

Swimming To New Heights



In Hong Kong, fierce competition begins from a very young age. Apart from excellent academic results, students also have to specialize in different extra-curricular activities. Ever since she was a child, Rainbow Ip demonstrated great talent in swimming. She was selected to join the HK Sports Institute Swimming Team in Form 1, and in Form 3 she strived to represent Hong Kong in the 2012 Olympic Games. However, despite her impressive achievements, she felt pressured by the strict practice schedule and constant supervision from her coaches. She took a hiatus from the sport, but found that her passion was rekindled after entering university. In contrast to her hectic secondary school life, the relaxed learning atmosphere at HKU gave her freedom to discover her interest and nurture her talent in

swimming. She became an executive committee member of the Swimming Team, and was further motivated by the Sports Scholarship she received in 2015.

Rainbow represented Hong Kong in the 10th Asian Swimming Championship 2016 in Tokyo, a world-class competition organised by the Asia Swimming Federation attracting elite swimmers from around the world, including Olympians like Fu Yuan Hui from China, who gained fame from her hilarious facial expressions. In addition to becoming a finalist in two individual events, she was awarded the Bronze medal in the Women's 4x100m Medley Relay alongside her teammates Chan Kin Lok, Sze Hang Yu and Wong Kwan To. This prestigious award, as well as recognition from the Hong Kong Sports Institute has sparked her ambition to strive for further excellence. She aims to stand on the same podium 3 years later at the 2020 Tokyo Olympics, and reach greater heights in her sports career.

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