

Hong Kong True Light College

Swimming Gala 2019

By 4D Iris Mak and 4D Chloe Chu

Our 36th Swimming Gala was held at the Sun Yat Sen Memorial Park Swimming Pool, on 11th October 2019. Our principal, Dr Ng Ka Man kicked off the event with an inspirational opening speech. Every athlete tried their very best under the admirable weather.

Beginner swimmers competed in a series of races in order to gain more experience. The more experienced swimmers dived into the action swimming one length or two lengths of breaststroke, back stroke and free style. There were relay race teams which included representatives from different houses.

We were honored to have Miss Stephanie Au, the representative of Hong Kong Swimming Team to be our special guest in the event. Stephanie is a three-time Olympian, having represented Hong Kong in 2008, 2012 and 2016 Summer Olympics. She shared how she maintained a balance between study and tight swimming schedules. Miss Au told us the biggest problem of young athletes is time management. Nowadays, there are so many things parents want their children to do. They just want them to study and get high marks. Most students need to go to the tutorial classes, so they don't have enough time to handle academic work and sports training. The way to solve it is to put your phone away for a few hours a day to make sure that in those hours, you focus on doing your homework or revisions, until you have done all of them.

At the end, she unveiled her future plan, which is taking part in 2020 Tokyo Olympics as her last game. After that, she would like to devote herself in sports community and help raising more future athletes for Hong Kong.

Miss Stephanie Au's marked a perfect ending for our 36th Swimming Gala.