

HONG KONG TRUE LIGHT COLLEGE SWIMMING GALA [2018](#)

By Wing Chong (4B, 04)

Our school swimming gala this year was held at, our usual venue – The Sun Yat Sen Memorial Park Swimming Pool, on the 8th of October, [2018](#)...

We were intensely excited to watch all the thrilling competitions among our eager schoolmates. Glory to the lord for the wonderful weather which ensured the day ran smoothly.

The event started by an encouraging speech from our honorable school principal Dr. Ng and a student's wonderful prayer.

Fired up athletes and buzzing cheer leaders from all four houses performed outstandingly and it was especially wonderful to see the Form One freshmen getting caught up in the excitement and participating enthusiastically!

This year it was our pleasure to invite our supervisor Ms. Man Yuk Ming and Professor Louie, Hung Tak, Lobo as our special guests and it was especially nice of them to spend time with us before the closing ceremony.

Firstly, we asked Mr. Louie to give us some comments on how our students should prepare and equip themselves if they really want to pursue a career in sports. He told us that it was important to be talented and skillful to get the society's sponsorship and support. He also shared his opinion on important things that athletes need to bear in mind to practice good sportsmanship. He told us that it is very important for us to have respect and be responsible in the competition and towards the other competitors. He also told us it is essential to have an Olympic spirit, which is a skill that can only be obtained through participating in sports activities and cannot be acquired from a textbook!

Ms. Man then also gave us lots of valuable advice and said that by exercising we can effortlessly improve our health and practice a good lifestyle. She also told us students nowadays need more exercise to balance their life - sports and health are also a part of a student's life and that active participation is a must, no matter what the sport is and what the end result is. We are all very grateful to Ms. Man and Mr. Louie for their support and encouragement which is very valuable and meaningful to us.