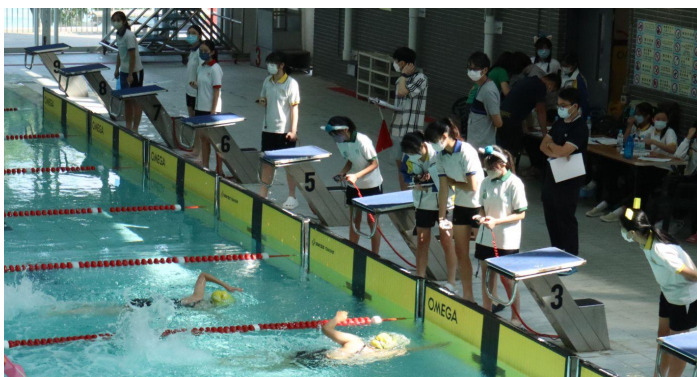
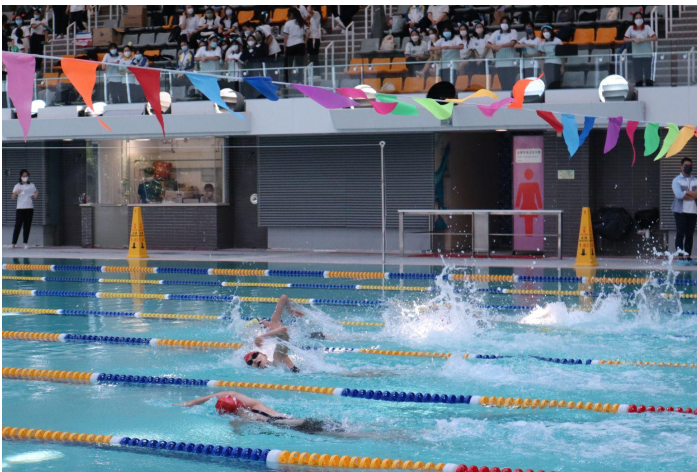


## The 37th Swimming Gala of HKTLC 2022-2023

The 37th swimming gala was held at Sun Yat Sen Memorial Park Swimming Pool, on 10th October 2022. Our Principal, Dr Ng Ka Men, kicked off the event with a motivational opening speech about her delight towards the first Swimming Gala in three-year time and gratefulness towards all teachers and students. After the oath taking, the school officially announced the start of the 37th Swimming Gala with a launching ceremony. 8 student representatives dived off the blocks and swam skillfully and energetically from one end to another to celebrate the first time in the water this year.



“Honkkkk!” The blaring sounds from starting horns drummed up excitement in the venue. Among all the competitions, the inter-house 4 x 50 metres relay was considered the most exhilarating event of the day. While watching the nerve-racking competitions, all students and teachers on the balcony cheered merrily with the slogans of their own house. Not only did the student swimmers fight for their House, they also pushed themselves to the limit for their best. Leung Pui Yung from Class 2A, who was awarded the Best Swimmer of Grade C due to her exceptional skills and perseverance in the pool, even broke the record of 39.42 seconds in Grade C 50-metre Breaststroke with the new record of 38.82 seconds. Congratulations to Pui Yung! During the swimming competitions, the inter-house cheering competition further brought everyone's spirit, as well as the tension, to the max.







### *Meaningful time with Professor Dr. Kam*

We were honoured to have Professor Dr. Kam Wai Keung, a senior lecturer in the Department of Health and Physical Education in the Education University of Hong Kong (EdU) and the football coach of EdU, to be our special guest in the event. Dr. Kam has developed his interest towards sports like football since young. He was the goalkeeper and defender of the school football team throughout his years in primary and secondary schools. Instead of being a professional football player, he decided to be a Physical Education (P.E.) teacher in a secondary school as he loves teaching sports among teenagers. To exert his influence, he became a professor in P.E. He does not only promote and foster the development of football sports but also helps passionate students become professional, inspirational P.E. teachers.





### *Bonding between Dr. Kam and Football*

Football has brought him many great experiences during his long devotion to football. The satisfactions gained from the wins in competitions and new football skills mastered painted his life with flying colours. Football has helped him learn how to build and maintain relationships with his coaches, teammates and others. Apart from the joy from the teamwork between his teammates and him, he found football challenging as it requires players to run, jump and back up teammates all at the same time. Moreover, football has a crucial role in helping him learn how to adjust his mentality after defeats and face adversities in life.



### *Swimming, another challenging yet crucial survival skill to learn*

From Dr. Kam's perspective, swimming is challenging for all swimmers, especially student swimmers and beginners, due to the two-year prohibition laid on the access to swimming pools and beaches. Dr. Kam kindly reminded all swimmers to resume swimming step by step and take time off if there's any shoulder or neck pain. Despite the great effort and time required, swimming is a survival skill that should be learnt in any circumstances. The more one devoted oneself in swimming, the more benefits and meanings to life one can learn from it. His sincere advice was assuredly encouraging.







The smooth and successful completion of all the events was followed by the much-anticipated closing ceremony. Dr. Kam's speech on sports and swimming encouraged us to develop our interest towards sports and see sports as interesting activities to challenge ourselves. Amidst the roars and chants, Yellow House won the Best Cheerleading Award and presented their outstanding performance with strong spirit to all the spectators and judges. Ultimately, the beautifully sung songs, including "True Light be Strong" and "Auld Lang Syne" marked the perfect ending to our 37th Swimming Gala.

*As a new member of this big family, I am really thankful to be invited and trusted by my teammates. Representing my house to join the inter-house relay made me feel really proud. I learned the importance of never giving up and having self-confidence. I did it!*

Cheung Ka Ying, Denise 1B





