Dear parents, colleagues and S. C. Gawers,

Time is of the essence today, as we have a very tight schedule ahead of us, so I will keep my opening speech short but powerful and effective.

At TWGHs S. C. Gaw Memorial College, we are a team, enriched by each individual's efforts and committed to each other's success, and we have received all unique and all deserving attention in our community. We can achieve a lot on our own, but when we help each other, we can accomplish so much more. This is exactly what is happening on the sports ground everywhere with athletes helping each other improve their skills and stamina. We all teachers are so delighted to have seen students growing up with the hearts to show care and concern for their schoolmates in different sports activities. So, my dear students, you can see the power of extra-curricular activities, which is conducive to the character development of each of the athletes --- to be all-round, persistent and caring.

Among you, there are quite a number of schoolmates who do not just excel in athletic activities and sports but, more importantly, are genuinely passionate for such physical exertion. When you take a careful look at students when they are competing on the field or the track, you will notice the truly happy smiles on their faces. No matter whether they are running, throwing, jumping, they just enjoy the process of participation. They learn to focus, to explore their potentials, and to keep boosting themselves. These are all very important qualities that all of you can take up today.

So, all of you athletes, try your very best and reach for your goals today. Simultaneously, you are very influential as you can be the role models for your other schoolmates. You can encourage them to be more positive and hardworking. In this school year, we celebrate our school's 30th Anniversary. Let's work together to make this Sports Day the best one in our school history.