

SPORTS & PHYSICAL EDUCATION 2023 - 2024

NEWSLETTER



mu 香港都會大學
HONG KONG
METROPOLITAN
UNIVERSITY

學生事務處
Student Affairs Office





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2023-2024 USFHK COMPETITION

TEAM RESULTS*

Men's		Women's	
Aquatic Meet	6th Place	Aquatic Meet	7th Place
Cross Country	5th Place	Athletic Meet	8th Place
Dragon Boat	6th Place 4th Place in Small Boat Mixed	Badminton	7th Place
Karatedo	8th Place	Basketball	7th Place
Rugby	7th Place	Cross Country	8th Place
Soccer	7th Place	Karatedo	6th Place
Table Tennis	5th Place	Table Tennis	6th Place
Taekwondo	4th Place	Taekwondo	6th Place
Volleyball	7th Place		

*Remark: A total of 13 participating universities and tertiary institutions at maximum

INDIVIDUAL RESULTS

Aquatic Meet	Men's 50M Freestyle	TSANG Pak Ho	1st Runner-up
	Men's 50M Butterfly		1st Runner-up
	Mixed 4x50M Freestyle Relay	CHOW King Him TSANG Pak Ho MA Wing Sum CHEUK Yuet Ying, Phoebe	1st Runner-up
Athletic Meet	Men's 100M	CHENG Cheung Hung	1st Runner-up
Karatedo	Women's Kumite (+61kg)	WONG Sui Kei	1st Runner-up
	Men's Kumite (-75kg)	LAI Chun Yu	2nd Runner-up
Taekwondo	Men's Black Belt Kyorugi (-74kg)	WONG Tsz Hin	Champion
	Men's Black Belt Kyorugi (+84kg)	LI Lap Fu	2nd Runner-up
	Men's Black Belt Poomsae (Style 7 & Keumgang)		3rd Runner-up
	Men's Black Belt Poomsae (Style 6 & Koryo)	XU Jinxuan	2nd Runner-up
	Men's Black Belt Poomsae (Style 8 & Taebak)	WONG Tsz Shun	3rd Runner-up

Letter to Sports Athletes



By Professor Ricky KWOK

Vice President
(Research and Student Development)
Chair Professor of Computer Engineering

1

I am a very lucky person

because sports and exercising have been an integral part of my life in the past 40+ years (notwithstanding the fact that my body weight has been roller-coastering within the range of 150-220 lbs). Starting from my primary school years, I have been playing many different sports (e.g., water sports, ball games, etc.). Not that I am particularly good at any one of such sports; I just wanna have fun.

2 Football

is the one sport, in which I spent a great deal of time, that enabled me to develop mental resilience.

It all started with physical resilience. I still vividly remember my feeling of the first training session in a youth football team. The coach basically just asked the players to do physical training (e.g., sprinting, push-ups, etc.). Indeed, we didn't touch the ball for the whole 2-hour session. When I expressed my frustration about not really playing football, the coach told me something like:

“As in martial arts, no strength, other than speed, is invincible!”
(cf. 天下武功,无坚不破,唯快不破!
in 《功夫》 2005).



I learned this by heart in many subsequent games. Physical strengths have always been a top priority ever since. Equipped with a fast and strong physique, winning 4:0, 5:0 in a breeze were frequent events.

So much so that I became used to winning and didn't know how to lose.

As a case in point, I was the player to take the deciding shot in a penalty shootout for the championship. Like Roberto Baggio did in the 1994 World Cup Final, I put the ball in the sky! I immediately fell into a collapse and cried. The coach came to me and said:

“What the f&%\$ are you crying for? Anyone can be a winner; losing helps you build your character!” I didn't get it then but over the subsequent years I encountered so many setbacks that I gradually learned this important lesson.

As Sylvester Stallone put it: “It ain't about how hard you hit; it's about how hard you can get hit, how much you can take and keep moving forward!” (Rocky Balboa, 2006). By the way, speaking of getting hit, I also learned this in a hard way in kick-boxing sessions years later.

3

I quit playing football 20 years ago and spent a lot of time in weight-lifting, which, on a daily basis, serves as a constant reminder of

“live in the moment.”

It's very simple: when you need to hoist a bar with heavy weights (for me, 150 lbs and up), you just have to focus, or you might be seriously injured. Speaking of injury, another lesson I learned early in the gym is: don't be a hero! Well, in a testosterone-overflowing environment, one would easily get into the mood of “WTF, I can do this!” I was no exception. Surely enough, one time I tore a muscle of my pectoralis major and I could not train for more than three months. Lesson learned: you are only competing with yourself; if you go too far, your body will tell you in no time. No one can defy gravity!

I guess I have learned how to “get old.”



4

Speaking of gravity, lately I am very much into skiing – gravity pulls you down on a slope. When I first picked up this sport at a rather old age (read: the probability of finding someone older than me on the ski slopes is close to zero), it seemed to be a crazy proposition. Well, as Steve Jobs put it, the things I told you above all came back to me. Equipped with all such hard-earned wisdom, I have been enjoying learning and improving on skiing over time to this date.

You know how much I care about you; please, do me a favor and make yourself a lucky person: make sports or some kind of exercising an integral part of your life!

SPORTS TEAMS



**Athletics &
Cross Country Team**



Badminton Team



Basketball Team



Dragon Boat Team



SPORTS TEAMS



Fencing Team



Karatedo Team



Rugby Team



Soccer Team



SPORTS TEAMS



Swimming Team



Volleyball Team



Table Tennis Team



Taekwondo Team



Highlights of Outstanding Teams

Athletics



Men's
100M

1st Runner-up
CHENG Cheung Hung

Karatedo



Women's
Kumite
(+61kg)

1st Runner-up
WONG Sui Kei

Karatedo



Men's
Kumite
(-75kg)

2nd Runner-up
LAI Chun Yu

Swimming



Mixed
4x50M
Freestyle
Relay

1st Runner-up

CHOW King Him TSANG Pak Ho
MA Wing Sum CHEUK Yuet Ying, Phoebe

Swimming



Men's
50M
Freestyle
& Butterfly

1st Runner-up
TSANG Pak Ho

Dragon Boat



Taekwondo
Men's
Black Belt
Kyorugi
(-74KG)

Champion
WONG Tsz Hin



Taekwondo
Men's
Black Belt
Poomsae
(Style 6 & Koryo)

2nd Runner-up
XU Jinxuan



Taekwondo
Men's
Black Belt
Poomsae
(Style 8 & Taebak)

3rd Runner-up
LI Lap Fu



Men's
Black Belt
Kyorugi
(-84KG)

2nd



Taekwondo
Men's
Black Belt
Poomsae
(Style 8 & Taebak)

3rd Runner-up
WONG Tsz Shun



Sports Team Leadership Training Camp



Sports Team Leadership Training Camp, held from 3 to 5 April 2024, aims to enhance the leadership skills of athletes, promote effective teamwork, and equip them to be better team players.



A group of students from different sports teams mingled with each other. They got to know themselves better and challenged themselves through various activities, such as a range of workshops, adventure training, and practical exercises that focus on various aspects of leadership, communication, and problem-solving. They established friendships, shared the situations and challenges of their respective teams, and were able to support and encourage each other. The ultimate goal is not just personal growth, but also to contribute to the overall success of the university sports teams, thereby fostering a more supportive sports community within HKMU.



LESSONS LEARNED



收集各人意見
努力改進

YEUNG Ka Chun



營造融洽氣氛
為隊友帶來歡樂

WONG Hoi Sang



同理心
理解隊友有各自的難處
在限制之中一同向目標進發

WONG Sui Kei



令教練
專注教學

PHILLIPS Tianci David



"Team Spirit"
主動溝通
凝聚隊友

YAU Hin Lun



以身作則

CHEUNG Tsz Hin
Gabriel



希望可以
成為榜樣

HUANG Yiping



將大家嘅關係
拉近啲

AU YEUNG Shing Kit

LEADERSHIP
TRAINING
CAMP



Highlights of Faculty-Student 4-A-Side Indoor Soccer Competition



The 2nd Faculty-Student 4-A-Side Indoor Soccer Competition, kicked off from 11 to 20 March 2024. It aims to encourage members of the University community to engage in sports for physical wellness, and in particular, provide opportunities to participate in soccer competitions and promote its development. The Competition brought together staff and students from different Schools to compete and showcase their sportsmanship on the field, leaving behind youthful memories.



Result

Champion

U

1st Runner-up

超能特工隊

2nd Runner-up

你說對不隊

3rd Runner-up

Pork Belly 豬腩肉

1 CU 3x3 Championship 2024



The HKMU Women's Basketball Team was invited by The Chinese University of Hong Kong (CUHK) to participate in the CU 3x3 Championship 2024, which took place on 2 June 2024.

In their first match, HKMU won against The University of Science and Technology (HKUST) with a score of 21 to 15. After a full day of competition, HKMU won the final match against The Education University of Hong Kong (EdUHK), securing the Championship of this Year's "Chinese University of Hong Kong 3x3 Basketball Championship" in the Plate Competition.

Congratulations to all the students of the HKMU Women's 3x3 Basketball Team!

2 2024 FISU World University Futsal Championship



CHAN Kun Sun



LEE Chung



YUEN Sai Bo

The 2024 FISU World University Futsal Championship took place from 10 to 16 June 2024 in Shanghai. Our sports team has achieved a remarkable feat, with the highest number of players representing Hong Kong in the championship's delegation. A total of 14 players, including three HKMU's student athletes had been selected to showcase their skills and compete at the highest level on an international platform.

Our athletes have undergone a series of intensive training before the competition, striving for their best performance. We extend our best wishes to all athletes, hoping they can overcome all the challenges that may arise and achieve commendable results!



Upcoming 35th Anniversary Programme Metropolitan Cup 3x3 Men's Basketball Competition

The Metropolitan Cup 2023/2024 – 3x3 Men's Basketball Competition will be held from 20 – 23 June 2024 at HKMU Agile Sports Hall. The Metro Cup features basketball players competing on a half-court. To compete for the Metro Cup of the Year, student athletes from various tertiary institutions will be brought together to showcase their sportsmanship and talents. We have also invited other local universities and our HKMU Basketball Team will be participating in this competition. A total of 18 participating teams will be joining this competition including:



Group A	Team
A1	Hong Kong Metropolitan University 香港都會大學
A2	University of Saint Joseph (Macao) 聖若瑟大學
A3	National University of Singapore 新加坡國立大學
A4	Dalian University of Technology 大連理工大學
A5	Saint Francis University 聖方濟各大學

Group B	Team
B1	Nanyang Technological University 新加坡南洋理工大學
B2	City University of Hong Kong 香港城市大學
B3	The Hong Kong Polytechnic University 香港理工大學
B4	Hong Kong Shue Yan University 香港樹仁大學

Group C	Team
C1	University of Macau 澳門大學
C2	Hunan Normal University 湖南師範大學
C3	The Chinese University of Hong Kong 香港中文大學
C4	Technological and Higher Education Institute of Hong Kong 香港高等教育科技學院
C5	Hong Kong Baptist University 香港浸會大學

Group D	Team
D1	Northeast Normal University 東北師範大學
D2	The Education University of Hong Kong 香港教育大學
D3	Vocational Training Council 職業訓練局
D4	The Hang Seng University of Hong Kong 香港恒生大學



Introduction of HKMU Sports Awards Scheme & Admission Sports Scholarship



**Scan me
for more details**

HKMU Sports Awards Scheme

To retain continuing students, and to award students' achievements and efforts representing HKMU to compete in competitions in the tertiary education community.



**Scan me
for more details**

HKMU Admission Sports Scholarship

To support the academic pursuit of sports talents and to cultivate sports spirits and promote whole person development in the University.







2023 - 2024



i More Information

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