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- Sports Teams Superpass Dinner
- Biennial Intervarsity Games @ HKU
- Sports Scholars 2015/2016
- Summer Camps and Competitions
- Other Competitions (August onwards)
- More on Health & Nutrition

Know more about us at:
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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Balloons, magic, singing, and a showcase of sporting excellence - How do these all come together?

At the annual gathering of HKU's finest – 2014-2015 Sports Teams Superpass Dinner, held in Lindsay Ride Sports Hall on the 30th of April, 2015! Every year in April, we celebrate the achievements and praise the efforts of HKU's best athletes. And how to do this, if not by giving them a night to remember!

Most importantly, one of the highlights of the night, was the presenting of awards in recognition of improvement, achievement, and hard work.

The dinner opened with a traditional roasted pig cutting for good luck and of course, “Superpass”, for the more than 500 attendees, including senior management staff, IHP staff, sponsors, coaches and athletes from 28 different teams. This year, there were two special guests – the balloon man and woman with which everyone took photos and used as fun props in their team photoshoots! There were also hilarious and interesting costumes from several teams in attendance - farm animals, wizards, Santas in shorts and girls in neon were all spotted that night!

Following last year's success and enjoyment, traditional Chinese Poon Choi was served once again, giving all in attendance the chance to gather round with their teammates and coaches and enjoy an intimate meal together.
Wesley Chan from the swimming team wowed us all with his card tricks and magical acts, and Jason Chu from the athletics team stole the hearts’ of the audience that night with his beautiful singing voice.

The Outstanding Team Award went to the Women’s Volleyball Team, Ladies’ Athletics Team and Men’s Basketball Team. The Champion Team Award went to the Athletics Team and Women’s Fencing Team. Congratulations to all teams, and may they turn the glory and recognition into motivation for further success in the year to come!

Team of the Year Award, an honour 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 Handball Team this year! The Men’s Handball Team achieved First Runner-up at the USFHK Men’s Handball Competition this year, after many rounds of blood and sweat.

Last but not least, are our Sportsmen and Sportswoman of the Year.

Sportsmen of the Year:
- Chan Ming Tai (Athletics - BBA Year 2)
- Yee Hon Fai (Basketball - MBBS Year 3)

Sportswoman of the Year:
- Luk Yan (Swimming - MBBS Year 4)

A word of thanks must be given to all those that made the night a raging success - the organizing committee, staff at IHP, sponsors, athletes and coaches! May the coming years bring as much joy and achievement as this past year.
The Biennial Intervarsity Games, formerly known as T.I.G. (Triennial Intervarsity Games), has grown from a friendly game between HKU and University of Malaya into an international event between six universities.

Having Mr. Alfred Hui, a past BIG soccer player and HKU sports scholar (Soccer) as the ambassador, the 26th Games was successfully held in June this year. Participating parties included The University of Hong Kong, National University of Singapore, The University of Malaya, The Universitas of Indonesia, The University of Macau and The University of Western Australia. Not only did the this game serve a platform for universities students to compete in sporting events, it also provided opportunities for cultural exchange among students, such as visiting the Ocean Park and having a ball party for the athletes, with the theme -Rio/summer masquerade in Loke Yew Hall.

Facing top university players all over the world, our athletes competed to the fullest extent. We came first in 6 out of 13 events, including Aquatics (Female and Male), Athletics (Female), Basketball (Female), Table Tennis (Male) and Tennis (Mixed). Although the game only lasted for 9 days, our athletes have certainly gained experiences and knowledge that are deep and permanent in their lives! Most importantly, the aim of the Game, fostering goodwill and friendship through active participation in sports, has also been achieved.

Nevertheless, the 27th BIG will be hosted by The University of Malaya in 2017. Gaining more experience, our teams can surely stretch the potential and excel in the next BIG!
The HKU Sports Scholar Orientation was held successfully on 26 September, 2015 at the Robert Black College in campus. This year, we welcome 25 more talented individuals into our family, of which 16 are JUPAS applicants, and 9 are non-JUPAS applicants to the University.

In addition to being an opportunity for Sports Scholars to bond with one another and with IHP staff in a relaxing atmosphere, the orientation also serves to allow our new Sports Scholars to gain awareness, appreciation, and develop a sense of belonging and a sense of responsibility of being a HKU Sports Scholar.

The Editors would like to take this opportunity to acknowledge the Organizing Committee of the aforementioned Orientation. The members of the Organization Committee include HKU Sports Scholars (2014-2015), WONG Tsz Chung (Soccer), LAI Kak Yi (Soccer), CHU Chun Yin, Linus (Badminton) and WONG Michelle Chui Yee (Volleyball).

Let us all welcome the new cohort of Sports Scholars!
2015/2016 Sports Scholars

CHING Cho Miu
Swimming
BBA/BBA(Acc&Fin)

HUNG Daryl
Table Tennis
BSS

LAW Ho Ching
Football
BBA(Law)&LLB

LEUNG Gerald
Volleyball
BEdcon/BEdcon&Fin

IP Rainbow
Swimming
BBA/BBA(Acc&Fin)

TANG Hoi Yen
Table Tennis
BBA(Law)&LLB

LAU Cheuk Yu
Fencing
BA
2015/2016 Sports Scholars

BOULANGER Adam Rene
Man-yin
Football
BBA(Law)&LLB

TANG Yui Hong
Table Tennis
BDS

CHOI Chun Yin Ryan
Fencing
BBA/BBA(Acc&Fin)

NG Ka Ka
Swimming
BBA/BBA(Acc&Fin)

LAM Wing Shan Rachel
Swimming
BDS

LEUNG Chun Hei
Badminton
BEng
CHEN Tse Jia Kelly
Basketball
BSS

CHAN Ying Sinn
Athletics
BSc(SPEECH)

CHAN Man Kit Shin
Tennis
BA

YIP Ching Fung
Soccer
BSc(Exercise&Health)
2015/2016 Sports Scholars

LU Ching Yu
Soccer
BEng

CHEUNG Chun Lok Johnny
Football
BA

YEUNG Lok Hei Hazel
Athletics
BSc(Exercise&Health)

MAK Tsz Chun Starsky
Volleyball
BEng

FOK Sen Yin Stephanie
Swimming
BBA/BBA(Acc&Fin)

JULIET Reuven
Athletics
BSS

LAI King Chung
Karatedo
BSc
Gwanju Universiade 2015 was held in Gwanju, Korea from July 3rd-14th. We had a total of 13 athletes from HKU who participated in this international sporting festival. Led by Deputy Secretary General Dr Simon Lo, the team consists of:-

CHAN Wilson Kai Shun (Archery)
WOO Wing Tung (Athletics)
CHAN Ming Tai (Athletics)
POON Jason Wai Ching (Diving)
CHU Ka Mong (Fencing)
LIN Yik Hei, CoCo (Fencing)
CHENG Hiu Lam (Fencing)
HO Cheuk Suen, Circle (Fencing)
SIU Wing Leong (Shooting)
CHIU Chung Hei (Table Tennis)
CHAN Hok Ming (Taekwondo)
YAU Tze Ching (Men's Volleyball)
WONG Ho Kiu (Men's Volleyball)
The overseas training camp, one of the most anticipated events of the year, was successfully held in July in Yilan, Taiwan. The two-week training camp gave our rowers an opportunity to train intensively in an isolated place without any source of distraction. Rowing is a sport that values persistence just as much as strength. Training at 5am every day is definitely the most insurmountable challenge we have ever encountered; yet our determination, perseverance and team spirit have got us through all the water and gym sessions, circuits and squads for 2 demanding weeks. The training camp has undoubtedly boosted our performance in different varsity rowing races, in which Men’s Coxed Eight was crowned Champion 2 times this summer. Filled with sweat and tears, this camp has paved the way for our great success this year.

Shortly after the camp, the team had a competition from 13-21 September at Beijing Shunyi Olympic Rowing-Canoeing Park.

The editors would like to express their sincere thanks to all those who have contributed to HKU throughout the year, for without your support, our teams would not have gained such encouraging results.
15 representatives from the Men’s and Ladies’ Athletics teams, 2 coaches and 1 team manager travelled to Guilin, China during the summer holidays to represent HKU at the 15th All China University Championships.

This year, 4 ladies and 1 man even had the opportunity to compete in Category A, alongside some of the top athletes in China. In addition to the experience from such a high-level competition, our team members came back with 6 medals! The other 5 ladies and 5 men of the teams competed in Category B, achieving a combined overall rank of 6th! Out of the 38 Universities in Category B, HKU’s ladies were also ranked 4th overall.

Congratulations to all who have worked so hard for their goals!
The 19th China Universities Badminton Championship was held from 30 July to 4 August at the Beifang University of Nationalities. 5 male and 4 female athletes competed for HKU, and they came back with spectacular results. While the Women’s team came 9th out of 16 universities in Division A 1, the Men’s team came 3rd out of 33 universities in Division A 2, and will promote to Division A 1 next year.

For individual events, Kwan Chun Sun Victor came 5th in Division A Men’s Single (out of 128 players), and he also got a bronze medal with Chow King Chi in Division A Men’s Doubles (out of 128 pairs).

Our sincerest congratulations to all!
During the first weekend of September, the Swimming Team organized a two-day Orientation Camp at Cheung Chau marking the start of the competition season. There were 25 swimmers participating including a number of freshmen. The camp aimed to welcome our new team members, as well as to strengthen bonding among all swimmers.

Different from most orientation camps, the camp did not have a nonstop rundown with demanding physical activities, but simply different leisure and eating moments and a water game at Tung Wan Beach. Through the relaxing environment in Cheung Chau, the committee hoped to encourage conversations among freshmen and current students especially during the barbeque dinner and night talk sessions.

The team also took the opportunity to celebrate a member’s birthday at the occasion. The orientation camp was successfully held prompting the organization of similar events in the future.

Yet hard work pays off generously. In the AIG Aquatics meet held on 18 October at the CUHK Swimming Pool, and the USFHK Aquatics Meet the immediately following week on the 25th at Hong Kong Sports Institute Swimming Pool, the team came back with fabulous results: in addition to all the medals won in individual and relay events, we also got 4th in both Men’s and Female’s in the USFHK Aquatics Meet! A big hand to all our swimmers, and we do hope to see even better results in the years to come!
The 2015 Asian Under-23 Championships was held between 7 and 12 September 2015 in Ulaanbaatar in Mongolia. Among 28 fencers, HKU student Lin Yik Hei Coco managed to come first in Women's Epee Individual event. She defeated a strong Korean fencer in the final match with the score 15:8 and captured a gold medal for Hong Kong.

In Women's Epee Team event, Coco teamed up with 2 other fencers from HKU, Chu Ka Mong Moonie and Ho Cheuk Suen Circle. The team beat India to enter the semi-finals but could not advance to the finals as they lost to Japan by 39:41. They went home with a bronze medal.
Jackie Chan Cup
Date: 9-13 November
Venue: Lingnan University, H.K.

TABLE TENNIS TEAM

The 19th Jackie Chan Challenge Cup was held on 18 October, 2015 at Jackie Chan Gymnasium. The HKU Men’s Table Tennis Team came second after rounds of tough competition with the 8 other local universities. Congratulations to the team, and we do look forward to seeing even better results next year!

Hockey Championship
Date: 11-13 November
Venue: Shanghai, China

HOCKEY TEAM

The 5th All-China Universities Hockey Championship was held from 11-13 November, 2015 at the East China University of Science and Technology in Shanghai. Both our Men’s and Ladies’ teams came 1st runner up in their respective categories. We would like to express our sincerest thanks to their hard work both in the competition and in preparation for it beforehand, and we do look forward to more spectacular results in the near future!
A total of 1 Coach, 1 Team Manager, and 15 students went all the way to Guangzhou for the 2015 All-China University Karatedo Championship, and came back with fabulous results!

Luk Hei Tung and Wei Wing Kit returned with first places in their respective categories, namely Female Individual Kata and Male Individual Kumite (-70kg).

Lam Man Sum and Cheng Yuk Man Cherry came 2nd in their events, the former in Female Individual Kumite (-48kg) and the latter in the (-57kg) category.

Cheung Yui Ming, Leung Man Him and Sing Yuk Hong came third in their categories as well, which are Male Individual Kumite (-61kg), (-57kg) and (-70kg) respectively.

As a team award, Ay Chung Yan, Lam Man Sum, Ip Hang Tsz came back with a 2nd runner up in Female Team Kata.

Our sincerest congratulations to all winners, and we wish you all the best in the years to come!
The Panasonic 16th HKASA School Invitational Water Polo Championships was held on the 14th/15th November 2015. HKU entered three teams this year, targeting good results as well as bringing joy to the team members. Team A finished their first day of competition with 3/3 wins, outscoring their opponents by an average of 8 goals through the leadership of Captain Amanda Yeung and Harry Tse, ranking 4th after the first day of competition. The inexperienced team B and C fought hard throughout the day and team C successfully qualified for the ranking match in Day 2. Team C continued their success with better understanding among players and improved their ranking from 8th to 6th. Team A won a hard-fought battle against CUHK (8-7) in their first ranking match but lost a lip-biting match against IVE (9-8) under questionable calls and injuries, finishing 4th overall in the competition. The entire team had an amazing experience and would love to thank IHP for their generous support throughout the whole competition.
Physical activity has been a part of human life for longer than we can remember. Despite the fact that the amount of physical activity has varied in different parts of the human history (the Spartans for example had a higher physical activity level compared to the Ancient Greek culture), physical activity has always been a part of our life. In today's world, with the ever growing and improving technologies, physical activities were more performed as an interest to personal health rather than a necessity. In this section, we will be exploring some running tips as injury prevention together with exercise is important to stay fit and stay healthy.

Running or jogging is one of the most popular exercise among the urban areas. It's is one of the few exercises that require the least equipments and the lowest cost and could be done at any place, any time and anywhere. In this section, I would briefly introduce three major benefits on running and why it could be beneficial to our bodies.

First of all, Running makes you happier. If you've been working out regularly, you've already discovered it: No matter how good or bad you feel at any given moment, exercise will make you feel better. And it goes beyond just the "runner's high"—that rush of feel-good hormones known as endocannabinoids. Lately, researchers found that even a single bout of exercise—30 minutes of walking on a treadmill—could instantly lift the mood of someone suffering from a major depressive order.

Secondly, Running helps you get skinnier. We all know that exercise helps burn calories. However, the bonus is that when you exercise, the burn continues after you stop. Studies have shown that regular exercise boosts "afterburn"—that is, the number of calories you burn after exercise. To make it even better, you don’t have to be sprinting at the speed of sound to get this benefit. This happens when you’re exercising at an intensity that’s about 70 percent of VO2 max. (That's a little faster than your easy pace, and a little slower than marathon pace.)

Third of all, not only would you get fitter, you would also be able to look younger with regular exercise. A December 2012 study published in Psychonomic Bulletin & Review concluded that the evidence is insurmountable that
regular exercise helps defeat age-related mental decline, particularly functions like task switching, selective attention, and working memory. Studies also consistently found that fitter older adults scored better in mental tests than their unfit peers. What’s more, in stroke patients, regular exercise improves memory, language, thinking, and judgment problems by almost 50%. The research team found “significant improvements” in overall brain function at the conclusion of the program, with the most improvement in attention, concentration, planning, and organizing.

The list of benefits from running/jogging or even other exercise may go on and on. However, it is important for us to remember that injury prevention is also as important as the exercise itself.

Stretching as mentioned above would be one of the major ways in preventing any muscle or joints injury.

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Editors’ Note:

With a growing interest level in physical activities and personal fitness, our IHP newsletter has included this new Fitness section last issue. We will include more items in future issues of the IHP magazine to better promote the topic of health and nutrition. Do stay tuned for more!
What's NEXT?

The 36th Annual Intervarsity Games, Ball Games & Archery
USFHK Taekwondo Competition
USFHK Athletics Competition
USFHK Fencing Competition
USFHK Karatedo Competition
USFHK Rugby Competition
USFHK Annual Prize Presentation Ceremony

In addition, the Editorial Board would also like to thank the following person(s) for their generous donations to the HKU Sports Teams:

- Dr. Cedric CHIU
- Mr. Chan Ko FONG
- Mr. John HUEN
- Dr. Clarence Y.L. HUI
- Mr. Wilson Wing Hang HUI
- Mr. Terence Wai Man NG
- Mr. Jackson PAU
- Mr. Simon TANG
- Mr. Alex WONG
- Mr. Jerry YUNG
- SWIRE COCA-COLA HK

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 our next issue!
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