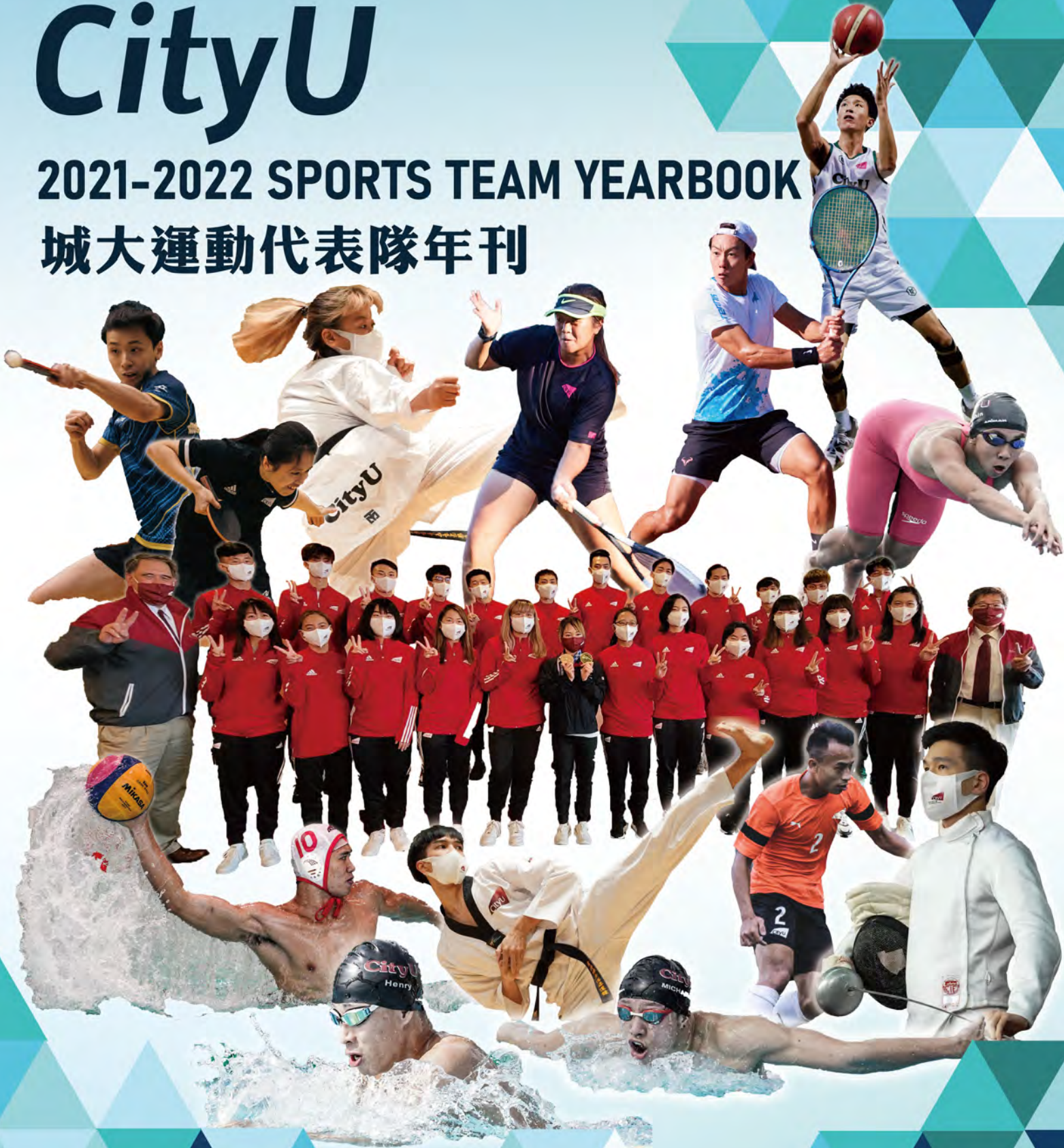




香港城市大學
City University of Hong Kong

CityU

2021-2022 SPORTS TEAM YEARBOOK 城大運動代表隊年刊



Contents

- 1 Foreword by President 校長的話
- 2 Foreword by Vice President (Student Affairs) 副校長 (學生事務) 序言
- 3 Sports Teams Activity Highlights 校隊全年焦點
- 7 Olympics Medallist: Lau Mo Sheung Grace 奧運獎牌得主：劉慕裳
- 9 Sports Teams Welcoming Ceremony 校隊迎新暨頒獎典禮
- 12 Sports Ambassadors Programme 城大運動大使計劃
- 14 Interview with Dr. Tim Wong 訪問黃志添博士
- 17 CityU Sports Stars 城大運動隊 — 星中之星
- 20 Elite Athletes – “Best of the Best” 「城兵港將」
- 23 Student Athletes Admission Schemes 學生運動員入學計劃
- 27 Sports Scholarships and Awards 運動獎學金列表
- 28 We Care for CityU Sports 城大運動隊籌款平台
- 29 The 24th Jackie Chan Challenge Cup Hong Kong Universities Ball Games Tournament 2021
第二十四屆成龍挑戰盃全港大學籃球、乒乓球、足球及排球邀請賽
- 30 USFHK Sports Competitions 2021-2022 大專比賽成績 2021-2022
- 33 CityU Honorary Managers, Team Managers and Coaches
城大榮譽領隊，領隊及教練團隊
- 34 Words of Sports Captains 隊長心聲
- 51 Concluding Remarks by Associate Director of Student Development Services (Physical Education)
學生發展處副處長 (體育) 結語
- 52 List of Editors 編委名單
- 53 Sports Teams in Action 花絮掠影

Foreword by President 校長的話

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

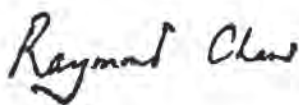
Foreword by Vice President (Student Affairs) 副校長 (學生事務) 序言

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 城大校隊全年焦點



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



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



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



On-campus Cheering support to Grace Lau in the Karatedo (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



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



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



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



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



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 Training Camps
校隊集訓營



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



Launching of the CityU Sports YouTube Channel
城大體育頻道正式啓播



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

Olympics Medallist: LAU Mo Sheung Grace 奧運獎牌得主：劉慕裳

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 attended the celebratory gathering in her alma mater and took a picture with Mr. Lester Huang, Chairman of the Council (5th left), President Way Kuo (7th right) and other senior management staff.

Grace 回到母校出席祝捷會，與校董會主席黃嘉純先生（左五）、郭位校長（右七）和一眾大學高層合照。

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，也點燃起城大上上下下的的自豪感。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」。



Grace shared her reflections on winning the Olympics medal and her experience as a student-athlete with Dr. Ron Kwok, Director of ARO (right), and Mr. Sunny Chau, the Associate Director of SDS (PE) (left).

Grace 與校友聯絡處處長郭致偉博士（右）及學生發展處副處長（體育）周日光先生（左）暢談得獎感受及昔日當學生運動員的點滴。



Grace (centre) and representatives of CityU sports team
Grace（中）與城大校隊代表。



Grace was awarded the CityU Commemorative Gold Medal.
Grace 獲頒贈城大紀念金牌乙面。

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！

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



Professor Raymond Chan, Vice-President (Student Affairs), delivering a remark in the ceremony
城大副校長（學生事務）陳漢夫教授於典禮上致辭

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。



Awardee of 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）得獎學生

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)

| No. | Name | Chinese Name | Team/Sex |
|-----|-----------------------|--------------|----------------|
| 1. | LAW Chun Yiu | 羅俊耀 | Handball (Men) |
| 2. | TSANG Lai Mae Halasan | 曾麗薇 | Soccer (Women) |
| 3. | NG Ki Lung | 吳奇龍 | Tennis (Men) |



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

Outstanding Athletes Entrance Scholarship for Non-local Students

傑出海外運動員入學獎學金

| No. | Name | Team/Sex |
|-----|-----------------------------|----------------------|
| 1. | Hena MESIC | Swimming (Women) |
| 2. | Michaela JENDRICOVSKA | Basketball (Women) |
| 3. | Nathan GREGORI | Fencing (Men) |
| 4. | Lara JOVANOVIC | Volleyball (Women) |
| 5. | Diana KUSSAINOVA | Tennis (Women) |
| 6. | Aleksandar Atanasov STOYKOV | Basketball (Men) |
| 7. | ZHANG Zhao | Table Tennis (Women) |



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

Outstanding Athletes Entrance Scholarships for Local Students (Regional Level)

傑出運動員入學獎學金 (亞太區水平)

| No. | Name | Chinese Name | Team/Sex |
|-----|------------------|--------------|--------------------|
| 1. | YEUNG Kwan Pui | 楊均培 | Fencing (Men) |
| 2. | CHAN Pak Hei | 陳柏熙 | Fencing (Men) |
| 3. | LAW Chun Yuen | 羅浚源 | Rugby (Men) |
| 4. | SUNG Wai Shing | 宋偉誠 | Rugby (Men) |
| 5. | YIP Sin Yi | 葉倩怡 | Volleyball (Women) |
| 6. | YIP Kwok Ho | 葉國灝 | Fencing (Men) |
| 7. | CHEUNG Tsz Ching | 張紫晴 | Soccer (Women) |



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



Awardees of Outstanding Athletes Entrance Scholarships for Local Students (Elite Level) 傑出運動員入學獎學金 (精英水平) 得獎學生



Outstanding Athletes Entrance Scholarships for Local Student (Elite Level)

傑出運動員入學獎學金 (精英運動員)

| No. | Name | Chinese Name | Team/Sex |
|-----|-------------------------|--------------|-----------------------|
| 1. | WONG Sze Ki | 黃思琦 | Handball (Women) |
| 2. | MA Chi Man | 馬之雯 | Handball (Women) |
| 3. | WONG Sum Yu | 黃琛瑜 | Soccer (Women) |
| 4. | WONG Cho Wai Gabriel | 黃礎惟 | Wushu (Men) |
| 5. | LAW Ka Yi | 羅家誼 | Basketball (Women) |
| 6. | YEUNG Chi Sum | 楊智森 | Rugby (Men) |
| 7. | CHAN Ming Lai | 陳明禮 | Table Tennis (Men) |
| 8. | HON Po Ying | 韓寶盈 | Basketball (Women) |
| 9. | WU Hei Tung | 吳僊桐 | Table Tennis (Women) |
| 10. | WONG Man To | 黃文滔 | Handball (Men) |
| 11. | KWOK Ting Chung | 郭挺仲 | Handball (Men) |
| 12. | MA Yik Chun | 馬翊晉 | Soccer (Men) |
| 13. | LEUNG Wai Fung Derek | 梁煒烽 | Soccer (Men) |
| 14. | WOO Ming Yui | 胡銘睿 | Soccer (Men) |
| 15. | LEE Man Kit | 李文傑 | Swimming (Men) |
| 16. | HO Chung Lun | 何仲綸 | Swimming (Men) |
| 17. | LEUNG Cheuk Fung Jasper | 梁卓峰 | Swimming (Men) |
| 18. | CHAN Chak Sum | 陳澤森 | Athletics (Men) |
| 19. | LI Yu Fung | 李汝豐 | Athletics (Men) |
| 20. | LAI Hin Yau | 黎軒佑 | Athletics (Men) |
| 21. | FOK Lai Chak | 霍禮澤 | Cross Country (Men) |
| 22. | TUNG Ka Pak | 董家栢 | Basketball (Men) |
| 23. | WOO Ka Hei Max | 胡嘉禧 | Tennis (Men) |
| 24. | LEUNG Yong Lan | 梁詠嵐 | Taekwondo (Women) |
| 25. | CHU Tsz Yiu | 朱梓耀 | Taekwondo (Men) |
| 26. | YOK Tsz Tung | 郁梓彤 | Handball (Women) |
| 27. | LUK Hoi Lam | 陸海琳 | Cross Country (Women) |
| 28. | WONG Ho Ting | 黃灝廷 | Squash (Men) |

Sports Scholarship for Valuable Athletes

優秀運動員獎學金

| No. | Name | Chinese Name | Team/Sex |
|-----|-----------|--------------|---------------|
| 1. | YU Ho Yin | 余浩彥 | Bowling (Men) |



MCs of the Welcoming Ceremony
大會司儀

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

胡曉明傑出網球運動員獎學金 (亞太區水平)

| No. | Name | Chinese Name | Team/Sex |
|-----|------------|--------------|--------------|
| 1. | NG Ki Lung | 吳奇龍 | Tennis (Men) |



Confetti-gun Salute by Honorary Guests
嘉賓鳴炮禮

Sports Ambassadors Programme 城大運動大使計劃

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.



Single Rope Techniques
單繩上攀技術



Grace LAU Home Coming Celebration Ceremony
校友劉慕裳小姐東奧祝捷會



Crate Climbing 疊高盤



Rope Course: Giant Ladders 繩網陣—巨人梯

城大運動大使計劃今年已踏進第五個年頭，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啟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。



Training of Pui Kiu Athletic Team 為培僑中學的田徑校隊提供訓練



Sports Performance in CityU University Life Induction Day
在城大新生啟導日上表演跆拳道



CityU x Mary Rose RunTogether 與天保民學校合作的社區運動服務計劃「CityU x Mary Rose RunTogether」



Demonstration of "Grand-Slam Beats" 示範城大大滿貫打氣口號

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!

引言：

無論是在大學陸運會還是大專比賽中，都總會看見學生發展處處長黃志添博士的身影。黃博士不單是看台上的觀眾，更是城大學生運動員的忠實支持者。他從事學生工作逾 30 年、推行了多個促進學生個人發展和成長的課外活動，作育無數英才。在黃博士的帶領下，城大體育部開展了「運動大使計劃」和「運動管理實習生」企劃，讓學生領袖通過參與服務和運動活動籌劃，豐富大學生活。黃博士推動非本地精英學生運動員錄取計劃，以及五年前開展「海外學生傑出運動員入學獎學金」，為城大校隊大家庭增添來自不同文化背景的成員，見證著一代又一代的學生運動員的勵志故事。不知道黃博士自己又有甚麼「鮮為人知」的故事想與莘莘學生分享呢？體育部年刊編輯委員會今年首度專訪黃處長，與笑面迎人的他興致勃勃地談論起往事與今秋。

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?

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: 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.

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，雖則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?

Q: 您認為城大運動校隊給予您怎樣的印象呢？

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.

A: 比起別的院校，我認為城大運動校隊的成員既能在訓練和比賽時保持專業、認真的態度，又能輕鬆相處，靈活變通。另外，我覺得城大運動校隊有很強的凝聚力，這是因為我們體育部不屬於學術部門，工作安排上有更大彈性，而且同事們都對運動事務親力親為，為城大體育建立了穩健的基礎，也成就了校隊的獨特性。

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?

Q: 感謝黃處長給我們分享了一些事業、生涯發展方面的經歷，相信一眾同學亦有興趣瞭解更多您個人生活和趣事。作為我校田徑隊的榮譽領隊，您會否對於田徑或是其他運動特別有興趣？可以跟我們分享一您過往參與體育活動的經驗嗎？

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。

說到「旁觀者」的身份，我曾經和體育部同事、校隊與外地大學進行運動交流及比賽，令我大開眼界，特別是觀察海外大學訓練運動員的方式令我獲益良多。這些經驗也讓我深深明白專業的指導對於運動員發揮潛能的重要性。除此之外，在外地的見聞也讓我瞭解到普及運動對於運動行業持續發展是非常重要的。

直到現在，我仍然保持著每天清晨、在上班前跑步的習慣，我期望各位運動員及同學們在疫情的限制下，仍然能夠保持運動的習慣，保持健康的身心狀態。

Q: Can you share with us some unforgettable experiences about you or your teammates back in the days when you played sports?

Q: 請問您可以分享過往訓練期間一些自身或與隊友之間難忘的經歷嗎？

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!

A: 通過運動，我結識到一群好友。回想以前的訓練趣事，總是覺得十分享受、十分有意思。我們從前會在深水埗的一些公共地方，例如大空地練習。雖然，現在隊友們都已經各奔前程，但我們仍會偶然互相聯繫。運動珍貴之處就是能給我們帶來一班好朋友。

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

Q: 聽聞唱歌亦是處長的興趣之一，請問您認為唱歌和運動有什麼相似的地方？

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.

A: 沒錯，我很喜歡唱歌的。我在大學時期開始練習唱歌。唱歌和運動相似的地方就是需要透過旁人的意見來提升自我。透過別人的意見，你才能知道自己的不足之處。兩者總體上大同小異，練習唱歌時，需要通過別人的意見去了解自己的弱點，也需要老師指點發聲方法；而運動方面，就以跳高為例，無論你本身技術多麼純熟，也很難單憑自己知道所做的動作是否正確，反之透過旁人指導和回饋，才能知道自己的姿勢和發力位置是否無誤。如果希望自己有所進步，就需要虛心接受別人的批評和指導，時刻自我反省，這樣才是進步的關鍵。

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！



CityU Sports Stars 城大運動隊——星中之星

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):

Represented Singapore in Davis Cup (2012, 2016, 2017, 2018, 2019) and Southeast-Asian Games (2017 & 2019)

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):

U16 ranked 1 (2011), U18 ranked 1 (2012)



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



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

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。



LAI Cheuk Nam Matthew

Squash (Men) 男子壁球

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



FUNG Hoi Ching Jasmine

Rugby (Women) 女子欖球

Bachelor of Social Science in Social Work
社會科學學士 (社會工作)



LAW Sin Yi

Taekwondo (Women) 女子跆拳道

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



YEUNG Ming Nok

Badminton (Men) 男子羽毛球

Bachelor of Business Administration in Business Economics
工商管理學士 (商業經濟)



NG Shiu Yee

Badminton (Women) 女子羽毛球

Bachelor of Business Administration in Strategy & International Management
工商管理學士 (策略管理及國際商貿)



CHAN Tsz Ching

Swimming (Women) 女子游泳

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



LEUNG Sin Fung

Soccer (Men) 男子足球

Bachelor of Social Sciences in Public Policy and Politics
社會科學學士 (公共政策與政治)



CHOY Tsz To

Soccer (Men) 男子足球

Bachelor of Social Sciences in Public Policy and Politics
社會科學學士 (公共政策與政治)



YUEN Sai Kit

Soccer (Men) 男子足球

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

**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**

Soccer (Women) 女子足球
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)

Student-Athletes Admission Schemes 學生運動員入學計劃

Student-Athlete Learning Support and Admission (SALSA) Scheme 學生運動員學習支援及入學計劃

The Student-Athlete Learning Support and Admission (SALSA) Scheme is initiated by the University Grants Committee (UGC) to offer university education opportunities to elite athletes of Hong Kong in quest of their dual career development in sports and 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.

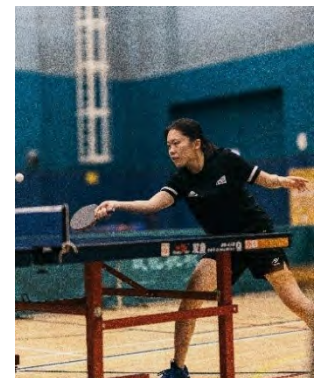
申請人必須符合學士學位的基本入學要求和個別課程的入學要求，請瀏覽招生處網頁 (www.cityu.edu.hk/admo) 參閱有關資料。由於入學競爭激烈，符合最低入學要求者並不保證能獲得錄取。



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 海外傑出運動員入學獎學金

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.

成功獲得取錄的海外運動員每年可獲城大資助港幣 \$160,000 元（約 20,500 美元），以支持他們的學費、住宿及部分生活開支。

For Application Related Enquires:

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

Website 網址 :



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

For Sports Performance Related Enquiries:

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



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

Entrance Scholarship 入學獎學金

| Award Name 獎學金 | Each Award Value 獎學金額 (HK\$) |
|---|------------------------------|
| Dr. Herman Hu Outstanding Sports Talents Scholarships 胡曉明博士優秀運動專才獎學金 | 50,000 - 90,000 |
| Dr. Herman Hu Outstanding Student Athletes Entrance Scholarships 胡曉明博士優秀運動員入學獎學金 | 20,000 - 40,000 |
| Dr. Herman Hu Outstanding Student Athletes Entrance Scholarships in Tennis 胡曉明博士傑出網球運動員獎學金 | 20,000 - 40,000 |
| Outstanding Athletes Entrance Scholarships for Local Students 傑出運動員入學獎學金 | 10,000 - 42,100 |
| Outstanding Athletes Entrance Scholarship for Non-local Students 傑出海外運動員入學獎學金 | 160,000 |
| Pang Hon Chiu Li Yuk Fong Entrance Scholarship for Outstanding Student Athletes in Basketball 彭漢釗李玉芳傑出籃球運動員入學獎學金 | 10,000 |
| Stewart Wong Entrance Scholarships for Outstanding Table-tennis Players 王世濤傑出乒乓球運動員入學獎學金 | 20,000 |
| The Sports Scholarship for Valuable Athletes 優秀運動員獎學金 | 5,000 |

Year-end Scholarship 期終獎學金

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

Residence Scholarship 住宿獎學金

| Award Name 獎學金 | Each Award Value 獎學金額 (HK\$) |
|---|------------------------------|
| Residence Scholarship Scheme for Student Athletes 運動員住宿獎學金 | 14,000 |

“We Care For CityU Sports” Donation Campaign 城大運動隊 We Care For CityU Sports 籌款計劃

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" 的嶄新籌款計劃，促進城大學生運動員與捐款人、校友及各界友好的聯繫，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和作出捐獻，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。

請踴躍支持！

Website 籌款平台網站：



<https://aro.cityu.edu.hk/home/caring/sports/>

The 24th Jackie Chan Challenge Cup Hong Kong Universities Ball Games Tournament 2021 第二十四屆成龍挑戰盃全港大學籃球、乒乓球、足球及排球邀請賽

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：

| Team | Result |
|----------------------------|------------------------------|
| Men's Soccer 男子足球 | Champion 冠軍 |
| Men's Basketball 男子籃球 | Champion 冠軍 |
| Men's Table Tennis 男子乒乓球 | Champion 冠軍 |
| Women's Table Tennis 女子乒乓球 | 1 st Runner-Up 亞軍 |



USFHK Sports Competitions 2021-2022 大專體育比賽 2021-2022

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。

**CityU Sports Teams Performance in Competitions of the
University Sports Federation of Hong Kong, China (USFHK) 2021-2022**
2021-2022 年度中國香港大專體育協會大專比賽城大校隊成績一覽表

Team Events 團體項目

| 項目 EVENTS | 男子 MEN | 女子 WOMEN |
|------------------|---|-------------------------------|
| 足球 Soccer | 冠軍 Champion | 冠軍 Champion |
| 網球 Tennis | 亞軍 1 st Runner Up | 冠軍 Champion |
| 手球 Handball | 第五名 4 th Runner Up | 冠軍 Champion |
| 欖球 Rugby | 冠軍 Champion | 第五名 4 th Runner Up |
| 排球 Volleyball | 亞軍 1 st Runner Up | 季軍 2 nd Runner Up |
| 乒乓球 Table Tennis | 亞軍 1 st Runner Up | 亞軍 1 st Runner Up |
| 壁球 Squash | 亞軍 1 st Runner Up | 季軍 2 nd Runner Up |
| 籃球 Basketball | 殿軍 3 rd Runner Up | 第五名 4 th Runner Up |
| 羽毛球 Badminton | 季軍 2 nd Runner Up | 第六名 5 th Runner Up |
| 游泳 Swimming | 殿軍 3 rd Runner Up | 亞軍 1 st Runner Up |
| | 團體亞軍 Overall 1 st Runner Up | |
| 活木球 Woodball | 亞軍 1 st Runner Up | 第五名 4 th Runner Up |
| | 團體殿軍 Overall 3 rd Runner Up | |
| 田徑 Athletics | 第六名 5 th Runner Up | 第五名 4 th Runner Up |
| | 團體第五名 Overall 4 th Runner Up | |

Other Events 其他項目

| 項目 EVENTS | 男子 MEN | | 女子 WOMEN | |
|---|-------------------------------|--------------------|-------------------------------|------------------------------|
| 劍擊 Fencing | 重劍 Epee | 冠軍 Champion | 花劍 Foil | 季軍 2 nd Runner Up |
| | 花劍 Foil | 冠軍 Champion | | |
| 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 | 團體 Group | 銅牌 Bronze Medal |
| | 7 型及金剛 Style 7 & Keumgang | 銀牌 Silver Medal | | |
| | 8 型及太白 Style 8 & Taebak | 銅牌 Bronze Medal | | |
| | 團體 Group | 銅牌 Bronze Medal | | |
| 空手道 Karatedo (個人型 Kata - Individual) | 第七名 6 th Runner Up | | 第七名 6 th Runner Up | |
| 水球 Water Polo | 亞軍 1 st Runner Up | | | |

Annual Overall Ranking 全年總名次 *

| 男子 MEN | 女子 WOMEN |
|------------------------------|------------------------------|
| 亞軍 1 st Runner Up | 亞軍 1 st Runner Up |

* 總共十三間院校 Total of 13 Institutes



CityU swimming team won the Overall Women's 1st Runner Up at the USFHK Aquatic Meet.

城大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。



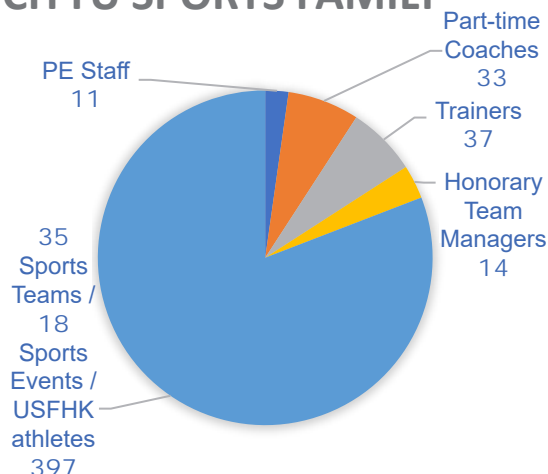
CityU women's tennis player performing a fierce stroke in the preliminary round.

城大女網隊員於初賽中展現凌厲抽擊。

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



CITYU SPORTS FAMILY



Honorary Team Managers

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

PE Staff

| | |
|--|--|
| Mr. Sunny CHAU Badminton Team Coach and Team Manager, 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) Manager, Rugby Team (Men & Women) Manager | Tel: 3442 8024 E-mail: denis.wan@cityu.edu.hk |
| Mr. Peter WU Tennis Team Coach and Team Manager, Basketball Team (Men) Manager | Tel: 3442 8149 E-mail: p.wu@cityu.edu.hk |
| Mr. Vincent KWAN Volleyball Team (Women) Coach and Team Manager, Handball Team (Men) Manager | Tel: 3442 8054 E-mail: v.kwan@cityu.edu.hk |
| Ms. Clara WONG Table Tennis Team Coach and Team Manager, Basketball Team (Women) Manager | Tel: 3442 7291 E-mail: choiki.wong@cityu.edu.hk |
| Ms. Winnie WONG Woodball Team Coach and Team Manager, Handball Team (Women) Manager | Tel: 3442 8052 E-mail: sopedsw@cityu.edu.hk |
| Mr. Gordis YAU Soccer Team (Men) Coach and Team Manager, Swimming Team (Men & Women) Manager | Tel: 3442 8150 E-mail: sopeyau@cityu.edu.hk |
| Mr. Matthew YIP Athletic & X-Country Teams Coach and Team Manager, Squash Team Manager | Tel: 3442 7290 E-mail: sopemyip@cityu.edu.hk |
| Miss Hoi Lam POON Athletic & X-Country Teams Coach and Team Manager, Dragon Boat Team (Men & Women) & Soccer Team (Women) Manager | Tel: 3442 6308 E-mail: hlpoon4@cityu.edu.hk |
| Mr. Sunny LAU Karate-do Team Manager | Tel: 3442 8050 E-mail: Sunny.Lau@cityu.edu.hk |

Words of Sports Captains 隊長感言 / 心聲

Women's Athletics Team 女子田徑隊



NG Tsz Yan 吳芷茵

Bachelor of Business
Administration in Marketing
工商管理學士 (市場營銷)

Work hard and train hard. There's
no secret formula.
Be stronger than your excuses

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，彼此互相鼓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，等到場地重啟的時候，用最好的狀態和隊友們見面！

Men's Athletics Team 男子田徑隊



SO Tsz Hang 蘇子亨

Bachelor of Science in Computing
Mathematics
理學士 (計算數學)

Faster, Higher, Further
The key to success lies in the details
Focus on what you want

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師兄們互相認識外，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 何思穎
Bachelor of Science
(Computing Mathematics)
理學士 (計算數學)

Never give in

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！

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)

Once the shuttlecock is still in the air, we shall not give up on it. Try. Persist until the last moment.

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，盡快回復最佳狀態。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。

Women's Basketball Team 女子籃球隊



NG Tsz Kwan 吳子筠

Bachelor of Social Science in Asian
and International Studies
社會科學學士 (亞洲及國際研究)

Hold onto the vision. Trust the
process.

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。

Men's Basketball Team 男子籃球隊



CHAN Yee Fu Dylan 陳怡富

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

The biggest mistake we make in life
is to think that we still have time

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，除了在上場督促隊友外，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 鄭澤瑋
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，反而更應趁著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操練，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，但我希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。

Dragonboat Team 龍舟隊



TAM Yuk Shing 譚煜城
Bachelor of Business
Administration in Information
Management
工商管理學士 (資訊管理)

Your mind believes, your body
achieves
Harder, faster, deeper

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。過程中我們更加了解不同隊友的個性，建立起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。

Women's Fencing Team 女子劍擊隊



YUEN Wing Chin Vinci 袁穎芊

Bachelor of Business Administration
in Finance
工商管理學士 (金融)

Train insane or remain the same

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奪鬥。

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。

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!

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，也希望眾人可以身體健康。

Men's Handball Team 男子手球隊



LAM Loki Yoshi 林宥希
Bachelor of Science in Surveying
理學士 (測量學)

When the going gets tough, the
tough get going

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.

球隊的隊長是一個受人尊敬和重要的角色。它教會了我如何成為一名導師以及如何激勵團隊實現他們的目標。在過去的四年，我一直是城大手球隊的一員。儘管我不是團隊中技術最熟練的球員，但我依然盡我所能去鼓勵隊友們為目標奮鬥。作為隊長最棒的部份，莫過於見證其他隊員因為努力練習而取得了極大的進步。這些經驗教會了我如何跟他人互動並凝聚團隊的聲音，而這些技巧對於運動和日常生活都是充滿裨益的。

Women's Karate Team 女子空手道隊



YIU Yee Kiu 姚依喬
Bachelor of Social Sciences in Public
Policy & Politics
社會科學學士 (公共政策與政治)

What doesn't kill you makes you
stronger

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.

在這個艱難的疫情時刻，我們發揮創意，利用拍片和獎勵機制來鼓勵隊員保持居家運動。相信我們已經變得更強大，能夠好好面對在未來日子的困難。

Men's Karate Team 男子空手道隊



KOO Hing Lun 辜慶麟
Bachelor of Social Sciences
(Psychology)
社會科學學士 (心理學)

Hang in there!

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!

這一年充滿著未知數，對我們隊員來說是一個困難的時間。我特別想藉著這次機會向我們的球隊老師、教練們表達由衷的謝意。他們給球隊提供了無數協助，讓我們可以在未來的賽場上發揮出最好的表現。我相信這段時期對全部球隊成員來說都是困難的，因為疫情大大影響了我們原先的計畫。但在這段時間，疫情讓我們可以稍稍放慢急促的節奏，給予了我們更多空間讓去重新認識自己、助我們成長。謹此致明年的隊長：我不能跟你說擔任隊長這角色很容易，因為你需要面對很多責任、困難及挑戰。但請記住，你背後總有一眾隊友支持，你是毋需單獨面對的。祝你一切順利。

Women's Rugby Team 女子欖球隊



LAU Ki Yan 劉圻妍
Bachelor of Business
Administration in Marketing
工商管理學士 (市場營銷)

Go all out, do our 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做到最好，因為大家都希望為自己、為彼此、為整支球隊努力。可惜的是，疫情關係所有正規訓練已於十一月取消，但我們作為這城大欖球家庭的一份子，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 男子欖球隊



LO Pui Yin 盧沛彥

Bachelor of Social Sciences in
Social Work
社會科學學士 (社會工作)

Friendship is Diamond

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.

擔任球隊隊長三年是很困難的，因為隊長在關鍵決策、團隊形象、凝聚力和隊伍在球場內外表現等各方面均須承擔責任。然而在城大欖球隊，我從來都不是獨自戰鬥。隊友、教練和工作人員的支持是一個團隊永遠不可或缺的元素——沒有他們，我就沒有機會學習和進步。在我擔任隊長期間、以及從我首次代表城大參加比賽到現在，我有幸從未錯過任何一次杯賽決賽。我相信，正正是強大的向心力，造就了我們的巔峰，也讓我們成為唯一一支會讓其他大學在球場上「聞虎色變」的球隊。所有功勞都歸於我的隊友，我愛佢哋！

Women's Soccer Team 女子足球隊



SHARANJIT Kaur 成慧芝

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

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

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.

今年是我大學生涯的最後一年，我很感激在過去幾個月，當球場還未關閉的時候，和隊友經歷了一段難忘的時刻。大家在首兩場比賽展現了出色的態度，今季的成績是值得大家感到驕傲的。在這段史無前例的日子裏，新冠病毒的爆發令幾乎所有體育場所都需要關閉，這對於本地以致全球的運動員來說都是十分艱難的。即使我們不知道今季的比賽是否能繼續進行，但在這段時間，我們可以讓我們靜下來檢討之前的成績，沉澱和整頓一下自己，好為將來作部署。我們始終相信疫情很快就會好轉，而隊員們回來後一定比以前更強大！因此，有強韌的適應力很重要，我們要視挑戰為機遇，才能持續地學習和成長。

Men's Soccer Team 男子足球隊



YUEN Sai Kit 袁世傑

Bachelor of Arts in Chinese and
History (Cultural Heritage Stream)
文學士(中文及歷史)(文化遺產專修)

Actions speak louder than words

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.

作為隊長，我相信今季球隊的表現大家都有目共睹。對我而言，最難忘的時刻是球隊在成龍盃決賽擊敗勁敵香港大學，重奪失落數年的冠軍。上個球季，我們於大專足球賽八強被對方淘汰，這回憶雖然令人不快，但也令球隊更努力從中汲取教訓，努力尋求進步與突破。因此，今年能夠報回一敗之仇，尤令我高興和難忘。不論在成龍盃或大專盃，我們整隊實力都比往年有更上一層樓。這有賴各隊員努力不懈的練習，不少球員甚至願意付出更多時間和精神，提早到達球場加操，相信這種積極的態度有助提升隊內氣氛。唯一教人遺憾的是，球季目前因疫情被逼暫緩，未能繼續延展我們的旅程。自己最開心當然是可以成為這支球隊的一份子，不論在歸屬感還是整體實力方面，我們都遠遠比其他球隊好。因此我可以很自豪地向所有人說：「我是香港城市大學男子足球隊的一份子！」期待在未來日子繼續跟大家並肩作戰。

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.

這是充滿意外的一年。正當大家都以為疫情已差不多過去，新一波疫情突然來襲，令球隊練習和大專比賽均得剎停。所幸我們一直心存希望，居家抗疫期間亦利用各自方式保持鍛煉，期盼著球隊訓練和大專比賽恢復的一天。

Women's Squash Team 女子壁球隊



LI Wing Sze 李穎斯

Bachelor of Social Sciences in
Psychology
社會科學學士(心理學)

Never yield in spite of reverses

Men's Squash Team 男子壁球隊



WONG Anson 王友諒
Bachelor of Business
Administration (Accountancy)
工商管理學士 (會計)

Just Carry On

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!

新學年開始，當所有訓練、比賽進行得如火如荼，正以為一切可以逐步回復正常，可於大專盃大展拳腳之際，第五波疫情的利爪又再次將比賽猛然拉停。在大專盃被疫情剎停之前，男女隊可說勢不可擋，於各項比賽未嘗一敗，以首名姿態昂然挺進了準決賽，風頭一時無兩。儘管執筆之時，疫情肆虐，大專盃復賽依然遙遙無期；我們改變不了世界，但我們可以改變自己。居家抗疫期間，我們依然保持着各種體能訓練，務求在這段艱難時刻提升身心質素，為重投球場訓練作最好準備。即便疫情有很多不確定性，但願我們能懷着一顆不卑不亢、當仁不讓的心，每天使自己進步多一點，竭力為壁球隊，為整個運動校隊，為城大，捲土重來、重振聲威，回到頒獎臺的最高位置！

Women's Swimming Team 女子游泳隊



**CHAN Tsz Ching Dolphin
陳芷晴**
Bachelor of Social Sciences
in Criminology and Sociology
(Criminology Stream)
社會科學學士 (犯罪學及社會學)
(犯罪學專修)

Heaven blesses the diligent

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.

作為隊長，我很高興今年可以與我的隊員們拿下女子組亞軍及全場總亞軍。因為疫情，泳隊已經兩年沒有比賽，加上學校泳池關閉和隊員不足，令我們在行政及比賽有一定的困難。但我們沒有因為這些障礙而停下來，我相信我們能從逆境中做到我們的最好，去完成當初泳隊定下來的目標。能夠在畢業前帶領泳隊是我的榮幸。

Men's Swimming Team 男子游泳隊



TANG Ho Cheun 鄧皓川
Bachelor of Business
Administration in Information
Management
工商管理學學士 (資訊管理)

Always remind yourself why you
started

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!

首先，很高興我有機會帶領城大泳隊。其次，在比賽前數個月，教練們悉心地安排訓練，隊員也積極出席，成功為泳隊取得總亞軍，這成就絕對有賴你們的努力。在此也要特別感謝為團隊着想而轉戰不擅長的項目隊員。雖然今年因為疫情以及場地問題，比賽日子遙遙無期。但是，隊員和教練們也沒有鬆懈，積極備戰。這份對於學校及游泳的熱誠很值得我們欣賞。希望城大泳隊來年再下一城！

Women's Taekwondo Team 女子跆拳道隊



LEUNG Yong Lan Kimchi
梁詠嵐

Bachelor of Business Administration
in Accountancy
工商管理學士 (會計)

You only live once

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.

我很高興認識到這群隊員。疫情關係，每星期數小時的練習時光都份外寶貴；場地被逼取消已成為了「常態」，只好移師室外訓練，很感謝隊員們對這臨時措施的包容，從無怨言。期望跆拳道隊可以一同進步、一起打大專比賽，繼續朝著共同目標奮鬥。

Men's Taekwondo Team 男子跆拳道隊



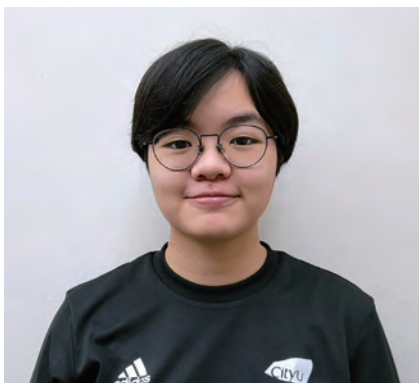
WONG Kim Hung 黃劍鴻
Bachelor of Arts in Chinese and
History
文學士（中文及歷史）

Life is good. Enjoy the moment.

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！

Women's Table Tennis Team 女子乒乓球隊



CHOI Hang Yi 蔡杏怡
Bachelor of Business Administration
in Accountancy
工商管理學士（會計）

Effort will lie, but will never be in vain

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，面對着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。

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.

時間匆匆過去，今年的我已是四年級生，亦代表著能夠穿起印有城大校徽球衣的日子即將完結。回想起這幾年與乒乓球隊的一點一滴，依然是歷歷在目，記憶猶新。感謝城大乒乓帶給我的所有回憶，我很榮幸能夠成為大家的一分子，多謝所有教練和領隊對球隊的支持及照顧。希望城大乒乓在往後的日子裏，能繼續在大專舞台上發光發亮，創出佳績。

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.

I am very grateful for the team members' hard work. I know that everyone was busy with their studies, and it was not easy to keep up with studies while maintaining an excellent mental and physical state. Therefore, I hope that the epidemic situation will improve soon and I can meet and practise with my teammates as soon as possible.

作為女子網球隊隊長，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，在顧及學業的同時，亦能夠保持強大的身體和心理素質。因此，我希望疫情能夠快點好轉，讓我能夠盡快與隊員們見面。

Men's Tennis Team 男子網球隊



NG Hao Yuan Steve 吳浩淵
Bachelor of Social Sciences in
Asian and International Studies
社會科學學士 (亞洲及國際研究)

"It's not about the size of the dog in the fight, it's about the size of the fight in the dog." – Mark Twain

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 - eagerness 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 盪著不同的情緒；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



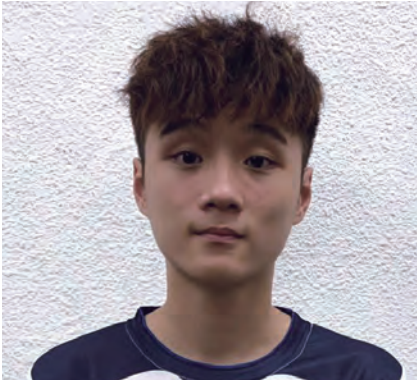
WONG Sze Wing 黃思詠
Bachelor of Social Sciences in
Social Work
社會科學學士 (社會工作)

Never forget why you started, and your mission can be accomplished.

Looking back on the past five years in the college, I am thankful for the chance to learn from our coach with his encouragement and support. 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。

Men's Volleyball Team 男子排球隊



CHIU Yu Heng Curtis 趙汝恒
Bachelor of Engineering in Energy
Science and Engineering
工學士 (能源科學及工程學)

Hold your Vision, trust the Process

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.

今年是比較困難的一年，大家都需要在疫情下繼續戴著口罩、或斷斷續續地練習。加上去年很多師兄畢業，令排球隊整體實力有所下降。幸好，我們從「運動員入學計劃」和公開招募中物色到新隊員。大家投放了大量時間磨合彼此默契，促進隊友之間的信任，為今年大專比賽好好準備——可惜，最終還是敗給了疫情。隊伍已經連續兩年無法參與大專賽事，實屬惋惜，畢竟我們所有球員都十分渴望為校出戰。希望疫情能夠盡早完結，令所有運動員都可以回復正常練習和比賽的節奏。

Men's Water polo Team 男子水球隊



KWOK Po Jit Jansen 郭普傑
Bachelor of Business Administration
in Finance
工商管理學士 (金融)

Hard work paid off

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.

一路以來，我們把殺入決賽視為球隊的終極目標。大家一直懷着輕鬆的心態仰戰，全心享受比賽。能與隊友一起首次將城大水球隊帶進決賽成為了我運動生涯中其中一個重要的里程碑。今年由於疫情關係，很多泳池關閉了。在錯失很多訓練機會的同時，很感激隊友們珍惜每一次訓練。由起初沒有太多默契，到經過多次的友誼賽後，大家的進步有目共睹。這次大專盃能獲得如此佳績，絕對是隊友們共同努力得回來的，期待明年與隊友們一起比賽，力爭佳績。

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。

Concluding Remarks by Associate Director of Student Development Services (Physical Education) 學生發展處副處長（體育）結語

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!

Mr. Sunny Chau

Associate Director of Student Development Services (Physical Education)



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Sports Teams in Action 花絮掠影











