



香港城市大學
City University of Hong Kong

城大

CityUHK Sports Teams Yearbook

運動校隊年刊

*Be The Best That
We Can Be*



2023 - 2024

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Foreword by Former Associate Provost (Student Life) 前任協理學務副校長（學生發展）序言



At the beginning of the academic year, I met around 200 CityUHK student-athletes during the Welcoming Ceremony. I was more than delighted to welcome the freshmen that night, as well as present the entrance sports scholarships to more than 40 of them. Even before joining the CityUHK Sports Teams, our student-athletes demonstrated their exceptional abilities, showcasing their unwavering effort and determination to become the best in their respective fields.



This year, we have a new theme: "To go fast, go alone. To go far, go together." The CityUHK Sports Teams is a big family of 600, including experienced coaches, professional trainers, dedicated leaders, and enthusiastic members. While our talents and progress levels vary, we are united in our shared pursuit of excellence. Our unwavering support and camaraderie amplify the power of our collective goals.

We have high-level athletes among us, who have been to the Asian Games and won championships in international and regional events. The glory of victory has also been granted to us as a whole. Since 1997, the undeterred CityUHK Sports Teams have won 9 Grand Slams in local university sports competitions. In this highly competitive season of intercollegiate sports competition, our student-athletes achieved remarkable success, securing a total of 7 gold, 2 silver, and 5 bronze medals. This stellar performance culminated in our teams clinching the coveted Men's and Women's Overall Second Runner-up titles in The University Sports Federation of Hong Kong (USFHK) competitions 2023-24.

In this yearbook, we witness the collective commitment of Sports Teams members and Sports Ambassadors, proactively contributing to university-wide events and community engagement projects, to promote the benefit of exercise to physical health and mental well-being on and beyond campus. Persistence pays off. For the 5th consecutive year, we have been crowned the Exercise is Medicine® On Campus Gold Award, acknowledging our effort towards creating a culture of wellness.

2024 marks the 30th Anniversary of CityUHK, a momentous milestone in the University's storied history. Just like how the University has evolved over the past three decades, our student-athletes continually strive to push the boundaries of their own potential, always seeking new breakthroughs and personal bests. In this process, please be assured that CityUHK is committed to offering you the opportunity to excel, empowering you to reach new heights, and unleashing your full potential in the future. Together, we will Be the Best that We Can Be!

Professor Isabel YAN Kit Ming
Former Associate Provost (Student Life)
City University of Hong Kong

Foreword by Dean of Students 學務長序言

It is with immense pride and joy that I pen this foreword for our Sports Teams Yearbook that serves as a cherished reminder of our student athletes' indelible impact on CityUHK over the year!

Serving as the Dean of Students has been an exhilarating and rewarding journey. While my role is to provide support and guidance to our students, the tremendous inspiration and learning I have gained through witnessing their experiences and accomplishments first-hand over the years has far exceeded my expectations.

Time and again, our student-athletes have demonstrated an unparalleled level of dedication, skill, and teamwork on the playing field. Your performances in various competitions have been nothing short of awe-inspiring, resulting in an exceptional nine Grand Slam titles since 1997. The past season was particularly remarkable, with our CityUHK Sports Teams clinching seven gold, two silver, and five bronze medals. This outstanding achievement secured both the Men's and Women's Overall Second Runner-Up titles in The University Sports Federation of Hong Kong (USFHK) competitions. Amidst this outstanding athletic prowess, seven of our members were honoured as the Most Valuable Players in their respective sports.

It is you, our student-athletes, who have allowed me to see beyond just academics and witness the diverse talents and athletic brilliance that CityUHK possess! Your achievements are a testament to the sweat, effort, and perseverance you have poured in. I am grateful to our PE team whose dedication has been instrumental in making CityUHK a legend of excellence.



As we look ahead to the new academic year, I eagerly await the arrival of our next generation of student-athletes, with a warm welcome and a commitment to support your dreams and aspirations, both in the classrooms and on the playing fields. Just as we embrace this year's theme, "To go fast, go alone. To go far, go together" I look forward to going far and going together with the whole PE team, and celebrating the fruits of our collective efforts at the finishing line!

Professor Henry CHUNG Shu Hung
Dean of Students
City University of Hong Kong

Activity Highlights of CityUHK Sports Teams 城大校隊全年焦點



Flag Raising Ceremony on 1st July
七月一日升旗禮



Team Building Training of Sports
Ambassadors
運動大使獨木舟訓練



Student Development Services Expo 2023
學生發展處博覽 2023



Interview for TV Programme "University Keywords"
電視節目《大學關鍵詞》訪問



Student-Athletes Orientation 2023-24
學生運動員新生簡介會 2023-24

Activity Highlights of CityUHK Sports Teams
城大校隊全年焦點



Mentorship Training Programme - Table Tennis
師友指導及訓練計劃 - 乒乓球

Karatedo Performance at University Welcoming Ceremony 2023
空手道校隊成員在 2023 年度大學迎新典禮上表演



CityUHK Information Day - Briefing Sessions on Student Athletes Admission Scheme (2024 Entry)
城大資訊日 - 學生運動員入學計劃簡介會 (2024 年入學)



CityUHK Sports Team Welcoming Ceremony 2023
城大校隊迎新暨頒獎典禮 2023



Flag Raising Ceremony on 1st October
十月一日國慶升旗禮



Physical Fitness and Conditioning Workshops conducted by Mr. Jamie LAWRENCE
由 Jamie Lawrence 先生所主持的體適能工作坊

Activity Highlights of CityUHK Sports Teams
城大校隊全年焦點



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



Karate Competition Seminar
空手道比賽講座



Flag Raising Ceremony on 1st January
一月一日升旗禮



Sports Ambassadors Programme - RTHK Basic Law Education Tour
運動大使計劃 - 《基本法體壇大使 123 學校巡禮》



Exercise is Medicine® Expo 2024
「運動是良藥®」博覽 2024



Tennis Sports Service Project for Ying Wa College
英華書院網球訓練計劃



Student-Athlete Learning Support and Admission Scheme -
Elite Athletes Personal Branding Workshop
學生運動員學習支援及入學計劃 - 精英運動員個人品牌工作坊



Sports Ambassadors Programme -
Soft Skills Training Workshop
運動大使計劃 - 社交技巧訓練工作坊



Create Your Future
@CityUHK X Grace Yu Ho
Wun Youth Development
Fund
「城·創未來 X 余皓媛青年
發展基金」

Activity Highlights of CityUHK Sports Teams
城大校隊全年焦點



Cheering of Intercollegiate Basketball Competition 2023-24
大專籃球賽 2023-24 打氣活動



National Security Law Seminar
維護國家安全法講座



2023-2024 USFHK Annual Prize Presentation Ceremony
2023-2024 中國香港大專體育協會周年頒獎典禮



The Hong Kong Tertiary Education Sector Seminar of
The Safeguarding National Security Ordinance
全港大專界《維護國家安全條例》宣講會

The 13th HKSKKK Karate Invitational Tournament 2024
第十三回親善空手道選手權大會



CityUHK Sports Teams Outbound Trainings
城大校隊海外集訓



CityUHK Sports Teams Annual Prize Presentation Ceremony 2023-24
城大校隊周年頒獎典禮 2023-24

Dialogue with the China Women's National Volleyball Team at CityUHK

中國國家女子排球隊香港城市大學分享會



▲ The China Women's National Volleyball Team visited CityUHK in June 2023, sharing their spirits and determination with over 500 students, staff and alumni.
中國國家女子排球隊於 2023 年 6 月到訪城大，與超過 500 位學生、教職員和校友分享他們的體育精神和決心。

Co-organised by City University of Hong Kong (CityUHK) and the Volleyball Association of Hong Kong, China (VBAHK), the "Dialogue with the China Women's National Volleyball Team" was successfully held on 20 June 2023.

This marked the first visit of the China Women's National Volleyball Team to CityUHK. The team also participated in the FIVB Volleyball Nations League Hong Kong 2023 from 13 June to 18 June. The event provided an opportunity for CityUHK students to engage with these exceptional athletes and gain insights into their journey towards becoming national athletes.

During the event, five national team athletes—YUAN Xinyue, LI Yingying, ZHENG Yixin, DIAO Linyu, and ZHONG Hui—along with team coaches YU Fei and BAO Chunyu, met with more than 500 CityUHK students, staff and alumni. They shared their spirit, determination, and the challenges they faced in their pursuit of excellence.

The participants had the privilege of witnessing the China Women's National Volleyball Team's demonstration of world-class skills up close. DIAO Linyu showcased her exceptional overhead passing skills, leaving the

audience in awe. Additionally, team athletes engaged in a reaction time challenge against members of the CityUHK Volleyball team and audience. The highlight of the event was when the team athletes graciously signed autographs on plush toys adorned with the CityUHK logo, creating a lasting memory for the attendees.

The interaction between the China Women's National Volleyball Team and the CityUHK community created a bridge between elite athletes and aspiring student-athletes. The audience eagerly sought the team's autographed souvenirs, reflecting their enthusiasm for the sport and the admiration they had for the visiting athletes.

香港城市大學（城大）與香港排球總會合辦的「中國國家女子排球隊香港城市大學分享會」於 2023 年 6 月 20 日舉行。這是中國國家女子排球隊首次到訪城大。他們亦於 6 月 13 至 18 日參與了「FIVB 世界女排聯賽香港 2023」。是次活動為城大同學提供了一個寶貴的機會與傑出運動員接觸，並深入了解他們成為國家運動員的旅程。

活動期間，五名國家隊成員袁心玥、李盈瑩、鄭益昕、刁琳宇、仲慧與教練於飛、鮑春雨一同會見了 500 多名城大學生、教職員和校友。他們分享了自己追求卓越的體育精神和決心，以及當中所遇到的挑戰。



▲ The National Team athlete played the reaction time challenge with a student-athlete.
國家隊運動員和學生運動員一起玩反應燈遊戲。

在場觀眾有機會親眼目睹國家隊成員的頂級球技。刁琳宇展現了出色的頭頂傳球技巧，讓觀眾嘆為觀止。此外，其他成員與城大排球隊隊員和觀眾參加反應燈遊戲，展現他們的非凡天賦。國家隊成員更在印有城大標誌的毛絨玩具上簽名，作為送給觀眾的紀念品，讓他們留下美好的回憶。

中國女排與城大之間的互動，為精英運動員與有志成為運動員的學生之間搭建了橋樑。觀眾熱切地爭取球隊親筆簽名的紀念品，充分體現了他們對排球運動的熱情，以及對中國女排的欽佩。



▲ The National Team athletes took a group photo with representatives from CityUHK.
國家隊運動員和城大代表合照。

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

The Sports Teams Welcoming Ceremony is held annually to celebrate and present awards to the rising sports athletes who received entrance sports scholarships, while also instilling the sports theme and spirit of CityUHK to Sports Teams' new members. We were delighted to have the attendance of Professor Isabel YAN, *former Associate Provost (Student Life)*; Professor Henry CHUNG, *Dean of Students*; Dr. Larry NG, *former Director of Student Development Services*; and Mr. Sunny CHAU, *Associate Director of Student Development Services (Physical Education)*. More than 250 guests, coaches, and athletes joined the ceremony, and over 40 of them were scholarship awardees. It provides an opportunity for student-athletes to connect and learn more about each other.



▲ Professor Isabel YAN, *former Associate Provost (Student Life)* of CityUHK, delivering a remark in the ceremony. 城大前任協理學務副校長（學生發展）甄潔明教授於典禮上致辭。

The theme of this year, “To go fast, go alone. To go far, go together”, encourages Sports Teams to collaborate effectively as they pursue greater achievements and more enduring performance throughout the competition season. Representatives from the Sports Ambassadors Programme introduced the spirit and the caring culture of the CityUHK Sports Teams family. At the end of the ceremony, all honorary guests led the “Grand Slam Beats”, a unique cheer alluding to our remarkable feat of achieving nine Grand Slam titles over the past years, which also symbolises our CityUHK students will keep embracing the CityUHK Sports Teams' motto in the coming season – “Be the Best that We Can Be”.

一年一度的校隊迎新暨頒獎典禮旨在頒發多項獎學金予一眾傑出運動新星，並將城大的體育精神和理念傳承予校隊新成員。本年度的迎新典禮有幸邀請到城大前任協理學務副校長（學生發展）甄潔明教授、學務長鍾樹鴻教授、前任學生發展處處長伍清華博士、和學生發展處副處長（體育）周日光先生親臨揭開序幕。多達 250 名嘉賓、教練及運動員參與是次典禮，其中 40 多位新加入的成員榮獲「城大運動員入學獎學金」。典禮席間，學生運動員有機會互相認識、交流，為將來的訓練打下更堅實的合作根基。

今年的主題為「To go fast, go alone. To go far, go together」，寄語城大各個校隊眾志成城，一起努力，於本賽季實現更高更遠的目標。此外，運動大使更介紹了城大校隊的精神理念和關懷文化。典禮最後再由各主禮嘉賓帶領，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「盡顯潛能 共創佳績」的精神於運動場上盡展所能，迎接新的賽季。



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

Outstanding Athletes Entrance Scholarships for Local Students (International Level)

傑出運動員入學獎學金（國際水平）

No.	Name	Chinese Name	Team/Gender
1.	CHIU Kan Shan	焦瑾珊	Table Tennis (Women)



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

No.	Name	Team/Gender
1.	Aleksandar Delyanov RADNEV	Water Polo (Men)
2.	Phantita PINYOPIAN	Table Tennis (Women)



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/Gender
1.	KUNG Lok Sum	龔樂琛	Swimming (Men)
2.	LAU Tsun San	劉浚申	Athletics (Men)
3.	LAU Yee Ching	劉綺程	Fencing (Women)
4.	LEUNG Chun Him	梁駿謙	Swimming (Men)
5.	LI Chi Wing Elli	李智穎	Fencing (Women)
6.	LO Lok Yi	盧樂怡	Badminton (Women)
7.	LUK Sze Yu	陸思妤	Table Tennis (Women)
8.	WONG Cheuk Long Javon	王卓朗	Fencing (Men)
9.	WONG Sum Chit Sherman	黃琛喆	Soccer (Men)



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

No.	Name	Chinese Name	Team/Gender
1.	CHAK Ho Yan Timothy	翟浩恩	Athletics (Men)
2.	CHAN Hon Tsung	陳煥聰	Badminton (Men)
3.	CHAN Long Hei	陳朗禧	Taekwondo (Men)
4.	CHO Hoi Ching	卓凱晴	Handball (Women)
5.	CHOW Geoffrey Pui Tung	周霽東	Fencing (Men)
6.	HUI Ruby	許彤	Badminton (Women)
7.	KAM Chi Lok	金智樂	Taekwondo (Men)
8.	LAM Ka Chun	林家進	Swimming (Men)
9.	LAU Ho Yin	劉皓彥	Handball (Men)
10.	LEE Tsz Yuen	李梓源	Handball (Men)
11.	LEUNG Chun Ho	梁俊豪	Rugby (Men)
12.	LEUNG Sheung Lai	梁常禮	Athletics (Men)
13.	LI Wing Sang Canapi	李永生	Rugby (Men)
14.	LO Hoi Yiu	盧海瑤	Basketball (Women)
15.	LUI Ming Hin	呂明軒	Rowing (Men)
16.	NG Ka Ni	吳嘉妮	Handball (Women)
17.	NG Tsoi Yi	吳采兒	Dragon Boat (Women)
18.	SOO Hok Lung	蘇學龍	Table Tennis (Men)
19.	TAM Nga Lai	譚雅麗	Basketball (Women)
20.	CHAN Kwun Yin	陳冠延	Basketball (Men)
21.	TSE Kai Shing	謝啟承	Volleyball (Men)
22.	TSE Sum Yi	謝心貽	Taekwondo (Women)
23.	TSUI Man Kit	徐文杰	Volleyball (Men)
24.	WAN Po Ting	溫保庭	Table Tennis (Men)
25.	WONG Hiu Shan	黃曉山	Soccer (Men)
26.	WONG Ho Ching	黃皓正	Athletics (Men)
27.	WONG Ka Yan	王家茵	Swimming (Women)
28.	WOO Shing Lok	胡承樂	Athletics (Men)
29.	XU Yue	許鉞	Table Tennis (Men)
30.	YOUNG Tsz Long Stanley	楊子朗	Fencing (Men)



▲ 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）得獎同學

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

No.	Name	Chinese Name	Team/Gender
1.	NG Chun Ning Johnny	吳晉寧	Basketball (Men)

CityUHK Sports Ambassadors Programme 城大運動大使計劃



▲ CityUHK Sports Teams Annual Prize Presentation Ceremony 2023-24
城大校隊周年頒獎典禮 2023-24

As we celebrate the 7th anniversary of the CityUHK Sports Ambassadors Programme (SAP), we reflect upon its continued success in providing outstanding student-athletes with invaluable experiences in event management and sports coaching. Funded by the University Grants Committee (UGC) and the government, this year marks an exciting phase for SAP, with various service projects for our Sports Ambassadors to engage in.

The primary objective of the SAP is to empower exceptional student-athletes by training them in a service mindset and essential leadership skills and offering them hands-on experiences. Mainly recruited from CityUHK Sports Teams captains and members passionate about serving others and the community, the ambassadors actively participate in service-learning projects, fostering leadership skills with social empathy and whole-person development.

The ambassadors undergo comprehensive training in coaching techniques and leadership skills, equipping them to conduct coaching sessions in community-based “Sports Service Projects” and CityUHK in-house based “Projects of Student-Athletes Development”. This year, they extend their expertise to sports teams in primary and secondary schools, engaging in community-based sports service projects and boosting their civic awareness.

In addition to their community engagement, Sports Ambassadors play crucial roles within CityUHK. They serve as event organisers for significant mass events, such as the CityUHK Sports Teams Welcoming Ceremony and the Annual Prize Presentation Ceremony. Moreover, they have demonstrated their commitment by assisting in the Exercise is Medicine® Expo 2024, as well as attending Flag Raising Ceremonies and the National Security Law Seminar.



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



▲ Exercise Is Medicine® Expo 2024
「運動是良藥」博覽® 2024

「城大運動大使計劃」成立至今七年，於培養優秀學生運動員、提供活動管理實踐和運動訓練經驗方面均取得卓越成就。計劃獲得大學教育資助委員會（UGC）持續增加的資助，和政府的鼎力支持，運動大使今年將有更多機會參與校內外服務計劃。

此計劃旨在培養傑出運動員的服務精神、領導才能和獲得實踐經驗。運動大使選拔自熱心服務社區的城大校隊隊長和隊員，他們即將積極投入各項服務學習計劃，進一步提升領袖技巧、同理心和全人發展。

運動大使接受全面的教練技巧和領袖技巧培訓，使他們能夠在社區的體育服務計劃中指導學生。今年，他們透過參與不同的社區服務計劃，將專業知識和熱情延伸至予中小學的運動隊，與社區建立連結，提高他們公民意識。

除了參與社區活動，運動大使在校內也扮演著重要角色，負責協助策劃多項大型活動，如城大校隊迎新暨頒獎典禮和周年頒獎典禮。此外，他們還積極支援「運動是良藥」博覽® 2024、多個升旗禮和國安法講座等活動，展現運動大使的承擔和忠誠。



▲ Flag Raising Ceremony at CityUHK
城大升旗禮



▲ Interview for TV Programme "University Keywords"
電視節目《大學關鍵詞》訪問



▲ Soft Skills Training Workshop for Sports Ambassadors
運動大使社交技巧訓練工作坊



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

Feature Story for the Engagement of CityUHK Sports Ambassadors Programme

城大運動大使計劃專題故事



▲ RTHK Basic Law Education Tour
《基本法體壇大使 123 學校巡禮》

The Sports Ambassadors Programme exemplifies CityUHK students' commitment to community engagement through its active involvement in various service projects, such as the RTHK Basic Law Education Tour, the "Create your Future@CityUHK X Grace Yu Ho Wun Youth Development Fund" programme, and the Tennis Sports Service Project for Ying Wa College. The keen participation demonstrates their dedication to making a meaningful impact, promoting sports and fostering personal development. Through their ongoing contributions to these remarkable initiatives, they have had a commendable influence on the CityUHK community and beyond.

Co-organised by the Constitutional and Mainland Affairs Bureau and Radio Television Hong Kong (RTHK), the Basic Law Education Tour saw the participation of six Sports Ambassadors. Throughout the tour, they played a vital role as trainers, promoting the understanding of the Basic Law in secondary and primary schools in Hong Kong. From January to February 2024, the ambassadors conducted nine visits to various schools, each time delivered a 15-minute presentation on Basic Law through the lens of sports, and organised interactive game sessions to enhance the learning experience with excitement. The feedback received was overwhelmingly positive.

In March 2024, Sports Ambassadors actively participated in the "Create your Future@CityUHK X Grace Yu Ho Wun Youth Development Fund" programme, a community service project organised by CityUHK to inspire and guide the younger generation towards a promising future. The event welcomed approximately 120 secondary school students to CityUHK. Members of the fencing team performed on stage in the opening ceremony, while other ambassadors introduced CityUHK sports legends and gave a tour to the students visiting around campus.

The Tennis Sports Service Project for Ying Wa College, spanned from November 2023 to March 2024, comprised 12 sessions in total. Ten students from Ying Wa College participated in the programme, coached by three Sports Ambassadors skilled in tennis. These ambassadors dedicated their time and expertise to train the students comprehensively, sharpening the students' skills and fostering their passion for the sport.



▲ "Create your Future@CityUHK X Grace Yu Ho Wun Youth Development Fund" programme
「城·創未來 X 余皓媛青年發展基金」活動

「城大運動大使計劃」積極參與社區服務活動，例如《基本法體壇大使 123 學校巡禮》、「城·創未來 X 余皓媛青年發展基金」活動以及英華書院網球訓練計劃等，充分反映出城大同學對推動社區參與的承諾。這計劃亦展現出運動大使於推廣體育運動與個人發展的決心，同時亦對城大的社區連繫作出貢獻。

六名城大運動大使參與了政制及內地事務局與香港電台合辦的《基本法體壇大使 123 學校巡禮》，並在活動中擔任導師的角色，向香港中、小學學生推廣基本法。於 2024 年 1 月至 2 月期間，他們一共到訪了九間中小學，每次均以體育運動為切入點作 15 分鐘的《基本法》講解，而每次巡禮亦有安排互動遊戲環節，為學習體驗增添趣味性的同時，亦加深同學對《基本法》的了解。活動亦獲得了正面的評價。

2024 年 3 月，運動大使亦參與了由城大舉辦的「城·創未來 X 余皓媛青年發展基金」社區服務計劃，活動旨在讓中學生認識城大的大學生活，幫助他們啟發潛能、創造未來。活動當天約有 120 名中學生到訪城大。城大劍擊隊成員於開幕禮上表演，而其他運動大使則負責帶領中學生參觀校園，並向他們介紹城大的體育傳奇。

為英華書院舉辦的網球訓練計劃於 2023 年 11 月至 2024 年 3 月期間舉行，包括共 12 次的全面培訓。訓練中，三位精通網球的城大運動大使負責訓練十名英華書院同學。在他們的熱心指導下，同學們亦積極投入網球訓練，從中學習到專業的網球知識，精進技能，亦激發他們對此運動的熱情。



▲ Tennis Sports Service Project for Ying Wa College
英華書院網球訓練計劃

CityUHK Sports Stars 城大校隊 - 星中之星

LO Sum Man 羅心汶



Karatedo (Women) 女子空手道隊

Study Year: Year 2

Bachelor of Social and Behavioral Sciences

社會及行為科學學士 二年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Kata Team

Sports Achievements:

- The 10th EAKF Karate Championship 2023 – Silver Medal
- National Karate Championships Series 2024 – 3rd

HO Kwan Kit 何鈞傑



Table Tennis (Men) 男子乒乓球隊

Study Year: Year 2

Bachelor of Social and Behavioral Sciences

社會及行為科學學士 二年級生

- Full-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Table Tennis Team

Sports Achievements:

- WTT Contender Doha 2024 – Men's Doubles (Finalist)

ITTF World Rankings:

- 14 Men's Doubles
- 16 Mixed Doubles

LEE Chun Hei Reginald 李晉熙



Badminton (Men) 男子羽毛球隊

Study Year: Year 2

Bachelor of Business Administration in Management

工商管理學士 (管理學) 二年級生

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

Sports Achievements:

- Hong Kong Annual Badminton Championship 2nd
- French Open 2023 – 5th (Mixed Doubles)

BWF World Rankings:

- 23 (Mixed Doubles)

YEUNG Kwan Pui 楊均培



Fencing (Men) 男子劍擊隊

Study Year: Year 4

Bachelor of Business Administration in Management
工商管理學士 (管理學) 四年級生

- Part-time Senior Athlete of Hong Kong Sports Institute
- Member of Hong Kong Fencing Team (Epee)

Sports Achievements:

- 2021 Summer World University Games
- Asian Under 23 Fencing Championships 2023 - 3rd runner-up (Men's Epee Team)

WONG Cho Wai Gabriel 黃礎惟



Wushu (Men) 香港男子武術運動員

Study Year: Year 3

Bachelor of Social Sciences in Psychology
社會科學學士 (心理學) 三年級生

- Full-time Senior Athlete of Hong Kong Sport Institute
- Member of Hong Kong Wushu Team

Sports Achievements:

- The 9th World KungFu Championship Bronze Medal

HO Chung Lun 何仲綸



Swimming (Men) 男子游泳隊

Study Year: Year 3

Bachelor of Arts in Media and Communication
文學士 (媒體與傳播) 三年級生

Sports Achievements:

- ARENA Thailand Age Group Swimming Championships 2023
- 59th Hong Kong – Macau Interport Swimming Competition
- The 1st Student (Youth) Games of the People's Republic of China
- 59th MILO / MAS Malaysia Invitational Age Group Swimming Championships 2024

CHIU Kan Shan 焦瑾珊



Table Tennis (Women) 女子乒乓球隊

Study Year: Year 2

Bachelor of Social and Behavioral Sciences
社會及行為科學學士 二年級生

- Full-time Athlete of Hong Kong Sports Institute
- Member of Hong Kong Table Tennis Team (Para)

Sports Achievements:

- 2024 ITTF Costa Brava Spanish Para Open Silver in Singles class 7
- 2023 ITTF Taichung Para Open Gold in Singles class 7
- 2023 ITTF Japan Para Open Gold in Singles class 6-7

LAW Sin Yi 羅倩兒



Taekwondo (Women) 女子跆拳道隊

Study Year: Year 7

Bachelor of Social Sciences in Criminology and Sociology
社會科學學士 (犯罪學及社會學) 七年級生

- Part-time Taekwondo Athlete of Hong Kong Sports Institute

Sports Achievements:

- 19th Hangzhou Asian Games

WONG Cheuk Long 王卓朗



Fencing (Men) 男子劍擊隊

Study Year: Year 2

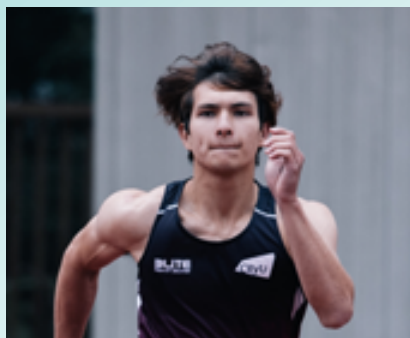
Bachelor of Social and Behavioral Sciences
社會及行為科學學士 二年級生

- Full-time Junior Athlete of Hong Kong Sports Institute Men's Sabre Team

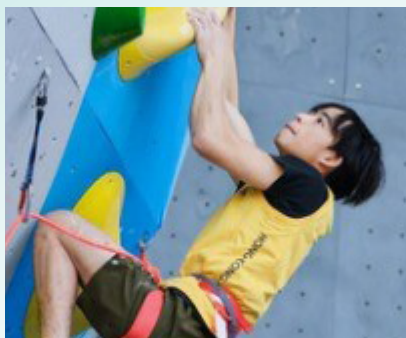
Sports Achievements:

- World Cup Budapest 2024
- World Cup Padua 2024

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



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



LAU Tsz Kiu 劉子翹
Sports Climbing (Men) 男子運動攀登
Bachelor of Arts in English
文學士 (英語語言)



PAU Yik Man 鮑奕文
Table Tennis (Men) 男子乒乓球
Bachelor of Social and Behavioral
Sciences
社會及行為科學學士



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



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



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



WONG Cho Wai Gabriel 黃礎惟
Wushu (Men) 男子武術
Bachelor of Social Sciences in Psychology
社會科學學士 (心理學)



LAU Ka Yiu 劉嘉堯
Handball (Men) 男子手球
Bachelor of Arts in Creative Media
文學士 (創意媒體)



LAW Chun Yiu 羅俊耀
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)



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



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



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



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



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



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



LEE Chi Yin 李姿賢
Artistic Swimming (Women) 女子韻律泳
Bachelor of Social Sciences in Criminology
& Sociology
社會科學學士 (犯罪學及社會學)



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



YOK Tsz Tung 郁梓彤
Handball (Women) 女子手球
Bachelor of Arts in Media & Communication
文學士 (媒體與傳播)



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

Student-Athlete Learning Support and Admission (SALSA) Scheme

學生運動員學習支援及入學計劃

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

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

Eligibility for Application 申請條件：

The applicant must satisfy the following criteria:

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

申請人需符合以下資格：

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

Selection Criteria 遴選準則：

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



▲ SALSA 2023-24 Entry
學生運動員學習支援及入學計劃 2023-24 入學

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\$80,000 annually. Besides, student-athletes in need may also receive a “Student Residence Scholarship” of HK\$15,900 per annum, and over 40 various Sport Scholarships offered by donors and departments of the University.

成功透過 SALSA 計劃獲取錄的傑出學生運動員，每年可從「傑出學生運動員入學獎學金」獲得最高 \$80,000 港元的獎學金。此外，有需要的學生運動員，更有機會取得由「學生住宿獎學金」提供每年 \$15,900 港元的住宿資助，以及大學和其他機構提供超過 40 個不同運動項目的獎學金。

Enquiries 查詢：

Mr. Sunny CHAU, Associate Director of Student Development Services (Physical Education)

Tel: 3442 8048 Email: s.chau@cityu.edu.hk

Dr. Clara WONG, Senior PE Officer

Tel: 3442 7291 Email: choiki.wong@cityu.edu.hk



Website 網址：<https://go.cityu.hk/d1j0y6>



▲ Student-Athletes Orientation 2023-24
學生運動員新生簡介會 2023-24

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 獲就讀學校的推薦
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取錄。

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\$15,000 to HK\$80,000 per annum. Besides, student-athletes in need may also receive HK\$15,900 per annum under the "Residence Scholarship Scheme for Student Athletes". Annually, around HK\$4.5 million will be granted to the student-athletes by the University and donors.

成功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」獲得 \$15,000 至 \$80,000 港元的獎學金。另外，有經濟需要的學生運動員更有機會得到由「學生住宿獎學金」提供的 \$15,900 港元住宿資助。每年大學和其他機構更會為學生運動員提供約 \$450 萬港元的獎學金。

Enquiries 查詢：

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

Ms. Rainie YEUNG, Executive Assistant
Tel: 3442 6940 Email: rainie.y@cityu.edu.hk



Website 網址：<https://go.cityu.hk/f5tnx3>

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

CityUHK offers HK\$190,000 (~US\$24,350) per annum to cover full tuition, hall fees and partial living expenses of admitted student-athletes who demonstrate their outstanding sports achievements.

For Admission Related Enquires:

Mr. Christopher PANG
Global Engagement Office
Email: chrispang5@cityu.edu.hk



For Sports Performance Related Enquires:

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

Website 網址 : <https://go.cityu.hk/f5tnx3>



▲ Recipients of Outstanding Athletes Entrance Scholarship 2023-24



▲ Way Forward – SALSA Scheme 2024

Sports Scholarships and Awards

運動獎學金得獎名單

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

Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships

香港潮州商會精英運動員獎學金

No.	Name	Chinese Name	Team/Gender
1.	NG Yuk Shing	吳育丞	Rugby (Men)
2.	LIN Wing Man Vivian	連詠文	Tennis (Women)



Dr. Herman Hu Sports Awards and Scholarships

胡曉明博士運動員獎及獎學金

No.	Name	Chinese Name	Team/Gender
1.	MAN Dick Kwan	文迪君	Table Tennis (Women)
2.	TAM Chun Ho Damian	譚竣顯	Volleyball (Men)
3.	LAM Loki Yoshi	林宥希	Handball (Men)



Dr. Herman Hu Sports Awards and Scholarships – Tennis

胡曉明博士運動員獎及獎學金 - 網球獎

Awards	Name	Chinese Name
Most Valuable Players	KWOK Hong Kiu	郭康蒼
	LIN Zhinan	林智楠
Team Award	Women's Champion	女子隊冠軍獎



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

No.	Name	Chinese Name	Team/Gender
1.	LIN Wing Man Vivian	連詠文	Tennis (Women)
2.	MAN Dick Kwan	文迪君	Table Tennis (Women)
3.	LAW Nga Wun	羅雅媛	Rugby (Women)
4.	TAM Chun Ho Damian	譚竣顯	Volleyball (Men)
5.	LAM Hin Yi Samantha	林顯夷	Rugby (Women)
6.	NG Yuk Shing	吳育丞	Rugby (Men)



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

Awards	Name	Chinese Name
Athlete Award (Men)	LEE Chun Hei Reginald	李晉熙
Athlete Award (Women)	LEUNG Sze Lok	梁詩樂



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

Awards	Name	Chinese Name
Most Valuable Athlete 最有價值運動員獎	WAN Po Ting SOO Hok Lung PINYOPISAN Phantita	溫保庭 蘇學龍
Academic Improvement Award 學業進步獎	PAU Yik Man	鮑奕文
Most Dedicated Athlete 最熱心運動員獎	LUK Sze Yu	陸思好

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

No.	Name	Chinese Name
1.	MAN Dick Kwan	文迪君
2.	PAU Yik Man	鮑奕文

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

Awards	Name	Chinese Name	Team/Gender
Most Valuable Athlete	NG Tsz Yan HO Kwan Hoi	吳芷茵 何均海	Athletics /Cross Country (Women) Cross Country (Men)
Most Progressive Athlete	CHEUNG Ka Yin	張嘉言	Athletics /Soccer (Women)
Most Potential Athlete	LAU Ka Yin	劉家妍	Athletics /Cross Country (Women)



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

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



The College of Engineering Student Sports Awards 工學院運動獎

No.	Name	Chinese Name	Team/Gender
1.	LAM Loki Yoshi	林宥希	Handball (Men)
2.	HO Tai Hei	何大熙	Karatedo (Men)
3.	POON Kin Yu	潘建裕	Tennis (Men)



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

No.	Name	Chinese Name	Team/Gender
1.	CHAN Chi Kwong Kobe	陳致光	Rugby (Men)
2.	CHAN Yee Fu	陳怡富	Basketball (Men)
3.	WONG Ho Yin	黃浩賢	Basketball (Men)
4.	WU Hei Tung	吳僖桐	Table Tennis (Women)



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

No.	Name	Chinese Name	Team/Gender
1.	KWOK Hong Kiu	郭康蕎	Tennis (Women)
2.	LAW Chun Yiu	羅俊耀	Handball (Men)
3.	WONG Tai Loi	黃泰萊	Basketball (Men)
4.	GREGORI Nathan Philippe		Fencing (Men)
5.	LAU Ka Yiu	劉嘉堯	Handball (Men)



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



▲ Gold Medal Coaches, Managers, and Trainers
金牌教練、領隊、及訓練員



▲ Vote of Thanks by Outstanding Sports
Scholarship Recipient – NG Yuk Shing
得獎學生致謝辭 – 吳育丞



▲ Vote of Thanks by Outstanding Sports
Scholarship Recipient – LIN Wing Man
Vivian
得獎學生致謝辭 – 連詠文



▲ Vote of Thanks by Outstanding Sports
Scholarship Recipient – TAM Chun Ho
Damian
得獎學生致謝辭 – 譚竣顯



▲ Merit of Academic Performance
優秀學業成績



▲ The Most Valuable Players
最有價值運動員



▲ The Most Dedicated Players
最熱心運動員



▲ The Most Progressive Players
最佳進步運動員

Vote of Thanks by Scholarship Recipients

獎學金得主致謝辭

Recipient of Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships, Stephen Hui Outstanding Student Athletes Scholarships
香港潮州商會精英運動員獎學金、許義鏞傑出運動員獎學金得主

Dear guests, teachers, and fellow students,

I am LIN Wing Man Vivian, a Year 5 student in the Bachelor of Veterinary Medicine programme, also the captain of CityUHK Women's Tennis Team this year. It is my honour to receive the Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships as well as the Stephen Hui Outstanding Student Athletes Scholarships this year.

I would like to take this opportunity to express my heartfelt gratitude to Dr. MA Hung Ming and Mr. Stephen HUI for their generous support and encouragement.

I would also want to thank each and every coach of the tennis team, especially WU Sir, who has led the tennis team to achieve an excellent result in the USFHK competition this year. Not only does his leadership unite our team, but also instils in us the sporting spirit that will benefit us for life.

Reflecting on the past five years as a student-athlete, in addition to improving my tennis game, I have also gained valuable life experiences. Time management, in particular, has been a major part of my journey. I believe many of you sitting here today can take pride in achieving a good balance in both academics and sports. I know it is not easy to juggle these two aspects, so I would like to share how I have managed to strike this balance.

Firstly, I set a daily schedule, prioritising tasks and allocating reasonable time for studying, training, and resting. Of course, my schedule also includes time for mental rest and relaxation to maintain a healthy work-life balance. Furthermore, an old but useful saying has been with me throughout these five years: "Study when studying, play when playing." Time does not stop, and difficulties will always exist. What we can do is stay focused on the present and avoid procrastination. This mindset has also made me more efficient in handling both academic and sporting commitments, leaving me with extra time for relaxation with the busy schedule I have in my study.

Once again, I would like to express my heartfelt gratitude to the Hong Kong Chiu Chow Chamber of Commerce and Mr. Stephen HUI for their generous encouragement and support to CityUHK student-athletes. The scholarships are a motivating force for me to continue striving for excellence. I firmly believe that such scholarships can benefit more student-athletes here, enabling them to continue achieving excellent results. Thank you.



LIN Wing Man Vivian
連詠文
Bachelor of Veterinary Medicine
獸醫學學士

各位嘉賓、教授、老師、同學，大家好：

我是連詠文，現正就讀獸醫學士五年級，亦是女子網球隊隊長。今天非常榮幸獲頒發本年度香港潮州商會精英運動員獎學金，以及許義鏞傑出運動員獎學金。

我希望藉這次機會，向香港潮州商會會長馬鴻銘博士，以及許義鏞先生的慷慨支持及鼓勵表示衷心的感謝。

此外，我亦希望感謝網球隊的每位教練和隊友，特別是胡 Sir，他一直帶領著城大網球隊，他的領導能力讓我們網球隊團結一致，不但令我們今年再度獲得大專比賽優異成績，更令我們每一位隊員發揮體育精神，終身受用。胡 Sir，非常感謝你。

回顧過去五年，我作為一名學生運動員，除了球技上，我亦吸取了不同的人生經驗。當中時間管理更是不可或缺的部分。我認為在座各位同學都有非常值得自己自豪的地方，就是我們能在學業和運動方面取得好的平衡及發展。我知道這並不容易，所以希望藉著今日這個機會，分享一下我是如何平衡這兩方面。

首先，我每日制定一個時間表，將每件事情區分優先次序，合理地把學習、訓練、以及作息的時間分配好。當然，我亦會出外放鬆以保持身心健康和平衡。另外，有句老土但很受用的說話一直在這五年陪伴著我：「學習時學習，遊戲時遊戲」。時間不會停頓，困難亦一樣，我們可以做的就是專注當下，避免拖延。這個心態亦令我能更有效率去做任何一件事。在兼顧學業和運動兩方面的同時，即使百忙當中，仍然有額外時間去放鬆和休息。

最後，我再次衷心感謝香港潮州商會以及許義鏞先生對城大學生的慷慨支持和鼓勵。對我而言，獎學金是一份鼓勵，及使我繼續努力的動力。我深信這筆獎學金可以讓更多學生運動員受惠，繼續為城大奪取一個又一個的好成績。謝謝大家。

Recipient of Hong Kong Chiu Chow Chamber of Commerce Ltd. Elite Athlete Scholarships, Stephen Hui Outstanding Student Athletes Scholarships
香港潮州商會精英運動員獎學金、許義鏞傑出運動員獎學金得主

各位貴賓、老師及同學，大家好。

我是來自香港城市大學欖球隊的吳育丞，正就讀於公共政策與政治社會科學學士學位的四年級。首先，非常感謝馬鴻銘博士頒發「香港潮州商會精英運動員獎學金」和許義鏞先生頒發「許義鏞傑出學生運動員獎學金」給我。這兩項獎學金是對我四年大學生涯中的努力和成就的肯定，激勵著我繼續追求進步。

過去四年的大學時光非常快樂、難忘。我非常幸運能成為欖球隊的其中一份子，讓我獲得更多機會發掘自己的潛能、學習團隊合作和領導能力。欖球隊是我在城大的第二個家，這裡有著我最好的朋友和最難忘的回憶。在這四年間我們欖球隊一起努力連續蟬聯三次的大專欖球賽冠軍。我們由第一年屈居亞軍飲恨，每年我們勤奮練習，慢慢共同進步，互相扶持，最後在這三年創造歷史。這些絕對是我大學生涯中一些畢生難忘的回憶。



NG Yuk Shing
吳育丞

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

我希望藉此機會感謝我們的領隊和教練。感謝您們在這四年，無論是在場上或場下，都與我分享不同經驗和創造回憶。其中讓我最為深刻的，是我曾經有一段低潮期，您們的一字一句都開解了我，幫助我渡過了那段艱難時期。您們的知識和經驗，也啟發了我讓我能夠走上成功的道路，我將會好好記著您們給予我的寶貴教訓和指導。

除此之外，我要感謝我的隊友們，是你們的支持和鼓勵，讓我能在全球場上全力以赴，並取得一些意想不到的成就。我們的友誼成為了我在全球場上的支柱，未來我們一定會繼續努力。

同樣重要的是，我也衷心感謝城大和體育部，一直以來對所有學生運動員的支持及指導，確保我們擁有最好的資源，能夠不斷學習和發展我們在運動上的潛能。

在此，恭喜今天所有得獎運動員！你們在運動上的努力和奉獻得到了回報。希望這個成就就能激勵你們繼續追求卓越，將來成為城大以及我們社會的出色代表。

最後，對於所有剛開始踏上這個激動人心篇章的新生，希望你們能夠把握每個機會，不要害怕挑戰自己，好好利用在大學的時間，發展自己的潛能，珍惜與隊友們每一刻的相處。明年的今天，你可能便是站在台上的其中一位得獎者。

再次感謝所有在我們大學旅程中支持我們的人。願我們未來都能成為出色的人，讓社會、學校及家人都為我們感到驕傲。謝謝大家！

Let me just recapitulate a few words on what I have delivered.

Good afternoon, everyone. I'm NG Yuk Shing from the Men's Rugby Team. I would like to thank the Hong Kong Chiu Chow Chamber of Commerce and Mr. Stephen Hui for selecting me as one of the scholarship recipients. Also, it's such a great honor to be the MC of today's ceremony.

I would also like to take this opportunity to thank our teachers, coaches and staff for your continuous support. Playing rugby for CityUHK over the past four years has been an amazing experience. I appreciate my teammates and all we have achieved together, winning three championships.

Congratulations to all the scholarship recipients today. Represent CityUHK well and keep striving for excellence. To all Year 1 students, I hope you will make the most of your time and opportunities here. Who knows, you may also find yourself standing here next year and being one of the scholarship recipients.

Thank you, once again to all who have supported us throughout the journey. Let's continue to make CityUHK proud.

**Recipient of Dr. Herman Hu Sports Awards and Scholarships, Stephen Hui
Outstanding Student Athletes Scholarships**
胡曉明博士運動員獎及獎學金、許義鏞傑出運動員獎得主

I am TAM Chun Ho Damian, a Year 4 student from the Bachelor of Science in Biomedical Sciences, as well as the Captain of the Men's Volleyball Team. I am incredibly honoured to address you all today as the recipient of the prestigious Dr. Herman Hu Sports Awards and Scholarships and Stephen Hui Outstanding Student Athletes Scholarships. With deep gratitude, I would like to express my thankfulness for this recognition and support.



TAM Chun Ho Damian
譚竣顯
Bachelor of Science in Biomedical
Sciences
理學士（生物醫學）

I would like to begin by extending my sincere appreciation to Dr. Herman HU and Mr. Stephen HUI for their belief in me and their generous contribution to my educational journey. These awards hold great significance as they acknowledge the hard work and dedication I have put into both my academic and athletic pursuits at CityUHK and in Hong Kong. This recognition reaffirms that my commitment to volleyball and balancing my studies has been well worth it.

I am truly thankful to my former & current coaches and team manager Mr. Denis WAN. for their unwavering guidance and encouragement. Your mentorship has been invaluable in shaping me not only as an athlete but as a person. I have been fortunate to learn from such dedicated and knowledgeable individuals.

I would also like to take this opportunity to share a bit of my experiences of being a member of the Men's Volleyball Team over the previous five years. When I first joined the team, I was a self-centred player and very naive. Yet, I have started growing to be a leader after being the Team Captain for the past two years and learnt how to be a good leader. Through this role, I have improved my communication skills, learned to manage my emotions during competitions, and led my teammates through challenges. While it has been a demanding responsibility, I am grateful for the trust my teammates and coaches have placed in me. It is a very memorable growth experience. This role has brought me to a higher level in my volleyball career. Without my teammates and coaches, I wouldn't be able to achieve what I have right now.

These scholarships are more than just financial assistance; they represent a vote of confidence in my potential. I am committed to continuing my journey in sports or academics, either heading to Europe to play professional volleyball or staying in Hong Kong for further studies, and striving to become better and better in the future.

I am deeply grateful for the trust and support of everyone who has been a part of my journey. Thank you for believing in me and for your unwavering support.

最後，我希望藉著這個機會，再次衷心感謝胡曉明博士及許義鏞先生授予我這份珍貴的獎學金。你們的慷慨支持，不單減輕了我的經濟壓力，更能讓我更專注於排球訓練。

我亦希望再次感謝我的教練、領隊、以及城大體育部的支持和肯定，以及隊友和朋友一直以來的信任和鼓勵。畢業後我定會繼續我的排球生涯，亦會將自己一直以來所學到的，回饋給城大排球隊。

Recipient of Dr. Herman Hu Sports Awards and Scholarships, Stephen Hui Outstanding Student Athletes Scholarships, Stewart Wong Scholarships for Prominent Table-tennis Players

胡曉明博士運動員獎及獎學金、許義鏞傑出運動員獎學金、王世濤優秀乒乓球運動員獎學金得主

I am MAN Dick Kwan, a Year 4 student from the Bachelor of Arts in Chinese and History, and also the Captain of the Women's Table Tennis Team this year. I am very honoured to receive the Dr. Herman Hu Sports Awards and Scholarships and Stephen Hui Outstanding Student Athletes Scholarships, which brings a successful conclusion to my four years of university life at CityUHK. I am very grateful to Dr. Herman HU and Mr. Stephen HUI for their continuous support to CityUHK Sports Teams and students. To me, this scholarship is the affirmation and encouragement to my many years of athletic career.

I would most like to thank our team manager Dr. Clara WONG and three coaches Mr. MA, Mr. KO, and Mr. LAU. After joining CityUHK, the focus of my life has gradually shifted to academic studies and part-time coaching, thus leading to a significant reduction in the time I devote to practice. I once worried that I would not be able to achieve good results in team competitions, but my coaches kept practicing with me and taught me advanced techniques. I am very grateful that they let me play the main position in the competition, and gave me many opportunities to demonstrate myself. In addition, I would like to thank my teammates for making my table tennis life at CityUHK fruitful. Looking back on the past four years, I have gradually grown from an individual athlete to a team leader. In the past, I was more concerned about my performance and achievements, but CityUHK Sports Teams have helped me understand the value of a team. A group of people support each other and encourage each other to reach the top, which equals to our slogan "Be the best that we can be".

Finally, the achievements of the CityUHK Sports Teams over the years are inseparable from the persistence and hard work of all student-athletes. I hope you can enjoy the time with your teammates while taking care of your heavy studies, and continue to achieve great results!

我是中文及歷史學系四年級學生文迪君，也是今年女子乒乓球隊隊長。大學生涯即將劃下句點，我非常榮幸此刻能獲得胡曉明博士優秀運動員獎及獎學金，以及許義鏞傑出運動員獎學金，為我四年的大學生活劃上圓滿句號。

我很感恩胡曉明博士和許義鏞先生一直以來對香港城市大學運動校隊和學生的支持。於我而言，這兩項獎學金是對我多年運動員生涯上的肯定和鼓勵，令我能夠在裝備和技術上有更多資源不斷增值自己，在未來的發展上繼續進步，尋求更好的成績。

四年城大乒乓球隊的生活，我最希望感謝球隊領隊 Dr. Clara WONG，以及三位教練 – 馬 Sir、澤哥和劉 Sir。升讀大學後，我的生活重心逐漸轉移至學業和兼職教球上，以致投放在練習的時間大幅減少。因此，我曾擔心自己無法回到巔峰狀態，為校隊取得佳績。不過，教練們在練習時會悉心教導我更新穎的技術，和模擬對手的打法，甚至在比賽前跟我進行額外訓練，讓我的球技得以提升。我亦十分感恩教練們對我的器重，讓我在比賽中擔任主力的位置，給予我許多機會好好發揮自己。



MAN Dik Kwan

文迪君

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

此外，我亦很感謝我的隊友們，你們為我四年城大乒乓生活增添了不少色彩。無論是練習前大家一起分享生活趣事，還是練習後共進晚餐，都是我們之間的美好回憶。回顧過去四年，我慢慢從個人運動員蛻變成球隊隊長。以前我只在意自己的表現和成就，但城大運動校隊讓我明白團隊價值，與隊友互相扶持、勉勵，登上頂峰。作為今年女子乒乓球隊隊長，令我感到最欣慰的是，看到不少年輕隊員在球技和處理球隊事務上都慢慢獨當一面，讓我能安心卸下隊長的重擔，交棒於下一批隊員們，接力譜寫城大乒乓球隊的傳奇。

最後，再次衷心感謝胡曉明博士和許義鏞先生對香港城市大學運動校隊和學生的關注和支持。城大運動校隊多年來的輝煌成就離不開一眾學生運動員的堅持和努力，希望運動員們在兼顧繁重學業之餘，也能享受與隊友們並肩作戰的時光，繼續勇創佳績！

Recipient of Dr. Herman Hu Sports Awards and Scholarships, The College of Engineering Student Sports Awards
胡曉明博士運動員獎及獎學金、工學院運動獎得主

Distinguished guests, faculty, and fellow schoolmates. Thank you all for being here today. It is my honour to express my sincere gratitude for the recognition and support I have received.

First, I would like to thank Dr. Herman HU for the Dr. Herman Hu Sports Awards and Scholarships. This scholarship helped me out financially, and it also encouraged me to work hard, both academically and on the court.

I'm also grateful to Professor LU and the College of Engineering for the College of Engineering Student Sports Awards. It shows that the University values students who excel in both academics and sports.

Being part of the CityUHK Handball Team has been life-changing for me. I owe a big thanks to our team manager, Mr. KWAN, who works tirelessly behind the scenes to support us. For my six years of study at CityUHK, he always tries his best to show up and support all of our competitions. When we are down, he always provides useful advice like a guiding light.

And our coach, Simpson, has been an amazing mentor. He is like a father to us who taught us the importance of teamwork, how to train as a team, work as a team and play as a team. It's helping me to grow as a leader and create a better bonding with my teammates.

Most of all, I'm thankful to all my teammates. Although we lost the most important game this year, we didn't give up on ourselves. We bounce back and finish this year with a memorable victory. Their supports and shared dedication have made my time at the University truly rewarding.

Looking ahead, I'm inspired to give back - whether by mentoring young athletes or using my skills to make a positive impact to society. Even as I prepare to embark on the next chapter of my life, I will forever carry the unwavering spirit of the CityUHK Sports Teams: "Be the best that we can be."



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

Thank you again to Dr. HU, Professor LU, and the whole CityUHK community for this honour. I'm grateful for your support.

首先，我要再一次感謝胡曉明博士授予我胡曉明博士運動員獎及獎學金，以及陸教授和工學院頒發的工學院運動獎。

六年前中學畢業的我，找不到自己的方向，加入了城大，亦成為手球隊的一份子，對於我來說絕對是人生的轉捩點。我要衷心感謝我們的領隊關 Sir，一直以來默默付出和支持我們。在城大這六年，每當我們遇到挫折的時候，關 Sir 也會給我們提供很多寶貴建議，就像明燈一樣。還記得季軍戰時，他很緊張地看我們比賽，就知道他多麼緊張我們。

另外還有我們的教練 Simpson，他亦是我們的良師益友。雖然他今年只是第二年於城大任教，但他已經跟我們打成一片，經常像爸爸一樣教導我們。我好感恩最後兩年的大專比賽，有他這位充滿熱誠的教練。雖然這兩年未能拿到冠軍，但我們想跟你說，你的努力是不會白費的，下年我們會變得更強。雖然我下年已經畢業了，但我還會以其他角色去支持你。

最後，最重要的是，我要感謝我每一位隊友。我們今年輸了一場很重要的比賽，但是我非常感激你們沒有放棄到之後的比賽。雖然今年的結果跟我們預期有點落差，但起碼每一場比賽都係無悔的，特別最後一場季軍賽是最難忘的。多謝你們為我的大專生涯劃上一個完美句號。

如無意外，今年是我在城大的最後一年。展望未來，我希望我可以把自己在城大所學到的，回饋社會，並為社會帶來正面影響。雖然我即將離開城大，但我會永遠記著城大運動隊的不懈精神。

再一次感謝胡博士、陸教授以及城大對我的嘉許和支持。

The 25th Jackie Chan Challenge Cup Hong Kong Universities Ball Games Tournament 2023

第二十五屆成龍挑戰盃全港大學籃球、乒乓球及足球邀請賽

“The Jackie Chan Challenge Cup”, hosted annually by the Lingnan University, serves as a precursor to the USFHK Competitions, setting the stage for intense contests. In the 25th Jackie Chan Challenge Cup, our teams showed resilience and determination, and achieving an outstanding performance with two gold, one silver and one bronze medals. This achievement creates a strong base for the upcoming intercollegiate competitions. The results of the “Jackie Chan Challenge Cup” are as follows:

每年由嶺南大學主辦的「成龍挑戰盃邀請賽」，都被喻為香港大專體育比賽賽季的「前哨戰」。今年踏入第 25 屆的「成龍挑戰盃」中，城大球隊勇奪兩金、一銀、一銅的佳績，成績彪炳，亦為緊接其後的大專比賽做好準備。「成龍挑戰盃」戰績如下：

Team	Result
Men's Basketball Team 男子籃球	Champion 冠軍
Men's Table Tennis Team 男子乒乓球	Champion 冠軍
Women's Table Tennis Team 女子乒乓球	1st Runner-up 亞軍
Men's Soccer Team 男子足球	2nd Runner-up 季軍



USFHK Sports Competitions 2023-2024

大專體育比賽 2023-2024



▲ CityUHK Sports Teams representatives attended the USFHK Annual Prize Presentation Ceremony.
城大運動代表團出席大專周年頒獎典禮合影留念。

The intervarsity sports competitions organised by the University Sports Federation of Hong Kong (USFHK), and sponsored by the Leisure and Cultural Services Department of HKSAR were commenced on 28 October 2023. This academic year's competition featured 35 events for men and women across various disciplines including athletics, swimming, ball games, racquet sports, combat sports, and dragon boat racing, etc. The events primarily followed single round-robin format, with the top two teams from each group advancing to the semifinals and finals. Teams placing third and fourth in their groups competed in a crossover knockout ranking match. The competition spanned 17 weeks, beginning in late October of the previous year and concluded on 24 March of the following year. Except for the Aquatic Meet, Men's Water Polo, and Cross Country Race, other one or two-day events were scheduled in the next semester.



▲ The champion team of Men's basketball displayed splendid form on the field.
冠軍男子籃球隊在賽場上展現英姿。

By the end of the preliminary stages, CityUHK Sports Teams had achieved remarkable results in 72 ball games, securing 56 wins and one draw, demonstrating their ability to compete against strong teams. In the Aquatic Meet and Water Polo, the Women's and Men's teams respectively won third place. As the competition intensified, 14 Sports Teams advanced to the semifinals, with six ultimately made it to the finals.

Summarising the year's achievements, CityUHK Sports Teams won seven gold, two silver, and five bronze medals, clinching both the Men's and Women's Overall 2nd Runner-up titles. A total of seven members from the champion teams were awarded as the Most Valuable Players in their respective sports. Additionally, HO Kwan Kit from the Men's Table Tennis Team was nominated as the Sportsman of the Year for his outstanding performance in USFHK competitions and his current world ranking. Congratulations to CityUHK sports talents.



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

The USFHK Annual Prize Presentation Ceremony was held at the Jockey Club Auditorium, The Hong Kong Polytechnic University on 14 April 2024. With more than 80 guests, team managers, coaches and athletes attending, including Professor Isabel YAN, *former Associate Provost (Student Life)*, and Dr. Larry NG, *former Director of Student Development Services*, who together witnessed and affirmed the year-long efforts and achievements of the CityUHK Sports Teams.

由香港大專體育協會主辦，香港特別行政區康樂及文化事務署贊助的大專體育比賽於 2023 年 10 月 28 日登場。本學年的比賽項目涵蓋有田徑、游泳、球類、拍網類、搏擊及龍舟等，共計 35 個男女子組別競賽項目，採用常規賽制進行，即大部份賽事以分組單循方式舉行，獲得最高積分的兩隊晉級準決賽及決賽。每組第三及第四名順序參加名次賽，全部採用交叉淘汰制方式。比賽自去年 10 月下旬開始，直至翌年 3 月 24 日，賽期持續 17 周；除了水運會、男子水球及越野跑之外，其他一或兩天的賽事均安排在下學期舉行。



▲ Men's Fencing Team players cheered after winning the champion.
男子劍擊隊奪得大專男團冠軍後，歡呼留影。

至初賽階段結束時，城大運動代表隊在 72 場球類賽事中取得 56 勝一和的佳績，展現了與強隊抗衡的能力。在水運及水球項目中，分別獲得女子團體季軍，以及男子團體季軍。隨著比賽進入高潮，城大共 14 支隊伍晉級四強，最終六支球隊成功進入決賽。總結本年度大專盃體育比賽成績，城大運動代表隊以七金、兩銀、五銅奪得男子全年團體總季軍及女子全年團體總季軍，當中七名冠軍隊成員順理成為該項目大專最有價值運動員；此外，男子乒乓球隊何鈞傑同學憑藉大專比賽的優異表現和當前世界排名，被提名為大專全年最佳男子運動員。恭賀城大運動健兒。



▲ Victory gesture of Men's and Women's Rugby Team.
男女子欖球隊以勝利姿態合照。

而大專周年頒獎典禮於 2024 年 4 月 14 日在香港理工大學賽馬會綜藝館舉行，超過 80 名城大嘉賓、領隊、教練和運動員出席，其中包括城大前任協理學務副校長（學生發展）甄潔明教授，及城大前任學生發展處處長伍清華博士，共同見證和肯定城大運動代表隊全年的努力成果。

Overall Result of CityUHK Sports Teams in USFHK 2023-2024 (13 Institutions in total)

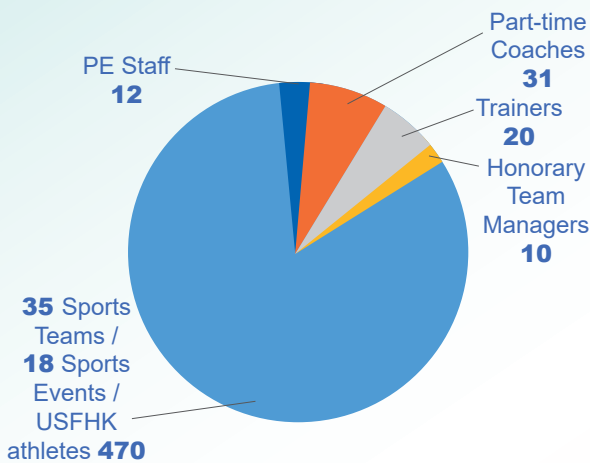
2023 – 2024 年度城大運動代表隊大專比賽成績一覽表 (共十三間院校)

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

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



CityUHK Sports Family



Honorary Team Managers

Basketball Team (Men)	Dr. Ron KWOK
	Dr. Louis MA
Rugby Team	Mr. John A.S. BURKE
Soccer Team	Mr. Joseph CHAN
Table Tennis Team	Mr. Stewart WONG
Tennis Team	Dr. Herman HU
	Dr. Charles WONG
Volleyball Team (Men)	Prof. Timothy SHEK
Volleyball Team (Women)	Mr. Derek Wu
Cross Country & Dragon Boat Team	Ms. Julyanna CHAN

PE Staff

Mr. Sunny CHAU Badminton Team Coach and Team Manager	Tel: 3442 8048 Email: s.chau@cityu.edu.hk
Ms. Rebecca LAI Fencing Team Manager, Dragon Boat Team (Men & Women) Manager	Tel: 3442 8053 Email: soperlai@cityu.edu.hk
Mr. Denis WAN Volleyball Team (Men) Coach, Rugby Team (Men & Women) Manager	Tel: 3442 8024 Email: denis.wan@cityu.edu.hk
Mr. Peter WU Tennis Team Coach, Basketball Team (Men) Manager	Tel: 3442 8149 Email: p.wu@cityu.edu.hk
Mr. Vincent KWAN Volleyball Team (Women) Coach, Handball Team (Men) Manager	Tel: 3442 8054 Email: v.kwan@cityu.edu.hk
Dr. Clara WONG Table Tennis Team Coach, Basketball Team (Women) Manager	Tel: 3442 7291 Email: choiki.wong@cityu.edu.hk
Ms. Winnie WONG Woodball Team Coach, Handball Team (Women) Manager	Tel: 3442 8052 Email: sopewsw@cityu.edu.hk
Mr. Gordis YAU Soccer Team (Men) Coach, Swimming Team (Men & Women) Manager, Water Polo Team Manager	Tel: 3442 8150 Email: sopeyau@cityu.edu.hk
Mr. Matthew YIP Athletics & Cross Country Teams Coach, Squash Team Manager	Tel: 3442 7290 Email: sopemyip@cityu.edu.hk
Miss Hoi Lam POON Athletics & Cross Country Teams Coach, Soccer Team (Women) Manager	Tel: 3442 6308 Email: hipoon4@cityu.edu.hk
Mr. Sunny LAU Karatedo Team Manager, Taekwondo Team Manager	Tel: 3442 8050 Email: sunny.lau@cityu.edu.hk
Mr. Jason CHAU	Tel: 3442 9104 Email: jason.chau@cityu.edu.hk

Words of Sports Captains

隊長心聲



Captain
CHONG Wing
Bachelor of Business
Administration in Accountancy

Women's Athletics Team

I would like to take a moment to express my heartfelt appreciation to my team members for their hard work and effort put in throughout the season. Our recent performances may not meet our expectations, but it does not define us as individuals or as a team. Injuries are a part of the athletics journey, and they test our determination and adaptability during challenging times. We have proven our skills and potential in the past, and I believe in our ability to bounce back stronger than ever. Let's use this experience as a motivation to work harder, train smarter, and push ourselves beyond our limits. Together, let's come back stronger and "Be the best that we can be"!



Captain
SIT Hoi
Bachelor of Social Sciences in
Public Policy & Politics (Housing
and Urban Studies)

Men's Athletics Team

It has been a truly memorable experience for me to be the captain of the Men's Athletics Team. In recent years, our team has encountered challenges due to the graduation of senior team members, resulting in an inadequate number of team members, especially in short-distance events. Here, I greatly appreciate our members' willingness to try new events to address this shortage.

In the USFHK Athletics Meet this year, our members exerted their utmost efforts to achieve impressive performances in various events. Despite getting different levels of illness or injury, they persevered until the end of the games, literally showing the spirit of "Be the best that we can be!" It is also worth mentioning that we achieved 1st Runner-up position in the 4x400m event, marking a significant improvement compared to previous years.

Towards the end of the pandemic, we participated in a training camp in Tainan in January, along with the Women's Athletics Team and Cross Country Team. The training and experience sharing over there provided us with valuable insights, both technically and mentally. Additionally, this outbound training also served as an excellent team-building opportunity, enhancing good communication and connection among the team members.

Lastly, I would like to express my appreciation to our manager, Mr. Matthew YIP, and our coach, Mr. WU, for their unwavering support and guidance throughout this academic year. With each team member's continuous improvement and the addition of new members in the upcoming year, I am confident that the Men's Athletics Team will achieve even greater accomplishments in the future!



Captain

KONG Yan Kiu

Bachelor of Business
Administration in Management

Women's Badminton Team

Each match was tough this year, but we tried our best to win every single point. Although we only achieved 5th place in the USFHK Sports Competition, we already did our best and hope to get a higher ranking in the coming competition.

Leading the team to engage in training is the best reward and I hope to increase the participation rate of the team next year.

Women's Basketball Team



Captain

WONG Tsz Ching

Bachelor of Social Sciences in
Criminology & Sociology



Vice-Captain

WU Ting Yan

Bachelor of Business
Administration in Finance

I'm extremely proud of our team! It was a difficult and life-changing experience with genuine growth and success that goes well beyond simple trophies and recognition, even in the absence of prizes or titles. This year has tested our commitment to cultivating a resilient, united, determined culture, and going above and beyond what we can. I have witnessed everyone's growth over the previous year. Even though we might not win every game, we have grown stronger both as a team and an individual. We emphasise the value of sportsmanship, collaboration, and the enjoyment of the game itself. We laugh together, celebrate little victories, and create enduring relationships that go beyond the basketball court. I'm proud to be the team's captain, and I have no doubt that the relationships and lessons we've acquired will endure and profoundly influence our future.



Captain

CHAN Yee Fu

Bachelor of Arts in Chinese and
History

Men's Basketball Team

As the captain of the Men's Basketball Team, I reflect on this year's competition with immense pride and gratitude. Our most impressive achievement was undoubtedly winning the USFHK championship, a result of the relentless dedication and hard work of our team. It was a critical moment that showcased our resilience and ability to perform under pressure.

Throughout the year, we faced numerous challenges and difficulties, both on and off the field. However, we approached them with a positive mindset and teamwork. We emphasised open communication, supporting each other, and adapting our strategies as needed. This unity allowed us to overcome obstacles and emerge stronger.

The greatest reward is their determination and team commitment inspire me to lead by example and foster a positive and supportive team environment.

I expect my team members to demonstrate dedication and discipline. I believe in setting high standards and encouraging each individual to strive for excellence.

I have gained valuable experience in leadership, communication, and problem-solving. I have learned to listen to my teammates' concerns, and provide guidance creating a supportive and inclusive environment for everyone.

Overall, being a sports captain has been an incredibly rewarding journey.



Captain

LUI Chak Hin

Bachelor of Business
Administration in Global
Operations Management

Men's Dragon Boat Team

As the Dragon Boat Team captain, I am immensely proud of our accomplishments during this year's competitions. Our most impressive achievement was defeating over 20 dragon boat teams and achieving second runner-up in the North District Dragon Boat Invitational Race. This showcased the determination and synchronised strength of our team.



Captain
HO Cassidy
Bachelor of Business
Administration in Management

Women's Fencing Team

It has been my honor representing the Women's Fencing Team this year. The team conducted intensive and outbound training, which provided opportunities for us to improve our skills, develop team spirit, and broaden our horizons through training with different skilled fencers that helped us prepare for the USFHK sports competition and our personal development. Although we did not achieve our goals in USFHK, I am glad that we all tried our best to fight for good results and showcased our skills, determination, and teamwork.

As a team, we pushed our limits, embraced challenges, and maintained a positive mindset to be the best that we could be. Team members support each other, learn from each other, share their passion, and commit to continuous improvement. They contribute their unique strengths, while also supporting and uplifting their teammates. I believe the trust we developed was invaluable and could lead the team to become stronger.

I would like to take this chance to thank my teammates, coaches, and team manager for their unwavering support, dedication, and hard work, and I am grateful for the opportunity to lead and work for the team.

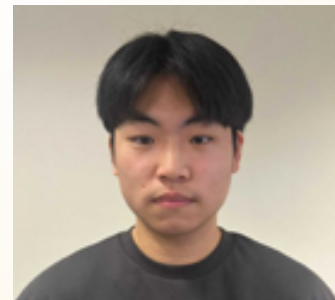
Men's Fencing Team



Captain
LUK Fu Wai Curtis
Bachelor of Business
Administration in Management



Vice-Captain
CHAN Man Hei
Bachelor of Science in Surveying



Vice-Captain
TANG Tsz Hong
Bachelor of Science in
Applied Physics

I am happy and proud to be a member of this incredible team as the captain of the Fencing Teams for this school year. I consider it a great honor to be selected to lead the team and represent CityUHK. I'm dedicated to creating a welcoming and upbeat atmosphere where each team member feels appreciated and inspired to perform to the best of their abilities.

I believe we can achieve amazing things on and off the field if we cooperate, encourage one another, and keep challenging ourselves. Together, we shall ably represent our University, exhibiting both our talents and the cohesive spirit.



Captain

LAM Loki Yoshi

Bachelor of Science in Surveying

Men's Handball Team

Over the past six years, I have been part of the Men's Handball Team and I have seen our team grow tremendously, both on and off the court. As the elected leader of the team since 2020, I have witnessed first-hand how each player came together to form an unbreakable bond of brotherhood through our shared passion for the sport.

Though obstacles such as inconsistent practice spaces presented challenges, our team spirit and perseverance never wavered. The motto of CityUHK Sports Teams - "Be The Best That We Can Be" carried us through countless hours of training as we strived for excellence despite limitations. While championships eluded us, the pride we felt representing our university was rewarding enough for the dedication poured into every game.

My final season capturing the captaincy brought a new appreciation for how far our team had come. Though the end of my collegiate career also meant farewell to teammates, the life lessons learned will always stay with me. Core values like leadership, teamwork, and good sportsmanship were woven into the very fabric of our team identity.

Going forward, I hope each member recognises their role in cultivating an atmosphere of growth, support and leadership through unity. Our legacy lives on inspiring future generations to be the best version of themselves, as we have through our commitment to this program. Championship or not, the spirit of "Be the best that we can be" is the true victory of our journey together.

Women's Karatedo Team



Captain

PO Shaiana

Bachelor of Arts in
Creative Media

A great year has passed, and I would like to thank our team for their effort and dedication. Even though our squad is small, I'm proud to announce that the girls have pushed their limits to the 3rd Runner-up position in this year's USFHK Karatedo Competition. I would also like to thank our coaches for putting in so much effort to help us overcome the obstacles we have always feared. They have even planned an outbound training for us to prepare better for the competition.

A special thank you goes to Mr. Sunny LAU for giving me the opportunity to be the captain of the Women's Karatedo Team in my final year at CityUHK and for always helping us with all the work behind the scenes, ensuring the smooth functioning of our team, which enabling us to focus on our goals. We may be uncertain about the future, but let's close the chapter of this year and embrace the uncertainty and surprise. I am sure we will continue to grow stronger than ever. Can't wait to see you all reaching even greater heights of success next year! Gayau OSS!



Captain

HO Tai Hei

Bachelor of Engineering in
Biomedical Engineering

Men's Karatedo Team

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



Captain

LAW Nga Wun

Bachelor of Business
Administration in Management

Women's Rugby Team

This year has been the most impressive year throughout my journey with the CityUHK Rugby Team. We finally bring the championship back home. Last year, our team suffered from injuries, but it didn't take us down. Instead, it made our team come back stronger. We played as a team, we got each other's back. One of the most interesting parts of our team is that we coincidentally worked very well though we have different types of players in our team. More than that, we won double champ with our Men's Rugby Team, for the FIRST TIME EVER. Although there were no mixed teams (Men's and Women's) in the tackle game, we still played as A TEAM. We supported each other's games, appreciating the good plays, and encouraging the bad plays. I'm so glad to be part of this team.



Captain

CHAN Chi Kwong
Kobe

Bachelor of Social Sciences in
Public Policy & Politics

Men's Rugby Team

We have been crowned USFHK champion for the third consecutive year. It is an unbelievable accomplishment. Our success can be attributed to the whole team, including all the team members, coaches and team manager. Becoming champions is a challenging endeavor and it's never easy, but teamwork makes the dream work. We bonded as a team and played for each other to make the impossible possible. Friendship is Diamond!

Women's Soccer Team



Captain
TSANG Lai Mae Halasan
Bachelor of Arts in
Digital TV & Broadcasting



Captain
CHEUNG Tsz Ching
Bachelor of Arts in
Digital TV & Broadcasting



Vice-Captain
LAW Ki Kwan
Bachelor of Arts in
Creative Media

The Women's Soccer Team was the champion in the match last year. However, with over half of the players graduating last year, we think there aren't enough players to participate in the game this year. Fortunately, many new players join our team this year. Though some of them have never learned football, they work hard and are helpful. I am less proactive in asking for help and I used to handle it independently, but they often ask me if there's anything they can help, so they help me a lot. Although we only got 4th place in USFHK this year, we have good team spirit. Despite our regrets about the game, we are still delighted and will stay together.



Captain
MA Yik Chun
Bachelor of Social Sciences in
Public Policy & Politics

Men's Soccer Team

First, I would like to acknowledge the commitment and dedication of each player in our team. From the first day of training to the final whistle of our last match, everyone has shown immense passion and determination. We have pushed ourselves beyond our limits, constantly striving for improvement both individually and as a collective unit.

Throughout the season, we faced numerous obstacles and setbacks and we could not get good results. We encountered tough opponents, injuries, and moments of self-doubt. However, our team truly shone during these challenging times, and we rallied together, supported one another, and never lost sight of our goals.

One of the most rewarding aspects of this journey has been the strong camaraderie that developed among us. We have become more than just teammates; we are a family. The bonds we formed extend beyond the football field, and it is this unity that fueled our success. We celebrated victories together, lifted each other up during defeats, and created memories that will last a lifetime.

As we move forward, let us carry the lessons we have learned to the next season and beyond. Let us continue to push boundaries, set new goals, and work together towards achieving greatness.



Captain

**LEE Sum Yuet
Rachel**

Bachelor of Social Sciences in
Psychology

Women's Squash Team

Being the captain of the Squash Team at CityUHK has been an incredible journey that I will dearly miss. This year posed the greatest challenge as we had limited players for the USFHK competition. Despite the odds, we defied expectations and reached the top four teams, a feat that filled us with immense pride.

Unfortunately, in the last game, our vice-captain suffered an injury and had to withdraw. It was a moment of profound disappointment, but it reminded us of the fragility of sportsmanship and the human body.

Amidst the trials, there were moments of triumph. I narrowly lost in the semi-finals but found redemption in our final match, emerging victorious.

As I bid farewell to CityUHK and my role as captain, I am grateful for the unforgettable experiences, the resilience of my teammates, and the lessons learned. The journey was challenging, but the camaraderie forged and the memories created will be cherished forever.



Captain

WONG Anson

Bachelor of Business
Administration in Accountancy

Men's Squash Team

The women's team finished fourth, and the men's team finished fifth. Although the results were not perfect and the journey was full of ups and downs, life is a process of seeking improvement rather than seeking perfection. It is precisely because of these failures, imperfections, and experiences that we become more complete individuals.

If the practices and these five days of competition have left you with some memories of your college career, some insights into life, and if all the time and effort you have put in this year have not been in vain.

As we approach our departure, I wish the vice-captain a speedy recovery, and I wish all the team members a bright future. Until we meet again in the future.

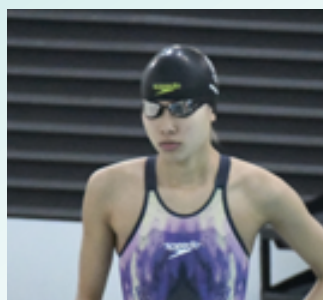
Women's Swimming Team



Captain

WONG Wai Nam

Bachelor of Social Sciences in Social Work



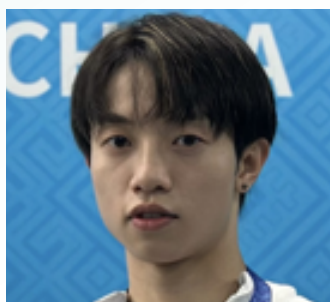
Vice-Captain

LI Yuet Sum Phyllis

Bachelor of Business Administration in Accountancy

As the captain of the Women's Swimming Team, it was my honour to lead the team. Despite facing challenges such as limited team members and a short preparation period for the USFHK Aquatic Meet, I am very proud that we still won the women's overall third this year. I sincerely thank our team manager and coaches. This achievement would not have been possible without their unwavering support and assistance in offering us the best training. I also appreciate team members' hard work and dedication in participating in each training session. I can see improvements in them, whether skill-wise or in self-confidence. It is through their collective efforts that we were able to achieve such remarkable results.

Lastly, I am beyond grateful to be the captain of this team in my final year. Looking ahead, I hope each team member will maintain their passion and drive during training sessions and continue to strive for their best for the coming year. I also hope more new blood will join the team and continue to achieve higher success together.



Captain

HO Chung Lun

Bachelor of Arts in
Media and Communication

Men's Swimming Team

As to reflect on this incredible year, it fills me with immense pride and gratitude. We have shown unwavering dedication, determination, and a relentless pursuit of excellence. Together, we have created an invincible force that has left an indelible mark this year. Our journey was not without challenges. We endured grueling training sessions and pushed our limits to the edge. Yet, through it all, we support and encourage one another every step of the way.

To our coaches, thank you for your unwavering guidance and belief in our abilities. Your expertise and passion have propelled us to achieve heights we once thought impossible.

To my teammates, remember that our journey does not end here. Carry the spirit of our team, the lessons we have learned, and the friendships we have forged into the next chapter of your lives.

It has been an honour and privilege to lead this extraordinary team. Together, we have proven that when we dive into the pool as a team, there is no limit to what we can accomplish.



Captain
DENG Eva
Bachelor of Social Sciences in
Psychology

Women's Taekwondo Team

As the captain of the Women's Taekwondo Team for the second consecutive year, I am incredibly proud to lead such a dedicated and talented group of athletes. Over the past year, we have achieved remarkable milestone and grown together as a team. I am thrilled to share that we have been granted a unique opportunity to enhance our skills and broaden our horizons through the Singapore overseas training in January. Apart from the skills that we learnt, we also harvested precious friendships with both our Singaporean friends and our teammates. The overseas trip has strengthened the connection between teammates and made us more united as a team. Although the training was tough and non-stop over the whole year, everything was worthwhile as we achieved excellent results in the USFHK Taekwondo competition. I would like to express my most heartfelt thanks and congratulations to my wonderful teammates. The contributions of every one of them are indispensable factors for us to achieve the overall 1st runner-up in the competition. I hope that in the coming year, we, the Taekwondo Team can embrace the challenges that lie ahead, support and encourage one another to foster our growth and unity, and strive for a better result in the USFHK competition next year!

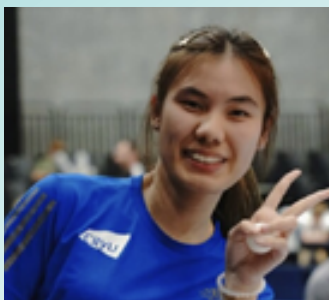


Captain
YAU Ka Cheong
Bachelor of Social Sciences in
Criminology & Sociology

Men's Taekwondo Team

It has been a year full of ups and downs. With the disappointing result last year and teammates graduating, this year we were starting from a difficult position with only a few senior players guiding the newcomers. However, with the same goal in mind, we soon came together and worked as a team. I am thankful to have such teammates who would alleviate my burden as a teammate and encourage me back during difficult times. Our team was suffering with injuries. Only teamwork and commitment let us overcome the injury problem and capture the overall 1st runner-up in the USFHK. Nevertheless, we would not be overly satisfied with the result and keep on grinding to the champion position.

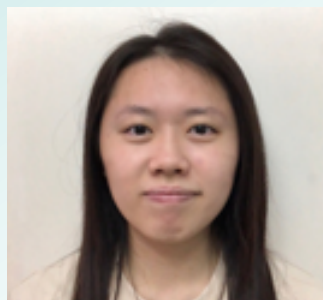
Women's Table Tennis Team



Captain

MAN Dick Kwan

Bachelor of Arts in Chinese and History



Vice-Captain

WU Hei Tung

Bachelor of Social Sciences in Psychology

I am very honored to be the team captain this year. It was my fourth year and the last time representing CityUHK in the USFHK competition, so I was strongly hoping that we could get the championship. However, the process was not that easy since there were several good players in CUHK, our opponent in the finals. We had lost to them during the Jackie Chan Challenge Cup. Therefore, we studied the videos of the matches and thought of various practices to improve. Eventually, our efforts were not in vain, and we successfully won the championship.

The greatest reward as a sports captain is being a mentor to lead others and help them to improve. Younger members will think that I am reliable, so they will share the difficulties they are facing with me, and believe that I can help them to meet the challenges. It is a wonderful experience because I have to develop a team, instead of individual players. The most enjoyable moment of being the captain is seeing how well other members have improved.



Captain

CHEUNG Man Tik

Bachelor of Social Sciences in
Social Work

Men's Table Tennis Team

As the captain of the Men's Table Tennis Team this year, our most impressive achievement was securing the first runners-up position at the USFHK competition. It was a defining moment that came from every team member's dedication. The harmonious and positive atmosphere we cultivated played a crucial role in our success.

Facing challenges and difficulties, I focused on maintaining a positive mindset, valuing and integrating everyone's opinion to foster teamwork. This inclusive approach helped us navigate through tough matches while constantly learning and growing as a unit.

The greatest reward as a sports captain is witnessing the collective spirit and improvement of each player. It's fulfilling to see the respect and support that we all share, and I am proud of our commitment to training together, and pushing each other towards excellence.

From my team members, I receive unwavering support and a sustained effort in training, which are the keystones of our team's development and achievements. As a captain, the experience has been immensely gratifying not just because of the titles, but the bonds formed and the shared journey of overcoming obstacles to rise stronger together.

Women's Tennis Team



Captain

LIN Wing Man Vivian

Bachelor of Veterinary Medicine



Vice-Captain

KWOK Hong Kiu

Bachelor of Business Administration in Accountancy

We are proud to have brought another championship to CityUHK this year. This accomplishment is a testament to the true power of teamwork, and we know that without each and every member, this incredible success would not have been possible. Each individual has shown unwavering commitment to the team, working hard together, cheering each other on, and pushing ourselves to be the best that we can be.

Speaking on behalf of the team, I would like to extend our heartfelt appreciation to Mr. Peter WU and our two other coaches, who are not only our mentors but also our closest friends. They have played a significant role in our training, empowering us to continually improve, prepare for competitive challenges, and their tireless efforts have contributed significantly to our growth and development.

Men's Tennis Team



Captain

POON Kin Yu

Bachelor of Engineering in Biomedical Engineering



Vice-Captain

LIN Zhinan

PhD Neuroscience

As the captain of the Men's Tennis Team this year, I have had the privilege of witnessing extraordinary growth and resilience among our players. This season, despite the challenge of losing a key player, our team demonstrated remarkable competitiveness, togetherness, and accountability. These qualities not only define a great team, but also highlight the spirit and determination that each member brought to the court.

Our journey through the USFHK competition showed us moving from a strong third place finish last year to fourth this year. Every match pushed us to our limits, yet it was incredibly rewarding to see each player not only improve their individual skills but also strengthen our collective prowess. This experience has made us better players and deepened our bond as a team.

Looking ahead, I am confident in our team's abilities to excel. The lessons we've learned this season have set a solid foundation for our future aspirations. With continued hard work and the same indomitable spirit, I am confident that we can reclaim and exceed our previous position, aiming for the top 3 in next year's competition.

I am immensely proud of what we have accomplished this year and excited for what the future holds. Let's carry the momentum forward and aim for even greater heights together!

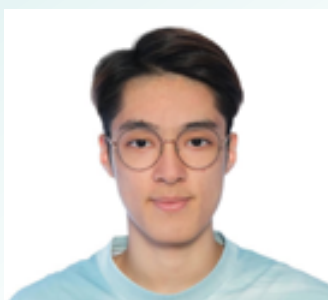


Captain
HO Wing Yan
Bachelor of Arts in
Translation and Interpretation

Women's Volleyball Team

I am proud to reveal that this year our team has achieved a 2nd Runner-up position in the USFHK competition. It has been an immense joy that our team completed a few 5-set matches and went to the finals. We all found it difficult, but we gave it our all in the competitions.

I am proud to be part of the team members in the span of university life, and I would like to express my thankfulness to CityUHK for organising the Japan and Taiwan outbound training programme for us, which has brought a lot of good memories and strengthened our bonds as a group. Taking this moment, I would like to thank our coach, Mr. Vincent KWAN, and our honourable manager, Mr. Derek WU, who have taught us volleyball skills, guided us patiently, and inspired us in all spheres of life. We have gone through challenges and communicated through new combinations this year, but it was nonetheless a rewarding year after all, and it has been valuable to go through all training and fitness sessions together. Lastly, let us be more determined, and surely we will go further together next year.



Captain
**TAM Chun Ho
Damian**
Bachelor of Science in
Biomedical Sciences

Men's Volleyball Team

Being the captain for the Men's Volleyball Team for two years was one of the most memorable and precious experiences I have had. Our team wasn't the best and the most experienced. Although we could not obtain the best results, I really enjoyed the time with my teammates on and off the court. These two years being the captain has made me a better player and better leader overall. I learnt to communicate better with my teammates and lead them through difficult times during matches. I really hope that they can continue the spirit and strive to become a better player and team upon my graduation. It is also crucial to believe in themselves as well as their teammates beside them. I wish the team all the best.



Captain

NG Chin Wing

Bachelor of Business
Administration in Global
Business and Information
Management

Men's Water Polo Team

As the captain of our Water Polo Team, I wanted to take a moment to reflect on our journey and share some remarkable achievements.

When we embarked on this endeavour, we faced a significant challenge in forming a team. Water Polo is not a common sport in Hong Kong, making it difficult to acquire teammates who were familiar with the game. However, our determination and perseverance paid off. We reached out to various channels and were fortunate to have some exchange students joining us, bringing their valuable experience and skills to the team. Their arrival marked a turning point, allowing us to finally form a cohesive and competitive Water Polo Team.

Despite facing hurdles and setbacks, we never lost sight of our goal. Through tireless practice and individual skill development, we grew as a team. Our hard work paid off when we achieved the second runner-up position in our USFHK competition.

This achievement highlights the power of sports as a universal language, breaking down communication barriers. It also emphasises the life lesson of teamwork, which extends beyond sports.

I want to express my deepest gratitude to my teammates for their unwavering support and dedication. Together, we achieved remarkable success. Let us continue embracing teamwork, striving for excellence, and inspiring others through our dedication and sportsmanship.

Women's Woodball Team



Captain

TSANG Sze Ching

Bachelor of Arts in Linguistics and
Language Applications



Vice-Captain

CHI Ming Yan

Bachelor of Social Sciences in
Public Policy & Politics

As the captain of the Women's Woodball Team, I am filled with immense pride while reflecting on the incredible journey we've had. Despite the unsatisfactory result, we have overcome challenges, celebrated victories, and grown both as individuals and as a team. Woodball is not just a sport; it is a passion that unites us and brings out the best in each of us. The dedication and determination I have witnessed from each team member have been truly inspiring. Whether it was practicing endlessly or giving your all in all games, your commitment has been unwavering.

Moreover, I am thankful to our coach Ms. Winnie WONG and trainers, who have stood by us every step of the way. Your encouragement and belief in us have been invaluable. The team would not be solid without your unwavering support.

As for the future Woodball Team, forgive yourself and move forward. Always train for the goal. You are not fighting on your own. We are always beside you and supporting you!

Men's Woodball Team



Captain

NG Hay Yui

Bachelor of Social Sciences in
Public Policy & Politics



Vice-Captain

TSANG Tsz Long

Bachelor of Engineering in
Civil Engineering

I am incredibly proud as captain of our team for the spirit and our performance in the USFHK competition this year. One of the significant challenges we faced as a team was our limited number of players. Despite having a small roster, we never let this hinder our determination or spirit. Each player stepped up and gave their all on the field. We supported each other and bonded together. Our bond as a team goes beyond the result of the competition, and I am grateful to have led such a remarkable group of individuals. Our memories and team spirit will forever be cherished.

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

學生發展處副處長（體育）結語



▲ Mr. Sunny CHAU, *Associate Director of Student Development Services (Physical Education)*
學生發展處副處長（體育）周日光先生

In this academic year, the intervarsity sports competitions were intensely competitive. Despite lacking a clear advantage, the CityUHK Sports Teams and their coaching staff united under the team's spirit of "Be The Best That We Can Be", and fought valiantly until the final moments. Ultimately, the CityUHK Sports Teams achieved remarkable results, securing 7 golds, 2 silvers, and 5 bronzes. This impressive tally narrowly earned them the overall 2nd Runner-up in both the men's and women's categories of USFHK sports competitions, a result that was both encouraging and surprising. The success this season, which kept CityUHK Sports Teams among the top three in USFHK, can be attributed not only to the outstanding performances of the athletes and coaching staff but also to the dedication of all students who gave their utmost effort. The most valuable, dedicated, and progressive members set an example for their teammates and became heroes within the CityUHK sports family.

The CityUHK sports programme places a high importance on recruiting talented student-athletes. Since 1996, over 1,000 student-athletes have been admitted, expanding its recruitment efforts to include international and local full-time elite athletes. Notable admissions include Mr. HO Kwan Kit, who is studying at the College of Liberal Arts and Social Sciences and a representative of Hong Kong table tennis team, a current Hall of Fame member, and a nominee for the Sportsman of the Year of USFHK. Another one is Ms. Grace LAU, an alumna from the School of Creative Media, who has received numerous accolades in world karate competitions. Their outstanding sports achievements bring honour to the University while also contributing positively to the community.

Excellent performance in sports depends on the support of other systems to aid in the holistic development of student-athletes. The Sports Ambassador Programme provides leadership training and opportunities to team captains and core members. This programme plays a crucial role in passing down team culture, promoting the team's image, and serving the community. This year, we engaged in over 50 sports-related and civic community activities.

Student-athletes need to focus on their training while managing their academics. To support this, the PE Section regularly monitors the academic performance of student-athletes. We have organised tutoring groups led by academically successful seniors and provided individual tutorial support. Athletes can also seek support or referrals from their coaches for appropriate follow-ups. This year, over 140 athletes achieved a GPA of 3.0 or higher, earning them the Academic Merit Awards, which serves to encourage and emphasise the importance of academic achievement among all stakeholders and student athletes.

As summer began, we conducted a "seamless learning" activity through the archery instructor programme, breaking down barriers between specialised teams and fostering the learning of new skills and concepts. Facing increasingly competitive sports competitions and a rapidly changing societal environment, the PE Section is committed to integrating a culture of health, physical education curricula, Sports Teams development, and infrastructural supports into a seamless framework to facilitate comprehensive development of student-athletes and to foster a healthy University.

今年的大專體育賽事競爭非常激烈，在沒有絕對優勢的情況下，城大運動隊隊員和領隊教練團結一致，以城大校隊精神「盡顯潛能，共創佳績」拼搏到最後一刻；最終，城大校隊以七金、兩銀、五銅的成績、僅以微小差距奪得男子和女子團體全年總季軍，這個成績令人鼓舞和驚喜。城大運動隊能夠在本賽季守住大專體壇的前三名，這不僅歸功於冠亞季隊伍和教練領隊們的出色表現，也有賴於所有全力以赴的同學。其中最具有價值、最熱心和最有進步的隊員成為了其他隊友的榜樣，也是城大運動大家庭中的英雄。

城大運動隊伍非常重視招募優秀的學生運動員。從 1996 年開始，城大已經錄取了超過 1,000 名學生運動員，這個計劃至今已經發展到招募海外，以及本地全職精英運動員；其中包括就讀人文社會科學院的男子乒乓球香港代表、本屆大專名人堂成員和全年最佳男運動員候選人何鈞傑同學，以及屢獲世界空手道比賽殊榮、創意媒體學院的校友劉慕裳小姐。他們傑出的運動成就不僅為學校爭光，也為整個社區帶來正能量。

運動場上的出色表現需依靠其他支援系統的協助，以促進學生運動員全人發展。體育部的運動大使計劃由各隊隊長和骨幹成員組成，並接受領袖和團隊訓練，對校隊文化傳承、形象推廣和社區服務扮演著重要的角色。本學年，我們以服務社羣的精神，動員起來，參加了超過 50 項大小體育相關和社區公民活動。

學生運動員需要專注於運動訓練，同時也要兼顧學業發展。為此，體育部定期監察各系學生運動員的課業表現。我們組織了成績優異的學長學姊，成立以科目為本的功課輔導小組和提供個別諮詢服務；隊員亦可隨時尋求教練領隊的支援或轉介，以作適切跟進；今年有超過 140 名隊員的平均積點達到 3.0 或以上，他們獲得了體育部頒發的學業成績優異獎，這旨在鼓勵和喚起所有持份者和學生運動員對學業和運動雙線平衡發展的重視。

在此初夏之際，體育部通過射箭指導員訓練，舉辦了員工「無縫」學習活動，打破了各專責團隊的界限，共同學習新的技能和概念。面對競爭日益激烈的大專賽事和快速變化的社會環境，體育部致力於融合康健文化、體育課程、校隊發展以及硬體設施支援，以無縫的架構幫助校隊成員全面發展，並建立一個健康的校園。

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Sports Teams in Action 花絮掠影

Athletics



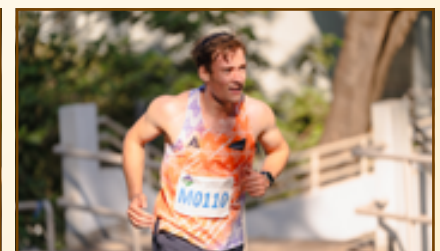
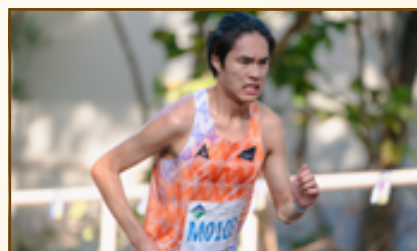
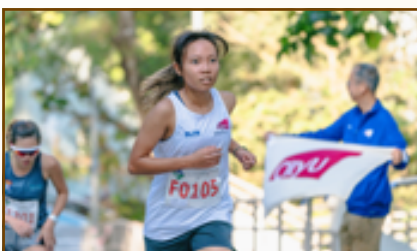
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