



香港城市大學
City University of Hong Kong

CityU

SPORTS TEAM YEARBOOK

城大運動代表隊年刊



2020 - 2021

Contents

- 3** Foreword by President – 校長的話
- 4** Foreword by Vice-President (Student Affairs) – 副校長 (學生事務) 序言
- 5-11** Sports Teams Training in New Normal: CityU Elites Rise with Covid-19
城大眾將「疫」流而上
- 12-18** Graduates To Be – Farewell words from the Non-Local Student-Athletes
畢業有時 感恩無盡
- 19-21** Meeting Our New Cohort of Student-Athletes
城大新入學精英運動員的問與答
- 22-24** Elite Athletes – “Best of the Best” 城兵港將
- 25-26** Student Athletes Admission Scheme (SAAS) 學生運動員入學計劃
- 27-33** CityU Sports Entrance Scholarships for Newly Admitted Student-Athletes 2020-2021
運動員入學獎學金 2020-2021
- 34-36** Sports Ambassadors Programme
城大運動大使計劃
- 37** Honorary Team Managers, Team Managers and Coaches 城大名譽領隊及教練團隊
- 38** CityU Sports Teams Performance in Competitions of the University Sports Federation of Hong Kong, China (USFHK) 2020-2021
中國香港大專體育協會 2020-21 大專比賽成績一覽表
- 39** USFHK Annual Prize Presentation Ceremony
香港大專體育協會周年頒獎禮
- 40-42** CityU Sports Teams in Action 賽場掠影

Foreword by President 校長的話

Promoting health and well-being on campus is a priority at CityU, and our efforts have been internationally recognised for the second year running.

We were granted a Gold Campus Award for 2021 under the Exercise is Medicine® On Campus programme. Not only that, thanks to our exceptional efforts to promote regular exercise during Covid-19, we won a 2021 Covid-19 Conqueror badge.

We take heart from this recognition for our unceasing efforts to promote physical activity and encourage the campus community to work together to foster health and well-being.

Embodying this spirit are the outstanding women and men athletes, both local and non-local, in the CityU sports teams. They represent the great pride and tradition of CityU's historic sporting achievements.

Covid-19 has been incredibly disruptive to our sports events but on the flip side, these tough times have highlighted the excellent leadership qualities of our captains and managers. Training continued, fitness levels were maintained, and the drive to succeed was never diminished despite the pandemic.

Social distancing will finally abate after this public health crisis subsides. When that happens, I am confident that our sports teams will be ready to resume their dominance in the local and regional competitions.



Way Kuo
President and University Distinguished Professor
City University of Hong Kong

Shine in the new normal

The season of sports competition 2020-21 is awakening from the easing pandemic situation. As the Honorary Team Manager of the Athletics Team, I am impressed that CityU Sports Teams continued to show their perseverance and determination. They had seized every opportunity to practice their athletic skills and improve their fitness levels even when their regular training and competition schedules were sometimes interrupted or suspended.

With the resumption of intercollegiate competitions organised by the University Sports Federation of Hong Kong (USFHK), it is thrilled to see our sports teams' hard work pays off when they return to the field and have captured many medals and trophies for CityU. Our outstanding achievements including four champions in Men's Tennis, Women's Tennis, Women's Rugby, and Women's Squash. We also won four 1st Runner-Up titles in Men's Woodball, Women's Badminton, Men's Table Tennis and Men's Rugby in the season 2020-2021. Besides the USFHK Competitions, the Women's Soccer Team captured the champion and Men's Team came 3rd in 2020-21 Jockey Club Futsal Cup (Higher Education Division) organised by the Hong Kong Football Association.

The University's dedication to promoting physical activity and fostering the health of the campus community was recognised by international accolades—A Gold Campus Award under the Exercise is Medicine® On Campus programme for the second year running and Covid-19 Conqueror badge in 2021. Some new initiatives were introduced during the pandemic, such as Sports for All programme with 12 sports clubs holding year-round activities, outdoor pursuits, and a special annual athletic meet.

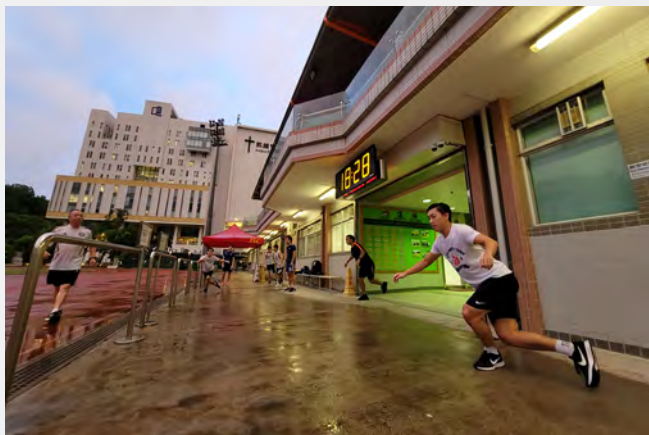
I hope that our readers can draw encouragements from our athletes' astonishing achievements and their enlightening sharing. Lastly, I wish that all CityU athletes will continue to make their best effort in the future amid all the challenges imposed by the pandemic.



Professor Raymond Chan
Vice-President (Student Affairs)
City University of Hong Kong

Sports Teams Training in New Normal: CityU Elites Rise with Covid-19

城大眾將「疫」流而上



With the pandemic being volatile throughout last year, various sports competitions have been postponed in response to the anti-pandemic measures and closure of sports venues. Enduring a long wait for competition restart, a group of passionate and dedicated captains in CityU Physical Education Section implement innovative and effective training methods with their creativity under the new normal to preserve their best condition. Here are some enlightening words from the captains to encourage everyone through this challenging time.

過去一年疫情反覆，各項校外體育賽事因應防疫措施及場地限制多番延期。在等待賽事重啟之際，仍有一班熱心的城大隊長在新常態下運用創意為隊友設計不一樣的訓練，務求讓眾人以最佳狀態再度出戰。他們亦想藉此機會鼓勵大家一起撐過這段漫長的「疫」流。

Basketball Team - Seize the Days and Treasure Each Practice 籃球隊 - 疫中思變練在當下

Last year had been filled with a sense of uncertainty to our team as we could not come up with a comprehensive training programme for every teammate to accommodate and adjust. In the beginning, we were a bit lost, but thankfully, we soon acknowledged that training methods could be adaptive, even with the limited resources available. For example, we could still practise our dribbling on the basket-less courts or keep up our physical fitness through running sessions on the street. After experiencing the year of changes, other than the remodeling of training methods, we gained some additional. We realised that nothing should ever be taken for granted, including training, competitions, and all the time we spent together. Therefore, we appreciate everything and every moment in training, now more than ever.

這年對籃球隊來說充滿着一種未知的感覺，我們沒辦法制定一套完整的訓練計劃讓球隊眾人磨合和調整。起初，我們實在有些不知所措，但值得慶幸的是我們隨即明白到訓練模式是能隨機應變。即使資源有限也可以進行訓練，例如在沒有籃框的球場做運球訓練、一起跑街保持體能……經歷了這變化無常的一年，撇除訓練上的改變，我們發現原來有很多事情都不是必然的，包括訓練、比賽和大家相聚的時光，所以現在我們都會比以前更珍惜每次訓練的一點一滴。



Woodball Team – Endure Tough Training and Go for Gold 木球隊 – 反諸求己明定方向

In the journey of playing woodball, independent thinking is one of the defining elements as your teammates would not be able to provide you with any reminders or advice during competitions. People get lost in the journey easily, leading to a lack of confidence and mistakes. Just like last year, our team did not get to spend much time together. Without the support and push from teammates and coaches, we got lost, and so did our discipline. However, no matter if it is woodball or life, I believe that this is a stage we must experience. The most important thing is getting to know yourself, being aware of your own values and confident about them. It leads you to the right path when you are lost. Lastly, I am grateful for the encouragement and tolerance from the coaches and teammates, from when I knew nothing about woodball until now. I will make sure to pass on my experience to new members. My growth has not been solely about the technical aspect but life lessons as well. I hope that when the pandemic has passed, everyone can pick up their CityU spirit and be their best.

具備獨立思考能力是木球路上重要的一環，皆因比賽期間沒有隊友能給您任何提醒，往往很容易因迷失方向而失去信心並造成失誤。就如球隊上下在這一年聚少離多，或許大家少了隊友和教練的督促也會感到迷失，慢慢變得鬆懈。無論木球還是人生，我相信這都是我們必經的階段，最重要是認識自己、了解自己的優點並給予信心，在迷失之中才能重新找到正確方向。最後我很感激教練和隊友這五年來的包容和鼓勵，由最初對木球完全不認識，到現在輪到自己把經驗傳授給新隊員，不單是技術或待人處事上也有很大的成長。希望大家疫情過後能盡快重拾鬥志，秉承着城大的精神做到最好。



Dragon Boat Team – Give it the best shot, Go CityU Dragon 龍舟隊 – 世情萬千初心如一

The beginning of this year should have been the period when our training is full-on for USF competitions. With Covid-19, however, we lost countless precious time together in training, competing and having fun. Our coach, Ryan, enlightens us on “the controllable and the uncontrollable”. From how I see it, the pandemic is one of the most uncontrollable parts of this year. That being the case, we should not lose our passion for dragon boating because even though we might not be able to train on the boat again this year, our physicality and mentality are controllable. We possess the ability to equip ourselves in the pandemic and utilise it to maintain our physical fitness in various ways. All we are looking for is to come back at our best on that day. One of the things I have learned from this pandemic is that you can never catch up with life changes. Therefore, we should all focus on the present, have fun even in the seemingly difficult time, and seize every opportunity for future practices. This is my last year in the team. I hope all our teammates remember what they are here for, and always keep in mind the day you chose dragon boat to be in your life. When we are on the same boat, we are a team towards the same goal. “Give it the best shot, Go CityU Dragon!”.

年初本應是龍舟隊為大專比賽拼搏得如火如荼的日子，可惜今年因疫情緣故失去無數跟大家訓練、比賽、打鬧的時光。承如教練 Ryan Sir 強調的「可控與不可控因素」——從我的角度來看，疫情是今年最不可控制的因素之一，然而我們不應該失去對龍舟的熱情。即使今年我們可能無法再次於船上進行訓練，但我們有能力在疫情中利用不同方式好好保持體能以及調整心理，務求以最佳的狀態重投訓練。我在疫情下更能體會到人的步伐往往難以追上命運的急促變化，所以珍惜眼前、苦中求樂，以及把握日後訓練的機會，讓友誼去迎接命途上的高低跌宕。今年是我在城大龍舟隊的最後一載，寄望各位隊友毋忘初衷，謹記著當天選擇爬龍舟的那片心；當大家同坐一條船就是一隊人，誓要朝著同一目標「畀火砌盡佢！砌呀！城大龍！」。



Fencing Team – Cope with Change and Train in New Normal 劍擊隊 – 舊情不變 新織故事

Not long after coming back from the Taiwan fencing exchange in January 2020, World Health Organization declared coronavirus a global pandemic. Correspondingly, the HKSAR government had to gradually tighten anti-pandemic measures, leading to unavoidable disruption on our training schedule. Last year's USF tournament even had to be cancelled, and this year's overseas training could not survive the pandemic as well. In the blink of an eye, we have already gone through waves of epidemics, lasting for more than a year. On and off anti-pandemic arrangements have made the unadaptable becoming the new normal to people in Hong Kong. At the beginning of this epidemic, the team's spirit was undoubtedly weakened, with practices being put on pause since the opportunities to meet among teammates reduced significantly. The USF tournament's rematch date could not seem to be confirmed any time soon. Fortunately, we reignited the fire for fencing inside us, realising although we cannot change or control the external factors, we can always be in charge of our mentality. Facing the once-in-a-century pandemic, I believe teams from all universities must have been caught off guard as we did. The sooner anyone retrieves the way to positivity in this giant maze of uncertainty, the more beneficial it is for performance in the future. Therefore, leaders, coaches and team captains have been in close contact even during the practice suspension period to figure out a set of courses for home training, encouraging the team members to try their best to maintain their physicality. Other than that, when indoor sports venues were closed and outdoor sports were with fewer restrictions, we went hiking in batches for team building, letting each other relax and communicate in person. Recently, sports venues are finally reopened and this year's USF tournament rematch date has preliminarily set. The 20 of us can finally be in the same arena again, shedding our sweat and tears together. A new chapter from our team will be written by our team spirit that has never been moved.



Sports Teams Training in New Normal: CityU Elites Rise with Covid-19

城大眾將「疫」流而上

在 2020 年 1 月從台灣劍擊交流回港不久後，世界衛生組織便宣佈新冠肺炎定性為全球大流行，香港政府也相應地逐步收緊防疫措施，以致我們的訓練日程無奈受到干擾，上屆大專比賽逼不得已要取消，連今年的海外集訓也必須中止。眨眼間，疫情維持一年多，斷斷續續、時鬆時緊的防疫安排已成為了香港人生活的「新常態」。對於劍擊隊來說，起初「被停操」無疑影響了團隊的士氣，畢竟隊員們見面的機會驟然大減、大專復賽一直無期亦讓大家若有所失。猶幸的是，我們很快便重燃了心中那團火，明白到儘管我們無法控制或改變外在因素，心境卻是由人的。面對世紀疫症，所有院校的隊伍想必也同樣措手不及——誰率先從迷惘中走出正能量，便愈是有利於往後表現。故此，領隊、教練、隊長們在練習暫停期間仍緊密聯繫著，想方設法製訂出一系列適用於家中鍛練的課程，鼓勵隊友們努力嘗試保持體能。另外，在室內體育場所關閉、然戶外運動限制較少之際，我們也分批舉行了遠足活動，讓大家放鬆一下心情並增進交流機會，務求維繫團隊的向心力。最近，體育處所以重開，今屆的大專比賽日子也初步確定。我們二十位隊員終可聚首一堂，揮灑著汗水與淚水，以從一如初的團隊精神來編織著我們的新篇章。



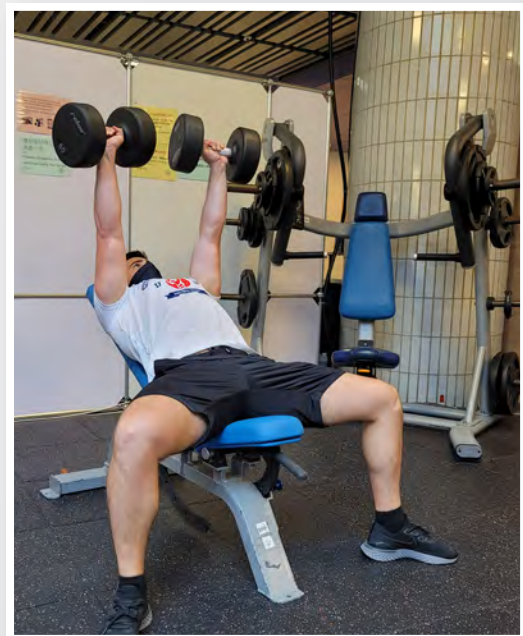
Summary 小結

This pandemic came at full speed, and it has been a challenge to all CityU sports team captains for their problem-solving skills and resilience for team unity. It also taught them how people or things they see every day never came easily. To break through the typical training model in order to accommodate the new normal, the teams need courage, determination and understanding more than ever to rise to the challenge embracing CityU Sports motto - "Be the best that we can be".

Check out our official Instagram page for more enthusiastic stories from CityU Sports Teams!

這場疫症考驗著一眾城大運動隊長在高壓的環境下的應變能力和維繫隊伍團結的決心。同時，這些挑戰亦教會他們珍惜眼前人和事。團隊上下更需無比的勇氣，毅力和體諒，齊心協力打破固有生活訓練模式，在新常態下一同「疫」流而上，Be the best that we can be!

歡迎追蹤我們的官方 Instagram 了解城大運動代表隊！



Graduates To Be - Farewell words from the Non-Local Student-Athletes

畢業有時 感恩無盡

Ultimately, the experience as a non-local student-athlete at CityU is unimaginably enjoyable. We loved every moment of training, competing, overseas exchange, helping the community, and working together with the sports teams to create a great place for all student-athletes. We really felt that all sports team members were respected for what they bring to the team, whether their skills, experience, friendly behaviour or unconditional support for others.

Furthermore, we can all identify with the sports level of CityU. This includes the unmatched number of record grand slams we have won together and how sports teams intermix when attending the cheering stands for each sport to provide collective support for all CityU teams.

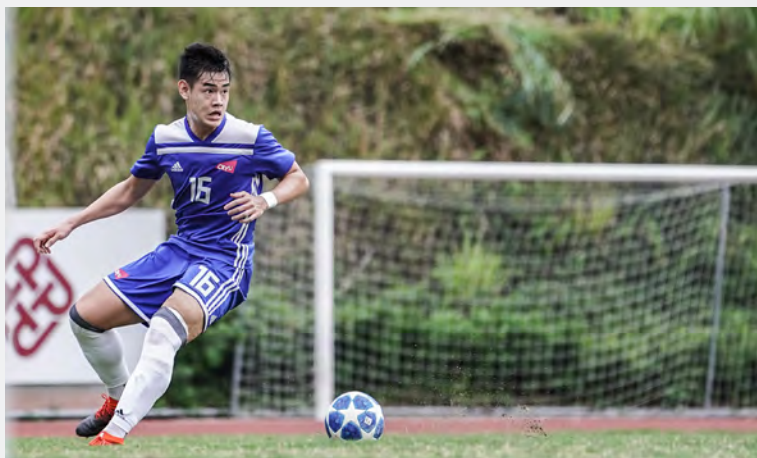
Outside of the sports realm, we felt that we were a special part of CityU, where we combine as a diverse group of students to enhance the internationalisation of CityU. We felt that this was the most foundational feature of our University, where meeting new people of different ethnicities and cultural backgrounds was seamless and enjoyable. We were all developing over the four years to learn more about the people we interact with and share fruitful memories with, which leads us to build a very supportive network for the future years to come after graduation.

Overall, we will never forget how we all fought together, as non-local student-athletes, even though we were all part of different sports teams. Many thanks to the Physical Education Section's initiative for uniting the teams, establishing different goals and mentalities to adhere to when fighting for CityU. It really was the best four years of our lives that we wouldn't substitute for any other experience.



from left to right: Derek Leong, Junto Qiu, Veljko Kovac, Edi Budisavljevic

LEONG Wei Jian Derek from Malaysia (Soccer Team)



Being selected as a recipient of this prestigious “Outstanding Athletes Entrance Scholarship for Non-Local Students” has been an honour for me and the journey thus far has been nothing but fruitful. The past four years have taught me how important it is to be open to new experiences, learn how to live independently, and juggle between the life of being a student and an athlete at the same time. I have always been in the comfort of my own home before deciding to travel to Hong Kong. This whole experience benefitted me by providing a platform to embrace and cultivate self-discipline and responsibility, which enabled my self-development. It hasn't been all smooth sailing, but with a great community of supportive people here, the sense of belonging was easily felt, and I had little to no issue fitting in. Without any doubt, if anyone has the credentials to apply for this scholarship, I assure you that you will NOT regret it.

I may not have accomplished much in terms of achievements with the men's soccer team, but what I feel more important that I accomplished having to develop and form strong bonds within the team, which would last a lifetime. Coming from different backgrounds, everyone has their perspectives, and it has been an eye-opening experience to share and understand cultures and build upon lifelong friendships. Throughout the years, some of the notable activities include the team's exchange programme to Malaysia, where I was able to share the beautiful culture of my country with the team and various beautiful hikes that Hong Kong had to offer.

As these four years flew by, I am now planning for my future endeavours with a heavy heart. With the experience I've had as a student-athlete, one of my goals since day one has been to step into the professional stage of football, whether in Hong Kong or back in Malaysia. While that does not turn out, I have also been planning to extend my stay in Hong Kong to either look for a job, or continue pursuing a Master's degree. No matter which way I'm heading, I couldn't be more than grateful to have had this opportunity to learn, develop and grow into the person I am today. Cheers, and I hope more and more athletes choose to join this programme and benefit from it as much as I did!

Junto QIU from Australia (Tennis Team)



This is my final year at CityU and I am proud to say I studied here and represented a top university in Tennis. I had the greatest honour of entering CityU as part of the first batch of non-local student-athletes with Edi and Veljko in Basketball and Derek in Soccer. This has flourished into one of the most incredible sports initiatives of the University as it was able to combine both diversity and talent. I truly cherish being part of this important history for the sports team of CityU, as it meant standing up for diversity, cross-cultural leadership and community engagement.

One of the most memorable moments for me was definitely battling out the finals of 2018/19 against CUHK with my trusty doubles partner, MOK Cheuk Lok. The crucial match was won against CUHK, which was fortunate as I had the whole team's support going into the court with a severe ankle injury. I was also blessed to have been sponsored to travel with the Men's Tennis team to Shanghai Jiao Tong University for a sports exchange as it enabled us to strengthen team bonding compete against new talent. I also loved being able to provide for the University and its surrounding community as a CityU sports ambassador. This meant providing voluntary coaching for primary and secondary school students and helping them improve in physical education, which inspired me to always look for opportunities in giving back to the community.

Moreover, training with my teammates over the past four years brought me friends for life, which I am sure to say included my amazing coach, Peter WU, who was always a friendly and fatherly figure with his wise teaching and benevolence. Upon graduation, I plan to pursue my entrepreneurial passion in Hong Kong and utilise the cherished experiences, lessons, and whole-person development that CityU provided me. It's truly with great honour to say I was a part of CityU and its non-local student-athlete programme.

Veljko KOVAC from Serbia (Basketball Team)



Being a part of the first batch of non-local student-athletes was something fascinating. We needed to explore everything by ourselves and because we had to set the barrier high for the student-athletes who are coming in the next few years. Thankfully, my roommate and a really good friend, Edi, happened to speak the same language as myself, which made the whole Hong Kong adventure much easier and enjoyable.

Although I academically chose a “harder” road by studying Computing Mathematics, I definitely feel delighted that I made such a good choice for my studies, as learning how to approach a mathematical problem can be later generalised to every aspect of life, while in the meantime helps you enter with a massive advantage into the job market.

As I come from a pretty diverse background, Serbia-Greece-USA, adapting my life and basketball game is second nature for me. I was gaining the trust of my coach from day one at practice, although a first-year student, and being one of the main players on the court made me the Most Valuable Player of the team that year. That accomplishment couldn't be achieved without the significant help of every single teammate and coaching staff in that team. In every moment of the game, I had someone next to me translating all the different strategies the coach said. That team bonding got even tighter when we travelled to Taipei for friendly basketball games.

Getting into the second year of my studies, although the coach and many players were new to the team, we successfully managed to win the USFHK Basketball Championship. This was a significant milestone for us since we had set the barrier really high. The most intense memory from that year couldn't be other than my

Graduates To Be - Farewell words from the Non-Local Student-Athletes

畢業有時 感恩無盡

winning shot in the last second that led us to the competition's semi-finals.

In this last year of my studies, since I had finished most of my courses, I have been doing a part-time internship in Hong Kong Hospital Authority in AI Lab as an Artificial Intelligence Research Assistant. This internship, of course, couldn't be completed without the support of the Department of Mathematics and the invaluable help that my HA supervisor, Dr Tsougenis, has offered me. During this internship, I have had the chance to apply my mathematical knowledge obtained during the degree to many exciting and impactful Medical AI projects.

My future plans include a postgraduate research degree in Machine Learning and a Data Science role in the industrial world.



Edi BUDISAVLJEVIC from Croatia (Basketball Team)



Being a full-time international student-athlete means balancing academics, sports, and social life in a completely new and different environment. For many, it is an overall challenging task, but an exciting one indeed. Four years ago, I was aware that moving from a small town in Croatia to Hong Kong was never easy. Before coming, it was hard for me to set any expectations since I had never been to Asia before. Not knowing anyone and arriving in a totally foreign and unknown place, I was a bit anxious and borderline fearful at times. Luckily, I had my good roommate, teammate, and friend - Veljko. The two of us explored everything together because we both knew nothing about Hong Kong upon our arrival. Since then, we have made a plethora of memories together. Our first memorable experience was travelling to Taiwan for a training camp with our basketball team during our first winter holiday. Thanks to this trip, Veljko and I became much closer to our teammates, and that is when we all started to form friendships. Since then, every team training has been fun.

During these past four years at CityU, I have experienced things that I would have never thought to do and see. I have grown as a person, developed various career-related skills, and learned the importance of determination. As a final-year student majoring in Global Business, I have been fortunate enough to meet and work with many great people who I now consider friends. As part of the major, I was required to complete two exchange semesters - one in the USA and the other in Europe. Unfortunately, the exchange in Europe got cancelled; however, I was able to go to Philadelphia for my exchange in Year 3. It was an amazing experience to study in the USA and meet more people with similar interests. I was even able to train and play for the University's club basketball team. Soon after I completed my exchange, the Covid-19 pandemic

Graduates To Be - Farewell words from the Non-Local Student-Athletes

畢業有時 感恩無盡

started, and nothing has been the same ever since. Thankfully, CityU reacted very well and introduced online learning, which allowed us to conduct classes off-campus. Due to the pandemic, our team training has also been strongly affected by the closure of all sports facilities. That, however, did not stop my friends and me from training every day. During such difficult times, I had also been invited to be an MC at the “Exercise is Medicine Gold Campus 2021” ceremony. It was terrific to share tips on healthy exercising and introduce the upcoming wellness activities at CityU with the President and my fellow student-athletes.

To sum up my four years at CityU, it was one of the best decisions I have ever made. For anyone who is considering Hong Kong as a place to study, work, and even live, I do urge you to try it for yourself because opportunities are endless. Upon graduation, I will get a job in the corporate world, whether in Hong Kong or not, gain work experience for a few years, and then think about pursuing a postgraduate degree.



Sports Exchange with National Chiao Tung University

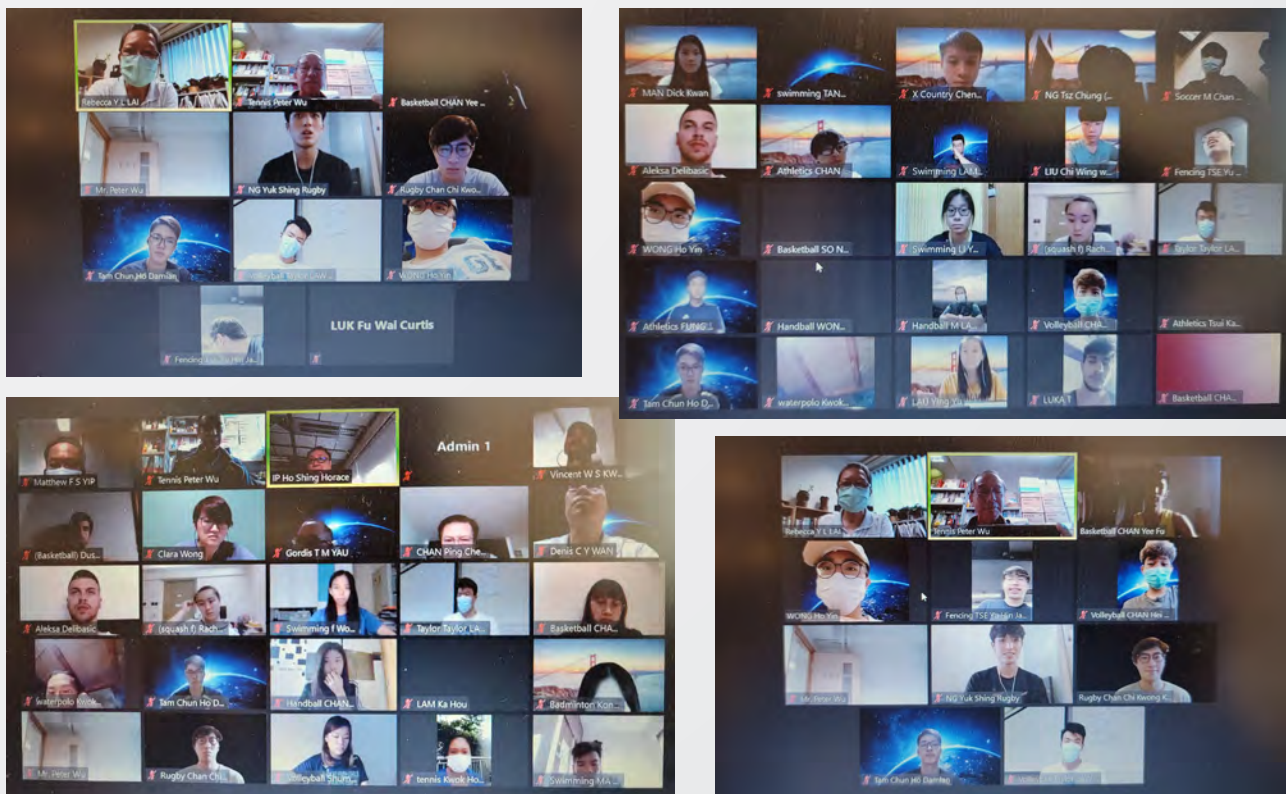


Meeting Our New Cohort of Student-Athletes 城大新入學精英運動員的問與答

Meeting Our New Cohort of Student-Athletes 城大新入學精英運動員的問與答

CityU's Student Athletes Admission Scheme was first introduced in 1997, aiming at recruiting students of strong athletic backgrounds to pursue tertiary education in Hong Kong. Over the years, more than 1000 student-athletes (SA) have been nominated through the Scheme. In 2018, a Memorandum of Understanding was signed between CityU and Hong Kong Sports Institute to reinforce the support to athletes in facilitating their planning on dual career development both in sports and in academics. This year, the CityU sports team family was delighted to have a new cohort of 57 local SA joining us, and most of them were granted Entrance Sports Scholarships. Although university life is upset by the pandemic, Pinky KWOK from the tennis team and Damian TAM from the volleyball team still find some feelings and thoughts to be shared with us.

自 1997 年，香港城市大學設立了「學生運動員入學計劃」讓擁有傑出成就和具潛質的運動員能有入讀大學的機會。經過二十載，此計劃取錄過千名精英運動員入讀城大各項課程。城大更於 2018 年與香港體育學院簽署「精英運動員學習計劃合作備忘錄」，鞏固對全職精英運動員就訓練與學業雙軌發展的支援，讓運動員能夠一邊追夢一邊繼續學習。本學年共有 57 名精英運動員獲城大頒發入學獎學金，就讓我們一起聽聽其中兩位新生——郭康薈和譚竣顯分享他們在疫情下入讀城大的感受吧！



Online Meeting via Zoom with Professor Horace IP and Professionals from PE sections

Meeting Our New Cohort of Student-Athletes 城大新入學精英運動員的問與答

Question: Why are you choosing to study at CityU?

問：為什麼你們會選擇入讀城大呢？

Damian: CityU is able to provide an exceptional learning environment and tailor-made support package for student-athletes to balance our academics and sports training, which clearly shows their understanding of student-athletes' needs. This is one of the main reasons I chose CityU to continue my education.

譚：對我來說最主要原因是城大能夠體恤同配合學生運動員的需要，為我們提供一個良好的學習環境和度身訂造的支援，讓我在學業和打排球之間取得平衡。

Pinky: I chose CityU because they have a very clear understanding of what student-athletes need. They also gave me the chance to study a degree of my choice. CityU also offers a vast array of scholarships that aid student-athletes in balancing their studies and sporting endeavours.

郭：我都很認同城大深明學生運動員的需要，在這裏不單止可以入讀自己有興趣的科目，更有多個獎學金機會支援我們在讀書和練習發展。



TAM Chun Ho Damian 譚竣顯

Question: What attracts you most in the sports teams?

問：那麼你覺得城大校隊最吸引你的地方是什麼？

Damian: CityU volleyball team is one of the best teams in the USFHK sports competition. I am so excited to train with the experienced senior team members. We have good internal communication, and every teammate is so motivated to train hard in order to improve our skills to the next level.

譚：城大排球隊在大專盃中是首屈一指的強隊。因此，最吸引我之處是讓我有更多機會接觸港隊的前輩和一眾師兄。另外，城大排球隊隊員的默契和團隊精神令大家在場內外互補長短，提升作賽表現。

Pinky: Although tennis is an individual game, I find CityU tennis team also emphasises the value of teamwork, and we are able to make progress together in training. In addition, intensive overseas training is an opportunity for us to build a good relationship with teammates and enhance our sports skills. I am looking forward to that!

郭：儘管網球是個人比賽，但網球隊帶給我一種相當團結的感覺，在集體訓練中一同取得了進步。此外外，我十分期待網球隊每年舉辦的海外集訓，為我們提供了與隊友建立良好關係和增廣見聞的契機！

Question: How do you feel after experiencing the first semester at CityU?

問：在城大開學數月後，你們對大學生活或對所屬隊伍有何感受？

Damian: Despite not many chances for face-to-face classes, I am able to develop good friendships with classmates as well as my teammates. More assignments and tests are coming up together with the team training as the semesters go on. It's not easy to deal with several aspects simultaneously; however, I soon learn to manage my time effectively in order to make a proper balance of the training and study. I do hope the pandemic can end soon, and I can play my first game for CityU as a freshman in the inter-collegiate competition.

譚： 雖然暫且尚未有實體課堂，但我也很慶幸認識到不少好同學和隊友。隨著到學期發展有愈來愈多的課業及測驗，加上要兼顧球隊訓練，同一時間要處理多方面的工作有時會覺得頗吃力。不過，我漸漸學會到有效管理自己的時間，在訓練和學業之間取得適當的平衡。寄望疫情盡快過去，能早日代表城大首次出戰大專盃比賽。

Pinky: I am still looking forward to having face-to-face classroom learning and other student activities on the campus. Fortunately, the training spirit of the tennis team was very motivated, although our training sessions were sometimes being suspended because of the pandemic. I got to know some of the teammates before entering CityU, which help me integrate into the tennis team family. My main concern in the 2nd semester is time management because I will involve in part-time jobs, local tennis competitions, and the USFHK tennis competition at the same time. Although the current teaching mode allows more flexible time to do my own things, I still need to learn to allocate time wisely.

郭： 由於目前所有課堂還是利用 Zoom 作線上教授，所以可說是未踏實體驗到大學生活，也因此對其依然充滿好奇和期待。縱使疫情下，由開學至今校隊的訓練少之有少，但每次練習全部隊員均非常投入，讓我感覺到到隊友之間相當團結；加上，我在入讀城大前有幸早認識了部份隊員，得以令我更快地融入網球隊這個大家庭。反而我暫時最關心的問題乃時間管理，畢竟在大學裡既要同時顧及訓練，學習和兼職，甚少有餘暇做處理其他事務。雖然現在上課的時間變得更加彈性，讓我可以有較多時間做自己的事，但我還是認為需要學習更好地分配時間。



KWOK Hong Kiu 郭康蕎

The pandemic has impacted our daily lives, but it still doesn't hinder the determination of student-athletes from pursuing breakthroughs at CityU. Best wishes to the student-athletes for carrying the spirit of "Be the Best that We Can Be" in the upcoming inter-collegiate competitions and striving for CityU.

疫情難免對生活造成影響，然而仍無礙學生運動員城大裡追求自我突破。大專盃重啟在即，在此祝福他們以及所有校隊成員均能眾志成城，代表大學在比賽中榮獲佳績，發揮出「Be the Best that We Can Be」的城大精神。

Athletes from Junior/ Non-HK Team to HK Team after Admitted to CityU

Name	Team	Before Admitting to CityU	Sports Status
LAI Cheuk Nam Matthew	Squash (Men)	Junior HK Team	HK Team with HKSI Scholarship
YEUNG Ming Nok	Badminton (Men)	Club Player	HK Team with HKSI Scholarship
NG Shiu Yee	Badminton (Women)	Club Player	HK Team with HKSI Scholarship
CHAN Tsz Ching	Life-Saving (Women)	Junior HK Team	HK Team
CHENG Siu Kwan	Soccer (Men)	Club Player	HK Team
CHOY Tsz To	Soccer (Men)	Club Player	HK Team
YUEN Sai Kit	Soccer (Men)	Club Player	U20 HK Team
PANG Wing Lam	Volleyball (Women)	Junior HK Team	HK Team
WONG Sze Wing	Volleyball (Women)	Junior HK Team	HK Team
YICK Wing Sum	Volleyball (Women)	Junior HK Team	HK Team
SHUM Lam	Volleyball (Women)	Junior HK Team	HK Team
CHEUNG Yi Kit	Volleyball (Men)	Junior HK Team	HK Team
LI Wan Ting Francis	Soccer (Women)	Club Player	HK Futsal Team
CHAN Hiu Man	Soccer (Women)	Club Player	HK Team
NG Sui Yin Venus	Soccer (Women)	Junior HK Team	Junior HK Team
SHARANJIT Kaur	Soccer (Women)	Junior HK Team	HK Team
LEE Wing Yan	Soccer (Women)	HK Team	HK Team
TSANG Ho Yan Letti	Soccer (Women)	Junior HK Team	Junior HK Team
HUNG Devina Catherine	Water Polo (Women)	HK Team	HK Team
YIU Hei Yan	Handball (Women)	HK Team	HK Team
TO Ka Man	Handball (Women)	Junior HK Team	HK Team
CHAN Kam Ling	Handball (Women)	HK Team	HK Team
CHANG Mei Suet	Handball (Women)	Junior HK Team	Junior HK Team

Elite Athletes "Best of the Best"
 城兵港將



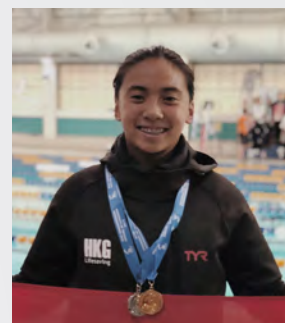
LAI Cheuk Nam Matthew
 Bachelor of Arts in
 Chinese and History Year 4
 文學士（中文及歷史）
 四年級



YEUNG Ming Nok
 Bachelor of Business Administration
 in Business Economics Year 4
 工商管理學士（商業經濟學）
 四年級



NG Shiu Yee
 Bachelor of Business
 Administration in Strategy and
 International Management Year 3
 工商管理學士
 （策略管理及國際商貿）
 三年級



CHAN Tsz Ching
 Bachelor of Social Sciences in
 Criminology and Sociology
 Year 1
 社會科學學士
 （犯罪學及社會學）
 一年級



CHENG Siu Kwan
 Bachelor of Social Sciences in
 Criminology and Sociology
 Year 3
 社會科學學士
 （犯罪學及社會學）
 三年級



CHOY Tsz To
 Bachelor of Social Sciences in
 Public Policy and Politics Year 2
 社會科學學士
 （公共政策與政治）
 二年級



YUEN Sai Kit
 Bachelor of Arts in
 Chinese and History Year 2
 文學士（中文及歷史）
 二年級



PANG Wing Lam
 Bachelor of Arts in
 Chinese and History Year 4
 文學士（中文及歷史）
 四年級



WONG Sze Wing
 Bachelor of Social Sciences in
 Social Work Year 2
 社會科學學士（社會工作）
 二年級



YICK Wing Sum
 Bachelor of Arts in Media and
 Communication Year 1
 文學士（媒體與傳播）
 一年級

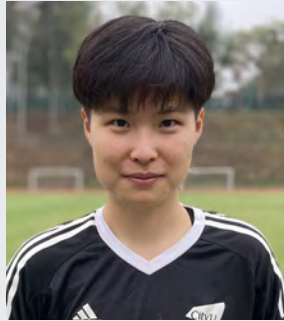


SHUM Lam
 Bachelor of Arts in
 Chinese and History Year 1
 文學士（中文及歷史）
 一年級



CHEUNG Yi Kit
 Bachelor of Arts in Translation and
 Interpretation Year 1
 文學士（翻譯及傳譯）
 一年級

Elite Athletes -- "Best of the Best"
 城兵港將



LI Wan Ting Francis

Bachelor of Social Sciences in
Criminology and Sociology Year 4
 社會科學學士（犯罪學及社會學）
 四年級



CHAN Hiu Man

Bachelor of Social Sciences in
Social work Year 4
 社會科學學士（社會工作）
 四年級



NG Sui Yin Venus

Bachelor of Business
Administration in Finance Year 2
 工商管理學士（金融學）
 二年級



SHARANJIT Kaur

Bachelor of Social Sciences in
Criminology and Sociology
Year 3
 社會科學學士
 （犯罪學及社會學）三年級



LEE Wing Yan

Bachelor of Arts in Media and
Communication Year 2
 文學士（媒體與傳播）
 二年級



TSANG Ho Yan Letti

Bachelor of Arts in Media and
Communication Year 2
 文學士（媒體與傳播）
 二年級



CHAN Kam Ling

Bachelor of Social Sciences in
Social work Year 4
 社會科學學士（社會工作）
 四年級



TO Ka Man

Bachelor of Social Sciences in
Psychology Year 4
 社會科學學士（心理學）
 四年級



YIU Hei Yan

Bachelor of Arts in
Chinese and History Year 5
 文學士（中文及歷史）
 五年級



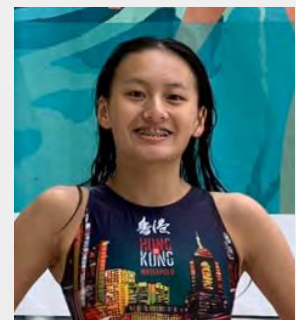
CHANG Mei Suet

Bachelor of Social Sciences in
Criminology & Sociology Year 1
 社會科學學士
 （犯罪學及社會學）
 一年級



WONG Chau Ting

Bachelor of Social Sciences in
Public Policy & Politics Year 1
 社會科學學士
 （公共政策與政治）
 一年級



HUNG Devina Catherine

Bachelor of Arts in Creative
Media Year 1
 文學士（創意媒體）
 一年級

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

Eligibility for Application 申請條件：

1. Demonstrated high sport 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



School visits 學校分享

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\$12,800 per annum under the Residence Scholarship Scheme for Student Athletes, and over 40 Sport Scholarships offered by donors and Academic Units of the University.

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 至 \$42,100 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 \$12,800 住宿資助。此外，每年學校和其他機構更會撥款多達 40 個不同運動項目的獎學金。

LAI Cheuk Nam, Matthew, member of Hong Kong Squash Team and gold medalist (team and individual) of The 3rd All China University Squash Championship 2019
香港壁球總會成員黎卓楠為第三屆中國大學生壁球錦標賽個人及團體賽金牌得主。

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

Enquiries 查詢

Dr. Clara WONG, PE Officer
Tel: 3442-7291
Email: choiki.wong@cityu.edu.hk

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



Virtual sharing session in the Hong Kong Sports Institute
香港體育學院線上座談會

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

CityU offers a scholarship of up to 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.

城大向每位運動表現優秀的海外運動員提供最高金額為 \$20,500 美元 (每學年) 的資助，以減輕他們的學費、住宿和部份生活的開支。

For Admission Related Enquiries 有關入學查詢：

Ms. Crystal WAN
Global Engagement Office
Email: crystalky.wan@cityu.edu.hk



For Sports Performance-Related Enquiries 有關體育表現查詢：

Mr. Denis WAN
Student Development Services
Email: denis.wan@cityu.edu.hk

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



Presentation of Outstanding Student-Athletes Entrance Scholarships to the new cohorts of student-athletes during the Sports Teams Welcoming Ceremony

在校隊迎新典禮上頒發傑出學生運動員入學獎學金。

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021

CityU Sports Entrance Scholarships for Newly Admitted Student-Athletes 2020-2021

城大運動員入學獎學金 2020-2021

We are delighted to award 55 student-athletes from cohort 2020 with Sports Entrance Scholarships and Residence Scholarships, ranging from HKD 10,000 to 16,0000. Congratulations to the new cohort for starting a new epic journey for the development in both sports and academics at CityU.

本年度共有 55 位優秀學生運動員獲頒發入學獎學金及住宿獎學金，金額由港幣 10,000 元至 160,000 不等。祝願同學們藉此獎學金鼓勵，能在城大追求理想，在運動和學術方面更上一層樓。

Dr. Herman Hu Scholarship for Regional Level Outstanding Student Athletes in Tennis 胡曉明博士傑出網球運動員獎學金（亞太區水平）



KWOK Hong Kiu 郭康蕎

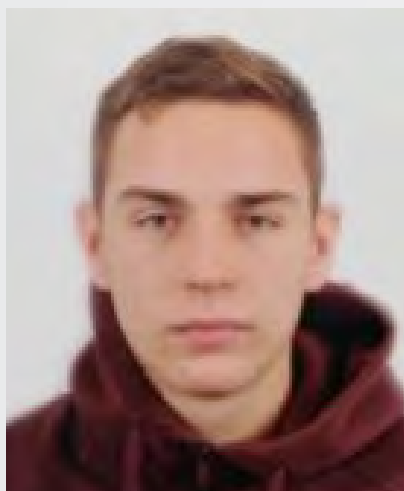
Tennis (Women) 女子網球隊

Bachelor of Business Administration in Accountancy

工商管理學士（會計）

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021

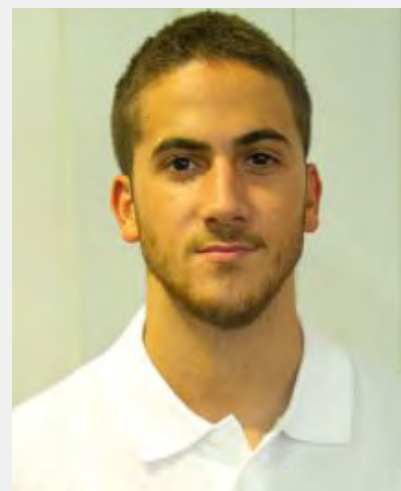
Outstanding Athletes Entrance Scholarship for Non-local Students
傑出海外運動員入學獎學金



RAJNOVIC Leo
Soccer (Men) 男子足球隊
Bachelor of Business
Administration in Management
工商管理學士（管理學）



DELIBASIC Aleksa
Soccer (Men) 男子足球隊
Bachelor of Business
Administration in Marketing
工商管理學士（市場學）



RAŠKOVIĆ Dimitrije
Water Polo (Men) 男子水球隊
Bachelor of Arts in Creative Media
文學士（創意媒體）



TABAK Luka
Basketball (Men) 男子籃球隊
Bachelor of Business
Administration in Management
工商管理學士（管理學）



KRIVOKAPIC Dusan
Basketball (Men) 男子籃球隊
Bachelor of Business Administration
in Economics and Finance
工商管理學士（經濟及金融學）



BABIC Marko
Basketball (Men) 男子籃球隊
Bachelor of Engineering in
Biomedical Engineering
工學士（生物醫學工程）

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021

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



NG Sui Yin Venus 吳萃然
Soccer (Female) 女子足球隊
Bachelor of Business Administration in Finance
工商管理學士 (金融學)



LEE Sum Yuet Rachel 李心悅
Squash (Female) 女子壁球隊
Bachelor of Social Sciences
(Undeclared Major)



WONG Wai Nam 黃瑋嵐
Swimming (Female) 女子游泳隊
Bachelor of Social Sciences in Social Work
社會科學學士 (社會工作)



WONG Cheuk Yin 黃卓彥
Athletics (Men) 男子田徑隊
Bachelor of Social Sciences
(Undeclared Major)



CHANG Mei Suet 張美雪
Handball (Female) 女子手球隊
Bachelor of Social Sciences in
Criminology and Sociology
社會科學學士 (犯罪學及社會學)



WONG Chau Ting 黃秋婷
Handball (Female) 女子手球隊
Bachelor of Social Sciences in Public
and Politics
社會科學學士 (公共政策與政治)



YICK Wing Sum 易穎芯
Volleyball (Women) 女子排球隊
Bachelor of Arts in English 文學士 (英文)



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

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021

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



CHENG Chak Tong 鄭澤瑋
Cross Country (Men) 男子越野隊
Bachelor of Arts in Chinese and History
文學士 (中文及歷史)



LEUNG Chuen Hing 梁全興
Cross Country (Men) 男子越野隊
Bachelor of Science in Surveying
理學士 (測量)



KONG Yan Kiu 江欣蕎
Badminton (Female) 女子羽毛球隊
Bachelor of Business
Administration in Management
工商管理學士 (管理學)



KOO Ka Ling Vianna 古嘉翎
Badminton (Women) 女子羽毛球隊
Bachelor of Social Sciences in
Public and Policy Politics
社會科學學士 (公共政策與政治)



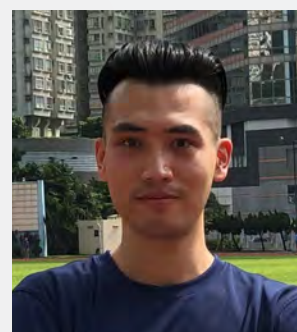
MAN Dick Kwan 文迪君
Table Tennis (Women) 女子乒乓球隊
Bachelor of Arts in
Chinese and History
文學士 (中文及歷史)



LAU Ying Yu 劉映汝
Volleyball (Women) 女子排球隊
Bachelor of Laws
法律學學士



CHONG Wing 莊穎
Athletics (Women) 女子田徑隊
Bachelor of Business
Administration in Accountancy
工商管理學士 (會計學)



MA Tin Lok 馬天樂
Athletics (Men) 男子田徑隊
Bachelor of Social Sciences in
Psychology
社會科學學士 (心理學)



CHAN Chi Kwong Kobe 陳致光
Rugby (Men) 男子欖球隊
Bachelor of Social Sciences in
Public and Policy Politics
社會科學學士 (公共政策與政治)



NG Yuk Shing 吳育丞
Rugby (Men) 男子欖球隊
Bachelor of Social Sciences in
Public and Policy Politics
社會科學學士 (公共政策與政治)

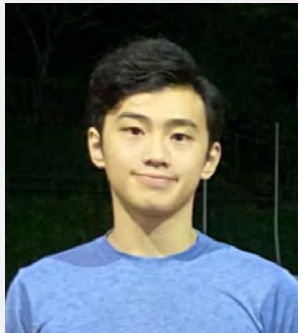


LI Yuet Sum Phyllis 李悅芯
Swimming (Women) 女子游泳隊
Bachelor of Business Administration in
Accountancy
工商管理學士 (會計學)



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

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021



LEE Chun Hei 李駿禧
Athletics (Men) 男子田徑隊
Bachelor of Social Sciences in
Criminology and Sociology
社會科學學士 (犯罪學及社會學)



TO Chun Hei Hayden 杜俊羲
Athletics (Men) 男子田徑隊
Bachelor of Business Administration in
Accountancy
工商管理學士 (會計學)



LEUNG Wai Lam 梁韋藍
Badminton (Men) 男子羽毛球隊
Bachelor of Arts in Creative Media
文學士 (創意媒體)



SO Nga Man 蘇雅雯
Basketball (Women) 女子籃球隊
Bachelor of Arts in Creative Media
文學士 (創意媒體)



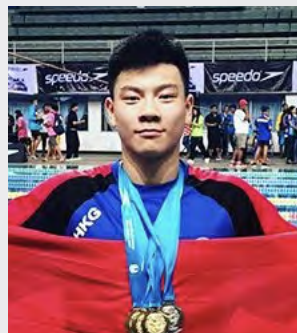
HO Chit Hang 何哲恒
Handball (Men) 男子手球隊
Bachelor of Business Administration in
Management
工商管理學士 (管理學)



CHAN Ho Ting 陳皓廷
Soccer (Men) 男子足球隊
Bachelor of Arts in English
文學士 (英文)



WONG Anson 王友
Squash (Men) 男子壁球隊
Bachelor of Business Administration
in Accountancy
工商管理學士 (會計學)



LAM Chun Fai 林駿輝
Swimming (Men) 男子游泳隊
Bachelor of Business Administration
in Accountancy
工商管理學士 (會計學)



TANG Ho Chuen 鄧皓川
Swimming (Men) 男子游泳隊
Bachelor's Degree in
Information Systems (Undeclared Major)



HUI Tsz Long 許梓朗
Table Tennis (Men) 男子乒乓球隊
Bachelor of Business
Administration in Management
工商管理學士 (管理學)



SHUM Lam 沈嵐
Volleyball (Women) 女子排球隊
Bachelor of Arts in Chinese and History
文學士 (中文及歷史)



LAM Loki Yoshi 林宥希
Handball (Men) 男子手球隊
Bachelor of Science in Surveying
理學士 (測量)

CityU Sports Entrance Scholarships for Newly Admitted
Student-Athletes 2020-2021
運動員入學獎學金 2020-2021



MA Chun Pong Angus 馬俊邦
Swimming (Men) 男子游泳隊
Bachelor of Social Sciences in Psychology
社會科學學士 (心理學)



FUNG Sheung Wai Martin 馮上璋
Athletics (Men) 男子田徑隊
Bachelor of Business Administration in Marketing
工商管理學士 (市場學)



WONG Ho Yin 黃浩賢
Basketball (Men) 男子籃球隊
Bachelor of Social Sciences in Asian and
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社會科學學士 (亞洲及國際研究)



CHAN Yik Long 陳燦朗
Athletics (Men) 男子田徑隊
Bachelor of Social Sciences in Asian and
International Studies
社會科學學士 (亞洲及國際研究)



LEUNG Chun Yi 梁晉宜
Cross Country (Men) 男子越野隊
Bachelor of Science in Applied Physics
理學士 (應用物理學)

Sports Scholarship for Elite Athletes
精英運動員獎學金



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



LI Wing Sze 李穎斯
Squash (Women) 女子壁球隊
Bachelor of Social Sciences (Undeclared Major)



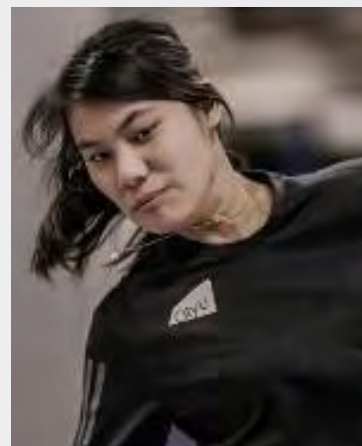
NGAI Tin Yan 魏天恩
Cross Country (Women) 女子越野隊
Master of Arts in Chinese
文學碩士 (中文)

Sports Scholarship for Valuable Athletes
優秀運動員獎學金



TSUI Ka Tsun 徐家浚
Athletics (Men) 男子田徑隊
Bachelor of Engineering in Mechanical
Engineering
工學士 (機械工程)

**Stewart Wong Entrance Scholarship for
Outstanding Table Tennis Players**
王世濤傑出乒乓球運動員入學獎學金



MAN Dick Kwan 文迪君
Table Tennis (Women) 女子乒乓球隊
Bachelor of Arts in Chinese and History
文學士 (中文及歷史)

**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



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

Sports Ambassadors Programme 城大運動大使計劃



The Sports Ambassadors and sports teams captains took a group photo with Professor Way KUO, President of the University (middle of the front row), and other guests.

多位運動大使及校隊隊長與郭位校長（前排中）及嘉賓合照。

城大運動大使計劃今年已踏進第四個年頭，成員主要包括具備教練資格、策劃活動經驗的校隊隊長和熱心服務的隊員，在校內外以體育服務項目形式培訓他們的基本領導能力和教練技能。部分運動大使於校內充當領導角色，組織和執行如校隊迎新日，週年頒獎禮等有關城大運動隊大家庭的大型活動（Projects of Student-Athletes Development）。另外約有十位運動大使則負責文字工作，積極於社交媒體更新校隊的訓練生活和比賽戰況，以及每年出版校隊年報。在校外方面，運動大使會先接受基本教練技巧訓練，其後參與社區運動服務（Community-based Sports Service Projects），為中小學及弱勢群體提供小組或個人訓練。

儘管社區運動服務受疫情影響未能展開為各中、小學提供的運動培訓，然而一眾運動大使從不放過任何寓服務於學習的校內機會，開學至今積極參與協助多項大學活動。在九月中的「Welcome to the New Semester: Meet and Greet」線上新生迎新活動中，二十五位運動大使及超過四十位校隊隊長負責擔任不同的職責崗位，其中一位更是出任了當天的司儀。疫情期間，運動大使亦積極參與推廣「Sports For All Sports Clubs」的活動，務求讓城大同學進行在一連串靜態網上學習同時，也能參與一些實體的康樂活動。通過實踐各種的社區服務，希望運動大使助人之餘，也能深刻體會「非以役人，乃役於人」的精神。

The Sports Ambassadors Programme (SAP) has entered its fourth year! Members of SAP are mainly recruited from CityU Sports Teams Captains and Executives Committee and outstanding student-athletes with coaching professionalism, event management experience, a strong passion for serving others. They will be trained with essential skills to conduct coaching sessions in Community-based Sports Service Projects on and off-campus. Some of them play a leading role in CityU mass events, organising and executing the Projects of Student-Athletes Development such as Sports Teams Gatherings and Prize Presentation Ceremony, Student-Athletes Orientation Workshops. In addition, about ten Sports Ambassadors are responsible for editing tasks, including actively update the sports teams' news on our social media platforms and publishing the Sports Teams Year Book. Outside the campus, the Sports Ambassadors receive fundamental coaching skills training before participating in Community-based Sports Service Projects, then providing group or individual training for primary, secondary schools and disadvantaged groups.

Although the Sports Service Projects were suspended due to the pandemic and unable to provide primary and secondary school training, all Sports Ambassadors seized every chance to serve the CityU community since the beginning of the school year. In September 2020, about 25 Sports Ambassadors and more than 40 sports teams captains assisted the "Welcome to the New Semester: Meet and Greet", an online orientation to welcome the new CityU cohort. One of our Sports Ambassadors also took up the emcee of the Ceremony on this momentous occasion. In order to promote the well-being of CityU students during the times of the pandemic, the Sports Ambassadors also gave their strong helping hands in assisting a new programme of Physical Education Section: The Sports For All Sports Clubs. Through this programme, CityU students could participate in a variety of new sports such as tennis, climbing, canoeing, etc., on a year-round basis. The Sports Ambassadors are trained with a service mindset and they are given ample opportunities to learn from doing with reflection. They can enjoy the team companionship in SAP and understand the meaning of "to serve and not to be served" in a real-life situation.



Our Sports Ambassador, QIU Junto, was the emcee of the Ceremony and took a photo with Professor KUO.

運動大使 QIU Junto 擔任大會司儀，並與郭校長合照。

Sports Ambassadors Programme 城大運動大使計劃



The Sports Ambassadors assisted in the activities for "Sports For All Sport - Climbing Club".
運動大使協助「Sports For All Sport Climbing Club」活動。



The Sports Ambassadors participated in the Social Media Workshop.
運動大使出席社交媒體工作坊。



The Sports Ambassadors assisted in organising activities for "Sports For All Sport - Tennis Club".
運動大使協助「Sports For All Sport Tennis Club」活動。

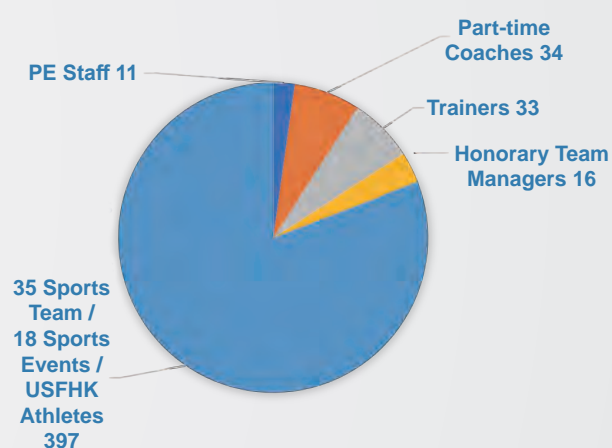


CityU Honorary Team Managers, Team Managers and Coaches 城大名譽領隊，領隊及教練團隊



Honorary Team Managers	
Athletics Team	Prof. Raymond CHAN Dr. Tim WONG
Badminton & Swimming Teams	Prof. Paul CHU
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. Horace IP
Table Tennis Team	Mr. Stewart WONG
Taekwondo Team	Prof. Dennis WONG
Tennis Team	Dr. Herman HU Dr. Charles WONG
Volleyball Team (Men)	Prof. C H SHEK
Cross Country & Dragon Boat Teams	Ms. Julyanna CHAN

CityU Sports Family



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

CityU Sports Teams Performance in Competitions of the University Sports Federation of Hong Kong, China (USFHK) 2020-2021
 中國香港大專體育協會 2020-21 大專比賽成績一覽表

CityU Sports Teams Performance in Competitions of the University Sports Federation of Hong Kong, China (USFHK) 2020-2021
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Team Events 團體項目

項目 EVENT	男子 MEN	女子 WOMEN
網球 Tennis	冠軍 Champion	冠軍 Champion
欖球 Rugby	亞軍 1 st Runner Up	冠軍 Champion
壁球 Squash	季軍 2 nd Runner Up	冠軍 Champion
乒乓球 Table Tennis	亞軍 1 st Runner Up	季軍 2 nd Runner Up
羽毛球 Badminton	殿軍 3 rd Runner Up	亞軍 1 st Runner Up
籃球 Basketball	季軍 2 nd Runner Up	殿軍 3 rd Runner Up
手球 Handball	殿軍 3 rd Runner Up	季軍 2 nd Runner Up
足球 Soccer	第五名 4 th Runner Up	季軍 2 nd Runner Up
活木球 Woodball	亞軍 1 st Runner Up	殿軍 3 rd Runner Up
	團體第四名 Overall 3 rd Runner Up	
劍擊 Fencing	第五名 4 th Runner Up	第五名 4 th Runner Up
	團體第五名 Overall 4 th Runner Up	
田徑 Athletics	第六名 5 th Runner Up	第六名 5 th Runner Up
	團體第六名 Overall 5 th Runner Up	

Individual Event 個人項目

項目 EVENT	男子 MEN		女子 WOMEN	
跆拳道 Taekwondo (品勢 Poomsae)	黑帶組 Black Belt		黑帶組 Black Belt	
	6 型及高麗 Style 6 & Koryo	金牌 Gold Medal	6 型及高麗 Style 6 & Koryo	銅牌 Bronze Medal
	7 型及金剛 Style 7 & Keumgang	銅牌 Bronze Medal	7 型及金剛 Style 7 & Keumgang	銀牌 Silver Medal
	8 型及太白 Style 8 & Taebak	銀牌 Silver Medal		

全年總名次 * Annual Overall Ranking

男子 MEN	女子 WOMEN
季軍 2 nd Runner Up	亞軍 1 st Runner Up

* 總共十三間院校 Total of 13 Institutes

USFHK Annual Prize Presentation Ceremony
 香港大專體育協會周年頒獎禮



CityU sports teams members, coaches, and managers with Professor CHAN Hon Fu Raymond, **Vice-President (Student Affairs)**, center of the 2nd row at the USFHK annual prize presentation ceremony.



Professor CHAN Hon Fu Raymond, **Vice-President (Student Affairs)** with the five MVPs and two student representatives. From left to right: KWONG Wing Yan (Women's Squash), TANG Nok Yiu (Women's Tennis), SO Yee Kei Cherly (Women's Rugby), CHAN Tsz Ching (Women's Swimming), Professor CHAN Hon Fu Raymond (VPSA), LAI Cheuk Nam Matthew (Men's Squash), NG Hao Yuan (Men's Tennis), and MA Tin Lok (Men's Athletics)



Professor CHAN Hon Fu Raymond, **Vice-President (Student Affairs)** with the PE Professionals.



PE Professionals in the Academic Year 2020-21

CityU Sports Teams in Action 賽場掠影

The Inter-collegiate sports competitions organised by the University Sports Federation of Hong Kong, China (USFHK) have been suspended in the year of 2020 due to Covid-19.

With the enormous effort from PE staff of various universities and USFHK, eleven sports events could still proceed from mid-March 2021 onwards, including basketball, soccer, tennis, table tennis, badminton, woodball, athletics, squash, handball, rugby and fencing. Our CityU student-athletes are fighting in the games with all passion and the spirit of “Be the Best that We Can Be”!

大專運動比賽自 2020 年一直受疫情影響不斷延期。幸得各院校的體育導師和香港大專體育協會的協力，本年度賽事終於在三月中開鑼，至七月初共有十一項目順利完成，包括籃球、足球、網球、乒乓球、羽毛球、活木球、田徑、壁球、手球、欖球及劍擊等項目。城大運動員在疫情中並沒有停下訓練，繼續於賽場上盡情流露我們「Be the Best that We Can Be」的拚搏意志和團隊精神！



賽場掠影



CityU Sports Teams in Action
賽場掠影



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Dr. Clara WONG

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LEUNG, Ho Ching Hocking	Table Tennis Team	Bachelor of Social Sciences in Social Work
LAI, Cheuk Nam Matthew	Squash Team	Bachelor of Arts in Chinese and History

