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sport kevin kung



Did you know? South Africa's Cameron van der Burgh won the 100m breaststroke gold medal at the 2012 London Olympics in a new world record

Three teams for Asia finals

The Hong Kong Schools Sports Federation is sending table tennis, swimming and football teams to the Asian Schools Championships over the next four weeks.

This is the first time the federation has sent athletes to so many continental-level competitions. Last month, it also sent a team to the Asian School Track & Field Championships in Kuantan, Malaysia.

Five boys and five girls will go to Bandung, Indonesia, for the table tennis competition, which will run from Monday to October 29. There will be singles, doubles and team events for each gender, but captains Toby Yim Man-cheuk and Nancy Yeh Tsz-yan say the team has yet to decide the final version of the event list.

"I think our team will pair Lee Yat-hin and me, and also Kwong Kai-hin and Tang hoi-yen to play in the doubles competition. I should also play in the singles, and I am hoping to win a medal," said Toby, a Form

I wanted to participate in more races, but this arrangement helps me to be more focused on my event

Five student at Tsung Tsin Middle School.

Nancy, a Form Four student from The Chinese Foundation Secondary School, said the team is still checking the chemistry of different doubles combinations.

"But I have confirmed that I will play in the singles and team events. My experience in the China Student Games should help me to excel in this tournament," said Nancy.

Next will be the swimming championships from October 31 to November 7 in Macau, in which 12 boys and 12 girls will take part.

Alex Kwok Ka-fai, a Form Six student at TWGHs S. C. Gaw Memorial College, will captain the boys' team. "I attended the Fina World Junior Swimming Championships in August and reached my personal best in the 50, 100 and 200 metres breaststroke," said Alex, who will compete in all three events.

Joey Ching Cho-miu, a Form Five student at Good Hope School, was appointed vice-captain of the girls' team. "Swimming rarely appoints a captain or vice-captain for the team. I guess it's because we need leaders to co-ordinate swimmers' work for a presentation after the competition. Other than the races, we also need to think about a short performance for other teams on the last day of the tour," said Joey.

Joey will only race in the 50m freestyle. "I wanted to participate in more races but this arrangement also gives me an advantage. I can be more focused on my event. I may



Hong Kong representatives (from left) Toby Yim and Nancy Yeh (table tennis); Alex Kwok and Joey Ching (swimming); and Sunny Lee and Kit Chan (football). Photo: Kevin Kung

swim in the 4x100m freestyle relay, too," she said.

The football championship will be held from November 6-16 in Chiang Rai, Thailand. Kit Chan Chun-kit, a Form Six student at Queen Elizabeth School Old Students' Association Secondary School, will lead the 20-player squad. He expects strong competition from China, South Korea and Thailand.

Sunny Lee Yang-xuan, the goalkeeper and a Form Six student at The Chinese Foundation Secondary School, said the team has shown better teamwork after

friendly matches in recent months.

The federation held a flag presentation ceremony for the teams at Pui Ching Middle School in Ho Man Tin last Saturday.

Principal Lai Wing-chun, chairman of the external school sports committee, said he expected to see these athletes compete in next year's All China Secondary School Students' Games in Shanghai.

"I hope you will all be included in the Games next summer, and I will cheer for you guys," Lai said.

say it

continental-level (adj) 洲際的 excel (v) 優勝 appoint (v) 任命

goalkeeper (n) 守門員 shift focus (phr v) 轉移目標 ambition (n) 抱負

athlete of the week

Each week, we talk to HK's brightest and best

Name Sutton Choi Shing-tung
School Diocesan Boys' School
Grade Form Five
Sport Swimming & Lifesaving

Achievements

Sutton, 16, is a member of Hong Kong's swimming team. He competed at August's Asian Youth Games in Nanjing (南京), and will swim in the Fourth Asian School Championship, in Macau, later this month.

He won two gold medals in the B-grade boys' 200 metres breaststroke and 200m individual medley events at the Inter-school

(Division One, Hong Kong Island & Kowloon) Competition.

Sutton also won four gold medals and one silver at the Hong Kong Age Group Short Course Championships in March.

He holds Hong Kong records in the short-course boys' 100m breaststroke (under-16) and 200m breaststroke (aged 15 to 17).

Soundbite

"Before the summer, I had a knee injury that interrupted my training and affected my performance at the Asian Youth Games," Sutton says.

"After months of treatment, I've

recovered and am close to my best again. I'm confident I can win two gold medals in the A-grade boys' 100m and 200m breaststroke at the inter-school competition to be held this Friday and next Wednesday.

"Although our C-grade team may not be as strong as other school teams, I believe we will still win our 21st consecutive overall title - but it will be a close battle.

"After the competition, we'll be shifting our focus to



preparing for the All Hong Kong Inter-School Life Saving Competition.

"Not many of our B-grade swimmers have done much life saving, so I'll be teaching them the basics."

From his coach

"Sutton gives his all to the team and demonstrates great

Photo: Kevin Kung

leadership," says Kenny Yip, the teacher in charge of the swimming team. "He has also been appointed life-saving team captain and will be leader of the swimming team next year if he continues to do well."

Ambitions

"I hope to achieve some personal-best times at the Asian School Championship and at next month's Hong Kong Long Course Championships," Sutton says.

"I also want to break some Hong Kong senior swimming records; I'm aiming to break the 200m breaststroke record first."