Overseas Training Trips & Competitions
A whole-new section on Nutrition

Featured in this Issue...

USFHK RESULTS
Meet the Editors

Each issue of the IHP newsletter is produced by a team of dedicated Sports Scholars. While the editors may come from different sports, and different faculties, we all work together to one single goal - producing a fantastic read for you all.

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From December 21 till December 24, our Ladies' Volleyball Team went all the way to Dehong, Yunnan in Mainland China to participate in the “Hong Kong-Macau-Yunnan Ladies’ Volleyball Competition” (“港澳滇”女子排球邀请赛). 5 teams participated in the match, yet although we did not win, it was a fruitful experience for the team, as they had the chance to spar with those at or above the level and make new friends with those with similar passions across China. Here we would like to extend a shout of thanks to all those who participated and supported the team throughout. Congratulations once again to our Ladies’ Volleyball team, and see you soon!
In December, Table Tennis team travelled to Singapore for training. It was a good opportunity for our team members to polish their skills through playing friendly matches with Nanyang Technological University (NTU). Through intensive training and competitive matches, the team has learnt more tactics and techniques and they would certainly be helpful in the future.

Apart from these, the team has also explored the culture and vibrant city life of Singapore by visiting various attractions such as Sentosa and Universal Studio Singapore. Besides all the enjoyment, it further strengthened the bonding within the team.

The HKU table tennis team would like to take this opportunity to express our gratitude to HKSPORTS Table Tennis School for funding the trip as well as their support in other external competitions.
The 3-day trip was held on 4 Jan to 6 Jan in Taipei.

On the first day, we had a brief practice after we arrived in Taiwan. After the practice, we went on to watch two matches from the Super Basketball League, the top-tier men's professional basketball league in Taiwan.

On the next day, we played two friendly matches with the local universities. One of them was the Champion of last year's University Basketball League. The two teams were both tough to handle. After the hard fought matches, we were able to learn from their spirits.

We played one final friendly match with a local high school on the last day. Upon self-reflections of our own performance in the previous day, we were able to play better in this game.

As our coach said, the trip is a treasurable experience for us to widen our horizon. Not only do we need to learn from the skills of the Taiwan players, more importantly we need to learn from their determination and fearless spirit. After the trip, we look to identify our weaknesses and make subsequent improvements. This better equips us to win the champion at this year's USFHK basketball final.
This year, our Handball Team had visited the Kyung Hee University in Seoul, South Korea from 5th January to 10th January, stayed and trained along with Kyung Hee University Handball Team for six days. This trip was an unforgettable experience for all of our teammates.

On the first day of the trip, we had a friendly match with their team and was defeated by them easily, however, this didn’t hold us back but instead had made us stronger and more united in the remaining days of the trip, and we had achieved a remarkable result scoring the same as their team. Everyday in South Korea, we had four training sessions, which wasn’t easy for us.

On the last day of the trip, coaches from the Kyung Hee University Handball Team gave us a few words, saying that our team had shown the spirit of “never say die”, performing better and better after the match on the first day, and they said they’re amazed by our spirit and are looking forward to train with us again.

Kyung Hee University’s Handball Team is one of the best team among all the university handball teams in South Korea, it’s our greatest honor to visit and to learn so much from them. We believe that this is a pathway for us to reach a higher level and to achieve the best result in the inter-universities competition.
The University Badminton Team went to Taichung for an intensive training trip from 11 January to 16 January to enhance the physical conditions of all as well as to establish closer relationships between team members. The team mainly had technical and fitness training in the morning session, and friendly matches with various institutions in the afternoon. The team had evaluation meetings every night to reflect on that day’s performance. Most of the members echoed that the friendly matches were the highlight of the trip, for they had got to learn from foreign players of different styles other than their local counterparts. Throughout the matches, they were able to find out the weaknesses which were not realized through their training in Hong Kong. Also, the trip facilitated the team in building closer ties between current members and freshmen, and between the men and women team. Although the 5-day trip went quite smoothly and all team members found it fruitful, there are still room for improvement. Without the strong support from the institute and much assistance from the Coordinator and the Coach, this trip would not have been possible. The team sincerely thanks IHP for helping us to prepare for the trip. To make the trip worthwhile, the team vows to train even harder in the future, strive for the best in the forthcoming competitions, and carry with us all the skills even after graduation.
On 11th January 2015, our team, Women’s Basketball Team embarked on the training trip to Taipei. It was a short but fruitful journey, lasting for three days. Preparing for the upcoming USFHK competitions, our team had 4 friendly matches with various opponents, ranging from secondary schools to professional teams from Women’s Super Basketball League in Taiwan (WSBL). In the face of player of better physique and skills, we learned a lot from these intensive matches. On the other hand, their team ambience was impressive too, with a strongly united team spirit and high efficiency in executing forms and drills. Certainly, it is worth learning.

Apart from training, we do squeeze some time for entertainment in our packed schedule, which is also basketball-related! We went to watch one of the Super Basketball League (SBL) matches. It is a pleasure of us to enjoy a professional game in a close distance instead of watching videos of it.

Undoubtedly, the whole experience is valuable to every player and to the team as a whole. For sure, we have improvement on our skills and better experience in watching how Taiwan players play. But more than that, we established stronger bonding in and off the court during the trip, which is precious.
During 13th-17th January 2015, our team went to Dajia, Taichung for a 5-day training. We had training for at least 3 hours every day with Mr. Sung, a Taiwanese coach. On day 2 and 5, we played friendly matches with 大甲高中女子手球隊and 大甲國中女子手球隊. Both were strong teams in terms of skills, speed and fitness. It was a great and rewarding experience competing with Taiwan players and we could see improvements in our team in just a few days’ time. Besides, we also spent one morning running up a mountain as part of our fitness training. Apart from exercise, our team also had a great time trying different kinds of street food and delicious local cuisine. Moreover, it was so much fun playing together in local amusement arcades after hours of training. Most importantly, all these experiences have together fostered lasting friendships amongst teammates, thus making us a better team in the coming year.
With conclusion of the USFHK Annual Prize Presentation Ceremony, let’s have a review of the results and achievements of all our HKU Sports Teams! We are very proud that our men’s teams are placed third in the overall results among the 11 tertiary institutions in Hong Kong.

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<th>EVENT</th>
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<td>VOLLEYBALL</td>
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On 28th February, the HKU Men’s Handball Team fought hard for victory, against City U, at the USFHK. Attracted by the exhilarated match and the meaningful venue, numerous students and alumni came together at Flora Ho Sports Centre. They cheered on ardently for all players, who responded with their unsurpassed performances throughout the intensive match. Although the champion trophy was not handed over to us, our team strove to excel and performed extraordinarily! Congratulations to the team and may our spirit continue to lift! We would also like to express our heartfelt gratitude to all those who supported our team throughout the memorable journey!
The HKU Ladies’ Volleyball Team did us all proud the whole way to the Champion Fight on 21st March, at City U. Fifteen highly determined and passionate ladies with remarkable strength formed the HKU team. The game attracted plentiful supporters, and even Biggie (the mascot of 26th Biennial Intervarsity Games) to come! Demonstrated our readiness to compete, our team finally came in second. This game was surely a milestone for our team to continue strive for great sportsmanship! No Barriers, No Limitations- Let’s hear it once again for our Ladies’ volleyball team, and may we all wish them all the best in reaching new heights!
A tough challenge awaited our university’s Badminton Team in the USFHK on 29th March at the City University of Hong Kong. Yet despite all the pressure placed on them, they managed to achieve flying colors and came back glorious, capturing 2nd place in the Ladies’ sector, 3rd in the Men’s sector and 2nd overall. Congratulations to all the individual winners and to the team, and thank you very much for all those who have supported the team throughout. Wish you all the best in the upcoming competitions!
Success never comes easy! The HKU Men’s Basketball Team marched into Southorn Stadium on 29th March, after another year of sweat and tears. This is the second consecutive year for our team to advance step by step from preliminary rounds to semifinals and finally to the Champion Fight. With the extensive promotion of HKU Basketball Club and the Sports Association, the stadium became a sea of green color, with cheers erupted from the stands. Although the champion finally went to Poly U, we were still incredibly proud that every team member persevered till the very end. **We would also like to take this opportunity to thank Dr. Cedric Chiu for his generous donations to the team.**
Once again, our University Taekwondo Team fought hard for our glory. It was a tiring match between universities at PolyU, yet countless students and alumni came to support our players. We may not be the ones who carried the trophy home, but we did achieve rather commendable scores, coming in 6th and 8th in the Men’s and Women’s Categories respectively.

Thank you very much for all those who came to support our team and those who were there silently backing up throughout the years. Congratulations once again to our team who did their very best in everything, and we wish you all the best in all competitions to come. See you all again soon!
The 35th Annual Intervarsity Games – Athletics, between HKU and CUHK, was hosted at CUHK’s The Sir Philip Haddon-Cave Sports Field on 24th January. HKU was once again the overall champion in both the Men’s and Ladies’ categories, with a wealthy collection of 15 Golds, 18 Silvers, and 17 Bronze.

It would be an understatement, to say that the Athletics Team did well at this year’s 54th USFHK Athletics Meet! The Ladies’ team surpassed all other universities and was the overall Champion in the Women’s Category. Another demonstration of the HKU girl power at the meet is that the Ladies’ 4x100m relay team also broke the USFHK record with a time of 48.44 seconds, slashing the old record by almost half a second! The Men’s team did HKU proud as well, with an overall position of Third among the 11 tertiary institutions, and Chan Ming Tai once again winning the MVP of the Meet. With the highest combined score, the HKU Athletics Team was the Overall Champion, recapturing the championship that was last won over 15 years ago, and truly demonstrating the meaning of the slogan of the year, “TOGETHER, WE ACHIEVE”! Congratulations to all!

***

Our very own USFHK Athletics MVP two years in a row, Mr. Chan Ming Tai Theo, has also once again been awarded the Hong Kong Amateur Athletic Association Athlete of the Year (Junior Category) this year, in recognition of his efforts and success in the field of Athletics (Long Jump). Congratulations and best wishes for the challenges to come!
The HKU fencing team participated in the USFHK Fencing Competition held on March 14th and 15th in Hu Fa Kuang Sports Centre in City University of Hong Kong and obtained outstanding results. The HKU fencing team managed to bring home with 1st, 3rd and 2nd in the Women’s, Men’s and Overall categories respectively. The table below shows the overall results:

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<thead>
<tr>
<th>Category</th>
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<tr>
<td>Men’s Overall</td>
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<tr>
<td>Women’s Overall</td>
<td>1st</td>
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<tr>
<td>Overall</td>
<td>2nd</td>
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This glory belongs to all team members who dedicated their time and effort in trainings and endeavoured in every match during the competition. Among all team members, Miss Law Hei Tung, Tiffany (BEng, Year 1) was selected as the Most Valuable Player for her excellent performance in both the Women’s Foil and Women’s Sabre team event. Congratulations to the HKU fencing team and Tiffany on such brilliant achievement and we hope you can keep excelling your limits. Good luck with future competitions!
The USFHK Karatedo Competition was held on March 15, 2015 in S H Ho Sports Hall, The Hong Kong University of Science and Technology. Members of the HKU Karate team participated in both individual and team tournaments with impressive performance. For individual events, the team successfully captured 1 gold, 1 silver and 3 bronzes.

For team events, the hard work and dedication of all the karate team members paid off as they brought home with 2 bronzes in both Ladies’ Team Kata and Men’s Team Kata. The team also captured 3rd place in Ladies’ and Men’s Overall categories respectively, and was able to secure the 3rd place in the Overall position. Congratulations to the Karate team and we look forward to their outstanding performance in next USFHK competition!
Sore limbs, aching body parts, mud all over - all these trophies of tough battles were littered over our University Rugby Team members, male and female, as they fought for our school in the USFHK competition. The competitions were held on 3rd and 4th April respectively, and the teams came back with promising results. Returning with 8th in the Men’s sector and 6th in the Ladies’ sector, the team deserves a warm applause for their efforts and achievements. Congratulations nonetheless, and a shout of thanks to all those who were there, or not, yet supporting the team via whatever means possible. All the best in the future!
Once again, our team came back with arms up in victory. Our Dragonboat Team came in 1st in both men’s and ladies’ categories in the 58th Festival of Sports Rowing Championships held at Shing Mun River on 5th April, 2015 (Sunday). It was a hot and sunny day but our rowers paddled on for the prize that awaited them. Congratulations to all the team members, thank you for your hard work and efforts behind the gold medal, and we wish you all the best in the many upcoming competitions that are in front of each and every one of us. See you all soon!
Our school’s netball team came home victorious after a long series of trials in the competition. Winning all the way through the qualification rounds, semi-finals and eventually the finals, both male and female teams came in Champion for the USFHK Netball Tournament. In addition to team awards, Jasper Chan and Cheung Yiu Wing also captured the female and male MVP awards respectively - a round of applause for each of them, and also the team for their awesome efforts and commendable achievements. Let us wish the netball team all the best, and that they will continue their legacy in the years to come. See you again next year!
OUR OTHER TEAMS...

Ladies' Soccer Team

Men's Soccer Team

Squash Team

Netball Team

Ladies' Handball Team

Ladies' Table Tennis Team

Swimming Team
While victory may be in our hands, every one of us know that all the glory came from hours and hours of training behind the scenes. It is never easy to get what we have right now - and it is only fair if we keep on working to reach even higher, and go even further. The Editorial Board wishes all the best to every single team - regardless of whatever prize you came home with, or whether you got a medal or not. We do hope to see you all again in the upcoming issues of the Newsletter, and that you will all continue to strive hard and achieve higher. A heartfelt thanks to every single one of you.
We are pleased to announce to you all that we have come home with the Overall Champion in the 35th Annual Intervarsity Games!

It was a tough fight across the past year - points were close among CUHK and us, yet we came back victorious, narrowing beating our opponents by a tight margin of 2 points overall! Our teams captured a total of 26 points (13 champion titles) over the total of 50 events in total (counting all male and female categories in all 12 sports, and the mixed group in archery). An excellent display of sportsmanship by our many teams at HKU, and we do wish you all the best in the upcoming competitions throughout the future years.

Nonetheless, behind each point and each victory is a hard-working athlete and their dedicated coaches, and HKU is proud of all for trying their best whilst doing something that they love. Thank you very much for your hard work and efforts throughout the term, and may this inspiring display of motivation, dedication and sportsmanship by students of HKU persevere!
With a growing interest level in physical activities and personal fitness, our IHP newsletter has included this new Fitness section for the first time.

After training, doing gym, or even playing ball games with your friends, what will you drink to restore your energy and replenish nutrients? Gatorade? PowerAde? Aquarius? Pocari Sweat? I believe that all of the aforementioned sports drinks are popular among sports lovers and athletes.

Indeed, these beverages really help us to maintain balance of electrolytes in our body and bring the level of minerals to normal levels, so that we can continue our work as if we just started.

Although it brings countless benefits to us, at the same time, in fact, it may triggers some potential health problems which we did not pay attention to before. For instance, guzzling unnecessary store-bought sports drinks can add excess calories, sugars and flavorings. Over time, it may comes up with different health issues, such as obesity or diabetes. Moreover, an overload of processed sweetener and artificial flavour is never a good thing. It does not contribute much to our health technically.

Therefore, I would like to share some simple and healthy ways to make sports drinks, in order to replenish electrolytes while avoiding any hidden extra unwanted chemicals.

1. Cranberry sports drink
   Ingredients:
   - 3 cups unsweetened cranberry juice (100% juice)
   - 5 cups water
   - 1/2 teaspoon salt
   - 2 table spoons maple syrup
2. Lemon-lime sports drinks
Ingredients:
- 1/4 cup of freshly squeezed lime juice
- 1/4 cup of freshly squeezed lemon juice
- 2 cups waters
- 1/8 teaspoon sea salt/salt
- 2 tablespoons honey for better tasting (optional)

3. Orange-lemon sports drinks
Ingredients:
- 1 cup coconut water (make sure it is organic with no added sugar and not from concentration)
- Juice of 1/2 lemon
- Juice of 5-6 oranges

Procedures for all of the above drinks:
1. Prepare a 500mL bottle
2. Mix all the ingredients and shake. Simply enjoy it!!!!

Hope you will like it. Don't hesitate! Just go to the supermarket nearby and grab all the materials needed. Simple & cheap!!!
Another half-year has skimmed through since the last time this Newsletter was published. Once again, our sports teams have done wonders and gave us wonderful surprises throughout the term. Congratulations to all who have won - not only the prizes, but also the valuable experience competitions entail; know that your efforts are recognised and well-appreciated by all. Keep up the hard work though, for we all await good news by the end of the holidays. You all deserve a warm applause of thanks for what you have achieved, and in advance for what you will achieve.

To those who simply love sports - you deserve a thumbs-up. Sports is not only about winning and experience, as the best thing about sports is happiness. Whether this is pleasure from making new friends, reaching new heights in a sport, particular experiences or awards or keeping fit does not matter - as long as this makes a good memory, one should cherish it.

The editorial team would like to take this chance to thank the many sports teams who have worked hard throughout the years, the staff at IHP who have provided their diserring support to the production of this newsletter, the alumni who have provided us and our teams with their much needed help and encouragement, and you all, for going through the pages of this magazine. A heartfelt thanks to you all.

See you all next issue!

- Editorial Board of the Sports Teams Newsletter (Issue 14)
This year, our University will host the 26th Biennial Intervarsity Games (B.I.G.) from 21st June, 2015 till 29th June, 2015. There will be more than 500 student athletes coming to our university from Australia, Indonesia, Macau, Malaysia and Singapore who will be competing with our own athletes in 8 different sports.

The Biennial Intervarsity Games (BIG), originally named TIG, was developed from an initial sporting foray by the University of Hong Kong. Students from HKU went to Singapore in 1949 to compete against the students from the new University of Malaya. Over 60 years, it grew into a quadrangular event between universities in Asia biennially. Thousands of student athletes participated in a variety of sports, along with its rich cultural and social functions, BIG became the largest-scale inter-university multi-activity sports event in Hong Kong.

Introducing the mascot of the 26th BIG - Biggie!

(from left to right) Dr. Alfred Hui, Ambassador; the mascot; Mr. Jay Lee, Chairman of the Organizing Committee of the 26th BIG
The upcoming issue is proposed to be published in October and will feature on the following items:

1. **SPORTS TEAMS SUPERPASS DINNER**

2. **THE 26th BIENNIAL INTERVARSITY GAMES**
   - 21st to 29th June at the University of Hong Kong

3. **HKU STUDENTS AT THE UNIVERSIADE GWANGJU 2015**

4. **SPORTS TEAM SUMMER TRAINING TRIPS AND COMPETITIONS**

5. **SPORTS SCHOLARS 2015 / 2016**

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

See you all again soon in our next issue!
The Editorial Board would also like to thank the following person(s) for their generous donations to the HKU Sports Teams:

Dr. Cedric CHIU
Dr. Clarence Y.L. HUI
Mr. Wilson Wing Hang HUI
Mr. Erik Wing Chung LI
Mr. Terence Wai Man NG
Mr. PUI Kwan Kay
Mr. Simon TANG
WU Chor Nam, JP
Mr. Jerry YUNG
SWIRE COCA-COLA HK
DARE TO SWEAT!
Aquarius supports Sports Teams of the University of Hong Kong!

Effectively replenish water and electrolytes*

*Replenish water and electrolytes lost in sweat