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Ms. Cynthia Fan  
Sport and Recreation Officer, CSE

Juliet Reuven  
BSS II, Sports Scholar
The HKU Athletics Team had undergone numerous trainings since summer and none of us had ceased pursuing for improvement. With endurance, our team had ignited on the sports ground in different competitions. This year, the 56th USFHK Athletic Meet was held on the 12th March 2017 in the Joint Sports Centre. Every athlete tried their best in competing with other athletes from different universities. Notwithstanding the challenges, our team managed to achieve encouraging results.

The highlight of the day was that our MVP, Chan Ming Tai, broke the records in all his individual entries, namely 100m, 200m and long jump. Both the Womens' and Mens' team had captured the 1st runner-up, in which it was the first time for the Men's team to enter into the top three. Overall, our team was also the 1st runner-up.

Without constant persistence and determination, our team would not have performed outstandingly.

We must give thanks to Ms. Ng and all our coaches, Mr. Wong and Mr. Ng for their unfailing support and guidance that lead our team to shine throughout the years! May we wish our team to continue with the spirit “TOGETHER, WE ACHIEVE’ and strive for excellence as time goes by!
The USFHK Fencing Competition was held in Flora Ho Sports Centre on 18th and 19th of February. Our team participated in all the events and obtained brilliant results. In the finals of Women’s epee, HKU fought a tough match against The City University of Hong Kong and managed to seize a narrow victory of 31:28. For Women’s foil, the team defeated The Chinese University in the finals with an overwhelming victory of 45:18. HKU Men’s foil also obtained gold by winning over The Chinese University with the score of 45:24.

The outstanding result of each event contributed to the overall ranking. Our male fencers gained a total of 152 points, while the female fencers got 160 points in total. Both our male and female fencers were titled as the champion in their category. At the end, we were named the overall champion and went home with three red flags.

We would like to thank our coaches for their guidance and everyone who came to support us during the competition, especially Dr. Michael Tse, Ms. Michelle Ng and Miss Cynthia Fan from the Centre for Sports and Exercise and our current and former teammates.
On 26th February 2017, the USFHK Taekwondo Competition was held in the Polytechnic University Shaw Sports Complex. There were ten players participating in the free sparring competition. Wong You Pan won the 1st runner-up in the Male Fin category. Kwok Ka Fai and Sze Tze Yuk won the 2nd runner-up in the Feather and Middle categories respectively. Also, our team came 5th in the male section.

The effort of our players are highly appreciated. Thanks should also be given to the spectators for their support, and to our coaches as well for teaching our fighters useful techniques. In the coming year, we are looking forward to having more students join our team.
It was a tough tournament for us as most of our players have just started rugby. However, the team had a positive attitude towards the match which made it an enjoyable and fun learning experience. The rugby team worked hard for the competition and showed no fear on the pitch.

We want to take this opportunity to thank our coaches because they have devoted a lot of time and effort to this young team and they are always supportive. Without them, the team bonding and spirit would never be the same.
USFHK Karatedo Competition

On the 5th of March, The Karate U Team participated in the annual USFHK Karatedo Competition 2016–2017 which took place at HKUST. This year the Men’s Karate Team came in 2nd Runner-up whilst the Ladies’ Karate Team came in 1st Runner-up. Combining the results of the day, we were awarded Overall 1st Runner-up.

Our team members showed great commitment in preparation for the competition and strived to perform to the best of our abilities in our respective events. We would like to thank our coaches and team manager for their continuous guidance and encouragement. They have definitely led us to our achievements this year. We would also like to extend our gratitude to the supporters who came to support us. On a final note, our team hope to keep our spirits high into the next academic year!
USFHK Soccer Competition

As last year’s runners-up, HKU men’s soccer team marched strongly into the semi-finals once again after recording four wins at the group stages. Unfortunately, our title hopes were crushed after suffering a stunning 2:1 defeat against CUHK. The team, albeit devastated, bounced back strongly and secured second runners-up after a hard-fought victory against reigning champions, City University of Hong Kong, thanks to captain Eric Wong’s game-winning penalty save following a goalless 120 minutes.

Despite this year’s disappointing result, HKU men’s soccer team achieved success in many different aspects. This team no longer consisted of scattered individuals but united brothers who fought wholeheartedly into achieving a common goal. It is this brotherhood and shared experience that we truly treasure and engrave into our hearts for the rest of our lives. Moreover, the defeat gave us an opportunity to learn and to make subsequent improvements, as individuals or as a team, to better prepare ourselves for next year.

Lastly, we would like to express our greatest gratitude to all coaches, alumni and fans for their unconditional guidance and support throughout the year.
USFHK Handball Competition

It has been a fruitful year for HKU Men’s and Ladies’ Handball Teams, as both successfully obtained a place in the final rounds of the USFHK Competition. Both teams have undergone ceaseless and intensive training in preparation for the USFHK Competition since July 2016, played numerous friendly matches, and devoted countless time to the team. The overseas training trip to Vietnam of late has bolstered the members’ skills and experiences, allowing them to achieve higher in the competition.

Hard work pays off, the Ladies’ Team unprecedentedly came third and the Men’s Team came fourth in the USFHK Handball Competition 2016-2017. Genuine gratitude and appreciation are expressed hereby to our coaches, CSE and Ms. Michelle Ng, for their collaborative assistance throughout the year. This year has been rife with delight and sweats. The members are cordially thankful, and we look forward to more fruitful years to come.
USFHK Table Tennis Competition

USFHK Table Tennis Competition 2016-2017 was held from November 2016 to February 2017. The long and hard-fought tournaments have finally come to an end and the results of our team are satisfactory. Our male’s team won the first runner-up, losing to CityU in the finals while our female’s team finished in the sixth place.

The competition was a great opportunity for us to learn about our own strengths and weaknesses. It also gave us more motivation to improve and most importantly it strengthened our bonding as a team. It was pleasing and rewarding indeed.

We would like to thank all team members for their great efforts and contributions to the team. We would also like to thank our coach Lam Ting for his encouragement and guidance. Sure enough, we look forward to achieving better results next year!
The competition was held at HKUST, there were a total of eight teams for men and seven teams for ladies. The men's team barely lost to BU in the last round as there were some very close games. The men's team achieved 3rd runner-up in the end. The ladies' team had a tough draw and faced the strongest teams in the preliminary round, and achieved sixth place in the end.

Although, the results were not as good as the previous year, the team learnt much and had a great time on and off the court. We would like to thanks CSE for providing squash courts for our weekly trainings. Special thanks to our coach, Yan Sir, and Hung Sir who supported our practice sessions. We really appreciated their support during the competition.
USFHK Tennis Competition

The USFHK has been a long but worthwhile journey for the HKU Tennis team. The season started in October, our team has come all the way from the preliminary round to the final match day on February 26. Our players from the men’s team and the ladies’ team have fought incredibly hard through some close matches and eventually came in 4th and 3rd. Although we did not come home with the champion trophy, like one of the greatest tennis players Rafael Nadal once said, "As a tennis player you can win and you can lose, and you have to be ready for both." this only leaves the team looking forward to our next season and future matches.

Congratulations and a massive thank-you to all our committed team members, our coach and those who supported us.
USFHK Badminton Competition

After another year of sweat and tears, the USFHK Badminton Competition has come to an end. This year, men’s team has got 5th place while girls’ team come to 4th place. We have to show our gratitude to our coaches, Ms. Wong and Mr. Fung as well as our sponsor Mr. Tang and Team manager Ms. Fan who are the greatest pillars behind us.

With the tough trainings and extra practices, we are able to bring our skills into full play during competitions. We proud ourselves of the sportsmanship and team spirit shown during the competitions. Yet, we will keep reflecting on our performance and improving ourselves to become better badminton players. We believe we can achieve more than what we have now and we are determined to surpass ourselves in the coming year.
USFHK Women's Basketball Final

We have set the ultimate standard of what it means to be a HKU basketball player - our determination, dedication, and perseverance as a team have availed us in excelling ourselves for the significant achievement. It was never an easy path to pursue your goal unwaveringly. There are full of inevitable challenges, disappointments and failures at play. Yet life holds special magic for those who dare to dream and stay focused along the road to success.
This year is a rewarding year for the team, especially with nearly half team graduating. We advanced step by step from preliminary rounds to semifinals, to Champion fights, and finally awarded with the Champion title. Regardless of how invaluable everything is, one undoubted truth is we have the best team we could have ever asked for. We would like to thank every single one in the team for the selfless contribution and commitment. We also thank our coach, sponsor, team manager and everyone for their incredible support. We wouldn’t be able to make it without you all.
USFHK Men's Basketball Competition

The HKU Men's Basketball Team took part in the USFHK competition this year. Finishing second in our group, we attained a respectable third place in the end, defeating rival City University on 18/3 at Chu Hai College of Higher Education.

During the group stage, our team defeated Shu Yan University, HKUST, CUHK and Lingnan University, lost to City University only in the last game of the group. As we progressed through the season, each team member improved their understanding of each other and the results have been reflected on court, with the team performing memorably against the eventual winner, Polytechnic University.

It was an impressive season where we were truly greater than the sum of our parts. We would like to thank our coach, sponsors and all CSE staff for their enthusiastic support throughout this year.
HKU Dragon Boat Team

Our team had a successful kick start of the race season at the Samsung 60th Festival of Sports Dragon Boat Race on 9 April 2017 at Kwun Tong Promenade. 32 male and 16 female paddlers fought hard in the Post-Secondary Category Open and Women’s races and went home with champions. Although both teams lost to CUHK and HKUST in one of the preliminary races, we still came home strong.

Congratulations to all team members for your hard work and determination, your hard work and effort have definitely paid off with the gold medal. With the unconditional support of our coach and continue perseverance of athletes, we hope to continue our success in the upcoming 3rd Inter-University Championships in late April, and the International Dragon Boat Race in June.
Joint University Netball Tournament

Netball Tournament is now coming very close to an end! This year, 9 Ladies’ and 6 Men’s teams from different universities had entered the tournament. We are excited to announce that our Ladies’ team had successfully won our third consecutive year of championship in the tournament, beating CUHK in the finals held on 1st April! Also, with our Men’s team once again made it to the Finals against EdUHK, working also towards their third consecutive Championship!

The team has learnt that good players inspire themselves, great players inspire others. The collaborative effort for winning the game can then be made. Here's a big thanks to our coach Iris, all teammates and friends! Without your warm and sweet support, we would not have enjoyed our championship as much as we had! And last but not least, a big shout out to the endless support we received from the CSE in the previous year!
HKU Women's Lacrosse Team

Following the success of Hong Kong Women's Lacrosse League 2015-16 as the Champion of Division 2, we were determined to continue our progress. While we lost many experienced players to graduation, we sought to expand and develop our talented pool of players.

One challenge we faced was the merging of the two league divisions, thus this year we competed against top teams in Hong Kong. While we suffered from tough losses, we learnt the importance of team rapport and unity. It was clear that a few more months of practice can lead to significant progress and growth as a team, which led us to better results later in the league. Overall, we placed 5th in the league, and we’re determined to continue to improve our ranking next year.

We would like to thank our dedicated coaches Hui Ka Hei and Fung Sze Yeuk for their hard work and always believing in us. We also extend our huge gratitude to our team manager Cynthia Fan for her unwavering support and assistance.
Our Other Teams

Women's Squash Team

Women's Volleyball Team

Men's Volleyball Team

Women's Soccer Team

All the glory and achievements came from endless hours of training behind the scenes. The road to success is never easy but we can all keep working to reach higher and go beyond our expectations. The editorial Board wishes the best to every single team despite what prize or what medal received. We hope to see everyone again in the upcoming issues of the Newsletter!
**USFHK Results**

Concluding with the USFHK Annual Prize Presentation Ceremony, let’s take a look at all the results and achievements of our HKU Sports Teams! Overall, the Men’s team got 5th place and the Women’s team got 4th. Well done to those that contributed, and we look forward to next year’s results!

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Thank you to our Sponsors:

We would truly like to thank our sponsors for your generosity and active support. Your encouragement 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
黄偉鴻先生

Mr. Terence Ng
吳偉民先生

Dr. Hui Yee Lung
許義龍醫生

Mr. Simon Tang
鄧國棠先生

Mr. Wu Chor Nam, JP
胡楚南太平紳士

Dr. Cedric Chiu
趙汗青醫生

Mr. Hui Wing Hang Wilson
許永鏘先生

Mr. Fong Chan Ko
方燦高先生

Mr. Liang Xiao Chen
梁曉晨先生

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Our next issue will feature:

- Sports Team Superpass Dinner
- Sports Team Summer Training Trips and Competitions
- Sports Scholars 2017/2018

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.ihp.hku.hk/under Home > Sport > University Sports > Newsletter

See You all again soon in the new academic year and wish you all a "Superpass" in the coming final examination.
Stay active anytime
Aquarius supports Sports Teams of the University of Hong Kong.

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