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In the olden days, we revered those who immersed themselves in the Confucian ideal of the Six Arts, an ancient dedication to Rites, Music, Archery, Charioteering, Calligraphy and Mathematics. Today, we bestow equal praise on the all-rounded individual who leads a balanced life. Our CityU athletes epitomise the modern-day Six Arts, combining the best of what university life has to offer during their CityU career.

Pursuing sports constitutes what I call an integral aspect of the “soulware”. By training and eventually representing CityU in your chosen sport, you enrich university life for all. While the past few months have been tough because venues for sports have been closed, we must not forget CityU’s historical legacy. We have won seven out of a record-breaking 12 grand slams/overall championships against 13 local tertiary institutions over the past 15 years.

What better example, perhaps, of the soulware to which I refer is the story of Grace Lau Mo-sheung, our alumna who won a historic Bronze medal for Hong Kong in the Karate Women’s Kata at the 2020 Tokyo Olympics. Grace has spoken extensively about the rich rewards of balancing training and competitions with her studies while she was an undergraduate at CityU.

Exercise is fundamental to happiness. Our commitment to health has been recognised once again by Exercise is Medicine® On Campus, a US-based award that encourages faculties, staff and students to work together towards improving health and well-being on campus. So it was Gold for all.

Let’s gear up for new challenges and work hard to maintain our incredible success in sports at CityU, and let’s make sure we lead healthy, happy lives.

Way Kuo
President and University Distinguished Professor
City University of Hong Kong
Sport has the power to unite people; it is not only for competition but also for wellness and personal development. Over the past two years as the Honorary Team Manager of the Athletics Team, our CityU sports team culture as a big family and their power of perseverance has fascinated me.

As one of the best local universities in sports, we have nurtured thousands of outstanding student-athletes over the years, opening gateways for their future accomplishments in the world of sports. Some of our alumni, like Grace Lau Mo-sheung and Ho Tze-Lok, have shined on prestigious stages for excellence and glory. To attract more top-notch elites as part of our growing teams, our new Student-Athlete Learning Support and Admission Scheme, supported by the University Grants Committee, instils flexible admissions and personalised support for their dual-track development in sports and academic studies.

Pioneering in introducing the One Health concept to Universities, we have extended our sports excellence and wellness culture to the CityU community. I took pride in being part of the CityU Delegation for the Standard Chartered Marathon 2021, witnessing this comeback of the citywide event as a milestone of returning to normal life. With the efforts of the whole university to raise the awareness of health concepts, we are recognised as an Exercise is Medicine® On Campus – Gold campus for the 3rd consecutive year in 2022. Also, we have been awarded as a corporation of Sport-Friendly Action by the Chinese YMCA for our dedication to implementing sport-friendly policies and measures.

These accomplishments did not come easily amid the pandemic, and the resilience we have gained has prepared us for any future challenges. Success necessitates hard work and determination, and I believe our athletes have always been preparing themselves to strive for new heights and challenges. Lastly, I sincerely wish that all CityU athletes would enjoy all competitions ahead and for their success. Go CityU!

Professor Raymond Chan
Vice-President (Student Affairs)
City University of Hong Kong
CityU Sports Teams Activity Highlights

USFHK Prize Presentation Ceremony
香港大專體育協會周年頒獎典禮

Meeting between Professor Raymond Chan, Vice-President (Student Affairs) & Sports Teams Captains
陳漢夫教授與校隊隊長聚會

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

On-campus Cheering support to Grace Lau in the Karate Individual Kata Tournament in the Tokyo Olympic Games 2020
城大師生為校友劉慕裳在東京奧運空手道（個人形）賽事吶喊打氣
Sports Teams Activity Highlights
校隊全年焦點

Celebratory Gathering for CityU Alumna Grace Lau 校友劉慕裳 (Grace) 東奧祝捷會

Sports Performance in University Life Induction Day 運動大使在新生啟導日參與迎新表演

Taekwondo and Free Style Soccer performance in the University Welcoming Ceremony 校隊成員在大學迎新典禮參與跆拳道及花式足球表演

Basketball and Volleyball Friendly Matches with elite athletes in Secondary Schools 籃球和排球校隊與中學運動精英進行友誼賽

Winning 3 gold medals & 1 silver medal in Jackie Chan Challenge Cup 在「成龍盃」勇奪 3 冠 1 亞佳績
Sports Teams Activity Highlights
校隊全年焦點

Briefing Seminar of Students Athletes Admission Scheme for elite athletes in HKSI
為香港體育學院精英運動員介紹城大學生運動員入學計劃

Cheering Support for CityU Marathon Delegation
為城大渣馬拉松隊吶喊打氣

CityU Sports Team Welcoming Ceremony
城大校隊迎新晚會

CityU Sports Ambassadors participated in “CityU x Mary Rose Run Together”
運動大使參與「城大 x 天保民學校」結伴跑計劃

Promoting the Students Athletes Admission Scheme at Secondary Schools
到訪中學推廣學生運動員入學計劃
Sports Service Project for Pui Kiu Athletics Team
運動大使社區服務：培訓培橋中學田徑運動員

Sports Teams Activity Highlights
校隊全年焦點

Inspirational Talk: Stay Strong in COVID-19 Pandemic
疫情期間舉辦勵志講座

Online Sharing on Sports Topics by Sports Ambassadors
運動大使線上分享會

Launching of the CityU Sports YouTube Channel
城大體育頻道正式啓播
Miss Lau Mo Sheung Grace, CityU alumna, is the first-ever Hong Kong Karate athlete to win a Bronze medal in the Olympic Games. Her success does not only bring positive energy to the sports team family but also ignites a sense of pride for the whole University community. In August 2021, the CityU community, including Professor Way Kuo, CityU President, senior management staff, and about 100 staff from other faculties, students, and members of the sports teams, cheered for Grace when watching the live broadcast of the Karate Women’s Kata Event in the Tokyo 2020 Olympic Games on CityU campus together. Everyone witnessed the historical moment of Grace winning the Olympic medal. After her triumphant return, the University arranged a special celebration gathering to recognise her phenomenal achievement.

Grace thanked the University for its continuous support, which enabled her to undertake frequent training and competitions during her studies. She also shared with members of the CityU sports teams how she managed her time to take care of both schoolwork and competitions. “As a full-time athlete, there must be highs and lows, but as long as you believe in yourself and are dedicated, you will succeed.” She further encouraged sports team members that “opportunities are always reserved for those who are prepared. You have to believe that you are stronger than you think. Once the opportunity comes, you can play at the best level.”

Grace was admitted to the School of Creative Media in 2012 through the CityU Student Athletes Admission Scheme and awarded the “Dr. Herman Hu Outstanding Sports Talents Scholarship”. During her time at the University, Grace led the women’s karate team to clinch gold medals in intervarsity competitions and earned the honour of “USFHK Sportswoman of the Year” for two consecutive years in 2014 and 2015. President Way Kuo said that Grace was the pride of Hong Kong and CityU. “CityU is an institution that integrates teaching and research, and members are encouraged to strive for excellence in academics and sports. Grace is an excellent model for all of us.”

After winning the Olympics medal, Grace competed in the World Championships, the Asian Championships, and the World Karate Premier League, earning places in the top three several times. Her current World No. 4 ranking qualifies her for the upcoming World Games 2022, which will be held in Alabama, USA. She shared her excitement on her social media platform - “Two big goals set for this year: World Games and Asian Games. I will do whatever it takes to be on the podium again.”

Let’s keep supporting Grace together!
香港城市大學（城大）校友劉慕裳女士（Grace）是首位在奧運空手道比賽中贏得銅牌的香港運動員。她的成功不僅為運動隊大家庭帶來了正能量，也點燃起城大上下下的自豪感。於2021年8月初，郭位校長與管理層，以及約100名職員、學生及運動隊員一起在城大校園觀看東京2020奧運會空手道女子個人型淘汰賽和決賽的現場直播，見證了Grace奪取奧運獎牌的歷史時刻。在她凱旋歸來後，大學亦特別安排了一次慶祝聚會，以表揚她非凡的成就。

Grace感謝大學多年來給予她的支援，讓她能於在學期間兼顧恆常訓練和參與多項比賽。她亦與城大運動隊成員分享自己如何管理時間，讓學業和比賽均能並駕齊驅。Grace認為作為一名全職運動員，一定有高峰與低谷，但只要相信自己，全程投入，就會成功──「機會總是留給那些有準備的人，你要相信你的能力遠遠大於你所想。當機會來臨時，便可發揮出最好的水準」。

透過「城大學生運動員入學計劃」，Grace於2012年獲創意媒體學院取錄，並獲頒「胡曉明先生傑出運動員獎學金」。在學期間，Grace曾帶領女子空手道隊在大專比賽中屢獲金牌，並於2014年和2015年連續兩年獲香港大專體育協會頒發「大專全年最佳女子運動員」殊榮。郭位校長表示，Grace是香港和城大的驕傲：「大學推動教研合一，強調文修武德。Grace就是我們的好榜樣」。

在奪得奧運獎牌後，Grace繼續出戰世錦賽、亞錦賽以及世界一級空手道超級聯賽等賽事，並多次贏取頭三名的成績，她憑藉現時世界排名第四的姿態獲得今年七月於美國阿拉巴馬州舉行的世界運動會入場券，並在社交媒體上興奮地表示：「世界運動會及亞運會將成為今年兩大目標，我會盡我所能爭取踏上頒獎台最高台階。」

我們一起繼續為Grace打氣！
The Sports Teams Welcoming Ceremony is held annually to celebrate and present awards to uprising 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 Raymond Chan, Vice-President (Student Affairs), Professor Lo Tit Wing, Associate Vice-President (Student Affairs), Professor Henry Chung, Dean of Students, Dr. Tim Wong, 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 athletes, guests, and coaches 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.

The theme of this year is “Perseverance”, 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. The new mascot of the PE Section, Shing Shing, was also introduced to the participants. At the end of the ceremony, the Cheering Team led the “Grand Slam Beats”, a unique cheer alluding to our remarkable feat of achieving 9 Grand Slam titles over the past years, which also symbolises our CityU students will keep embracing the CityU Sports motto in the coming season – “Be the Best that We Can Be”.

一年一度的校隊迎新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副校長（學生事務）陳漢夫教授、協理副校長（學生事務）盧鐵榮教授、學務長鍾樹鴻教授、學生發展處處長黃志添博士、校友聯絡處處長郭致偉博士和體育部主管周日光先生親臨揭開序幕。多達二百五十名嘉賓、教練及校隊成員參與是次典禮，其中四十多位新加入的成員榮獲「城大運動員入學獎學金」。典禮席間，新加入的校隊成員更有機會與隊友互相認識，為將來訓練定立更好的合作根基。

今年的主題為「Perseverance」，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、關懷文化以及體育部的吉祥物 ─ 「城城」。典禮最後再由城大啦啦隊帶領，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。
List of Awardees of Sports Entrance Scholarship 入學運動獎學金列表

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

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Chinese Name</th>
<th>Team/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>LAW Chun Yiu</td>
<td>羅俊耀</td>
<td>Handball (Men)</td>
</tr>
<tr>
<td>2.</td>
<td>TSANG Lai Mae Halasan</td>
<td>曾麗薇</td>
<td>Soccer (Women)</td>
</tr>
<tr>
<td>3.</td>
<td>NG Ki Lung</td>
<td>吳奇龍</td>
<td>Tennis (Men)</td>
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Outstanding Athletes Entrance Scholarship for Non-local Students
傑出海外運動員入學獎學金

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<thead>
<tr>
<th>No.</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hena MESIC</td>
<td>Swimming (Women)</td>
</tr>
<tr>
<td>2.</td>
<td>Michaela JENDRICHOSVKA</td>
<td>Basketball (Women)</td>
</tr>
<tr>
<td>3.</td>
<td>Nathan GREGORI</td>
<td>Fencing (Men)</td>
</tr>
<tr>
<td>4.</td>
<td>Lara JOVANOVIC</td>
<td>Volleyball (Women)</td>
</tr>
<tr>
<td>5.</td>
<td>Diana KUSSAINOVA</td>
<td>Tennis (Women)</td>
</tr>
<tr>
<td>6.</td>
<td>Aleksandar Atanasov STOYKOV</td>
<td>Basketball (Men)</td>
</tr>
<tr>
<td>7.</td>
<td>ZHANG Zhao</td>
<td>Table Tennis (Women)</td>
</tr>
</tbody>
</table>

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

<table>
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<th>No.</th>
<th>Name</th>
<th>Chinese Name</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>YEUNG Kwan Pui</td>
<td>楊均培</td>
<td>Fencing (Men)</td>
</tr>
<tr>
<td>2.</td>
<td>CHAN Pak Hei</td>
<td>陳柏熙</td>
<td>Fencing (Men)</td>
</tr>
<tr>
<td>3.</td>
<td>LAW Chun Yuen</td>
<td>羅俊耀</td>
<td>Rugby (Men)</td>
</tr>
<tr>
<td>4.</td>
<td>SUNG Wai Shing</td>
<td>宋偉誠</td>
<td>Rugby (Men)</td>
</tr>
<tr>
<td>5.</td>
<td>YIP Sin Yi</td>
<td>葉倩怡</td>
<td>Volleyball (Women)</td>
</tr>
<tr>
<td>6.</td>
<td>YIP Kwok Ho</td>
<td>葉國瀚</td>
<td>Fencing (Men)</td>
</tr>
<tr>
<td>7.</td>
<td>CHEUNG Tsz Ching</td>
<td>張紫晴</td>
<td>Soccer (Women)</td>
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</table>
### Outstanding Athletes Entrance Scholarships for Local Student (Elite Level)

<table>
<thead>
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<th>Team/Sex</th>
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<tr>
<td>1.</td>
<td>WONG Sze Ki</td>
<td>黃思琦</td>
<td>Handball (Women)</td>
</tr>
<tr>
<td>2.</td>
<td>MA Chi Man</td>
<td>馬之雯</td>
<td>Handball (Women)</td>
</tr>
<tr>
<td>3.</td>
<td>WONG Sum Yu</td>
<td>黃琛瑜</td>
<td>Soccer (Women)</td>
</tr>
<tr>
<td>4.</td>
<td>WONG Cho Wai Gabriel</td>
<td>黃礎惟</td>
<td>Wushu (Men)</td>
</tr>
<tr>
<td>5.</td>
<td>LAW Ka Yi</td>
<td>鄧家誠</td>
<td>Basketball (Women)</td>
</tr>
<tr>
<td>6.</td>
<td>YEUNG Chi Sum</td>
<td>楊智森</td>
<td>Rugby (Men)</td>
</tr>
<tr>
<td>7.</td>
<td>CHAN Ming Lai</td>
<td>陳明禮</td>
<td>Table Tennis (Men)</td>
</tr>
<tr>
<td>8.</td>
<td>HON Po Ying</td>
<td>韓寶盈</td>
<td>Basketball (Women)</td>
</tr>
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<td>9.</td>
<td>WU Hei Tung</td>
<td>吳僖桐</td>
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<td>WONG Man To</td>
<td>黃文滔</td>
<td>Handball (Men)</td>
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<td>KWOK Ting Chung</td>
<td>郭挺仲</td>
<td>Handball (Men)</td>
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<tr>
<td>12.</td>
<td>MA Yik Chun</td>
<td>馬曦光</td>
<td>Soccer (Men)</td>
</tr>
<tr>
<td>13.</td>
<td>LEUNG Wai Fung Derek</td>
<td>梁煒烽</td>
<td>Soccer (Men)</td>
</tr>
<tr>
<td>14.</td>
<td>WOO Ming Yui</td>
<td>胡銘睿</td>
<td>Soccer (Men)</td>
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<tr>
<td>15.</td>
<td>LEE Man Kit</td>
<td>李文傑</td>
<td>Swimming (Men)</td>
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<tr>
<td>16.</td>
<td>HO Chung Lun</td>
<td>何仲翔</td>
<td>Swimming (Men)</td>
</tr>
<tr>
<td>17.</td>
<td>LEUNG Cheuk Fung Jasper</td>
<td>梁卓峰</td>
<td>Swimming (Men)</td>
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<tr>
<td>18.</td>
<td>CHAN Chak Sum</td>
<td>陳澤霖</td>
<td>Athletics (Men)</td>
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<tr>
<td>19.</td>
<td>LI Yu Fung</td>
<td>李汝豐</td>
<td>Athletics (Men)</td>
</tr>
<tr>
<td>20.</td>
<td>LAI Hin Yau</td>
<td>黎軒佑</td>
<td>Athletics (Men)</td>
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<td>FOK Lai Chak</td>
<td>崔禮澤</td>
<td>Cross Country (Men)</td>
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<td>22.</td>
<td>TUNG Ka Pak</td>
<td>董家柏</td>
<td>Basketball (Men)</td>
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<td>23.</td>
<td>WOO Ka Hei Max</td>
<td>胡嘉禧</td>
<td>Tennis (Men)</td>
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<td>24.</td>
<td>LEUNG Yong Lan</td>
<td>梁詠麟</td>
<td>Taekwondo (Women)</td>
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<tr>
<td>25.</td>
<td>CHU Tsz Yiu</td>
<td>朱梓耀</td>
<td>Taekwondo (Men)</td>
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<tr>
<td>26.</td>
<td>YOK Tsz Tung</td>
<td>郁梓彬</td>
<td>Handball (Women)</td>
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<tr>
<td>27.</td>
<td>LUK Hoi Lam</td>
<td>陸海琳</td>
<td>Cross Country (Women)</td>
</tr>
<tr>
<td>28.</td>
<td>WONG Ho Ting</td>
<td>黃灝廷</td>
<td>Squash (Men)</td>
</tr>
</tbody>
</table>

### Sports Scholarship for Valuable Athletes

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Chinese Name</th>
<th>Team/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>YU Ho Yin</td>
<td>余浩彥</td>
<td>Bowling (Men)</td>
</tr>
</tbody>
</table>

### Dr. Herman Hu Scholarship for Regional Level Outstanding Student Athletes in Tennis

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Chinese Name</th>
<th>Team/Sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>NG Ki Lung</td>
<td>吳奇龍</td>
<td>Tennis (Men)</td>
</tr>
</tbody>
</table>
The Sports Ambassadors Programme (SAP) has entered its fifth year! Introduced in 2017, the 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. By participating in service-learning projects of SAP, students gain insights into personal development through ‘learning by doing’. They will be trained with essential skills to conduct coaching sessions in Community-based Sports Service Projects on and off-campus. Regarding external work, the Sports Ambassadors will conduct coaching sessions for sports teams in primary or secondary schools in Community-based Sports Service Projects (SSP). In terms of internal work, the Sports Ambassadors work as event organisers of CityU mass events, such as Sports Teams Gatherings and Prize Presentation Ceremony, Student-Athletes Orientation Workshops, and other Projects of Student-Athletes Development, including actively updating the sports teams’ news on our social media platforms and publishing the Sports Teams Year Book.

At the beginning of the semester, the newly recruited Sports Ambassadors attended a team-building training before starting to serve the CityU community. In August 2021, about 30 Sports Ambassadors were mobilised to give sports performance sessions on the CityU University Life Induction Day and University Welcoming Ceremony. To promote the well-being of CityU students during the pandemic, the Sports Ambassadors gave their strong helping hands in organising recreational activities through the Sports For All Sports Clubs. Amid the pandemic, the ambassadors also successfully organised two SSPs - "CityU x Mary Rose RunTogether" and "Training for Pui Kiu Athletic Team". Through these serving learning projects, CityU sports ambassadors were able to develop a deeper understanding of the motto “to serve and not to be served” in a real-life situation.
城大運動大使計劃今年已踏入第五個年頭，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，達至個人成長。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，負責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、週年頒獎禮，並負責在社交媒體更新校隊的生活和比賽戰況，以及每年出版校隊年報。

在學期初，新加入的運動大使的團隊訓練順利開展。其後開始寓服務於學習，並積極參與和協助多項校內的大型活動。在八月中，約三十位運動大使於新生啓導日和大學迎新典禮提供運動表演項目。在疫情期間，城大運動大使更不遺餘力地推廣「Sports For All Sports Clubs」的活動，務求讓城大同學進行在一連串靜態網頁上學習同時，也能參與一些實體的康樂活動。在社區服務方面，雖然有很多的中、小學的體育訓練在疫情的影響下停頓下來，但城大運動大使也能在此期間為培僑中學的田徑校隊提供培訓，以及與天保民學校在「CityU x Mary Rose RunTogether」計劃中為學生們提供長跑訓練，深刻體驗到「非以役人，乃役於人」的精神。
Interview with Dr. Tim Wong
訪問黃志添博士

Introduction:

It is always easy to spot Dr. Tim Wong, the Director of Student Development Services, at CityU Sports Functions and USFHK sports competitions. He comes not just as a spectator but also as a great supporter of CityU student-athletes! Dr. Wong has been a student educator for over 30 years, creating limitless boundaries for learning and personal development through various out-of-classroom student activities. Under his leadership, the PE Section launched the Sports Ambassadors programme and Sports Management Internship Programme for our sports leaders to enrich their university experience through participating in service-learning activities and working on sports projects. Dr. Wong has also built a CityU sports family with a diverse cultural background by admitting non-local elite athletes with the initiative of the Outstanding Athletes Entrance Scholarship for non-local students five years ago.

The student editorial board was so delighted for the opportunity to interview Dr. Wong in early April. Although the interview was conducted on Zoom, we were all impressed by Dr. Wong’s smiling face and the interesting stories he shared!

Q: Good afternoon, Dr. Wong! Over the past two years under the pandemic, all sports events like training and competitions were affected. Do you have any words of encouragement for our athletes who have been going through such tough times?

A: The most important thing is to “Do Sports with Happiness”. I hope that all athletes can enjoy the process of the games and remember to strive for individual improvement while being a good team player. Under the pandemic, I hope that athletes can try to monitor their own health and fitness standards. Despite the closure of sports areas, they can try to work out at home or places nearby to maintain a good exercising habit. Only by doing so, our athletes can be well prepared for the upcoming USFHK competitions.

Q: 黃處長您好！過去兩年，運動隊隊員們的訓練和比賽均受疫情影響，對運動員來說，這段日子都過得不容易，您有什麼說話贈予我們隊員？

A：最重要的是「快樂運動」，我希望隊員可以享受每一次比賽的過程，追求個人進步的同時，也要緊記好好與團隊合作。疫情之下，我亦希望校隊隊員能夠做好自我管理，雖然體育場所因應疫情關閉，但都可以盡量在家或就近地方保持基本的日常訓練，培養良好的運動習慣，方能有理想的狀態去應付未來的大專賽。
Q: What is your impression of CityU Sports Team?

A: I think the CityU Sports Team athletes are more than just ‘student athletes’ - they maintain their professional manners during training and matches while being easy-going. They are also very flexible and are adaptive to changes. Bonding is also strong within the CityU Sports Team. The credit should be given to the independence of our Physical Education Section from academic departments, which allows flexibility in our work arrangements. Also, our colleagues are enthusiastic and work really hard on sports affairs, which has laid a firm foundation and shaped the uniqueness of our sports teams.

Q: Thank you so much for sharing your fruitful career experience. We believe that students would also like to learn more about your personal life stories. As the honorary manager of the Athletics Team, are you particularly interested in Athletics or other sports? Can you share with us some of your past sporting experiences?

A: There are many interesting things to share indeed. When I was in secondary school, I played as a football goalkeeper and winger. I was also a member of the relay team. However, I seldom played sports after starting my university studies and developing my career overseas. For a long while, I enjoyed watching different sports games, and I was always excited by the athletes’ outstanding performances and their determination. As an audience, we can admire the greatness of the athletes on the field and gain valuable insights from them. These can be applied to our own sports practices to strive for better performances.

Talking about the role of ‘observer’, PE staff and sports team members have undergone exchanges with other universities to observe their approach of supporting student-athletes. We had observed how foreign universities trained their athletes, which was inspiring. I also realised the importance of professional guidance in maximising athletes’ potential. The experience has made me understand that the popularisation of the sport is crucial to the sustainable development of the sports industry. Until now, I have a routine of morning jogs before work. I hope to encourage all athletes and students to keep an excellent exercising habit despite all sorts of limitations due to the pandemic to maintain our physical and mental health.

A: 有關我運動的趣事，可以由我中學時期說起。我在中學時是踢足球的，擔任過守門員和邊鋒，也曾擔任田徑接力隊的成員；但在升讀大學以及往外地發展之後，便較少參與運動了。一直以來，我都很享受觀賞不同類別的體育賽事，運動員在賽場上傑出的表現、以及其過人的耐力與鬥志就是最引人入勝。作為觀眾，不但能夠欣賞運動健將們揮灑熱血的英姿，也能從中有所學習，然後在賽場上嘗試實踐。
Q: Can you share with us some unforgettable experiences about you or your teammates back in the days when you played sports?

A: Sports helped me meet new friends, and it is always interesting and enjoyable to recall memories. My teammates and I used to conduct our practices in public spaces in Sham Shui Po, a very busy district. Even though we have pursued different career paths, we still keep in touch with one another. Doing sports can bring us precious, life-long friendships!

Q: We learnt that singing is also one of your interests. Do you see any similarities between singing and sports?

A: That’s right. I love singing. I started practising singing when I was in university. One similarity I see between singing and sports is that you need to take others’ advice to improve. Through feedback from your peers, you will be aware of your weaknesses. Guidance from teachers is also important for us to use our voices correctly. In sports like high jump, it’s hard for you to master the right way of jumping on your own, regardless of how skilled you are. Instead, you can only know whether the manner you thrust and jump is correct or not and whether you have positioned yourself at the start correctly after your peers reviewed your performance and provided you with qualitative suggestions. In pursuit of advancement, one shall be humble when listening to feedback or even criticism from others and learn to self-reflect all the time. Only in this way can we break through the barriers to improve ourselves.

Wrap up: Thank you for taking your time for the interview, Dr. Wong. We believe we will be seeing each other on the sports ground very soon!

總結：感謝黃處長撥冗參與今天的訪問，相信我們不久會在運動場上再見！
YEUNG Ming Nok 楊銘諾

Badminton (Men) 男子羽毛球隊
Study Year: Year 4
BBA (Economics and Finance)
工商管理學士 ( 經濟及金融 ) 四年級生

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

Sports Achievements:
1. Slovak Open Championship 2022 - champion (Mixed Double)
2. 57 Portugal International Championships 2022 – 3rd (Mixed and Men’s Doubles)

LAI Cheuk Nam Matthew 黎卓楠

Squash (Men) 男子壁球隊
Study Year: Year 4
Bachelor of Arts (Chinese and History)
文學士（中文及歷史）四年級生

● Full-Time Senior Athlete of Hong Kong Sports Institute since 2017
● Member of Hong Kong Squash Team
● Ranked 6 in the Hong Kong National Ranking (Squash)
● Captain of CityU Squash Team (Men)

Sports Achievements:
1. 3rd All China University Squash Championship 2019 – Champion
   (Men’s Individual and Team)
2. USFHK Squash Competition 2017 to 2019 – Champion
CHAN Tsz Ching Dolphin 陳芷晴

Swimming (Women) 女子游泳隊

Study Year: Year 4
Bachelor of Social Sciences (Criminology & Sociology)
社會科學學士(犯罪學及社會學)四年級生

- Team Captain of CityU Swimming Team 2021-22
- Nominee of 2021 Hong Kong Sports Stars Awards for Individual and Team Events

Sports Achievements:
1. USFHK Swimming Competition 2021-2022: 2nd (Team)
2. International Pool Meeting 2021

  Individual:
  1st (Women 200m Obstacle Swim)
  1st (Women 100m Manikin Carry with Fins)

  Team:
  2nd (Women 4 x 50m Obstacle Relay)
  2nd (Women 4 x 25m Manikin Relay)
  2nd (Women 4 x 50m Medley Relay)

3. 13th National Games of the People’s Republic of China
4. 17th ISF Gymnasiade 2018
5. World Cup Hong Kong Station 2017
  5th in 200m Butterfly
  9th in 100m Butterfly
  10th in 50m Butterfly
6. 2017 Thailand Age Group Swimming Championships
7. 2015 Asian Age Group Swimming Championships

ZHANG Zhao Shirley 張釗

Table Tennis (Women) 乒乓球

Study Year: 1st Year
Master of Science in Marketing
理學碩士(市場營銷學)一年級生

- China National Table Tennis Team member 2015-2019
- First-level athlete (國家乒乓球隊一級運動員)

Sports Achievements:
1. 24th Jackie Chan Challenge Hong Kong Universities Invitation Tournament 2021 – 2nd (Team)
2. 2019 National Championship – 5th (Team)
3. 2019 National University Championship – 3rd (Mixed Doubles)
4. 2017 ITTF World Tour, Czech Open – 5th (Women’s Doubles)
NG Hao Yuan Steve 黃浩淵

Tennis (Men) 男子網球隊
Study Year: 3rd Year
Bachelor of Social Sciences (Asian and International Studies)
社會科學學士 (亞洲及國際研究) 三年級生

- CityU Tennis Team Captain 2021-2022
- USFHK Most Valuable Player 2020-21 (Tennis)

Sports Achievements:
1. USFHK Tennis Competition 2020-2021: Champion
2. Sports achievements in Singapore
   International level (Team):
   International level (Individual):
   Singapore’s first-ever men’s Champion in International Tennis Federation (ITF) level event (Singapore ITF 15k Men’s Futures I 2019, Doubles)
   National level:
   Singapore Open ranked 1 (As of 17 Dec 2020), 4x Singapore Men’s Open Singles Champion
   Junior level (Team):
   Singapore Interschool Tennis Competitions – 5 Gold, 1 Silver from 2008 – 2013
   Junior level (Individual):

CHOI Hin Kit Gilman 蔡顯傑

Water Polo 水球隊
Study Year: Year 4
BBA Management
工商管理學士 (管理學) 四年級生

- Hong Kong Water Polo Team Captain
- CityU Water Polo Team Captain since 2017

Sports Achievements:
1. USFHK Men’s Water Polo Championship 2021 – 2nd
2. 18th Asian Games 2018 – 9th
3. 13th Games of The People’s Republic of China – 6th
CityU student athletes not only play for CityU, they also represent Hong Kong to participate in various overseas or international competitions.

城大運動員不但為城大披荊上陣，部分隊員更代表香港參加不同的海外或國際比賽，努力為港爭光。

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

**LAI Cheuk Nam Matthew**  
Squash (Men) 男子壁球  
Bachelor of Arts in Chinese and History 學士（中文及歷史）

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

**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 學士（中文及歷史）

**FUNG Hoi Ching Jasmine**  
Rugby (Women) 女子欖球  
Bachelor of Social Science in Social Work 社會學士（社會工作）

**LAW Sin Yi**  
Taekwondo (Women) 女子跆拳道  
Bachelor of Social Sciences in Criminology and Sociology 社會學士（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 & International Management 工商管理學士（策略管理及國際貿易）

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

**LEUNG Sin Fung**  
Soccer (Men) 男子足球  
Bachelor of Social Sciences in Public Policy and Politics 社會學士（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 學士（中文及歷史）
Elite Athletes – “Best of the Best”
「城兵港將」

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

CHEUNG Tsz Ching
Soccer (Women) 女子足球
Bachelor of Arts in Digital TV & Broadcasting
文學士 (數碼電視與廣播)

WONG Sum Yu
Soccer (Women) 女子足球
Bachelor of Social Sciences in Psychology
社會科學學士 (心理學)

CHAN Wai Chung
Soccer (Women) 女子足球
Bachelor of Arts in Creative Media
文學士 (創意媒體)

YEUNG Hiu Lok Agatha
Soccer (Women) 女子足球
Bachelor of Social Sciences in Public Policy & Politics
社會科學學士 (公共政策與政治)

NG Sui Yin Venus
Soccer (Women) 女子足球
Bachelor of Business Administration in Finance
工商管理學士 (金融)

SHARANJIT Kaur
Soccer (Women) 女子足球
Bachelor of Social Sciences in Criminology and Sociology
社會科學學士 (犯罪學及社會學)

LEE Wing Yan
Volleyball (Women) 女子排球
Bachelor of Arts in Digital TV & Broadcasting
文學士 (數碼電視與廣播)

TSANG Ho Yan Letti
Soccer (Women) 女子足球
Bachelor of Arts in Digital TV & Broadcasting
文學士 (數碼電視與廣播)

WONG Sze Wing
Volleyball (Women) 女子排球
Bachelor of Social Sciences in Social Work
社會科學學士 (社會工作)

YICK Wing Sum
Volleyball (Women) 女子排球
Bachelor of Arts in Chinese and History
文學士 (中文及歷史)

SHUM Lam
Volleyball (Women) 女子排球
Bachelor of Arts in Media & Communication
文學士 (媒體與傳播)
YIP Sin Yi
Volleyball (Women) 女子排球
Bachelor of Business Administration in Accountancy 工商管理學士 ( 會計 )

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

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

CHOI Hin Kit Gilman
Water Polo (Men) 男子水球
Bachelor of Business Administration in Management 工商管理學士 ( 管理學 )

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

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

CHANG Mei Suet
Handball (Women) 女子手球
Bachelor of Social Sciences in Criminology & Sociology 社會科學學士 ( 犯罪學及社會學 )

WONG Chau Ting
Handball (Women) 女子手球
Bachelor of Social Sciences in Public Policy & Politics 社會科學學士 ( 公共政策與政治 )

TO Ka Man
Handball (Women) 女子手球
Bachelor of Social Sciences in Psychology 社會科學學士 ( 心理學 )

YEUNG Kwan Pui
Fencing (Men) 男子劍擊
Bachelor of Business Administration in Strategy & International Management 工商管理學士 ( 策略管理及國際商貿 )

YIP Kwok Ho
Fencing (Men) 男子劍擊
Bachelor of Social Sciences in Asian & International Studies 社會科學學士 ( 亞洲及國際研究 )

CHAN Pak Hei
Fencing (Men) 男子劍擊
Bachelor of Business Administration in Economics and Finance 工商管理學士 ( 經濟及金融 )
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 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 SALSA will be awarded an “Outstanding Student- Athletes Entrance Scholarship” up to HK$90,000 annually. Besides, the needy student-athletes may also receive a “Student Residence Scholarship” of HK$14,000 per annum and over 40 Sports 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「傑出學生運動員入學獎學金」獲高達 $90,000 港元。有住宿需要的學生運動員，更有機會取得由「學生住宿獎學金」提供的 $14,000 港元住宿資助。此外，每年大學和其他機構更會撥款提供多達 40 個不同運動項目的獎學金。

Enquiries 查詢：

Dr. Clara Wong, PE Officer
Tel 電話：3442-7291  E-mail 電郵：choiki.wong@cityu.edu.hk

Mr. Peter Wu, Senior PE Officer
Tel 電話：3442-8149  E-mail 電郵：p.wu@cityu.edu.hk

Mr. Sunny Chau, Associate Director of Student Development Services (Physical Education)
Tel 電話：3442-8048  E-mail 電郵：s.chau@cityu.edu.hk

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

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, needy student-athletes may also receive HK$14,000 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, donors, and government bodies.

成功被取錄的傑出學生運動員，每年可從「傑出學生運動員入學獎學金」獲得$10,000 港元至$42,100 港元的獎學金，至於有經濟需要者，可同時申請學生運動員住宿獎學金計劃，每年得到港幣 14,000 元資助。此外，每年大學會連同捐贈者及政府機構共派發大約港幣 $4,500,000 元給予學生運動員。

Enquiries查詢：

Dr. Clara Wong, PE Officer
Tel 電話：3442-7291 E-mail 電郵：choiki.wong@cityu.edu.hk

Mr. Peter Wu, Senior PE Officer
Tel 電話：3442-8149 E-mail 電郵：p.wu@cityu.edu.hk
Outstanding Athletes Entrance Scholarship for Non-Local Students

CityU offers HK$160,000 (~US$20,500) per annum to cover full tuition, hall fees and partial living expenses of admitted student-athletes who demonstrate their outstanding sports achievements.

For Application Related Enquiries:
Mr. Johnson Cheung
Global Engagement Office
E-mail: johnson.cheung@cityu.edu.hk

For Sports Performance Related Enquiries:
Mr. Denis Wan
Student Development Services (Physical Education)
E-mail: denis.wan@cityu.edu.hk

Website 網址:
http://www.cityu.edu.hk/sds/web/pesports_team_scheme.shtml
## List of Sports Scholarships and Awards 運動獎學金列表

### Entrance Scholarship 入學獎學金

<table>
<thead>
<tr>
<th>Award Name 項目名稱</th>
<th>Each Award Value 獎學金額 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Herman Hu Outstanding Sports Talents Scholarships 胡曉明博士傑出運動專才獎學金</td>
<td>50,000 - 90,000</td>
</tr>
<tr>
<td>Dr. Herman Hu Outstanding Student Athletes Entrance Scholarships 胡曉明博士優秀運動員入學獎學金</td>
<td>20,000 - 40,000</td>
</tr>
<tr>
<td>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</td>
<td>20,000 - 40,000</td>
</tr>
<tr>
<td>Outstanding Athletes Entrance Scholarships for Local Students 優秀運動員入學獎學金</td>
<td>10,000 - 42,100</td>
</tr>
<tr>
<td>Outstanding Athletes Entrance Scholarship for Non-local Students 傑出海外運動員入學獎學金</td>
<td>160,000</td>
</tr>
<tr>
<td>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</td>
<td>10,000</td>
</tr>
<tr>
<td>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</td>
<td>20,000</td>
</tr>
<tr>
<td>The Sports Scholarship for Valuable Athletes 優秀運動員獎學金</td>
<td>5,000</td>
</tr>
</tbody>
</table>

### Year-end Scholarship 期終獎學金

<table>
<thead>
<tr>
<th>Award Name 項目名稱</th>
<th>Each Award Value 獎學金額 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Herman Hu Outstanding Sports Awards and Scholarships 胡曉明博士傑出運動員獎學金</td>
<td>10,000</td>
</tr>
<tr>
<td>Stephen Hui Outstanding Student Athletes Scholarships 許義鏞傑出運動員獎學金</td>
<td>10,000</td>
</tr>
<tr>
<td>Stewart Wong Scholarships for Prominent Table-tennis Players 王世濤優秀乒乓球運動員獎學金</td>
<td>20,000</td>
</tr>
<tr>
<td>Stewart Wong Table-tennis Awards 王世濤乒乓獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Dr. Herman Hu Tennis Awards 胡曉明博士網球獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Dr. Lam Kwok Pun Memorial Badminton Awards 紀念林國本醫生羽毛球獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Prof. Paul K. Chu Badminton Awards 朱劍豪教授羽毛球獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Prof. Paul K. Chu Swimming Awards 朱劍豪教授游泳獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Scholarship for Outstanding Student Athletes in Distance Running 傑出長跑運動員獎學金</td>
<td>4,000-4,500</td>
</tr>
<tr>
<td>The College of Liberal Arts and Social Sciences Sports Awards 人文社會科學院運動獎</td>
<td>8,000</td>
</tr>
<tr>
<td>The College of Engineering Student Sports Awards 工程學院運動獎</td>
<td>5,000</td>
</tr>
<tr>
<td>The College of Science Student Sports Awards 科學院運動獎</td>
<td>5,000</td>
</tr>
<tr>
<td>Student Development Services Sports Awards 學生發展處運動獎</td>
<td>8,000</td>
</tr>
</tbody>
</table>

### Residence Scholarship 住宿獎學金

<table>
<thead>
<tr>
<th>Award Name 項目名稱</th>
<th>Each Award Value 獎學金額 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Scholarship Scheme for Student Athletes 運動員住宿獎學金</td>
<td>14,000</td>
</tr>
</tbody>
</table>
Alumni Relation Office and Physical Education Section are so delighted to launch a new donation campaign called "We Care for CityU Sports". By connecting with donors, alumni and friends, the campaign aims to nurture the growth of our full-time CityU student-athletes in areas of personal, academic, and career development by providing them financial support and volunteer services.

The donation greatly supports our student-athletes’ whole-person development. CityU friends or donors are encouraged to make donation to either “Sports Team” or “General Sports Development” via the website: https://aro.cityu.edu.hk/home/caring/sports/. Friends and donors are also invited to volunteer in the following areas: Cheering for Sports Teams, serving as a Career Mentor, as well as providing professional assistance, academic support and internship opportunities.

Such generosity means a lot to all CityU Athletes!

The campaign has garnered generous support from alumni and CityU friends after launching for six months since last October! Close to 100 alumni and CityU friends have indicated to commit volunteer services, and / or make donation, and the total donation amount has reached HKD$487,500!

Let the sports team spirit of “Be the Best that We can be” keep us growing and staying together.

Support NOW!

校友聯絡處與體育部聯手推出名為 "We Care for CityU Sports" 的新籌款計劃，促進城大學生運動員與捐款人、校友及各界好友的聯繫，透過提供財政支援及義務工作，培育一眾運動員的個人成長、學術及事業發展。

每筆捐款對學生運動員的全人發展均至為重要。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/ 支持指定校隊 (Sports Team) 或綜合校隊發展 (General Sports Development)。除捐款外，城大好友亦可以透過義務工作支持學生運動員，例如為校隊打氣、提供職場導航、專業協助、學術支援和實習機會等。

這些慷慨襄助將為學生運動員帶來莫大裨益，意義深遠。

計劃自去年十月推出以來，短短六個月內已錄得近 100 位校友及友好積極響應，承諾參與義務工服務及作出捐獻，款項數字已達港幣 $487,500。

讓我們攜手協力，一同發揚城大運動隊全力以赴的體育精神 "Be the Best that We Can Be"，共創佳績。

請踊躍支持！
The Jackie Chan Challenge Cup organised by Lingnan University was regarded as the prelude to USFHK Competitions. After several days of competitions in October 2021, our teams grasped the chance and triumphed over 3 gold medals and 1 silver medal. The results of the competitions are as follows:

由香港嶺南大學主辦的成龍挑戰盃全港大學籃球、乒乓球、足球及排球邀請賽，往往被視為香港大專賽的前哨戰。賽事在 2021 年 10 月展開，城大健兒把握機會大展身手勇奪 3 金 1 銀的佳績，成績彪炳。各隊戰績如下：

<table>
<thead>
<tr>
<th>Team</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Soccer 男子足球</td>
<td>Champion 冠軍</td>
</tr>
<tr>
<td>Men’s Basketball 男子籃球</td>
<td>Champion 冠軍</td>
</tr>
<tr>
<td>Men’s Table Tennis 男子乒乓球</td>
<td>Champion 冠軍</td>
</tr>
<tr>
<td>Women’s Table Tennis 女子乒乓球</td>
<td>1st Runner-Up 亞軍</td>
</tr>
</tbody>
</table>
Organised by the University Sports Federation of Hong Kong (USFHK), the intervarsity sports competitions commenced on 30 October 2021. As the fourth wave of the epidemic subsided, the general format of a single round-robin competition was adopted. Teams were drawn into two pools, and the top two teams in each pool would be qualified for the finals. Teams finishing at 3rd and 4th places in the groups would play for the consolation rounds. Except for the Aquatic Meet and Men's Water Polo, other one or two-day events were scheduled to be held in Semester B.

By 28 November 2021, CityU sports teams had demonstrated hard work and perseverance, catching thirty-four wins, one tie, and two losses out of thirty-seven preliminaries of all ball games. In the Aquatic Meet, the CityU swimmers' performances were highly competitive, winning the Women's Overall 1st Runner Up and the Teams' Overall 1st Runner Up, whereas the Men's Water Polo team won the 1st Runner Up.

The fifth wave of the pandemic broke out as the preliminary round was about to enter the final stage, and the Government tightened social distancing measures and suspended all operation of sports premises. As a result, all USFHK competitions had to be postponed until further notice. In June 2022, the pandemic figures were found to be significantly declined, and the social distancing measures were gradually released. Some intervarsity competition events could be finally resumed.

由香港大專體育協會主辦的體育賽事於二零二一年十月三十日登場；隨著第四波疫情消退，今季所有球類項目都能沿用一般賽制，即採用分組單循環比賽，獲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。除水運會及男子水球外，其他一或兩天的賽事均在下學期舉行。

截至二零二一年十一月二十八日，城大運動代表隊在三十七場分組球類初賽中取得三十四勝、一和兩負的佳績，盡顯各隊員的拼搏精神。在水運及水球項目中，城大健兒的表現也極具競爭力，分別奪得水運女子團體亞軍和團體總亞軍、以及男子水球亞軍。

在初賽即將進入白熱化階段之際，政府隨著第五波新冠疫情爆發而宣布收緊社交距離，並關閉所有體育處所，所有大專比賽活動需延期至另行通知。直至二零二二年六月，疫情有穩定下降趨勢，社交距離措施逐漸放寬，部分賽事亦能得以復辦。
### Team Events 團體項目

<table>
<thead>
<tr>
<th>項目 EVENTS</th>
<th>男子 MEN</th>
<th>女子 WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>足球 Soccer</td>
<td>冠軍 Champion</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td>網球 Tennis</td>
<td>亞軍 1st Runner Up</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td>手球 Handball</td>
<td>第五名 4th Runner Up</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td>橄榄球 Rugby</td>
<td>冠軍 Champion</td>
<td>第五名 4th Runner Up</td>
</tr>
<tr>
<td>排球 Volleyball</td>
<td>亞軍 1st Runner Up</td>
<td>季軍 2nd Runner Up</td>
</tr>
<tr>
<td>乒乓球 Table Tennis</td>
<td>亞軍 1st Runner Up</td>
<td>亞軍 1st Runner Up</td>
</tr>
<tr>
<td>壁球 Squash</td>
<td>亞軍 1st Runner Up</td>
<td>季軍 2nd Runner Up</td>
</tr>
<tr>
<td>籃球 Basketball</td>
<td>殿軍 3rd Runner Up</td>
<td>第五名 4th Runner Up</td>
</tr>
<tr>
<td>羽毛球 Badminton</td>
<td>季軍 2nd Runner Up</td>
<td>第六名 5th Runner Up</td>
</tr>
<tr>
<td>游泳 Swimming</td>
<td>殿軍 3rd Runner Up</td>
<td>亞軍 1st Runner Up</td>
</tr>
<tr>
<td>活木球 Woodball</td>
<td>亞軍 1st Runner Up</td>
<td>第五名 4th Runner Up</td>
</tr>
<tr>
<td>田徑 Athletics</td>
<td>第六名 5th Runner Up</td>
<td>第五名 4th Runner Up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>團體殿軍 Overall 4th Runner Up</td>
</tr>
</tbody>
</table>

### Other Events 其他項目

<table>
<thead>
<tr>
<th>項目 EVENTS</th>
<th>男子 MEN</th>
<th>女子 WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>劍擊 Fencing</td>
<td>重劍 Epee</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td></td>
<td>花劍 Foil</td>
<td>冠軍 Champion</td>
</tr>
<tr>
<td></td>
<td>黑帶組 Black Belt</td>
<td>黑帶組 Black Belt</td>
</tr>
<tr>
<td>跆拳道 Taekwondo (品勢 Poomsae)</td>
<td>6 型及高麗 Style 6 &amp; Koryo</td>
<td>金牌 Gold Medal</td>
</tr>
<tr>
<td></td>
<td>7 型及金剛 Style 7 &amp; Keumgang</td>
<td>銀牌 Silver Medal</td>
</tr>
<tr>
<td></td>
<td>8 型及太白 Style 8 &amp; Taebak</td>
<td>銅牌 Bronze Medal</td>
</tr>
<tr>
<td></td>
<td>團體 Group</td>
<td>團體 Group</td>
</tr>
<tr>
<td></td>
<td></td>
<td>銅牌 Bronze Medal</td>
</tr>
<tr>
<td>空手道 Karatedo (個人型 Kata - Individual)</td>
<td>第七名 6th Runner Up</td>
<td>第七名 6th Runner Up</td>
</tr>
<tr>
<td>水球 Water Polo</td>
<td>亞軍 1st Runner Up</td>
<td></td>
</tr>
</tbody>
</table>
CityU swimming team won the Overall Women’s 1st Runner Up at the USFHK Aquatic Meet.

大專游泳隊勇奪大專水運女子團體亞軍。

CityU water polo team won the 1st Runner Up at the USFHK Men’s Water Polo competition.

城大水球隊勇奪大專男子水球亞軍。

CityU men’s basketball team beat VTC with scores 71:52 in the preliminary round.

城大男籃於初賽以比數71：52勝職訓局代表隊。

CityU women’s tennis player performing a fierce stroke in the preliminary round.

城大女網隊員於初賽中展現凌厲抽擊。
CityU Honorary Team Managers, Team Managers and Coaches

CITYU SPORTS FAMILY

PE Staff

<table>
<thead>
<tr>
<th>Total</th>
<th>Part-time Coaches</th>
<th>Trainers</th>
<th>Honorary Team Managers</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>35</td>
<td>37</td>
<td>397</td>
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</tbody>
</table>

Sports Teams / Sports Events / USFHK athletes

Honorary Team Managers

<table>
<thead>
<tr>
<th>Sports</th>
<th>Coaches</th>
<th>Trainers</th>
<th>Managers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics Team</td>
<td>Prof. Raymond CHAN</td>
<td>Dr. Tim WONG</td>
<td></td>
</tr>
<tr>
<td>Basketball Team (Men)</td>
<td>Dr. Ron KWOK</td>
<td>Dr. Louis MA</td>
<td></td>
</tr>
<tr>
<td>Basketball Team (Women)</td>
<td>Prof. LO Tit Wing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer Teams</td>
<td>Mr. Joseph CHAN</td>
<td>Prof. Sam KWONG</td>
<td></td>
</tr>
<tr>
<td>Rugby Teams</td>
<td>Mr. John A.S. BURKE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash Team</td>
<td>Prof. Henry CHUNG</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Table Tennis Team</td>
<td>Mr. Stewart WONG</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis Team</td>
<td>Dr. Herman HU</td>
<td>Dr. Charles WONG</td>
<td></td>
</tr>
<tr>
<td>Volleyball Team (Men)</td>
<td>Prof. Timothy SHEK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Country &amp; Dragon Boat Teams</td>
<td>Ms. Julyanna CHAN</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PE Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Sunny CHAU</td>
<td>Badminton Team Coach and Team Manager, Taekwondo Team Manager</td>
<td>Tel: 3442 8048</td>
<td><a href="mailto:s.chau@cityu.edu.hk">s.chau@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Ms. Rebecca LAI</td>
<td>Fencing Team Manager, Karate-do Team Manager</td>
<td>Tel: 3442 8053</td>
<td><a href="mailto:soperfai@cityu.edu.hk">soperfai@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Mr. Denis WAN</td>
<td>Volleyball Team (Men) Manager, Rugby Team (Men &amp; Women) Manager</td>
<td>Tel: 3442 8024</td>
<td><a href="mailto:denis.wan@cityu.edu.hk">denis.wan@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Mr. Peter WU</td>
<td>Tennis Team Coach and Team Manager, Basketball Team (Men) Manager</td>
<td>Tel: 3442 8149</td>
<td><a href="mailto:p.wu@cityu.edu.hk">p.wu@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Mr. Vincent KWAN</td>
<td>Volleyball Team (Women) Coach and Team Manager, Handball Team (Men) Manager</td>
<td>Tel: 3442 8054</td>
<td><a href="mailto:v.kwan@cityu.edu.hk">v.kwan@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Ms. Clara WONG</td>
<td>Table Tennis Team Coach and Team Manager, Basketball Team (Women) Manager</td>
<td>Tel: 3442 7291</td>
<td><a href="mailto:choiki.wong@cityu.edu.hk">choiki.wong@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Ms. Winnie WONG</td>
<td>Woodball Team Coach and Team Manager, Handball Team (Women) Manager</td>
<td>Tel: 3442 8052</td>
<td><a href="mailto:sopewsw@cityu.edu.hk">sopewsw@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Mr. Gordis YAU</td>
<td>Soccer Team (Men) Coach and Team Manager, Swimming Team (Men &amp; Women) Manager</td>
<td>Tel: 3442 8150</td>
<td><a href="mailto:sopeyau@cityu.edu.hk">sopeyau@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Mr. Matthew YIP</td>
<td>Athletic &amp; X-Country Teams Coach and Team Manager, Squash Team Manager</td>
<td>Tel: 3442 7290</td>
<td><a href="mailto:sopemyp@cityu.edu.hk">sopemyp@cityu.edu.hk</a></td>
</tr>
<tr>
<td>Miss Hoi Lam POON</td>
<td>Athletic &amp; X-Country Teams Coach and Team Manager, Dragon Boat Team (Men &amp; Women) &amp; Soccer Team (Women) Manager</td>
<td>Tel: 3442 6308</td>
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As the Women’s Athletics team captain, I knew that it was not easy for everyone to keep on training. During this challenging time, I was often stressed, but I felt that it was vital for me to encourage and support my teammates. I really appreciate everyone’s persistence and perseverance. Under the limitations due to the pandemic, we have stayed motivated, continued our running practices in outdoor spaces, and encouraged each other in our group, which have kept our team spirit up.

The USFHK may be cancelled or rescheduled this year, and we may be frustrated by all these uncertainties, but I do encourage everyone to stay physically and mentally healthy. I truly hope that we can meet each other and train together soon!!

作為女子田徑隊隊長, 深知大家要在這個艱難時期保持運動實在不容 易。正因如此, 我亦倍感壓力, 亦明白自己更要負起責任去支持隊友。我十分欣賞大家的堅持和毅力, 在場地的限制下, 隊友們仍能抽空在人流較少的時間尋找空曠地方跑步, 以保持狀態。此外, 彼此互相勵也大大地提升隊伍士氣。雖然今年大專比賽一再延期, 甚至有機會取消, 但我們身心都要繼續保持正面態度, 等到場地重啓的時候, 用最好的狀態和隊友們見面！

It is challenging to prepare for competitions and train with teammates this year under the uncertainties of the pandemic. Vice-captains and I have tried very hard to take care of our teammates and have organised activities such as training camps to improve our team spirit. As the team captain, I am grateful that I can work with the team with such great passion, and I’m looking forward to resuming all our regular training and competitions.

這一年, 由於疫情不穩, 加上田徑比賽的特殊性質, 我們難以時常一 起練習和準備比賽。我和兩位副隊長仍然盡力關心每位隊員, 並組織不同活動讓隊員們參與, 例如訓練營。訓練營除了可以讓新生與弟兄們互相認識外, 更重要是讓我們建立團隊意識。作為隊長, 我很慶幸能遇上一班充滿熱誠的隊員, 希望可以在不久的將來能夠和大家一起恢復如常訓練。
Women’s Badminton Team
女子羽毛球隊

HO Sze Wing 何思頴
Bachelor of Science (Computing Mathematics)
理學士(計算數學)

Never give in

Men’s Badminton Team
男子羽毛球隊

TSE Long Yin Ronnie 謝朗延
Bachelor of Social Sciences (Social Work)
社會科學學士(社會工作)

Before the closure of indoor sports stadiums, every teammate has been training so hard with excellent team spirit. Our training was undoubtedly affected by COVID-19, but we kept doing exercises at home to maintain our physical fitness. Some of us even set up badminton nets outdoor to practise short net plays. We are not stopping to prepare ourselves for the re-opening of indoor sports stadiums. As the Team Captain, I have also maintained a high level of physical fitness as well. We’ll do our best to fight for glorious achievements for our University!

在體育館關閉前，各隊友都努力練習，展現出強勁的團隊精神。無可否認，新冠疫情打亂了我們的訓練計劃，但各位在家中也不停做運動，保持著體能和狀態；甚至在戶外地方拉開羽毛球網，練習網前技術，希望在場館再開放時，盡快回覆最佳狀態。作為隊長的我，當然時刻保持狀態，希望在場館開放後，大家一同努力，為城大爭光。

Although the competitions this year didn’t go the way we expected, I am so proud of our teammates who have worked so hard before the closure of sports facilities. The epidemic control measures might have caused some setbacks for everyone. As the captain, I hope that everyone is not giving up because of this. We shall continue to train together and create history for CityU in the coming year!

雖然今年的賽事不似預期，但看到體育館未封閉之前，隊友們的努力訓練以及進步，作為隊長，真是深感欣慰。也許防疫措施會令大家有些挫敗感，但我都希望大家不要因此放棄，來年繼續一起訓練，為城大創造歷史！

Once the shuttlecock is still in the air, we shall not give up on it. Try. Persist until the last moment.
While most of the venues and training were affected by the epidemic, I am very grateful that our team members have persisted in training and put in their hard work. I was also fortunate to be able to organise a local training camp this year, which has greatly improved our overall performance, built team rapport, and deepened everyone’s sense of belonging to the team. It’s a pity that the USFHK could not be held as scheduled. I hope the epidemic will end soon so that we can return to the court.

在大部分場館和訓練都受到疫情影響的情況下，非常感謝每位隊員依然堅持訓練，付出努力與汗水。同時，亦很慶幸今年能夠舉辦本地集訓，大大提升了球隊的整體表現和默契，加深了隊員對球隊的歸屬感。很可惜大專比賽未能如期進行，希望疫情能夠早日結束，讓我們重回球場。

2022 was an amazing year for me. As some key players graduated and left the team in the past few years, the public often challenged our team’s capability. I had an injury at the beginning of the year and could only contribute to the team through observation and communicating with teammates. Gratefully, our vice-captain, Jacky, constantly encouraged and invited our teammates as well as other friends to join practices in the mornings and nights. Together with our new Hong Kong Team player Tung and other foreign teammates, we have successfully built a strong team and won the Champion of Jackie Chan Challenge Cups. This was a recognition of everyone’s effort.

今年非常難忘 — 多年的主力因畢業離隊而令外界質疑城大男子籃球隊的實力，加上在開季之時，我有傷患在身，只能以觀察和溝通的方式協助隊友。儘管開季時，我們的人手緊張，導致練習大受挫折，但副隊長在這段期間沒有鬆懈，除了在場上督促隊友外，更主動邀請校隊外的朋友晨操晚練；新加入的香港隊隊員不單沒有球星格還很配合；而最驚喜的是外籍隊員積極融入球隊文化，畢竟我們每年的最大挑戰也是如此如何令外地隊友適應球隊。因此，今年城大男籃榮獲「成龍盃」冠軍絕非幸運，而是對大家努力付出的一個肯定。
Women’s Cross Country Team
女子越野隊

PANG Wing Ki 彭永琪
Bachelor of Business Administration in Marketing
工商管理學士（市場營銷）

Keep on going. Never give up. I can because I think I can.

Men’s Cross Country Team
男子越野隊

CHENG Chak Tong 鄭澤瑭
Bachelor of Chinese and History
（中文及歷史）

Believe in yourself Never give up

I am really honoured and grateful to participate in the 27th CityU Annual Athletic Meet with my teammates last year. Unfortunately, the pandemic broke out at the end of 2021. Our training had to stop for around 4 months. Due to the social distancing policies and safety concerns, it was hard for us to train together. However, with self-discipline, our teammates ran by themselves and shared results in our WhatsApp group. By doing so, our coach could keep track of our performances, and we could encourage and push each other to keep moving and run diligently simultaneously. I sincerely hope the pandemic can end very soon so we can create our unique memories on the training ground and in the USFHK Competition.

對我而言，能夠參加第二十七屆香港城市大學運動會是最難忘的回憶，因為這是我第一次在城大和隊員參加正式比賽。可惜上年疫情由年尾開始轉壞，實體訓練需要停頓接近四個月。出於安全考慮，我們無法相約一起跑步。但是，我知道每位隊員都十分自律，堅持自我訓練，沒有鬆懈，亦會把訓練成果分享到群組，互相勉勵和鞭策，同時方便教練跟進我們的進度。希望疫情能夠早日完結，讓我們能夠一起訓練，一起參加大專比賽，共同創建回憶。

The epidemic affected most of the tournaments, and some had to be postponed. However, we should not slack off during this period. Instead, we should make good use of the time to improve and bring ourselves to the next level. Therefore, our team had morning runs to keep ourselves prepared for upcoming competitions. Although this had been a difficult time for all of us, I believe we are all still holding onto our individual goals.

As the captain of the men’s team, it was not easy to take care of all team members during this period, but I hope that they will continue to work hard in their studies and running. I am very grateful for the commitment of my teammates. It has been an honour to be your teammate and to have practised with you all together. I hope that the situation will become better soon so we will be able to run along with each other again in the race.

在疫情的影響下，大部分比賽都受到影響，甚至需要延期舉行。但是，我們不能因此鬆懈，反而更應趁着這段時間努力增值自己，追求更高的水平。為此，我們男子隊在早上進行晨跑練練，保持比賽狀態。雖然這對大家來說都是一個很困難的時期，但我相信這不會影響我們繼續各自追逐目標。

作為隊長，在這個時期要照顧到所有隊員的情況確實不容易，但我期望所有男子隊員能夠在學業及跑步方面繼續努力。另外，我非常感謝隊員們的付出，能夠一齊成為隊友、一起練習，是來之不易的緣份，唯望疫情能夠盡快好轉，在比賽場上再與各位隊員一起奮鬥。
As the captain of the dragon boat team, it is my responsibility to take care of all my teammates. In the training camp, we welcomed new faces to our big family and trained with support from each other. We have embraced different personalities to build an energetic team. Because of the COVID-19 pandemic, the USFHK Competition was cancelled. Our team was frustrated by not having the opportunity to compete with other universities after paying loads of effort to train. Nevertheless, we stood for each other during this period. We went to the gym together and have prepared ourselves well for the competitions in the coming years. We believe that our effort will not be wasted.

身為龍舟隊隊長，我有責任照顧所有隊員。每年龍舟訓練營都是一個良好的機會給新隊友融入我們「城大龍」這個大家庭；在訓練營中，我們也一起度過了非常艱辛的訓練，大家互相鼓勵，相互影響。過程我們更加了解不同隊友的個性，建立出融合友好的團隊氛圍。

然而，隨着疫情的肆虐，得知大專賽被迫取消後，大家都感到非常沮喪，因為我們付出了許多努力，一切卻付諸東流。但幸運的是，不論是我還是隊友們都不曾輕言放棄，繼續互相砥礪前行。既然今年大專賽取消，我們便繼續努力訓練，備戰下一年比賽，相信我們的努力最終會有成果。

We had planned for intensive training at the beginning of this year to prepare ourselves for the USFHK tournament. Unfortunately, because of the new wave of the pandemic, the tournament and training have to be postponed. Under the pandemic, our plans could never keep up with changes in life. Therefore, we should seize every opportunity to train. I hope that we can soon get back to the fencing pistes and fight for our goals as a team.

本來劍擊隊早已計劃在年初加緊訓練，為即將來臨的大專比賽作準備，孰料遇上新一波疫情，令比賽和訓練逼不得已要暫緩。在疫情之中我又更能體會到計劃往往難以趕上現實的變化，所以我們更要珍惜每次的訓練。希望來日有機會再次回到劍道上，與隊友並肩為目標而奮鬥。
Men’s Fencing Team
男子劍擊隊

TAM Shu Fai Theodore 譚樹暉
Bachelor of Arts in Translation and Interpretation
文學士（翻譯及傳譯）

Train Hard. Eat Well. Sleep Well.

2021 was definitely a challenging year as the USFHK had postponed multiple times. Yet, our team was able to overcome the uncertainties. We focused on our training as we loved the sport, whether there was a competition or not. The time we spent with our teammates has become more valuable than ever under the pandemic. The passion and commitment of our teammates have held us together and have enabled us to accomplish our goals. With more talents joining us, let’s hope that we can achieve more in the coming year.

去年的大專比賽數次延期，絕對是充滿挑戰的一年。然而，劍擊隊成功克服眼前的不確定因素，繼續專注訓練。因為我們訓練並非只為比賽，而是因著這個運動的熱誠。疫情下，與隊友們相處的時光更顯珍貴。劍擊隊充滿熱忱，隊友在練習時十分投入，令大家在疫情下的大專賽事中更有默契，最終亦達到預期成績。本年度劍擊隊吸納了更多人才，望來年大專比賽中，我們能更上一層樓。

We are delighted to see many new teammates joining the team this year. Since the outbreak of the pandemic, we could not have regular training. However, this did not discourage the team and has made us cherish every training session more. We did not have a fixed venue for training, so we went everywhere, be it N.T. or Kowloon, to play with our bestie - handball! Some teammates tested positive for COVID-19 recently, so apart from hoping that training can be resumed soon, we also hope that everyone can stay healthy.

今年城大女子手球隊有不少新隊員加入，教練和舊隊員都對此感到非常高興，我們亦在此歡迎每位「新人」。自從新冠肺炎爆發，練習不時無奈取消，這不但沒有澆熄我們對訓練的熱誠，反而使我們更加珍惜每一次練習的機會。我們沒有固定的練習場地，所以我們會在港九新界周圍走，為的只是可以與我們最好的朋友「手球」一起玩！最近，有些隊員最近確診，因此，我們除了希望可以盡快恢復訓練外，也希望大家可以身體健康。

Women’s Handball Team
女子手球隊

CHAN Hui Sze 陳煦詩
Bachelor of Arts in Creative Media
文學士（創意媒體）

Hang in there! Dining after training!
A captain serves an essential role in a team and is always respected by others. The experience of being a captain has taught me how to become a mentor and how to motivate a team to achieve their goals. In the past four years, I've been a member of the CityU handball team. Even though I am not the most skilful player, I did my best to encourage my teammates to achieve our goals. The best thing about being a captain is seeing how well others have improved because of their hard work. As a team captain, I have learnt how to interact with others and how to find the team's voice. All these abilities are crucial in sports and our everyday lives.

Our team tried to use creative ways to keep up with training during this challenging period. We encouraged teammates to record their self-training moments and carried out a motivation and reward system. It is clear that we are now getting stronger to overcome all the difficulties in the coming future.

In this difficult period, we used our creativity to continue training. We encouraged our teammates to record their training moments and set up a system for motivation and rewards. We are now stronger and better prepared for future challenges.

四年来，手球队队长的身份教会了我如何成为导师，并激励队友们去追求目标。虽然我不是队里最能干的球员，但仍尽我所能去激励队友们共同实现目标。担任队长最棒的地方，就是看到队友们因努力而提升的表现。这些经验教会了我如何与他人交流，以及如何凝聚团队的力量。所有这些能力在体育和日常生活中都至关重要。

在极困难的时期，我们发挥创意，采用录制训练片段及奖赏机制等方法鼓励队友保持训练。可以明确地说，我们现在正变得更强大，有能力克服即将到来的困难。
This year is full of uncertainties, and it has been a challenging time for all team members. I would like to take this opportunity to deliver my deepest gratitude to our manager, Miss Lai, and our Coaches, coach Yuen and coach Wu. They had helped us a lot in providing us with the most updated news, facilitating adjustments as quickly as possible, and preparing us for the upcoming competitions. I know it had been a difficult time for all sports team players, where there were a lot of uncertainties to cope with as our original plans were being disrupted. However, the pandemic was also a time for us to slow down our pace and reflect on ourselves, allowing us to understand ourselves better. Where under the challenge, there is a chance for us to grow and flourish. To the team captain of next year, I must not assure you that taking the role of team captain would be an easy one. You will have to confront challenges, but please remember that there will always be fellow teammates at your back supporting you. You will not work on your own. Wish you all the best!

I enjoyed our training with laughter and sweat. Our team always trains hard and plays hard. I do feel like home here. This year was definitely a tough one for us. It was a pity that all training sessions have been cancelled since November. It was difficult for us to meet each other on the field, but we did some home workouts together so that everyone could maintain a good condition and prepare for upcoming matches after the pandemic.

今年是艱辛的一年。縱使在困難時期中，我們每逢練習時定必全力以赴，因為大家都希望為自己、為彼此、為整支球队努力。可惜的是，疫情關係所有正規訓練已於十一月取消，但我們作為這城大榄球家庭的一份子，從不忘邀請所有隊員在居家抗疫之時保持在家運動，務求維持良好狀態，出戰疫情過後的每一場賽事。
Men’s Rugby Team

Being the team captain for 3 years has been tough. Captain bears all the responsibilities in critical decisions, including team image, team cohesion and team performance on and off the field. However, in CityU Rugby Team, I never go to battles solo. The support from teammates, coaches and team staff has been vital. Without them, I would not have the opportunity to learn and improve. Within the period of my captaincy, and since the first tournament I represented CityU, I have never missed a Cup Final game. Our strong bonding has built our success and has made us the only team that other universities scared of on the field. All credits to my teammates, I love them.

Since it is my last year, I am grateful to have spent the last few months with my teammates before the closure of pitches. The team showed a remarkable attitude for the first two competitions, and the team should be proud of all their accomplishments this season. I hope the team can continue to strive and flourish as a team and in other life domains.

During these unprecedented times of the COVID outbreak, everything is closed, and it has been hard for all the athletes locally and globally. Even though we are uncertain about the upcoming competitions, it is an excellent time for us to reflect on our previous results and to recharge and prepare ourselves for the future. We are still optimistic that the epidemic situation will get better, and players can bounce back stronger than ever. Therefore, it is crucial to be resilient and have a mindset to see challenges as opportunities to learn and grow.

Women’s Soccer Team

Tough times build resilient minds
Trust the process and believe in yourself

SHARANJIT Kaur 成慧芝
Bachelor of Social and Behavioural Science in Criminology 社會科學學士 ( 犯罪學 )

Friendship is Diamond
**Men’s Soccer Team 男子足球隊**

As the captain, I believe that the team’s achievements this year have been evident to all. For me, the most memorable moment of the season was that we defeated HKU in the Jackie Chan Challenge Cup Final and won our first Champion since 2016. The experience of being knocked out of the USFHK campaign by HKU last season was an unpleasant one, but it was a well learnt lesson for us to understand what we lack, which had motivated us to train hard and improve. Therefore, I am so happy that our team managed to ‘take revenge’ on such a worthy opponent.

Whether in the Jackie Chan Cup or USFHK competitions, our entire team has become stronger than before. This can be attributed to the continuous efforts of our players in practice. Many of us were willing to spend more time and arrive at the stadium earlier for extra self-exercise, which has created a great atmosphere in the team. The only regret is that the season was suspended, and we were not able to continue our unbeaten run. Still, I am grateful to be a part of this team.

I believe that we are better than other teams in terms of bonding among members and overall strength, and I am proud to tell everyone that I am part of the CityU men’s soccer team. I look forward to playing alongside my teammates and coaches in the coming days.

**Women’s Squash Team 女子壁球隊**

This year has been full of accidents. When we all thought that the epidemic was almost over, it struck again and caused team practices and USFHK competitions to be suspended. Fortunately, everyone has stayed hopeful and continued to exercise at home in their own ways. We are all looking forward to the day when team practice and USFHK competitions resume.

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All the training and competitions have resumed step by step when the new academic year started, but the fifth wave of pandemics broke out and stopped the USFHK competition again. We started our season strong. Both Men's and Women's teams remained unbeaten after the preliminary round and have advanced to the semi-finals. Although the fifth wave of the pandemic has made the arrangements of the competition uncertain again, we will keep training hard at home in order to prepare for the competition. We cannot change the world, but we can change ourselves. Let’s get ourselves prepared physically and mentally. Get 1% better every day and fight for the best for CityU. Be the best that we can be!

As the team captain, it was my honour to lead the team to win the women's overall second and overall second this year. Due to the pandemic, we have missed the USFHK Aquatics Meets for two years. We also faced different problems, such as the closure of the school's swimming pool and the lack of team members, but all these did not stop us from striving and achieving our best.

I am lucky and honoured to lead the girls' team in my final year.
I am very glad to have the opportunity to lead the CityU swimming team. In preparation for the USFHK aquatic meet, our coaches had arranged training for us a few months before the game, and team members had attended the training actively. I would like to say thank you to all our swimmers and coaches. We were able to win the overall runner-up because of all your efforts. For all those swimmers who had switched to another event other than their main events, thank you so much for prioritizing the team’s overall performance.

This year, due to the epidemic and venue problems, the meet day has changed a few times. During this period, team members and coaches did not slack off, and they prepared for the competition diligently. Their enthusiasm for the school and swimming are worthy of our appreciation. I hope that the CityU swimming team will have another win in the coming year!

It is my pleasure to know all of my teammates. Even though we didn’t have much preparation time due to the pandemic, I did enjoy every training moment with them. Plans had to change all the time during this unprecedented period, but my team has shown great tolerance and was always supportive. I believe that we can achieve our goals together soon in the upcoming competitions.

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Men's Taekwondo Team
男子跆拳道隊

It is my second year in the Taekwondo Team, and I am very fortunate to be the Team Captain this year. Although the workload was heavy and training sessions were often disrupted during the epidemic, our team atmosphere was very harmonious. Everyone was willing to devote themselves to the training and we often met in our spare time. I hope we are all improving and that we can play and train together soon.

今年是我第二年在跆拳道隊訓練，很幸運地成為了隊長。雖然這崗位的日常工作很繁重，在疫情下訓練亦時有阻滯，但還是很開心看到今年跆拳道隊的氣氛這麼融洽，大家都全心投入訓練，並在空餘時間聚首。希望大家明年可以再接再厲，疫症過後讓我們能夠更拚命地練習和玩樂！

Under the pandemic, there is a lack of opportunity for us to meet in person. Competitions and training were either postponed or cancelled. It has been a hard time being a captain this year. I am thankful for my teammates' support and their hard work throughout the tough time we have all experienced together. I hope that COVID-19 can be over soon, and I am looking forward to fighting for medals with my teammates again.

在這世紀疫情之下，人與人之間相處的機會大大減少，不論比賽還是練習，亦因而受到延期甚至取消。這年隊長的角色不容易擔當，面對著遙遙無期的比賽日期，很感激隊員們一直的支持與努力。希望疫情盡快過去，讓隊員們再次攜手向比賽獎牌進發。

Women’s Table Tennis Team
女子乒乓球隊

Effort will lie, but will never be in vain.
**Men's Table Tennis Team**  
**男子乒乓球隊**

LEUNG Ho Ching 梁灝程  
Bachelor of Social Science in Social Work  
社會科學學士（社會工作）

Never try. Never know.

Time has passed quickly. This year, I am already a final year student, meaning that my days of representing CityU sports team are coming to an end. All my moments with the table tennis team in the past few years are still fresh and vivid in my mind. Thanks to Miss Wong, Ma Sir, and Mr. Stewart Wong for generously supporting and caring for the team. I hope that CityU Table Tennis Team will continue to shine in the competitions in the future.

作為男子乒乓球队長，在這個時期，要照顧到所有隊員確實不容易。就女隊而言，大部分隊員都是最後一年，所以大家更加希望大專比賽能夠如期進行。為了盡可能在這段時間保持比賽狀態，我們男女隊會在晚上會聚在一起做體能。雖然這對大家來說都是一個很困難的時期，但這些時刻亦為我們帶來一些特別寶貴的回憶。作為隊長，我非常感謝隊員們的付出，而且大家都費盡心思保持強大的身體和心理素質。因此，我希望大家能夠快點好轉，讓我們能夠盡快與隊員們見面。

**Women's Tennis Team**  
**女子網球隊**

TANG Nok Yiu 鄧諾瑤  
Bachelor of Social Sciences in Public Policy & Politics  
社會科學學士 (公共政策與政治)

Never Stop Trying. Never Stop Believing.  
Just Do It, Everything Is Impossible.

As the captain of the women’s tennis team, it was not easy to take care of all the players during this period. Most of the players were in their final years, so everyone had been hoping eagerly that the USFHK could be held as scheduled. To keep our game in shape as much as possible, our men’s and women’s teams came together at nights for fitness training. This has been a difficult time for all of us, but we have created special and precious memories.

作為女子網球隊隊長，這段時間，要照顧到所有隊員確實不容易。就女隊而言，大部分隊員都是最後一年，所以大家更加希望大專比賽能夠如期進行。為了盡可能在這段時間保持比賽狀態，我們男女隊會在晚上會聚在一起做體能。雖然這對大家來說都是一個很困難的時期，但這些時刻亦為我們帶來一些特別寶貴的回憶。作為隊長，我非常感謝隊員們的付出，而且大家都費盡心思保持強大的身體和心理素質。因此，我希望大家能夠快點好轉，讓我們能夠盡快與隊員們見面。
**Men’s Tennis Team  男子網球隊**

I will never forget the team dinner we had after our record-breaking win. Wu sir booked a restaurant for the whole team and invited many alumni to join and celebrate this momentous event. That night, everyone was given a special card holder printed with “CityU Tennis”. This meant a lot to me as it recognized the hard work and commitment that we have put into the team. The time we spent together as one team has been especially precious to me. During the past few years, our team has been filled with different emotions - eager for the new season, and the anxiety and stress of defending our double champion title. With the COVID-19 situation, it has been difficult for the team to have regular and focused training to maintain our momentum moving into the new season. However, we tried to stay strong by organising daily workout programs while the tennis courts were closed. As the situation improves, we will continue to train and fight our hearts out this season!

我永遠不會忘記我們隊伍破紀錄奪冠的慶功宴。胡老師為球隊及校友們預訂了整間餐廳讓我們一同慶祝這盛大的成就。而且，所有人更獲得印有「城大網球」的卡片套。這代表著我們團隊一直以來的付出和努力獲得了認可。於我而言，和球隊共度的時光尤其珍貴，特別是過去一年球隊中 漲著不同的情緒；包括對新球季的期盼和對衛冕冠軍的焦慮等等。受制於疫情之下，球隊難以維持恆常且集中的訓練，以及保持我們從上季度開始強勁的走勢。儘管如此，我們仍舊努力著，在網球場關閉期間仍安排隊員每日進行體能訓練，抱持著樂觀的心態。我們球隊上下將繼續拼盡全力，期望在比賽重開時爭取佳績。

**Women’s Volleyball Team  女子排球隊**

I want to thank all my current and past teammates, who have been very encouraging, caring and thoughtful. Due to the COVID-19, we did not have many training sessions together this year, but we have got more time to chat and gather outside of the court. We have experienced moments of crying and laughing together, which have been precious and memorable, and we have learnt more about each other. I hope that my teammates will never forget why we started and keep working and playing hard in our lives.

回想過去五年的大學生活，我很感激教練的教導。亦想多謝現在和過去隊友給我的鼓勵和包容。由於疫情的影響，今年的練習次數不多，但卻多了球場以外的相處。不論是訓練營，還是友誼賽後的小聚會，都成為我珍貴的回憶。哭過、笑過的經歷令我們互相瞭解更多。希望隊友能夠勿忘初心，繼續努力和開心地打排球。

Never forget why you started, and your mission can be accomplished.
This is a challenging year for everyone. We had to practise with a mask under the pandemic. Coupled with the graduation of many senior brothers last year, the overall strength of the volleyball team had dropped significantly. Fortunately, we have recruited new players from the SAAS and the Open Recruitment. We spent a lot of time building our team rapport, improving the cooperation between teammates, and preparing for this year's college competition. It is a pity that our team could not participate in the USFHK for two years. All of us are very eager to play for the school. I hope the pandemic will end as soon as possible, so all athletes can resume their normal paces of practice and join competitions.

Entering the finals has always been our team goal, and there is nothing more important than achieving that. At the same time, we have been enjoying the games. Having a taste of the USFHK Water polo final is definitely one of the most memorable moments in my athlete career. It has been an uneasy year for our team under COVID. The pools, including our university pool, were closed, making it hard for us to train together regularly. Luckily, our team members treasured each training session, and their efforts have contributed to our achievements in the USFHK competition. On the road to USFHK final, our team has improved and become more united as we have played more games together. Our result of the second place is well deserved. I am also grateful to have our team coach who arranged training and friendly matches for us.

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Words of Sports Captains

Women’s Woodball Team
女子活木球隊

CHEUNG Hiu Man 張曉敏
Bachelor of Social Sciences in Psychology
社會科學學士（心理學）

Be tough, be strong
Stronger together

Under the ever-changing pandemic, there are uncertainties and challenges. It was challenging for me to lead the team through times of ambiguity. Nevertheless, my teammates always back me up and support me. We had meals after training, played games after matches, and jogged together to improve our fitness in our extra time. We created precious memories during the difficult times. With hope, we believe that the pandemic can end soon and we can have everything back to normal.

疫情反覆不定的期間，我們需要面對不同的挑戰。作為隊長，帶領這個隊伍是具有挑戰性的。幸好在我背後有一大班隊友支持著我。我們訓練後會一起吃晚飯，比賽後會一起玩球類活動，額外時間更會一起跑步鍛鍊體能。大家都創造了十分寶貴的回憶。希望疫情過後，一切回復正常，我們能回復正常訓練，並跟不同的院校進行友誼賽。

Men’s Woodball Team
男子活木球隊

KONG Tsun Yiu Felix 江浚堯
Bachelor of Arts in Chinese and History
文學士（中文及歷史）

Don’t be afraid of difficulties, keep our heads up.

It has been a tough year for all of us. Athletes have always wanted to compete and demonstrate their skills in the USFHK Competitions. We were all disappointed when events had to be cancelled or postponed due to the pandemic. It is a pity for us to lose the opportunity to compete. We hope that the pandemic can end soon so that we can go out there again and give our best performance in front of the audience.

這年對任何人來說都是艱難的一年，運動員最期待能夠在大專盃戰場上展現自己，唯這次疫情導致部份項目延期或取消，實在叫人可惜。希望疫情盡快過去，讓我們能夠再現於觀眾的眼底下爭取佳績。
The Physical Education Section is proud to have a team of enthusiastic and passionate sports athletes who strive their best for sports excellency. Despite the suspension of training and competition in the first half of 2022 amid the 5th wave of COVID-19, our student-athletes upheld strong fighting spirit and maintained good physical state. Their dedication and hard work finally paid off. In 2021-22 USFHK Competitions, CityU sports teams brought home with 5 Golds, 8 Silvers and 3 Bronze medals, capturing Men’s and Women’s Overall 1st Runner-ups titles.

I would like to thank all sports teams’ student leaders who also contributed to the “HealthyU” movement by serving as event organizer of Wellness programmes or student administrator of Sports Clubs. Together WE injected positivity, enhanced the awareness of physically active lifestyle and enriched the campus life of CityU.

I am confident that the CityU sports teams will remain faithful to the motto “Be the Best That We Can Be”! Our action will speak louder and louder in the years to come!

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Sports Teams in Action
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花絮掠影
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