

Swimming Gala

Good Morning my fellow schoolmates, and here I have witnessed again courage, synergy, determination and fearlessness of experienced competitors and novice swimmers surrounding me and the teachers. I enjoy attending the swimming gala which has unveiled a series of other sports activities in this academic year for our students to practice their sportsmanship and stamina in adversities.

It is quite a feat for our school to have organized this annual swimming competition since the PE teachers have to get involved in logistic work and professional training for the students, which is surely a kind of long-term investment and it takes time to help each of the great swimmers reach the maturity level and the international standard. To my pride and pleasure, I always put stress on the importance of swimming for it is one of the strategies closely connected to strong physique among our students. Not only can it help them enhance mental dexterity, which will translate into better performance in their academic studies and in assessments, but it will also give them more protection against diseases and illnesses, especially infectious and communicable ones like the dengue and avian flu. Swimming is the best sport for fitness and strength, as it requires you to train up all your muscles. Another benefit of swimming is that it is ideal for building up your mental fortitude, enabling you to deal with difficulties with courage.

By promoting different kinds of sports in the school, it has further substantiated the school's great effort and commitment to provide all-round education to students. Apart from striving for advancement in academic achievement together with the cultivation of good and proper attitude and values, the school offers countless opportunities for the students to take part in all sorts of co-curricular activities and community service to broaden their exposure and insight, and to consolidate their physical development for life-long learning. It is my vision that our students will be able to achieve 3As including "Able to learn, Able to participate and Able to entertain" (讀得、做得、玩得). It is my responsibility to sustain all the excellent cultures of S. C. Gaw and lead the school to transcend to a breeding ground for more all-rounders.