



# 香港管理專業協會羅桂祥中學

The Hong Kong Management Association K S Lo College

## 羅桂祥長跑杯 洋溢校園喜悅

### 2011 K S Lo Distance Race enriches a joyful school life



2011 羅桂祥長跑杯於10月尾舉行，一如往年超過二百位學生參與。本期校訊特別訪問了獲得羅桂祥長跑杯團體獎的1D班同學，分享這次活動的喜悅。

The 2011 K S Lo Distance Race was held in late October this year. More than two hundred students participated in the event. The champion team, 51D, was interviewed and would like to share their joy with you.

最初得悉本校舉辦長跑杯，第一個反應是什麼？  
Kimmy: 我跑得很慢，加上這是一段長路程，我一定不能完成。

你們在比賽之前有何準備？  
Elvina: 二至三星星期前，老師於體育課堂讓我們進行練習，熟習賽道，並教授長跑技巧，例如體力控制及步速控制等。所以，班中每一位同學都能順利完成比賽。

在老師的鼓勵下，全班同學一起參賽，你有何感想？  
Heather: 與全班同學及老師們一齊跑，可以互相支持，真是一件好玩的事！

參加這次活動，帶來什麼好處？  
Chris: 這是一個健康及有意思的活動。定期跑步可以強身健體，與班中同學透過一起參與活動，可促進友誼。

明年會再參加羅桂祥長跑杯嗎？  
Ella: 當然會！最重要的並非是比賽勝負，而是當中的過程，同學和老師間的互相支持鼓勵，是最珍貴的。



Left to right: Elvina, Ella, Heather, Kimmy, Chris

What was your initial feeling when you learned that the Distance Race would be held at our school?

Kimmy: I just thought that I could not complete the long race as I ran very slowly.

What preparation work did you do before the event?

Elvina: About 2 to 3 weeks before the Distance Race, our PE teachers taught us all the relevant skills and tactics. In the end, every one of us completed the event successfully.

With the encouragement of your teachers, your class decided to enter the race. What did you think about the experience?

Heather: I found it absolutely amazing as we could run together with other teachers.

What advantages did it bring to you?

Chris: It was indeed a healthy and meaningful activity. Distance running can make us strong and our friendship can also be developed when running together.

Are you going to enter the K S Lo Distance Race next year?

Ella: Certainly! We all enjoyed the whole process this year. The support and encouragement from our classmates and teachers is what keeps us going.





Kiki Ivan Phoebe Edward Angel Vance Michelle Chloe Brian

# 射箭對抗賽 中一奪雙冠

## Archery new blood won awards in joint-school match

經過兩個月的訓練，中一箭藝組學員於十月尾的友校射箭對抗賽獲得優異成績。是次訪問九位中一箭藝組學員，暢談豐盛的校園生活。

After just two months of archery training, the S1 Archery Team members achieved remarkable results in a joint-school archery match in late October this year. An interview was conducted with nine S1 Archery Team members who talked about their archery experience.

### 參加箭藝的原因

Vance, Chloe: 在中一新生註冊日，學兄學姐介紹這項獨特的課後活動，我覺得非常有趣，後來經選拔後便成為本組的學員。

### 箭藝活動的得著

Brian, Chloe: 我們學會射箭的技巧，亦學會要有毅力去做好每一件事，當然還有贏得獎項及同儕間的友誼！

### 第一次參加比賽的感受

Angel, Kiki: 當然心情十分緊張，對手亦是一支很強的隊伍。比賽前我們加緊練習，做好一切準備。

### 掌握射箭的技巧

Edward, Michelle: 最初其實是一竅不通的，但經過教練悉心的指導，勤加練習，便漸漸得心應手了。

女子中一組		男子中一組	
冠軍	<b>Phoebe</b>	冠軍	<b>Ivan</b>
亞軍	<b>Angel</b>	季軍	<b>Edward</b>
季軍	<b>Vance</b>		
殿軍	<b>Kiki</b>		



### Reasons for your participation in the Archery Team

Vance, Chloe: We were introduced to this unusual and interesting extra-curricular activity on the Registration Day this July. We went through the selection process successfully and became teammates.

### What we have learnt from being in the Archery Team

Brian, Chloe: In addition to archery skills, we have learned that perseverance is also important. Of course, doing medals and making friends are also important parts of the archery experience.

### Feelings after the first competition

Angel, Kiki: We were definitely nervous as our opponent was a strong team. 'Keep practising' was our motto which gave us strength to face the challenges ahead.

### Learning and developing archery skills

Edward, Michelle: Before joining the Archery Team, we actually knew nothing about archery. Nevertheless, with our diligence and the firm guidance of our trainer, we have finally mastered the essential skills.



# 永不放棄 男子籃球隊

## Never give up – Basketball Team (Boys)

本校男子乙組籃球隊獲元朗區學界籃球男子乙組亞軍(2010-2011)，籃球隊五位骨幹成員 – 蕭南羲(蕭)、哈成鋒(哈)、徐嘉偉(徐)、黎梓豪(黎)、朱逸超(朱)，吐盡籃球隊樂事。

Five members of the Boys Basketball Team who were the first runners-up of the Yuen Long inter-school basketball competition were interviewed, sharing their experience of playing basketball.

### 最難忘的事

徐：一定是去年於學界比賽冠軍戰中落敗了。當時是抱著「一定贏」的心態，結果卻輸了，之後的一個星期，與隊友一起學習接受失敗，重新振作。作為隊長，帶領隊伍重振士氣正是我的責任，這真是一個難得的學習機會。

### 放棄的念頭

哈：有，是去年輸掉冠軍的事，當時自己沒有信心再繼續打球；後來學會接受失敗，明白勝負並不是最重要的，好好享受與隊友一起打籃球更重要。



### An unforgettable event

Anthony: Definitely the Championship match last year. 'Sure Win' was our slogan but we lost in the end. Then, I learnt to accept failure and got over it with my teammates' support. As a team leader, it is my job to maintain the morale of the team. This has been a priceless learning experience for me.

### Being tempted to give up

Albert: I did think of giving up after last-year's championship match as I had lost my confidence. It was our coach who taught me to focus on the process of playing basketball instead of victory, so I am really grateful to her.

### Reason of joining the team

Peter: 'Looking cool' is my first impression of basketball players and that is why I love this sport. I have been learning not only basketball techniques, but also emotion management skills.



### 參加的原因

朱：最初是因為打籃球給人有型的感覺，後來發現在參與活動過程中，能學到很多東西，例如能學習情緒的管理，於是便越打越起勁了。



### Inspiration gained in the team

Michael: The team experience has helped me widen my social circle and enhance my social skills.

Oscar: Be positive and humble towards everything. And of course, never give up!

### 籃球隊啟示

黎：可以認識許多新隊友、朋友、戰友，人際關係改善了，學校的生活豐盛了。

蕭：學習凡事要從正面去想，明白做任何事都要保持謙卑，並以永不放棄的精神鞭策自己。

# 精彩校園生活



2D 許文澤、林嘉禮及鄭嘉傑  
獲2011香港終極紙飛機大賽初中組總冠軍



S.1 News Play Competition



戲劇學會於「我心寫我區」戲劇比賽  
成功進入六強決賽



6A 宋凱榮  
於九龍城區分齡乒乓球賽中  
獲單打季軍



4C 吳雋堯  
於天盛盃乒乓球賽中  
獲男子青年組季軍

A talk on World Animal Day

Guest speaker: the Executive Director of the SPCA