Unleashing The Inner Sportsman

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

- Olympic Creed by Pierre de Frédy, Baron de Coubertin, founder of the modern Olympic Games
What is sport?

Anyone who has played it knows the thrill of victory, and the bitterness of defeat. But it is what is gained from participation – motivation, discipline, sportsmanship, teamwork, fair play, self-esteem and prowess – that are the worthy lessons learned and what sustains one through the adversities of life. Together, these qualities form the basis of the ethos of sport.

Sports have been closely tied with culture, how a civilisation perceives itself and the strength of a nation. The Greeks of antiquity were perhaps the first to institutionalise sporting events through the Olympic Games.

It is thus that HKU places such an emphasis on an all-round education that includes student participation in sporting activities to cultivate not only the mind but the body – because a healthy body goes hand in hand with a healthy mind.
Luck alone does not help the year one student. It is her desire to win, backed with the fortitude of good sportsmanship and the non-stop tough training that account for her success. From the age of eleven, Chan has dedicating herself to swimming and since then has focused entirely on the sport. Chan has represented Hong Kong in various overseas competitions with excellent results. Yet her most stellar achievements to date have been her selection to represent Hong Kong at the 2004 Athens Olympic Games, and at the coming 2008 Beijing Olympics.

“I once thought my career in swimming would come to an end after the 2004 Athens Olympics because I almost stopped practising in preparation for the HKCEE. I was admitted to Ohio State University after Form Five and received professional training there.”

“Then, I realised that if I tried hard enough I could represent Hong Kong again at the Beijing Olympic Games. Being part of the Olympics and studying in the US are two of my dreams. But the former, unlike the latter, cannot be put on hold!”

In 2007, she made a decision and flew back to Hong Kong. She was subsequently admitted to HKU, and since then has pursued a demanding routine with eight weekly training sessions, yet still managing her university schedule. Each practise day the Olympic hopeful travels between Sha Tin and Hong Kong Island; although this is a considerable commute, Chan insists on not skipping any classes.

“I have to thank my coaches, my family and friends. Without their support I wouldn’t be able to make it.” Chan stressed. “Also, the University’s Institute of Human Performance (IHP) for supporting my current training through the Sports Fund. The combined support helps to lower the stress of being a student and at the same time an athlete who is training intensively in preparation for the August Games.”

Since the end of her examinations in May, Chan has intensified her training. Extremely focused, Chan has only one goal in mind for the moment – to strive for those elusive Olympic laurels on August 15, her race day!

“It is an honour to represent Hong Kong at the Olympic Games, especially because they are being held in Beijing, on home turf.”
“Incredible! Now I can actually compete in the Olympics, it’s a dream come true!”

Kenneth Cheng Man-kit 鄭文傑 BBA (Acc&Fin) Year 1

Equestrian

Equestrianism, a sport that is relatively less popular in Hong Kong, is now deserving of more local attention. This is not only because Hong Kong is co-organising the Beijing 2008 Olympic/Paralympic Equestrian Events this summer, but also because a team of Hong Kong riders have obtained their Olympic Certificates Of Capability (COC) at a special qualifier in Hagen, Germany. One of the riders, Kenneth Cheng Man-kit, has been admitted to HKU but is deferring his studies in order to prepare for this year’s Olympics.

Cheng, who began riding at the age of eight, received intensive training over the successive six years. Now only twenty, he has shown a special talent, demonstrated by outstanding performances at both local and international shows. He has been commended by the Secretary of Home Affairs in recognition of his excellent results at the Asian Classic (1.30-1.40M) in the World Cup Final 2006.

In 2006, Kenneth took part in the Doha Asian Games and was the only Hong Kong team rider who advanced to the Individual competition. In 2007, Kenneth was a two-time winner in the last two World Cup Qualifiers, riding his now-retired horse “Kin Fortune”. He also took the Grimshaw Plate while “Kin Fortune” was named the Most Improved Horse of the year.

It takes little imagination to envision the arduousness of Cheng’s intensive training regimen. Add the tightly scheduled competitions in various European countries and one soon realises the reserves of dedication and discipline he draws upon to maintain this gruelling pace. European equestrian competitions usually start on a Thursday and finish on a Sunday. After competing, Cheng usually leaves for another competition that same night, horse in tow, arriving at the show ground before the following Wednesday for a “trot up” which examines the horse’s fitness in the presence of a veterinarian. It is Kenneth’s responsibility to ensure horses are competition ready.

The athlete’s keen and conscientious attitude will ensure his continued advancement in show jumping and achieving even better results.
More Olympic Hopefuls Join the Ranks of HKU Contenders

Lau Kwok-kin 劉國堅 BSc(SSLM) 2003
Men’s Individual Foil

Having been in the 2004 Athens’ Games, Lau is somewhat of an Olympics veteran! He will represent Hong Kong at the Beijing Games in the Men’s Fencing Foil. He is also the only male fencer from the Hong Kong National Team who has qualified for this year’s Games.

Lau showed his sporting prowess early on and was admitted to HKU as a Sports Scholar in 2000. The proof – he took the Bronze at the 15th Asian Games, Doha, 2006, in the Men’s Team Fencing Foil category.

Because of his work, Lau can only devote a limited time to training before the Games. Despite this, he will train intensively and ‘psych himself up’, both physically and mentally, to be on his best form for the competitions. His goal is to increase his overall capability by 100 per cent.

Vicky Chan Wai-kei 陳慧琪 BEng(CIV) 2005
Windsurfing

Another HKU athlete who will be going to the Games is Vicky Chan Wai-kei, a Silver medallist in Windsurfing at the 15th Asian Games, Doha 2006, and a Gold medallist at the World University Games 2004.

This being Chan’s first Olympic bid, she has been to Europe and Qingdao for further training to hone her technique and form. Interestingly, Windsurfing for her evolved from a summer vacation activity; she is somewhat at a loss for words that she is now an Olympic contender, but very excited and happy all the same. Chan also said that she will always value highly this opportunity to compete with other athletes from around the world and give her personal best. Besides being an excellent athlete, Chan also demonstrates her passion for Sports by serving as a Mentor to new HKU Sports Scholars this year.
A Milestone in Hong Kong Sporting History

Lam Woon-kwong 林煥光
BScSoSc 1974; MBuddhStud 2007
CEO, Equestrian Events (HK) of the Games of the XXIX Olympiad Company Ltd.

Time is Lam Woon-kwong’s biggest adversary! When he was named CEO of the Equestrian Company in March 2006, he knew he had only twenty-nine months to work hand in hand with Beijing, Qingdao and other Mainland cities in their preparations to host the 2008 Olympic/Paralympic Games.

“We have to rush to complete the venue construction work. A tremendous amount of resources (no less than HK$1.2 Billion) and professional efforts have been put into ensuring the timely completion of the two competition venues: the main one in Sha Tin, and the cross country one in Fanling.

“All of our preparatory work is on schedule, and we are now confident that we should be ready for the great Games come August 8,” Lam said.

For Lam, organising the Games is a highly complicated task. At any one time it involves working with more than one hundred agencies, meticulous preparations to ensure that all the agreed rules are applied, a contingency plan for adverse weather conditions, and working within an almost impossible time-frame.

“But our colleagues all know that we are working on a very worthwhile project that only comes perhaps once in a life time! We are all proud to be playing a part,” he said.

“Besides, by working hand in hand with Beijing, we will be able to showcase to the whole world the new face of our country.”

As an alumnus, Lam encourages his fellow HKU athletes to take to heart the Olympic Charter: “Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.”
Behind the Scenes
From Sportsperson to Sports Administrator

Pang Chung 彭沖 BA 1965
Honorary Secretary General of the Sports Federation and Olympic Committee of Hong Kong, China

Pang Chung, past record holder of the high jump, long jump and triple jump, was one of Hong Kong’s elite track and field athletes during Sixties. He represented the city in the 1962 and 1966 Asia Games.

The multiple record-holder transitioned from athlete to sports administration. Pang described it as “a lengthy process of education and exposure to the world of sports”.

“In 1978, I was sent by the Amateur Sports Federation & Olympic Committee (ASF&OC) to the International Olympic Academy in Olympia, Greece, to learn the ancient Greek conception of the Olympics. I learned about their training settings and imbibed the Olympic ethos that changed my outlook on sports and brought it to a higher plane – to serve the Olympic movement in Hong Kong.”

Pang was appointed Chef de Mission of the Hong Kong delegation to the 1994 Victoria Commonwealth Games and the Hiroshima Asian Games in the same year. In 1996, at the Atlanta Olympics, Pang was on hand when Lee Lai-shan brought home Hong Kong’s first Gold Medal in Windsurfing.

“Athletes are now held in high esteem in the community,” Pang said. “With funding support from the Government, athletes are given professional training, and their chances of participating in world-class competitions have also increased.

“Today’s athletes are well taken care of by the Sports Federation & Olympic Committee (SF&OC), International Olympic Committee and the Government. They are offered everything from youth development training to retirement schemes.

“I strongly encourage young sport talents to join the newly established ‘Hong Kong Athletes Career and Education Programme’ that lets undergraduates fulfill their sports commitments, then return to the university to continue their degree later,” Pang advised.
Vivien Fung Lau Cheung-chue

Some people don’t just fall in love with sports; they marry it and make it their lifelong partner!

This is the case with Vivien Fung, 1978 Trios Tenpin Bowling Bronze Medallist at the 8th Asian Games in Bangkok, HKU Sportswoman of the Year in 1964 and now an active member of management in several Hong Kong sports organisations.

In making the transition from athlete to a key player in facilitating Hong Kong’s sports industry, Fung has found a sharp change in mindset.

“As a sportsman, you excel for sports and focus on technical improvement. As a sports administrator; however, you must always bear in mind the promotion and development of the sports industry, soliciting resources and cementing partnerships. You have to think holistically rather than on a self-perspective.”

Witnessing Hong Kong’s sports development over the last few decades, Vivien finds the sportsmen today are more resourceful than in her day. “There was no coaching, no free venue for regular physical training. I had to use dumbbells to strengthen my wrist muscles!”

Fung believes that an athlete should be self-disciplined and able to show dedication to sports, not only to challenge personal goals but also for the glory of one’s country. Her parting words of wisdom: “Treasure what made you become a sportsman.”
HKU’s Winning Team

Distinction includes not only the pursuit of knowledge but also the pursuit of all-round capability. Sports are a very significant part of what it means to be a well-rounded individual. HKU students and alumni have once again proved their sporting mettle with encouraging results achieved in local, regional and international competition. The following athletes represent just some of the numerous HKU athletes who have shone in competition:

**Simon Chau Wai-man 周偉文 BSc Year 2**

From amateur road cycle racer, Simon Chau Wai-man began to race competitively three years ago. One of Chau’s strengths is hill climbing; he holds the record for the fastest ascent of Tai Mo Shan, an uphill time trial event whose previous record-holder was Wong Kam-po. Simon is now focussing on overseas competition and has been involved in races held by the International Cycling Union (UCI). He took first in the 2006 Guangzhou Shimano Biker’s Festival, 19th in the general classification (GC), the 23rd in GC in the Cepa Tour Hong Kong Shanghai (UCI 2.2).

**Joyce Wong Hiu-nam 黃曉嵐 BA & BEd (LangEd) Year 1**

Joyce Wong Hiu-nam began swimming at the age of eight. Early on, it became evident that her determination and perseverance would lead to greatness in the pool. Wong is a past Hong Kong Record Holder of the women’s 50m breaststroke, 100m breaststroke, 200m breaststroke and long course 200m breaststroke. She has represented Hong Kong in many overseas competitions, including twice at the National Games of China, and the 14th Asian Games.

**Michelle Cheung 張皓筠 MBBS Year 1**

Think of an athletic prodigy and the name Michelle Cheung is likely to come to mind. At the age of nine, Cheung took up a badminton racket and has been playing ever since, and with impressive results! She has racked up more than 100 Gold medals in domestic tournaments, national championships and international championships. She was also awarded the OCS London & South East region Young Sports Person of the Year award in 2005 and became the first United Kingdom player to have won all four titles of the U17 and U19 Six Nations European Championships and U17 and U19 Nationals in 2006.
Alex Fong Lik-sun 方力申  
**BBA (Acc&Fin) 2004**

Alex Fong Lik-sun is a well-known artist with the background of an athlete. He was one of the qualifiers who represented Hong Kong at the Sydney Olympic Games in 2000 and was also the University Sports Federation of Hong Kong’s “Sportsman of the Year” in 2002. HKU’s future athletic stars will be happy to know that, in a show of support for his *alma mater*, Alex is serving as a Mentor and will impart his invaluable sports experience to the new crop of Sports Scholars.

Lynette Cheung Yi-nei 張依妮  
**BSc (SSLM) 2006**

Bronze medallist Lynette Cheung Yi-nei took home the award as a member of the Women’s Team Epee at the 15th Asian Games Doha 2006. On the same occasion Wong Kam-kau 黃金球 (BSc(SSLM) 2006) and Lau Kwok-kin 劉國堅 (BSc(SSLM) 2003) of the Men’s Team Foil also took the Bronze. Cheung now continues her dedication and passion for sports through her work at the Hong Kong Sports Institute.

Derek Wong Ping-hong 黃秉康  
**MBBS 2005**

Things began auspiciously for Derek Wong Ping-hong when in 1998 he broke the Hong Kong record for the junior 15km cycling time trial. He hasn’t looked back since! He took top honours in the Hong Kong National Duathlon Championship in 1998 and racked up an impressive string of successes, including the Hong Kong International Triathlon Championship (Male 20-24), and Hong Kong National Aquathlon Championship (Male 20-29) in 2001. Wong entered HKU as a Sports Scholar in 1999 and graduated with an Outstanding Student Athlete Award in 2005. He is now an Executive Committee member of the Hong Kong Triathlon Association and Athlete’s Captain of the Hong Kong West Cluster Sports Association (HKWCSA) of the Hospital Authority.

Ada Ng Tsui-lin 吳翠蓮  
**MBBS 2005**

It is something to take note of when athletic prowess is combined with exceptional academic ability. This combination is embodied in Ada Ng Tsui-lin, a member of the Hong Kong National Squad Swimming Training Team (1995-98), an Individual Champion of the Annual Intervarsity Games (AIG) Annual Aquatics Meet (2000, 2004) and a Gold medallist at the Inter-University Championships. Ng also represented Hong Kong at the Chinese National Universities Swimming Championships in Tianjin in 2002. Besides her sports skills Ada excels academically as well. She is now a member of The Royal College of Surgeons of Edinburgh, having obtained full marks in the MRCS Oral Examination and is conducting research in laparoscopic surgery.
The Eternal Spirit of Sportsmanship

Over the years, HKU has been consistent in admitting and supporting sportsmen and sportswomen of exceptional athletic ability. Since 1964, the University has commended those whose achievements in sports merit acknowledgement with the “Sportsman / Sportswoman of the Year” Awards, they include:

<table>
<thead>
<tr>
<th>Year</th>
<th>Sportsmen</th>
<th>Sportswomen</th>
</tr>
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<tbody>
<tr>
<td>1964</td>
<td>Goh Tiow-seng 吳調聲 (MBBS 1964)</td>
<td>Vivien Fung Lau Cheung-chue 馮榴掌珠 (BA 1964)</td>
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<tr>
<td>1965</td>
<td>Sham Yue-long 岑如龍 (BSc 1967)</td>
<td>Lily Wong Tak-woon 黃德靚 (BA 1966)</td>
</tr>
<tr>
<td>1970</td>
<td>James Huang</td>
<td>Therese Chan Wan-tung 陳允形 (MBBS 1972)</td>
</tr>
<tr>
<td>1973</td>
<td>Tsu King-cheung 徐景祥 (BSc(Eng) 1973)</td>
<td>Stella Fei Sing-ki 费星奇 (BScSoc 1974)</td>
</tr>
<tr>
<td>1978</td>
<td>Wong Kam-hung 黃錦雄 (BScEng 1978)</td>
<td>Wong Siu-ngor 黃小娥 (BA 1979)</td>
</tr>
<tr>
<td>1997</td>
<td>Chan Hiu-ming 陳曉明 (BSc 1997; PCEd 2001)</td>
<td>Alice Chow Ngan-yue 周曼汝 (BSc 1998; MPhil 2001)</td>
</tr>
<tr>
<td>1998</td>
<td>Hui Chi-chiu 許智超 (BSc 1998)</td>
<td>Szeto Wing-yee 司徒詠儀 (BSc(Surly) 1998)</td>
</tr>
<tr>
<td>1999</td>
<td>Leung Kwok-bo 梁國寶 (BSc 2000)</td>
<td>Yau Ka-wai 邱嘉慧 (BEng(MMSE) 2000)</td>
</tr>
<tr>
<td>2003</td>
<td>Lam Yiu-chi 林耀智 (BEng(ME) 2005)</td>
<td>Cher Hung Shee-yee 熊雪儀 (BSc(ActuarSc) 2004)</td>
</tr>
<tr>
<td>2004</td>
<td>Lam Yiu-chi 林耀智 (BEng(ME) 2005)</td>
<td>Rennia Wong Teen-yen 黃天欣 (BEng(S) 2003; BEng(EE) 2004)</td>
</tr>
<tr>
<td>2005</td>
<td>Wong Kam-kau 黃金球 (BSc(SSLM) 2006)</td>
<td>Vicky Chan Wai-ki 陳慧琪 (BEng(CIV) 2005)</td>
</tr>
<tr>
<td>2006</td>
<td>Tobias Togberg</td>
<td>Cheung Yi-nei 陳依妮 (BSc(SSLM) 2006) &amp; Tang Chi-ling 譚芷婷 (BBA 2006)</td>
</tr>
<tr>
<td>2007</td>
<td>Zento Lee 李振濤 (BSc(SSLM) Year 3)</td>
<td>May Kwan Cheuk-ying 關梓瑩 (BSc(ActuarSc) Year 3)</td>
</tr>
<tr>
<td>2008</td>
<td>Wong Chun-yan 王俊仁 (BEcon&amp;Fin Year 2)</td>
<td>Elaine Chan Yu-ning 陳宇寧 (BEcon&amp;Fin Year 1)</td>
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As an international university in Asia, HKU values excellence in areas beyond the academic domain.

HKU was the first local university to introduce a sports scholarship scheme in 1995. Its purpose is to retain elite athletes in Hong Kong by taking into consideration their other areas of excellence beyond the academic domain. Each successful applicant is required to fulfill HKU entrance requirements and show his or her talent in a specific area of sports. To date, a total of 137 sports scholars have been admitted to HKU through this scheme.

To support Sports Scholars, the University offers the following measures:

1. Flexible study programmes allowing student athletes to continue training while simultaneously pursuing academic advancement. Windsurfer Vicky Chan was allowed to finish her engineering degree in five years instead of four.

2. Deferred admission permits students to reschedule their academic timetables. Kenneth Cheng was offered a deferred admission to prepare for his Olympic bid.

3. A Health Clinic, staffed by elite athlete professionals, offers advice and assists Sports Scholars by providing necessary training equipment and special programmes.

4. The Mentorship programme is a new initiative for Sports Scholars this year which aims at offering advice and support to athletes, and especially on time management issues. Two alumni, Alex Fong and Vicky Chan, have agreed to act as mentors.

The University of Hong Kong places great emphasis on providing a whole-person education, including sports, to its students. As a testament to this commitment, the University will be represented by two students and two alumni at the August Beijing Olympic Games.

And, through inculcation of this sporting tradition, HKU acknowledges its alumni, former athletes now involved in sports administration to further sport in Hong Kong.

The University supports its budding athletes through scholarships such as the Sports Fund for Students, and a Sports Scholarship Scheme, so that they may go on to win distinction, not only in academics but in athletics, for themselves, HKU and Hong Kong.

Sports Fund for Students: www.marathon.hku.hk/Fundraising.htm