

Hard Work Pays Off: BC Record Holder Kam Wing Lam

Ever wondered what is it like to be a swimmer? Here's a sneak peek of Lucinda Kam, a year 4 Education and Psychology student, life as a swimmer.



Lucinda started swimming at the age of four in the hopes of curing her nose allergy. She began to apply for swimming competitions and swam competitively when her coach discovered her potential. At the age of 14, she was nominated to train with the Hong Kong Swimming Team and trained 18 hours per week, spending a majority of her time in the pool rather than school and friends.

Last year, Lucinda went to the University of British Columbia for her exchange and represented the UBC Masters Swimming Club to

compete in the Canadian Masters Swimming Championships 2018 after breaking two BC (British Columbia, Vancouver) Records. This 2,763-contestant national competition has gathered talented swimmers in Canada and is definitely a tough competition. In this competition, she successfully won 1st place in 50m breaststroke, 2nd place in 200m breaststroke, 3rd place in 50m freestyle and 100m breaststroke, 4th place in 50m butterfly, 5th place in 100m freestyle and has broken the BC Record of 50m breaststroke as well as 50m freestyle at the same competition.



Lucinda is grateful for the opportunity to go for an exchange and compete with swimmers across the world. She would like to grasp this opportunity to thank her parents, Coach Erin and Coach Mia, teammates of the UBC Masters Swimming Team, family and friends for their support. She strives to become a better swimmer in the future and is ready for the challenges ahead.

Student Journalist: Kwan Ching Man, Sally (Arts, Year 2)