

## Hong Kong True Light College's 40<sup>th</sup> Annual Sports Day

The Sports Day of our school this year was held over two days – the 2<sup>nd</sup> of October and the 29<sup>th</sup> of October, 2018 respectively.

The first day was packed with excitement and nonstop activities. Many students took part in all the competitions. My personal favorites were the races and high jumps which were very fascinating.

Amongst the many activities worthy of praise, the cheering teams cheered up the atmosphere tremendously! Not only did they cheer their own teams with gusto and enthusiasm, they also put up an impressive performance for the cheering judges.

Sports day is held to instill a spirit of sportsmanship. A true sportsman accepts victory and defeat with a smile on their face. The students taking part in sports obtain this spirit which enables them to face the challenges of life. So taking part in athletics is pretty useful to students in their life ahead.

I'm really proud of my schoolmates as they have a spirit of perseverance and courage. I'm really proud to be a True Lighter who works hard and plays hard!

Jessica Choi 5A1 (5)

We had our second sports day on the 29<sup>th</sup> of October, 2018 and since this was the round of the final competitions, the nervousness on the faces of the participants was obvious.

I joined the house relay race, which was as exciting as usual! The relay entails a group of people racing together by each one sprinting on the track for a portion of the total time and giving the baton to their teammates who passes it to the next teammate and so on. The main point to note is the confidence and determination on the part of the players, which shows total team spirit and a feeling in each player that they can't let their team down! Although my team lost, we were not at all sad and were in fact proud of having competed together.

In addition, there were many other competitions which not only displayed an attitudinal strength but also physical labor such as the Javelin, Short put, Discuss, High jump, Long jump and the Hurdles. Students did a great job on each!

Finally, there was a special event called the "Happy Run" where both teachers and students ran on the track together and took many happy photos. It was the most wonderful feeling in the world!! All these memories will be etched in my mind forever. May God always bless our True Light family!

Kelly Chui 5A1 (6)



They Happy Run, which was really happy indeed!



The Form 6 students cherishing their final Sports day at HKTLC!



The opening Ceremony of day 1 of our Sports day



The Cheering teams doing their jobs so well!!