Sports Teams Newsletter

Team of the Year

Interviews and Farewells: Pages 14, 15

Superpass 2014: Pages 11-13

Website: http://www.ihp.hku.hk (News & Events)
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The Pride of HKU
The Athletics Team!

Results

<table>
<thead>
<tr>
<th>Annual Intervarsity Games (AIG)</th>
<th>The University Sports Federation of Hong Kong (USFHK) Athletics Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's: Champion</td>
<td>Men's: 2nd Runner Up</td>
</tr>
<tr>
<td>Ladies': Champion</td>
<td>Ladies': 1st Runner Up</td>
</tr>
<tr>
<td>Overall: Champion</td>
<td>Overall: 1st Runner Up</td>
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AIG

25th January 2014 brought the 34th Annual Intervarsity Games Athletics Competition between HKU and CUHK to Pitch 3 at Stanley Ho Sports Centre. Once again, HKU’s athletics team demonstrated their readiness to compete regardless of the weather and at which point of the training season they are in, clinching 16 Golds out of 30 and winning overall champion for both boys and girls. In addition, Chan Ming Tai Theophilus, HKU’s champion in 100m and 200m and first runner-up in Long Jump, was awarded the Men’s Individual Champion.
At the USFHK Athletics Competition (9/3/2014) this year, the men of the athletics team delighted and did us all proud, with the breakthrough result of THIRD overall, a great improvement from fifth overall last year! Another exciting news is the new USFHK long jump record at 7.25M, set by our very own Chan Ming Tai Theophilus! The ladies of the athletics team had a lot to prove as well after the extraordinary results of last year, especially since our strongest leg, Olympic contender Fong Yee Pui Erica, graduated last year. (May we take this opportunity to thank her for contributions, and congratulate her on her successful graduation!) Nevertheless, our girls fought and persevered, clinching 3 golds, 2 silvers and 6 bronze, and coming in second overall. In addition, high jumper Fung Wai Yee Jessica broke the USFHK high jump record with a winning jump of 1.76m, an astounding 16 centimeters higher than her next competitor! The efforts and success of the men and ladies came together to bring HKU to second overall! Congratulations and may their fire continue to burn!
USFHK Annual Prize Presentation

After one-year continuous effort, the results of various USFHK competitions have been released and the USFHK Annual Prize Presentation Ceremony was taken place in the Jockey Club Auditorium, The Hong Kong Polytechnic University in 27th April, 2014 (Sunday). Yet, our HKU sports teams had trained toughly and worked as hard as possible to push their limits. Thus we are able to place 3rd in the overall Men’s Teams. Coming to the end of the semester, let’s round up the performance of our sports teams. The results are as follows:

<table>
<thead>
<tr>
<th>Men’s Athletics</th>
<th>3rd</th>
<th>Men’s Rugby</th>
<th>5th</th>
</tr>
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<tbody>
<tr>
<td>Ladies’ Athletics</td>
<td>2nd</td>
<td>Ladies’ Rugby</td>
<td>6th</td>
</tr>
<tr>
<td>Athletics (Overall)</td>
<td>2nd</td>
<td>Men’s Soccer</td>
<td>5th</td>
</tr>
<tr>
<td>Men’s Badminton</td>
<td>2nd</td>
<td>Ladies’ Soccer</td>
<td>6th</td>
</tr>
<tr>
<td>Ladies’ Badminton</td>
<td>2nd</td>
<td>Men’s Swimming</td>
<td>1st</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>2nd</td>
<td>Ladies’ Swimming</td>
<td>4th</td>
</tr>
<tr>
<td>Ladies’ Basketball</td>
<td>4th</td>
<td>Swimming (Overall)</td>
<td>3rd</td>
</tr>
<tr>
<td>Men’s Cross Country</td>
<td>5th</td>
<td>Men’s Squash</td>
<td>3rd</td>
</tr>
<tr>
<td>Ladies’ Cross Country</td>
<td>3rd</td>
<td>Ladies’ Squash</td>
<td>4th</td>
</tr>
<tr>
<td>Men’s Fencing</td>
<td>2nd</td>
<td>Men’s Table Tennis</td>
<td>2nd</td>
</tr>
<tr>
<td>Ladies’ Fencing</td>
<td>3rd</td>
<td>Ladies’ Table Tennis</td>
<td>4th</td>
</tr>
<tr>
<td>Men’s Handball</td>
<td>3rd</td>
<td>Men’s Taekwondo</td>
<td>7th</td>
</tr>
<tr>
<td>Ladies’ Handball</td>
<td>6th</td>
<td>Ladies’ Taekwondo</td>
<td>5th</td>
</tr>
<tr>
<td>Men’s Karate</td>
<td>3rd</td>
<td>Men’s Tennis</td>
<td>3rd</td>
</tr>
<tr>
<td>Ladies’ Karate</td>
<td>2nd</td>
<td>Ladies’ Tennis</td>
<td>5th</td>
</tr>
<tr>
<td>Karate (Overall)</td>
<td>2nd</td>
<td>Men’s Volleyball</td>
<td>4th</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ladies’ Volleyball</td>
<td>3rd</td>
</tr>
</tbody>
</table>

Lastly, we would give our thanks to the coaches and team advisors. Without their support, the teams could not achieve the outstanding performance in 2013-2014. Looking forward to hearing good news from HKU Sports teams in the coming year!
30th April 2014 -
A Night For The Books

Superpass 2013-2014 celebrated the achievements and praised the efforts of students in this academic year, but this year's Superpass was an achievement in itself! To up the fun and enhance the atmosphere, this year's Superpass served the traditional Chinese dish, Poon Choi, instead of the usual buffet. Each Poon Choi offered uncountable varieties of meat, seafood and vegetable, so everyone was surely able to find something they liked! The atmosphere of joy, celebration and unity was truly realized during this year's Superpass.

But of course, how could the ceremonial Roasted Pig Cutting be left out of Superpass if everyone is wishing for "superpass" in their upcoming assessments and future aspirations? We thank our alumni, sponsors and IHP staff members for their participation in the cutting of the roasted pig, and wish everyone good luck in upcoming endeavors!

Team of the Year award, an honor bestowed on the team that shined that extra bit brighter than others, awarded for a combination of breakthrough achievement, admirable team spirit and exemplary effort, an award that belonged to....the Men's Basketball Team this year! They had clinched their first Champion at the Jackie Chan 17th Challenge Cup, demonstrating their persistence after ending up Second Runner-up at the same competition last year.
Sportsman and Sportswoman of the Year went to: Mr. Chan Ming Tai Theophilus from the Athletics Team and Ms. Moonie Chu Ka Mong from the Fencing Team.

Some of their remarkable achievements are as follows:

<table>
<thead>
<tr>
<th>Chan Ming Tai Theophilus</th>
<th>Moonie Chu Ka Mong</th>
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<tbody>
<tr>
<td>Hong Kong Long Jump Record (Feb 2013- 7.64m)</td>
<td>HK Junior Sports Star Award 2012-13</td>
</tr>
<tr>
<td>53rd USFHK Annual Athletic Meet: 1st in 100m, 1st in Long Jump, 3rd in Triple Jump</td>
<td>HK Open Fencing Competition: 1st</td>
</tr>
<tr>
<td></td>
<td>USFHK Fencing Competition: Epee Team Champion</td>
</tr>
</tbody>
</table>

Another award honoring the teams that demonstrated excellence in their field is the Outstanding Team Award, going to the Men’s Handball Team and the Badminton Team this year! Congratulations to both teams, and may their efforts and spirit persist!
We would like to take this opportunity to give special thanks to our sponsors, without whom much would be left to be desired, especially at this year's Superpass. Their presence at Superpass made the night even more memorable and enjoyable, with their participation in naming the winners in the lucky draw.

<table>
<thead>
<tr>
<th>Dr. Ada Ng</th>
<th>Mr. Chiu King Yin</th>
<th>Dr. Derek Wong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Ip Man Ho</td>
<td>Mr. Kwok Wai Chung</td>
<td>Dr. Lee Cheuk Kit, Tony</td>
</tr>
<tr>
<td>Mr. Lo Kit Shing, Steven</td>
<td>Mr. Luo Yi</td>
<td>Mr. Ng Chit Wing</td>
</tr>
<tr>
<td>Mr. Terence Ng Wai Man</td>
<td>Ms. Tsang Wan Sze</td>
<td></td>
</tr>
</tbody>
</table>

Without this organizing committee made up of students and the staff of IHP, Superpass could never be organized as successfully!

Apart from the joy and celebratory atmosphere of Superpass, sentimental and sad moments happened as well, with the announcement of the departure of two members from the HKU family. Cynthia Fan Kai Yung, nicknamed Yung Yung, is a beloved member of the IHP family and a mentor to the Ladies' Basketball Team, Badminton Team, and Karate Team. Her selfless contributions to HKU, IHP and our students were commemorated in a farewell video during Superpass. Ms Dora Yum, treasured coach of the HKU Ladies' Basketball Team, has had a great influence on the girls in the team despite her short time at HKU. Learn more about them and join us in remembering their efforts at HKU by reading the next section.
Sports Scholar Alumni Association

In June 1995, HKU launched the territory’s first Sports Scholarship Scheme to support student athletes in their concurrent pursuit of academic and sporting excellence. To date, 290 HKU students have been awarded and HKU Sports Scholarship. Apart from excelling at intervarsity competitions, HKU Sports Scholars also perform well in regional and international competitions, representing Hong Kong at major international competitions including the Olympic Games, the Asian Games and the Universiade.

More than 150 Sports Scholars from different generations, University staff, friends and distinguished alumni joined the HKU Sports Scholars Homecoming party hosted by the Vice-Chancellor Professor Lap-Chee Tsui in September 2012 at University Lodge. The party was the catalyst that led to the formation of the HKU Sports Scholars Alumni Association. The Association aims to promote HKU and the Sports Scholarship Scheme, to maintain bonds and foster friendship among members of the Association and different generations of Sports Scholars, to provide guidance and mentorship to current Sports Scholars as well as contribute to the community through participating in sports-related community service.

Founding Committee Members:
Elaine Chan 陳宇寧 (BEcon&Fin 2010)
Cynthia Fan 范啓蓉 (BSc(SSLM) 2007)
Vivian Lee 李穎詩 (BBA 1999)
Gordon Leung 梁家傑 (BBA(Acc&Fin) 2004)
Ada Ng 吳翠蓮 (MBBS 2005)
Margaret Szeto 司徒詠怡 (BSc(Surv) 1998)
Karl Wong 黃金球 (BSc(SSLM) 2006)
Interview with Ms. Cynthia Yung

Interviewee: Yung Yuni J
Interviewer: Nathalie Lam (NL)

NL: Can you tell us about when and how you started working at IHP?
YY: I entered hku in 2004 as an undergrad. When I graduated in 2007, I actually had a few offers, but I chose HKU because I wanted to spend more time here. As a sportswoman, I believe that there is a close link between exercise and wellness and this is an ideology that I hoped to promote in HKU. Additionally, I also wanted to do a Master and at that time I was also involved in Basketball league games. HKU provided the freedom I needed and the perfect environment for me to pursue all of these.

NL: Can you tell us more about your work?
YY: Most people know me as the manager of some of the sports teams, but that is actually only part of my job. One of the main projects that I am responsible for is Uni-Sports, where I have been working on developing a curriculum involving various sports courses and promoting it to staff and students at HKU. We try to inspire and encourage more people to enjoy exercise.

NL: That’s great – So where will you go from here?
YY: I have taken up an offer to do some sponsorship and marketing.

NL: Isn’t that very different from your work at IHP?
YY: Yes – complete change of field. When I was working at IHP, part of my job did include managing sponsors, so I have some experience in the area. But yes, it will be very different and I expect it would be quite challenging too.

NL: Are you nervous about making this change? It is your first full-time post outside of HKU right?
YY: I think I am more anxious than nervous. I am very excited that I am making this change and I really look forward to it. However, I have expectations about my “new life” but a lot of it is still unknown and this makes me anxious. It feels a little like when I decided to travel to Tibet.

NL: That was in April wasn’t it? How did you find it?
YY: It was a wonderful trip. Tibet is a magical and mysterious place that I have always wanted to go. Travelling to Tibet requires quite a lot of planning and preparation and so I never had a chance to do that in the last few years. I am glad I went this year, because it was a valuable chance to clear my head and prepare myself for the changes that are going to come.

NL: That’s great! Thank you for everything you have done for us. You have been a wonderful mentor to many student-athletes. Best of luck in your new career, I am sure we will see you again very soon.
Interview with Ms. Dora Yum (DV)
Interviewer: Nathalie Lam (NL)

NL: When did you join HKU and why?
DV: I joined in 2011. That was three years ago. At the time, I found out that some of my basketball friends, for example Hui Chung-ki (Class of 2013) and Yung Yung were here and they encouraged me to join.

NL: How do you like coaching here?
DV: I like that the girls here are smart and are quick learners. More importantly, we have good chemistry with each other and they can understand and execute what I want them to do.

NL: Any particularly memorable moments?
DV: It would have to be our game against Poly-U last year. They had many skilled and experienced players. But what we lacked, we made up for in fire and determination. The team worked very hard to prepare for this game. On the day, scores were really close and we only lost a few points in the last few minutes. Although we did not make it into the Semi-finals, I am proud of the girls for putting up a good fight.

NL: How do you think the team, or sports in HKU in general, had changed in recent years?
DV: When I first began coaching at HKU, I thought the hall culture here was really strong and hall teams were often prioritised over UTeam. However, I feel that recently, students are taking UTeam more seriously, which I think is a healthy change not only for the teams, but also for the players' personal development in the sport.

NL: So what is in store for year after leaving HKU?
DV: I will be splitting my time between studying for a Masters, my work as a teacher at Heep Yunn School as well as some other coaching work that I do. It is quite challenging because I do want to try my best in all these areas but it will also be very fulfilling.

NL: So any final messages for our Ladies' Basketball Team?
DV: 繼續努力！下午我要回香港參加決賽！
Other USFHK Competitions

In addition to the Athletics Team, we also have other teams who have had USFHK competitions. All of them have achieved glorious results and they are the following:

Taekwondo
- Men’s: 7th
- Ladies’: 5th
- Overall: 5th

Fencing
- Men’s: 2nd
- Ladies’: 3rd
- Overall: 2nd

Karatedo
- Men’s: 3rd
- Ladies’: 2nd
- Overall: 2nd

Rugby
- Men’s: 5th
- Ladies’: 6th

We would like to take this opportunity to thank all HKU sportsmen and coaches for their endeavour in participating and training for the competitions and making the impossible possible! Once again, congratulations to all sportsmen and we wish you all the best in the upcoming years! See you all soon!
Find the Sports!

Can you find the following sports events in the grid below?

archery  badminton  baseball
basketball  beach volleyball  boxing
 canoe  cycling  decathlon
discus  diving  equestrian
fencing  field hockey  gymnastics
hammer throw  high jump  hurdles
javelin  judo  kayaking
long jump  marathon  pole vault
 relay race  rowing  sailing
shooting  soccer  softball
swimming  synchronized swimming  taekwondo
 table tennis  swimming  tennis
triathlon  triple jump  volleyball
water polo  weightlifting  wrestling
In the ancient years of China, archery not only being practised as a tool for survival, but also played a main part in warfare; during times of peace, archery was even taken as a subject in examination. Till the 18th century, due to the growing popularity of firearms, archery started to develop into a competitive sport. Through daily practices and competitions, archers gained the high control over focus and relaxation, as well as their physical fitness. Based on long term observation, archers with proper training are able to recover several body posture problems, such as humpbacks.

Archery, in Hong Kong, serves as a leisure or competitive sport, a social activity, and an art of shooting; participants ranged from 8-year-old primary students to 70-year-old retirees. Although being an individual sport, collaborative contribution is necessary to successful competitions and effective practices, encouraging teamwork spirit.

Apart from Olympic style target archery, different competition styles, including field archery, hunting archery and even snow archery, are available worldwide. There are two main types of bows used in Hong Kong, namely recurve bows and compound bows. Recurve bows, as often seen in Olympic competitions, are the only type of bows used in Olympic; while compound bows are often used in specific competitions and hunting games. Due to their design and nature, recurve bows are widely used by European and Asian archers, for higher accuracy and shorter bow length than long bows. Compound bows, incorporate a pulley system, can store much more energy for a smaller pulling force, making them highly accurate and easy to shoot.

Archery, as a sport, benefits its practitioners in physical fitness and psychological well-being; as an art, it is opened for everyone, for any age to practice and learn the way of archers.

Strengthen yourself with bow, forging your heart through bow.

For more details, please visit Archery Club, HKUSU at http://www.archery.hkusu.hku.hk/
Kendo, literally the 'way of sword', is a kind of Japanese martial art, which originates from traditional swordsmanship. In this sport, players wearing kendo uniform and bogu (armour) will try to hit the opponent with their Shinai (bamboo sword) to get a point.

A typical kendo match is held in a square area from 8 to 12 meter square. Unlike other sports competitions, kendo match is adjudicated by a shimpan (referee) and two corner judges. A successful scoring requires at least two out of three judges' agreement (by raising their flags).

There are four targets in kendo: men (top of the head), do (abdomen), kote (wrist) and tsuki (throat). In most of cases, a point consists of two most important things: ki-ken-tai-ichi and zanshin. Ki-ken-tai-ichi refers to the synchronization of spirit, sword and body, achieved through accurately striking the target with the shinai and landing on the ground at the same time, (accompanied by a loud stamping sound), accompanied by the yelling of the target. Zanshin, or "the heart that remains", means to be in a state of physical and mental readiness in order to prevent any counterattack by the opponent.

It is important to note that competition is not the be-all and end-all of Kendo. Kendo is often referred as "ningenkaisei" (personality shaping), which emphasize Kendo as the journey to the betterment of one's personality and discovery of one's strengths through training up one's mentality and determination during the process.

For more details on Kendo, feel free to visit our website at www.kendo.hkusu.hku.hk or contact us through kendo@hkusu.hk
Coming Up...

- Sports Scholars (2014/2015) and Orientation Camp

- Summer Training Trips

- 2014 Taiwan National University International Handball Invitational Competition 2014 臺灣大學國際手球邀請賽 (1-6 July @ Taiwan)

- The 1st All China University Cross Country Championships (16 July @ Inner Mongolia)

- The 19th All China University Table Tennis Championships (5-10 August @ Beijing)

- The 18th All China University Badminton Championships (22-28 August @ Shandong)

- 2014 Chinese-Speaking World Region Intervarsity Sports Competition 2014 華人地區大學運動競賽 (25-29 August @ Taipei)

- The 14th All China University Athletics Championships (26-29 August @ Beijing)

Stay Tuned! :)