

# Kai Tak Hockey

## News Letter

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### Cover Story - Women's National Team Won Gold under the lead of Coach Arif

**A**fter two and a half years of no international hockey our very own coach



**Arif Ali** led the Team to the gold medal in the Women's Asian Games Qualifiers, held in Jakarta, Indonesia. Except coach Arif, coach **Coby** and **Melissa** are also a part of the winning team which qualified for the upcoming Asian Games. The Hangzhou Asian Games 2023 is confirmed to be held from 23 September to 8 October 2023. Let's support our coaches and hope that the team achieve good results.

While waiting for one more year to watch the Games, we managed to interview Coach Arif who is not only our mini hockey coach and Men's A team player coach, but also the women's national team head coach.

#### 1. How do you feel about qualifying AGQ as a coach?

I am extremely proud of my girls, the effort that are put in is extraordinary. They didn't hide themselves during the tournament and we managed to get the result we want. Victories aren't born on the field. You create them during practice, even in difficult times and our ladies have proven that. It is an amazing step for women's hockey in Hong Kong.

#### 2. What's the difference of being at a tournament as a coach and as a player?

I played many tournaments and league in/ outside Hong Kong. As a player, I feel like control is in my hands. I need to be physically involved in the games and work hard to achieve the results the team wants. Yet, as a coach, the only control is the preparation phase where I conduct training sessions and technical meetings to prepare the girls for the tournament. During the tournament, it is more on the mental side. I have to constantly find solution for every situation which is challenging but fun.



Coach Coby in action against Cambodia.



Coach Melissa in action against Sri Lanka.

### 3. Are you surprised the girls get such result after not participating in international hockey for 2.5 years?

Our team's target was top 2 but my personally target is always to win the tournament. The last nine months shows our progression throughout the years. There were hard times and times we try to rebuild the team but we didn't give up when things get difficult. That makes me realise that we are on the right direction.

### 4. What are the difficulties of preparing a tournament under Covid?

Of course we are frustrated as we are not able to be on the pitch where important work needs to be done. But at the same time, we learned about other things that can be done outside the field. It helps us realised little things that we didn't realise before.

### 5. What is your expectation for Asian Games?

We aim to win against Thailand in the Asian Games. Ever since I started this job, the aim is to be the top of tier 2 and beat Thailand one day.

### 5. Do you have any wise words for our young boys and girls?

*"Be responsible.  
Manage your time well.  
Turn up to trainings.  
And that's where the  
magic happens." (Ali, 2022)*



## Men's Hockey: Hockey- life balance



**DSE** might sound scary to a lot of secondary school students. Yet, 6 of our Men's D team players have shown us that it is possible to balance hockey trainings and heavy school work.

**Jayden** and **Sidon** will tell us more about how did they strike for hockey-life balance. So, keep reading and jot down some notes

#### 1) How long have you played hockey? And where did you start?

**Jayden:** Hmm... That's a long story (chuckles) So, alright, I've played hockey for 7 years in total and this incredible journey begins when I was P3, the time when I was first exposed to the sport. Hockey first appeared in my life as an extra-curricular activity, and when I finally started playing it, I was utterly fascinated! And yea, I'm then hooked on playing hockey, and eventually, I'm now speaking to you.

**Sidon:** Well, I have started playing hockey since form 3, which was around 4 years ago. Jayden and I at that time were classmates and he invited me to join the SPC hockey team. To be honest, I ain't really interested in hockey at first. I treated it as a chance for me to keep fit and broaden my social circle. However, I gradually fell in love with hockey, and it is a part of my life now.

## 2)What is hockey to you on your secondary life? What does it bring to you?

**Jayden:** The reason why I'm so mentally affiliated with hockey is the teamwork and the brotherhood you could say, that hockey offers. Hockey has been bringing me closer to people from all walks of life and I really, really appreciate that. On top of that, I love the feeling of being in a wholesome team that continues to strive for higher heights, and as a team member years of playing hockey has dawned on me that the altitude one can reach is independent of one's aptitude but attitude. I benefitted from it a lot.

**Sidon:** Hockey plays a significant role in my secondary school life. Through playing hockey, I met a lot of senior students in SPC, who gave me a wide array of useful advice, not only in academics and ways to improve my hockey skills, but also how to be an able leader and an athlete. Therefore, hockey shapes me the one who I am now. Besides, playing hockey reminds me that I should be humble at all times and understand the importance of teamwork. What a man can do in a hockey game is limited but what a team can do in a hockey game is unlimited.

## 3)How did you balance hockey and your DSE?

**Jayden:** Well, to be frank, handling all sorts of exams and assignments can be stressful and this is never a problem to be overlooked. To me, hockey is a medium to temporarily put all my studies on ice and most importantly, to 'vent' my stress. Hitting the ball is particularly stress relieving. And that's basically how I made a trade-off between the two.

**Sidon :**Well, many people may have a misconception that we should pay our full attention in revision and should not do any exercise. In fact, we should still have a habit of doing exercise, to give a vent to my gigantic pressure. We should and must strike a balance between exercise, which is hockey for me, and academic results. Therefore, I will still go to hockey training once or twice a month during my preparation for DSE.

## 4)Did you manage to get in the subject you want in university?

**Jayden:** Yes, for sure! Hockey played a significant role in cancelling out the stress I accumulated in my DSE studies. And thanks to this I was fortunately admitted into CU med, the subject I've been aspiring for years. In the years to come, hockey will still be my best companion in the face of hardships and the most exhilarating sport ever.

**Sidon:** Not really, as my DSE result is far from satisfactory. Yet, life has ups and downs, and I will still strive to become the person I desire to be. Of course, hockey and my teammates in Kai Tak will still be my best companion in the face of obstacles in the coming years. I sincerely hope that we can work hand in hand and fight for a good result in the winter league's matches.



Jayden Ho

The Chinese University of Hong Kong  
Medicine (MBChB) Programme



Sidon Cheung

Hong Kong Polytechnic University  
English in Application and Linguistics



Timon Chong

The Education University of Hong Kong  
Bachelor of Science (Honours) in Artificial  
Intelligence and Educational Technology



Daniel Koong

The Chinese University of Hong Kong  
Bachelor of Social Science



Jack Hung

The University of Hong Kong  
Bachelor of Pharmacy



Oson Lam  
HKU SPACE

Associate of Science

## Ladies' Hockey: Farewell to our dearest Piper

When you heard the name **Piper Hubbard**, a smile will naturally come up on your face. Piper was an amazing co-captain for the ladies team last year. Her positivity and enthusiasm brought the team together. She recently move back to New Zealand which we really missed her. Let's see what she has to say to her team.



This year would be my 4th year playing hockey. At my school, there was a hockey team and since I was a kid I loved playing sports. But as I got older I was wanting to find one sport which I would put all my effort into. I was wanting to see what I liked most and soon after I was given the opportunity to join a team outside of school I realized the sport was hockey. So I joined the school hockey team and straight away fell in love with the sport, team, fitness and overall loved the feeling of playing. But it wasn't until I joined the training with Arif and Coby that I felt that I was meant to be there.

It was only last season when I decided to take hockey more seriously and went from one training/game a week to having 5 days a week involving something to do with hockey. I had the amazing opportunity to become co-captain on the Kai Tak team in division four. Not only that but I had another incredible opportunity to play in Bauhinia which was in division one. I have truly been able to learn so many things due to these opportunities. I was also able to coach the younger children hockey on Sundays which I absolutely loved. All these opportunities given have helped me become a better player, teammate and overall person.

I was delighted when I heard that Coby and Arif would give me the opportunity to be a co-captain. It was honestly one of the best experiences I have had. I was able to see and learn what a leader is and also I was able to connect on a deeper level with my teammates. I was so fortunate to have an amazing, sweet and caring team who always tried their best. Hockey gave me opportunities, responsibility, fitness, amazing friends, outstanding coaches and teammates and overall it gave me a place to feel happy and wanted.

I recently moved to New Zealand and even though I miss my teammates and my amazing coaches they have taught me so much and I will definitely be continuing to play and develop my skills.

I truly can't thank my teammates and coaches enough for everything they have done for me. I hope this season is amazing and can't wait to hear all about it. Good luck Kai Tak and Bauhinia, you got this.



## Mini Hockey Talent Scout

早前我們訪問了 Kaitak 的一名隊員—— Elvis。作為一名跑手，他曾經在田徑學界比賽中奪得第7名的佳績。雖然他沒有贏得任何獎牌，然而他打破了自己的過往紀錄。作為一名運動員，比起贏得任何獎項，打破昨日的自己才是箇中的重中之重。然而，他亦提到其實自己並不喜歡跑步，純粹是因為自己跑得快，老師才希望他加入田徑隊。在他跑步的時候，他只會專注於到達終點，腦袋裡只會一片空白，而他個人最佳紀錄為26公里。當談及到跑步與曲棍球的分別時，他認為曲棍球更為有趣，而且不會如此疲累。最後，他提及到自己會以香港隊為目標一直努力，期望能夠有朝一日為港爭光。



Name: Elvis Chan

Age: 10

Position: Midfielder

Stick choice: Axis 10% 36.5

## Summer Highlights



## Summer League 2022



## Mini Hockey Summer Course 2022



## Water Fight during summer course