

CLUB

HONG KONG FOOTBALL CLUB

香港足球會 FEBRUARY 2022



LAWN BOWLS ENJOYS DOUBLE SUCCESS IN THE HKLBA'S BOWLER OF THE YEAR AWARDS 2021

Swimming and Triathlon

**THE FIRST PERSON TO SWIM AROUND
HK ISLAND TWICE**





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THIS VALENTINE'S DAY**

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or spend your afternoon at the Chairman's Bar with
our pinky set tea and your beloved one.

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Discipline	Don Rider
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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club.
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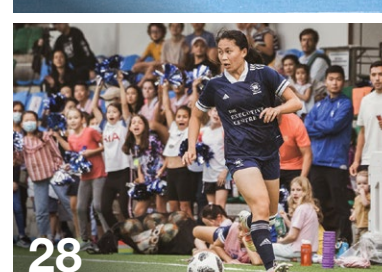
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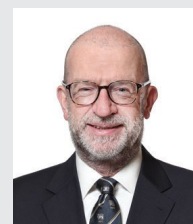
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Neil Roberts
Membership



John Thompson
Sports & Recreation



Chris Page
Hockey



Kenneth Pang
Lawn Bowls



Jason Toms
Rugby



Stephen Tew
Soccer



David Cross
Squash

PORTFOLIO DETAILS OF STANDING SUB-COMMITTEES

The following portfolio functions have been summarised to show terms of reference previously approved by the General Committee (GC).

POLICY WORKING GROUP – Mike Wood

FUNCTION: to formulate policies for the approval of GC, and to ensure the effective and proper implementation of the Club's published Mission Statement.

FINANCE – Fred Teng

FUNCTION: to take into account financial considerations emanating from proposals and policies considered by GC, and to advise and, if appropriate, give recommendations to GC for approval.

CONSTITUTIONAL AFFAIRS – Jeff Lane

FUNCTION: to consider ongoing review of Articles and Club's Bye-Laws either by initiative or upon instruction from GC, and to make appropriate recommendations.

DEVELOPMENT – Kenneth Ng

FUNCTION: to raise and consider appropriate ongoing and new development initiatives in the short, medium, and long-term for Club's facilities with a view to recommending selected proposals to GC for consideration and implementation.

DISCIPLINE – Don Rider

FUNCTION: to process complaints and breaches of the Bye-Laws in accordance with standard procedures to be advised (and to ensure Club's Staff are briefed on these matters) and to apply appropriate sanctions to those Members found in breach. Finally, to provide information to assist GC in evaluating Membership acceptance/adherence to current Bye-Laws etc.

MEMBERSHIP – Neil Roberts

FUNCTION: to be responsible for admission of new Members, to monitor existing policies and to advise on issues involving membership, including procedural matters (including Sections) and enforcement of these policies.

SPORTS and RECREATION – John Thompson

FUNCTION: to facilitate the development of and Members' participation in recognised sporting activities and competitive recreational activities, and to work with Management towards the optimum use of the Club's sports facilities.

THE THOUGHTS OF THE CHAIRMAN

主席的話

Michael J. Wood
Chairman



Welcome to the Year of the Tiger after a rather tempestuous past 12 months. Looking back, my comments for the February 2021 article spoke at length about the tight Covid 19 restrictions and measures that the Club was taking to minimise risks. Regretfully, at the time of writing, Social Distancing measures have now once again been tightened to the extent that no sport can be played and the Club must close at 6pm. As a result, a number of functions have had to be cancelled. In the meantime, focus continues to be on ensuring the wellbeing of Staff, Members and their Guests with continued enhanced cleaning of the Club.

You may also be aware of Government proposals for a vaccination bubble, which originally had an implementation date of 24th February, and would necessitate all Members and Guests producing evidence of vaccination (or medical exemption) in order to gain access to the Club. At the moment, we are evaluating the implications that this may have.

It is with regret that we note the passing of Mike Worth during the morning of Monday 10th January at the HK Sanatorium. Mike had been suffering from ill health for quite some time and although his passing was expected, it was still a shock to us. Mike served on the General Committee of the Club for two terms totalling 16 years, representing the Lawn Bowls Section, which he did with commitment and passion. He joined the Club in 1977, becoming a Life Member in 2012, and was a well-known personality within the Lawn Bowls community in Hong Kong. **He will be missed, and we offer our condolences to his family.**

As always, please stay safe.

Michael J. Wood
Chairman

經歷過去一年的風風雨雨後，虎年終於來了。回想起2021年2月的文章曾大篇幅提到，本會當時需要採取嚴格的防疫措施，把疫情風險減到最低。可惜的是在下筆之際，社交距離措施再次收緊，體育活動因場地關閉而要暫停，同時本會需要在晚上6點關閉所有餐飲與體育設施，因此多項大型活動亦同告取消。本會在此期間會繼續加強清潔會所，確保各位員工、會員及訪客的健康。

除了以上措施外，可能大家已得知政府將於2月24日落實擴展疫苗氣泡計劃，屆時所有會員及訪客都必須出示疫苗接種證明（或持有不適合接種的醫生證明）以進入會所。而此刻我們仍在評估上述計劃可能帶來的影響。

最後很遺憾地告訴大家，Mike Worth於1月10日（星期一）早上在養和醫院安詳離世。他過往一直與病魔苦苦搏鬥，儘管大家事前已經做好離別的準備，收到消息時還是感到難過。Mike曾代表草地滾球部出任兩屆共16年的常務委員會成員，任期間付出了無數汗水及熱誠。他早於1977年加入本會，並於2012年成為終身會員，在香港的草地滾球界更是無人不知。**Mike會一直在大家心中，希望他的家人節哀順變。**

一如既往地，祝大家身體健康。

主席 胡米高



HONG KONG FOOTBALL CLUB RACE BOX AT THE HAPPY VALLEY RACE COURSE

The Club maintains a shared Box at the Happy Valley Race Course which is available for Members to book in advance.

COST

Standard buffet \$630 per head
Admission badge \$60 per head

UPGRADE PACKAGE(S) AVAILABLE

Please note that if you choose an upgrade package, this will then apply to each person under the same booking.

UPGRADE PACKAGE 1

Additional Beverage

incl. selected red and white wines, extra \$110 per head
imported beers and spirits

UPGRADE PACKAGE 2

Half Doz Oyster extra \$170 per head

UPGRADE PACKAGE 3

Assorted Sashimi Platter extra \$160 per head

F&B ARRANGEMENT

The Race Box is provided with a Buffet and unlimited drinks* which includes:

Soft drinks, mineral water, house beer, orange juice, tea and coffee

* Beverages are available from 6pm, and
Dinner Buffet is available from 6.30pm to 9.30pm

BOOKING

Booking Forms are available at Reception
and from our website HKFC.com.



REACH THE ELITE



Hong Kong Football Club Magazine is a monthly publication which is distributed to the Members of the Club, other prestigious clubs in Hong Kong and reciprocal clubs worldwide. The magazine has a circulation of over 3,000 per month and a readership of approximately 6,000 adults and 5,000 children.

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FROM THE DESK OF MARK PAWLEY

總經理的話

Mark Pawley
General Manager



As the Chairman has noted in his article, social distancing measures were tightened in January, and we have just learnt that these measures will extend through into early February, which will include the Chinese New Year Holiday period. Looking forward to the rest of February with a high degree of optimism, let's hope that at the very least our closing time is changed in order we can stay open a bit longer and that our sports and recreational facilities are reopened – even if this means having to limit the numbers of people who are allowed to use these facilities!

The photo on the front cover of the magazine this month shows two members of the Lawn Bowls Section, **Warren Cheung and Phoebe Ho, who were the recipients of the Hong Kong Lawn Bowls Association (HKLBA) Bowler of the Year Awards for 2021.** Many congratulations to both Phoebe and Warren for having had such a fantastic year (read the article on pages 7 and 8). However, there is more that the **Lawn Bowls Section per se had an outstanding day at the HKLBA Championship's Finals Day held in mid-December**, winning a number of championships (see the article on pages 8 and 9). Well done to all those who were involved in playing in the Championships.

Continuing the sporting theme, have a read of the Swimming and Triathlon article about Mayank Vaid who is the first person to swim around Hong Kong Island twice. Well done Mayank!

On the food and beverage front, social distancing measures permitting, as ever there are a number of promotions in hand to whet your appetite and your thirst! **The Cruising Though the Caribbean promotion** in the Sportsman's Bar via a "pop-up" cooking station at the Front Patio (every Friday, Saturday and Sunday evening) sounds very interesting, and in the month of romance, do not forget **Valentine's Day on Monday 14th February** and a special Dinner for Two in the Restaurant. Aligned with this is the **Tiny Bubbles promotion in the Chairman's Bar along with the Pretty in Pink Tea Set promotion.** The Coffee Shop has the **Neo China promotion**, and I would also take note of the **Chinese Set Menu Take Out** which requires 2 days advance notice.

Just to note too that the **6 Nations Rugby Championship starts on Saturday 5th February**, and if we are not able to show these games "Live", we should at least be able to show them at some stage the next day either recorded or via on demand. **And a reminder that the NFL Super Bowl is scheduled to be played the morning of Monday 14th February and will be shown "Live" in the Sportsman's Bar - further details are on page 21 of the magazine.**

I look forward to seeing you all at the Club.

Mark Pawley
General Manager

正如主席前面提到，社交距離措施於1月開始收緊，而就在不久前，我們更得悉措施將延長至2月初，包括農曆新年假期。話雖如此，我們會以樂觀的心放眼未來，希望本會至少可以於2月的其他日子延遲關門時間，同時體育及康樂設施亦可以有限度重開，即使需要限制設施使用的人數。

今期會刊封面有兩位來自草地滾球部的球員，他們就是分別**奪得2021年度香港草地滾球總會男子及女子最傑出球員獎項的張華倫及何衍彤**，在此恭喜 Warren 及 Phoebe 過了豐收的一年（詳見第7及8頁）。好消息不止於此，**草地滾球部在12月中舉行的草地滾球總會決賽日亦贏得盤滿鉢滿，勇奪多個獎項**（詳見第8及9頁）。多謝當天所有參加賽事的草地滾球部會員！

有興趣閱讀更多體育故事的話，不妨一看今期游泳及三項鐵人組有關 Mayank Vaid 的文章，繼2020年18小時環港島游一圈後，Mayank 於2021年11月只用了近15小時的時間便完成比賽，更成為史上首位環港島游兩圈的泳手，無得彈！

如果之後社交距離措施放寬的話，除了設施有望能夠重開外，餐飲部也會同往常一樣，準備各式各樣的餐飲推廣來刺激大家吃喝的慾望！Sportsman's Bar 逢星期五至日晚便會在前苑開設**加勒比海美食專區**，一聽就知背後蘊藏多國風味，不錯不錯。情意綿綿的2月當中，相信大家不會忽視**2月14日（星期一）的情人節**，那麼 Restaurant 的二人浪漫燭光晚餐絕對是不二之選，再加上**Chairman's Bar 的一熱情檳放粉紅餐酒精選及粉紅佳麗下午茶套餐**，保證會成為彼此甜蜜的回憶。Coffee Shop 則繼續會有「**新中國**」主題自助餐，提提大家新推出的**賀年外賣套餐**須提早兩日預訂。

美食當前，也不要忘記**2月5日（星期六）**開始進行的**六國橄欖球錦標賽**，假如到時未能「現場」直播錦標賽賽事，我們應該可以在第二天以錄影或點播形式重播賽事。另外，記得**2月14日（星期一）**早上 Sportsman's Bar 將會「現場」直播**NFL 超級盃**——詳情請參閱第21頁。

期待與大家在本會相見。

總經理 龐禮文

HKFC

ENJOYS DOUBLE SUCCESS

IN HKLBA'S BOWLER OF
THE YEAR AWARDS 2021

Following the conclusion of the National Championships Finals Day 2021, HKFC enjoyed double success in the HKLBA's Bowlers of the Year 2021. Phoebe Ho was crowned Women's Bowler of the Year 2021 and Men's Captain Warren Cheung was crowned Men's Bowler of the Year 2021. Our warmest congratulations go to Phoebe and Warren on their outstanding achievements. There were strong performances from other Club bowlers, with 7 of the top ten positions in the women's rankings and 3 of the top ten positions in the men's rankings being occupied by the Club's bowlers.



PHOEBE HO

HKLBA'S WOMEN'S BOWLER OF THE YEAR 2021



Phoebe joined HKFC as a Junior Associate Member in late 2015. Initially, she played in Division 5 in the Triples League and Division 3 in the Premier League. Since then she has displayed great commitment in practice and a keen interest in developing her technique and skill in lawn bowls. Phoebe is now a key member of the Women's Premier League and Triples A Teams playing in Division 1. Phoebe also has a flair for design, which can be seen in the striking new uniforms now being worn by the Club's Lawn Bowls teams.

Phoebe commented, "I would like to express my heartfelt gratitude to all my teammates and friends who have

supported me since the very beginning of my bowling career! Special thanks go to my teammates **Eva Yu** and **Christina Yeung**, and in particular I am extremely thankful to **Camilla Leung**, a great mentor who has been teaching me not only about bowling techniques and match strategies, but also most importantly the spirit of never giving up. Without them, I would never have been able to achieve this great honour as the HKLBA's Women's Bowler of the Year 2021. I look forward to more opportunities to improve my lawn bowling skills and becoming a better athlete, and hope I can achieve even greater accomplishments."

LAWN BOWLS

WARREN CHEUNG

HKLBA'S MEN'S BOWLER OF THE YEAR 2021



Warren has been the Lawn Bowls Section Captain since 2016 and plays for the Men's Premier League and Triples A Teams in Division 1.

Upon winning the Men's Bowler of the Year Award 2021, Warren remarked, "Accomplishing the ultimate accolade of the HKLBA's Men's Bowler of the Year 2021, has made me proud and joyful. It seems quite ironic that the pandemic has restricted me to playing lawn bowls and prevented me from participating in many other activities. I have therefore been spending more time training as well as taking part in the National Championship events. Not only have I refined my skills and techniques, but I have also improved my physical and mental fitness. When I started winning more matches, particularly the National

Singles Championship, my confidence grew and I started believing that I could become one of the top bowlers in Hong Kong. In December 2021, my teammates and I won the final of the National Fours Championship, which meant I had accumulated the highest number of points in that bowling season, and the Bowler of the Year Award 2021, the highest honour a bowler could achieve. Being the Men's Captain of the Club's Lawn Bowls Section, I feel the glory should be shared with the Club and the Section as they have provided excellent facilities and support to bowlers. Having narrowly missed out of the Bowler of the Year Award in 2019, the award has come to me a little bit late, but it's better late than never! Let's all continue to enjoy lawn bowling despite the pandemic. Good health to everyone!"

HKFC BOWLERS SHINE AT THE HKLBA'S NATIONAL CHAMPIONSHIPS FINALS DAY 2021

The HKLBA's 2021 National Championships Finals Day was held at the Kowloon Bowling Green Club on Sunday 19th December 2021. During the course of the day, a total of nine finals were played, with Club's bowlers having an interest in five of the finals. The Club was guaranteed to be victorious in at least one final as both rinks competing in the first match of the day, the final of the Women's National Fours Championship, were from HKFC.

Due to COVID-19, the finals were played behind closed doors. Live YouTube coverage was available for Lawn Bowls Section members to share the excitement of the matches and witness the triumphs of the Club's bowlers who won four National Championship Finals. A special mention must go to **Camilla Leung** who competed in three finals on the day, playing from the early morning until dusk!

With four Championships and two Runners-up, HKFC's Lawn Bowls Section was deservedly the biggest winner of the day! Well done and congratulations to all the Club's bowlers!





Women's National Fours Champions



Women's National Triples Champions



Men's 2 x 4 x 2 Pairs Champions



Men's National Fours Champions



National Mixed Fours Runners-up



Women's National Fours Runners-up

HONG KONG LAWN BOWLS ASSOCIATION NATIONAL CHAMPIONSHIPS FINALS DAY 2021

Women's National Fours
Champions

Phyllis Wong, Shirley Ma,
May Poon and Grace Chu

Women's National Triples
Champions

Camilla Leung, Phoebe Ho
and Christina Yeung

Men's 2 x 4 x 2 Pairs
Champions

CT Wong and Ken Fong

Men's National Fours
Champions

YS Leung, Warren Cheung,
Patrick Choi and Edmond Chan

National Mixed Fours
Runners-up

Wilson Kwong, Camilla Leung,
Edmond Chan and Edmund Yiu

Women's National Fours
Runners-up

Camilla Leung, Phoebe Ho,
Christina Yeung and Eva Yu

LAWN BOWLS

WOMEN'S WINTER LEAGUE TEAMS



Team A



Team B



Team C



Team D

MEN'S TRIPLES LEAGUE TEAMS



Team A and B



Team C



Team D



Team E



Team F



Team G



BOXING DAY SOCIAL GAME

75 players celebrated Boxing Day together both indoors and outdoors.

Although, it rained outside that day, it did not affect everyone's fun in this festive atmosphere.



LAWN BOWLS SECTION

ANNUAL GENERAL MEETING



Save the date!

1ST FLOOR, HAPPY VALLEY SUITE 2

This year's Annual General Meeting for the Section is scheduled for **Tuesday, 8th March 2022**.

Please save the date and show your support by attending the most important event of the Section for shaping our direction.

No prior registration is needed.
For details, please refer to the announcement on the Section notice board.

Thanks



COZY UP WITH *Casseroles*

When it's cold outside, we tend to crave warm, comforting, satisfying meals that will help push away those winter blues. What better way to give ourselves plenty of energy than through delicious and nutritious casseroles?

Throughout the month of February

RESTAURANT

Enquiries and Bookings: 2830 9562 or restaurant@hkfc.com

MAYANK VAID DID IT AGAIN!

THE FIRST PERSON TO SWIM AROUND HONG KONG ISLAND TWICE

HK360 is a 45km swim circumnavigation of Hong Kong Island. Mayank did it in 2020 in over 18 hours and did it again in November 2021 in a time of 14 hrs and 35 mins, an improvement of almost 4 hrs. Although he still has to beat the record established by Society member Alex Fong in a time of 10 hrs and 43 mins, this remains an incredible achievement for someone who picked up swimming late in his sports career.

Photo by Poluxem Photography



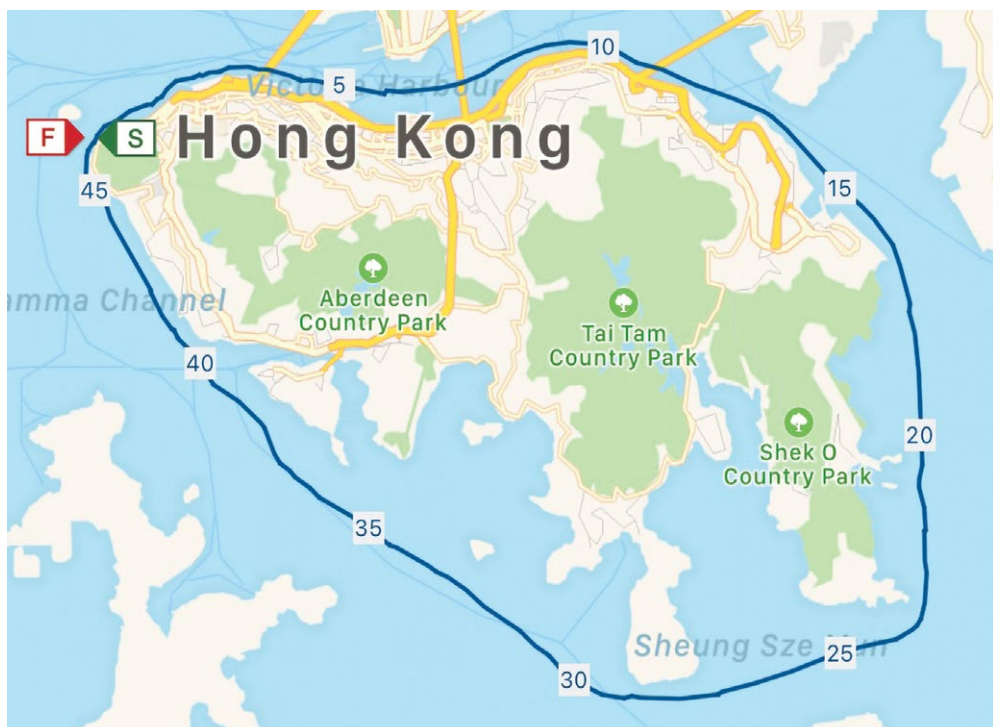
SWIMMING AND TRIATHLON

What is your background? How long have you been in HK? And when did you start swimming?

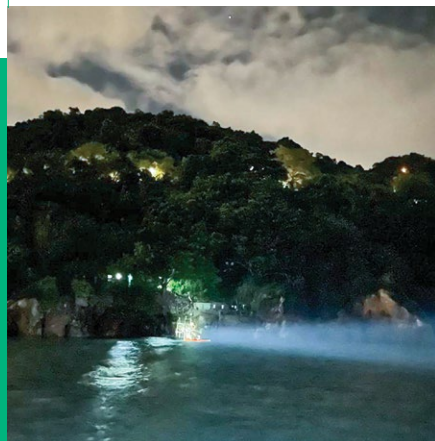
"I am married to Theresa, and we are blessed with three kids. I have been in Hong Kong since 2009. I am a practicing solicitor and work in-house for a French retail group. I learnt swimming as a life skill when I was 3 yrs old. That skill was mainly to save us from drowning in lakes and rivers and give my parents peace of mind. I started to learn swimming as a sport in 2016."

How long have you been doing open water swimming?

"Since 2017. In 2018, David Gething and I relayed the Arch 2 Arc Triathlon which includes swimming the English Channel. So, I had no option but to push myself to more open water swimming. In 2019 I did Arch 2 Arc solo and that's when I really got much deeper into swimming in the ocean."



Pitch black at the start



Hong Kong harbour at night

What decided you to face this crazy challenge in the first place in 2020?

"I was training for a second Arch 2 Arc solo attempt in summer of 2020, but that event was cancelled due to travel restrictions. I had a fair amount of training in me, so I decided to put it to use by doing HK360Xtreme which starts with swimming around Hong Kong Island. The event attracted the attention of corporates who were keen to give to the community. We were able to raise HKD 385,000 for InspiringHK Sports Foundation and Outward Bound Hong Kong to support Sports Coaches who were impacted by venue closures during the pandemic."

And usually, when someone does something inhuman, they decide never to do it again. Why did you decide to do it again?

"During the 2020 event, I was not able to give my best. A week before my swim date I managed to cut my left foot with a barnacle. I was Stand up Paddling with my boys and while playing a treasure hunt with them, I sliced my foot. I left the hospital 3 hours later with 6 stitches on my left foot. Doctor advised me not to swim as I risked a serious infection due to the deep wound, possibly losing my leg. But we had put so much into the event. Mercedes-Benz, Redbull, Reckitt, etc. were some of the corporate donors to the event. InspiringHK Sports

Foundation and Outward Bound Hong Kong had prepared a brilliant charity programme that would benefit from the funds raised while I swam, biked and ran around Hong Kong, Kowloon and NT. So the event had to go on. Painfully, I finished the event. My foot healed very fast. My leg was still good, but I felt that I was not able to give my best, hence my second attempt just for the swim part."

Can you describe your preparation for this challenge? How many km do you swim per session, per week?

"I was swimming two times a week in the HKFC Swimming Pool. 3 open water sessions during the week. Finally, one long open water swim at the weekend. When I started building up the base, I swam 100km in 20 days. Then I started to build more volume and distance. During long open water sets I always had a kayak supporting me. During peak training weeks, I did 50km of swimming. I was forced to reduce and even stop running and biking to save time and energy for swimming."

How do you train for things such as fatigue, and staying in salty water for 14 hours?

"By going and doing long open water sets. Not focusing on distance but train by spending more time in the ocean. Start with 6hrs swims and build up to 12hrs in the water. Swim course



Photo by Poluxem Photography

L-R: Egon Vavrek, Mayank Vaid and John Pesci

should be such that you only touch the ground twice, at start and finish. Swim in all conditions, no matter what. Swell, typhoons, heavy rain, thunderstorms, force 5-6 winds, chop, clean or murky water, are all part of training. Each such swim made me stronger. One swim course included swimming from Sai Kung to Bluff Island and coming back via Shelter Island, HKUST. That was a 26km swim in rough conditions."

What was the most difficult part of this challenge for you?

"I love running. I had to stop running and gain a few kilos. This was hard because I had to give up something I really enjoy. Second was time away from family on weekends. I was gone for 16-18 hours for open water swims. I would swim past junks with families and kids having a beautiful family time, and that hurt the most. "What am I doing here?" I should be with my wife and kids right now. Thirdly, the uncertainty around the swim date. Typhoons now last until November and a typhoon can cause serious disruption to the swim plans. My



Mayank with his support team

swim was already rescheduled once this year. Finally, the last 8km was very hard. I didn't train for the last 8km. This was a stretch between Ocean Park and Sai Wan Swimming Shed. This was where the swimmer is exhausted. The ships in the East Lamma Channel brought big bow waves. There was very little tidal assistance. I had a sore shoulder from the big swell and chop for last 6hrs. Kenyan marathon runners train for the last 10km of their marathon. They train to manage the pain. I forgot to train for the last part. This was the hardest part."

As the saying goes, "Good things come in threes". So, when are you going to do it for a third time?

"You are so right. We are blessed with three kids and I think that's very good already."

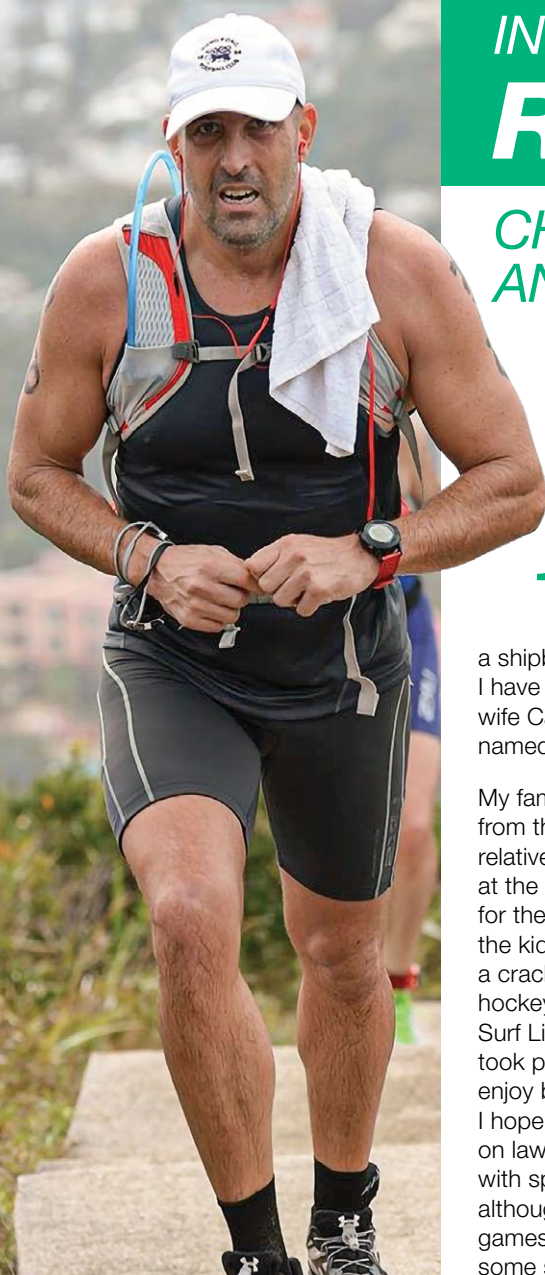
During the challenge, when you want to pee, and there is no toilet around, what do you do?

"This part is an enjoyable moment in the swim because I must stop thinking about anything and concentrate on peeing while keep on swimming. It's a peaceful moment."

INTERVIEW WITH **RUPERT PUELS**

CHAIRMAN OF THE SWIMMING AND TRIATHLON SOCIETY

With 10 questions, we dive deep into the life of incoming Chairman of the Society. A family man and a sports lover, who finds inspiration from his children, has an encouraging message for everyone to come and participate in Society's activities.



All round participation

1 Please tell us about yourself.

"We moved to Hong Kong from Australia for my work as a shipbroker in 2012 with 3 young kids. I have since added a stepson from my wife Carol and a rescue dog to the mix named Max. Life is very full.

My family fell in love with Hong Kong from the day we arrived and being a relatively sporty Australian I was down at the HKFC straight away trying out for the lawn bowls team. Meanwhile the kids played mini rugby, soccer, had a crack at ATA tennis, played a bit of hockey, went to Nippers training (that's Surf Life Saving for kids) and of course took part in Tri-Kids as well. They also enjoy badminton, basketball, and the list I hope will go on. I was at first focused on lawn bowls because I had struggled with sports injuries over the years and although I hear it's one of the deadliest games, it's still easy on the body. I had some success along the way playing

in the A team for several years, making the semi-final of the Club champs and the national 2-4-2 pairs finals and winning the HK Tiger Bowls International Tournament in 2015."

2 So how did you end up as a swimmer and triathlete?

"I am a big advocate of being active and there is plenty to do at the HKFC for sure. During one of the mornings while swimming laps after the Gym, Lloyd (swimming coach at the time) somehow coaxed me into coming along to just join in. The rest, as they say, is history. I'm now swimming 3 sessions a week and doing a bit of riding on the stationary bike in the Club's Gym plus rowing as well."

3 What is your favourite sport?

"There are no favourites, I just enjoy getting out there and having a go at them all."

4 Can you share an accomplishment that shaped your life?

"Is it ok to say raising kids? I changed a lot of nappies, made a lot of brekkies, lunches and dinners. Have loved seeing them grow, play sports, learn, and mature. There have been some really hard times along the way, but kids are so resilient and can be very inspiring and supportive for us adults too."

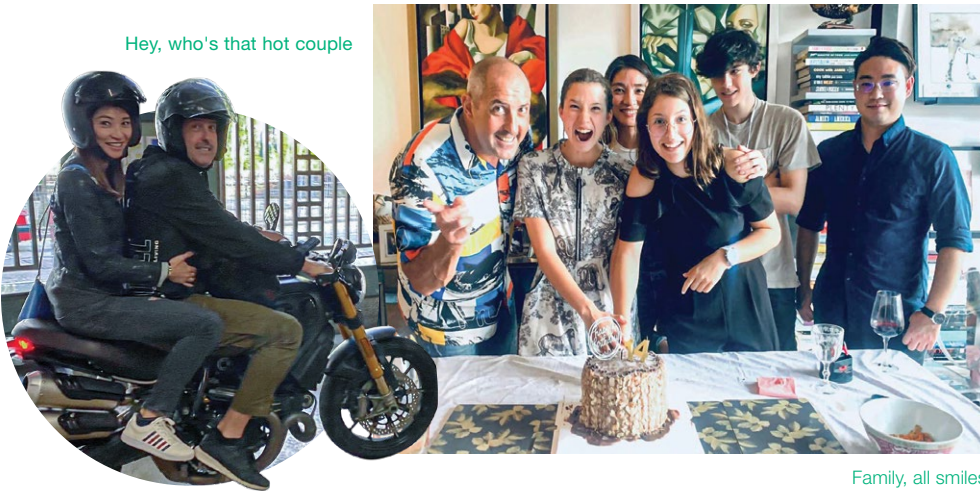
5 What do you enjoy doing in your free time?

"I am rowing a lot now, something I just took up last year, but anything water, anything outdoors, surfing, hiking, swimming...It's all good."



Celebrating with the Society

Hey, who's that hot couple



Family, all smiles

6 When did you start swimming? If you're not swimming, what would be your second sport?

"I lived by the beach growing up as a kid so I can't really remember not being able to swim, but just so you know I couldn't even tumble-turn when I started training with the squad 7 or 8 years ago. Now I can swim 100 or 200 laps and my tumble-turns are still pretty rubbish. There is always something we can improve on. I would love to get back into tennis. Maybe that could be my second sport."

7 How do you fuel your body before/after intense workouts?

"The best advice I can give is to drink plenty of water. I drink too much beer but also, I drink a lot of water."

8 How do you manage your time despite your busy work schedule, family life and now this important leadership role at the Football Club?

"I think a balance between work, friends, family and sport is an essential part of life. I train most mornings and my office is in Causeway Bay, so you can see me around the Club at breakfast or lunch and sometimes even dinner, but generally I make it a rule to eat a family dinner at home. I drop off and pick up Carol from work most days of the week, so we can be home in time to be with the kids. As a result, she is even joining us in the pool in the mornings when we are training. Sharing this time together on the bike, at the dinner table etc. are what build a solid family dynamic. I am always happy to give whatever energy I can to the HKFC as to me that's just being part

of the team. Whether it's lawn bowls or swimming, it's great to get involved and I hope I can do a good job for the Swimming and Triathlon Society as Chairman this year. Let's just see how it goes."

9 As the Chairman, what do you want to see accomplished for the Society?

"The main focus is to improve participation, whether it's attracting some of the other Society members to come along for a few training sessions in the pool or joining Caitriona Jennings on her running sessions at the Happy Valley Track. The Society is involved in lots of HK events; we are not just triathletes."

10 Anything else you would like to share with Club or Society members?

"Coach Dominic is starting 2 sessions a week for anyone who wants to move from being a social swimmer and train a bit more seriously. Tuesday and Thursday evening 6:30-7:30, please feel free to try even just for 30 minutes. My wife Carol who couldn't swim when we met 4 years ago is now joining in for these sessions, and we know what is going to happen next..."



Rupert during training session at FC pool

CHRISTMAS PARTY

The HKFC Swimming and Triathlon team held their annual Christmas Party on Friday 17th December 2021 on the back patio of the Sportsman's Bar. After being forced to cancel last year's party because of Covid-19 restrictions, the team was ready to celebrate, and we had a great turn out with lots of members wearing their holiday spirit in holiday gear! Lots of great food and wine were consumed by all!



TEAM REPORTS

MEN'S D TEAM

MID-SEASON UPDATE (SEPTEMBER - DECEMBER 2021)

Heading into the Christmas break and into Round 2, the Men's D Team found itself on a 1W:0D:0L winning streak. Alas, the points advantage was not the same for all of Round 1, with nine games played and a record of 1W:1D:7L.

Given the reformation of the Ds this season, and a large group of players new into the squad, it was always going to be a tough start to the season. Fair to say, for the first 3 or 4 games, it felt a little like mission impossible. However, the improvements came, individuals started to play like teammates, and by midway through Round 1 there was confidence games could be won. Alas, in one fateful game (whilst en route to what would have been the first win of the season) 'tragedy' struck the central 'spine' of the team... One by one the Centre Mid (head knock) Sweeper (ruptured achilles) and Goalkeeper (torn hamstring) were all carted off the paddock. Shotguns weren't necessary, but the wheelchair ran back and forth to the Sanatorium Hospital (thank you Leena, Legend!). Regrouping, the Ds patched themselves up and then went on to record 2 vital victories. Clearly the banter followed as "The Replacements" were getting the job done. A massive thanks to those that stepped up, especially to **Antoine Nyssen** for filling the GK duties. Round 2 fixtures resume early New Year with a D v C derby and plenty of opportunities to improve upon a steady and pleasing start.





In summary, under adversity the D Team rose to the challenges over the course of the first half of the season and look forward to the remainder of games with some teams squarely in their sites. A big congrats also to **Chris** and **Lynsey** on becoming parents. We look forward to welcoming the little one into the D Team family in the New Year!

SQUAD LIST

Atif Javed *Skipper*
 Andrew Boulton *GK*
 Simon Chapman
 Dominic Davidson
 Jonathan Ervine
 William Glover
 Henry Ma
 Chris Marshall
 Kavi Patel
 Will Pearson
 Hugo Segrave
 Neel Shah
 Douglas Strasoldo-Graffemberg
 Christian Tarala
 Johan van den Berg
 Ryan Wong
 Kieran Wu

ADDITIONAL APPEARANCES

Max Cheng
 Justin Davidson
 John Drury
 Hamish Leung
 Daisuke Nosu
 Antoine Nyssen *GK*
 Julien Nyssen
 Stephen Rook
 Oliver Watt
 Antonius Wenhold



MEN'S C TEAM

The Cs are looking to retain their Division 1 title in the 2021-2022 season.

The team has been bolstered by the arrival of some fresh faces (and legs) that have drastically reduced the average age of the squad.

These faces include: **Alfred Ho**, **Nilesh 'Ah Ma' Bhugooan** and the sibling duo of **Sukhdeep** and **Saajandeep Singh**. The defensive line has been strengthened by the arrival of Club stalwarts **Ollie Watt** and **Ravi Dillon**.

Following a Braveheart-esque speech by captain **Te** at the team's

start of season social/team bonding event, the squad was pumped to get on the pitch. Unfortunately, the Cs had a rough start to the season in a desert climate which saw them lose their first game of the season. But the Cs rallied, and akin to numerous cryptocurrencies, went on a bullish run to see themselves reach a new high and regained their rightful place at the top of the table (for a while).

The Cs are looking forward to a strong run in the second half of the season with ace drag flicker Arif leading the top scorers table. However, the Cs will be without their captain **Te** who put his achilles on the line for the team in the first game of the second round. We wish you a speedy recovery **Te**!!!

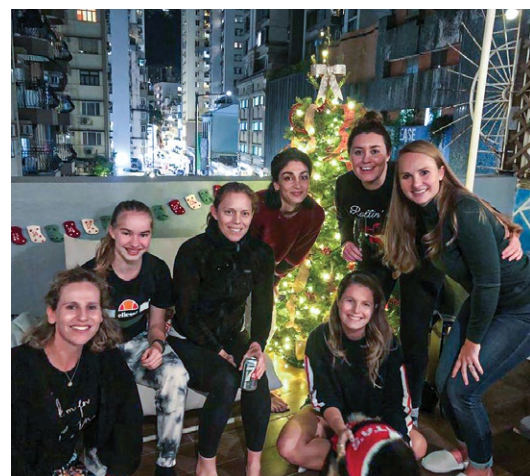
HOCKEY

LADIES'
B TEAM

The Bs are now more than halfway through our season, having played 10 regular season games. We had lots of great pre-season sessions, a full roster with a majority of returning players and some new faces, and lots of competition. This got us off to a solid start to the season with a draw in our first game to HK Island rivals Valley A, which saw some epic saves from B's goalie Jasmine Titmuss. This was followed by a

great 2-0 win over KCC A, a game that highlighted the speed we have in our young forward line. With results covering the gamut as the season went on, we were able to build on our experience playing together and finish the first half strong with a 4-0 win over HKCC A right before the holiday break.

We expect to hit the ground running for the second half of the season and start with a bang in a re-match against again HKCC A on Saturday 22nd January 2022 (in the Valley at 4pm, hint hint!) and continue our run from there!



We've also had the pleasure of welcoming some baby Bs to the team with the arrival of twins Sofia and Elspeth for **Alice Cabrelli** in September. Congratulations to Alice and Tom! We've also sadly had to say "tot ziens" to **Kathelijn De Beer** who relocated to Singapore in December. Her 'never be defeated' and play hard attitudes will be sorely missed both on and off the field!

LADIES'
C TEAM

The team had a busy pre-season, with training and friendlies to refresh the team after the summer break.

Starting off the season, with an unfortunate and unexpected draw to Ewis A, the team made a spectacular comeback to become undefeated for the next 9 games. Leading at the top of the table with a striking 63 total goals scored, Leena Madhvani takes a total of 16 goals and Romi Dasgupta coming in second takes 12. Cs saw a number of new faces in the lineup including 3 from Cubs and 3 from Ds as the 2020-21 lineup lost a number of players to other teams as well.

In September, the game we all trained hard for arrived, Cs vs Ds... Both teams worked hard for a victory, but Cs left victorious with a 1-0 lead. On behalf of the team, we want to thank Dev Dillon for



his dedication towards the team as our coach and also **Helen John** for being an incredibly enthusiastic and devoted team captain! Huge congratulations to **Xinyao Liu** for only conceding 4 goals so far this season and for an amazing outfield game against KCC C!

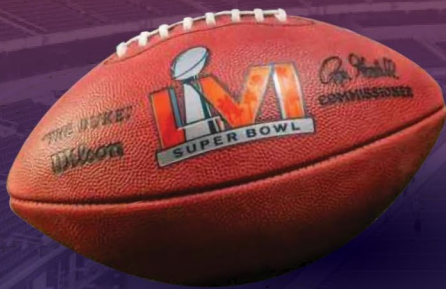
A new member of the team this season, **Kara Poulton**, has made a valuable contribution and is especially well known for her dragflicks.

On another high note, we welcomed a new player to the Cs as Lynsey Edgar's baby has just arrived, becoming the youngest member of the team. Congratulations, Lynsey! And well done Cs for an amazing season so far!





BREAKFAST



MONDAY, 14TH FEBRUARY 2022
LIVE FROM 7AM

REMARKS

- Sportsman's Bar will open at 6am on the day. The rest of the Club facilities will open at normal hours.
- Should the number of bookings be insufficient, the event may have to be cancelled.
- For the rest of terms and conditions, please refer to the reservation form.
- This event is subjected to change based on policy updates from the HKSAR Government.

PRICE: \$168 PER PERSON

SAME PRICE FOR ADULT AND CHILD

BREAKFAST BUFFET INCLUDED
ADVANCE RESERVATION PREFERRED



SCAN THE QR CODE
FOR RESERVATION

Sportsman's
Bar

Enquiries and bookings: 2830 9531 or sportsmans@hkfc.com

MINI RUGBY

TEAM REPORTS

A busy month with festivals, carnivals and Christmas camps, as well as the Kim Lam Cup and Richard Hawkes Trophy hotting up as they both reach the 3rd round of competition.



RICHARD HAWKES CUP

UNDER 12S

The third round of the U12 Richard Hawkes Cup was held on Sunday, 12th December 2021 at Tin Shui Wai. Similar to the first two rounds, there were three divisions and HKFC were the only club to put a team into each division. The boys and parents travelled north with great anticipation of building on our strong start in the first two rounds.

HKFC A TEAM

In this round, DB Pirates joined the Cup division with 4 games this round. First up was HKU Sandy Bay, no strangers to HKFC since we had played friendlies against them in the previous week when the results were close. Arguably the boys' best performance of the day, with tries from **Andrew McQuhae**, **Charlie Charlbrook** and the pick of the bunch from **Owen Chow** – great teamwork with 2 strong forward drives sucking in the defence and a quick move of the ball wide-left Owen untouched to score. A 3-0 victory.

The next game was versus the newbies – DB. They had some serious size in their forwards and played a tough game. However, we were able to grind out another 3-0 victory with tries from **Xavier Cox**, **Cameron Lee** and **Andrew McQuhae**.

Next up was USRC Tigers. First try came from scrum half **Leon Lane** who saw a gap at the scrum and went for it from a long way out. From the resulting kick-off **James McSheaffrey** weaved his

KIM LAM CUP

UNDER 12 GIRLS

The HKFC U12 Girls team wrapped up a successful first half of the season with some beach rugby at Repulse Bay. Unlike previous training sessions at the beach, we managed to keep the players out of the water for half of the session. There was some entertaining touch rugby with Coach **Chris Caves** demonstrating that age and treachery will always beat youth and enthusiasm! Merry Christmas to all from the U12 Girls.

The Hong Kong Football Club successfully hosted Round 3 of the Kim Lam Cup thanks to **Peter Jastreboff's** brilliant organisational

skills. Our B Team was unlucky to lose against Flying Kukris and narrowly lost against a Sandy Bay team that played in the A Division in the previous round. A resounding victory against Sai Kung Stingrays lifted the spirits of the team that showed character all day long. Our A Team continued to go from strength to strength in each round and were comfortable winners in all of their games. The girls rallied from behind in matches against DB Pirates and Valley Fort, maintaining composure and sticking to their game plan. Massive thanks to all of the coaches and to **Denis Brock** for giving us the Main Pitch again.

Rob Wall



A Team

way over and the misery for the Tigers continued with the next kick-off as **Noa Lane**, a prop, was not to be outdone by his twin as he fielded the kick-off, threw an outrageous dummy and motored over from our half. Further tries from **Xavier Cox** (x2), **Ben Luvisotto** and **Andrew McQuhae** secured a 7-0 victory.

The last game was versus Sai Kung Stingrays. The two previous rounds had yielded no tries with both teams evenly matched and providing intense, exciting rugby. This was no different with Sai Kung, arguably unlucky with an overruled try; however, the luck evened itself out as after the hooter went, the reference missed a knock-on and Sai

Kung squeezed over at the death for a 0-1 loss. The boys gave absolutely everything, and Sai Kung were clearly the team for us to beat. There were a few tears in the post-match huddle, and the players were quite upset as well!!!

HKFC B TEAM

HKFC came into this round as the team to beat in the Plate division following our 100% record in both of the first rounds.

First up was Shatin Sha Pei/Tai Po. The boys were always on top and **Jamie Donald** (x3), **Jimmy Page** and **Rory Elkins** scored to seal a 5-0 victory.

Next up was a first-time game against

the 'home' team of Tin Shui Wai. They were a bit of an unknown quantity, but the boys saw them off easily and the scoring was spread around with **Jairo Wong** (x2), **Zach Chin**, **Jamie Donald**, **James March**, **Efe Demiral** and **Rory Elkins** getting on the score sheet in a 7-0 victory.

Another first-time test was next against Monkeys/TWR. They had been the class of the C division in the first two rounds and had impressive results in their first couple of games this round, so this would be a test of the boys' teamwork and resilience. The back division again led the way in a 4-0 victory as the ball was moved wide with **Jamie Donald**, **Zach Chin**, **Jairo Wong** scoring, and **Isaac Seah** ensuring the forwards were not left out of the fun.

Flying Kukris had played the boys close in the last two rounds, but we were able to see them off comfortably with **Zach Chin**, **Rory Elkins** and **Riku Takafuku** dotting down.

Next was Sandy Bay. A few A team ringers mysteriously made their way onto the team sheet of the Pok Fu Lam bandits. They scored a couple of early tries and the heads went down. Although the boys kept trying, Sandy Bay ran out winners 0-4.

Last up was Valley and the coaches were keen to see how the boys



B Team



would react to their first loss in the competition against our big rivals who had significantly improved this time round. Always a tough game and an important one for any HKFC team to win. The boys dug deep as a team, and showed great spirit and resilience, with **Zach Chin** (x2) and **Rory Elkins** scoring to seal an impressive 3-1 victory. Despite the first loss, the B team headed the division at the end of the day and remains the team everyone is looking to beat.

HKFC C TEAM

The C team had 3 players making their tournament debut. Our first game was with HATS. Given the new teammates, we started slowly and were soon down by two tries. The boys settled into the game and mounted a great comeback. **Zach Chin** scored a hat-trick and speed merchant **Brayden Cheung** chipped in with another for a 4-3 victory.

The second game was even more spectacular. Again we displayed a typical HKFC mini's trait of being slow starters and conceded three tries early on to DB Pirates/Tung Chung. However, the boys rallied, and with scrum half **Ryan To** dishing out balls to the forwards, **Alex Wong** scored two tries.

Then more strong forward play led to **Isaac Seah** powering over with a 20m run from a penalty. **Ryan To** added one more from the back of the scrum and **Brayden Cheung** dotted down in the corner to seal a 5-3 victory.

The game versus SKS/THT match was again high stakes with SKS scoring the first try. Our boys fought valiantly with tries from **Ryan To**, **Isaac Seah** and two from **Zach Chin**, but their effort was enough for a strong SKS side who were undefeated that day. Final score a 4-7 loss to SKS.

Paul McSheaffrey, Mark Saunders and CY Seah



FLYING KUKRIS FESTIVAL

UNDER 11S

U11s fielded three teams at Kukris. Fantastic games of mini rugby 7s proving our three-man scrums and lineout skills are much improved.

HKFC 1, coached by **Duncan Grewcock** and **Mark England**, faced a mighty tough draw, playing four games (other teams playing three games) versus our toughest opponents: closest competitor Valley then Stingrays, Tigers and Sandy Bay. Not a clean sheet this tournament, but the quality in the team makes continued progress. We are competitive and team structure continues to solidify.

Our other A team, HKFC2, went undefeated in three games, coached by **Karl Holden** and **Rob Guy Ramsay**. All the boys did well, with solid rucking and wings anchoring their positions. Two wins against a combined team from the New Territories and another team from Sha Tin, then a very tough game versus Valley led to a tense 4-2 win. **Jackson Whittaker** made superb rumbles up the middle and **Naoise Martin** was his usual busy scrum half. Plus **Sam Dore** made important contributions and never eased up.

HKFC3 also made a solid show, winning their three games, coached by **Vinay Srinivas**, **Gareth Raper** and **Shaun Cochrane**. Their passing game improved and they looked for space. Defence still needs work including low tackle technique, but two deserved wins versus Tigers and Sandy Bay. Our closest game was against new opponents, Causeway Bay Monkeys who fielded their strongest team. Although securing a narrow win, two tries to one, we learnt this would be a challenging team. Special mention that this team featured new-to-Club Japanese players **Shun Matsuda** and **Tetsuo Sugimoto** and **Rihito Shinde**, and they all played very well.

Taking this chance for a thank you to Coach **Yan Yeung**, who has become

our regular U11 photographer. Thank you, Yan. Your photos are greatly appreciated by the parents.

UNDER 10 GIRLS

HKFC1 Fire continued their rampage through the U10G opponents -- entering into this tournament with a 6-0-0 record from their last 2 tournaments. The team continued to gel as a team. First up were their fiercest rivals Valley Fort, with the Club's girls coming out on top (5-3) in a tough match, followed by a rout of USRC Tigers (8-0) and finishing strong against the girls from Sandy Bay (6-2). All the FC girls played well, with strong offensive performances by **Amika Potgieter**, **Danielle Leung**, and **Claudia Sanchez**. Great defence led by **Mairead Pollard**, **Mathilde Guardre**, and supported by **Emma Kwong**. Finally, good support play by **Valentina Walters**, **Savannah Chu** and **Valerie Hoang**. **Danielle Leung** as MVP due to her scoring, ripping, and support play in all the matches. Strong performance by all, allowing Fire to go undefeated with a 3-0-0 record for the day.

HKFC2 Ice were promoted for this tournament to face three first string U10G teams. They did not disappoint, recording a creditable draw (2-2) against a tough DB Pirates side and convincing wins against Flying Kukris (6-2) and Sai Kung Stingrays (5-3). The younger members of the team contributed fully in try-scoring, tackling and kicking duties, with **Chloe Fulton** and **Abbie Fulton** providing a constant threat with the ball, **Eva Murphy** reading the game expertly in defence and attack, and **Aster Greenwood** sniping around the ruck. Stalwarts **Ally Po** and **Caroline Lindsay** added power and strength to the mix, while **Lauren Loo's** jinking runs opened up the field several times. **Maria Laracy** and **Olivia Shaik** showed the most improvement, with straighter running lines and increased physicality. Good support play by **Genevieve Tran**. With more focus on rucking at the breakdown, this team has the ability to challenge allcomers at the next tournament.

**Allen Schoonmaker and
Richard Greenwood**

UNDER 10S

HKFC 3 started off the day slowly whilst playing against Flying Kukris, allowing the hosting team to score a couple of unanswered tries in the first couple of minutes. However, the introduction of a couple of players from the bench enabled Club to get the ascendancy, eventually finishing the game three tries apiece.

Our second game against Sai Kung Stingrays was arguably the most enjoyable game of the day, with both teams trading tries in a very evenly matched game. The turning point came with a crunching tackle on our try line which caused a turnover and a field long sprint for a try. It was at this point where the game opened up and two more tries were scored, finishing the game with five tries to three for the Club.

The last game of the day was very much a gritty victory against the Police team; with bodies tired from the two previous physical games, both teams struggled to get the upper hand, trading tries and crunching tackles. Eventually, the general power of Club's individual runners enabled us to finish victorious, four tries to two.

A solid day of rugby all round with players not only developing as individuals, but as a team!

In other matches, HKFC1 played 3; won 3 beating Valley, Tigers and Sandy Bay. HKFC2 played 3; beat Stingrays and SCAA and drew with DB Pirates.

Gavin Boak

UNDER 8S

HKFC U8 took on all-comers at the Kukris Festival in picture perfect conditions.

We entered 8 teams which allowed us to field 25 players who were making their tournament debut.

Our newcomers found match-play in the raucous tournament environment, a different proposition to regular training. This didn't stop them tackling the challenge head on, and the experience will stand them in good stead as we enter the second half of the year.

Our seasoned players have many hours of match simulation experience from training, and it's starting to gel with some fluid play and admirable passing skills for the U8 age groups.

We came away with 15 wins and 3 draws across the 24 games. Our stand-out performers were **Charlie Smith** and **Jasmine Su** who both showed blistering pace to leave many an opponent lead footed.

Dean Cooper



MINI RUGBY



TUNG CHUNG CARNIVAL

UNDER 7S

Well, you wait two years for a festival, and then two come along in the space of 4 weeks!

On Sunday, 12th December, 2021 Tung Chung and South Lantau Clubs jointly hosted the very first U6 and U7 rugby carnival day, and so around 45 HKFC U7s boarded a bus from the Club to join in the fun; well, it's the closest we'll get to an overseas tour for a long time! HKFC were well represented, fielding 5 teams (out of an overall total of 16).

First match of the festival was between HKFC1 (formed mainly of players from Eagles Squad) and HKFC5 (a multi-squad mix), and fitting perhaps that the match ended in a 4-4 draw. Next up for HKFC1 was a joint South Lantau Buffaloes / Tung Chung 'superteam'; the home advantage (or perhaps the fielding of some slightly older '6-year olds') was evident as the hosts won 2-1. Final match for HKFC1 was a 2-1 victory against DB Pirates 1.

HKFC2's (Harriers) first match was a 4-2 win against USRC Tigers, followed by a 3-1 win against the 'Barbarians' (aka HKFC4, filling in for an empty slot in the timetable). However, their luck was not to hold, with the final match against DB Pirates 2 ending in a 1-2 loss.

After a bonus game as 'Barbarians' and trouncing the Tigers by 4-0, HKFC3's (Hawks) first proper match was a 3-2 win against local rivals Sandy Bay. This was followed by wins against Monkeys 2 and Tuen Mun Sharks, with identical 3-1 final scores!

HKFC4 (Falcons) opened their festival schedule with a 2-1 win against Tai Hang Tung, but after a close-fought match, a last minute try meant a 1-2 loss against Monkeys 1. Final match was against the Buffaloes/Tung Chung 'superteam', which despite

valiant efforts, ended as a 0-2 loss.

Last, but by no means least, the mixed HKFC5 squad followed up their draw against HKFC1 with a 2-1 win against DB Pirates 1. Final match of the day was against the home 'superteam', and despite opening the scoring within the first few minutes, HKFC5 were unable to hold on and eventually lost 1-2.

Overall, the kids really enjoyed the trip over to Lantau, and high spirits were evident on the return coach trip back to Club. We would like to extend our thanks to Tung Chung and South Lantau for hosting, and we look forward to rematches in 2022!

Chris Kenyon-Edwards

UNDER 6S

Under 6s sent 2 teams to the Tung Chung Carnival on Sunday, 12th December 2021 led by coaches Rambo and Tom. A terrific afternoon and fun had by all, each team played 5 and won all. One's to watch!

We were also lucky enough to have Father Christmas visit our training session as well!

Rob Shaw



U6S



MINI RUGBY CHRISTMAS GIFT DONATIONS TO PO LEUNG KUK

Minis successfully completed a donation drive for children at the Po Leung Kuk, with which we have long-standing connections.

A bunch of parents and minis coaches volunteered, packed and delivered the gifts to PLK on Sunday 12th December 2021, as our start to the "Twelve Days of Christmas".

Merry Christmas to Po Leung Kuk and everyone!



THANK YOU TO OUR GENEROUS DONORS

Collinson and Co
Forex

Sandra Kong and Maria Cheng
joined the Christmas packing

Mourant
Amanda Roberts, Angie Gurung,
Stefanie Schmith and Georgia Chow

Latham & Watkins
Maggie Chan

and our wonderful minis parents
who contributed gifts and
food coupons to make Christmas
gift bundles for 180 children,
aged between 3 and 18.

HKFC CHRISTMAS MINI RUGBY CAMP

HKFC Mini Rugby delivered two rugby camps over this Christmas Holiday for the U5-U12 age groups. The camps were terrific for those players attending and running at almost full capacity every day.

Camp participants had an incredible team of coaches from Ice and Club including **Kate Pallis, Anna Birkett, Caitlin Simpson, Callum Smith, Phil Manako** and **Pene Carter Smith**, along with **James Stanton** from the U16 Colts.

The players worked on a variety of skills from kicking to tackling, with the drills

being run at a high level. In the camps, participants improved drastically both on and off the pitch. As well as becoming good rugby players, our young athletes learnt to become better people, developing key principles like attitude, enthusiasm and helping out.

A big thank you to all the players for turning up and having fun, parents for supporting the camp and the coaches for their time and effort. Looking forward to seeing you all at the next camp!

James Stanton



HKFC WOMEN'S SOCCER A SEASON OF FIRSTS

Just about half way through the season, and HKFC Women's Soccer's 2021/2022 campaign can already be described as a season of many firsts. It is our first time going undefeated in 6 games, our first time winning 4 games consecutively, our first time sitting top of the table, and the first, of many, Junior Soccer X Women's Soccer Day.



Natalie Lam



Pitch celebrations

Our early success this season can be attributed to many things. Over the 2021 summer, the team made several recruitments, including new UEFA A Licensed Head Coach, **Chancy Cooke**. Chancy spent quite a bit of time observing the team last year, and came in with a very clear plan and vision for how he wanted the team to play. We spent our pre-season working tirelessly on a new system and style of play, and our early results are reflections of this.

Our Junior Soccer girls programme continues its exponential growth, and once again has provided the Women's team with players that have proven they are not only capable of competing in the Women's game, but of excelling in it. U-18 players **Natalie Lam**, **Stella Liu** and **Lana Wearne** each scored the game winning goals in our 4 consecutive wins this year. We are grateful to Junior Soccer Chairman, **Nam Nguyen**, for his tireless work to grow the Junior Soccer programme over the last few years. We are also grateful for the Junior Soccer Girls Programme Director, **Lo Yiu Hung**, known as **Hung Jai** to most, for his enthusiastic dedication to the Girls programme. It is very clear how much the players value his coaching and advice, and how much they enjoy playing for him. He is a well-respected figure in the women's football scene in Hong Kong, and is undoubtedly one of the Soccer Section's biggest assets.

Though our results this season are indeed a huge highlight, it will be pretty difficult to top our first-ever, long overdue (thanks COVID), Junior Soccer x Women's Soccer Day. Organised by Women's player **Mia Williams** and Junior Soccer Chairman **Nam Nguyen**, it was very well attended – close to 300 players and parents registered for the day. The afternoon began with a meet and greet with our team behind the Sportsman's

JOCKEY CLUB WOMEN'S FOOTBALL LEAGUE 1ST DIVISION

POSITION	TEAM	GAME	WIN	DRAW	LOSS	GOAL GAIN	GOAL LOSS	GOAL DIFF	POINT
1	Hong Kong Football Club	5	4	1	0	7	3	4	13
2	Chelsea FC Soccer School (HK)	5	3	2	0	13	3	10	11
3	Kitchee	5	3	2	0	11	3	8	11
4	Citizen	5	2	1	2	6	5	1	7
5	Sha Tin	5	1	2	2	6	7	-1	5
6	Tai Po	5	1	1	3	4	11	-7	4
7	Major League Football Academy	5	0	2	3	3	9	-6	2
8	Happy Valley	5	0	1	4	2	11	-9	1

Bar, and finished with the parents, young players, and their pompoms filling the stands to cheer us on in our match against Tai Po. The game was an exciting one, and finished with none other than our 15 year old (yes, 15) star player **Natalie Lam** scoring a spectacular long-range game winner in the 80th minute. The stands erupted, with many saying it was the loudest the HKFC stands have been in a long time. When the final whistle blew, to the groundskeeper's dismay, the young girls rushed the pitch to celebrate with the team. I think I can easily speak on behalf of our team when I say it was the most memorable day in the history of our programme. It was a day that a group of young female athletes got to see female players be the stars of the show, and celebrated for their amazing athletic performances. Some, like goal scorer **Natalie Lam**, only a few years older than them.

Increasing the visibility of women in sports is a huge priority for us, and it is something that is still very much lacking everywhere in women's sports, and even more so in Hong Kong. On top of the Junior Soccer X Women's Soccer day, we've taken a few other steps this season to improve this, including getting more of the team out to help coach at the Saturday Junior Soccer trainings.

We've also started an Instagram page, to not only promote and improve communication and awareness of our team, but to do our part to generally increase visibility of women in sports for our young girls. Check us out and give us a follow to stay up to date on what we're up to and find out when we play - [@hkfcwomensoccer](https://www.instagram.com/hkfcwomensoccer). We'd also like to thank **Robbie Bacon** and **Seb Page** who continue to call out and push the Hong Kong Football Association to provide better and more equitable match times to allow us to showcase our team and the Women's game in Hong Kong.

Girls and Women's soccer have made huge strides at the Club and in Hong Kong, but we still have a long way to go. We are excited about this team, and will continue to champion the fight for more resources and equity for girls and women's programmes.

We hope you have learned a little bit more about us, and are encouraged to come out and to support us this season. Please feel free to reach out to us by emailing hkfcwomensoccer@gmail.com, or sending us a message on Instagram, [@hkfcwomensoccer](https://www.instagram.com/hkfcwomensoccer).

Lyndsay Stewart
Women's Soccer Team Representative



Head Coach, Chancy Cooke



JS Girls cheering us on

HKFC

CHRISTMAS
PSA

To celebrate Christmas and provide local elite players an opportunity to earn world ranking points under the pandemic, the HKFC Squash Section proudly presented its second PSA event of the year, the HKFC Christmas PSA. Smaller in scope than our flagship HKFC PSA, this tournament still attracted some top talent in the way of Hong Kong No.5 and 2013 East Asian Games Team Champion **Chi Him Wong**, 2017 World Team Championship Bronze Medalist **Tang Ming Hong**, reigning and former Hong Kong Junior Champions **Heylie Fung**, **Cheng Nga Ching**, **Harley Lam**, **To Wai Lok**. Rounding out the roster were many of our very own talented members **Wilson Chan**, **Anson Wong**, **Heylie Fung**, **Renee Wu**, **Carmen Lee** and **Mariko Tam** who thrilled the crowds watching them battle it out in this PSA Challenger Tour event.

The men's proceeded as expected with the top 8 seeds all making it safely through to the quarter final. In the quarters, however, No.6 seed **To**

Wai Lok upset No.3 seed **Harley Lam** after 80 minutes of grueling battles to take revenge for their last meeting in the KCC PSA Challenge Cup. No.5 seed **Chung Yat Long** also upset No.4 seed **Matthew Lai** in straight games. Impressively, No.1 seed **Wong Chi Him** and No.2 seed **Tang Ming Hong** made it safely through to the semi-final in four and five games respectively, all the more impressive considering they only had one week to train for the tournament following their 21 day quarantine.

On the ladies' side, our Club favourite **Heylie Fung** came back from one set down and overcame No.3 seed **Wai Sze Wing**. **Renee Wu** and **Mariko Tam** were defeated by No.2 seed **Toby Tse** and No.6 seed **Wong Po Yui Kristie** in three and four games respectively. No.1

seed **Cheng Nga Ching**, the newly crowned KCC PSA Challenge Cup Champion, swept her opponent to start her campaign.

Moving to the semi-final, No.1 seed **Wong Chi Him** ended the resistance from his opponent in just half an hour against **To Wai Lok**, while **Tang Ming Hong** came back from 1 game down against the up-and-coming **Chung Yat Long** and booked a place in the final. **Cheng Nga Ching** wrestled back the momentum in the contest to close out an impressive victory after she dropped the second game against reigning Hong Kong Junior Champion **Heylie Fung**. No.6 seed **Kristie Wong** continued her march to the final in a five-game thrilling battle against the second seed **Toby Tse**.

On an exciting third and final day, World No.86 **Wong Chi Him** came up against **Tang Ming Hong** in the final and won in a brutal contest, winning 11-5, 11-6, 11-8 to obtain his second title of the year and the eighth title of his career. Hong Kong No.4 **Cheng Nga Ching** also dispatched the 6th seed **Wong Po Yui Kristie** to capture her second title of the month.

This also marked my second PSA Tournament playing at the Club and my second PSA Tournament as a PSA player. It's every squash player's dream to play in the PSA World Tour. Given the rise of domestic events, I was lucky enough to play in the PSA hosted at my home club. Although there was a huge difference between full-time pro player and amateur player in terms of speed, stamina and accuracy, it was a rewarding experience to play against some of the best players in Hong Kong. I am looking forward to playing more PSA Tournaments to improve myself and strive for a better result in league matches!

Anson Wong



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SQUASH





SQUASH CHRISTMAS PARTY 2021



'Twas 7 nights before Christmas and the HKFC Squash Section hosted their latest major event on the social calendar this season. This time Squash found themselves in Las Vegas for the annual Squash Christmas Party. That is, a Las Vegas bubble in the Happy Valley Suites. Suited and booted with fancy dress all round, it is fair to say us Squashers scrubbed up well for a Casino Royale themed night of Christmas casino shenanigans. Additional entertainment (aside from the usual antics from Adrian Ng) for the night came in the form of live music from Chunky Onion who treated us to some beloved Christmas classics and modern bangers.

Casino tables ranging from Roulette to Indian Poker to Sic Bo were manned by Squashers trained (more or less) in the art of dealing. It was fair game as everyone received the same starting quantity of chips to gamble with, but it is

safe to say most of us should keep to the Squash Court rather than the casino tables. Had it been real money being used, there might not have been many presents under the Christmas tree this year! That being said, our competitive spirits still came out in full force as the top 3 people with the highest value of chips at the end of the night would receive a mystery prize.

After pausing for a brief intermission in the form of an exquisite 3-course meal and ahem a glass or two of bubbly in the belly (many thanks to our fantastic HKFC staff who never let our glasses run dry), the casino reopened once again. Larger bets predictably now made their way to the tables with everyone experiencing a bit of "liquid luck", or shall we say liquid confidence.

This was truly a night to remember and an excellent way to bring a close to 2021. We hope you had a very Merry Christmas and a festive season filled with joy! After all this eating and drinking, don't forget to get yourselves back on the Squash Courts as there will surely be a few pounds needing to be shed! Possible New Years resolution: play more squash. Here's to a fantastic 2022!

Sam Broughton

IN THESE FOUR WALLS



“IS THAT A TENNIS RACQUET?”

So goes the familiar refrain squash players across the world have unfortunately become accustomed to hearing. But squash has always given me something to be proud of. It's not a sport everyone has heard of, yet it's such a cool sport if we view it with fresh eyes. Lobs, drops, drives, kills, trickle boasts... there's a million ways you can hit the ball within those four walls.

For years, squash (and academics) has been my life. This is the world I know and love. My parents are well-rounded and constantly push their kids to be the same. Growing up in a home surrounded by books, I loved reading ever since I learned how to! Then at age 7, I started playing squash. As I grew older and saw my brother go through the college recruitment process, all I could think about was how much more my squash and academics had to improve in order for top colleges to want me. Eventually, the happiness and sense of freedom I used to feel on court disappeared, and slowly, the courts became the most claustrophobic part of my day. The pressure and weight of meeting expectations got worse as time progressed, and roughly half a year ago, I was diagnosed with depression.

HKFC Squash is one of the few reasons I'm now getting better. Through weekly training here I slowly rediscovered my passion and excitement for the sport -- two emotions I haven't felt in years. Not only did I find my second home here, but I also found coaches who cared about my mental well-being and were proud of me for never giving up on this sport.

2021 ended up being a landmark year for me as I closed it out by being the first runner-up in the Hong Kong Junior Squash Championships. The standout moment of the tournament for me was definitely the semi-finals match. As the underdog, I walked into the match excited but with low expectations. I knew I stood little chance against the number one seed. She was a little older than me and had way more experience than I did. My coach told me to put in my all and to be a tiger on court — aggressive and confident. So with that mindset, in the fifth set and 5-9 down, I ended up completing a comeback victory to upset the first seed with a final score of 3-2 to me. Going onto the court with low expectations but coming out of the court with such pride and confidence is something I haven't felt in ages, and to be able to bring those positive feelings back after being diagnosed with

depression helps me remember why I love this sport so much.

Google “ways to relieve stress”, and the one thing that pops up in every single website is “exercise”. Ironically, what frustrates me the most is that exercise is one of the main reasons why I'm stressed. Everywhere I look - it is just squash, competitions, college and more squash. I run just to help improve my stamina on court. I work out in the gym just to make sure I can recover back to the “T” quicker. Every type of exercise I do is because I need to improve my game. Exercise doesn't relieve my stress, it intensifies it.

But hey, I signed up for this. And I'm not going to quit when I've already gone this far.

Being a student-athlete is so stressful and so chaotic, but I'll never trade my life for someone else's. I'm proud of who I am and who I've become. I'm not perfect, nobody is. But as I showed in that match and in that fifth set, I won't give up in the darkest moments of my life and always stand firm for what I believe in. Now, mental health will forever be something I fight for because it definitely is just as important as physical health.



“Just because you can’t see mental illness like you can see a broken bone, doesn’t mean it’s not as detrimental or devastating to an individual”

— Demi Lovato

One thing I’ve had to learn the hard way is that self-care is crucial. Mental burnouts don’t just fade away unless you do something about it. Now I’ve learned to balance out a little more and I take Friday nights off (unless it’s exam season) to lie in bed watching Netflix before sleeping. I started journaling recently and although I don’t see immediate results, I am determined to give it a shot.

Whatever comes next, I hope to continue holding my head high and working towards being a better me. Thank you HKFC Squash for bringing me back up on my own two feet, for being my oasis in times of darkness, and for reminding me to constantly strive for progress over success.

Hailey Wong

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NETBALL

Goodbye
Coach Maeve



Saying goodbye to Stella Palmetto

JUNIOR NETBALL ACADEMY

We closed the first term with fun-filled final training sessions followed by team socials. A big thank you to our wonderful crew of team managers who organised the socials on behalf of the HKFC JNA. There was an opportunity in the final sessions for us to say our goodbyes to those who are leaving the JNA as well as nominate and acknowledge the Autumn Competition Most Valuable Player and Sportsmanship Awards. Please take a look at our celebratory photos below.

We look forward to hitting the courts in early January, regrouping and getting match ready for the Spring HKNA Tournaments. We love netball!

Mary Vlogianitis and Rebecca Thompson



Goodbye Eva



U12 Blizzards

FIRST TERM AWARDS

Teams	MVP	Sportsmanship
U10 Snowflakes	Aster Greenwood	Trinity Hurley
U10 Icicles	Seb Miers	Orla Charter
U12 Lightning	Lois Lui	Elyse Luong
U12 Snowstorms	Valerie Hui	Elsie Fenwick
U12 Blizzards	Edie Greenwood	Tiana Hathiramani
U14 Rainstorm	Medi Sexton	Sofia Cerullo
U14 Thunder	Sara Harries	Lucy Guest
U16 Red Rain	Harriet Harding	Ruby Sylvester
U16 Storm	Bridie Benfield	Lily Graham
U19 Mavericks	Chloe Levieux	Lara McWilliam
U19 Twisters	Megan Lui	Grace Breslin



U10 Icicles



U10 Snowflakes



U14 Rainstorm



U14 Rainstorm



U12 Snowstorms



U14 Thunder



U19 Mavericks

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TENNIS



Orange Ball



Green Ball



HKFC ATA

JUNIOR MASTER SERIES FINALS

Within the HKFC ATA junior tennis player's journey, emphasis is put not only on developing their skills within lessons, but also on preparing them for and giving them exposure to competition. Throughout 2021, our younger junior players have been competing in the HKFC ATA mini tennis junior master series, participating in multiple matches in a fun and positive learning environment.

The different competition categories comprised Red Ball for U8's, Orange Ball for U9's and Green Ball for 12&U.

Each event through the year was run as an individual tournament, but players accumulated 'series' points based on participation and their finish position within each event.

Head coach **Toby Clark** comments "It has been fantastic to see the improvement in the players in these competitions, not just in the development in their individual games and ball striking, but also in their approach to matches, problem solving and how they are learning to compete."



Red Ball

HKFC ATA JUNIOR MASTER SERIES RESULTS

	RED BALL	ORANGE BALL	GREEN BALL
Winner	Hugh Cheng	Jake Long	Lexie Slater
First runner-up	Noemie Lau	Nicholas Lee	Jamie Wong
Second runner-up	Theo Chan	Adriano Laporte	Jake Long
Sportsmanship and one-to-watch award	Ashley Hall	Natalie Sun	Kate McGinley
Overall series winner	Hugh Cheng	Jake Long	Jamie Wong
Overall series runner-up	Taylor Booth	Nicholas Lee	Connor McGinley



LADIES MORNING CHRISTMAS SOCIAL

One of the aims of the ATA team in 2021 was to expand and grow the ladies morning programme at the Club. This is an integral part of the pathway for players to develop their games, applying what they learn in the clinics to better their performance in social matches, and hopefully progress into playing in one of the Ladies League teams.

As part of the programme, every 6 weeks or so, a fun social matchplay is held so that the players can put into practice what they have been working on in clinics. These competitions bring together players from across the programme and different teams, which has helped to build a strong ladies morning tennis community.

The last matchplay of the year was the Christmas social on the Friday 10th December 2021, where we had 24 ladies competing throughout the morning, and enjoying mulled wine and Christmas nibbles while off court. Lots of prizes were up for grabs: the overall Winner was **Aki Hashimoto**; Runner-up **Kelly Wildman**; Best Dressed 'Christmas theme' - **Kelly Wildman** and **Rachel Zhou Raper**; the 'One to watch' award went to **Mina Ewing**.

The ATA ladies morning sessions are run throughout the week, aimed at different levels of player: Wednesdays - improvers, Thursday - intermediates, Friday - intermediate-advanced. This coming year we will be introducing a beginner session on Tuesdays 10-12am. If you're interested in joining our ladies morning programme, please get in touch with the ATA team at hkfc@atatennisaces.com





2022 HKFC ADULT TENNIS CLUB CHAMPIONSHIPS



DATE AND TIME

19TH MARCH, SATURDAY 1PM - 8PM
 20TH MARCH, SUNDAY 9AM - 6PM
 26TH MARCH, SATURDAY 1PM - 8PM
 27TH MARCH, SUNDAY 9AM - 3PM

ENTRY FEE
 \$150 UNLIMITED EVENTS
 \$100 PER EVENT

ENTRIES CLOSE ON
 13TH MARCH 6PM

SCAN TO REGISTER



EVENTS

- OPEN MENS SINGLES
- OPEN MENS DOUBLES
- OPEN MIXED DOUBLES
- CLOSED MENS SINGLES (MENS B TEAM AND BELOW)
- CLOSED MENS DOUBLES (MENS B TEAM AND BELOW)
- CLOSED MIXED DOUBLES (MENS B TEAM, LADIES A TEAM AND BELOW)
- OPEN LADIES SINGLES
- OPEN LADIES DOUBLES
- CLOSED LADIES SINGLES (LADIES B TEAM AND BELOW)
- CLOSED LADIES DOUBLES (LADIES B TEAM AND BELOW)
- 120 YEARS COMBINED AND OVER DOUBLES



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Katie Wildman

Tennis Society Junior Reporter

TENNIS SOCIETY JUNIOR REPORTER INTERVIEW WITH

LADIES' AND MEN'S OPEN DOUBLES CHAMPIONS



L-R: Samantha and Karen

K KAREN HUI | **S** SAMANTHA HO | **M** MARIO RICCIO | **R** ROY CHENG

What inspired you to play?

K "My favourite player as a kid was Martina Hingis. I was inspired by her as she played the game with ease and smartly. As I grew up, I tried to incorporate her style of game into my own. It transformed tennis to a problem solving game instead of simply just a sport, and I loved it."

S "Definitely my mum! Sport is such an important activity in my family, but Mum really enjoyed tennis more than the other sports we played, and she often took us to play with her and her friends. I think her love and passion for the sport really drove me to keep playing, and over the years it has been a great sport to make new friends, keep fit and have fun overall!"

M "Definitely my Dad, he was very passionate about tennis and number 1 in Italy in the double national

league of Pharmacist Federation. When I was a kid, I always enjoyed watching him play and followed him in the tournaments."

R "I was really inspired by Federer during my junior career as he was so dominant during that era. However, ever since my college days, my friends and teammates around me had become my inspiration. Playing and competing with/against my friends was the reason that kept me in the game."

When and why did you start tennis?

K "I started playing when I was 9 because like every kid growing up in Hong Kong, you would need to get involved in a sport. My parents signed my brother and I up for tennis classes and since then I loved playing."

S "I started tennis around the age of 4. Initially, it was due to health reasons; both my brother and I had severe asthma and the doctor recommended that we both needed to do more sports and get more sunlight. With this in mind, Mum decided to chuck us both into a swimming pool and onto a tennis court! Over the years, I got a better understanding of the game and wanted to learn more and keep at it."

M "I started to play tennis at around 5 years old. At that age, and many years after, I used to spend a lot of time in my Dad's pharmacy in Naples (Italy) after school and during the school breaks. Just one block behind the pharmacy, there was a small tennis club with 3 tennis courts in "dirty" clay (TC Velotti) where my Dad used to play doubles with friends during the lunch break. I loved to hit balls and spend time with my Dad during his lunch

breaks, and when he was busy playing doubles with friends, I was on the next court having private classes with the home coach.”

- R** “I started tennis just like how most of the other kids in Hong Kong do. My Dad likes to play tennis, so I got dragged onto the tennis court when I was 3 years old. I didn’t really enjoy it initially, but as I started to take tennis lessons and met other kids around 6-year-old, I started to fall in love with the sport.”

Do you prefer singles or doubles? Why?

- K** “I prefer doubles because of the net game. I love the speed of the volley exchanges and it adds a lot of excitement to the game. There are also more dynamic and variety to the game.”
- S** “No preference, both have such a different gameplay that I really appreciate in their unique ways. For example, singles is great if you are in the right mindset,

and I enjoy the rallies and the variety of strategies you can implement on court. But sometimes singles can get a bit lonely when it comes to matches, and thus doubles can be super fun! It’s sometimes a good game to play when you have a group of friends to play doubles with.”

- M** “I do prefer singles because I am not really a ‘net player’, and in Italy coaches don’t really teach kids how to play doubles. The entire league system is different with a much higher focus on singles matches.

This explains my preference for the loneliness of singles tennis matches. However, thanks to the A+ league format in Hong Kong and ATA coaches Nathan and Toby, I started to love doubles as well.”

- R** “I prefer playing doubles as I have always had better volleys and touch at the net than my groundstrokes, which naturally brought me more success in doubles since my junior and college career. Additionally, as my fitness level dropped since college times, playing a singles match has become quite a struggle.”

What advice would you give juniors who are just starting to play tennis?

- K** “I think first is you have to genuinely enjoy the game because passion is one of the most important elements. I would also encourage juniors to watch more tennis because there is so much to learn from different players about their strokes, playing styles, techniques, etc. In this way, you would understand the game better, and it would also help you to find your own game style.”

- S** “Appreciate the sport, and know that if you have the drive to keep playing tennis down the line, there will be a big learning curve. There will be many ups and downs in tennis, and I urge you to just take it slowly, and enjoy it! Tennis can be a frustrating sport if you have an off day, but equally it can be a great and fun sport to learn as well. At the end of the day, you really do want to have fun, no matter what you do, and that includes playing tennis!

Also, as you progress, and you potentially enter into tournaments, remember that it’s not always about the score, nor is it always about winning. Sometimes you have to learn from your mistakes or from the loss, and that is what drives you to become a better player. If you keep looking at the score, you’re never really going to improve certain areas of your gameplay because you’ll be so fixated on the win. So appreciate the wins, but also accept and appreciate the loss, and learn from it - that is what will get you to the next level if you want to take that step!”

- M** “Well, as Agassi says in his book, ‘It’s no accident that tennis uses the language of life. Advantage, service, fault, break, love, the basic elements of tennis are those of everyday existence, because every match is a life in miniature.’

So I invite juniors to train and focus on it, and discover the incredible parallelism between tennis courts, school’s classroom and home environment.”

- R** “I feel like being able to enjoy tennis is very important. I have seen too many talented players drop out



L-R: Roy and Mario

TENNIS

of tennis just because they did not really enjoy playing, which is a shame. Once you enjoy playing, you will naturally improve and get better at it."

What's the key to success as a good doubles pairing?

K "You have to communicate well with your partner and know each other's game well. In that way, you could better anticipate the points and react quicker to every shot. And most importantly, you gotta stay positive and support each other throughout the game!"

S "Communicate! You and your partner are in the match together, so you must learn to work together and ideally know how you will play the point out.

Also, having good chemistry and trust is important as you can anticipate where your partner will go, or what move they will make. Doubles is essentially a team sport, and like any team sport, you should always put your trust in your team, i.e. your doubles partner, to get your doubles game to that next level!"

M "It's not a technique topic or how strong the single players are. I do think that the key is how the two players' minds and personalities team up together. I see the double more like a mental puzzle where the players understand, read and support each other.

By that I mean when things go bad in a point, game or a set, they have to have the ability to mentally wipe the slate clean, to avoid that the partner loses confidence and get himself down, talk to each other more, start supporting the partner mentally."


R "Having good chemistry between the doubles pairing is important. It includes communication, playing style, understanding each other's strengths and weaknesses. Personally, I think communication is probably the most important elements out of all. Without communication, doubles would just be two players playing half a court each, which is not good."

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GOLF

Graeme Brechin winding up for another monster drive



GOLF OUTING

Kau Sai Chau South Course
Tuesday, 7th December 2021

We could definitely feel winter approaching as we arrived at Kau Sai Chau. We were welcomed by a breezy 18 degrees and players quickly headed to the changing rooms to don long sleeved shirts and sweaters. KSC has become very difficult to book at present as the demand for golf tee times is huge, so there were many smiling faces from our members who were able to access the course through their Golf Society membership.

Sadly, the course has suffered a lot of damage from the wild pigs which swim over to KSC to dig up their dinner. I did not see any on the course while we were playing, so I asked the greenkeeper on the current pig status. He told us the pigs usually turned up at around 4 p.m. and were still asleep at this hour, getting ready for another night of fairway destruction!

Despite the pig damage, we enjoyed playing the course, none more than **Allan Homeming**. He had a very solid round with a gross 86 for 36 stableford points. On the second hole, a 150 yard par 3 with a 40 foot drop to the green he rather overdid his tee shot and finished 30 yards past the green on the cart path for the next hole. Undismayed he pulled a wedge and stuck it to 5 feet to save par! He repeated this trick on hole 5, a downhill par 3 with 140 yards to the flag. Again he massively overshot the green and then performed another magical flop shot to 3 feet. Another easy tap-in par!

I was playing with **Graeme Brechin**, **Jonathan Li** and **Wong Wai Ho**, **Wilfred**.

Happily, this was a very fast flight with each player only taking around 15 seconds on average to play their ball once it was their turn to play. It was also quite a long hitting group with average driving distance about 210 yards. Our short game was also pretty solid (especially from Jonathan Li) which gave him a total of 30 stableford points.

The best was saved for last, however, with **Dorothy Dainton** playing a very solid round of 92 gross for 36 stableford points. She had a mediocre front nine, but lit up the course with an outstanding 41 strokes coming home for 23 stableford points to claim victory on countback from Allan!

Happy Golfing

Ted Li



Wilfred, Wong Wai Ho showing lovely flexibility and balance (mind you this was just his practice swing!)

Jonathan Li taking advantage of one of the many drop zones



NEAREST TO THE PIN

Hole 2	Jonny Lam
Hole 5	Lam Wai Ming
Hole 11	Ted Li
Hole 16	Jonny Brock

2 SHOTS NEAREST TO THE PIN

Hole 7	Jonathan Li
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LONGEST DRIVE

Hole 17	Men	Ted Li
Hole 17	Ladies	Dorothy Lam

BEST GROSS

1st place	Dori Dainton
2nd place	Allan Homeming
3rd place	John Dainton

BADMINTON

SOCIAL
BADMINTON NEWS

LRC SOCIAL



LRC friendly on Thursday, 9th December 2021 – a team of social players went on a quest to the Ladies Recreation Club for an evening of exciting social games.

A total of 7 matches including 3 Men's Double, 2 Women's Double and 2 Mixed Double were played. HKFC managed to win 5 out of the 7 matches.

MEN

- 1 Biswajyoti Upadhyay
- 2 Steven Ng
- 3 Ben Chan
- 4 Philip Chan
- 5 Danny Leung
- 6 Raymond Fung
- 7 Leo Ng

LADIES

- 1 Yeuk Sxe
- 2 Helena Ko
- 3 Mei Ng
- 4 Nora Man

CLUB
CHAMPIONSHIP
2021

Badminton Society held the inaugural HKFC Club Championships on Friday, 3rd December 2021. It was an evening of exciting games with participation from juniors to players from both the Squash and Hockey Sections.



CLUB CHAMPIONSHIP RESULTS

MEN'S SINGLE	WOMEN'S SINGLE	MEN'S DOUBLE	WOMEN'S DOUBLE	MIXED DOUBLE
Champion				
Carson Chung <i>Junior</i>	Radhika Somasunder <i>Junior</i>	Nixon Chiu <i>Junior</i> Perry Miu <i>Junior</i>	Amy Chan <i>Society Member</i> Emily Chow <i>JAM</i>	Edwin Ma <i>Society Member</i> Amy Chan <i>Society Member</i>
First runner-up				
Hyman Cheung <i>Junior</i>	Amy Chan <i>Society Member</i>	Edwin Ma <i>Society Member</i> Austen Ma <i>Society Member</i>	Zhu Evelyn <i>Junior</i> Jie Elyni <i>Junior</i>	Cheung Chun <i>Squash Section</i> Elif Wong <i>Society Member</i>
Second runner-up				
Lee Ming Yau <i>Junior</i>	Zhu Evelyn <i>Junior</i>	Ethan Choy <i>Junior</i> Tommy Liu <i>Junior</i>	Radhika Somasunder <i>Junior</i> Joey Cheung <i>Junior</i>	-



END OF YEAR AND CHRISTMAS PARTY

Friday, 17th December 2021

After a year of competitions and training, it was time for some de-stressing. Society held its year end and Christmas party for an evening of fun badminton games, viewing Olympic games on the big screen and enjoying some food and beverages.

SPORTS PREFERRED AND JUNIOR ASSOCIATE MEMBERS REPORT

District Badminton Competition 2021 Ladies Singles Champion – EMILY CHOW



Our talented JAM Emily Chow excelled herself in winning the champion of the ladies singles category.

UPCOMING CALENDAR

February

HKBA Grade E Mixed League

February – June

HKFC Ladder/Box Competition

April

HKFC Junior Tournament 2022

EXERCISE OF THE MONTH

SINGLE LEG RAISE WITH DUMBBELL BY MAVERICK

BENEFITS

This exercise is to strengthen our leg and arm muscles, especially Gluteus Maximus and Quadriceps. It also improves the ability of body balance, cardiorespiratory endurance and running posture.



- 1** Hold the dumbbell just above your right shoulder, elbow bent and palm facing inward, and place your left foot on a bench or fitness deck.
- 2** Press down your left foot onto the bench or fitness deck. When steady, raise up your right knee, and lift the dumbbell over your head. Go back to Step 1. This is one repetition.

Suggested to do 8 to 12 reps on one side, switch, and repeat.

HIGHLIGHTS IN FEBRUARY



Love is All Around

There's Plenty of Romance around the Club this Valentine's Day

Enjoy a romantic dinner at the Restaurant, get some pink bubbles in our Monthly Wine Fair, or spend your afternoon at the Chairman's Bar with our Pretty in Pink set tea and your beloved one.

For more information, please contact:

Restaurant: 2830 9562 or restaurant@hkfc.com

Chairman's Bar: 2830 9559 or bars@hkfc.com

Kiosk: 2837 2678 or kiosk@hkfc.com



In the Chairman's Bar

FROM FRIDAY, 4TH FEBRUARY

A Feast That's Fit For A King!

Try these King salmon dishes throughout the month of February and finish off your meal with a slice of King's Cake.



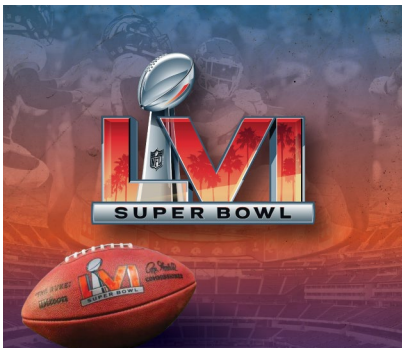
In the Coffee Shop

FROM FRIDAY, 4TH FEBRUARY

Chinese Set Menu Takeout

Everyday, good food for you.
No panda required.

Takeaway set menu available throughout the month (2 days advance order required).



In the Sportsman's Bar

**MONDAY, 14TH FEBRUARY
LIVE FROM 7AM**

NFL Super Bowl Breakfast

Price: \$168 per person
(Breakfast buffet included)

Scan the
QR Code
for reservation



In the Restaurant

FROM FRIDAY, 4TH FEBRUARY

Cozy up with Casserole

When it's cold outside, we tend to crave warm, comforting, satisfying meals that will help push away those winter blues.

What better way to give ourselves plenty of energy than through delicious and nutritious casseroles?

WINE EVENTS

In the Restaurant

FRIDAY, 18TH FEBRUARY

Pink and Rosé Wine Dinner

In the Happy Valley Suites

THURSDAY, 24TH FEBRUARY

**Sweet Sweeties: Dessert Wine with
Dessert Tasting Masterclass**

In the Lockhart Room

SATURDAY, 19TH FEBRUARY

SUNDAY, 20TH FEBRUARY

Pink Bubbles Wine Fair

In the Coffee Shop

Themed Buffet: Neo China

**Monthly Special: Chinese Braised
Lamb Stew Hot Pot**

Beverage: In Love with Ginger



In the Sportsman's Bar

**Front Patio Pop-up: Cruising through
the Caribbean**

Daily Special: One Pot Roast

Beverage: Lion Rock Beer

**Fun Activity: Wannabe, the Girl Band night
on 22nd February**

In the Chairman's Bar

Set Tea: Pretty in Pink

Beverage: Tiny Bubbles

In the Captain's Bar

Food: Chinese Scallion Pancake Burger

Beverage: Super Juices

In the Family Lounge

Okonomiyaki and Strawberry Tart

In the Kiosk

Pink Bubbles

PREVIEW IN MARCH



The Coffee Shop presents

Thailand Travel Bubble

Take a gourmet tour through Thailand with all these great promotions at the Coffee Shop:

- Weekend International Buffet Dinner with Thai BBQ Station
- Thai BBQ Platter on weekdays
- Monthly Special featuring Royal Thai Cuisine
- Thai Chicken Takeout Menu
- Thai Style Special Drinks

WINE EVENTS

In the Restaurant

FRIDAY, 4TH MARCH

Tango and Wine Dinner

THURSDAY, 24TH MARCH

Portuguese Wine and Ports Master-class

In the Lockhart Room

SATURDAY, 26TH MARCH

SUNDAY, 27TH MARCH

Monthly Wine Fair

In the Restaurant

Spring Harvest: Artichokes and Asparagus

In the Sportsman's Bar

**The Best Big Bad Breaded Battered
Burger Basket Bonanza! Boo-yah!**

Daily Special: Pie Day 3.14

Beverage: Unusual European Beer

Fun Activity: Beer Drinking Contest

In the Chairman's Bar

St. Patrick's Day Recipes

Set Tea: Pretty in Pink

Beverage: Introducing New Line of Vodka

In the Captain's Bar

Sliders and Beer Combos

In the Family Lounge

Kid's Sushi

RESTAURANT

T: 2830 9562
E: restaurant@hkfc.com

**COFFEE
SHOP**

T: 2830 9569
E: coffeeshop@hkfc.com

**Sportsman's
Bar**

T: 2830 9531
E: sportsmans@hkfc.com



CHAIRMAN'S BAR

T: 2830 9559
E: bar@hkfc.com

**CAPTAIN'S
BAR**

T: 2837 2622
E: bar@hkfc.com

**Family
Lounge**

T: 2837 2663
E: bar@hkfc.com

**Pool
Bar**

T: 2830 9531
E: coffeeshop@hkfc.com

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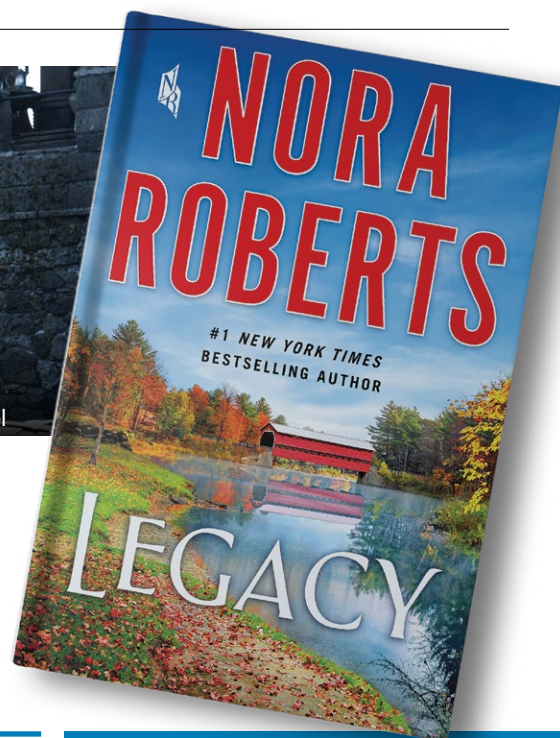
T: 2837 2678
E: kiosk@hkfc.com

CATERING SERVICE

T: 2830 9513
E: catering@hkfc.com



The Last Duel



BOOKS AND MOVIES



Limbo

NEW BLU-RAYS

Raging Fire
Donnie Yen, Nicholas Tse

The Emperor's Sword
Xu Chang Chao, Yilin Hao

Copshop
Gerard Butler, Frank Grillo

The Drummer
Danny Glover, Sam Underwood



Raging Fire



Copshop



The Emperor's Sword

NEW BOOKS

Legacy: A Novel
Nora Roberts

The Noise: A Thriller
James Patterson

Daylight (Atlee Pine Book 3)
David Baldacci

The Knife's Edge
Stephen Westaby



NEW DVD

The Last Duel
Matt Damon, Adam Driver

Shang-Chi and the Legend of the Ten Rings
Simu Liu, Awkwafina

Limbo
Sidse Babett Knudsen, Kenneth Collard

Deerskin
Jean Dujardin, Adèle Haenel



Shang-Chi and the Legend of the Ten Rings



CHAIRMAN'S BAR



Pretty in **Pink**

AFTERNOON SET TEA

Available throughout the months of February and March

Enquiries: 2830 9559 or bar@hkfc.com



CHAIRMAN'S BAR

A feast that's fit for **A KING!**



*Try these king salmon dishes throughout the month of February
and finish off your meal with a slice of King's Cake.*

Enquiries: 2830 9559 or bar@hkfc.com