

分享會 Sharing Session (12-1-2010)



單車手郭灝霆道出作為職業運動員的苦與樂：時間不再由自己支配，而是按教練安排的時間，全身投入訓練，他曾嘗試爭取時間進行私人活動，惟遭教練在公眾場合拒絕及責備，感到十分難堪；他後來在亞洲錦標賽取得佳績，便明白教練的一片苦心，正是因為教練的嚴格督導，令他屢次在競賽表現上有所突破。

Marco Kwok Ho Ting, the young star of the local cycling team, has been trying his best to strike a balance between academic study and intensive training routine. In order to pursue his cycling career, he is required to sacrifice his private time to an extent that, all of his time is planned and scheduled by the coach and must be straightly followed. Recalling the one incident of his request to have a quick meal with his family, Marco was rejected and lectured by his coach in public during a ride to the training camp in Mainland China. He was deeply disappointed but soon he realized that it is a challenge to him --- **“As an athlete, you need the greatest amount of discipline to keep your mind and energy for your profession.”**



在東亞運奪得一面**武術金牌**的**關寧慧**表示，傷患對運動員的身心影響甚深，她也曾經歷過受傷的低潮；爲了不影響隊友，她會因爲膝傷而暫時放棄個人單項，主力爲三人一組的對練項目作準備。關校友認爲武術項目的成績取決於評審的主觀意見，所以作爲運動員她會做好本份，獲獎與否則已是額外獎勵。她又認爲港府對武術運動的宣傳不足，令該項目的運動員一直被忽視，因此她希望在運動發展能獲更多支持。

Kwan Ning Wai, the gold medalist of Women's Duilian in Wushu in the EAG, talked about how she coped with her injury during her intensive training routine and competitions. Under physical and mental stress from injury, she has to sacrifice her individual match for the group competitions. As the results of Wushu is quite subjective to judges' perspectives, Kwan's strategy to the game is to try her best to keep her standard from training and have a peaceful mind towards prizes or awards.



划艇手**黃政**認爲校內運動氣氛不俗，同學之間積極參與體育活動，校方又大力支持，使自己也更投入訓練，又發掘了自己水上運動以外如田徑項目方面的潛能。對於訓練期間校方對自己在課業上的支援，她亦表示無限感激。黃政又勉勵同學仍趁年輕力壯時，發掘自己多方面的潛能。

Being one of the representatives of local rowing athletes, **Wong Jing, Gloria** recalled that the atmosphere in LTFC encourages students to participate in sports, which motivates her to try other sports than rowing, such as track events. She urges her fellow schoolmates to try as many activities as they can and explore their own potential.



在座同學對運動員學生校友都感到好奇，踴躍發問。

Students actively participated in the Q & A session.



(左起) 吳奇壠校長、黃錦輝校董、郭灝霆、林大輝校監、黃政、關寧慧

(left to right) Mr. Wu Kee Huen, Prof. Wong Kam Fai, Kwok Ho Ting, Dr. Lam Tai Fai, BBS, JP, Wong Jing, Kwan Ning Wai

對於母校的支援，三位校友表示由衷感謝，認為校方對學生體育發展的支持，是學生運動員不可或缺的動力。他們均指出，校方為他們安排了額外的補課或測驗評估，又給予運動員繳交功課的寬限期，使他們能全力應付訓練和比賽之餘，又能兼顧學業，追上學習進度。

The graduates expressed their heartfelt thanks to the school, which provided abundant support when they were still in school. Special arrangement and adjustment from extra tutorial classes to assessment timetable, from homework allowance to special reporting time to the school. They regard the support and assistance from the school a necessary element in their success and further development in sports career.



(左起)郭灝霆、劉念溢、林大輝校監、黃政、關寧慧

(left to right) Kwok Ho Ting, Lau Nim Yat, Dr. Lam Tai Fai, Wong Jing, Kwan Ning Wai