HKU Sports Team Newsletter

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CENTRE FOR SPORTS AND EXERCISE
THE UNIVERSITY OF HONG KONG

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Meet The Editors

Ms. Cynthia Fan
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BSS II, Sports Scholar
The 28th Hong Kong Open Sport Climbing Competition was held on the 4th of December at Shek Kip Mei Sports Centre, where our freshmen competed in the ‘maiden competition,’ allowing them to get a taste of the realm of competitive climbing. Our current teammates have yearned the opportunity to compete against Hong Kong’s best climbers once again. Both freshmen and current teammates achieved exceptionally well results, with Alasdair Kan [LLB VI] topping his route and coming in first in Men’s Amateur; whilst Kwok Chak Ming [BEng III] and Nicolas Lai [BSocSc(GL) & LLB II] came in closely behind, finishing second and fourth respectively. In the women’s competition, Connie Lau [BEng(EngSc) V], with the motto of ‘keep calm and carry on,’ remained steady and finished with flying colours with overall fourth place in Women’s Open, being her new personal best; whilst freshman teammate Chow Ming Yan [BSc I] stunned the crowds in her first ever competition with third place in Women’s Amateur.

The All China University Sport Climbing Championship 2016 (South China Area) was held on the 24th and 25th of September 2016 in Guangzhou, where climbers from universities across South China came together to compete and learn from each other. Connie Lau [BEng(EngSc) V], our past Ladies’ Team Captain, came in first in Ladies’ Category A1, beating all the other talented climbers that competed. The rest of the team also managed to compete in the finals in Men’s and Ladies’ Category A1 and A2, which is exceptional considering the calibre of the competition. The All China Sport Climbing Championship, being a large-scale overseas competition, was an eye-opener for most of our teammates, especially when competing against skilled climbers across China.

We would like to thank our team adviser Mr. Matthew Fung, our coach Mr. Terry Chan, and the University for their prolonged support to the Team and Club over the years, and promise to continue to strive for more outstanding results in 2017!
It’s been a busy first semester for the Karate U Team. Two months into practice, we were off to Guangzhou to participate in the 2016 All China University Karatedo Championship. Our team showed both strong determination and perseverance throughout the competition. The mixed kata team as well as the male and female team placed second. We also placed third for female team kumite. In the individual events, Raymund Wei, Nicole Lam and Theresa Wong received bronze medals in their respective categories. This has been an amazing experience for us as a team as we got the opportunity to grow and improve together. A big thank you to our coaches for their support throughout the training and competition. Our eyes are now set on the USFHK Karatedo Competition this coming March. Where we hope to make greater achievements.
Earlier in October, the HKU Rowing Team was honored to be invited to the Annual China Cup Rowing Regatta. This year, the regatta took place at the Xinglinwan Reservoir in Xiamen, Fujian. Other local university rowing teams were invited as well, namely CUHK, HKBU, Hong Kong Polytechnic University, and Lingnan University. For many of our crew members, it was the first time that they participated in a regatta that did not take place on the Shing Mun River. On top of that, it was a great opportunity for us to go head to head against universities from other provinces. Our men’s team was even lucky enough to contend with provincial teams. Unlike the regattas in many countries and in Hong Kong, the racing distance for China Cup 2016 was 500 meters, instead of the international standard of 2000 meters. The shorter racing distance meant a greater exertion of strength and explosiveness, rather than consistency and stamina. Although neither our men’s nor our women’s team could earn a position on the podium, this regatta most certainly broadened our horizons beyond the local university-level competitions.
The 20th Annual Jackie Chan Challenge began this year in October and ended on the 5th of November 2016. Athletes from local universities competed in a range of events, including basketball, volleyball, soccer and table tennis. Our Athletes have achieved remarkable results, congratulations to all!

**Basketball**

Women’s - 2nd Runner up

**Volleyball**

**Soccer**

**Table Tennis**

Men’s - 1st Runner up

Women’s - 2nd Runner up
The 37th Annual Intervarsity games (A.I.G) finally reached its end on the night of 22nd January this year. The Games, held together by the University of Hong Kong (HKU) and Chinese University of Hong Kong (CUHK), symbolize the friendship among the two universities.

A.I.G is comprised of aquatics meet, athletics meet, ball game and other sports events. This year, HKU was responsible for the organization of the aquatics meet, athletics meet and rugby event while the rest of the events were conducted at CUHK. The Aquatics meet was held on 16th October 2016 at the Henry Fok Swimming Pool, Stanley Ho Sports Centre, HKU. The Athletics Meet and Rugby match were conducted at Stanley Ho sports Centre, HKU on 21st January, 2017. While the ball games and archery event were held in the Sports venues of CUHK on 22nd January 2017.

The University of Hong Kong earned the championship position in the aquatics meet while the Chinese University of Hong Kong got the overall champion in the 37th Annual Intervarsity games.
AIG Aquatic Meet

The 37th Annual Intervarsity Games was held at Henry Fok Swimming Pool on October 16, 2016. This annual event has been a long-lasting tradition between HKU and CUHK throughout the years, and it represented the friendship between the two universities. Our swimmers treasured every opportunity to get prepared for the impending competitions. Starting from the summer holiday till the two aquatic meets, our members assembled at our Henry Fok Swimming Pool at Stanley Ho Sports Center at 6:45 p.m. every Monday, Wednesday and Friday. With such tough trainings, our swimmers were able to fully prepare for the competitions.

The day of Annual Intervarsity Games finally came, and in such a valuable and memorable occasion, our teammates fought incredibly hard and fully displayed our team spirit. The effort we put in AIG eventually paid off. Our Women's team captured the Overall Champion, while our Men's team came was second. During the day, every swimmer had to overcome the searing heat and fatigue. In spite of this, we still tried our best and performed well.
AIG Ball Games & Archery

Soccer

Basketball

Table Tennis

Volleyball

Softball

Archery
AIG Athletic Meet

The 37th AIG Closing Ceremony
USFHK Competitions

The USFHK competitions gave our athletes the platform to compete and bond with other athletes from different institutions in Hong Kong. So far we have achieved excellent results in the USFHK competitions this year.

USFHK Cross Country Competition

On the 6th of November, 2016, our Cross country team participated in the 30th USFHK Cross Country Competition hosted at CUHK. The athletes of the HKU Cross Country Team had a fantastic performance, placing second overall! In the girls category, Wien Lee came in 7th place and Nestor Wong and Bonn Lee placed 4th and 8th place respectively, leading the guys to place of 2nd overall. May we congratulate our team and wish them all the best in the upcoming year!
USFHK Men's Water Polo Championship

The USFHK Men’s Water Polo Championship 2016-17 was held on 26th and 27th November at Wan Chai Swimming Pool. Over 100 athletes from 8 tertiary institutions participated in this remarkable event. HKU has sent out the strongest team ever, and winning the 1st place in this tournament. Competition results are shown in the table below:

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<th>PolyU</th>
<th>VTC</th>
<th>HKBU</th>
<th>CityU</th>
<th>EdUHK (Semi-final)</th>
<th>CUHK (Final)</th>
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HKU water polo team has been an established team for 4 years, but we faced many obstacle son the road to success. In previous competitions, we lost to PolyU, VTC, EdUHK and CUHK several times, but despite this we managed to recollected ourselves, we reflected on our weaknesses and strive to improve together. Despite all the ups and downs, our persistence and determination paved our road to success. Our team emphasizes the slogans “happy polo’ and ‘chill polo’, which helps us cultivate a warm and supportive environment for our teammates, so that we can stand together and strive for excellence. To us, champion is not just a title, but justifies HKU's motto:

薪火相傳，搏盡無悔
"You can't put a limit on anything. The more you dream, the farther you get" - Michael Phelps

The 53rd USFHK Annual Aquatic Meet

Time flies and another year has gone by. Dozens of things have changed: new faces, new captains, new caps and T-shirts... yet, there is one thing that never change throughout the years - the HKU spirit. This year has been truly rewarding. Our swimmers achieved satisfying results in both the 37th Annual Intervarsity Games and the 53th USFHK Annual Aquatic Meet.
Winter Training Camps

The winter break may be a time for many to rest, but not for our athletes. With the upcoming AIG and USFHK competitions, our sports teams used this opportunity to train overseas or continue their practice in Hong Kong with a few friendly matches. The winter break was the perfect time for them to elevate their performance and prepare for the upcoming season.

Handball Team Training

Date: 10-15 January 2017
Location: Ho Chi Minh City, Vietnam
We all treasured and valued this opportunity a lot and gained more than what we expected. We visited the table tennis teams of the National University Singapore (NUS), Raffles Junior College and Sunsports Club.

The playing styles of the Singapore players was completely different from Hong Kong players, which led us to significantly widen our perspectives. Other than table tennis, Singapore players have also demonstrated their sincere hospitality by bringing us to different scenic spots, which really made for a very fruitful 4-day trip.

Not only have we gained a lot of competition experiences, we also met many awesome new friends and our own team bonding rose to a new level. We are confident that what we have learnt could be used in the upcoming inter-university competitions. We would also like to express our gratitude to the Institute of Human Performance and the Hong Kong Sports for their invaluable support.
Karate Team Training

Date: 6-7 January 2017
Location: Cheung Chau, HK
Men's Basketball Team Training
Date: 7-8 January 2017
Location: Guangzhou, China

Badminton Team Training
Date: 30 January - 6 February 2017
Location: Kaohsiung, Taiwan
Thank you to our sponsors:

We would like to truly thank our sponsors for your generosity and active support. Your encouragement will definitely lead our athletes to obtaining precious opportunities and accomplishments, but most importantly, your support helps motivate us to be the best that we can be.

Mr. Alex Wong  Mr. Simon Tang  Mr. Fong Chan Ko
黄偉鴻先生  鄧國棠先生  方燦高先生

Mr. Terence Ng  Dr. Cedric Chiu  Mr. Liang Xiao Chen
呉偉民先生  趙汎青醫生  梁曉晨先生

Dr. Hui Yee Lung  Mr. Hui Wing Hang Wilson
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Our next issue will feature:

- Inter-University Sport Climbing Competition
- The 56th USFHK Annual Athletic Meet
- USFHK Fencing, Taekwondo, Karatedo, Rugby Competition
- Results of all ball game events of USFHK

Please stay tuned for any further updates! You can also find our newsletter by scanning the QR Code on the cover page or visiting us at http://www.lhp.hku.hk/ under Home > Sport > University Sports > Newsletter

See You all again soon in our next issue!
Stay active anytime

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