

SWIMMING GALA OF HONG KONG TRUE LIGHT COLLEGE

This year our much awaited annual swimming gala took place at the Sun Yat Sen Memorial Park Swimming Pool on the 26th of September 2016. As usual, all of us were more than happy to get away from our mundane routine to an exciting morning packed with intense competitions amongst our schoolmates.

We were very fortunate to be blessed with a bright and sunny day which clearly echoed our mood of the morning! The events took off punctually after a very motivational and encouraging speech by our school principal, Dr. Ng. It was also our pleasure to invite our supervisor Ms. Man Yuk Ming to be with us for this wonderful event and it was especially our pleasure to have her spend time with us before the closing ceremony.

Firstly, we asked her how she felt about our swimming gala. She praised the organizers on the smooth and speedy rundown of the day's events. She also shared her first impressions of the True Light girls and described us as a sporty bunch! She also commented that our cheerleading teams were enthusiastic and full of life and vigor which raised the energy levels of both the competitors and the spectators. . We then asked her opinion on the importance of physical education in schools. She told us that though physical education a sense of unity and cooperation skills can be obtained which cannot be gleaned from a textbook. She stressed that through these kinds of activities, we are being prepared for our future.

Ms. Man also gave us lots of valuable advice and said that by practicing cheering together as a house, a team spirit and team mindset could be developed which is a crucial part of a student's development. She also told us our swimming gala brought back lots of memories for her about her own experience when she was a student and how she was an active participant of the cheerleading team for her house. Lastly, when we asked her to give us a few words of encouragement she said that besides focusing on studying; 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. She emphasized that True Light students should always be proactively seeking sports, which is also a great way to relieve stress.

We are all very grateful to Ms.Man for her support and encouragement and will definitely heed her valuable words of advice to continue making our school proud of us and us proud of our school!

Tracy Siu Yuen Yee
4E (18)