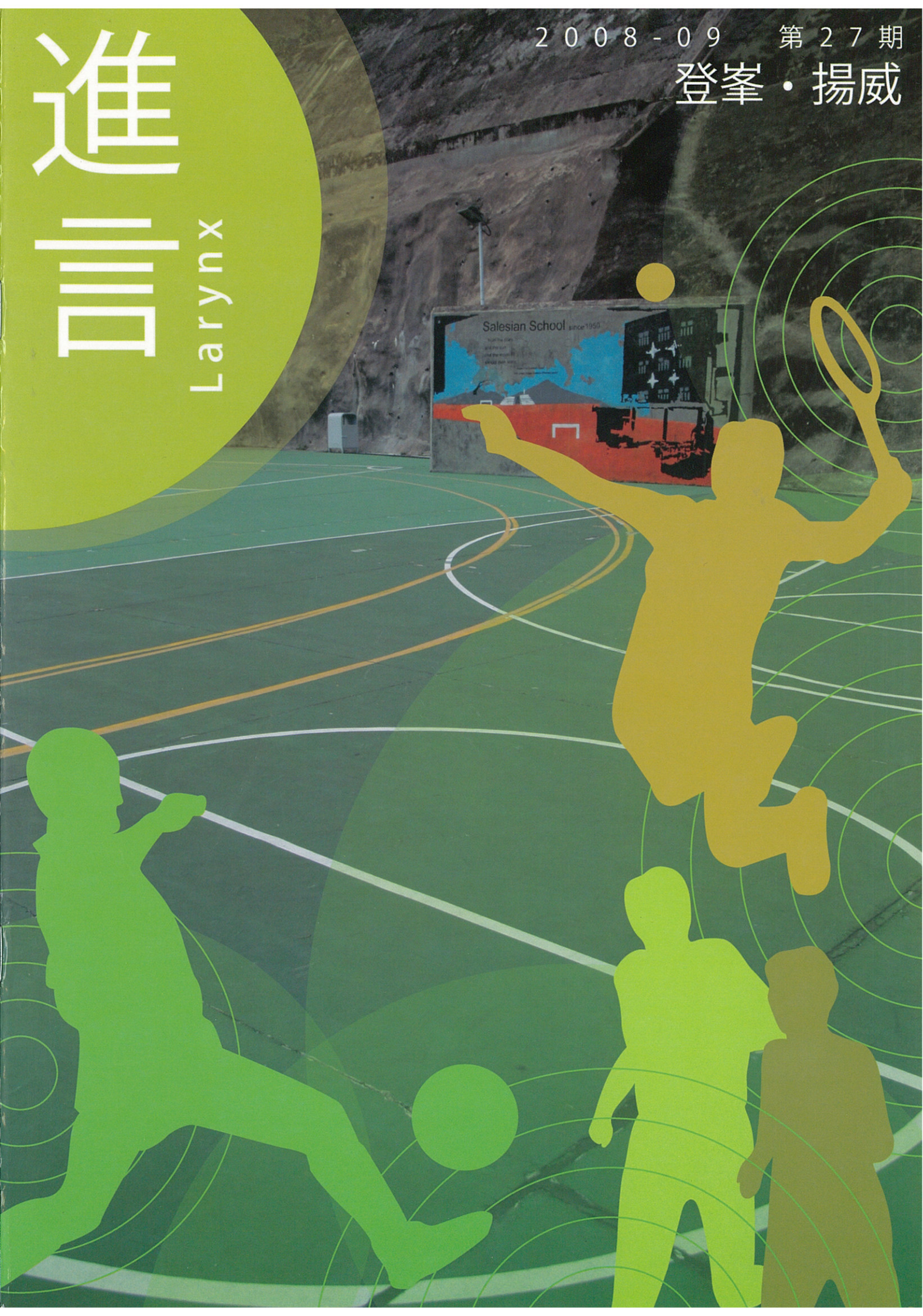


2008-09 第27期

登峯・揚威

進 言

Larynx



編者的話

數十年來，慈幼仔在學界的體育項目成績驕人。隨著北京奧運會的完結和2009東亞運動會的開幕，本年度的《進言》以體育為主題，透過與校監、老師和舊校友的對話、校隊專訪、歷史探究等形式，讓大家沉醉在這股體育狂熱的同時，也可以更了解我們學校各方面的體育資訊。

「登峯・揚威」四字，一方面蘊含了我們對過往師兄們努力的認同；另一方面，我們亦希望可以繼承去屆《進言》薪火相傳的信念，鼓勵各校隊目前的成員。我們期望隊員們能夠秉承昔日師兄們努力不懈的精神，好讓慈幼學校能夠繼續在學界中揚威。

而經過多個月的努力，現在《進言》終於完成了，當中實在有賴一眾校報組成員的合作。本人在此衷心感謝每一位參與校報工作的摯友以及為我們提供寶貴意見的老師，感謝你們所付出的努力和鼓勵。最後，我衷心祝願來屆的同學可以繼承我們的信念，創作一份內容更豐富、更精采的校報。

洪英毅
總編輯及統籌

總編輯及統籌	: 洪英毅
總編輯(中文版)	: 施錦華
副總編輯(中文版)	: 張浩維, 麥浩烽
總編輯(英文版)	: 陳高源
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鳴謝:

顧問老師: 陳偉良老師 廖國明老師
吳嘉麗老師

馮定華神父 黎永明修士 鄭嘉適老師
黎國榮老師 黃運康老師 許美芳老師
陳少南老師 謝達富老師 劉顯富老師
梁德鴻老師 蘇鴻德老師 劉碩偉老師

Ms. Robyn Maree BurrIDGE

馬國明先生 陳國忠先生 沈恆俊先生
TVB 8 教師足球隊 校際排球隊
校際籃球隊 校際足球隊 校園電視台
徐韋堯同學 鍾並奇同學 溫樂平同學
李永競同學 黃志榮同學 江磊同學



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校監專訪

慈幼點滴

談起慈幼會，原來校監中學時期是在慈幼會學校渡過的。校監回憶說：「記得當時升中時，選擇了鄧鏡波學校。其實起初都不清楚這是慈幼會的學校，只是被它的學習環境所吸引而考進這所學校。」在多年接觸慈幼會的歲月當中，校監對「慈幼仔」有不同的感受，當我們詢問校監慈幼仔的特質時，校監開始滔滔不絕地說起來：「感恩，最主要是感恩。這是鮑思高神父傳承給慈幼學生的精神，我相信這是任何一位慈幼學生都擁有的特質——知恩圖報、樂觀。希望這種精神能夠薪火相傳，使慈幼會更為團結。」



馮神父加入慈幼大家庭已經大半年了，對於本校的學生有特別的看法，「本校學生有些地方與其他學校的學生有所不同：本校學生的進步是循序漸進的。開學時我看到不少學生混混噩噩，似乎不清楚上學的目的。當中，部份同學經常欠交功課，並在上課時打瞌睡。然而，經過大半年後，這個情況有顯著的改善。通常普遍學校的學生在聖誕節假期後，上課狀態往往會下滑；可是，本校學生的情況卻剛剛相反。聖誕假期後，我發現慈幼學校的學生在多方面日漸進步，當中包括他們的成熟度、責任感以及珍惜時間的態度。我認為老師們的付出同學們是感受得到的。」

在訪談當中，看得出馮校監十分在意學生的日常生活。校監很享受與學生們相處的時間，「其實我與學生的接觸機會比較少，特別是中學部的學生，所以很可惜沒有經歷了什麼特別趣事。相比之下，我與小學生的接觸比較多，因為我通常會在小息期間到小學部與學生聊天。最近一次較特別的是在小學陸運會的時候，我跟同學說若那一班排隊最有規律，最整齊的話，校監便跟他們賽跑！最後我跟三班同學比賽，第一班是小六，跑了兩次，都順利勝出，但之後跟兩班小四比賽都落敗了。這是一次很特別的經驗，使我真正感受到與學生互動的樂趣。這種樂趣亦是促使我熱心教育的動力之一。」校監在訴說與學生互動的情形時流露著滿足的笑容，相信在不久的將來，校監亦會在本校得到無限的回憶。

教育之路

相信大家都十分渴望了解校監多一些。到底是什麼促使校監投身教育界為萬千莘莘學子服務呢？校監道出了兩個字：「聖召。」接著，校監開始解釋投身教育工作的原因，「我認為聖召是最主要的原因。聖召是十分特別的，一方面是天主的召選，選擇我擔任這份能夠發揮自己潛能的工作；另一方面，我自小就受到母親的渲染，所以非常喜愛照顧小孩，能夠教導他們、看著他們成長，我感到十分滿足。此外，我從中學時期開始就經常參加義工服務。參與義工服務使我對服務他人產生熱誠，這份熱誠，不但使我有機會尋找聖召，亦促使我在投身社會後選擇教育工作。」另外，校監為什麼選擇當神父呢？原來校監在中學時期時，有一次在教堂祈禱，被當時莊嚴的氣氛所感動，感覺天主距離自己很近。校監說當時他心裡浮現一個問題：「天主，你是否在召叫我呢？」當年的一次祈禱做就今天的馮神父。

另外，因為中學時期就讀慈幼會學校，受到天主教的薰陶，使他在學習時期已對天主教有一定程度的認識。我們在是次的交談當中，感到校監對教育的熱誠，相信校監這股熱誠必定能夠感染同學。

困難當前，怎樣面對？

在與校監暢談愉快的校園生活同時，校監跟我們分享了不少人生道理，其中他特別希望我校學生能夠培養出一種永不放棄的精神。「怎樣才能做到永不放棄呢？」我們這樣詢問校監。「首先要鍛鍊自己的毅力及意志力」，校監認為忍耐力對時下年青人是最重要的。「時下青年人大多性急而沒有耐性。」

馮校監指出當我們想到一些想吃的食物時，應嘗試忍耐；每當想起一些好玩的遊戲，不一定要馬上玩反而應作出少許的犧牲來磨鍊自己的毅力。此外，他鼓勵我們在面對少許困難時，絕對不能放棄，並積極面對。「當然在困難出現時感到害怕是正常的，我同樣會感到害怕，但透過多年面對困難的經驗及天主的協助下，我成功突破種種人生路上的障礙，不會輕易放棄。」毅力，並不是一朝一夕鍛鍊出來的。不知馮校監人生路上有沒有遇到什麼大困難呢？「當然有。」原來馮校監認為自己當年在意大利修讀神學時是他人生其中最艱苦的過程。「用意大利文讀大學是件不容易的事。當時我以為自己在開學前用三個月專心學意大利文便足夠讀大學，但最後發現是完全不行，因為上課的時候連一句都聽不明白，連續數個月都持續這個狀況。」



「那三年時間確實十分艱苦，我只好慢慢捱下去，非常勤力地做家課，寫論文。」馮校監這種永不放棄的精神促使他最後成功以一級榮譽畢業，三年內完成學士和碩士課程。原來，馮校監能完成這件困難的任務，除了憑自己堅毅的意志力外，還有他的精神支柱在他感到捱不下去時鼓勵他重新振作，「就是座右銘，我很喜歡聖經中的一句說話並把他作為自己的人生金句。《斐理伯書》第4章13節：『我賴加強我力量的那位，能應付一切。』」校監認為自己生命中遇到困難的時候不少，人生道路並不是順風順水的，「非常感謝天主賜予我力量去應付一個接一個的難關，並且在困難當中成長，體驗到天主的愛。」

人生中總遇到各種大大小小的難關，只持著鍥而不捨，永不放棄的精神，難關便會自然迎刃而解。馮校監的成功正是一個好例子！

新的開始

零八至零九年度，是馮校監第一年來到慈幼學校。不知校監有什麼教育理念呢？「自律，我認為現今普遍學生都缺乏了這個元素。」另外，當我們指出現今學校操場的人流比早年減少，校監點頭說：「因為時下的青少年較流行玩電子遊戲，而慈幼學生的其中一個問題，便是惰性較強，經常只想坐下來玩遊戲機。」

另外，校監亦指出現今青少年容易在面對困難時選擇往往逃避，故渴望在遊戲機當中獲得滿足感。他續說：「這其實會阻礙人成長時發展潛能的機會。青少年在成長當中會遇到不少誘惑，這是青少年成長的最大阻礙。」那麼，有什麼方法解決呢？校監微笑說：「聖寵十分重要，它會使我們感到天主的愛。在鮑思高神父的預防教育法當中，有三個重要的元素：理智，宗教和仁愛。宗教是青少年成長不可缺少的元素，而宗教的意思就是天主的聖寵。」同時，校監亦鼓勵那些暫時沒有宗教信仰的同學，想一想人生是什麼呢？天主的聖寵會使人成長得更全面。「我賴加強我力量的那位，能應付一切。」訪談當中，當校監說起學生的不足的地方，那種語氣，使我們感受到他那種對我們「恨鐵不成鋼」的期盼。

最後，我們謹代表全體校報編輯組各成員及全體師生，希望校監能在本校渡過愉快的一年以及能夠繼續教導我們這群莘莘學子。



我們的輝煌歷史



乒乓球:

甄德祥(80"s)

張宇傑(90"s) - 協助慈幼升上第一組

水球, 游泳:

黃勤輝老師

排球:

郭家豐(90"s)



田徑:

張家龍, 方俊仁(90's) - 三級跳
鍾振邦(80's)中長跑

花式單車:

譚梓宏

香港教師會第十二屆田徑運動大會:

男子團體全場總季軍

乙組(三十六至四十五歲) 4 X 100冠軍



足球:

張子岱

綽號: 阿香

出生日期: 1941年6月30日

張子岱是六、七十年代叱咤香港球壇的球星。期間曾效力過傑志、愉園、星島等香港足球隊。

張子岱自小就讀慈幼小學, 學校對推行足球運動不遺餘力, 升入中學後更成為學界足球精英。在1960年張子岱重洋, 效力當時的著名英格蘭甲組聯賽(當年並未成立英超聯, 甲組聯賽已是英格蘭最頂級聯賽) 勁旅黑池, 因而成為香港第一位效力歐洲頂級聯賽球會的職業球員, 此事亦為香港球壇引以為傲。張子岱是首名, 也是唯一一名在英格蘭頂級聯賽取得入球的香港球員, 比同是華人的孫繼海於2002年10月在曼城的入球早了40年。



陳炎新 - 張子岱和林尚義的隊友
何智信, 盧樂謙 - 到印度參與第二十六屆亞洲學界足球錦標賽

昔日設施

上操場被同學廣泛稱為大操。

最早時期的大操為沙地地面，最考同學的腳法。
腳面輕輕一推，足球已滾走了，轉身也不時跌倒。

其後，大操改為石地地面，雖然石地比沙地較穩紮，踢波時較易控制，
但畢竟是石地，跌倒都會做成一定傷害。
所以近年大操改為膠地地面，改善以上缺點，讓同學在球場上發揮得更好。




早期的更衣室的外牆為鐵絲網，更衣室裡的情況一目了然。
直至1990年，慈幼聘用首位女教員，打破創校35年的「全男班教員」傳統。
更衣室的外牆改為實心石屎牆，為免不雅。另外亦加上大鋼門，可保財物安全。



乒乓孖寶

「刀不磨生銹 人不學落後」

— 陳祉謙



成功是結果，而並非目的。父母親都是運動員，他們曾經提醒我，比賽是為了下一次的訓練，在比賽裡面找尋自己的缺點和不足，不要過於為了與他人比較高低，而是要與自己作比較。另外，亦有教練說過，於比賽落敗的人總比勝出的人或益更多，只要落敗者不氣餒願意作反省，相信比勝出而忽略反思的人收穫更多，這是所謂：「知己知彼，百戰不怠」當中的意義吧！落敗並不是甚麼大不了的事，人世間難有長勝將軍，應該汲取教訓，重新振作，反而落敗後放棄頹廢，才是一件可怕的事。所以，我認為抱有「勝不驕，敗不餒」的心態，對於成功來說是十分重要的！

再者，成功往往離不開「勤」，所謂，「尺有所短，寸有所長，物有所不足，智有所不明。」一定要將勤補拙，彌補空缺。韓愈有云「業精於勤，荒於嬉；行成於思，毀於隨。」於我打乒乓球顛峰的時候，一星期須練習七日，過程雖然很辛苦，但我沒有把刻苦訓練變成負擔，而是享受過程，將它當成一種興趣。辛苦鍛煉而換來的好評、獎杯、知名度，令我把辛勞拋諸腦後！如果輕易放棄或是「三分鐘熱度」，只是個失敗者，如果因為訓練這個踏腳石感到辛苦而停下來，是沒有資格跟他人比較，沒有資格取得勝利。在我而言，訓練不只是完全為了圓夢，為了爭取好成績，為了面子，而是希望與其他對手作良性競爭，享受比賽。

除此之外，切記在釐訂目標之前，必先要找到適合自己的興趣，否則只會自找煩惱，無補於事！孔子有云：「知之者不知好知者，好知者不如樂知者。」，「人若志趣不遠，心不在焉，雖學無成。」，箇中的意義釋述了興趣的重要性。興趣不是一時三刻可以擁有，需要時間的篩滲浸淫出來。動力亦因然自來，辛苦只是成功的踏腳石。要衡量個人專長及興趣，再把握自己觸及的「機緣」，不要隨波逐流。

另外，成功也是離不開多方面累積經驗吧。「積薄而厚，聚少而為多。」不論正負面的批評，順耳或逆耳的訓示，都應該好好思考，並考慮問題所在，不要漠視如煙。因為第三者所給予的批評，是從不同角度觀察，自己是容易察覺到的。跟據別人的批評，在訓練時定立改善的方法亦是必需的，正所謂：「磨刀不誤砍柴工。」錯誤的方法不單不能成功，更可能會傷害自己。

最後，人人都可以成功，只在乎心態，面對挫折逆境是無可避免的，要學會從錯誤和失敗中學習，收穫往往比勝利者多。要有勇有謀，加上個人的意志力，同時具備意志和決心。「鍥而捨之，朽木不折；鍥而捨之，金石可鏤。」恆心和心態是面對訓練的好方法，兩者得其一，已經可以忍耐刻苦的痛楚。世上是沒有不勞而獲，只可以犧牲，取捨，以及學習如何騰空更多空間裝備自己。能夠堅持不懈已經贏了不少人，如果只循世俗的眼光行事或訓練，霓裳羽衣下可能會是空虛的慨嘆，唯有朝自己目標邁進，付諸實行才有成果。

總括而言，要成功的話，
自信、拼搏、信念、勇氣，缺一不可。

「少一分盛氣，多一分謙虛；
少一分衝動，多一分計劃；
少一分盲目，多一分客觀。」

陳祉謙
ALEX CHAN

出生日期：1991年6月17日

參與比賽及獎項：

06

恒生學界盃師生雙打 亞軍
全港學界精英賽男雙 亞軍
『回歸盃』全港中學校際乒乓球邀請賽 季軍

07

全港青少年團體錦標賽 亞軍
全港學界精英賽男雙 季軍

08

全港學界精英賽男雙 亞軍



你可以跟同學分享一下你的成功路嗎？

世上有多少個運動天才？當然，我亦不是其中一位。任何一項運動，要有卓越的成績，必須擁有無比的堅毅，才能不斷進步，從而達至卓越。

現時，我在香港青少年代表隊中進行訓練，每星期練習六天，每次練習均是兩小時，所以每天放學要立即到九龍塘練習。練習內容包括體能訓練、基本功練習，以及各方面的技術訓練等等。雖然，每次練習也十分辛苦，當中亦有不少辛酸，但是我都堅持到底，因為我相信只有經得起艱苦的練習，球技才會有所進步，所以，即使練習有多刻苦，我都不放棄！所謂「一分耕耘，一分收穫」，即是做任何事，不論學業或運動方面，堅持及永不放棄都是進步必要的條件。

你何時開始打乒乓球？未來有什麼計劃？

記得我七歲的時候，爸爸經常和他的朋友打乒乓球，使我十分好奇。而正因為這份好奇，我便開始接觸乒乓球運動。起初，爸爸教導我基本打法，漸漸培養我的興趣，並經過不少教練的栽培，直到現在，打乒乓球已有九年。

今年八月，我將會代表香港進行國際比賽，與其他國家的球手交流、切磋，以提高技術水平。

你有沒有感謝的說話？

我希望可藉此感謝這四年中學生涯中一直支持我的老師和同學，特別是一向熱心乒乓球的陳如順老師，在這四年裡，每一場學界比賽，陳老師都親自到來支持我、鼓勵我，同時亦教導我很多待人處事的道理，使我畢生難忘！沒有你們，相信亦難以成就今天的我，請容許我在此對你們表達衷心的感謝！



麥景皓
KEN MAK

生日：1993年4月24日

乒乓球全港排名：18
青少年現時排名排名：6

榮譽：

2009年
全港青少年第5名
全港單項乒乓球錦標賽（男子甲組）第5名
全港學界精英乒乓球雙打 第二名
全港學界精英乒乓球單打 優異

2007-2008年
全港青少年乒乓球團體賽冠軍

精英球員籃球



個人檔案

姓名：高煜恒
暱稱：阿高
年齡：16歲
班別：4D (08至09年度)
運動項目：籃球
個人殊榮：07-08年地區籃球區際賽決賽最有價值球員
07-08年地區籃球區際賽冠軍

簡介

高煜恒同學為學校奪下不少校際賽事的獎項，而他自己在學校以外也是不少著名球隊的隊員，如08年度Nike League，地區訓練計劃東區代表，發展隊港島區代表等。而他在本年度被香港籃球總會挑選，代表香港參加第二屆粵港澳青少年交流賽，並協助香港勇奪亞軍。

訪問

阿高是本年度乙組籃球隊的隊長，在他壓陣之下，球隊在學界比賽中成績良好，助球隊勇奪亞軍。作為球隊隊長他認為自己有必要以身作則為其他球員樹立榜樣。練習時認真，不馬虎；帶動球隊氣氛，保持球員間良好的士氣。「對於籃球，你最難忘的經歷是什麼呢？」小記問，「首先，我認為能夠代表香港出賽是很大的榮耀，與其他地區的球員作賽是寶貴的經驗，能使我球技進益不少。除球技外，還有其他的得著，就是體會到永不放棄的精神，因為其他隊伍如廣州隊的球員，也比香港球員的身型優勝，他們全隊的平均高度超過190公分，最矮的都已經相約香港隊最高大的球員；這是一場極具困難的比賽，但我們沒有放棄，與他們周旋至完場，可惜最後以數分之差落敗，屈居亞軍。雖然與冠軍寶座擦身而過，但我認為球員已得到更寶貴的事物，就是永不言敗的精神。」

對於運動，你有什麼展望呢？

阿高深思了一會，回答說：「我只希望能盡力做好現在，使將來不會後悔。」

希望阿高對運動的熱誠能感動其他同學，使慈幼學校成為一所充滿活力的學校。



精英球員足球

姓名: 陳樂謙
位置: 守門員
出生日期: 1994年6月12日

參與賽事及獎項:
亞洲足協(13歲以下)足球節
第四十九、五十屆中銀香港運動節 第一名
國際青年邀請賽(U15) 第二名
幼苗分區比賽06-07 第五名
Now分區比賽2007 全港第三



你怎樣忍耐刻苦訓練呢? 有什麼座右銘?

當你連續兩星期都對著足球, 自然會令你對足球失去了興趣。這時候心理質素十分重要, 要盡量去放鬆自己, 在練習中必定會承受很多壓力, 所以要懂得減壓都是一種技巧。我會將壓力視為動力, 令自己放鬆, 以免影響自己的表現。

你怎樣平衡學業跟運動呢?

踢足球不會影響學業, 反而可以成為一種動力, 只要適當分配時間, 學業和運動可達到平衡。例如, 乘車到球場的車程時間很長, 我會帶些筆記在一路溫習、在家中也要自律, 將有空的時候投放在書本上, 令學業和運動達到平衡。

為何你會選擇足球? 有什麼因素令你喜歡足球?

小時候的活動不多, 結果我選擇了足球來消磨時間。起初, 踢波的朋友不多, 分組時永遠剩下我一人, 令我對足球並不感興趣。隨著時間, 球場上結交的朋友多了, 一大群人向著目標而跑, 為著入球而跑, 那種競爭氣氛, 使我十分享受。

你有什麼成功的秘訣推薦給同學?

其實每一個人都有自己的方法去做到最好, 我認為只要在練習時百分百付出, 不論你技術是否出眾, 教練一定賞識你的付出。相比之下, 即使你球技超卓, 但態度惡劣, 可能到了比賽的關鍵時間, 教練會把機會給予一個全力付出的人, 所以, 全力以赴是我成功的秘訣。

在球隊中擔任隊長的你, 怎樣才能擔當好領袖角色呢?

擔當球隊的隊長其實很難, 必要條件是觀察力強, 要看通球場上任何一位隊友的眼神, 要多鼓勵他們。即使隊員本身的人格十分討厭, 落到球場都要拋開所有私人的事, 因為團體比賽中, 最重要的是團體精神。



足球校隊

“慈幼仔無一個係唔識踢波！”

足球是慈幼學校的標誌之一，大操場便是見證足球的聖地。足球隊是由執教多年，而且經驗豐富的陳偉良老師主教，主要採用4-4-2陣式，進攻防守兼備穩健陣式，實力雄厚。於學界聯賽(第二組)獲得冠軍及亞軍，亦在多個校外大型比賽中獲獎無數，為校增光，成績彪炳。



A GRADE (3-5-2)

由吳頌文擔任隊長，主要於防守中場的位置進行掃蕩及攔截，有時更會協助進攻，不但大大減輕後防壓力，亦加強前場攻擊效能。後防以身材高大的清道夫鍾家俊的統領，高空防禦絕不成問題，加上梁浩輝的速度和經驗，陳嘉豪準確的攔截，形成堅固的後防。進攻方面，以陳海政的敏捷和速度，加上蕭逸龍及鍾並成的盤球技術，速度驚人的黃津榮，以及射門了得的鍾並奇，攻破不少門將的十指關。



B GRADE (4-4-2)

由港青鋼門陳樂謙把守大關，以其敏捷的身手及快捷的反應，屢次撲救險球，加上快、狠、準的出營攔截，要攻進他的門，一點也不容易。另外，球隊中場球員強大，有射球長傳同樣了得的左腳小子陸楠盤球技術了得，人稱膠水腳的陳子康，加上經驗較豐富的陳浩文於中場領軍，恰到好處的傳球，令球隊的進攻效率大大提高。至於進攻方面，聶志健和謝子衡兩名強勁的射手，射門角度不但刁鑽，而且力度十足，經常為球隊帶來喜訊！



C GRADE (4-4-2)

由方紀文擔任清道夫一職，進行包抄、補位、解圍的任務，多次破解敵人攻勢，加上何培鑫硬朗拼命的截擊，以及身形較高大的梁文淵進行高空攔截，全面擋住敵人的攻擊。中場方面，左右兩翼側擊特別強勁，左翼陳嘉穎憑熟練的個人技術，及右翼敏捷快速的黃庭禮，頻頻協助球隊進攻，取得入球，而前鋒周兆榮則擁有良好的盤球能力，以及周煥庭的速度及進攻意識，為球隊增添不少進賬。





籃球校隊

乙組

乙組籃球隊在本年度學界賽事中獲得不俗的成績，在校際籃球比賽第二組勇奪亞軍。本報記者在旁觀看乙組籃球隊的特訓，嘗試尋找他們邁向成功的秘訣。成功不是必然的。經過本報的記者採訪後，發現他們成功的方程式：「全力以赴。」每次認真的練習，促使他們的球技不斷進步。除球技外，他們更從運動中學會人生的態度。

總決賽當天的花絮

乙組籃球隊是一隊充滿活力，嚴守紀律的球隊。在採訪過程當中，小記發現他們嚴守紀律，盡力完成教練的要求，即縱使經過一整天的課堂，在練習中也絕沒有得過且過，馬虎了事。他們熱愛運動，且十分享受打籃球的過程。而他們更擁有球員應有的「態度」：不屈不撓、永不放棄的精神。

雖然乙組籃球隊差一步才能奪取冠軍，但他們的努力及成績是有目共睹的。在整個採訪活動中最令小記印象深刻的，是球隊上下那股努力不懈、積極進取的態度。期望他們能夠在本校運動史上寫下輝煌的新一頁。

丙組


校際比賽前，丙組籃球隊接受沉重的打擊：隊長陳航在練習時受傷，並缺席全部比賽。在缺乏隊長的帶領下，丙組能打出什麼成績呢？

比賽前的練習

隊長的突然缺陣，蘇sir只好重新部署戰陣。經過蘇sir的耐心教導，隊員漸漸習慣新的陣式，發揮順利。「萬尺高樓從地起。」蘇sir耐心教導隊員籃球的基本功，小記在現場親身感受師弟們熱烈的投入感以及教練對球隊的熱誠及執著。從他們臉上看出他們堅定的決心，他們充滿自信的神情，彷彿告訴同學他們能夠在校際賽中打出好成績。

丙組籃球隊最後以超水準完成校際比賽，雖然未能打入淘汰賽，但每場比賽都能發揮賽前無法預計的水準。而在與小組冠軍的學校比賽時，本校校隊更只以1分飲恨。丙組的球員擁有無限的創造力，期望他們在下年度能夠創下更佳的成績。





球可以輸，人不能輸，
進不了前四，第五也要爭，
不到最後一場球，不到最後一局球，
不到最後一分球，我們決不能放棄！

排球校隊



球隊以提升同學對排球的興趣為宗旨，於訓練中加強同學的排球技術以及體能，以應付不同的比賽。近期學校出現排球潮，於男校不多顯眼的排球運動，人氣瞬間急升。相信大家對我校排球隊都並不太了解，立即向大家介紹一下吧！我校排球隊是堅穩的防守型球隊，以守為攻的方式，即使面對強攻重擊，亦絕不輕易從球員手上得分。排球隊由06年開始，由熱愛排球運動的梁德鴻老師，以及就讀運動系的張浩俊擔任教練，使球員於短短數年間，球技突飛猛進。另一方面，於本年度，乙組及丙組排球隊均得到不錯成績，獲香港學界第二組第五名，令人鼓舞。

甲組

特點在於拚勁十足，一傳上網不在話下，魚躍、側滾更是精彩。球隊由麥浩烽擔任隊長一職，他自中一加入排球隊，六年來都一直擔任球隊的領袖，可謂經驗豐富。組織方面，防守有曾效力南華青少年隊(南少青)的黃偉倫把守，撲救方面不成問題。其次，二傳手黎啟彥，適當運用戰術，配合球員的打法，確是功不可沒。進攻方面，由副攻手蔡昂呈、隊長麥浩烽，主攻手鍾家俊負責，攻擊力強大，令球隊贏得不少的分數。

乙組

各球員實力平均，各方面都有良好的表現。在隊長張兆熹及主力球員黎浩傑帶領下，球隊於乙組比賽中，一次又一次地勝出比賽。他們憑著穩健的基本技術，以及妙絕的發球，成為得分致勝的關鍵，加上表現穩定的蔡兆田，為球隊做出完美的助攻。

丙組

雖然排球對新手來說，往往是很難上手的，但球員卻在隊長梁家偉的英明領導下，發揮出卓越的表現。隊中由黃夢弼及梁文淵擔任副攻手，他們分別有184cm及177cm的身高，於網上攔截及攻擊都有很大優勢。其次，防守方面有雙盾之稱的陳嘉穎和周兆榮，將對方的攻擊一一拆解。另外，球隊擁有無比的毅力，抱著永不把球著地的精神，把握每一分，故有「打不死」之稱。



陳國忠先生心目中的**在職最佳11人**

黎永明修士
陳偉良老師
吳海麒老師

黃運康老師
蘇鴻德老師
陳宇航老師

黎國榮老師
陳國忠先生
廖國明老師

黃釗明老師
沈恆俊先生

教師足球隊



1950's

創校開始，神長老師們與同學不時在校場切磋。
久而久之，教師足球隊成立。

1960-70's

慈幼學校的學生稱霸全港學屆足球比賽，教師足球隊實力也不遑多讓。
於1969的聖母無原罪慶禮，教師足球隊首次與校隊作表演賽，自此成為傳統。

90's

90年代為教師足球隊的全盛時期，隊員可分成兩隊，參與11人足球比賽。
教師足球隊與外校比賽，未逢敵手，稱霸全港教師。
從前逢星期二，教師足球隊都會與學生踢球，更曾參與學生會杯，贏多輸少。

時至今天，教師足球隊與舊同學比賽，依然保持實力，不過無奈隊員人數逐漸減少，
期望教師足球隊未來有更多新血加入，重振雄風，好讓慈幼仔能夠再在球場上一睹各位神長老師的英姿！

代表人物

後防支柱 - 陳國忠先生
黃金左腳 - 李杞源老師、李益僑神父
李相俠先生、麥觀鈴神父
慈幼鋼門 - 葉煊明老師、奚家麟老師





馬國明專訪

Ma Kwok Ming, Kenneth

後記、TVB8“名星私遊記”節目
馬國明訪校
日期: 11 / 7 / 2008
鳴謝: SSTV

小檔案 簡介

出生日期: 2月13日
星座: 水瓶座
身高: 183 cm
體重: 75 kg
嗜好: 科學, 唱歌, 足球

曾獲得之獎項

2007年:
壹週刊-壹電視大獎 -
“Men's Skin Centres By Bella
入型入格藝人大獎”

Next Television Award -
“Men's Skin Centres By Bella
入型入格藝人大獎”

2006年:
無線電視萬千星輝頒獎典禮:
飛躍進步男藝員

馬國明生於小康之家，父親是機械工程師。除父母外，尚有一對學生姐姐，馬國明是家中幼子；他於1999年，TVB第十四期藝員訓練班藝訓班畢業。他更於2006年無線電視《萬千星輝頒獎典禮》中獲得飛躍進步男藝員獎項，TVB力捧的男星之一。

經小學老師介紹下，馬國明小學三年級加入慈幼大家庭。小時候的馬國明很好動，又有很強的表演慾。此外，他非常熱愛運動，而他特別喜歡在慈幼大操場踢足球，並笑言足球曾是他的一切。由於他是家中幼子，家中大部分家務都不用他去操心，因此他每天都可以有空踢足球。

而在球場上，馬國明善於擔任中場指揮官，並在中四時被選拔為校隊。他憶述當年足球隊的集訓雖然非常刻苦，但練習的過程是十分難忘的。據了解，當年慈幼乙組足球隊在馬國明壓陣下，在學界賽未嘗一敗，結果勇奪中學學界足球比賽(Division 2)乙組亞軍。

至於學業方面，馬國明的成績一直不錯。由於他的父親是機械工程師，可能自小受到薰陶，所以他特別喜愛科學科，而他更指其啟蒙老師是我們剛剛退休的李杞源老師。經過兩年高中生活後，他便移民加拿大修讀機械工程科，並希望日後可以在工程界一展所長。

回港後，他曾經在一間工程公司工作，但覺得格格不入。其時他轉職心切，曾試過一次寄出五、六十封求職信，但最後只有一封信有回音：那就是無線電視藝員訓練班的面試信。懷著「試一試也無妨」的心，結果他成功考入訓練班，並於1999年畢業後，開始他的演藝事業。從藝員訓練班畢業後，於無線飾演不少跑龍套及配角，並在《人間蒸發》中飾演要角官青雲，表現備受讚賞。其後，他在《愛情全保》中飾演第二男主角郭富勤；在《律政新人王II》、《甜言蜜語》及《幕後大老爺》中，他更相繼擔任第一男主角，擠身無線一線小生行列。他其他為人熟識的電視劇作品還有《本草藥王》、《突圍行動》、《女人唔易做》、《少年四大名捕》等。



籃球影響你深遠嗎？

我自中學時代開始便對籃球感興趣，但因體形矮小及技術亦有不如下，所以未能成為港隊一員；於是到了八零年便轉向裁判方面發展。經過十年的努力不懈，到九零年終於考獲國際裁判的資格(編號4482)，一直經常要代表香港到各地擔任裁判工作，到二零零五年退休止(因為國際籃協規定國際裁判員到五十歲一定要退休，而我已到五十四歲，所以.....)。

你如何加入慈幼？

一九七七年十二月，因為當時任教體育科的郭志焯修士受傷，急需一位代課老師，而我當時剛好賦閒，經學長張樹堅老師向校方推薦，就如此加入了慈幼。

加入慈幼以來，有什麼深刻印象的事呢？

當然是七八年帶領慈幼甲組籃球隊首度出戰，即能擊敗一眾強敵如：華仁、英皇、皇仁等，更在決賽險勝鄧肇堅奪魁奏凱，此殊榮亦為慈幼第一個校際籃球冠軍。

有那些學生令你印象難忘？

難忘的學生有很多，隨意一算就有如：馬達成、莊偉明、郭燕雄、張家龍、郭家豐等等。他們都是過去校隊裏的中心人物，如今都學有所成，分別在商界或紀律部隊中居要職。

你如何計劃退休生活？

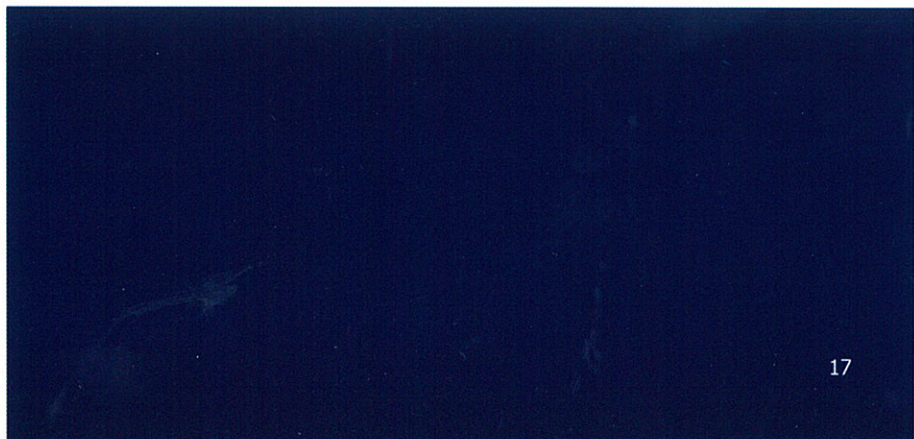
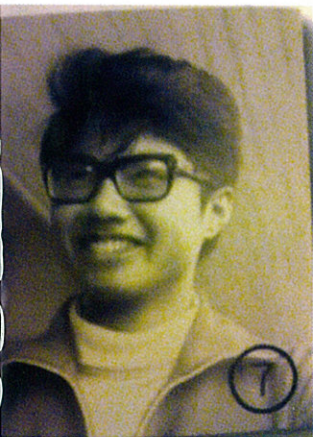
我的家人早在九五年已移民，到2012年退休後，我亦會到美國與家人相聚；並且會退而不休一到救世軍中心教小朋友普通話，為年幼的華人盡點力。

有什麼話要對慈幼仔說呢？

同學們要謹記：「博學之，審問之，明辨之，慎思之，篤行之。」

後記：

劉顯富老師外表嚴肅，令不少同學望而生畏，但是在訪問期間，劉老師經常面掛笑容，樂於分享。從他的人生經歷中，我們學到了不少人情世故，他亦教了我們不少人生道理，經此訪問，實在獲益良多。



團結就是力量

梁德鴻老師專訪

大家對我校體育科科主任梁德鴻老師有多深的了解呢?究竟梁老師擅長什麼運動呢?究竟他學生時期奪取過什麼運動上的獎項呢?這一切事情在學校內鮮為人知。讓我們校報組藉是次訪問使大家加深對梁老師的了解。

平日上課表情嚴肅的梁老師,在訪問期間卸下以往一貫的表情,跟小記有說有笑,當說起他喜愛的運動—排球時,更跟小記暢談自己在學生時期初次接觸到排球這項運動及它成為自己主項運動的經歷和感受。原來梁老師在中學一年級時才首次接觸排球,慢慢從這運動中獲取不同的樂趣並把它列為自己最喜愛的運動。

梁老師奪取過不少有關排球的獎項,他說:「接觸排球多年,曾參與很多不同的比賽。由中學至大學生涯當中,已經勝得很多學界冠軍,可算是不錯的成績。至於公開比賽,亦有幸地獲取過冠軍。」梁老師亦是校排球隊的教練,於是小記詢問他有關排球隊的事情,他認為排球隊需要改善的地方有很多,最主要希望改善的是隊員團體的心。因為團體運動與個人運動有分別,所謂「團結就是力量」,團結的力量是可以影響賽果,甚至可以令大家表現發揮得最好。接著,梁老師跟我們分享一些初報教排球隊的印象,他認為這項運動在這所學校起初不是太受歡迎,但近年來參與這運動的同學增加不少,這是梁老師感到高興的事。

對於運動,梁老師付出了不少,在教導我們同時,他希望運動能帶給同學不同方面的益處。而運動在梁老師的人生中,亦佔有重要的地位,他說:「運動對於我來說,給了我做人的目標及方向,包括學習及工作方面也如是。其實運動帶給我現時的職業,亦將會是我的終生職業,對我的影響相當大。不論做甚麼事情,運動給我的啟發,以及道理,都是書本,或其他方面接觸不到的,而唯獨在運動上,於練習、比賽過程中體現到。」

最後,梁老師希望同學們能從運動中學會忍耐的精神,把它實踐於日常生活中,成為一個面對困難時不屈不撓的人。



做個有用的人

蘇鴻德老師專訪



你擅長什麼運動？有甚麼輝煌成績呢？

其實我自小便對很多運動都十分感興趣。中學時期的我，曾是學校田徑隊、足球隊、籃球隊和游泳隊的成員，在學界比賽的成績亦不錯。而在以上各項運動中，我認為自己最擅長的項目是足球。在我就讀大學期間，我曾經代表香港足球代表隊和大學校隊參與多項國際賽事，包括中國大學生足球聯賽，亞洲大學生足球聯賽和本地大專足球聯賽等。當中最令我難忘的，是我所屬的隊伍——香港教院聯隊於2004年奪得本地大專足球聯賽冠軍。

運動影響你深遠嗎？

運動對我的影響確實深遠，這或許是因為受到家人的薰陶吧。我的爸爸是一名足球運動愛好者，因此他從我自幼便傳授了不少踢足球的技術給我，這亦使我對足球產生濃厚的興趣。而我家中的哥哥和妹妹，均是學界田徑比賽的紀錄保持者，在三兄妹互相切磋和鼓勵下，大家都愛上運動。另一方面，做運動亦有很多好處。首先，多做運動助保持身體健康。以游泳為例，它可以強化人的心肺功能，更可以美化人體的線條。此外，在練習的過程中不但可以鍛煉自己的毅力，更可以不斷挑戰自己，力求進步！當然，若然能夠通過一連串刻苦的訓練後，在比賽中獲獎，我們更會得到一份優越感和成功感。而這一點亦正是我最享受的。

你對我校籃球隊有甚麼感想？

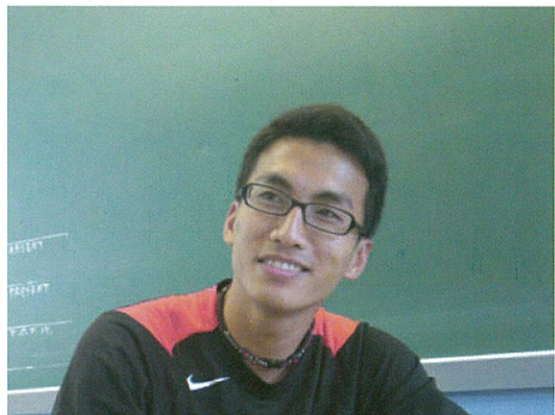
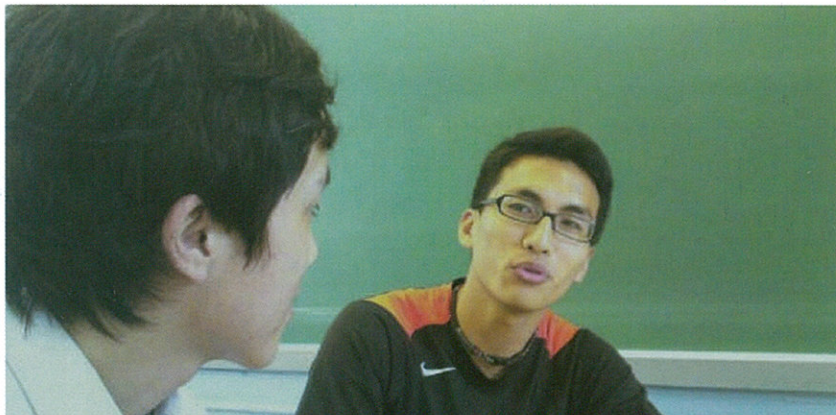
老實說，起初執教校隊時遇到不少困難，因為我是在中途接手的；然而，經過多個月來的合作後，我認為慈幼籃球隊是一支相當有潛質的球隊：球隊上下一心、目標一致且十分享受比賽。希望在不久的將來，校際籃球隊能夠在學界比賽中為慈幼爭光！

執教籃球隊有甚麼深刻的印象或趣事？

記得該場比賽是關鍵一戰。當時，我深深感受到慈幼仔對學校的歸屬感。球場上的球員施展渾身解數、沉著應戰。而坐在後備席和觀眾席的同學亦齊心地為比賽中的同學吶喊助威，將現場的氣氛推至頂點！

當你踏進慈幼的第一刻給你甚麼印象？

慈幼學校是一所歷史悠久和校譽良好的學校，校內環境優美，當中以大操場最令我眼前一亮，因為這麼寬敞的球場在香港的中學校舍是罕見的。至於學生方面，我覺得慈幼仔十分好動和活潑，因此對體育也是熱愛的。



TALKING WITH MISS ROBYN

Miss Robyn has taught in our school for almost 5 years, and we hope that you enjoy the following interview with her.

Kevin:

Can you tell us about your parents?

Miss Robyn:

'Sure, as a teenager, I lived in Grafton N.S.W. The house was 100-years-old. We lived on the Clarence River and I used to swim across it with my father-it was about a half-a-mile wide. I also rode horses and water-skied with my father. He was a lawyer, but changed his career to a farmer for a while, so I had to go into the mountains to help him get the cattle. This is called 'droving.' He was also a property developer, and he is now President of the Yamba Surf Life Saving Club. My mother is an artist, and has won a lot of prizes for her watercolour paintings. She used to do belly dancing and tap dancing, she's very, very funny, and everyone loves her.'

Patrick:

Did you have any pets as a child?

Miss Robyn:

Yes we had a tortoise, a rabbit, some dogs, a cat and a baby kangaroo. The kangaroo was washed into our backyard by the floods, so we looked after it. We kept it in a laundry bag hanging on the back of the door. Once the nuns came to visit and it jumped around and they screamed.

Kevin:

Can you tell us about your past students in Australia?

Miss Robyn:

'I taught children in outback Australia, Aborigines and white Australians. When I first came to Sydney I taught adults with cerebral palsy, and then elite students. A few years later, I taught adults and teenagers from Korea, Japan, Hong Kong, Europe and South America. My oldest student was 81 years old-he was French speaking and was from New Caledonia.'

Patrick:

Have you had any strange requests from your past students?

Miss Robyn:

'Yes, once an Indonesian wanted to pay me huge sums of money just to provide speaking practice over dinner, and a Chinese teacher wanted to pay me half her salary to prepare her for The United States-I refused her offer. But the strangest request came in 1996 from a Swiss Banker, who said, "Please help me write a letter to get money back from the United States of America, they will not pay us." That should have warned me about the current financial disaster.'

Kevin:

How did you come to be at our school?

Miss Robyn:

'In 1997 and 1998, I was recruited by the British Council Hong Kong to teach a six-week course. My British Council colleagues advised me to join the NET Scheme, so I did and taught at La Salle College from 1998 - 2003. Teaching at Salesian School resulted from a coincidence. One night at around 9pm, I was walking along the street in Sheung Wan. Suddenly, I ran into Miss Bushell (who was the native English teacher in Salesian Secondary School at that time), Ms Bushell invited me into her apartment for a drink and she said "Hey I'm leaving my school and I'm going to New York, would you like to come and teach at Salesian School?" and I said "Ok why not."

Patrick:

What events in Hong Kong do you advise the students to experience?

Miss Robyn:

'If you can, do the following: Go to the Rugby Sevens. Enjoy the gallery openings along Hollywood Road. Go on a junk trip. Visit your museums. Become a member of Central Library, and go to special arts events, like plays and concerts, go bird watching, hiking and surfing at Shek O. Also there's the big screen moonlight movies at the Cyberport-you can take a picnic there. Hong Kong has great stuff on!'

Kevin:

Who is the most interesting person have you met in Hong Kong?

Miss Robyn:

'Last year Perveen Crawford came to my house for dinner. She is training to be an astronaut with Richard Branson. She had a photo of Stephen Hawking at zero gravity-he looked like he was floating in space.'

Kevin:

What else would you like to do?

Miss Robyn:

'I would like to write newspaper articles, accompanied by photos.'

Patrick:

What would they be about?

Miss Robyn:

'Culture, science, art and health. Most likely they would be quirky, but that will come later, not now.'

Kevin:

Thanks Miss Robyn for telling us a bit about yourself, and if the students would like to talk some more they can come and talk to you at any time. Right?

Miss Robyn:

'Sure they can.'



THE OLYMPICS

It has been a great success and enjoyable event for both athletes and spectators from all around the world, the Games of the XXIX(29) Olympiad, which is commonly known as the 2008 Olympic Games, was held in our country's capital city - Beijing, China.

Being a Chinese, despite being thrilled by the idea that this international multi-sports event was held by our country, how well do you really know about it?

Achievements

In the 2008 Olympics, there were 43 new world records and 132 new Olympic records being set and a record of 87 countries at least won a medal during the games.

Among all, Chinese athletes won 51 gold medals and 100 medals in total, while the United States won 36 gold and 110 in total. It is considered as the year which China won the most gold medals in all of the games in the history.

As you may know, Michael Phelps broke the records for winning the most gold medals in one Olympiad, and equaled the record for most individual golds at a single Olympiad. Usain Bolt also secured the traditional title of "The World's Fastest Man" by setting new world records in both 100m and 200m sprints.

Did you know what has been done to get ready for the games?

Nothing can succeed without proper preparations, which isn't an exception for the 2008 Beijing Olympic Games. To get ready for such large scale event, a total of 31 Beijing-based Olympic Games venues have been constructed, and also invested in six more venues plus 59 training outside the Beijing area. In the project, the largest architectural pieces are the Beijing National Stadium, Beijing National Indoor Stadium, Beijing National Aquatics Center, Olympic Green Convention Center, Olympic Green, and Beijing Wukesong Culture & Sports Center. Some venues will be owned and governed by the State General Administration of Sports, which will use them after the Olympics as facilities for all future national sports teams and events. The 2008 Beijing Olympics are the most expensive Games in history with a total of \$40.9 billion spent between 2001 and 2007 on infrastructure, energy, transportation and water supply projects.

One of the best-known events held outside Beijing to us Hong Kong residents must be the equestrian events, which are held locally in Hong Kong due to the high levels of equine disease in Beijing. Hong Kong was chosen as the alternate site because it has high standards for quarantine of horses due to the horse racing industry, and was therefore considered safe for the equine athletes. Additionally, there were already some existing facilities in the city, which would reduce the cost to host the competition.

2012? London Olympics!

The next, 30th Olympiad will be hosted by the United Kingdom's capital city, London, which they previously host the Games in 1908 and 1948. It is also the first city in history which hosted the Modern Olympic Games for three times among all the host cities.

The 2012 Olympic Games will use a mixture of new venues, existing and historic facilities, as well as temporary facilities. Some of the events will be held in well-known locations such as Hyde Park and Horse Guards Parade. Some of the new facilities will be reused in their Olympic form, while others, including the 80,000-seater main stadium, will be reduced in size and several will be relocated elsewhere in the UK. The plans are part of the regeneration of Stratford in east London which will be the site of the Olympic Park, and of the neighbouring Lower Lea Valley.

To make the Olympics more enjoyable, why don't we learn more about it before it is held next time? For more background information and news about the future games, you may visit the International Olympic Committee's site at <http://www.olympic.org/>.

EAST ASIAN GAMES 2009

BE THE LEGEND

Background

East Asian Games(EAG), a multi-sport event organized by East Asian Games Association, it held every four years since 1993 among athletes from East Asian countries. The first East Asian Games was inaugurated in Shanghai, China. In November 2003, Hong Kong won the hosting right of the 5th East Asian Games to be held. The last game was held in Macau in 2005. This year, the 5th East Asian Games will be held on 5-13 in December. It will consist of 287 events under 23 sports of 2009 East Asian Games.

Slogan

'Be the Legend' was selected as the official slogan of 2009 East Asian Games on June 2006. 'Be the Legend' represents the unique characteristics of athletes and Hong Kong people. All winning athletes will themselves be legends and admired by their contemporaries and posterity. The official looks forward to the success of the Hong Kong 2009 East Asian Games, which will also be a legend and an example to future East Asian Games.

Why can Hong Kong defeat other cities and win the hosting right?

On 3 November 2003, the East Asian Games Association announced in Macau that Hong Kong has won the bid for hosting the 5th East Asian Games in 2009 after it defeated Taipei, leading to the jubilation of the whole city. Being an international city, Hong Kong can well handle foreigners from different places. Though Hong Kong is small, it is a developed city with mature technology, high accessibility and sufficient resources to cope with the East Asian Games. Moreover, Hong Kong is a non-religious city, it is not likely to trigger any religious conflict during the Game. Also, Hong Kong has long been a secure place. The Hong Kong Police Force can always maintain the city in peace and give us assurance.

What has Hong Kong done after winning the hosting right?

After winning the hosting right of the 5th East Asian Games (EAG) in 2003, HKSAR has set up the 5th East Asian Games Planning Committee to oversee and steer the organization of the 2009 East Asian Games. Established in March 2005, 2009 East Asian Games (Hong Kong) Limited (EAG Company) is an executive arm for the implementation and delivery of the EAG. It is responsible for administration, broadcasting and logistics support, hospitality, planning competition events and ceremonies as well as publicity and marketing. Apart from this, number of sport grounds has been renewed and repaired. Like the Hong Kong Coliseum, it is ready for the basketball and volleyball events. The renewal of Queen Elizabeth Stadium is going to provide a place for holding table tennis and badminton games.

Theme song

The 2009 EAG theme song "You are the Legend" is produced by the RTHK, composed by renowned composer, Mr. Peter KAM Pui-tat and written by Mr. Keith CHAN Siu-kei. Inspired by the Games slogan 'Be the Legend', the song aims at promoting the sporting spirit and delivering the wish to athletes to strive the best for their countries and mark their names in the history of the Games.

Sports

2009 East Asian Games will feature 23 sports, a record of EAG history. Among these, 16 sports are Olympics sports.

Mascots

The two mascots "Dony" & "Ami" adopted fire and lion as creative elements in the design which convey the continuously striving and mutually helping spirit of Hong Kong people highlighted in a Cantonese oldie "Below the Lion Rock". The fireworks pattern on their bodies echoes the emblem, representing people of different races gathering in Hong Kong as well as the cohesive force which brings people of Hong Kong to participate in the Games.

Emblem Design

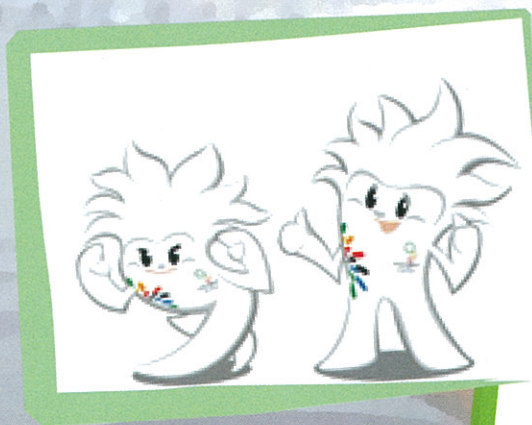
The five-colour fireworks graphics of the 2009 East Asian Games Emblem make reference to the five Olympic rings, and the sparkling fireworks symbolize the energy of athletes striving to fulfil their potential and to achieve sporting excellence.

The design embraces the spirit of the 2009 East Asian Games, which advocates solidarity, harmony, friendship, the realization of potential and the building of a better and peaceful world.

The "Fireworks" also bring home the unique characteristics of Hong Kong as Asia's world city - its vibrancy, freedom, progressiveness and prosperity.

Final Thoughts

The East Asian Games may not have such a large scale comparing with the Olympic Games. However, it is still a major sports event that involves multiple countries from Asia. The successful application for Hong Kong to host the East Asian Games also symbolizes the recognition of Hong Kong as a competent city by other countries. As citizens, we should show our full support to the event and demonstrate our hospitality when tourists from other countries come to watch the games. The success of the Hong Kong 2009 East Asian Games needs our support, let's join hands and give our full support to the Hong Kong 2009 East Asian Games!



Extreme

Doing sports is fun and exhilarating. But no conventional sports can be as thrilling as extreme sports.

What are Extreme Sports?

Extreme sports are those which are characteristically thrilling. Owing to the high level of risk involved, they often include extremes of physical exertion or speed, or height. Danger is always present, and this adds to the thrills of the experience.

Examples of Extreme Sports

Here are some examples of popular Extreme Sports.

Windsurfing

This sport uses a surfboard with a sail, by means of which the rider can skim across the surface of the water. Thus it combines elements of surfing and sailing. The sport developed in the latter part of the twentieth century.

Mountain Biking

In this sport the bike rider rides over rough ground on a mountain bike or hybrid road bike. There are four classifications in mountain biking: street riding, downhill, freeride and cross country. Mountain biking has now developed as an extreme sport, and there is now a hall of fame to celebrate the achievements of early mountain bikers.

Hang Gliding

A hang glider is an aircraft which you can launch yourself, and which you then guide in the air by means of shifting your weight. You can also steer them by means of aircraft control technology. Modern hang gliders can perform aerobatic stunts and can fly long distances and at significant height.

Skydiving

Skydiving, or parachuting, is when a person falls (on purpose) from a height, supported by a parachute. Early jumps were from hot air balloons in the eighteenth century, and it became an international sport in the mid twentieth century. It is now popular both as a recreation and as a sport.

Ice Climbing

This sport means climbing up icefalls and ice covered rock faces. There are two variations, water ice climbing (on cliffs or under waterfalls), and alpine ice climbing (in the mountains). The equipment used varies according to things such as the type of slope and ice texture.

Bungee Jumping

This extreme sport involves jumping from a height, whilst attached from above by a long elastic cord. The jumper usually jumps from a structure such as a crane, bridge or high building. The jumper falls free until caught and bounced up and down by the cord, and this provides lots of thrill.



Sports

Why do people do Extreme Sports?

Throughout history, man has pushed the envelope in physical activity and adventure. Mountains were climbed simply for the reason that they were there. This is the idea behind Extreme Sports. They are done simply to prove that they can be done.

Some Extreme Sports may look non-competitive. At least, they are not about competing with other players. Extreme Sports is essentially a challenge for oneself. In other words, you compete with yourself. Participants of Extreme Sports push themselves to the boundaries of their physical and mental limits. They seek to surpass the dangers their fear and physical limits and take joy from the process.

The Olympic ideal of higher, faster, and stronger is part of human nature. It is the fact that humans not only welcome challenge, but will sometimes purposely seek it out. That explains why people do Extreme Sports. While it is true that not everyone sees the thrill of jumping out of a plane or hurtling off the side of a mountain in exactly the same way, there are always those willing to step up and give it a try.

Growth of extreme sports

Extreme sports are growing in popularity, especially among young people. New types of extreme activities continue to be developed. Some argue that the popularity is due to marketing trends. They state that marketing strategies give some extreme sports a dangerous image, appealing to thrill-seeking young people. Regardless, these sports are gaining a large audience and growing in popularity and participation.

Sports and our daily life

The Olympic Games are exciting and wonderful. However, these games seem to be far away from us. As a matter of fact, some people in Hong Kong seem to enjoy watching sports rather than doing it themselves. It is known that sports bring us a healthy body. Studies, since a long time ago, have revealed that those who do sports regularly usually have a longer life-span than those who do not. In the view of biology, it can facilitate our circulation, help muscle develop and make our bodies produce a chemical which will bring people happiness. Researches have revealed that many elderly who exercise every morning usually have longer life-span and a happier attitude towards life.

Sports are good for us, but it could, incidentally, cause injuries, disability, or even, worse still, death. There was once an Olympic participant who suffered extreme pain and eternal injuries from an unfortunate incident - he mistakenly dropped a heavy sports ware onto his arm. While bad luck may be one of the factors that lead to this incident, insufficient practice, poor precautions and sports knowledge cannot be ignored.

In fact, even the professionals check their protective gears and safety precautions every time before they take part in the game. We, average people, therefore should not turn a blind eye to those seemingly unnecessary measures, among which some may think that these practices are time-wasting and for beginners. The incident mentioned above is not the only case, and we should be aware of all the safety measures before playing a sport. It is advised that beginners should follow the instructions of a professional sport teacher, while intermediates should keep an eye on every single safety precaution before they perform the sport.

Although sports could be too time consuming for those living in a bustling city as Hong Kong, you can fuse these gainful activities with your daily life. Have you ever noticed that when you are waiting for lifts to take you up to 1 or 2 floors above, it is time wasting? Try to walk up the stairs, and in less than 1 min you can get to your destination and have some good exercises for your feet.

Writings from teachers and Students

Sports Day

by Stephen Ng 1A(24)

Last Wednesday was the school Sports Day. Many people, including students and their family, came to the stadium. The weather was cloudy at first but turned out to be sunny afterwards,

At the opening ceremony, our guest of honor, the famous tennis coach Simon Li, gave his speech. He ended his speech with a quotation from the windsurfer Lee Lai Shan "Athletes of Hong Kong are not rubbish!". The Principal, Mr. Lam, gave his speech after Simon Li. After that, we sang the school song. Then a parade was performed by the four school houses.

Throughout the day, two records were broken. Jay Lee from F.5C broke the record of boys' 100-metre sprint. He ran extremely fast. Jack Wong from the same class broke the boys' 200-metre hurdles. He jumped very well. The Red House won the House Cup. Everyone thought the Green House would have won it but they came second.

The Sports Day this year was great. I hope more students will break the records at the Sports Day next year.

Unforgettable Sports Day

by 1E(9)

Last Saturday was our school Sports Day. We all had some unforgettable memories.

At the beginning of the Sports Day, it rained hard but the weather became nice and sunny afterwards. The stadium was packed with students. They were shouting and laughing happily.

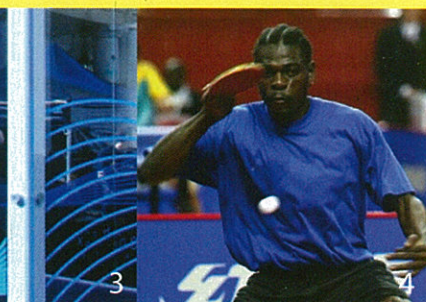
Our prestigious Principal, Mr. Lam gave the first speech. He encouraged us to do well in the matches and not to give up even when we felt depressed or tired. He hoped that we would do our best for our house. Then the guest of honour, the famous tennis player Simon Li gave his speech. After the speeches, the school choir sang the school song and had a parade with the four school houses. Luckily, all the procedures finished smoothly. Then the matches started.

The Red House won many medals. Jay Lee of 5C won the boys' 100-metre Sprint. He ran extremely fast. And the other student Jack Wong of 4A won the boy's 200- metre Hurdles. He jumped very well. They all got very excited when getting the medals. All the students and parents were cheering extremely loudly to encourage them. For the rest of us, although we did not get any prizes, we all enjoyed the day very much and is looking forward to the Sports Day next year!

A Strange World of Sports

by Mr. Liu

At Salesian English School, we can always see schoolmates playing different kinds of sports? We love basketball, football, table tennis, badminton, etc. Have you ever seen anyone who has some extraordinary and incredible skills like what you are going to read? The followings are extracts of records about sports from Guinness World Records.



1. Michael Kettman of St. Augustine, Florida, USA, achieved the record for the most basketballs spun simultaneously on May 25, 1999. How many basketballs can you see?
2. Li Huifeng (China) juggled a shuttlecock for 4 hr 40 min non-stop using only her feet, without the shuttlecock ever touching the ground in Beijing, China, on 21 December 2006. Do you dare try?
3. Dan Magness of UK achieved the longest time controlling a football during an event organized by Sony PlayStation in Covent Garden, London, UK, on 30 April – 1 May 2009. Guess what? He did it for 24 hours!
4. Trevor Farley kept control of a table tennis ball with a table tennis bat for 2hr 10 min 16 sec on 9 November 2006. It is still the longest time in the world!

Why Sports?

by Mr. Lau

Sports are good for our health. They help us build up stamina, strengthen muscles and burn the extra calories. In addition, scientists have found evidence which shows regular exercise can turn a certain type stress hormone called adrenalin into energy and secrete a natural pain reliever called endorphin in our body. The benefits of sports in keeping us both physically and psychologically healthy are unquestionable.

Given the importance of the role of sports in maintaining a healthy life style, it is desirable for students to have sports at school so that they will develop a better living style in their adulthood. So, physical education is included in most curricula all over the world, and Hong Kong is no exception. Secondary school students usually have two periods allocated to physical educations every 6-day cycle (or week). It is hoped that an interest in sports can be developed among students.

So, is health the only reason we do sports? Definitely not.

In most competitive sports, the player has to persevere in order to have any achievement. To perform their best, sportspeople need steady persistence in the course of their training in spite of difficulties. This is true even for very talented players. Perhaps we have all been amazed by the world's most talented swimmer, Michael Phelps, who won eight Olympic medals in Beijing in 2008. But did you know the twelve-year-old have to sacrifice much of his free time for training? Did you know he had to give up his other interests in order to bring all his energy to daily pool practice? Did you know he did not win every time and came last in one of the games? He sets a good example for us – learning a sport is not only about picking up the physical skills or learning the tactics. It involves progressing toward a goal of greater success despite obstacles and getting back up when knocked down by difficulties.

While the competitive nature of sports shows us the importance of persistence, sports can be more than that. One thing we can learn in sports is teamwork and leadership skill. For example, in a game of football, while the chance of winning depends partly on technical skills and physical abilities of players, good team tactics are often the more determining factor. However, effective team tactics can only come out of good teamwork and good leadership. Taking part in a team sport helps us learn to become a team player. Being a leader of a team gives us opportunities to learn to become a good leader. In an economy like Hong Kong, ability to work as a team, competence to communicate and capacity to lead are the foundation of everything in the workplace. Sports training seem not only beneficial but also essential for our leaders of the future.

In addition, sports activities like interclass competitions, swimming galas and athletic meets often serve the purpose of teaching our next generation about sportsmanship and the idea of fair play, which can seldom be taught otherwise.

Many benefits have been mentioned so far, but none of these is actually the strongest reason why human beings devote so much of their time to sports. In fact, without realizing any other benefits a sport can bring, many of us are still doing sports every day – simply for fun. Just think of the last time you do sports with your buddies. It must have been great fun. Sports are probably the best way to enjoy the time with people you know.

The class I teach this year sets a very good example. Most of them are crazy about sports. You will not know how enjoyable it can be to play football, basketball or other games with friends unless you come and see them play. If it did not bring any enjoyment, there would not be the laughter and cheers among them when they played.

I am not trying to convince the readers of this article to play sports. If you have not been bored by my article and have managed to read to this point, I am quite sure you agree with my arguments why sports are good for us. What I want you to do is, if your friends are addicted to TV dramas, pop songs, online games or drugs (hopefully not), invite them to join you in a game of sports. After all, it is better to get addicted to sports. ;-)

* I dedicate this article to boys in 4A who either played in any interclass sport competition or cheered for the players. I am proud of their achievement. (They won the champions in football, basketball, volleyball and table tennis. They came second in badminton. What remarkable results.) They have shown me what sportsmanship, leadership and perseverance mean.



進言

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洪英毅 施錦華 張浩維 陳高源 廖柏明

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