

## **Chui's Student Excellence Scheme (徐氏卓越學生計劃)**

Ho Wing Hing Talent Fund (何惠卿卓越才能基金)

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### **Learning Report**

Asia-Pacific Championship (ASPAC) is an international tournament hold in Asia Pacific region every 2 years. For this year, Jeju was chosen to be the venue and a total of 6 Women's team (Australia team, New Zealand team, Asia-Pacific Lacrosse Union team, Japan team, Korea team and Hong Kong team) and 6 Men's team (Australia team, Japan team, Korea team, Hong Kong team, Taiwan team and China team) participated in the tournament. The whole event lasted for 10 days, started with an Opening Ceremony followed by 2 days of practices, 6 days of competitions, and ended with a Closing Ceremony.

In order to broaden my horizons in lacrosse aspect, I joined the Hong Kong Youth Academy (HKYA), which was organized by the Hong Kong Lacrosse Association (HKLA) in 2017. Throughout the year, we had been given opportunities to join Hong Kong based international tournaments, such as Great China Cup and Hong Kong Open. We received international level instruction and we surely gained great experience in playing lacrosse games with players from overseas. It was my honor being chosen from 40 members in HKYA to join with the Hong Kong Representative Team to represent Hong Kong in ASPAC 2017, which was my first ever overseas lacrosse tournament.



Before heading to Jeju, we were required to attend intensive training which target not only at our lacrosse skills but also our physical wellbeing. Still remember my first time joining the practice with HK Representative Team members, I was under a great pressure as I was new to lacrosse when comparing with them. They have amazing lacrosse skills and strong fitness as they had been having packed and intensive training regularly for almost a year. Fortunately, with their encouragement and patient guidance, I benefitted a lot in terms of lacrosse skills and psychological. I managed to play lacrosse and learn new skills under great pressure. They always remind me to be fearless and play strong no matter what had happened, which I found it inspiring and applicable to all kind of situation in my future life.



In the ASPAC trip, our schedule was more or less the same every day. We usually gather at 7am in the morning for breakfast. If our game was in the morning, we would have our 3-hour-training after tournament. If our game was in the afternoon, we would go to nearby park for some stretching. On arrival, we did not start out training immediately. Instead, we gathered and went to a famous waterfall nearby to explore the beauty of Jeju. Our coaches said having intensive training right before tournaments would not be beneficial to players, which I found it true. Being strong physically and psychologically are both important for not only lacrosse, but also many other sports. After being physically prepared by having intensive trainings for a couple months in Hong Kong. All we could do in Jeju was to get psychologically prepared for the coming challenging games.



Frankly, all our opponents were strong. Despite being defeated for our first 3 games (game against Australia team, New Zealand team and Japan team), we managed to play as hard as we could and finally won a match in the 4<sup>th</sup> game which played against ASPAC United team. Playing against stronger opponent reinforced my life motto – “Never give up”. No one knows what is going to happen in the next second. Even when our opponent was attacking us or even gave a shot, we never know the shot would be successful or fail. Chance is everywhere. At the moment where our opponent makes a small mistake, it is time for us to get the ball back and give a shot. Even when we are losing, we should end the game strong without regrets.

I was amazed by the fabulous lacrosse skill and strategies of other teams. It was my great pleasure to learn and play alongside with the Hong Kong Representative team. When I was still in HKYA, I always hope I could play as good as the players in Hong Kong Representative team. After participating in ASPAC, despite the fact that I still have many skills to learn from the Representative team, I am now even more eager to be a better player and hoping to play as good as the opponent team. No one player is perfect, even those who got championship need improvement. Only those who actively look for room for improvement and willing to learn from experience can become the “forever champion”. One of the players in Representative team once said “You could only master a skill if you have had put more than ten thousand hours effort in learning and practicing”. In order to become a better lacrosse player, I will not stop learning lacrosse and keep my motto in mind – “Never Give Up.”



