

S4 Promoting rugby to junior form students

Elaine Kwok (4A)

Good morning Principal, teachers and fellow schoolmates. I'm Chris Wong, Chairperson of the newly-established School Rugby Team. Happiness is basically what human beings desire and look for throughout their entire life, and we do what makes ourselves happy. I know it's hard to believe, especially for girls, who often dislike sweating, but doing sports can actually make you happy in so many ways. Take myself as an example. I used to feel stressed because of schoolwork, but having taken up a sport, now I feel much better and healthier.

Do you want the same for you? If so, why not give rugby a shot? I understand you may not know much about rugby since it isn't a common sport which is played at school, so let me briefly introduce it to you. The ball game was actually invented around 100 years ago, when three boys at Rugby School in England set the rules. The sport is played with, obviously, an oval-shaped ball that players can kick, run with or pass to team mates in order to score tries. Normally, in a rugby union match, each team has 15 players and a game lasts for 80 minutes. If you've watched a rugby match before, you should know that it's a very intense and exciting sport which involves a lot of running, but if you think it's just about grabbing the ball and running as fast as you can, you're wrong! In fact, defence is also extremely important and it's what makes the game so interesting.

Now, let me tell you the benefits of playing rugby. First, since rugby is a team sport, you can make more friends who share the same passion with you, which will widen your social network and improve your interpersonal skills. Second, listen to this carefully, girls, it will help you keep fit effectively as all the running and sweating during each practice will turn fat into muscles, so you'll have firm arms and legs like models! Besides improving your body shape, you'll feel refreshed and relaxed after playing rugby. In other words, you will not only look good, but also feel good too! And the best thing is if you're really good at the sport, you can actually become a professional athlete and have a promising career! Imagine being a rugby star and having a lot of fans! How amazing it is!

As you know, not many schools in Hong Kong have a rugby team, so why not grasp this rare opportunity to play such a special, beneficial sport? You know you don't want to miss it. Don't hesitate! Simply fill in an application form available outside the PE Room and give it to me. Looking forward to seeing you all at the selection trial! Thank you.

