

Messages from Our School Supervisor, Dr Hon Lam Tai Fai, BBS, JP on East Asian Games 2009

(1)

EAG 2009 A Legend Never Ends ---- Reinvent Hong Kong "Can-do" Spirit
東亞運不朽傳奇 ---- 齊來延續香港精神

Dr. Hon. Lam Tai Fai, our School Supervisor, shares his view on local sports development at Singtao Daily on Wednesday, 23-12-2009.

報章: 星島日報 日期: 23-12-2009

蔡曉慧 — 香港精神



「世上沒有不勞而獲的事，要有所成就，必須有鍥而不捨和排除萬難的精神。」香港女飛魚蔡曉慧在今年9月25日，準備迎戰東亞運動會前夕，百忙之中抽空出席林大輝中學水運會為主禮嘉賓，與學生分享她的成功之道，令學生們獲益良多。

蔡曉慧憑著堅毅不屈的精神創造了香港泳壇的傳奇，更屢破香港紀錄。16年的游泳生涯每日如一，晨操午練，每場比賽都全力以赴，力求突破。笑容可掬的小妮子既專注運動又能兼顧學業，即將完成碩士課程，課餘又熱心公益，不僅經常出席大小慈善活動，更成立基金幫助年輕運動員。她目標是希望成為教練，培育接班人，貢獻泳壇，這份熱誠和衝勁，實在值得我們學習。

獎牌數目 令人驕傲

東亞運動會剛結束，香港挾主場之利取得意想不到的佳績，26面金牌、31面銀牌、53面銅牌，合共110面獎牌，在獎牌榜上排名第4，在中、日、韓三大亞洲體育強國之後，壓倒了台灣、澳門、朝鮮、蒙古和關島，比較上一屆只奪得13面獎牌，有著飛躍的進步，證明本港運動員是具備足夠實力，可在國際體壇上佔一席位。

根據旅發局的數字顯示，賽事期間，有逾110萬名旅客訪港，較去年同期，增加了超過六萬人，升幅達5.7%，帶來額外消費，刺激經濟。更有調查機構發現，市民對「香港人」的身份認同大幅增加，是自二千年以來的新高，估計是與香港主辦東亞運動會有關。

齊來延續我們的傳奇

東亞運動會煞科，市民對運動的熱情卻沒有退減，各方均討論本港應否乘勝追擊，爭辦2019年亞運，大家都意識到，

舉辦大型綜合運動會不單能提升香港的體壇地位，令經濟受惠，更可團結市民，和諧社會，增加歸屬感。

據悉，港協暨奧委會已接獲亞奧理事會來函，詢問香港是否有有意申辦2019年的亞運會，我認為，今次東亞運的經驗，證明了本港有辦國際大型綜合運動會的能力，政府應就今次東亞運作出全面檢討，對申辦亞運作出深入研究，認真制訂長遠的體育政策，與及相關設施配套，及早提出申請，以免錯失良機。政府應投放更多資源，推行全民體育運動，提升精英運動員的水平，延續我們的傳奇。

林大輝
立法會議員、沙田區議員

自成一派

Dr. Lam recalls that Lam Tai Fai College was honoured to have Ms Sherry Tsai Hiu Wai, member of the Hong Kong Swimming Team and record holder, as the guest-of-honour in its 6th Swimming Gala held on 25th September, 2009. In the past 16 years, Sherry has undergone rigorous training and participated in numerous swimming competitions including three Olympic Games. Besides her swimming career, Sherry strikes an excellent balance between academic pursuit and community involvement, including the establishment of a charity fund for the support of local young athletes.

Sherry is currently studying in the Chinese University of Hong Kong for a Master Degree in Sports Education, in which she cherishes the dream of becoming a professional coach nourishing young swimmers in Hong Kong. Her fullest involvement in sports and community service not only has set a good example for Hong Kong athletes, but also she has showcased the passion, commitment and "can-do" spirit of all Hong Kong people.

In the 6th East Asian Games (EAG) held early in the city, Hong Kong athletes amassing an overwhelming of 110 medals including 26 gold, 31 silver and 53 bronze, achieving a best-ever result in the sports history of Hong Kong and proving that local athletes have well-qualified calibre for international sports competitions. We are proud of their achievement and have much to learn from their perseverance and exemplary sportsmanship. On the other hand, according to statistics, there were over 1.1 million guests visiting Hong Kong during the EAG, resulting in a rise of 5.7% of the total amount of visitors than that in the same period last year. These visitors have helped to stimulate local economy and brought other earnings to the city. The more valuable benefit would be to bring the “can-do” spirit of Hong Kong to a full play as more local citizens identify themselves as a ‘Hong Kong-er’, which Dr. Lam regards as the positive effect for uniting the people and building a harmonious society for “Courage, Aspiration and a Prosperous Future”.

The lowering of the curtain of the East Asian Games 2009 and is a time to reminisce which leads to great enthusiasm for sports among the locals, and further discussion on whether or not to host the Asian Games 2019 becomes a hot topic in the city. Dr. Lam suggests that the government should thoroughly review EAG 2009 and investigate the possibility of hosting the Asian Games 2019, give full-fledged support together with the provision of a more comprehensive policy for sports development and facilities upgrade, so as to encourage more citizens participating in sports and further stretch the standard of local athletes.

(2)

Our Warmest Welcome to EAG, Hong Kong's first international sports event ever hosted.

Let's light up our life and join hands in support of the EAG

拋開煩惱 齊來支持東亞運 --- Dr. Hon. Lam Tai Fai, our School Supervisor, celebrates the joy of seeing Hong Kong's first international multi-sports event, East Asian Games on Singtao Daily on Wednesday, 02-12-2009.

Dr. Lam is thrilled about the grand opening of the Fifth East Asian Games (EAG) on 5th December, 2009, which is Hong Kong's first multi-sports event ever held. Around 2,300 elite athletes from 9 countries will compete for 262 competition events in the 22 sports, topping the history of EAG.



球賽舉行，兩國關係才得以破冰。

2001年9月世界杯亞洲區賽事進入十強階段，較矚目的是由伊朗對伊拉克在巴格達舉行的比賽，這亦是前者自兩伊戰爭以來首次到訪。這場賽前被喻為「兩伊戰爭」的賽事，並沒有發生任何暴力事件，賽後雙方球員還交換球衣，互相擁抱，場面感人。自此之後，兩國間的交流接觸亦增進了不少。

其實，體育運動不單可以強身健體，

拋開煩惱 齊來支持東亞運

曾幾何時，伊朗和伊拉克積怨極深，更爆發過長達八年的戰爭，人民鮮有往來，縱然多國先後斡旋也不得要領。直至一場足球賽舉行，兩國關係才得以破冰。

豐富生活，還可拉近人與人、國與國之間的距離，促進彼此和諧共處，減少紛爭、仇恨，化干戈為玉帛。

東亞運 星光熠熠

對香港來說，今年可算是多事之秋，金融海嘯引發企業倒閉潮，失業率高企，又有雷曼迷債風波，再有豬流感威脅，最近更有政改爭拗，社會上整年都瀰漫著一股陰霾。幸好三天後在港舉行的第五屆東亞運動會，可望成為「及時雨」，為香港「沖喜」一下。

今屆東亞運動會是香港開埠以來首個主辦的國際大型綜合性運動會，共有九個國家和地區約2,300名運動員參加，競逐22項運動項目共262面金牌。今屆的運動項目和參賽健兒均是歷屆之冠，世界級的體壇明星如劉翔、郭晶晶、林丹、王浩等，都來港參戰，

勢必掀起一場龍爭虎鬥，哄動體壇。

搞好東亞運 爭取辦亞運

香港舉辦今次運動會，是可提高本地體育水平和市民對體育的興趣。若辦得出色，更可提升香港的國際形像，有助吸引旅客及日後爭取舉辦更多國際盛事如亞運等，從而帶動本地餐飲、酒店、運輸、零售等各行業，創造商機和就業機會，實在一舉多得，值得全民支持，而政府亦要全力以赴，做到最好。

十二月向來是使人歡欣雀躍的月份，既有中國人十分重視的冬至，也有普天同慶的聖誕節、除夕及新年，處處都洋溢著節日氣氛，加上東亞運動會更是「喜上加喜」。讓我們暫且放下所有的煩惱、憂愁、分歧，盡情享受這個月。大家一齊參與東亞運動會，為所有參賽的運動員打氣，共創佳績，亦應一盡地主之誼，熱情地歡迎所有來港旅客，盡顯香港人好客精神。

林大輝

立法會議員、沙田區議員

Dr. Lam recalls that, in 2001 World Cup qualifying match, Iran and Iraq competed in an epoch making game in Baghdad, which had earmarked the most historical ice-breaking moment. In fact, these two countries had been torn apart for 8 years ever since the prolonged Iran-Iraq War. An overwhelming scene astonished the world, the competition went peacefully and the players embraced each other at the end of the game. As a recall, Dr. Lam thus believes that, sports lead not only to the building of good physique and betterment of personal health, but also help to resolve conflicts, achieve harmony and promote peace among countries.

2009 has been a tough and difficult year for all Hong Kong citizens, Dr. Lam believes that the EAG will help to raise the standard of local sports games and arouse interests as well as enhance national awareness among citizens. As a city of life, the hosting of EAG helps making Hong Kong to live up to the reputation as a lively cosmopolitan, attracting greater flow of visitors, favouring related industries, opening up more job opportunities and promoting economic growth. The achievements in organizing EAG will surely back other bid for holding bigger international competitions such as the Asian Games.

December is the season for celebration; the East Asian Games comes just in time to give us a more joyous event and additional excitement to the city. Let's light up our life and join hands in support of the EAG. Dr. Lam hopes everyone will fully enjoy every moment in the event, as well as serving as good hosts to incoming visitors.

(3)

Thanks to the patronage of our School Supervisor, Hon Dr Lam Tai Fai, BBS, JP, EAG Education Tickets were given to students of Lam Tai Fai College

The EAG Co. and the LCSD, with the sponsorship of the Hong Kong Jockey Club and the support of the Education Bureau, have reserved some free education tickets for our students to watch the events from 2 December to 13 December 2009 in groups. Special thanks should go to our School Supervisor, Hon Dr Lam Tai Fai, BBS, JP, for giving additional tickets to our students as well as parents for nearly all events. To Dr Lam, having a chance to watch the event, this not only enables students to participate in the large-scale high-level sporting event and experience its atmosphere, but also helps them to learn the perseverance and team spirits demonstrated by the athletes, the rituals as well as the English & Chinese terms used in international competitive sports competitions and various relevant ceremonies. After watching the competitions, students will be requested to submit a brief report, which may include basic information such as photos, students' reflections or webpage design.

"Recognise Hong Kong Team Player, Know the EAG and Love the Sports"

Here we would like to share the joy with the people of Hong Kong on congratulating our football team in winning the gold medal by beating the Japanese Team. It was the first time that a Hong Kong team won football title in international multi-sport event. We take pride in their marvelous performance. Once again, it echoes fully with the 'can-do' spirit of Hong Kong people. We are sure that Hong Kong will continue to strive for further excellence.



EAG Highlights

北京奧運金牌得主中國蝶后劉子歌小姐訪問林大輝中學

Ms Liu Zige, Queen of Butterfly Style & Olympic Gold Medalist, visited Lam Tai Fai College



Students of Lam Tai Fai College were very fortunate to be visited by Ms Liu Zige on 9th December 2009. Ms Liu, a member of the national Swimming Team, was the Gold Medalist at the 2008 Summer Olympics in Beijing, holding the world record of 200M Butterfly Style.

Ms Liu shared with our students her training, her goals and future plan. From the sincere sharing, Ms Liu, she has demonstrated a full play of determination and talent as well as lifelong learning capacity to strive for the best. As an exemplary swimmer, Ms Liu can surely be the role model of our young athletes and her inspiring sharing did have a great impact on our students.

We are grateful that Ms Liu is so generous with her time and so sincere in exemplifying the true spirit of service. We are looking forward to another experience in the future.