

賽馬會官立中學第 51 屆陸運會

二零一三年十一月七日及十二月二日，賽馬會官立中學假九龍仔公園運動場舉行第五十一屆陸運會。這兩天天色晴朗，運動員大顯身手，競逐各項賽事的獎項，氣氛熱烈。

閉幕禮由元朗公立中學副校長楊李淑齡女士擔任主禮嘉賓。楊李淑齡副校長在致辭時分享感受，提及去年在同一場合她仍是賽馬會官立中學的老師時，負責彎道裁判及頒獎禮的工作；想不到一年後，會以主禮嘉賓身份再次來到運動場，角色的改變，證明人生很多變遷是不能預料的；訓勉同學及早裝備自己，迎接未來的挑戰。楊副校長又鼓勵同學學習運動員的精神，努力鍛煉、追求進步；及培養每日運動的習慣，即如同學養成良好的學習習慣一樣。最後，楊副校長勉勵同學無論做任何事，均要用心及努力，付出汗水，積極面對困難及挑戰。

經過兩天激烈的賽事，由紅社衛冕全場總冠軍、男子團體冠軍，及奪得女子團體冠軍。今年有三位同學刷新大會紀錄，分別是：6A 王瑱禧同學以 22 秒 09 刷新男甲 200 米紀錄；1C 鄧崇耀同學在男丙跳高項目，以 1.61 米破紀錄奪魁；及 6B 陳家成同學以 12.28 米成績刷新男甲三級跳遠的大會紀錄。最後，隨著校旗的緩緩降下，今屆的陸運會亦告圓滿結束。

1) 接過同學交下的棒子，運動員奮力向前衝



2) 主禮嘉賓楊李淑齡副校長和全場總冠軍紅社社員合照



JCGSS ANNUAL SPORTS FIXTURE - Three Cheers for Our New Records!

On 7th November and 2nd December, Jockey Club Government Secondary School spent two days competing in their annual Sports Day events. The actual events that the students participated in ranged throughout both Track and Field, and across all form levels. There were of course some standout athletic performances from genuinely gifted athletes, but the most pleasing thing for all was that there was a good level of participation at the fields and in the stands.

Three students broke school records over the event; Wong Chun Hei (Grade A) in the 200m; Chan Ka Shing (Grade A) in the Long Jump and Tang Sung Yiu (Grade C) in the High Jump.

The individual athletic champions went to Wong Chun Hei (Grade A), Chan Yat Chi (Grade B) and Tang Sung Yiu (Grade C) for boys. For the girls, Wong Yat Sum (Grade A), Wong Ka Hei (Grade B) and Fung Sze Nga (Grade C) were the individual champions.

While the Red House claimed the Overall Champion of the day in terms of sporting prowess, the Blue House outperformed the other houses in the stands and was awarded the Best Cheering Team. The cheering teams of each house chanted a variety of slogans in support of their athletes; they also cheered on other competitors from different houses as all athletes struggled to give their best effort on the track. Across both days, sportsmanship and team spirit were vividly shown and appreciated by all.

If one standout performer had to be mentioned, it would be unanimously agreed that Wong Chun Hei was phenomenal. He is clearly a born athlete, and showed his prowess on the running track in every single event he entered. He held the school record for the 200 m sprint, and came literally within inches of obtaining the school record for the high jump as well. It was a real privilege getting to watch him perform in the high jump – you could really see his commitment to excellence shine through. He almost had too many trophies and medals to carry at the end.

The event was wrapped up with the Parents' Relay where some "age mixed with beauty" had their turn to prove their athletic prowess; staff, students and parents alike all joined forces to compete in a 6-person relay team sprint catapulting the whole day to a climax. At the conclusion of the racing, Ms Yeung Lee Shuk Ling, Assistant Principal of Yuen Long Public Secondary School and former Head of Liberal Studies of JCGSS, presented the trophies and congratulated the winners on their sporting achievements, as well as commending all athletes on the tremendous sportsmanship they had all shown during the event.

It was not only a great event of the school, it was also a great show of unity. Thanks must go to all the teachers and students and special thanks must be given to Mr. Hung Kung-chiu and Ms. Chan Pik-fong, our P.E. teachers, who did a fantastic job this year.



Months of practice translates into prowess in seconds!



Mrs. Yeung sharing in the Red House's victory!