



香港都會大學
HONG KONG
METROPOLITAN
UNIVERSITY

學生事務處
Student Affairs Office



2022 - 2023 Sports & Physical Education Newsletter

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2022-2023 USFHK COMPETITION TEAM RESULTS*

Men's		Women's	
Aquatic Meet	6th Place	Aquatic Meet	7th Place
Fencing	8th Place in Sabre	Athletic Meet	8th Place
Karatedo	8th Place	Badminton	7th Place
Rugby	6th Place	Basketball	8th Place
Soccer	7th Place	Cross Country	8th Place
Table Tennis	6th Place	Table Tennis	6th Place
Taekwondo	4th Place	Taekwondo	4th Place
Water Polo	7th Place		
Dragon Boat	3rd Place in Small Boat Mixed		

*Remark: A total of 13 participating universities and tertiary institutions at maximum

2022-2023 USFHK COMPETITION INDIVIDUAL RESULTS

Aquatic Meet	Men's 100M Freestyle	Tsang Pak Ho	2nd Runner-up
	Men's 50M Butterfly	Chow King Him	3rd Runner-up
Athletic Meet	Men's 100M	Cheng Cheung Hung	Champion
	Men's 200M	Cheng Cheung Hung	3rd Runner-up
	Men's 400M	Li Yu Fung	3rd Runner-up
Taekwondo	Men's Black Belt (Under 74kg)	Kwan Wai Lam	2nd Runner-up
	Men's Black Belt (Under 80kg)	Wong Tsz Hin	Champion
		Xu Jin Xuan	2nd Runner-up
	Women's Black Belt (Under 49kg)	Wong Shuk Han	Champion

Interview with the President



Ting Lau
Sports Leader



Sumi Tam
Sports Leader



Ching Ma
Sports Leader

Q: Do you have any favorite sports?

A: Yes, football. I used to play midfield before.



Prof Paul Lam Kwan-sing
HKMU President

Q: What are your views on sports development at HKMU?

A: Our University has always strongly supported sports development, such as improving sports facilities, coaching, and assistance from physiotherapy teams. We will provide support and assistance whenever students need them.



Interview with the President

Q: What is your impression of the HKMU sports teams?

A: Our student athletes could be more positive and assertive. They are confident, but their performance is sometimes more introverted and reserved. In competitions, the athletes have performed well and won championships on several occasions. I am glad to see the positive and harmonious atmosphere on the teams.



Q: Do you have any words of encouragement for the HKMU student athletes?

A: Participation in sports activities helps develop a fighting spirit and the spirit of sportsmanship, and sports play a vital role in promoting physical health.

Sometimes our athletes lack self-confidence, resulting in failure in competitions. I hope that by participating in various competitions, our student can strengthen their confidence and strive to excel.

We welcome HKMU alumni, especially former members of our sports teams, to support and cheer for our athletes, so that our good tradition can be continued.

Sports Teams



Athletics Team



Badminton Team



Basketball Team



Rugby Team



Sports Teams



Soccer Team



Table Tennis Team



Cross Country Team



Dragon Boat Team



Sports Teams



Fencing Team



Taekwondo Team



Volleyball Team



Sports Teams



Swimming Team



Water Polo Team



Karatedo Team

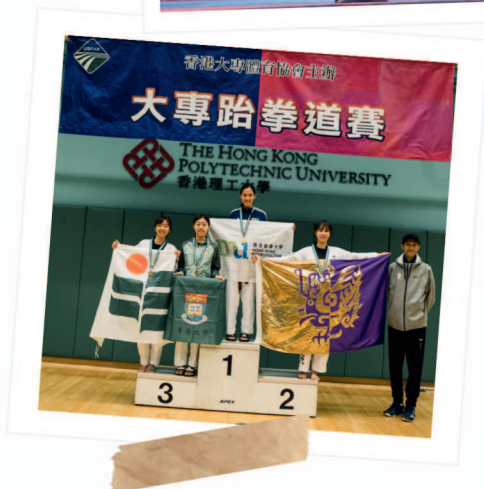
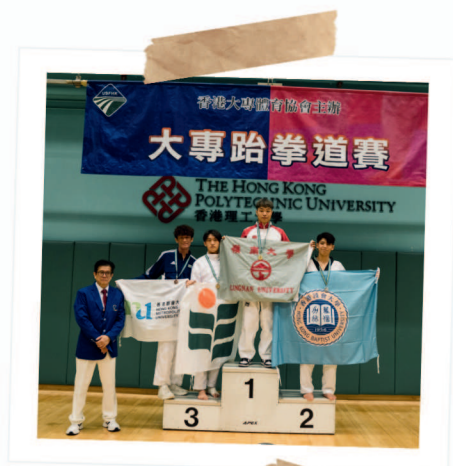


Taekwondo Team

Our Taekwondo Team received outstanding achievement in 2022-2023 USFHK Taekwondo Competition:

Event	Name	Prize*
Men's Black Belt (Under 80kg)	Wong Tsz Hin	Champion
Women's Black Belt (Under 49kg)	Wong Shuk Han	Champion
Men's Black Belt (Under 80kg)	Xu Jin Xuan	2nd Runner-up
Men's Black Belt (Under 74kg)	Kwan Wai Lam	2nd Runner-up
Men's Overall	4th Place	
Women's Overall	4th Place	

*Remark: A total of 13 participating universities and tertiary institutions at maximum



Leadership Training Camp



Sports Team Leadership Training Camp was held during 9-10 December, 2022 and 9-11 January, 2023 respectively. A group of students from different sports teams mingled with each other during the camp. They shared the situations and challenges of their respective teams, and were able to support and encourage each other. In addition, the students got to know more themselves and challenged themselves through various activities. They also established relationships and friendships.

Metropolitan Cup 2023

The 2nd Metropolitan Cup Men's 11-a-side Football Tournament kicked off during the summer break at the Jockey Club Football Training Centre in Tseung Kwan O. Participating tertiary institutions included HKMU, HKU, LU, HKBU, CityU, HSUHK, EdUHK, and CIHE. The Metropolitan Cup brought together student athletes from tertiary institutions to compete and showcase their sportsmanship on the field, leaving behind youthful memories.



Result

Champion

Hong Kong Baptist University

1st Runner-up

The University of Hong Kong

2nd Runner-up

City University of Hong Kong

3rd Runner-up

The Education University of Hong Kong





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HKMU Sports Awards Scheme

Outstanding Athletes of the Year aims to retain continuing students, and to award students' achievements and efforts representing HKMU to compete in competitions in the tertiary education community.



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HKMU Entrance Sports Scholarship

Aims to support the academic pursuit of sports talents and to cultivate sports spirits and promote whole person development in the University.

Congratulations to Wu Wai Ching and Liu Shengang for receiving the 2022-2023 Hong Kong Metropolitan University Entrance Sports Scholarship!



Wu Wai Ching



Liu Shengang

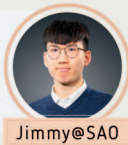
Entrance Sports Scholarship - Awardees Interview



Wu Wai Ching



What do you think about winning the Scholarship?



I am happy to receive this scholarship and be able to purchase new equipment. It is grateful that the University values the development of student athletes.

How is your first year training in HKMU?



In HKMU, there is a sense of familiarity, I have met teammates who were trained together since childhood. As well as professional coach to provide specialized training for left-handed player like me.



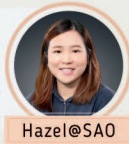
I enjoy the training which I can focus on practicing my specialty. The coach flexibly adjusts the training content so that we can train specifically on areas where we need improvement.



Liu Shengang



How does the University support you?



The coaches take very good care of me and my teammates are enthusiastic in helping me adapt to living in HK. In the USFHK competition, I have to lose weight from 68kg to 63kg within a week to pass the weight requirement.



On the day of weight, I ran outside the competition venue wearing heavy clothing and just made the weight requirement. I would not have passed without the support from coaches and teammates, I feel a strong sense of unity in HKMU Sports Team.





More Information



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