



香港城市大學
City University of Hong Kong

CityU Sports Teams

城大運動代表隊年刊

2019-2020 YEARBOOK





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Foreword by President 校長的話



Triumph over adversity – the legacy lives long

The 2019/2020 sports season was difficult. The social unrest and the pandemic created unprecedented challenges not only to CityU and its sports teams but to the whole of society.

In such a situation, many athletes might have felt like quitting since campus was closed towards the end of Semester A 2019/20 and then closed again in Semester B because of the spread of Covid-19. Practicing and staying fit must have felt tough at times.

Naturally, we missed the inter-varsity sports competitions that CityU has dominated for so long thanks to so many talented CityU athletes and coaches.

Nevertheless, even though the sports calendar was affected, it was good to hear success stories news: sports scholarships, the sports ambassadors programme, table tennis in Italy, the squash teams in Shanghai, plus strong international showings in badminton, basketball, dragon boating, fencing, rugby, soccer, plus those players who have represented not only CityU but also Hong Kong at the international level over the past season.

We talk a lot about the CityU spirit and I can see that it is alive and kicking among the sports teams. Players have maintained their morale, fitness and hunger for achievement in spite of the less than ideal conditions for practicing and competing in their individual sports.

CityU is justifiably proud of the historical performances of the sports teams at CityU. Winning on the track, field, pitch, court, pool and arena complements the extraordinary pace at which CityU is developing. We are one of the most rapidly rising universities in the world and we recently broke into the top 50 universities in the world.

Thus our sports legacy and the potential to build for future triumphs makes CityU a truly all-round university! Best wishes to all!

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

Ready for the New Challenges Ahead

The Competition Season of 2019-20 was a challenging one for all our CityU student-athletes. Regular training sessions and competitions were postponed or even suspended in this unprecedented time. Our student-athletes are longing to represent the University on the field once again. Despite the uncertain times, our Sports Teams continue to uphold their motto, “Be the Best that We Can Be”, to demonstrate the spirit of perseverance.

As the Honorary Manager of the CityU Squash Team, it was exciting to see our talented student athletes brought glory and medals in various overseas and local competitions: our Table Tennis athletes soared in the 30th Summer Universiade in Napoli, Italy; while our Squash and Badminton athletes achieved fabulous results in the All China University Championship; both our women’s and men’s rugby teams won the championship in the Tertiary Rugby Invitational Sevens.

The positive spirit of our Sports Teams also influenced members of CityU Community. With the collaborative support from various departments and students, the University has received a Gold Campus Award for 2020 “Exercise is Medicine® On Campus” (EIM-OC) programme. The award is an international recognition to the University’s firm resolve to promote regular physical exercise among its students and staff. Despite the measures implemented to contain the Covid-19 pandemic, a series of “EIM - Exercising at Home” videos were launched with the efforts of student-athletes to motivate CityU Community to keep up their regular fitness training and stay healthy while studying or working from home.

I sincerely wish the bright outlook of our Sports Teams would act as life motivation to all our readers during the pandemic. I hope that all CityU athletes will carry on their sportsmanship and strike for the best after the storm.



Professor Horace Ip
Vice-President (Student Affairs)
City University of Hong Kong

CityU and Shanghai Jiao Tong University (SJTU) Institutional Sports Exchange (20-23 May 2019)

城大與上海交通大學體育交流（2019年5月20日至23日）



▲ Staff and student athletes from SJTU and CityU
交大與城大的工作人員及學生運動員的大合照

To promote the friendship and cultural literacy of student athletes between China and Hong Kong, CityU has established a close relationship with Shanghai Jiao Tong University (SJTU) for years. The delegation from SJTU visited CityU in May 2019 for the further sports exchange, which included different activities such as friendly matches, gatherings and visits. Dr. Herman Hu, former Council Chairman of CityU, hosted a Welcoming Dinner for the members of SJTU as the beginning of the friendly and exciting exchange.

The CityU campus tour was arranged for the SJTU delegation in the morning on the second day to visit the CLP Power Low Carbon Energy Education Centre and the “Art Deco: The France-China Connection” at the CityU Exhibition Gallery, to understand more about cross-disciplinary information beyond sports and further enhance the relationship between SJTU and CityU. The Opening Ceremony cum Welcoming Lunch hosted by Professor Way Kuo, President of CityU, was followed at the Senate Room of Lau Ming Wai Academic Building. It marked a great continuance of the day.

It was so honoured to have Dr. Herman Hu and Professor Sun Qilin, representatives of CityU and SJTU, to kick off the friendly matches by playing the first 2 games of doubles in tennis. In the evening, Mr. Ding Song, SJTU table tennis coach and former World Table Tennis Champion, and Mr. Ko Lai Chak, CityU table tennis coach and Olympic medalist, started showcasing table tennis serve and rally before students’ matches! During the matches both on and off the court, students would be able to exchange their skills and ideas of their respective training routines and school life.

After a full day of varied dynamic sports exchange activities, a cultural visit was arranged for SJTU members to discover the local cultures on the third day, accompanied by CityU Tennis Team members and CityU PE staff, from visiting the Peak and enjoying a breathtaking scenic view of Victoria Harbour, to experiencing some local food and shopping rituals of Hong Kong. Lastly, SJTU members were invited to the Farewell Dinner hosted by Professor Horace Ip, Vice-President (Student Affairs) in the evening, which marked an unforgettable ending of the Sports Exchange Programme.

為促進中港兩地學生運動員的友誼及對彼此文化的認識，城大多年一直與上海交通大學（交大）保持緊密聯繫。繼 2018 年一眾城大健兒拜訪交大，這一次由城大一盡地主之誼於 2019 年 5 月接待交大同學進行友誼賽、聚餐和參觀等不同活動。本年度交流之旅以城大前校董會主席胡曉明博士主持歡迎宴揭開序幕，並由城大網球隊隊員在校園為一眾交大學生接風洗塵，親身體驗平日本地學生的地道生活。

隔日早上，交大學生和隨行人員獲邀參觀中華電力低碳能源教育中心，並到城大展覽館參觀「裝飾藝術：當法國與中國交匯」展出，了解更多關於環保、科技和藝術等體育範疇以外的資訊，為這趟體育交流之旅添上繽紛色彩。其後，城大校長郭位教授在劉鳴煒學術樓演講廳親身為開幕午宴主持儀式。

期待已久的友誼賽由城大代表胡曉明博士和交大代表孫麒麟教授的網球對決率先上陣。在這場比賽中能見證到兩間相隔千里的院校在百忙中抽空同場競技，可謂別有一番意義。傍晚，前世界乒乓球冠軍、交大教練丁松先生及奧運乒乓球獎牌得獎者、城大教練高禮澤先生於友誼賽正式開始前進行了一場難得的分享會和表演賽，使大家無論在場上或場外都獲益良多。

經過一連串激烈的體育交流後，城大特地在最後一天安排一些靜態的文化活動，帶一眾交大學生和隨行人員走訪香港各地，感受本地的文化和生活。一行人先到山頂俯瞰整個維多利亞港的景色，然後再到尖沙咀品嚐一些香港地道美食和體驗購物樂趣。直至晚上，城大副校長（學生事務）葉豪盛教授主持告別晚宴，為這次體育交流之旅劃上完滿的句號。



▲ Table tennis athletes of SJTU & CityU
交大和城大乒乓球隊員的大合照



▲ Representatives from CityU and SJTU in the Opening Ceremony Welcoming Lunch
城大與交大代表於開幕午宴之大合照



▲ Mr. Ding Song, table tennis coach of SJTU
交大乒乓球教練：丁松先生



▲ Professor Way Kuo, President of CityU (right) and Professor Zhang Ansheng, Vice-President of SJTU (left) exchanging souvenirs
城大校長郭位教授（右）與交大副校長張安生教授（左）互贈紀念品



▲ Professor Sun Qilin and Dr. Herman Hu playing doubles to kick off the friendly matches
孫麒麟教授和胡曉明博士以網球雙打揭開友誼賽序幕

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



▲ A group photo with our prestigious scholarship awardees, captains and coaches
校隊迎新暨頒獎典禮的大合照

Sports Teams Welcoming Ceremony was held to celebrate and present the awards to uprising sports athletes who received entrance sports scholarships, and to impart CityU's sports theme to new athletes of Sports Teams this year. With a total of 70 captains and more than 60 scholarship awardees joining the ceremony, student athletes can become familiar with each other over the lunch during the ceremony. We were also delighted to have the attendance of Professor Horace Ip, Vice-President (Student Affairs); Professor Eric Chui, Dean of Students; Dr. Tim Wong, Director of Student Development Services; and Dr. Patrick Chan, Associate Director of Student Development Services (Physical Education).

The theme of this year is "United We Stand", with the meaning of combining "teamwork" and "support from each other", which grasps on a strong mentality of togetherness to guide student athletes throughout the year. The Cheering Team innovated a unique cheer to represent the "Grand Slam Beat", alluding to our remarkable feat of achieving 9 Grand Slam titles over the past years. CityU students shall embrace 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向一眾傑出運動新星頒發多項獎學金，並將城大的體育精神和理念傳承予新力軍。本屆的迎新典禮有幸邀請到城大副校長（學生事務）葉豪盛教授、學務長崔永康教授、學生發展處處長黃志添博士和體育部主管陳炳祥博士親臨揭開序幕。多達過百名校隊成員參與是次典禮，其中六十多位的新加入成員榮獲黃博士和陳博士頒發的城大運動員入學獎學金，以鼓勵和肯定他們在體育方面的卓越成就。

今年的主題為「United We Stand」，寄喻城大各個校隊發揮同舟共濟的團隊精神，一起攜手渡過未來的難關。此外，城大啦啦隊早年獨創的「Grand Slam Beat」，不但印證前人奪得九屆大滿貫的壯舉，更標誌著一眾精英繼續以不卑不亢的態度於運動場上盡展所能。



▲ Professor Horace Ip, CityU's Vice-President (Student Affairs) delivering a remark
城大副校長（學生事務）葉豪盛教授上台致辭



▲ Organising Committees of the Sports Teams Welcoming Ceremony
一眾籌委的大合照



▲ 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



▲ 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



▲ Awardee of 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得獎學生



▲ Awardees of Outstanding Athletes Entrance Scholarship for Non-Local Students
海外傑出運動員入學獎學金得獎學生



▲ Awardee of Stewart Wong Entrance Scholarships for Outstanding Table Tennis Players
王世濤傑出乒乓球運動員獎學金得獎學生



▲ 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 Sports Scholarship for Elite Athletes
精英運動員獎學金得獎學生



▲ MCs of the Welcoming Ceremony
大會司儀



▲ 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

Sports Ambassadors' Canyoning Adventure 運動大使峽谷挑戰訓練

The Sports Ambassadors Programme (SAP) mainly recruits from Sports Captains and Executives Committee (SCEC) and outstanding student athletes with coaching experience from CityU Sports Teams, to be trained with a servant mindset and equipped with essential leadership and coaching skills in conducting "Sports Service Projects" (SSP), providing group or individual coaching sessions for the targeted participants. The targeted participants may include students of primary/secondary schools and/or underprivileged groups, who will benefit positively from sports training. The Sports Ambassadors will also serve as event organisers of CityU in-house sports events such as The Sports Teams Gathering/Prize Presentation Ceremony and Cheering Teams of Intercollegiate Sports Competitions.

Sports Ambassadors are a group of students who learn to serve, dare to overcome obstacles, and actively promote the spirit of self-motivation and growth to others. Their courage can be captured by the canyoning adventure on 28 August 2019, as a "warm-up" event of a series of services to be launched. The challenge requires a high level of hand-foot coordination, for example, to climb over the mossy boulders, dive into the whirlpool and through the 1-metre-deep rock cave. Finally, everyone would have to roam down from the 8-metre-high cliff under the strong wind and water.

Facing severe adversity, the source of teamwork and courage is also the key to success. Deeply aware of this, Sports Ambassadors all maintained a complete team structure along the way, actively supporting and reminding each other which branch was enough to leverage off and which stone could be stepped on, etc. When getting through the water, all Sports Ambassadors were assisted by the two strongest members one by one. By doing so, they developed tacit understanding and trust among each other. For some checkpoints which allowed only one person to move forward due to the geographical environment, it didn't mean that teamwork is not necessary; on the contrary, walking alone requires courage and support from teammates.

When there was an inspiring call for action, every team member had their morale raised to overcome their inner fears and drop down from the 10-metre waterfall. In the end, everyone succeeded with team magic. Sports Ambassadors were also able to make the Grand Slam Beats with confidence in the cold water under the waterfall, hoping to instil positive energy into members of the Sports Teams and to echo with the theme of the Sports Teams for overcoming challenges this year, "United We Stand".



▲ "Be the Best that We Can Be!"



▲ "United We Stand!"

城大運動大使計劃主要招募城大校隊隊長、具備教練經驗的熱心隊員及同學組成一支有使命感的隊伍，在校內外以體育服務項目形式培訓同學的基本領導能力和教練技能。在校外方面，運動大使為中小學及弱勢群體提供小組或個人訓練，讓他們將從體育訓練中受益及達致推廣運動的目標。運動大使在校內均有重要擔當，服務涵蓋籌備運動員迎新典禮、協助主持大學資訊站的「運動員入學計劃」簡介，並不定時主動向學生發展處提供人手支援大小活動。

運動大使是一羣寓學習於服務、敢於克服障礙，並積極宣揚自我鼓勵和成長精神的同學，而他們的勇氣從今年 8 月 28 日的峽谷挑戰中便能窺知一二。當日，整隊大使接受了峽谷挑戰訓練，以作為即將展開一連串服務的「熱身」活動。過程難關重重並且需要高度的手腳協調性：例如手腳並用地攀越滿佈青苔的大石、在漩渦中屏息潛過水底 1 米深的石洞，最後更要在風高水急下從懸崖峭壁游繩到 8 米下的水潭。

面對嚴峻的逆境，團隊精神和勇氣的泉源是成功的關鍵。大家深明此點，在沿途都保持完整隊型、主動互相扶持和提醒，例如哪根樹枝足以借力、哪塊石頭穩固可以踏腳等。每當落水時更會由兩位最健壯的隊員有條不紊地逐一扶助，在過程中建立默契和信任。即使遇上一些只容許單人前行的「關卡」，這不代表可以摒除同舟共濟的信念；恰恰相反，「孤身上路」其實最教人徬徨及卻步，正正最需要大家從旁打氣。

在振奮人心的吶喊下，全員都提起了膽量去克服內心的恐懼，由近 10 米的瀑布邊垂繩而下，完成「不可能的任務」。運動大使更在瀑布下冰涼的潭水中，信心滿滿地呈現 Grand Slam Beats，期望能為各校隊成員注入正能量，同時為今年校隊奮鬥主題「United We Stand」親手加添色彩。



▲ Pre-canyoning briefing session with the instructor
運動大使在峽谷挑戰訓練前專注聽從教練講解注意事項



▲ Sports Ambassadors getting ready for canyoning
全隊運動大使在馬鞍山郊野公園前整裝待發



▲ Members overcoming the obstacle and successfully climbing into the water with support from each other
隊員在彼此扶持下成功合力越過大石障礙，順利落水



▲ Keeping the group's formation while persisting with their arduous expedition
在湍流中保持隊形、步步為營，同舟共濟堅持完成探險



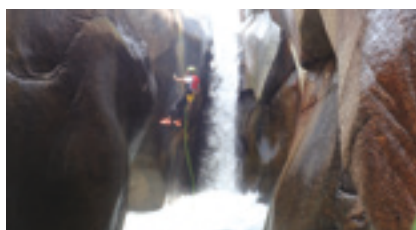
▲ Watching each other's triumph over the most difficult obstacles
於隊員鼓舞和見證下克服障礙



▲ Preparing to dive into a rock cave underwater
疾風吹勁草，急流潛深洞



▲ Celebrating each other's success and sharing joy
慶祝彼此的成功和分享快樂



▲ The final hurdle: canyoning down a 10-metre waterfall
終極考驗：從十米高懸崖游繩而下



▲ Stepping out of comfort zone for the next challenge
敢於踏出舒適圈，挑戰自我

CityU Table Tennis Athletes Soared in the 30th Summer Universiade in Napoli, Italy 城大乒乓雙子揚威第三十屆意大利拿坡里夏季世界大學生運動會



▲ Attending the reunion dinner of the 30th Summer Universiade Napoli 2019 with Mr. Tony Yue Kwok Leung (2nd from right), Chairman of the Hong Kong Table Tennis Association
乒乓球隊成員出席世界大學生運動會慶功宴時與香港乒乓總會主席余國樑先生（右二）的合照



▲ Hocking (left) and Hugo (right) won the 5th place in the men's team event under Coach Yeung (centre)'s guidance
梁灝程同學（左）和潘尚熙同學（右）在城大校友楊智正教練（中）的帶領下取得男子團體第五名

Congratulations to our students – Poon Sheung Hei, Hugo and Leung Ho Ching, Hocking for representing Hong Kong in the Napoli 2019 30th Summer Universiade!

Hugo and Hocking won the 5th place in the men's team event and had a remarkable performance in the men's doubles event. Although both were edged out in the round of 16 in men's doubles event, they succeeded in winning a round on the Chinese National Team with impressive performance in the company of Mr. Yeung Chi Ching, alumnus of CityU.

Best wish to Hugo and Hocking for carrying their monumental spirit into the University Sports Federation of Hong Kong (USFHK) competitions in the future and continue to strive for CityU.



▲ Hocking entering the knockout stage in the men's singles event
梁灝程於男子單打小組賽中脫穎而出，成功晉身六十四強

城大乒乓球隊於 2019 分別派出潘尚熙同學和梁灝程同學代表香港出戰於意大利拿坡里舉行的第三十屆夏季世界大學生運動會，並在城大校友楊智正教練的帶領下取得男子團體第五名的優異成績。兩人雖在男子雙打項目中十六強止步，但憑著出色的表現成功在中國隊身上奪得一局，可謂雖敗猶榮。希望他們在未來的大專比賽中，仍能保持這股凌厲的氣勢，繼續為城大爭取佳績。



▲ Hugo was performing well and achieving the 5th place in the men's team event
潘尚熙憑著出色的發揮為香港隊奪得男子團體第五名

Gold and Silver Medal Glory of Squash Team in the 3rd All China University Squash Championship 城大壁球隊勇奪第三屆中國大學生壁球錦標賽冠亞軍

The 3rd All China University Squash Championship held in Shanghai in December 2019 was jointly organised by the Federation of University Sports of China, the Shanghai Squash Association and other organisations, attracting over 100 athletes from 11 universities including Peking University, Fudan University, Shanghai University of Sport, etc. CityU Squash Team, who swept team championship and individual gold, silver and bronze medals in 2018, continued its strong performance in 2019 and won the men's team championship again, as well as the championship and the silver medal for men's singles.

In the elite men's singles final, there was an unfortunate accident. One of our student athletes, Lai Cheuk Nam, Matthew, unexpectedly got a scratch in the corner of an eye and had to request a medical timeout. In addition to CityU coaches and teammates, players from other colleges and the staff on the scene all came to care and provide support. For Matthew's injury, ice packs, disinfectant and even makeup were applied to cover up the blood from the wound (according to the rules of the game, if bleeding occurs again, the player will lose the eligibility to continue). Fortunately, the eye injury didn't affect his performance drastically, as he finally won the championship in three to one set. After the game, Matthew sincerely thanked every player, coach and staff who treated him, and admitted that without their heartfelt help and support, the game wouldn't be able to continue; as for the style of play, he said he became more active and aggressive and wanted to end the game as quickly as possible to prevent bleeding from interrupting his games.

Moreover, Chan Wui Ki, Lincoln, who is a senior at CityU and won the men's singles silver medal, had participated in this event the previous year. Because of his rich experience, he played the role of a side coach and reminded his teammates of strategies and tactics. Having won three consecutive championships in USFHK Competition, he is very pleased to see the new talents of the team. He hopes to ignite the spirit of solidarity and achieve better results for CityU.



▲ Matthew Lai winning the gold medal in the 3rd
▶ All China University Squash Championship
黎卓楠勇奪第三屆中國大學生壁球錦標賽冠軍



▲ Lincoln Chan in the men's
singles' final
陳滙棋進行男單決賽



由中國大學生體育協會、上海市壁球協會等多間機構合辦的「第三屆中國大學生壁球錦標賽」於 2019 年 12 月在上海舉行，屬大學生壁球比賽中級別最高的賽事，吸引來自北京大學、復旦大學、上海體育學院等十一間院校及過百名學生參與。城大壁球隊繼 2018 年包攬團體冠軍及個人金銀銅牌，今屆延續強勢表現，再度蟬聯男團冠軍及男單冠、亞席。

在精英組男單決賽中，黎卓楠同學於領先一局下發生了一段小插曲，意外地被刮破眼角而不得已請求暫停比賽，除了城大的教練和隊友外，其他院校的選手及在場的工作人員隨即紛紛關心他的傷勢，為他敷上冰袋、塗抹消毒藥水，甚至不吝遞上個人的唇膏嘗試為他掩蓋傷口的血跡（按照賽事規例，倘若球員在比賽途中再度出血，作賽資格即被褫奪）。所幸的是，眼角的傷勢未有對他的發揮造成太大影響，最終有驚無險地以局數三比一取得冠軍。賽後，黎卓楠同學衷心感激每位關心他的選手、教練和工作人員，坦言若非他們的悉心幫助，接下的比賽也不可能繼續集中地應付；至於打法上，他表示變得主動、急進，想速戰速決地結束比賽，以防傷勢影響賽況。

另一方面，獲得男單銀牌的城大四年級生陳滙棋同學再次參加此項賽事，憑著較豐富之經驗，他於是次比賽中擔當助教，叮囑隊友應要注意的事項。曾為城大壁球隊奪得大專盃三連冠的他，對於隊內人才輩出亦倍感欣慰，期望能把一直以來的團結精神點燃下去，為城大獲取更好的成績。



▲ Matthew Lai's critical medical timeout during the final
黎卓楠同學於決賽受傷，在場邊接受治療



▲ CityU Squash Team winning the champion in the men's team event
城大壁球隊奪得男子團體賽冠軍

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。

Team	Gender	Name	Programme
Fencing	F	Ho Tik Lam, Debbie	Bachelor of Arts in Translation and Interpretation, Year 4
Handball	M	Wong Ling Chung	Associate of Social Sciences in Leisure and Tourism Management, Year 2
Life-saving	F	Chan Tsz Ching	Bachelor of Social Sciences in Criminology and Sociology, Year 2
Rugby	F	Abigail Chan	Bachelor of Business Administration in Management, Year 2
Rugby	M	Lo Pui Yin, Mervyn	Bachelor of Social Sciences in Social Work, Year 2
Rugby	F	So Yee Kei, Cheryl	Bachelor of Business Administration in Finance, Year 3
Soccer	F	Chan Hiu Man	Bachelor of Social Sciences in Social Work, Year 3
Soccer	F	Lee Wing Yan	Bachelor of Arts in Media and Communication, Year 1
Soccer	F	Li Wan Ting, Francis	Bachelor of Social Sciences in Criminology and Sociology, Year 3
Soccer	F	Ma Chak Shun	Bachelor of Social Sciences in Asian and International Studies, Year 4
Soccer	F	Ng Sui Yin, Venus	Associate of Social Sciences in Leisure and Tourism Management, Year 2
Soccer	F	Sharanjit-Kaur	Bachelor of Social Sciences in Criminology and Sociology, Year 2
Soccer	F	Tsang Ho Yan, Letti	Bachelor of Arts in Media and Communication, Year 1
Squash	F	Ho Tze Lok, Tomato	Bachelor of Business Administration in Human Resources Management, Year 4
Squash	M	Lai Cheuk Nam, Matthew	Bachelor of Arts in Chinese and History, Year 3
Volleyball	F	Pang Wing Lam	Bachelor of Arts in Chinese and History, Year 3



Ho Tik Lam, Debbie
Women's Fencing



Wong Ling Chung
Men's Handball



Chan Tsz Ching
Life-saving



Abigail Chan
Women's Rugby



Lo Pui Yin, Mervyn
Men's Rugby



So Yee Kei, Cheryl
Women's Rugby



Chan Hiu Man
Women's Soccer



Lee Wing Yan
Women's Soccer



Li Wan Ting, Francis
Women's Soccer



Ma Chak Shun
Women's Soccer



Ng Sui Yin, Venus
Women's Soccer



Sharanjit-Kaur
Women's Soccer



Tsang Ho Yan, Letti
Women's Soccer



Ho Tze Lok, Tomato
Women's Squash



Lai Cheuk Nam, Matthew
Men's Squash



Pang Wing Lam
Women's Volleyball

Sports Medals in Local and Overseas Competitions 本地及海外賽事佳績

Team 隊伍	Competition Name 賽事	Results 比賽成績
Badminton 羽毛球	23 rd All China University Badminton Championship 第二十三屆中國大學生羽毛球錦標賽	Men's Singles – 2 nd 男子單打第二名
	2 nd Guangdong-Hong Kong-Macao Greater Bay Area Student Sports Festival 2019 第二屆粵港澳大灣區學生體育節	Champion in Mixed Team 混雙冠軍



▲ 23rd All China University Badminton Competition
第二十三屆中國大學生羽毛球錦標賽



▲ 2nd Guangdong-Hong Kong-Macao Greater Bay Area Student Sports Festival 2019
第二屆粵港澳大灣區學生體育節

Basketball 籃球	1 st Cross-Strait cum Hong Kong and Macau University Basketball Competition 第一屆海峽兩岸暨港澳大學生籃球賽	Men's – Champion 男子冠軍
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Team 隊伍	Competition Name 賽事	Results 比賽成績
Dragon Boat 龍舟	Nankai University World University Dragon Boat International Race 「百年南開」世界名校龍舟邀請賽	500m – 3 rd 500 米第三名 2,000m – 6 th 2,000 米第 6 名 200m – 4 th 200 米第四名
	2019 Hanjiang Cup World University Dragon Boat International Race 2019 年「漢醬杯」世界名校龍舟賽	
Fencing 劍擊	L.C.Y. Taipei International Fencing Competition 2019 L.C.Y. 台北國際劍擊菁英賽	Men's Fencing (Epee) – 2 nd Runner-up, 7 th & 10 th 男子劍擊（重劍）季軍、第七名和第十名 Men's Fencing (Foil) – 2 nd Runner-up, 6 th 男子劍擊（花劍）季軍和第六名 Men's Fencing (Sabre) – 2 nd Runner-up, 5 th 男子劍擊（佩劍）季軍和第五名 Women's Fencing (Foil) – 2 nd Runner-up, 5 th , 8 th & 9 th 女子劍擊（花劍）季軍、第五名、第八名和第九名 Women's Fencing (Foil Team) – Champion 女子劍擊（花劍隊）冠軍 Women's Fencing (Sabre Team) – Champion 女子劍擊（佩劍隊）冠軍 Men's Fencing (Epee Team) – 5 th & 6 th 男子劍擊（重劍隊）第五名和第六名 Men's Fencing (Foil Team) – Champion 男子劍擊（花劍隊）冠軍 Men's Fencing (Sabre Team) – Champion 男子劍擊（佩劍隊）冠軍



Team 隊伍	Competition Name 賽事	Results 比賽成績
<p>Rugby 欖球</p>	<p>Tertiary Rugby Invitational 7s Competition 香港大專七人欖球邀請賽</p>	<p>Men's Team – Champion 男子團體冠軍 Women's Team – Champion 女子團體冠軍</p>
<p>Soccer 足球</p>	<p>2018-2019 Jockey Club Futsal Cup (Inter-collegiate Division) 2018-2019 年度香港足球總會賽馬會五人 足球盃 (大專組)</p>	<p>Women's – 1st Runner-up 女子亞軍</p>
<p>Squash 壁球</p>	<p>3rd All China University Squash Championship 第三屆中國大學生壁球錦標賽</p>	<p>Men's Team – Champion 男子團體冠軍 Men's Individual – Champion, 1st Runner-up, 3rd Runner-up & 4th Runner-up 男子個人冠軍、亞軍、殿軍和第五名</p>



The 30th Summer Universiade in Napoli, Italy 第三十屆意大利拿坡里夏季世界大學生運動會

Team 隊伍	Participant 參賽學生	Results 比賽成績
Men's Athletics 男子田徑	Ko Ho Long 高濶塹	7.58m (Long Jump) 7.58 米 (跳遠)
Men's Fencing 男子劍擊	Ng Ho Tin 吳浩天	1 st Round: Round of 64 六十四強
Women's Fencing 女子劍擊	Ho Tik Lam Debbie 何迪琳	1 st Round: Round of 64 六十四強
Men's Table Tennis 男子乒乓球	Leung Ho Ching, Hocking 梁灝程 Poon Sheung Hei, Hugo 潘尚熙	Team – 5 th ; Doubles – 9 th 團隊第五名; 雙打第九名
Women's Taekwondo 女子跆拳道	Jim Kong Yim, Angel 詹港艷	1 st Round 第一輪
Men's Volleyball 男子排球	Cheung Yi Kit 張宜杰 Lee Ho Man 李浩文 Man Chun Hin 文駿軒 Poon Chi Leung 潘志良 Leung Ho Yin 梁浩賢	19 th (1 win 5 loses) 第十九名 (1 勝 5 負)



Inbound Training Camp 本地集訓

Women's Basketball Team 女子籃球隊



Date : 20 – 23 January 2020

Venue: Jockey Club Silvermine Bay Camp

Participant No: 13

日期：2020年1月20日至23日

地點：賽馬會銀礦灣營

參加人數：13

Captain's Review 隊長分享：

This year, the training camp took place in Mui Wo for 4 days. We had two to three sessions of training every day and each session lasted for 2-3 hours. It was a fruitful experience! After the 4 days of training, we worked hard on dribbling and passing skills to develop a fast and smooth offensive style. With no doubt, this camp has developed our various skills in both defence and offence. As one of the team captains, the training camp has helped me to develop my own leadership, communication and organisational skills, since we had to prepare the logistic arrangement of the camp, such as booking venues and preparing documents. To sum up, we had a great and meaningful time in Mui Wo. Although we could not hold the training camp in Taiwan this year, we have improved various skills and prepared well for the upcoming USFHK competitions.

今年我們在梅窩舉行為期四天的訓練營，每天進行兩、三節訓練，一節約兩至三小時，無疑是一個獲益良多的訓練經驗。在這幾天的訓練過程中，為了練成一套行雲流水的進攻模式，我們不斷集中練習運球和傳球技巧，以加強我們在防禦和反擊的各種技巧。作為籃球隊的隊長，一連串の後勤工作如預訂場地、準備文件等，令我在領導、溝通和策劃方面得到長足的發展。總括來說，我們在梅窩度過了一段美好、充實的時光，儘管今年無法在台灣舉行訓練營，但我深信，我們已經準備好迎戰即將來臨的大專賽。

Yuen Oi Yan, Yoyo 袁靄欣
Bachelor of Arts in Media and Communication, Year 2
文學士 (媒體與傳播) 二年級

Cross Country Team 越野隊



Date : 28 – 29 August 2019

日期 : 2019 年 8 月 28 日至 29 日

Venue: Wu Kwai Sha Youth Village

地點 : 烏溪沙青年新村

Participant No: 10

參加人數 : 10

Captain's Review 隊長分享 :

To get well-prepared for the 2019/2020 USFHK competition and welcome new members to join our team, CityU Cross Country Team held a 2-day training camp at the Wu Kwai Sha Youth Village in August 2019. I was grateful to join this camp with other members. In this training camp, apart from receiving training with different intensive workouts, I also learned some practical knowledge from Coach Yip, who taught a lot of innovative and professional relaxation techniques. In addition, we were also acquainted with newly recruited members to boost team spirit. In the last training session, we all had a clear aim that would push us to do better in personal training and show the best performance in the coming USFHK Cross Country Race.



為了備戰今屆的大專賽和歡迎新加入的隊員，城大越野隊特地於 2019 年 8 月舉行為期兩天的訓練營。在這幾天的訓練過程中，我們不但進行了不同的高強度訓練，更從葉教練身上學到一些實用知識，例如創新和專業的伸展技巧。此外，透過與新隊員之間的互動，鞏固了整隊的合作精神。在最後一節訓練中，我們每人都訂立了一個明確的目標，以使我們有更大的動力和決心投入在每次練習裏，並於未來的大專賽有更出色的表現。

Cheng Shing Hang 鄭丞亨

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

Karatedo Team 空手道隊

Date : 6 – 8 January 2020	日期 : 2020 年 1 月 6 日至 8 日
Venue: Lady MacLehose Holiday Village	地點 : 麥理浩夫人度假村
Participant No: 9	參加人數 : 9

Captain's Review 隊長分享 :

At the beginning of each academic year, the Karatedo Team faces the toughest moment when we say goodbye to our fellow teammates who have contributed to the glory of the team. To continue the reputation that our previous members had built, we believe that there is no better way than training. Therefore, with the aim of achieving good results in the USFHK competitions, we keep on training every Tuesday and Friday, from 7 p.m. to 10 p.m. During this time, we would polish our skills, ensuring that every kick and strike is performed with determination and precision. In the wish of putting down our daily thoughts and focusing on our training, we had an intense training camp that lasted for three days, in which training started from 6:30 a.m. to 9 p.m. As time flies, soon it will be the time when our team members see their trained skills shine. We believe that our teammates' efforts will not be in vain, and they will prove themselves to be valuable athletes.

每逢開學時，也是空手道隊最困難的時候，因為以往隊中的主將都畢業了。為了堅守前人創下的基業，我們相信沒有比訓練更好的方法。因此，我們每次都會依時在星期二和星期五晚上七時至十時進行訓練，以提高我們的技術，確保每一次踢擊和拳擊訓練都充滿信心和力量。為了能夠更專心訓練，我們特地舉行了為期三天的訓練營，每天由早上六時半練至晚上九時。隨着時間過去，我相信大家的努力不會白費，很快便會看到超卓的訓練成果，證明我們都是有實力的運動員。

Chan Shu Ming 陳樹銘

Bachelor of Social Sciences in Asian and International Studies, Year 4

社會科學學士 (亞洲及國際研究) 四年級



Swimming Team 游泳隊



Date : 27 – 29 September 2019

日期 : 2019 年 9 月 27 日至 29 日

Venue: Wu Kwai Sha Youth Village

地點 : 烏溪沙青年新村

Participant No: 29

參加人數 : 29

Captain's Review 隊長分享 :

This year, the training camp took place in the Wu Kwai Sha Youth Village for 3 days. We had one to two sessions of training every day. We created memorable moments this year as we went hiking in Ma On Shan with the guidance of Coach Yau. The hiking training session brought us together as sometimes we might face difficulties, for instance, the steep slope or the big blocks that we had to get through with each other's support. As one of the team captains, the training camp was not only a way to consolidate the relationship between teammates and coaches; it was also an opportunity for us, the captains, to strengthen our leadership. All in all, though it was a pity that this year's USFHK competition was cancelled, we managed to have a great time together.



今年我們在烏溪沙青年新村舉行了為期三天的訓練營，而每天大概進行兩至四小時的訓練。在丘教練的帶領下，今年發生了一些令人難忘的事情，就是在馬鞍山遠足時，我們遇上崎嶇不平的斜坡，靠著大家的互相扶持，我們才能順利跨過。作為其中一位隊長，這個訓練營不僅是鞏固隊員和教練之間關係的一種方式，更是一個機會讓我們培養領導才能。總括來說，雖然今年大專盃遺憾地被取消，但我們度過了一個愉快、充實的時光。

Lin Chin Wai 連展璋

Bachelor of Business Administration in Accountancy, Year 2

工商管理學士 (會計) 二年級

Table Tennis Team 乒乓球隊



Date : 6 – 10 January 2020

日期 : 2020 年 1 月 6 日至 10 日

Venue: South China Athletic Association (SCAA)

地點 : 南華體育會會所

Participant No: 16

參加人數 : 16

Captain's Review 隊長分享 :

It was such an enthralling experience to have our training camp at SCAA this year. The content of the training camp was well-organised and comprehensive. While we trained very hard, we enjoyed the training camp very much. We shared our feelings, evaluated our performance and built our friendship. Our team is getting more cohesive which facilitates our training and creates a sense of mutuality. Meanwhile, during the training camp, all our team members had displayed sportsmanship and upheld CityU's motto "Be the best that we can be".



這次在南華體育會會所舉辦的訓練營，一切安排都經過悉心籌備，而且訓練內容亦十分全面，令我們非常投入其中在這此訓練裏。我們彼此分享自己的感受，在審視個人表現的同時，從中建立了友誼和默契，令我們更加團結一致。此外，在訓練過程中，我們所有隊員都展現出體育精神，秉承着城大的座右銘——「Be the best that we can be」。

Poon Sheung Hei, Hugo 潘尚熙
Bachelor of Science in Surveying, Year 3
理學士 (測量學) 三年級

Outbound Training 海外訓練

Badminton Team 羽毛球隊

Date : 9 – 10 November 2019	日期 : 2019 年 11 月 9 日至 10 日
Venue: Guangzhou	地點 : 廣州
Participant No: 11	參加人數 : 11



Athlete's Review 隊員分享 :

On 9 to 10 November 2019, my teammates and I participated in the 2nd Guangdong-Hong Kong-Macao Greater Bay Area Students Sports Festival (Badminton Competition). This was my first time representing the CityU Badminton Team to participate in this competition. In this 2-day trip, even though there were only about 10 universities from Mainland China, Hong Kong and Macau, I was glad to have this precious opportunity to enhance my competition experience.



As the competition rules were different from the rules in the USFHK competitions, it was a valuable chance for us to test our resilience. This event was a mixed team competition, which included matches of the men's singles, women's singles, men's doubles, women's doubles and mixed doubles. Therefore, we discussed with our coach to decide the strategy. In the final, we played against the former winner, Guangzhou Sport University Badminton Team. With our efforts, including the cheering from teammates and teaching from our coach, we were able to become the champion. Although the competition was rather short, I enjoyed the time which I spent with my teammates as we supported and learnt from each other.

Finally, I would like to take this excellent opportunity to express my gratitude to Dr. Chan and Mr. Chau for supporting our team and guiding us to this competition. We have learnt a lot throughout this journey, which enabled us to get well-prepared for the upcoming tournaments.



在 2019 年 11 月 9 日至 10 日，我和隊友參加了第二屆粵港澳大灣區學生體育節（羽毛球比賽），這是我首次代表城大羽毛球隊參加比賽。這個為期兩天的比賽，一共吸引約十間大專院校參與，我很高興能夠獲得這個寶貴機會來提高自己的比賽經驗。比賽規則與大專盃略有不同，其中包括有男女單打、雙打及混雙項目，我們需要與教練仔細地討論策略。在決賽中，我們與上屆冠軍廣州體育學院激戰，在隊友的支持和教練的指導下，我們得以取得冠軍。儘管比賽時間不長。但我很享受與隊友一起的時光，因為我從他們身上學到許多的新事物。最後，我想藉此機會對陳博士

和周教練表示感謝，多謝他們的支持和教導，希望我們能夠將這次旅程學到的東西，活用在將來的比賽上。

Ng Hei Man Hayley 吳熙敏

Bachelor of Business Administration in Finance, Year 2

工商管理學士（金融）二年級

Badminton Team 羽毛球隊



Date : 4 – 9 January 2020

Venue: Sabah, Malaysia

Counterpart Organisation: AST Badminton Club

Participant No: 18

日期 : 2020 年 1 月 4 日至 9 日

地點 : 馬來西亞沙巴

接待組織 : AST 羽毛球會

參加人數 : 18

Captain's Review 隊長分享 :

From 4 to 9 January 2020, we had outbound training in Sabah, Malaysia. In the past few years, the training had been mainly arranged in Taipei, Taiwan to have friendly matches with different universities. Over these few days, we visited AST Badminton Club and played friendly matches with the local players. Most of the players were very young and played very well. The coach of AST Badminton Club shared their training methods and knowledge with us. He reminded us of several details that we might have missed, especially regarding footwork and the basic skills. Training in the afternoon was a difficult time for us as we had to overcome the hot weather. However, it was crucial for us to get through the hardship in order to improve. Therefore, through exploring a new location via outbound training, we were exposed to different styles of training. We also had more time to work with our teammates to develop a better sense of unity.



過去幾年，我們的海外訓練主要於台灣進行，但在今年的 1 月 4 日至 9 日，我們出發到馬來西亞的沙巴，接觸更多不同地方的球手。在這幾天裏，我們參觀了 AST 的羽毛球訓練基地，並與當地球員進行了友誼賽。他們大多都很年輕，表現得很出色，而教練亦分享一些容易被忽略的細節，例如關於步法和其他基本功。此外，那裏天氣炎熱，尤其在下午，我們不得不咬緊牙關地忍耐着，因為我們深信，要進步便只有克服困難。因此，透過這次海外訓練，我們體會到另類的訓練風格，並藉此機會能與隊友建立深厚的友誼。

Chow Siu Kwan 周肇筠

Bachelor of Social Sciences in Social Work, Year 4

社會科學學士 (社會工作) 四年級

Men's Basketball Team 男子籃球隊



Date : 3 – 8 January 2020

日期：2020年1月3日至8日

Venue: Taipei

地點：台北

Counterpart Schools:National Taiwan Normal University;
National Taiwan University of Arts;
Shih Hsin University & Taipei Municipal Nanhu High School**接待學校：**國立臺灣師範大學、
國立臺灣藝術大學、
世新大學和臺北市立南湖高級中學

Participant No: 14

參加人數：14

Captain's Review 隊長分享：

We had 4 intensive friendly matches and daily training sessions over 6 days. The training camp has led us to be attentive to personal discipline in terms of daily routine – training-rest-competition and self-care! Being physically fit is the first essential trait for an outstanding basketball player.

我們總共進行了四場激烈的友誼賽及連續六天的密集式訓練，這個訓練營令我們更加留意到自律在日常生活的重要性，如何從訓練、休息、比賽和保養之間取得平衡，因為擁有強壯和健康的體魄，是成為傑出籃球運動員的首要條件。



On Ka Chung 安家仲
Bachelor of Social Sciences in Asian and International Studies, Year 2
社會科學學士 (亞洲及國際研究) 二年級

Men's Handball Team 男子手球隊



Date : 6 – 11 January 2020	日期 : 2020 年 1 月 6 日至 11 日
Venue: Taipei	地點 : 台北
Counterpart Schools: Taipei Municipal Lishan High School	接待學校 : 臺北市立麗山高級中學
Participant No: 18	參加人數 : 18

Captain's Review 隊長分享 :

The Handball Team went on a training camp in Taipei from 6 to 11 January 2020. The aim of this trip was to provide all our teammates with an opportunity to develop their handball skills and to consolidate the team spirit. Most importantly, we had to get ready for the upcoming USFHK handball competitions. On the first day in Taipei, we had our training with the host team, the Taipei Municipal Lishan High School Handball Team. Their training method was very intense but effective. After three days of training at Taipei Municipal Lishan High School, we went to National Taiwan University to have a friendly match with their handball team. It was a perfect chance for us to evaluate our progress over the past three days. Finally, we left Taipei for the USFHK handball competitions, with a lot of experience and improvement.

今年 1 月 6 日至 11 日，男子手球隊前往了台北參加集訓。是次海外訓練，旨在提供寶貴機會讓隊員提昇技術水平、鞏固團隊精神，並為接著的大專學界比賽做好準備。到埗首天，我們即與友校——麗山高級中學的手球隊切磋球技，他們訓練的模式相當劇烈卻頗有效，讓我們從中獲益不淺。跟麗山高中交流了 3 天後，我們移師與國立臺灣大學手球隊進行一場友誼賽，這正是一次契機讓我們檢視連日來的練習進度，並得以活學活用。最後，我們離開了台北，卻不忘訓練中汲取到的經驗和各種技巧，回港迎戰大專比賽。

Lam Loki Yoshi 林宥希

Associate of Science in Building Science and Technology, Year 2

理學副學士 (屋宇裝備工程學) 二年級

Women's Soccer Team 女子足球隊



Date : 29 January - 2 February 2020	日期 : 2020 年 1 月 29 日至 2 月 2 日
Venue: Taipei	地點 : 台北
Counterpart Schools: National Taiwan Normal University	接待學校 : 國立臺灣師範大學
Participant No: 16	參加人數 : 16

Captain's Review 隊長分享 :

Here comes my last training camp in my CityU life. We faced a lot of challenges before the training camp but luckily, we could all return to Hong Kong happily and safely! In our team, 22 ladies are united to achieve our common goal – becoming the champion of the USFHK competition! In this 5-day training camp, we became stronger and tougher every day. I really appreciate the teams from Taiwan. Their perseverance and determination truly deserve our respect.

說來這已是我在城大生涯中最後一次的海外足球集訓。訓練營開始前，我們面對著不少挑戰，幸而大家最後都能夠平安、且獲益良多地回港。對於我們女子足球隊而言，22 位成員雖則各有所長，但目標只得一個、也很清晰——勇奪大專學界比賽的冠軍！懷著這樣的期盼，那 5 天集訓就顯得更具價值，因為國立臺灣師範大學足球隊不屈不撓的精神教我們遇強愈強；為此，再次感激她們樂與我們交流切磋！



Wong Sin Ting 黃倩婷

Bachelor of Arts in Digital Television and Broadcasting, Year 4
文學士 (數碼電視與廣播) 四年級

Taekwondo Team 跆拳道隊

Date : 11 – 16 January 2020	日期 : 2020 年 1 月 11 日至 16 日
Venue: Taipei	地點 : 台北
Counterpart Schools: National Overseas Chinese Senior High School	接待學校 : 國立華僑高級中等學校
Participant No: 11	參加人數 : 11

Captain's Review 隊長分享 :

We visited National Overseas Chinese Senior High School from 11 to 16 January 2020 for Taekwondo training. It was a great chance for us to improve our Taekwondo sparring skills and exchange with overseas student athletes. Firstly, the athletes from that school definitely had a higher level of sparring skills. We could observe and train with them to enhance our sparring techniques. They are also nice and willing to teach us the Taekwondo skills they possess. Secondly, we could try to train like full-time athletes. Due to the constraints in time and resources, we have never trained for two to three sessions each day. The training life in Taiwan was simple, which could be boring at times but overall it was very structured and effective for improvement. It was a very valuable chance for our teammates to have an overseas visit and prepare well for the upcoming USFHK competitions.



跆拳道隊在今年 1 月 11 日至 16 日造訪了台北，並跟國立華僑高級中等學校作交流、集訓。這是一次良機讓我們得以和海外運動員切磋和提升拳技。首先，不得不承認友校的技术水平比我們高，正因此，我們可以透過觀察和訓練，從中改善我們的技巧。而且他們也相當友善，樂於主動指導我們，讓我們心存感激。其次，在訓練營中，我們難得可以體驗職業運動員的生活作息。平時，在香港囿於時間，我們不大可能每天維持兩、三節的訓練，但來到了台灣，情況就不同了。儘管他們的訓練模式比較簡單，也許大家最初有點不習慣、覺得沉悶，但日子有功，我們漸漸明白到如此簡明、有規律和實用的訓練安排，原來對提升技術十分有效。這是一次難能可貴的交流活動，讓我們為接著的大專學界比賽做好了準備。

Ho Man Hei 何旻禧
Bachelor of Science in Surveying, Year 3
理學士 (測量學) 三年級



Tennis Team 網球隊

Date : 19 – 23 August 2019	日期 : 2019 年 8 月 19 日至 23 日
Venue: Taipei	地點 : 台北
Participant No: 7	參加人數 : 7

Captain's Review 隊長分享 :

After the 3-day training sessions in Taiwan, I think what impressed me most are the importance of the landing point and the route of hitting the ball. Coach Kao mentioned that attitude also plays an important role. Although we may face a lot of difficulties during the matches, we still have to stay positive. This overseas training helped us strengthen our team spirit and made our bonding closer.

經過為期 3 天的台灣集訓，讓我最獲益良多的是掌握擊球路線和網球落點的技巧。另外，高教練語重心長的「心態決定境界」教誨，亦令我明白到比賽往往困難重重，因而維持積極樂觀的心態就格外重要。總體說，這次海外訓練提升了網球隊的團隊精神，讓大家更眾志成城。

Tang Nok Yiu, Nikita 鄧諾瑤
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



Men's Volleyball Team 男子排球隊



Date : 6 – 10 January 2020	日期 : 2020 年 1 月 6 日至 10 日
Venue: Taipei	地點 : 台北
Counterpart Universities: National Taiwan University; Chinese Culture University; Chung Yuan Christian University & National Taipei University of Education	接待大學 : 國立臺灣大學、 中國文化大學、 中原大學和國立臺北教育大學
Participant No: 14	參加人數 : 14

Captain's Review 隊長分享 :

The overall outbound training of the Men's Volleyball Team in Taiwan was well-planned. Having fitness training in the morning, friendly matches in the afternoon or evening, and scheduled rest time at night provided us with the chance to experience as a professional athlete. Facing teams that were stronger, faster, and more mature in skills, we learnt and observed during the matches and adapted our team's tactics and strategies to compete with them. During the whole outbound training, we did not just play and train by ourselves, but also challenged our opponents to elevate our team performance. Although our team had encountered failure in the past, this has been the motivation for us to work and train harder. Every outbound training is memorable.



整體來說，是次台北集訓的安排相當完備，包括每天早上進行體能訓練、下午或黃昏時段作友誼賽、晚上則沒有指定活動好讓隊員能充份休息，如此安排使大家都體驗到職業運動員的作息習慣。面對著比我們更快、更強、更高水平的對手，我們透過仔細觀察、學習，再調節自己的戰術，全力以赴地跟他們決一高下。場上彼此是對手，但場下我們卻是朋友，相互請益，交流著打排球的經驗和心得。儘管我們都經歷過挫折與失敗，但這倒是我們再接再厲、愈戰愈勇的動力。對我們而言，每次海外集訓總是值得回味的。

Mak Hao Ning 麥皓甯
Bachelor of Science in Biological Sciences, Year 3
理學士 (生物醫學) 三年級

Women's Volleyball Team 女子排球隊

Date : 18 – 23 December 2019	日期 : 2019 年 12 月 18 日至 23 日
Venue: Taipei	地點 : 台北
Counterpart Universities: Chinese Culture University & Ming Chuan University	接待大學 : 中國文化大學和銘傳大學
Participant No: 14	參加人數 : 14

Athlete's Review 隊員分享 :

During the Taipei Training Camp, our team had bonded strongly through many tough challenges. In this outbound training, we had a few friendly matches with different universities in Taipei. Their skills and perseverance were strong and it was worth learning from them. It was very impressive that they kept on practising after the intense friendly matches. We should learn from their attitude towards sports and their determination for improvement. Apart from the friendly matches, we had fitness training sessions every morning in order to improve our physical capabilities. Overall, we had a great opportunity to encourage and assist one another. At the last night of the trip, we had a team meeting with the coach to discuss the whole experience, both emotionally and physically. We are getting stronger and working together for the next competitions.

透過是次台北訓練營，我們女子排球隊在各項艱辛中凝聚了更大的團隊力量。我們先後跟兩所大學作了一輪激烈的比賽，她們的球技和堅忍精神都非常值得我們敬佩。當中最教人印象深刻的是，她們在一輪激烈的比賽後依然堅持訓練，那份精益求精的氣魄贏得了我們衷心的尊重。除比賽外，我們在集訓的每一天早上均設有體能訓練，好讓每位隊員都能保持最佳的身體狀態。過程中，大家都善用著每個機會互相鼓勵和幫助，共建起整支球隊的向心力。在訓練營的最後一天晚上，教練特意和我們進行了一場分享會，總結著整個活動中大家的所見所聞、所思所想，也令我們留意到自己的不足，加以改進，並為接著的比賽共同奮鬥。

Chan Yu Tuen 陳語端
Bachelor of Arts in Media and Communication, Year 1
文學士 (媒體與傳播) 一年級



Woodball Team 木球隊



Date : 3 – 7 January 2020

日期 : 2020 年 1 月 3 日至 7 日

Venue: Singapore

地點 : 新加坡

Counterpart Organisation: Singapore Woodball Association

接待機構 : 新加坡木球協會

Participant No: 15

參加人數 : 15

Athlete's Review 隊員分享 :

We had participated in the Singapore New Year Cup and daily training sessions for 5 days. The training camp provided a chance for us to communicate with the other players and improve our skills, helping us to decide more strategic game plans and have better control of the power and distance when setting the ball in the future.

木球隊參加了為期 5 天的新加坡「新年盃」比賽和集訓，讓我們獲得了一次與不同國家球手交流和切磋的良機。是次活動對我們的最大得益，莫過於從中學習到不同戰術和提高了對球技的掌控。

Diu Wang Tat 刁弘達

Bachelor of Arts in Chinese and History, Year 2

文學士 (中文及歷史) 二年級



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

Selection Criteria 入學申請條件

- Demonstrated high sport performance standards
展現卓越運動表現及成績
- Recommended by either Sports Club, National Sports Associations or the Hong Kong Sports Institute (HKSI)
具有關球會、體育總會或香港體育學院的推薦
- Recommended by their schools
具所讀學校的推薦
- Met the general entrance requirements
符合大學一般入學要求

For JUPAS applicants 大學聯招申請者

- Met the general entrance requirements (“332233”) and programme-specific entrance requirements
符合大學一般入學要求（332233）及個別課程的入讀要求

For Non-JUPAS applicants 非大學聯招申請者

- Completion of one year of Associate Degree (AD) / Higher Diploma (HD) study with CGPA ≥ 3.0
完成首年副學士或高級文憑課程而學業成績達到 3.0 或以上分數
- Completion of AD/HD or equivalent qualification (final year or graduate)
完成副學士、高級文憑課程或相等學歷（適用於應屆畢業生或已畢業人士）
- Completion of one year (or more) of Bachelor’s degree study with CGPA ≥ 2.5
完成至少一年學士學位課程而學業成績達到 2.5 或以上分數

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

- Successfully admitted outstanding student athletes may receive “Outstanding Student Athletes Entrance Scholarship” with the range from HK\$10,000 to HK\$42,100 per annum. Besides, the needy student athletes may also receive HK\$12,800 per annum under Residence Scholarship Scheme for Student Athletes, and over 40 Sport Scholarships offered by donors and Academic Units of the University.

成功獲取錄的傑出學生運動員有機會獲頒傑出學生運動員入學獎學金，每年金額由港幣 10,000 元至 42,100 元。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 12,800 元資助。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。



▲ School visits 學校分享



▲ Sharing session in Hong Kong Sports Institute
香港體育學院座談會

Enquiries 查詢

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

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

Dr. Patrick Chan, Associate Director of Student Development Services (PE)
Tel 電話 : 3442-8050
Email 電郵 : pchan.sport@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 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.

成功獲取錄的優秀海外運動員每年可獲城大資助高達 20,500 美元，以減輕他們的學費、住宿和部分生活開支。

Enquiries 查詢

Mr. Denis Wan
Student Development Services (PE Section)
Email 電郵 : denis.wan@cityu.edu.hk



▲ CityU Information Day for Undergraduate Admission
城大本科入學資訊日

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



▲ Ho Tze Lok, Tomato, member of Hong Kong Women's Squash Team and gold medalist in Asian Games 2018, joined CityU via Student Athletes Admission Scheme

亞運壁球女子團體賽金牌成員何子樂透過學生運動員入學計劃加入城大

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
Sports Scholarship for Non-local Students 傑出海外運動員獎學金	20,000
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
Scholarship for Outstanding Student Athletes in Distance Running 傑出長跑運動員入學獎學金	12,500
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	10,000
The Sports Scholarship for Elite Athletes 精英運動員獎學金	10,000
The Sports Scholarship for Valuable Athletes 優秀運動員獎學金	5,000
Residence Scholarship 住宿獎學金	Each Award Value (HK\$)
Residence Scholarship Scheme for Student Athletes 運動員住宿獎學金	12,800

Year-end Scholarship 期終獎學金

Award Name 獎學金	Each Award Value 獎學金額 (HK\$)
Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships 香港潮州商會精英運動員獎學金	15,000
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
Pang Hon Chiu Li Yuk Fong Basketball Awards 彭漢釗李玉芳籃球獎	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
Dr. Lam Kwok Pun Memorial Badminton Awards 紀念林國本醫生羽毛球獎	5,000
The College of Business Sports Awards 商學院運動獎	5,000
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
Community College of City University (CCCU) Year End Sports Scholarships 香港城市大學專上學院運動獎	8,000

Team Captains' Mottos 隊長箴言

Women's Rugby Team 女子欖球隊



Tang Wai Ying 鄧慧盈

Bachelor of Arts in Media and Communication, Year 4
文學士（媒體與傳播）四年級

Work hard in silence, let our success be the noise.

默默地練習，讓我們的成功成為大家的熱話。

Men's Rugby Team 男子欖球隊



Lo Pui Yin, Mervyn 盧沛彥

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

Friendship is diamond.

Women's Volleyball Team 女子排球隊



Pang Wing Lam 彭泳琳

Bachelor of Arts in Chinese and History, Year 3
文學士（中文及歷史）三年級

Don't be afraid of failure. This is the way to succeed.

不要害怕失敗，這就是成功的方法。

Men's Volleyball Team 男子排球隊



Mak Hao Ning 麥皓甯

Bachelor of Science in Biological Science, Year 3
理學士（生物科學）三年級

One team, One heart, One goal.

兄弟波。

Women's Tennis Team 女子網球隊



Tang Nok Yiu, Nikita 鄧諾瑤

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

1. Never stop trying. Never stop believing.
2. Talent will only take you to where you want to be faster, but hard-working is always the key to success.

Men's Tennis Team 男子網球隊



Mok Cheuk Lok 莫卓洛

Bachelor of Social Sciences in Public Policy and Politics,
Year 3

社會科學學士（公共政策與政治）三年級

Hang in there.
撐落去。

Women's Basketball Team 女子籃球隊



Yuen Oi Yan Yoyo 袁靄欣

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

“Hard work beats talent when talent fails to work hard.”

— Kevin Durant

「當天賦不足時，努力能勝過天賦。」

— 凱文•杜蘭特

Men's Basketball Team 男子籃球隊



On Ka Chung 安家仲

Bachelor of Social Sciences in Asian and International
Studies, Year 2

社會科學學士（亞洲及國際研究）二年級

Pressure and challenges drive winning.

壓力與挑戰增加必勝決心。

Women's Cross Country Team 女子越野隊



Franciska Maric

Bachelor of Science in Surveying, Year 2
理學士（測量學）二年級

Work hard, believe in yourself and you will succeed! Enjoy running.

Men's Cross Country Team 男子越野隊



Cheng Shing Hang 鄭丞亨

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

Perseverance –
Treasure every moment that I have.
堅持 – 珍惜擁有的時間。

Women's Squash Team 女子壁球隊



Kwong Wing Yan 鄺穎欣

Bachelor of Arts in Digital Television and Broadcasting,
Year 3
文學士（數碼電視與廣播）三年級

Challenge yourself.
不斷挑戰自己。

Men's Squash Team 男子壁球隊



Wong King Yeung 黃競揚

Bachelor of Business Administration in
Marketing, Year 2
工商管理學士（市場營銷）二年級

Practice makes perfect.
你必須非常努力，才能看起來毫不費力。

Women's Athletic Team 女子田徑隊



Wong Po Yung 黃譜蓉

Bachelor of Business Administration in Business
Operations Management, Year 3
工商管理學士（商業營運管理）三年級

Being challenged in life is inevitable, being defeated is optional.

你在生命中無可避免受到挑戰，但是你可以選擇不成為一個失敗者。

Men's Athletic Team 男子田徑隊



Hung Ling Hoi 孔令海

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

If you can take it, you can make it.

只要堅持就能達成目標。

Women's Table Tennis Team 女子乒乓球隊



Chan Wan Tung Wharton 陳韻彤

Bachelor of Social Sciences in Asian and International
Studies, Year 4
社會科學學士（亞洲及國際研究）四年級

"Persistence can change failure into extraordinary achievement."

「堅持，可以將失敗改變成榮耀。」

— Matt Biondi

— 馬特比昂迪

Men's Table Tennis Team 男子乒乓球隊



Poon Sheung Hei, Hugo 潘尚熙

Bachelor of Science in Surveying, Year 3
理學士（測量學）三年級

Your attitude determines your altitude.

你的態度決定你的高度。

Women's Fencing Team 女子劍擊隊



Poon Ching Hin 潘靖騫

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

跌倒並不可怕，堅持前進才是正道。

Men's Fencing Team 男子劍擊隊



Siu Wing Hei 蕭詠熹

Bachelor of Engineering in Environmental Science and
Engineering, Year 3
工學士（環境科學及工程學）三年級

I never lose, I either win or learn.
失敗乃成功之母。

Women's Soccer Team 女子足球隊



Wong Sin Ting 黃倩婷

Bachelor of Arts in Digital Television and Broadcasting,
Year 4
文學士（數碼電視及廣播）四年級

Keep working even when no one is watching.

Men's Soccer Team 男子足球隊



Siu Ka Ming 蕭嘉明

Bachelor of Business Administration in Marketing, Year 3
工商管理學士（市場營銷）三年級

Work hard in silence and let your success be
the noise.
天道酬勤。

Women's Handball Team 女子手球隊



Chan Kam Ling 陳錦玲

Bachelor of Social Sciences in Social Work, Year 3
社會科學學士（社會工作）三年級

Result has no meaning in itself, unless we choose to give it significance.

失敗從來不是我們的恐懼，只要打出拼勁，哪怕人少打人多。

Men's Handball Team 男子手球隊



Wong Ling Chung 黃靈聰

Associate of Social Science in Leisure and Tourism
Management, Year 2

康樂及旅遊管理副社會科學學士 二年級

Do the right thing at the right time with the right attitude.

在正確的時候用正確的態度做正確的事。

Women's Taekwondo Team 女子跆拳道隊



Jim Kong Yim Angel 詹港艷

Bachelor of Business Administration in Information
Management, Year 4

工商管理學士（資訊管理）四年級

Be stronger than your excuses.

戰勝你的藉口。

Men's Taekwondo Team 男子跆拳道隊



Ho Man Hei 何旻禧

Bachelor of Science in Surveying, Year 3

理學士（測量學）三年級

Don't adjust to lazy.

不要養成懶惰的習慣。

Women's Swimming Team 女子游泳隊



Kwun Pui Pui 官霈霈

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

"There may be people that have more talent than you,
but there is no excuse for anyone to work harder than
you do."

— Derek Jeter

「或許比你擁有更多天賦的人大有人在，但絕沒有藉口
人家比你更努力。」

— 德瑞克·基特

Men's Swimming Team 男子游泳隊



Lin Chin Wai 連展璋

Bachelor of Business Administration in Accountancy,
Year 2

工商管理學士（會計）二年級

Persistence can change failure into extraordinary
achievement.

堅持，可以將失敗改變成榮耀。

Women's Badminton Team 女子羽毛球隊



Chow Siu Kwan 周肇筠

Bachelor of Social Sciences in Social Work, Year 4

社會科學學士（社會工作）四年級

The attitude determines the altitude.

態度決定高度。

Men's Woodball Team 男子木球隊



Lau Chun Wa 劉俊華

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

Train insane or remain the same.

安於現狀，只會不進則退。

Women's Dragon Boat Team 女子龍舟隊



Ho Wing Kei 何穎琦

Bachelor of Engineering in Civil Engineering, Year 4
工學士（土木工程）四年級

Never be limited by other people's limited imaginations.
別被他人有限的想像力限制。

Men's Dragon Boat Team 男子龍舟隊



Ko Chi Keung Kingsley 高志強

Bachelor of Engineering in Nuclear and Risk
Engineering, Year 3
工學士（核子及風險工程）三年級

Together, we are strong.
一條龍一條心。

Men's Waterpolo Team 男子水球隊



Choi Hin Kit Gilman 蔡顯傑

Bachelor of Business Administration in Human
Resources Management, Year 2
工商管理學士（人力資源管理）二年級

Stay humble, stay foolish.
求知若飢，虛心若愚。

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



The season of 2019-2020 was very difficult for CityU student-athletes. Our CityU campus and sports facilities were closed for most of the time during 2019-2020 due to social movement and outbreak of COVID-19 in Hong Kong. At the same time, the 2019-2020 USFHK inter-collegiate competition was officially cancelled in February 2020. Yet, in this difficult time, our student-athletes were still able to attend some international, regional as well as local competitions and brought home with their good results.

This Year Book truly reflects their sparkle and devotion. During this tough period, it is encouraging to see online meetings and individual or small group trainings are arranged much more than before. The strong bonding and high motivation remain among team members and teammates.

Looking forward, it is expected that all of us have to live with this “hybrid” mode as the new normal in our daily lives. If each team member could do our best, together we will live up to our motto of “Be the Best that We Can Be”. Gold medals are not made of gold. They are made of sweat, perseverance, determination, team support and effective training.

I would also like to take this opportunity to express my heartfelt gratitude to all the support from the CityU Sports Team Family, which is made up of Senior Management, Honorary Managers, Team Coaches, Team Trainers, Team Members, Team Managers and PE colleagues.

Overcoming adversity is paving the way to success. Cheer ups for CityU Sports Teams!

Dr. Patrick Chan
Associate Director of Student Development Services (Physical Education)
City University of Hong Kong

2019-2020 年度對於城大體育代表隊來說，是異常艱辛的一年。由於社會運動和新冠肺炎的爆發，城大校園及體育設施在 2019-2020 年度的大部分時間都處於關閉狀態。與此同時，中國香港大專體育協會於 2020 年 2 月正式取消 2019-2020 大專比賽。然而，在此艱難時期，我們的運動員仍然參與了一些國際、地區性及本地比賽，並為城大帶來佳績；此年報紀錄了他們在這一年的貢獻。

在這段艱難時期，令人鼓舞的是看到在線會議以及個人或小組培訓的安排比以前要多得多，團隊成員和隊友之間仍然保持著強大的聯繫和動力。展望將來，我們所有人都必須以這種「混合」方式生活，這是我們日常生活中的新常態。

如果每個校隊成員都能做到最好，我們將共同恪守“Be the Best that We Can Be”的座右銘。金牌不是黃金製成的，它們是以汗水、毅力、決心、團隊支持和有效的培訓打造而成的。

最後，本人謹向城大體育代表隊大家庭（包括領導層、榮譽領隊、教練、訓練員、校隊成員、領隊及體育部同事）的全力支持，表示衷心感謝。

克服逆境為成功鋪平了道路。城大校隊，加油！

陳炳祥博士
學生發展處副處長（體育）



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Activity Highlights of CityU Sports Teams

城大校隊活動亮點

20-23rd **May** 2019

CityU-Shanghai Jiao Tung University Institutional Sports Exchange Programme



19th **June** 2019

Flag Presentation of HK Team (CityU Athletes) of Summer Universiade, Napoli, Italy



Aug-Sep 2019

Sports Teams Recruitment



28th **Aug** 2019

Sports Captains Canyoning Adventure



10,30th **Aug** 2019

Orientation of Outstanding Student-Athletes



Sep 2019

Making of Grand Slam Beats



Grand Slam Beats Video

4th **Oct** 2019

Service in Exercise is Medicine Prelude



Oct - Nov 2019

Student Athletes Admission Scheme Seminars



23rd Oct 2019

CityU Sports Teams Welcoming Ceremony



CityU SPORTS TEAMS CityU SPORTS TEAMS
UNITED WE STAND
BE THE BEST THAT WE CAN BE BE THE BEST THAT WE CAN BE



23rd Oct 2019

Presentation Ceremony of Entrance Sports Scholarship



30th Oct 2019

Multi-teams Morning Run Ritual



29th Oct 2019

Sports Ambassadors Programme



Dec-Jan 2020

Sports In-season Training Camps



Feb-Apr 2020

Making of Home Exercise Videos



Apr-May 2020

Selection of Year-end Sports Scholarships



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