

TWGHs S. C. Gaw Memorial College
The 27th Athletic Meet
Opening Address by Ms Tang Wai Chun, Agnes, Principal
on January 19, 2012

Good morning, teachers and students,

Today we gather here to have our 27th Athletic Meet. Our school has always attaches great importance to students' balanced attainment in the five areas of moral, intellectual, physical, social and aesthetic. The holding of an annual Athletic Meet leads to a healthy lifestyle and helps developing an interest, and appreciation of, aesthetic and physical activities through its wide range of activities like track events, field events, cheerleading teams, decoration and preparation works as well as invitation relays, etc.

As I have reiterated in many occasions, a healthy body equals to a healthy mind. If you do fifteen minutes of physical exercise every day, the release of endorphins will bring you happiness and give you a healthy body. Fifteen minutes of exercise promises a good physique. Let's do it together every day!

As a proven example of our students' healthy development, it was found that they have given a full play to their potentials and excelled themselves in various aspects. Recently, our Sports Dance Team won the Junior Overall Championship in an Inter-school Competition and our Grade A Badminton Team, Grade A & Grade B Swimming Team were the 2nd Runner-up in Kwai-Tsing Inter-school Championships and our Netball Team also won the 2nd Runner-up, not to say the brilliant results of our athletes and swimmers in various competitions. Here I would like to congratulate them on their success! At the same time, we are looking forward to even better results for our other school teams like volleyball, basketball, football and table-tennis which have successfully entered the final.

To develop among our students a balanced attainment for whole-person development and sportsmanship, field & track events are to be held in these 2 days. Now, may I wish all athletes excellent performance and tremendous success. I declare the 27th Athletic Meet open. Thank you.