

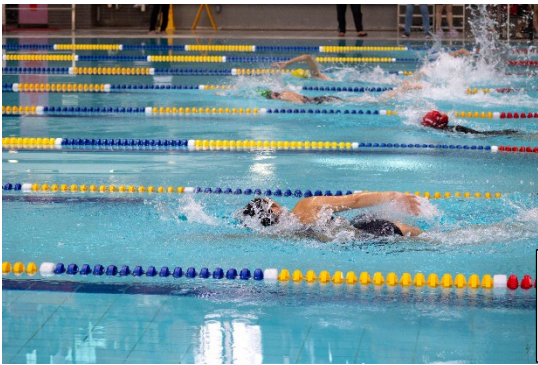
## A Splash of Spirit: Hong Kong True Light College Kicks Off the Year with Thrilling Swimming Gala

Lucy Dong, 3A

Under the brilliant sunshine of 29<sup>th</sup> of September, Sun Yat Sen Memorial Park Swimming Pool came alive with the energetic cheers and competitive spirit of Hong Kong True Light College's first major sporting event of the year. The 40<sup>th</sup> Swimming Gala was a resounding success, marking a vibrant start to the 2025-26 academic year.



*The day began with inspiring words from Principal Ms. Law, encouraging all students to give their best.*



Spurred by the Principal's speech, all students motioned into gear. The pool deck was a stage for both individual brilliance and team unity. Each race was a testament to the countless hours of practice and the unwavering determination of our student-athletes.

*As swimmers dove into the water, they showcased their dedication through four core techniques: the powerful Butterfly, the strategic Breaststroke, the speedy Freestyle, and the graceful Backstroke.*

More excitingly, the competition wasn't confined to the water. During the races, the most anticipated event on land was the cheerleading competition, which took center stage at the spectator stands. The air crackled with energy as houses battled it out in a deafening and passionate display of school spirit.



*The cheerleading competition with synchronized chants and incredible spirit*



The sense of pride was noticeable among the House teachers. Ms. Lau, the teacher of Blue House, complimented her team's resilience, noting, "Despite the cancellation of practices due to the untimely typhoon, they still chanted the slogans together fantastically." Sharing the same sentiment, Mr. Fung of Green House applauded the collaboration between year groups, highlighting how "the S1 and S2 students worked well together in shouting their slogans in unison."

The atmosphere made a powerful impression on our Principal too, who was a first-timer to our school's Swimming Gala. "The atmosphere was very cheerful in every aspect. The cheering teams worked their hearts out," she stated. Ms. Law was particularly impressed by the water-themed handmade accessories and props, which showcased incredible creativity. When asked to pick a favourite, she waved it off with a laugh, declaring, "I like them all! All of them are very artistic."

### Celebrating the Champions

The day culminated in the announcement of the results, celebrating both individual excellence and collective house spirit. Congratulations are to all athletes and supporters in the cheerleading competitions!

Cheerleading Competition	
Most Creative & Best Cooperation:	Green House
2 <sup>nd</sup> Runner-up:	Yellow House
Overall Champion:	Green House



Celebrating the victory of Green house getting the overall championship of cheerleading

	Individual Champions	Overall House Championships
A Grade	5A Leung Pui Yung, Green House	Green House
B Grade	Double-Champions: 3A Yue Peony, Red House 3D Chan Tsz Ling, Yellow House	Green House
C Grade	2D Chan Yin Ting, Green House	Double-Champions: Red House Blue House
GRAND OVERALL DOUBLE-CHAMPIONS		Red House Blue House



5A Jasmine Leung who once again snatched the individual championship in Grade A, celebrating the victory with fellow winners.

The event was more than just a competition – it was a powerful demonstration of our school's vibrant community, setting a triumphant tone for the year ahead.

## Cultivating Champions: An exclusive interview with Dr. Kate Yung

Amra Khan, 3A

The path to championship isn't just built on physical training. It's a holistic journey of the mind, body, and spirit. This was the powerful message from Dr. Kate Yung, a distinguished Physical Therapist and Associate Director at the Hong Kong Sports Institute, who graced the Swimming Gala with her insights.

### ***The Symphony of Support Behind Every Athlete***

While we see athletes on the podium, Dr. Yung gives us a glimpse into the intricate support system that makes those moments possible. Her role, she revealed, is that of a conductor, harmonizing a vast team. "My typical day starts with checking emails," she shared, detailing a schedule dedicated to coordinating the 60-member staff across the Sports Nutrition and Monitoring Centre and the Sports Psychologist Centre. This symphony of expertise is all in service of a single goal, supporting over 1,000 athletes across 21 sports, ensuring they have the foundation to thrive, she explained.



Guest of Honor Dr. Kate Yung shared her expertise on the science behind athletic success.

### ***The Heart of the Matter: Growth Through Adversity***

Dr. Yung's face lit up with passion as she described the journey of guiding athletes, like famed fencer Vivian Kong, from severe injury back to the Olympic podium. "You see how they've grown through the journey as a person," she stated. This process, demanding immense resilience as athletes often train alone, is where true character is forged. This resonates deeply with our school's motto, proving that the greatest medals are the resilience and personal growth earned along the way.



### ***A Global Lens on Sport and Culture***

Dr. Yung's unique perspective, shaped by her experience in both Hong Kong and Australia, revealed a striking cultural contrast. "Everyone, boys and girls, will participate in a sport very seriously... not because they want to develop a career, but because they genuinely love sports," she observed. This pure passion, she noted, fuels a mature sports science ecosystem. In contrast, she applauded Hong Kong's dedicated athletes while noting the local focus on sports as a pathway to academic success, offering a thought-provoking context for students considering this field.

### ***Your Journey Starts Now: Practical Wisdom for Aspiring Champions***

Dr. Yung's advice for students was both grounding and empowering. While confirming Biology as a solid foundation, she stressed a more personal strategy: "Try to find a mentor," she advised, noting that guidance from an experienced professional provides an invaluable head start. For anyone struggling with motivation, whether in exercise or studies, her message was one of compassionate discipline. "It's really about habits, consistency, and also discipline," she explained, comparing it to elite athletes who rely on routine, not just mood. "Start with small steps before a big goal. It's about the discipline that keeps you strong."



Our conversation with Dr. Yung was a powerful reminder that excellence is a holistic pursuit. It is not just built on talent, but on the unshakeable pillars of discipline, resilience, and a balanced mind which is truly embodying the transformative spirit of wholeness for life.