



中大體訊

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FLYING

大專田徑賽一百公尺冠軍 梁灝然

The Annual Intercollegiate Athletics Meets took place on 5th March at Hong Kong University this year. We came second in the overall and HKU won the championship. Most of us in the team were pleased that we could get the 1st runner-up despite our lack of training. In fact, I should rephrase it as our lack of participation in training.

Our women's team got much better results all because they took the training more seriously. But for the men, everyone was practising individually even if they did show up. Being the Team Captain, I felt particularly guilty that the team did not have a vivid goal. Seemingly, there exists a norm among athletes at CU that doing one's best in the competition is the ultimate purpose of school sports. It is justified to a certain extent, but an athlete should not do his or her best only during the competition, there must be a lot of preparation. And the preparation is crucial to the outcome.

It was easy to give ten excuses for not practising but we needed only one reason to work hard for our events, which was the fact that we were all part of the team. I am not saying that our results were bad but it seemed to me that we had spoilt the opportunity of utilizing the school sports facility fully. In athletics, we were given a precious chance to know our limits; to test our perseverance. We could learn to set a goal for ourselves; to judge when to give in and when to go on. And we must always evaluate whether we have done our part responsibly. It was not the medal that mattered but our attitude. We could blame that we had no sense of belonging in the team. However, all of us in the team should look back if we have made the least

effort to forge our team spirit. Being busy was a ridiculous excuse. The gold-medallists were not given 26 hours a day. We all had the same amount of time and the only difference was how we spent it. We need a zealous commitment to succeed.

Personally, I gained a lot from my short distance events. I did the 100-meters, 4 X 100-meters and 4 X 400-meters relays. It was especially challenging to do both relays for the they were only 15 minutes apart. The 100-metres was a short event but the course training was long and tough. It required great concentration and aggressiveness. But throughout the four months of training, arthritis kept annoying me and my knees were injured. There were times that I was tempted to quit; there were times that my injuries begged me to stop. I scared. But a poem by Robert Herricks gave me the strength again.

*Gather ye rosebuds while ye may,
Old time is still a flying;
And the same flower that smiles today,
Tomorrow will be dying.*

After my graduation, my fitness will definitely go down, I may not be able to run again. This intercollegiate competition could be a nice occasion to put a beautiful full-stop on my athletic life. I wanted to retire in triumph.

I am grateful to those who gave me unfailing support and encouragement, especially our coach, Mr Kwok. I have got a satisfactory full-stop. And I am proud of the process I went through. I will always remember that I was once flying on the track.

九三至九四年度下學期校內比賽成績

項 目		第一名	第二名	第三名	第四名	
四 院 賽	網 球	男子組	逸 夫	聯 合	崇 基	新 亞
		女子組	逸 夫	崇 基	聯 合	新 亞
	羽 毛 球	男子組	崇 基	新 亞	逸 夫	聯 合
		女子組	逸 夫	聯 合	崇 基	新 亞
	乒 乓 球	男子組	逸 夫	新 亞	崇 基	聯 合
		女子組	崇 基	聯 合	新 亞	逸 夫
公 開 賽	手 球	男子組	ACE	體育副修	—	—
		女子組	ELF	女子1/2	—	—
	五人足球		2 6 6	程商	工程拍擋	曾國揚

九三至九四年度大專賽中大各隊成績

九三至九四年度大專盃比賽已完滿結束，並於五月八日舉行頒獎禮，本屆中大各隊成績如下：

項目	組別		
	男	女	男女全場
籃球	第五名	冠軍	—
足球	季軍	—	—
排球	第五名	亞軍	—
羽毛球	第六名	第五名	—
乒乓球	第七名	第五名	—
網球	冠軍	冠軍	—
越野賽	第六名	亞軍	—
陸運	季軍	亞軍	亞軍
水運	亞軍	亞軍	亞軍
大專高仕達杯 (全部項目總成績)	第四名	冠軍	—

此等佳績乃各隊員及教練努力之成果，希望明年中大校隊更上一層樓，再創高峰。

暑期體育課程及球拍類比賽

大學體育部將於五月下旬，為大學教職員及學生提供短期初級訓練班及教職員球拍運動項目比賽，學生羽毛球，壁球班尚餘名額仍可報名。課程方面，以網球班及辦公室健體班尤其受歡迎，而參加教職員男子網球賽及羽毛球賽者則較為踴躍。現將各項比賽的時間，地點概略如下：

項 目	日 期	地 點	時 間
教職員乒乓球賽	23/5 - 27/5	崇基康樂室	下午五時起
教職員網球賽	9/5 - 20/5	3,4,5網球場	下午五時起
教職員羽毛球	20/6 - 1/7	新亞體育館	下午五時起

詳細比賽賽程及時間表即將公佈於大學體育中心報告板上，請各參加者留意，並希望各同寅抽空到場打氣。

暑期初級體育訓練班總時間表

項 目	組 別	名 額	上 課			費 用	老 師	附 註	
			日 期	時 間	地 點				
教 職 員	1 網 球	男/女	16	20/6-1/7	逢一、二、四、五 5:00-7:00 PM	3, 4, 5號 網球場	HK\$100.00	盧德溪	
	2 羽 毛 球	男	16	9/5-20/5	逢一、三、四、五 5:00-7:00 PM	新亞體育館	HK\$100.00	梁 綱 慧	
	3 羽 毛 球	女	16	23/5-3/6	逢一、二、四、五 5:00-7:00 PM	新亞體育館	HK\$100.00	張 貞 美	
	4 壁 球	男	16	20/6-1/7	逢一、二、四、五 5:00-7:00 PM	汾陽體育館	HK\$100.00	阮 伯 仁	
	5 壁 球	女	16	4/7-15/7	逢一、二、四、五 5:00-7:00 PM	汾陽體育館	HK\$100.00	陳 德 有	
	6 辦公室 健體班	男/女	20	23/5-27/5	逢一、二、四、五 5:00-6:00 PM	中大體育 中心	HK\$ 50.00 (保證金)	韓 桂 瑜	課程結束 無缺席者 發還
學 生	7 網 球	男	16	17/5-19/5 23/5-31/5	逢一、二、四、五 10:00-12:00 AM	3, 4, 5號 網球場	HK\$ 50.00	黃 靖	
	8 網 球	女	16	9/5-20/5	逢一、二、四、五 2:00-4:00 PM	3, 4, 5號 網球場	HK\$ 50.00	陳 耀 武	
	9 羽 毛 球	男/女	16	15/8-26/8	逢一、二、四、五 10:00-12:00 AM	中大體育館	HK\$ 50.00	陳 麗 子	
	10 壁 球	男/女	16	15/8-26/8	逢一、二、四、五 10:00-12:00 AM	汾陽體育館	HK\$ 50.00	盧 遠 昌	

下期中大體訊將於一九九四年九月七日出生，各同學同寅來稿請附真實姓名及聯絡方法於八月二十四日前寄交大學體育館梁綱慧。