



# 香港管理專業協會羅桂祥中學

The Hong Kong Management Association K S Lo College



## 6A 余芷瑩 Yu Tsz Ying

### 熱愛野外定向

我是一名定向發燒友。我愛「跑OL」，「OL」是Orienteering的簡稱，所以定向衫、定向褲或者是定向鞋，皆通稱OL衫、OL褲及OL鞋。野外定向是一項考驗體能和智慧的運動（有人稱定向為「智慧跑步」、「狡猾的賽跑」……）。你不但要學懂閱讀地圖，也要選擇最快的路線到訪所有控制點。但更重要的是，從錯誤中學習使我不斷進步，因為我知道自己在每次比賽中不免會犯錯，例如走錯方向、誤認地形等等。所以，每逢比賽完畢，我都會拿著地圖，主動與其他參賽者討論，互相比較分段時間及路線選擇，這使我找出最佳路線及知道我在哪段路途慢了下來。「失敗乃成功之母」，向有經驗的定向好手學習，使我的技術不斷進步，跑得更好。

### OL Mania

I don't have any sporting talent but I have what they call 'OL mania'. 'OL' is short for orienteering. Orienteering requires the ability to run fast and read maps well as well as navigation and route-choosing skills. For me, learning from mistakes is the key to doing well in orienteering. For instance, I like discussing route choices with other players. As it is sometimes inevitable to make mistakes in races, I make it a rule to evaluate my performance after each race by comparing the split times and route choices of my competitors. This enables me to figure out why I ran more slowly than others in those legs of the course and to find out which route is the best. It is indeed true that failure is the mother of success. By learning from other experienced runners, I will be more skillful and do better in the next race.



## 熱愛野外定向

「失敗乃成功之母」，向有經驗的定向好手學習，使我的技術不斷進步，跑得更好。



# 面對困境

“我冷靜下來，重看地圖，發現地圖上的北面有一條道路，便向著北面走。最終，找回自己的位置後，繼續完成餘下的賽程。”



## 面對困境

還記得在我中二期終試後，我到瑞典哥德堡首次參加世界青少年野外定向錦標賽。在長途賽的決賽中，因為不能辨認地形，找不到自己在地圖上的那一點，最終迷路了。一會兒，我冷靜下來，重看地圖，發現地圖上的北面有一條道路，便向著北面走。最終，找回自己的位置後，繼續完成餘下的賽程。

## 我要多謝

我非常感謝我的父母給我的支持與關懷！他們也是定向發燒友，陪著我訓練，接載我到比賽地點，甚至在他們比賽時，也會為我打氣。此外，他們時常鼓勵我參與各項賽事，例如廣東省聯賽以至瑞典五日連環賽「Oringen」。

## 寄語學弟妹

就如我跑定向，每次比賽都有許多控制點，即使途中迷了路，我也不會輕言放棄，反會重新定位，繼續比賽。我不會被小小的挫折嚇倒。大家要永不言敗，勇往直前！還有，接觸不同的新事物，你自然會認識更廣。只要你全力以赴，便不用後悔當初！各位同學，加油！

## To Overcome Difficulties

Yes, I have. I have met some setbacks in the sport. I first took part in Junior World Championships in Sweden when I was in form 2. I got lost for nearly half an hour in a forest and no one was nearby. I felt lonely and lost. But fortunately, after thinking for a while, I was able to navigate by my compass and read through the map. Then I followed my compass and eventually I went back to a main road. I went the distance and finished my race.

## Thank you...

I must say "thank you" to my dad and mum for their patience, care and unfailing support for me. They go training with me, drive me to the venues, and even run with me on tracks and in woods. Also, they always encourage me to get involved in orienteering and allow me to participate in various competitions.

## To my Schoolmates

Stay focussed while working towards your goal. Persistence is the key to success. Just like my experience in orienteering, during every race, there are many check points in a course. I never give up whenever I make a mistake. So, don't be ashamed of meeting little setbacks or difficulties. You have to confront them and always do your best in various aspects. Remember, as long as you try your best, you won't regret it.



# 熱愛舞蹈

自二零零六年至今，於不同舞蹈賽事中，共獲超過200項殊榮。

# 鄧至彤

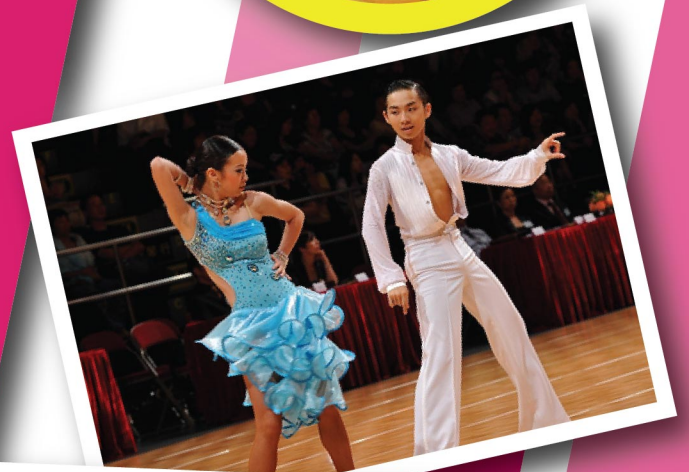
Tang Chi Tong, Alex

## 熱愛舞蹈

我猜是我對跳舞的那一份熱誠吧！我在跳舞找到自信心，它使我更有動力。跳舞就像我身體的一部分、我的引擎。可能是我天生的那份表演欲吧！我不能控制我身體停止舞動，我太愛跳舞了！

## I Love Dancing

Dancing is a passion with me. I find my confidence in dancing, and it motivates me to excel. Ever since I was a baby, I have loved performing. Dancing is a part of me. Just like an engine of a car, dancing is what drives my life.



## 面對困境

困難太多了！個人的心理素質、拍檔、練習、老師等等，很多很多的東西我都需要克服。每次我也用比較理性的方法去解決，例如與老師及拍檔坐下討論，和平解決問題。

## 我要多謝

我想多謝每一位對我有期望的人，支持我的人，喜歡我的人，當中包括父母、朋友、同學、老師、前輩們。

## 寄語學弟妹

事實上，我不認為自己已經很成功。我認為要專注在一種活動並有所成績，必須具備以下條件：第一，平日練習要有充足的準備。第二，虛心求教，接受不同的意見，力求改進。第三，要懂得自我反省，針對自己不足之處，尋求突破。

### To Overcome Difficulties

Of course, there are difficulties sometimes, ranging from my own psychological barriers to getting the right partner and finding the right teacher. But no matter how tough the obstacle is, I can always work it out with my partner or my coach.

### Thank You...

I would like to say thanks to those who support me, including, of course, my parents, friends, classmates, and teachers. Thank you very much!

### To My Schoolmates

In fact, I don't think I am successful. Maybe I just spend a lot of time dancing. So, let me just share what I do before dancing. Preparing for the worst is the best guarantee of success. Be modest, accept any comments and humbly ask for help. Reflect after each performance, reflect on the day's work and find a way to do things better.





## 國際旅遊 寫作比賽獲冠軍

“無論如何，  
我正在嘗試去改善我的英文說話能力。”

# 梁麗娥

Leung Lai Nog

### 我的英語能力

我其實覺得自己的英文水平不是很高。我認為我需要不斷提升我的英文能力。對我來說，學習英文最難就是會話，我經常不懂得如何發出正確的讀音，或許我較善於以文字來表達自己感受的關係吧。我明白我應該多說些英文，以改善我的英文說話能力。但可惜的，是我沒有太多的機會跟別人以英文溝通。可能這就是令我的英文說話能力不太好的主因吧。無論如何，我正在嘗試去改善我的英文說話能力。

### 我要多謝

如果你問我關於那個旅遊寫作比賽，我最想多謝的人是我的哥哥。我的朋友都知道，我很喜歡攝影，數年前，哥哥帶我步行上山頂。在那次旅程中，我拍下了大量的照片，那次的經歷很有趣，很難忘。因此我就以這次旅程去寫那篇文章，去參加那個寫作比賽。

### 寄語學弟妹

很多學生都很害怕英文，但我就認為英文是一種很實用的語言。對男生來說，很多遊戲都是以英文進行的。如果你們的英文好，我相信你們會更享受那個遊戲，至少我就是這樣。而對女生來說，你們可以以英文去認識外國人呢。可能以上都不是什麼特別的方法去學習英文，不過這可能成為我學習英語的一種動力。此外，我覺得聽英文歌也是一種學習英文的方法。你們可以從中運用歌詞內的生字、句子等，然後應用到閱讀、寫作、聆聽和會話各方面。當然，看英文電影和電視節目都是一個學習英文的渠道。所以，我認為大家不要害怕，去嘗試接觸英文吧！



### My English Learning

Honestly, I don't think my English is good enough. I always have to improve it. For me, I think the most difficult thing about studying English is speaking. I always don't know how to pronounce the words which I actually know. Perhaps I prefer writing to speaking to express myself. I know I should speak English more often to improve my speaking. Unfortunately, I don't have too many chances to talk. Maybe it's the major problem that leads to poor speaking. Anyway, I'm trying to improve it.

### Thank you...

I always think that this kind of question is the most difficult, the most challenging. If you're asking me about that competition, the first person I would like to thank you is my older brother. A few years ago, my brother took me to the Peak. I love taking photos very much, so I took many photos on the way. The experience was fun, and I used this idea to write about a secret trail and how to get to the Peak in that competition.

### To My schoolmates

Many students are afraid of English, but I think English is a very useful language. For boys, many video games are in English. If you're good at English, you can enjoy the games more. At least I do. And for girls, you can use English to meet foreigners. I know they're not very good reasons to study English, but maybe they can make you want to study English more. I think the best way to study English is listening to songs. You can practise your reading, writing, listening and speaking skills. You can read the lyrics and try to use or write the words you learn from the lyrics. Of course, watching English movies and televisions can also help you to improve your English. So don't be afraid. Just try to do it.

# 野外定向隊

本年度野外定向隊賽季已經完結，本校定向隊由兩名隊長 6A 余芷螢及 5D 鄭依琳帶領，她們除了是隊中的主力成員，更包辦了領隊及教練事務，主力訓練新加入的中一級隊員。在整隊同學的努力下，本校隊員在本季賽事中取得上佳的成績，成績如下：

班別	姓名	主辦機構	比賽名稱	獎項
1C	莫梓軒	香港野外定向總會	2010 學界分區野外定向錦標賽	男子丙組殿軍
5A	徐依華	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組團體亞軍
5A	黃貝樂	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組團體亞軍
5C	馮楚詠	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組團體亞軍
5D	鄭依琳	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組團體亞軍
6A	余芷螢	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組個人冠軍
6A	余芷螢	香港野外定向總會	2010 學界分區野外定向錦標賽	女子甲組團體亞軍
1C	莫梓軒	香港野外定向總會	2011 兒童公園定向比賽	男子丙組季軍
1B	梁焯蒨	香港野外定向總會	全港青少年野外定向錦標賽	女子丙組：公開組季軍
1B	樊旭泰	香港野外定向總會	全港青少年野外定向錦標賽	男子丙組：公開組第五名
2C	張俊賢	香港野外定向總會	全港青少年野外定向錦標賽	男子丙組：公開組殿軍
2C	溫詠昭	香港野外定向總會	全港青少年野外定向錦標賽	女子丙組：公開組殿軍
6A	余芷螢	香港野外定向總會	全港青少年野外定向錦標賽	女子甲組：精英組冠軍
6A	余芷螢	香港野外定向總會	第十七屆白理義先生野外定向紀念賽	女子公開組第一名
1B	樊旭泰	香港野外定向總會	第五十四屆中銀香港野外定向接力賽	體驗組季軍
1D	陳思齊	香港野外定向總會	第五十四屆中銀香港野外定向接力賽	體驗組季軍
1D	鍾力恆	香港野外定向總會	第五十四屆中銀香港野外定向接力賽	體驗組季軍

希望野外定向隊能繼續努力，在下季賽事中奪得更佳的成績。

## The Orienteering Team

This year's orienteering season has ended. Our Orienteering Team has been ably led by 6A Yu Tsz Ying and 5D Cheng Elam. As captains, they not only join orienteering events but also coach S.1 members. This season, the team has achieved very impressive results, winning the following awards:

Class	Name	Organisation	Events	Awards
1C	Mok Tsz Hin	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Prize for Girls (Secondary)/MC – third runner-up
5A	Tsui Yee Wa	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Overall Prize for Girls (Secondary) WA – first runner-up
5A	Huang Belle	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Overall Prize for Girls (Secondary) WA – first runner-up
5C	Fung Cho Wing	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Overall Prize for Girls (Secondary) WA – first runner-up
5D	Cheng Elam	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Overall Prize for Girls (Secondary) WA – first runner-up
6A	Yu Tsz Ying	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Prize for Girls (Secondary)WA - Champion
6A	Yu Tsz Ying	Orienteering Association of Hong Kong	Joint School Orienteering Championships 2010	Overall Prize for Girls (Secondary) WA – first runner-up
1C	Mok Tsz Hin	Orienteering Association of Hong Kong	Children Park Orienteering Championships 2011	Prize for Boys (Secondary)/MC – second runner-up
1B	Leung Wai Sin	Orienteering Association of Hong Kong	Hong Kong Youth Orienteering Championships 2010-2011	(Open Class) WB–second runner-up
1B	Fan Yuk Tai	Orienteering Association of Hong Kong	Hong Kong Youth Orienteering Championships 2010-2011	(Open Class) MB – No.5
2C	Cheung Chun Yin	Orienteering Association of Hong Kong	Hong Kong Youth Orienteering Championships 2010-2011	(Open Class) MB – third runner-up
2C	Wan Wing Chiu	Orienteering Association of Hong Kong	Hong Kong Youth Orienteering Championships 2010-2011	(Open Class) MB – third runner-up
6A	Yu Tsz Ying	Orienteering Association of Hong Kong	Hong Kong Youth Orienteering Championships 2010-2011	(Elite Class) WA- Champion
6A	Yu Tsz Ying	Orienteering Association of Hong Kong	17th Mr. Birney Memorial Orienteering Score Event	WA - Champion
1B	Fan Yuk Tai	Orienteering Association of Hong Kong	Bank of China (Hong Kong) 54th Festival of Sport - Orienteering Relay Event	CATI - second runner-up
1D	Chan Sze Chai	Orienteering Association of Hong Kong	Bank of China (Hong Kong) 54th Festival of Sport - Orienteering Relay Event	CATI - second runner-up
1D	Chung Lik Hang	Orienteering Association of Hong Kong	Bank of China (Hong Kong) 54th Festival of Sport - Orienteering Relay Event	CATI - second runner-up

Let's hope that the Orienteering Team will keep up their hard work and obtain even more outstanding results next season.

