is not just the victories we have earned, but the spirit of camaraderie and support that we have built along the way. We have become a family who share our passion for fencing with each other. I believe that with hard work, dedication, and passion, I am proud to say that the rewards are well worth the effort, and the memories will carry us for years to come.

Last but not least, I would like to thank each and every member of the team for their contributions to our success this year, and also thank our manager and coaches for their unwavering guidance and support for the team.



Men's Fencing Team

Captain



TAM Shu Fai Theodore

Bachelor of Arts in Translation and Interpretation

As the captain of CityU Fencing Team and a final year student, the previous USFHK competition was definitely one of the most memorable and meaningful matches in my fencing journey.

The Men's team has performed extraordinarily well and was able to maintain the result from the previous season. It once again proves that our training schedule and method were on point and our expectation for the competition was accurate.

We have a team tradition of lifting our graduating teammates up to the air as a farewell. It is a way of blessing and expressing gratitude to those becoming our alumni. Our team is different from other teams in that we have a much larger number of members compared to other Sports Teams due to the different divisions (Epee, Foil, and Sabre). Yet, thanks to our respective captains, we are still able to maintain a close bond. Apart from individual performance, the atmosphere that we were able to create as a team was truly the essence for our success in the USFHK competition.

I would like to take this chance to thank my team, my coaches and my team manager for giving me this precious chance to serve the team and utilize my talents on the field.

Vice-Captain



LUK Fu Wai Curtis

Bachelor of Business Administration in Management

Women's Handball Team

Captain



YOK Tsz Tung

Bachelor of Arts in Media & Communication

Vice-Captain



CHAN Hui Sze

Bachelor of Arts in Creative Media

Although we have been short of continuous practice venues and senior players this year, our team achieved third place in the college women's handball competition. This is a remarkable result given our current situation and challenges. Playing against PolyU was the most memorable game this year. Despite facing a previously strong team, we lost only by one point in the end. Nonetheless, we seized the opportunity and completed a wonderful game. I look forward to continuing to work hard in the coming year.



Men's Handball Team

Captain



LAM Loki Yoshi

Bachelor of Science in Surveying

Vice-Captain



LAM Ka Hou

Bachelor of Arts in Creative Media

As the team leader, I would like to expand on our team's recent competition experience. Although we did not achieve our goal of winning the championship, we are proud of the effort and dedication that we put into the competition. The loss in the semi-final to CUHK by just one point was a tough pill to swallow, but we will use it as a motivation to improve and come back stronger in future competitions.

Following the tournament, we immediately began training and focused on identifying areas where we could improve. The entire team is committed to being better prepared for future competitions. We have developed strategies to overcome challenges and increased our training intensity to ensure that we are ready for any situation that may arise.

Despite the disappointment of not winning the championship, our team is more determined than ever to succeed. The sense of camaraderie and morale among our team is at an all-time high, and we are confident that we will achieve our goals in the future. We will continue to work hard, support each other, and strive for excellence in all that we do.

Women's Karate Team

Captain



CHANG Chui Chi

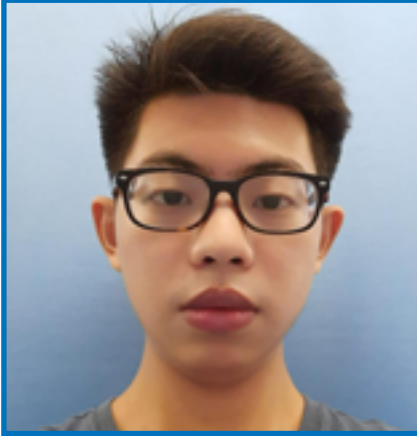
Juris Doctor

It has been an incredible journey from having only two team members to needing a team captain. Our team has grown quickly, thanks to the PE section of the school, which has always provided us with great support. Without their efforts, I would not have had the opportunity to contribute to the team as a captain. I have enjoyed being a captain, but this can only be a pleasure with the whole team's support. The trust of the coaches and my teammates has made me a reliable captain, and I am very grateful for that. Once again, I want to thank the Karate team for giving me such a fantastic experience.



Men's Karate Team

Captain



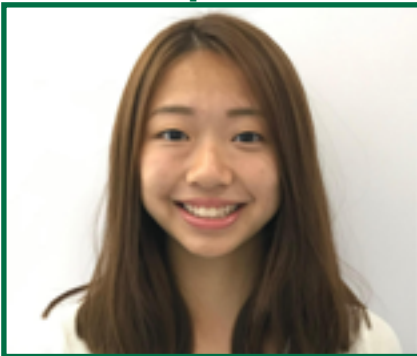
HO Tai Hei

Bachelor of Engineering in Biomedical
Engineering

It was an amazing journey for the Karate Team this year, and I am honoured to be part of it as a team captain. I would like to thank our managers, coaches and teammates for all their efforts. The passion and commitment of team members have held us together and led us to accomplishing our goals. This year, we achieved a great result in the USFHK competition, but we will keep working hard and strive for even better results in the future. We are looking forward to more talents joining us next year and the new competitive environment it will bring!

Women's Rugby Team

Captain



LAW Nga Wun

Bachelor of Business Administration
in Management

This year has been a challenging one for our team. We were missing a few key players due to injuries. Despite having only nine players for a rugby sevens competition, I feel so proud that my team achieved 4th place in the USFHK held in January and even 3rd place in the invitation sevens competition held in March.

Although we had a small number of players, our team performed impressive teamwork during training and competition. Senior players led the junior players during training, helping them to understand our game structure. During competitions, everyone gave their all, and no one was willing to give up in any game. When someone made a mistake, there was no punishment between teammates. Instead, we covered each other's mistakes and solve the problem immediately. I truly appreciate the attitude we have had on and off the pitch.

#friendship is diamond



Men's Rugby Team

Captain



LO Pui Yin Mervyn

Bachelor of Social Sciences in
Social Work

Vice-Captain



CHAN Chi Kwong Kobe

Bachelor of Social Sciences in
Public Policy and Politics

Vice-Captain



YEUNG Chi Sum

Bachelor of Business Administration
in Finance

We are the Champions of USFHK Rugby Sevens Competition for two consecutive years. One of the most remarkable achievements is that we have achieved back-to-back champions again without losing one game. We had new combinations in the team and the experimental strategies worked well as we expected. Each team member gave 120% of their efforts in both training and competitions, and our hard work evidently paid off.

The most challenging thing was the mental pressure we faced coming into the competition as the defending champions. We knew that every team were well prepared to take us out, but we showed composure and played together as a team which was crucial to our success.

We have a team motto, "friendship is diamond". We play as a team, win as a team, and we will always have each other.

Women's Soccer Team

Captain



LEE Wing Yan

Bachelor of Arts in
Digital Television and Broadcasting

Vice-Captain



TSANG Lai Mae Halasan

Bachelor of Arts in
Digital Television and Broadcasting

Vice-Captain



NG Sui Yin Venus

Bachelor of Business Administration
in Finance

Nothing has come easily, and I am grateful to have met everyone. Witnessing our team's fierce determination together to defend our championship and ultimately win it again feels like a dream come true. That's just how soccer can be - the ball is round, and until the very last moment, the outcome is unknown. This is what draws me to soccer. I love how we work together, step by step, supporting and encouraging each other, all with the shared goal of achieving success. It has been a thrilling journey for me to end my university life with no regrets, and I thank everyone for being a part of it. I hope that everyone will continue to work hard and strive for excellence, and I will be here to support you every step of the way.



Men's Soccer Team

Captain



YUEN Sai Kit

Bachelor of Arts in
Chinese and History

Vice-Captain



NG Tsz Chung

Bachelor of Social Sciences in
Public Policy and Politics

Vice-Captain



ONG Ryan Venking

Bachelor of Business Administration
in Business Economics

The team has been sturdy this year. We won four championships last year, becoming the first university sports team in history to win four titles in one season. This year, most of the leading players remained on the team. With only one team member graduating last year, we expected to reach another peak this season and continue to achieve excellent results for CityU.

At the beginning of the season, the team participated in the MAKEITLOUD Hong Kong Universities Men's Football Invitation Tournament and won the championship. We scored nine goals and conceded just one in three games. It was undoubtedly a good start for the preparation for the USFHK competition.

However, we faced with adversities going into the competition, with 5 leading players out due to injuries. Ultimately, we concluded the season with a 2nd Runners-up position in the USFHK competition. As the captain of the team, I still feel very grateful to each of my teammates for their hard work, effort, and dedication they gave to the team. At the same time, the vital support from our family members and friends who came to support us, has encouraged the team to bounce back and challenge for next year.

The CityU Soccer Team is like a family to me, and all the players are like my brothers, who give unconditional love and support, motivating each other to work hard for every match. I will remember the moments I had in this loving team, forever, and always.

It is my pleasure, and I am proud to be part of the CityU Soccer Team. Every ending is a new beginning, I am sure the team will return stronger and stronger in the coming seasons. I genuinely wish the team every success and continue to strive for excellence in the future.



Women's Squash Team

Captain



LEE Sum Yuet Rachel

Bachelor of Social Sciences in
Psychology

Vice-Captain



LI Wing Sze

Bachelor of Social Sciences in
Psychology

Compared to past years, where one or two dominant teams would reign supreme, recent years have seen a more even playing field among the top teams. In team tournaments, it's not just about technical skills and physical ability, but also mental toughness and heart.

The women's team suffered a devastating loss to the The Hong Kong University of Science and Technology (HKUST) in the preliminary rounds and was then swept by PolyU in the semi-final. Over the four-month tournament period, the players learned a valuable lesson through five game days. Carrying the pressure of the team is not easy, but even if they don't perform well, the entire team, including coaches and teammates, will support them. However, it's important to rely on what they have learned in practice and enjoy the game. As the saying goes, "get up after falling, learn from failure, and fertilize for future games." Finally, in the 3/4 playoff, they were able to redeem themselves by defeating the University of Science and Technology.

Through this academic year's USFHK Competition, we have grown to be as strong and resilient as a tree, able to withstand all the pressure, setbacks, and expectations from others, and play our own game with no regrets.

Men's Squash Team

Captain



WONG Anson

Bachelor of Business Administration
in Accountancy

This year may have been a challenge, but it has also been a time to come together and show our strength and resilience. Despite facing loss and setbacks, we continue to push forward and fight with all we have. Let us take this opportunity to learn from our experiences, grow from our mistakes, and emerge even stronger. With the courage to continue, we will not only overcome this challenge, but we will come out as champions. Quoting Winston Churchill, "Success is not final, failure is not fatal – it is the courage to continue that counts."



Women's Swimming Team

Captain



TANG Vanessa Yik Ching

Bachelor of Social Sciences in
Criminology and Sociology

Vice-Captain



LEE Wai Ki

Bachelor of Business Administration in
Accountancy

As the captain of the swimming team, it is an honor to lead this group of talented athletes. This year, we faced various challenges, such as a shortage of practice venues and a limited team members. Due to ongoing site work at CityU, we had to rearrange our training venue and trained alongside other public swimmers. Despite these obstacles, we were thrilled to participate in the CityU Aquatic Meet for time trials after a three-year hiatus.

I would also like to sincerely thank our manager, coaches, and team members for their hard work and dedication in preparing for the USFHK Aquatic Meet. Looking ahead, I hope there will be more new blood joining the team and continue to achieve great success as a team.

Men's Swimming Team

Captain



MA Chun Pong Angus

Bachelor of Social Sciences in
Psychology

Vice-Captain



TANG Ho Chuen

Bachelor of Business Administration
in Information Management

As the team captain, it was my honor to lead this team. For the USFHK aquatic meet, our coaches and captains arranged training and various team-building activities for the swimmers a few months prior, and I appreciate all my team members for actively attending them. Unfortunately, we lost the meet, but I would like to thank all the swimmers. Although we did not attain the championship, I appreciate each and every one of my team members for their effort, especially for those swimmers who had to switch to another event to help CityU attain as many points as possible.

The result of this year is different from what we wanted, but we will prepare diligently for the next season. I am looking forward to seeing our swimmers put our jersey up at the top again. Lastly, I hope our team can step forth to the victory by striving and achieving our best.



Women's Taekwondo Team

Captain



DENG Eva

Bachelor of Social Sciences in
Psychology

Being a team captain for the first time means a lot to me as it has fostered my growth. I joined the Taekwondo team last year when I entered university and I enjoyed every moment spent in the team, from the training sessions to the team-building activities with my teammates. These experiences were so memorable and meaningful that they raised my sense of belonging to the team as well as CityU. This year, I am no longer just an ordinary team member, but one of the leading individuals in the team. Initially, I lacked the confidence to be a qualified leader for the team, but I received unconditional support from my teammates and coaches, who worked hard for the sake of the team. As a result, we achieved a good result in the USFHK even though we are undergoing a team rebuilding period without any national team members. Last year, I was only concerned about my personal achievements, but this year, I cared about the results of each teammate and the overall performance of the team. I hope the entire team can grow stronger next year and strive for a better outcome in the upcoming competition.

Men's Taekwondo Team

Captain



WONG Kim Hung

Bachelor of Arts in
Chinese and History

Vice-Captain



YAU Ka Cheong

Bachelor of Social Sciences in
Criminology and Sociology

As the team captain of City University Taekwondo Team, I have experienced various challenges and achievements throughout my journey. One of the most memorable moments during my tenure was when our team achieved great results in both last year's and this year's USFHK competition. The feeling of pride and joy I felt seeing my team's effort was indescribable.

Furthermore, our team often participated in training with other universities. The connection we made through these exchanges created a sense of unity and camaraderie within the Taekwondo Team.

One of the biggest challenges we faced was the need for a team reform due to the graduation of our senior teammates. Taekwondo is a sport that requires good teamwork and leadership; thus it was challenging to integrate new members and rebuild our team dynamic this year.

As the team captain, I learned the importance of team spirit and creating a sense of unity among teammates. I try to foster a positive team culture by encouraging communication, supporting each other, and celebrating our successes together. Through these efforts, I witnessed the development of a team that not only excelled in competition but also supported each other on and off the mat.

Overall, I am grateful for the opportunity to lead such a fantastic group of athletes.



Women's Table Tennis Team

Captain



CHOI Hang Yi

Bachelor of Business Administration in
Accountancy

Vice-Captain



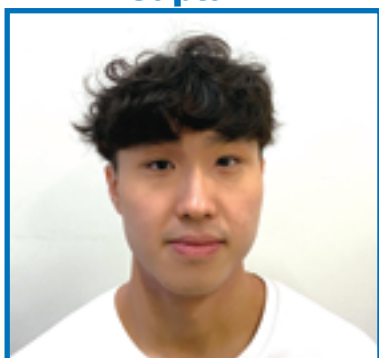
MAN Dick Kwan

Bachelor of Arts in Chinese and History

In the 2022-2023 academic year, our team achieved the championship in both the MAKEITLOUD Competition and the USFHK. Winning the two competitions simultaneously is the first-time double champions of the Girl's Team in these ten years. I am thankful that our coach and teammates worked very hard this year to get these extraordinary results in all our competitions, and winning the USFHK final as the most memorable moment. During the match, my teammates and I made every effort to strive for the championship, dedicating ourselves wholeheartedly to every single point. Besides the matches, the COVID-19 pandemic posed a significant obstacle and uncertainty for us. If any of us were unfortunately infected by COVID-19, we would be unable to participate in the game, and our lineup would be affected. Therefore, we tried our very best to avoid the virus and were extremely careful in our daily lives. Last but not least, I would also like to share that trusting your teammates at all times will always be a tremendous support for them.

Men's Table Tennis Team

Captain



YEUNG Pui Lam

Bachelor of Business Administration
in Finance

Vice-Captain



HO Kwan Kit

Bachelor of Social and
Behavioural Sciences

As the team captain of the CityU Table Tennis Team, it is my greatest pleasure to serve our team and strive for the best with our teammates for every competition. This year we experienced several challenges in the beginning. However, due to the time and effort we paid, we managed to achieve good results and mutual support among team members. I hope that we can continue striving for outstanding results together for CityU in the future.



Women's Tennis Team

Captain



LIN Wing Man Vivian
Bachelor of Veterinary Medicine

Vice-Captain



KWOK Hong Kiu
Bachelor of Business Administration in
Accountancy

We are very proud to announce that despite the challenges faced throughout the season, the women's tennis team has earned the bronze medal this year. With over half of our team members graduating last year, we had just enough players to compete in the USFHK. Injuries to either of us would have resulted in disqualification, making the season even more challenging. However, everyone on the team took responsibility and trained hard, performing their best in the competition. We are determined to maintain this level of dedication and come back even stronger next year!

Looking forward to competing with the girls again next year.

Men's Tennis Team

Captain



NG Hao Yuan
Bachelor of Social Sciences in
Asian and International Studies

Vice-Captain



POON Kin Yu
Bachelor of Engineering in
Biomedical Engineering

I am extremely proud of my team and the progress that we made over this past year. It has not been easy, but we still managed to achieve 2nd Runner-up position. All the trainings, competitions and meals together helped us bond as one united team to fight for the best result. Regardless, we know that we still have each other's backs. Looking back and reflecting on my experience in the CityU Tennis Team, I am so honoured and privileged to be a part of this superstar team. I would like to especially thank Mr. Peter Wu, who always set time aside from his busy schedule to help us get better training and prepare us for the competitions. As for the future Tennis Team, keep working hard and striving for the best. I am confident that you all will be able to lead the team to victory next season!



Women's Volleyball Team

Captain



YICK Wing Sum

Bachelor of Arts in
Media and Communication

Vice-Captain



SHUM Lam

Bachelor of Arts in
Chinese and History

As a graduating student of City University of Hong Kong and the captain of the Volleyball Team, I am honored to have participated in this year's sports events. Although we did not win the championship, I am grateful for the opportunity to compete and showcase our skills.

Throughout the year, I witnessed the dedication and hard work of my teammates and fellow athletes from other Sports Teams. We trained tirelessly, sacrificing our free time and pushing ourselves to the limit. The support from our coaches, staff, and fellow students also played a significant role in our success. Despite facing challenges such as injuries and tough opponents, I am especially proud of our Volleyball Team's performance this year. We never gave up, and our teamwork and determination enabled us to reach the finals. Although we did not win the championship, I am immensely proud of what we achieved.

In conclusion, the sports events of CityU are more than just a competition. They are a testament to the spirit of hard work, dedication, and teamwork that defines our University. I am honored to have been a part of it and look forward to seeing future generations of athletes uphold these values.

Women's Woodball Team

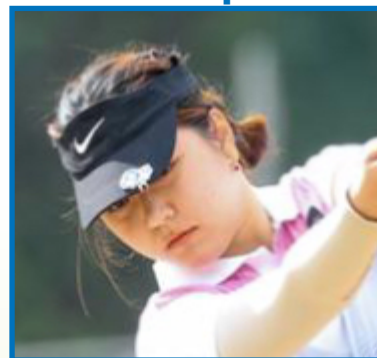
Captain



TSANG Sze Ching

Bachelor of Arts in Linguistics and
Language Applications

Vice-Captain



CHI Ming Yan

Bachelor of Social Sciences in
Public Policy and Politics

The easing of Covid-19 restrictions has given us more opportunities to practice together and participate in various friendly competitions throughout the year, fostering trust and a sense of unity among team members. Although I had doubts about leading such a large group of people, my teammates offered me their unwavering trust, and we provided each other with support and encouragement. Our hard work paid off, with the men's team taking fourth place and the women's team earning third place in this year's competition. Next year, we intend to work harder and perform better, creating more priceless moments with our teammates.



Men's Woodball Team

Captain



KONG Tsun Yiu

Bachelor of Arts in Chinese and History

Vice-Captain



NG Hay Yui

Bachelor of Social Sciences in
Public Policy and Politics

As the captain of the CityU Woodball team, I am proud of our team's progress this year. Despite only achieving 4th place in the USFHK competition, our team chemistry has never been better. We faced the challenge of a lack of members, but through hard work and determination, we recruited new members and trained them to the best of our abilities. Our most memorable moment was winning our first game in the USFHK competition and celebrating together.

As team captain, I learned the importance of communication and collaboration, as well as supporting and encouraging teammates. Overall, I am proud of our team's growth and progress. While we may not have won every competition, we have come closer as a team and that is what matters most.



Concluding Remarks by Associate Director of Student Development Services (Physical Education)

學生發展處副處長（體育）結語

CityU Sports Teams secured the USFHK Men's and Women's Overall Team 2nd Runner-ups in this competition season, capturing four gold, three silver, and ten bronze medals. As the head of the Physical Education Section, I am proud of the remarkable achievements of our sports teams. Thank you athletes, coaches, and team managers for your unfailing efforts and dedication. My heartfelt gratitude also goes to our honorary team managers and University management for their trust and support.

The unwavering efforts and fighting spirit of CityU student-athletes exemplify the four main development directions of Sports Teams:

1. We witnessed the growth and development of sports performances in our student-athletes, showcased by their exceptional skill levels and competitiveness. Their victories and outstanding results on court throughout the season bring honours and recognition to the University.
2. Our student-athletes balanced well between academics and sport's developments. Not only did they excel in sports competitions, but they also exhibited diligence, perseverance, and team spirit during classes. This is one of the core attributes of ideal CityU graduates.
3. The CityU Sports Teams contributed to the promotion of a healthy CityU image. The outstanding results and sportsmanship of our student-athletes projected a positive image of the university, fostered unity and friendship among students and staff.
4. Student-athletes' holistic development was the core focus throughout the season. Through team trainings and intervarsity competitions, valuable life skills were developed, including leadership, communication, and adaptability, benefiting student-athletes in their future life and careers development.



▲ Mr. Sunny CHAU, Associate Director of Student Development Services (Physical Education), presented the conclusive remarks at the CityU Sports Teams Annual Prize Presentation Ceremony.

學生發展處副署長（體育）周日光先生在校隊周年頒獎禮中總結校隊表現。

CityU Sports Teams is one of the foundation stones in the university sports culture. I look forward to unleashing greater potential and achieving better performances of our Sports Teams in the coming years.

城大運動代表隊在 2022-2023 年度以四金、三銀、十銅奪得香港大專體育比賽男女子團體總季軍。作為體育部主管，我為城大運動代表隊取得的卓越成績感到驕傲。在此多謝運動員、教練和領隊們一年來的努力和付出，更衷心感激各榮譽領隊和大學管理層的信任和支持。

城大學生運動員的不懈努力和拼搏精神，詮釋了運動代表隊的四大發展方向：

1. 我們見證了學生運動員在體育運動上的發展和成長，展示出超卓的技術水平和競爭力。他們在賽場上的驕人成績是大學的光榮。
2. 我們的學生運動員在學術和體育運動發展之間取得了很好的平衡。他們不僅在體育比賽中表現出色，而且在課堂上也展示出勤奮、毅力和團隊精神。這正正是理想城大畢業生不可或缺的核心素養。
3. 城大運動隊為推廣城大的健康形象作出貢獻。學生運動員的優異成績和體育精神為大學樹立了積極正面的形象，亦促進了學生和教職員之間的團結和友誼。
4. 學生運動員的全面發展是我們的核心重點。通過團隊訓練和校際比賽，培養了學生運動員寶貴的生活技能，當中包括領導才能、溝通技巧和應變能力，為他們的人生和職業發展打下堅實的基礎。

城大運動代表隊是大學體育文化的重要基石之一。我期待城大運動代表隊未來能釋放更大的潛力，取得更豐碩的成績和表現。



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Sports Teams in Action
花絮掠影







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