

# 2016-17

Impact Report 周年報告



**InspiringHK**  
Sports Foundation  
凝動香港體育基金

# 四年來 不斷發揮 體育的力量 4 Years of Harnessing The Power of Sports

凝動香港體育基金（凝動）是一間香港本地慈善組織，於2012年成立並於2013年11月成為稅務局第88條獲豁免繳稅的慈善機構。凝動是香港社會服務聯會的會員，亦是惠施網列名機構，證明我們的管治及透明度廣受認可。2015年，我們榮獲香港傑出義工獎。

InspiringHK Sports Foundation (IHKSports) is a Hong Kong based charity, founded in 2012 and became tax-exempt under Section 88 of the Inland Revenue Ordinance of Hong Kong in November 2013. We are a member of the Hong Kong Council of Social Service and listed on WiseGiving for our governance and transparency compliance. In 2015, we won the Hong Kong Volunteer Awards.

我們透過兩年免費體育訓練項目激發基層青少年的體育精神。體育精神的特質包括紀律、毅力、自理能力、解難態度以及團隊合作等。另外，我們亦希望激發學員的慈善精神，透過義工服務等學習經歷活動擴闊他們的視野，並讓他們明白所有人都有能力回饋社會。

Using sports, we empower underprivileged youth with sportsmanship qualities through 2 year, free-of-charge Sports Programmes. By sportsmanship, we mean qualities like discipline, perseverance, independence, problem-solving attitude and teamwork. In addition, we equip students with a sense of charity, through Learning Experience Activities such as serving the community to broaden their horizons and to understand everyone has the power to give back.

我們藉此提升基層青少年平等接觸運動和學習的機會，希望最終可以在香港社會推動平等精神。

With all this we enhance equal access to sporting and learning opportunities for the underprivileged, and ultimately promote a sense of equality in our Hong Kong community.





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# 2013 - 2017



## Our Change in Vision, Mission and Strategy

Through our 4 years of operations, we have seen both quantifiable data and qualitative cases of sports turning lostness into sense of direction and negativity into positivity. In particular, many of our student's lives have markedly changed by sports.

As our work in empowering underprivileged youth continues, starting from 2017-2018, we would be re-focusing our aims so as to be in line with the global trends in promoting equality and to align ourselves to the UN Sustainable Development Goals, including 'Reduce Inequality within and among Countries'; 'Achieve Gender Equality and Empower all Women and Girls' and 'Ensure Healthy Lives and Promote Well-being at All Ages'.

# 2017 and beyond

## Vision

Better youths, through sports

## Mission

- Sports & Social Mobility:** We empower underprivileged youth by providing equal sports training opportunities to instill in them good sportsmanship.
- Sports & Gender Equality:** We promote and facilitate equal access to sports training for youth regardless of gender.
- Sports & Social Inclusion:** We realise youth potential through sports training irrespective of ethnicity, religion and disability.
- Sports & Healthy Lifestyle:** We encourage young people to live a healthy lifestyle by taking part in sports.

## Strategy

We carry out our mission through professional sports training, learning experience programmes and advocacy activities.

## Beneficiaries

We no longer restrict IHKSports to only serve the underprivileged. As we will have programmes focusing on the importance of promoting gender equality and social inclusion etc.. However, given limited resources, underprivileged children and youth who meet our original beneficiary criteria will still be given priority to participate in all of our classes and activities.

## Our Programme Uniqueness Doesn't Change:



### Professional Coaches

Former or current Hong Kong team sportsmen as sports coaches



### Enrolment in Competitions

Free enrolment in sports competitions to accelerate developing sportsmanship qualities



### Free-of-Charge (for the Underprivileged)

Our students receive totally free sports training and professional equipment

# Highlights of 2016-2017



KEY NUMBERS  
2016-2017

## SPORTS & LEARNING EXPERIENCE ACTIVITIES

### “We ♥ Sports” Mini Olympics Sports Day

When the Rio 2016 Olympics was just around the corner, IHKSports passed on the positive energy of the Olympics to students and other participants from low-income background through “We ♥ Sports”, and gave them a taster of the Olympic values “respect, friendship and excellence”!

Over 400 participants, including corporate donors, athlete supporters, youth from partnering schools, students, parents and coaches from our classes and volunteers joined the event composed of track and field events as well as mini games; Students set up various booths for photo-taking and Olympics-related exhibitions. Rex Tso, Yapp Hung Fai and other Hong Kong athletes competed in a 4x100m celebrity invitation relay, bringing the impact of sports to another level!



## GOVERNANCE

### 4-year review of vision and mission complete!

Stepping into the 4th year of operation, IHKSports Board members held a retreat meeting with all full-time and part-time staff and volunteers in February to look back what we have achieved in the past 4 years and plan ahead for the upcoming 5 years. The team had brainstormed many creative ideas and reflected the ways to both widen and deepen our impact in the Hong Kong community.



## FUNDRAISING

### 160% donation income growth!

We have seen a 160% increase in donation thanks to our generous donors! The number of donors and the sources of funding has become more numerous and diversified, covering corporates, foundations and trusts as well as individuals.

### Weeds On Fire Charity Premiere

To support local sports movies and raise fund for underprivileged youth to participate in free and professional sports training, IHKSports organised a Charity Premiere on 11 June 2016 for the film "Weeds On Fire". It is a motivational film adapted the true story of the Shatin Martins, the first baseball team from Hong Kong to win a league.

We were grateful to have invited Mr. John Tsang GBM JP, Former Financial Secretary of Hong Kong SAR Government, Mr. Chua Hoi Wai, Chief Executive of Hong Kong Council of Social Services and Mr. Tony Wu, Best New Performer of 36th Hong Kong Film Awards for his acting in "Weeds On Fire" and IHKSports' Athlete Supporter as our guest speakers. The Charity Premiere raised over \$130,000 for IHKSports.



## ADVOCACY

At the early stages of Chief Executive election, we reached out to all candidates to discuss policies related to sports as a tool for development in Hong Kong, and were able to meet with Mr. John Tsang GBM JP and Ms. Regina Ip!

In particular, we lobbied them to consider opening up school sporting facilities for local charities and NGOs to use in outside schooling hours, a policy that has been adopted in Singapore and considered in other countries.



# Chairman's Message



**Zimon Chan**  
InspiringHK Sport Foundation Chairman

'Only with change in attitude will the altitude at which our life cruises will change  
Only with change in work attitude will our career progress at an altitude' - Jack Ma

The quote from Jack Ma, Founder of Alibaba, encapsulates IHKSports's founding principles and values. Through sports training we change the attitude of youth, so that they will change their attitude towards learning and work, which are the means to increase social mobility.

IHKSports became tax exempt under section 88 of the Inland Revenue Ordinance in August 2013, and since then we have progressed significantly in almost every aspect, such as in the number of beneficiaries, number of learning hours and amount of donation. In 2016-2017 our donation income was HK\$3,567,873, representing a 163% increase from the previous year. Donations from corporates, foundations and trusts, clubs and associations and small-amount donors respectively comprise 13%, 59%, 12% and 16% of the amount. In terms of expenditure, HK\$2,059,989 (86%) was directly spent on sports training and learning experience activities of students, in order to maximise the impact created.

At the same time we also increased the number of ambassadors and athlete supporters to 28. Thanks to their collective involvement and reputation, our influence and visibility in society have greatly increased. On behalf of our board of directors I thank all of our advisors, ambassadors, athlete supporters, donors and coaches for supporting us. All the support have been crucial to our continued development and enabled us to continue to serve society.

As a Hong Kong-based charity, we take governance seriously. We are fully transparent with our finances, so donors and the public know we make good use of our money. This year we had 9 board meetings, which enabled us to react to the external environment effectively and position ourselves for upcoming challenges. We organised our annual general meeting last November, where we appointed new board of directors and published our internal audit report. We also published our impact and annual reports to our website on the day, so as to provide to the public a timely update in line with our governance and transparency promises

Our board of directors take communicating and working with the executive team seriously. January this year we had an annual off-site. We listened to feedback and opinion from the entire team and set strategic direction collectively. This continued our tradition of openness, so that from top to bottom, the organisation is aligned in working towards the future.

As an ending note we believe that sports can increase the social mobility of youth and is a solution a variety of social issues. Stepping into a new year, we are proactively considering change and reviewing our services to match the expectations of society. To align ourselves to the UN Sustainable Development goals and to maximise the benefit of sports to society, we have refreshed our vision, mission and strategy. Now, in addition to increasing the social mobility of underprivileged youth, we have added promoting gender equality, social inclusion and healthy lifestyle into the mix. Invigorated by this new direction, we will continue to provide an even greater variety of development opportunities, activities and advocacy services to youth. We will continue to inject positivity and bring hope to society with sports.

# Chief Campaigner's Report



**Judy Kong**  
InspiringHK Sport Foundation Chief Campaigner

2016-2017 is another colourful and fruitful year for InspiringHK Sports Foundation! We continue to develop quickly in: providing sports training of better quality and greater variety, expanding our network to expand our services and responding to societal expectations. Since obtaining tax exemption status under section 88 of the Inland Revenue Ordinance, we have constantly reminded ourselves that we need to humbly learn from other charities and sports clubs and to adhere to our mission unflinchingly, so that we can plant the seeds of sportsmanship and charity amongst underprivileged youth to increase their social mobility.

In just a year we provided 357 underprivileged youth 13,448 hours of professional sports training and not less than 2,500 hours of non-sports learning experience activities, which involved corporate volunteers. Our 26 sports programmes are spread across 10 districts such as Wong Tai Sin, Sham Shui Po and Yuen Long, and includes a huge variety - Dance, Fencing, Hockey, Golf, Rope Skipping, Long Distance Running, Shuttlecock, Swimming, Tennis and Women's Football. The sports programmes are aimed to improve the discipline, sportsmanship, perseverance, independence, teamwork and confidence of more than 70% of students. In addition to weekly training, our beneficiaries took part in 39 open competitions or performances, which improved confidence, developed true sportsmanship and encouraged setting improvement objectives. Here we must thank each coach and parent who encouraged our students to turn up at classes no matter rain or shine and acted as their role models, so that they become responsible youth that never give up. We are very happy that our overall student attendance reached 70%, helping us gain recognition from our partners and society.

At the same time, we believe systematic impact measurement enables our board of directors and execution team to generate accurate data to reflect on our work so as to improve; to help our partners in understanding the development of each student to provide more customized services and to allow our donors to monitor outcomes to justify spending. Aside objective data, we also put emphasis on video interviews, focus groups and exit interviews to record the story of every beneficiary, so that society understands the value of sports education to youth. From exciting success stories to touching stories - such as from RUN Inspires student Tong Lok Yu's 8 successive championships in high profile competitions to SHUTTLECOCK Inspires student Liu's drive for improvement after failing in open competitions - we have used every means to record, and also gather feedback from coaches, parents and volunteers, in order to do paint the best picture of each student.

We are also grateful to the support we received from different parts of society. In summer we organised more than 2 events that involved more than 500 people. On the 11th of June 2016, the charity premiere of Weeds on Fire, which is a sports-themed locally produced movie, helped us generate HK\$130,000 in donations and gathered our supporters from government, business and civil society. Our We Love Rio Sports Event and 4th anniversary celebration on the 4th of July saw local elite athletes joining, allowing more than 200 beneficiaries and their family members to get a taster of the Olympian spirit. It also deepened the public's understanding of our vision, mission and operations. In both major events and daily operations, our volunteer executives perform an irreplaceable role, collectively contributing not less than 8,000 hours last year. Their charitable hearts are role models of underprivileged youth.

Entering 2017-2018, which is our fifth year, we are reviewing our existing services so as to align ourselves to the expectations of society. With our new vision, mission and strategy, we will continue to give a hand to underprivileged youth to increase their social mobility. At the same time we will add in promoting social inclusion, gender equality and healthy lifestyle to our work. We are confident that this will add variety to the experience as well as benefit even more underprivileged youth, and inject positivity to the field of sports education in Hong Kong!

# Our Honourable Advisors and Fundraising Advisors

## Honourable Advisors

Behind our team, we have a couple of Honourable Advisors from various sectors who also care about local youth development as much as we do! With their extensive management experience, they provide us with invaluable guidance and advice.

As a note that is beyond the period covered by this impact report, Mr Bernard Chan GBS JP has decided to leave the advisory team by 1st of July 2017, after giving us valuable advice for the past 2 years.



**Mr. Bernard Chan, GBS, JP**  
(leaving us on 1 July 2017)

Convenor, Executive Council of Hong Kong SAR  
Chairperson, The Hong Kong Council of Social Service



**Dr John Chan, GBS, JP**

Non-Executive Director, Kowloon Motor Bus Company (1993) Limited and Long Win Bus Limited  
Chairman and Non-Executive Director, RoadShow Holdings Limited  
Deputy Chairman and Independent Non-executive Director, Transport International Holdings Limited  
Independent Non-Executive Director, Hang Seng Bank Limited  
Guangdong Investment Limited and Swire Properties Limited



**Dr Albert Chau**

Vice President (Teaching and Learning), Hong Kong Baptist University



**Ms. Bernadette Tsui**

Director of Development and Alumni Affairs Office, The University of Hong Kong  
Executive Director, HKU Foundation for Education Development & Research

## Fundraising Advisors

Our fundraising advisors are outstanding and experienced individuals that put us in touch with the right parties to garner resources for our students.



**Ms. Bonnie So**

Secretary General of the Hong Kong Red Cross  
Member of the Field Assessment and Coordination Team of the International Federation of Red Cross and Red Crescent Societies  
Founding Chairperson of the Face-to-Face Monthly Giving Alliance  
Awardee of the Ten Outstanding Young Persons Award



**Mr. Anthony Ngai**

Head of Asia Credit Training,  
J. P. Morgan Hong Kong



**Mr. Winson Woo**

Partner, Ernst & Young

# Our Ambassadors

IHKSports Ambassadors and Athlete Supporters are top elites in the Hong Kong athletic scene and are role models of our students.



## Mr Rex Tso

Mr Rex Tso is a boxer who fights in the flyweight class. He holds champion titles in World Boxing Council's Asian Super Flyweight Class, World Boxing Organization's Asian Super Flyweight Class and World Boxing Association's International Super Flyweight Class. As of March 2017 he won 21 professional bouts without defeat in his career.



## Mr Fong Lik Sun Alex

Dubbed the "little flying fish", Mr Alex Fong is a former HK swimming team member and holds the HK record for 200m backstroke and 400m individual medley. Besides his sports achievements, he was also selected as one of the Ten Outstanding Young Persons by Junior Chamber International in 2014.



## Mr Chan Ka Ho (also our coaches for RUN Inspires!)

Ka Ho is the HK record holder of 3,000m run, 3,000m steeplechase, 4 x 1,500m youth relay, 4 x 1,500m relay and the University Sports Federation of Hong Kong 5,000m run. He is also the former HK record holder for the 15km run and the half-marathon.



## Ms Yiu Kit Ching (also our coaches for RUN Inspires!)

Kit Ching is the HK record holder for 10K run, 15K run, half-marathon 3000m steeplechase and 4 x 1500m relay. Her numerous accolades include Athlete of the Year in 2007, 2008 and 2011 and Hong Kong Amateur Athletic Association Female Athlete of the Year.

She is the fourth HK marathoner to qualify for the Olympics and competed in the 2016 Rio de Janeiro Olympics.



## Mr Ho Chu Ting Timothy

Timothy is the first Chinese athlete to hold championship twice in the World Skipping Championships. He is also captain of the Hong Kong Rope Skipping Team and Super Master Team. He excels in both speed and freestyle skipping, and became a sports icon in HK after succeeding at the world championships.

# Athlete Supporters

Our athlete supporters are former or current Hong Kong team sportsmen who identify with our mission.



**Lui Lai Yiu**  
Track and Field



**Tony Wu**  
Baseball



**Tiffany Chan**  
Golf



**Siu Cheong Hung**  
Volleyball



**Cyrus So**  
Basketball



**Rio Wong**  
Beach Volleyball



**Jamie Wong**  
Cycling



**Vivian Ma**  
Cycling



**Crystal Chik**  
Figure skating



**Hayley Victoria Chan**  
Windsurfing



**Angel Wong**  
Gymnastics



**Vanessa Wong**  
Roller-skating



**Chan Kin Lok**  
Swimming



**Kent Cheung**  
Swimming



**Kelvin Kong**  
Swimming



**Derick Ng**  
Swimming



**Wong Yee Ching**  
Swimming



**Janet Yu**  
Swimming



**Chiu Chung Hei**  
Table Tennis



**Lai Chun Ho Boyce**  
Track and Field



**Vincici Hui**  
Triathlon



**Tsui Chi Ho**  
Track and Field



**Joyce Cheung**  
Triathlon

# OUR PROGRAMMES

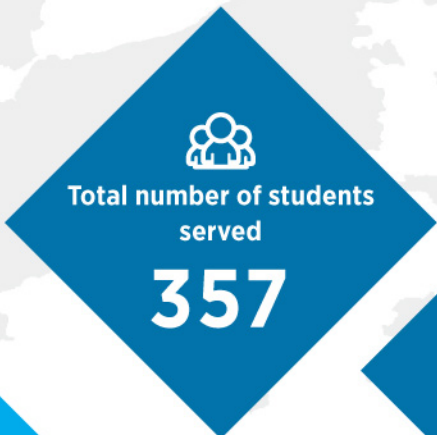
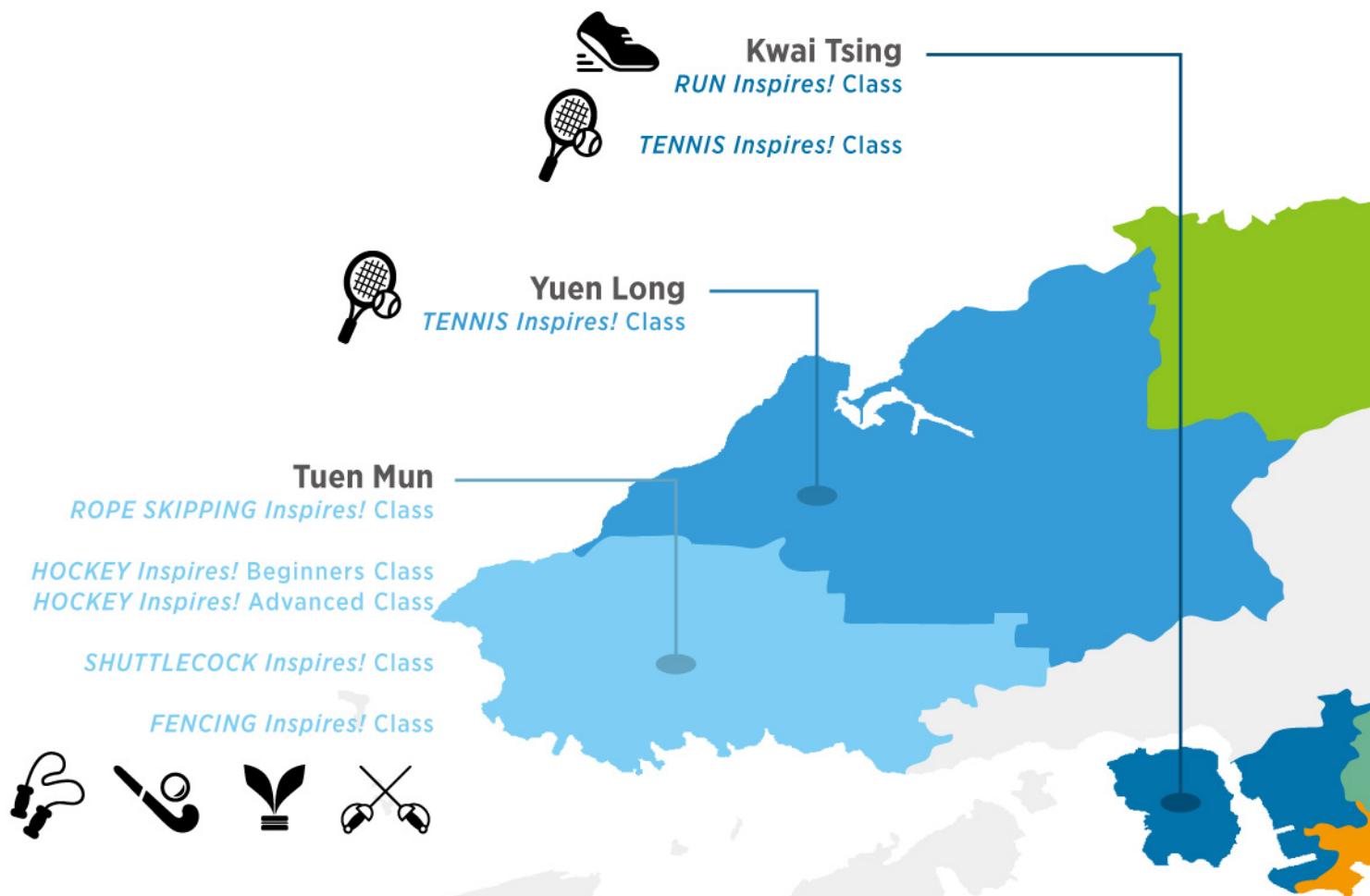
Our Sports Programmes and Learning Experience Activities develop positive attributes such as perseverance and teamwork in our students, so they will be better prepared for future challenges.

Our Sports Programmes are delivered on a weekly or twice-a-week basis and our Learning Experience Activities twice a month.



# Sports Programme Overview

The number of our sports classes has reached 26 and now covers 10 out of 18 districts in Hong Kong!



## North District

*GOLF Inspires! Class*



## Kowloon City

*ROPE SKIPPING Inspires! Beginners Class*  
*ROPE SKIPPING Inspires! Advanced Class*



## Wong Tai Sin

*IHKSports x LEHK FENCING Inspires! Beginners Class A*  
*IHKSports x LEHK FENCING Inspires! Beginners Class B*  
*IHKSports x LEHK FENCING Inspires! Advanced Class*



*DANCE Inspires! Class*



## Sha Tin

*ROPE SKIPPING Inspires! Class*



## Kwun Tong

*WOMEN'S FOOTBALL Inspires! Beginners Class*



*RUN Inspires! Class*



## Sai Kung

*SWIM Inspires! Class*



## Sham Shui Po

*RUN Inspires! Class*



### Our list of Sports Programmes

between the 1st May 2016 and the 30th of April 2017

- *DANCE Inspires! Wong Tai Sin Class*
- *ROPE SKIPPING Inspires! Shatin Class*
- *ROPE SKIPPING Inspires! Tuen Mun Class*
- *ROPE SKIPPING Inspires! Kowloon City Beginners Class*
- *ROPE SKIPPING Inspires! Kowloon City Advanced Class*
- *WOMEN'S FOOTBALL Inspires! Kwun Tong Beginners Class*
- *HOCKEY Inspires! Tuen Mun Beginners Class*
- *HOCKEY Inspires! Tuen Mun Advanced Class*
- *RUN Inspires! Kwun Tong Class*
- *RUN Inspires! Sham Shui Po Class*
- *RUN Inspires! Kwai Tsing Class*
- *SHUTTLECOCK Inspires! Tuen Mun Class*
- *IHKSports x LEHK FENCING Inspires! Wong Tai Sin Beginners Class A*
- *IHKSports x LEHK FENCING Inspires! Wong Tai Sin Beginners Class B*
- *IHKSports x LEHK FENCING Inspires! Wong Tai Sin Advanced Class*
- *FENCING Inspires! Tuen Mun Class*
- *TENNIS Inspires! Yuen Long Class*
- *TENNIS Inspires! Kwai Tsing Class*
- *SWIM Inspires! Sai Kung Class*
- *GOLF Inspires! North District Class*

### List of our Sports Programmes in the past

- *DANCE Inspires! Wong Tai Sin Class*
- *ROPE SKIPPING Inspires! Kowloon City Beginners Class*
- *WOMEN'S FOOTBALL Inspires! Kwun Tong Class*
- *HOCKEY Inspires! Tuen Mun Beginners Class*
- *RUN Inspires! Sham Shui Po Class*
- *IHKSports X LEHK FENCING Inspires! Wong Tai Sin Class*



# DANCE Inspires!

## Coach Profile



### **Kwok Tsz Ying**

- Rich experience in teaching jazz and contemporary dance
- Taught in the famous Billy Chan Dance Concepts
- Performed in many large concerts

## Words from Coach

Girls in DANCE Inspires! are as passionate as professional dancers! It has been my pleasure teaching them and witnessing their progress.

I was very delighted to see how they take initiative to prepare for performances. A couple of classes before a performance, the students lagging behind will suddenly become more focused than ever and practice together. I never needed to press them to do so. They will take initiative on their own.

**Coach Tsz Ying**

## Districts, Levels and Sponsors

District: **Wong Tai Sin**  
Level: **Beginners**

Title Sponsor:

**Hong Kong Freemasons  
Annual Appeal 2016**

## Student Story



Lini was a meek and studious girl, and lacked self-esteem because she did not do as well as she wants to in exams.

Before joining DANCE Inspires!, she had no interest in sports at all, nor did she think that she had any talent. However she decided to give DANCE Inspires! a try as its admission criteria did not include talent in sports.

Starting from scratch, Lini struggled at the beginning. At one point she thought she showed little sign of improvement and began to lose confidence. She thought she would never make it no matter how hard she worked. It was not until Lini's first public performance, where she received huge applause from crowds, that her confidence finally started to grow.

Since then, Lini and her classmates in DANCE Inspires! have frequently been invited to perform at important occasions such as annual dinner of large companies and ceremonies of international sports competitions.

**DANCE Inspires! Class Student  
Chen Lini**



# FENCING Inspires!

## Coach Profile

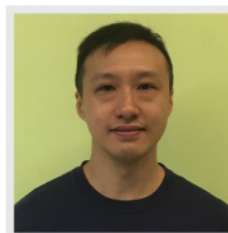


### Mr Chow Chi Sang

- Member of the Hong Kong Fencing Association Coaching Committee since 2013
- Over 10 years of coaching experience, with the certificate of FIE Coaching Academy (Hungary) 2017 Foil Coaching Course
- Programme Director of Les Escrimeurs (Hong Kong)

### Mr Wong Ho Yin

- Certified Fencing Coach of Hong Kong Fencing Association
- Former Member of the Hong Kong Fencing Team
- Head Coach of Fencing Arena



## Districts, Levels and Sponsors

### IHKSports X LEHK

District: **Wong Tai Sin**  
Level: **Beginners A, Beginners B, Advanced**

### IHKSports X FAHK

District: **Tuen Mun**  
Level: **Beginners**

### Titled-Sponsor:



Operation Santa Claus



## Student Story

Siu Hum used to be introverted and unconfident. She had a strong sense of self-doubt and compared herself unfavourably with others in every aspect.

In her very first fencing competition, Siu Hum had an unpleasant experience as she was inexperienced and unconfident. Her team was on the verge of clinching a victory with a 20 point lead until she performed poorly and gave away the lead.

Siu Hum blamed herself for the defeat and broke into tears right after the match. Fortunately through this failure she came to understand her weaknesses. Since then, she has put huge effort to improve her attitude and is now no longer afraid of failure. Her changes has led her to succeed in various competitions, most notably as the 1st runner up in the LEHK x Fencing Arena Interclass friendly.

Apart from fencing, Siu Hum also plays basketball and is captain of her school's basketball team. Siu Hum's mum has been impressed by her progress, and said that the only reason was her unique calmness and attitude, which was acquired through participating in *IHKSports x LEHK FENCING Inspires!*

## Words from Coach

When I was asked to coach a new fencing class by IHKSports, I said yes straight away! It is not about the coaching fee or the ability of the students. What mattered was IHKSports offered me a chance to help the kids to discover and reach their fencing potential without financial concerns.

And one year into the class, I have not regretted my decision. Although it is a free-of-charge course, the students' passion and concentration are no different from my other classes. They do not take the class for granted and some of them are very talented.

I still remember in our first inter-class friendly match, one of the students was so nervous that he refused to take part. Fortunately with encouragement from staff, students and parents, he set foot on the fencing piste and managed to play quite well. After the game, he told me he needed to improve his skills. Simple words like these brought me joy and fulfillment that can never be expressed in money. And that's why I am teaching in IHKSports.

Tuen Mun Beginners Class Coach Ho Yin



# HOCKEY Inspires!

## Coach Profile



### Ms Yau Yuen Ki

- Head Coach of Tuen Mun Beginners Class
- Former Player of Hong Kong National Squad
- Player of Shaheen Sports Club Team A since 2004
- Coach of Shaheen Ladies Hockey Team – Senior since 2003
- Head Coach of Good Hope School Hockey Team since 2011
- Former team manager of HK U16 Squad
- Course Instructor of Junior Hockey Promotion Scheme since 1997

### Mr Tsang Kin Kan

- Head Coach of Tuen Mun Advanced Class
- Former Coach of the U23 Hong Kong Hockey Men Team
- Head Coach of Hong Kong Football Club Boys and Girls Youth team since 2016
- Head Coach of The University of Hong Kong, University Hall Hockey Men team since 2015
- Head Coach of Sha Tin College Hockey Men team since 2014
- Player of Hong Kong Football Club Hockey Men team since 2016
- Former Player of Hong Kong Hockey Men team



## Districts, Levels and Sponsors

District: **Tuen Mun**  
 Level: **Beginners, Advanced**

### Titled-Sponsor:



**The D. H. Chen Foundation**

## Student Story



Diagnosed with asthma since young, Pak Tin has always been physically weak and fairly average in sports. He has never participated in any extracurricular activities except for a stint of Taekwondo of 6 months. He was very excited when he found out he could participate in *HOCKEY Inspires!*. However, his parents wanted him to focus on academics and did not allow him to join at the beginning. Fortunately, Pak Tin's teachers changed his parents' mind at the end.

Claiming that he will play hockey until the day he dies, Pak Tin is simply in love with Hockey. When he first joined *HOCKEY Inspires!*, he struggled a lot and was not able to cope with the high intensity with his asthma. Despite all the difficulties, he fought on and achieved an attendance of 90%. Moreover, he is determined to improve and requested the coach to let him an additional training session each week.

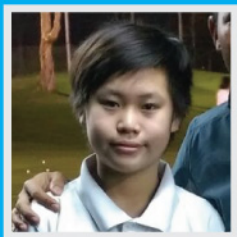
Pak Tin and his teammates won their first trophy last year. Currently Pak Tin helps the beginners in *HOCKEY Inspires!* by being the assistant coach of the class. At the same time he is facing a lot of academic pressure to do well in his final exam before secondary school. He hopes that he would be able to achieve a balance between studies and hockey. He dreams of becoming a hockey coach one day.

**Tuen Mun Beginner  
 Coach Kitty**

**Tuen Mun Advanced Class Student  
 Chan Pak Tin**



# GOLF Inspires!



## Student Story

In Secondary 1, Chun Wah is not only the youngest student in the class, but also the only one without classmates from his school. It was because IHKSports partnered with two schools and there was no open recruitment. However, Chun Wah happened to find out about it and applied in this class after his application for *FENCING Inspires!* In Tuen Mun was rejected.

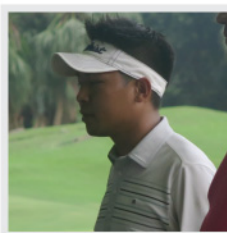
Originally we were concerned that having no schoolmates and a long commute would affect Chun Wah interest in the class. However, Chun Wah has proved his determination. Every Friday, Chun Wah will take the bus to the Golf Club in Fanling from his school in Tuen Mun. By the time he arrives home after class, it will already be 8pm. Chun Wah has so far avoided absence and even turns up earlier than others for extra practicing. Not even summer, a time when Chun Wah's eczema rash would flare and itch fiercely, will affect him.

It is not surprising that Chun Wah has been praised by the coaches as the student with biggest improvement. Chun Wah's parents also noticed he has improved his time management skills. In order to arrive at the club earlier, Chun Wah developed the habit of checking the bus arrival time so he does not miss the next one.

However, Chun Wah's 2nd year of training is uncertain. Chun Wah's family have to move away from Tuen Mun as the lease for their home has not been renewed. Yet, Chun Wah has been overcoming a lot of difficulties in the past year and we are confident that any changes will not stifle his passion for golf.

**Ng Chun Wah**

## Coach Profile



### Mr Fung Sheung Wai

- Over 20 years of golf experience
- Golf Professional of Hong Kong Golf Club
- Full member of Hong Kong Professional Golf Association
- Member of British PGA (Final Year Trainee)

### Mr Wong Woon Man

- Over 20 years of golf experience
- Former member of Hong Kong Golf Team Representative
- Winner of Macgregor Hong Kong Junior Championship in 1997
- Winner of Hong Kong PGA Order of Merit (Overall)
- Silver Medal in National Games of the People's Republic of China (Team)

## Words from Coach

Many people are still under the impression that golf is a noble sport that without money you cannot play and succeed. Actually, a lot of golfers worked their way up from poverty, including me as well. Students may think they have merely 1 session a week, while the wealthy can afford up to 4 times more. But I used to train only once a week as well.

You can find inspirations from every kind of sport and golf is no exception. As long as you persevere, you will eventually achieve something like me. At the end of the day, even if we do not reach the top, I believe we will still take away something with us from golf.

**Coach James**

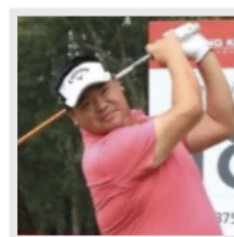
## Districts, Levels and Sponsors

District: **North District**  
Level: **Beginners**

Titled-Sponsor:

**FRIENDS OF ASIA**  
HONG KONG

**Friends of Asia (Hong Kong)**





# ROPE-SKIPPING Inspires!

## Partnering Organisation



### Hong Kong Rope Skipping Club

- Established in 2009, the club provides quality rope skipping training to more than 100 institutions
- 3 of our ROPE-SKIPPING classes are taught by experienced coaches from the Club



### Hong Kong Rope Skipping Federation

- Recognized by World Jump Rope Federation (WJRF) and Asia and Pacific Jump Rope Federation (APJR)
- 1 ROPE-SKIPPING class is taught by a current member of the Hong Kong team from the Federation

## Districts, Levels and Sponsors

District: **Shatin**  
Level: **Beginners**

Titled-Sponsor:



Dah Sing Bank

District: **Tuen Mun**  
Level: **Beginners**

Titled-Sponsor:

**Hong Kong Freemasons  
Annual Appeal 2016**

District: **Kowloon City**  
Level: **Beginners,  
Advanced**

Titled-Sponsor: **N/A**

## Words from Coach

Student's change in attitude in the past years has been impressive. One year ago they were reluctant to receive tough training and now they ask for extra training. All of the students are getting stronger and more confident. To me the improvement in mentality is valuable and is more important than that in skills and techniques.

**Hong Kong Rope Skipping Club**  
**Coach Anson**

## Student Story



Tsz Ki, 12 years old, has been diagnosed with food allergy and asthma since young. She visits the hospital frequently and is physically weaker and shorter than her classmates.

Despite her limitations, Tsz Ki is passionate about rope skipping and always eager to join competitions. A few days before a competition, Tsz Ki had to stay in the hospital for various blood tests. A large amount of blood was taken out of her, making her very pale during the competition. Seeing how pale she looked, coaches, social workers and staff of IHKSports tried to persuade her to go home. However, she was extremely determined and eager. She was allowed to carry on after promising that she would stop when she felt very ill.

At the end, Tsz Ki not only completed the competition, but also finished as 1st runner up. She overcame her physical limitations with perseverance and determination.

**Yeung Tsz Ki**



# RUN Inspires!



## Student Story

The past year has been a fruitful year for Lok Yu. She won many trophies (including the standard chartered 10k marathon), broke the junior record of the Hong Kong 15km Challenge and joined the Hong Kong team.

Behind all the success, Lok Yu, like many other adolescents, went through times when she totally lost her direction. Her life was once severely affected by her parents' divorce and her poor academic results. During her early years in secondary school, she was addicted to computer games and even got along with bad friends online.

She is grateful that she has met Mr. Chan Ka Ho, the coach of *RUN Inspires!*, who guided her through the obstacles and unleashed her talent in running.

**Tong Lok Yu**

## Coach Profile



### Mr Chan Ka Ho

- HK record holder of 3,000m run, 3,000m steeplechase, Youth 4 x 1,500m relay and 4 x 1,500m relay
- Former record holder for the 15km run and the half-marathon.
- Outstanding Youth Coach Award in 2013 and the Merit Award Service in 2014 from the Hong Kong Amateur Athletic Association.

### Ms Yiu Kit Ching

- HK record holder for Women 3,000m steeplechase, 10km run, 15km and Half Marathon
- Women's Open "Athlete of the Year" in 2009, 2013 2016 and 2017 from the Hong Kong Amateur Athletic Association
- Fourth HK marathoner to compete the in Olympics



Both Ka Ho and Kit Ching are also our sports ambassadors.

## Words from Coach

I grew up in an underprivileged family as well, just like any IHKSports students. That is why I support IHKSports, because I want to offer them chances that I wish I had when I was young.

It has been three years since I became a coach for *RUN Inspires!*. I am glad to see the changes of attitude and running performance in our students. One student even entered the Hong Kong team! I hope that I can discover more students with great potential but at the same time I want to encourage all students one thing — no matter whether you are earning prizes or not, the most important thing is you are breaking through your own limits.

**Coach Ka Ho**

## Districts, Levels and Sponsors

District: **Sham Shui Po, Kwai Tsing**

Level: **Beginners**

Titled-Sponsor:



**The D.H. Chen Foundation**

District: **Kwun Tong**

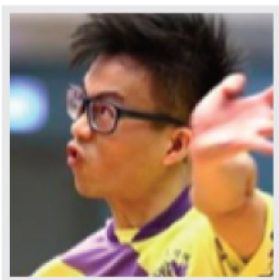
Level: **Beginners**

Titled-Sponsor: **N/A**



# SHUTTLECOCK Inspires!

## Coach Profile



**Mr Lam Chi Wai**

- Former member of the Hong Kong Shuttlecock Team
- Former Assistant coach of the Hong Kong Shuttlecock Team
- Co-founder of the Hong Kong Shuttlecock Academy

## Districts, Levels and Sponsors

District: **Tuen Mun**

Level: **Beginners**

Title Sponsor: **N/A**

## Words from Coach

When I was first asked to coach for the shuttlecock class at Tuen Mun, my first reaction was "No way! That's too far, too time-consuming!" But after learning that it was a class provided by a sports charity, I changed my mind.

I love shuttlecock so much that I committed almost my entire youth into it. However, there were so many competitions and training opportunities that I had to let go because I couldn't afford. Because of this, I was moved by IHKSports. I want to do all I can to help IHKSports to increase social mobility of the underprivileged students through sports.

For the class, quite a few of students have Special Education Needs and I have to be more empathetic with them. I am happy to see that they are not only making progress in skills, but also in accepting their teammates' weaknesses. They encourage each other in the team. They also improved their confidence, and became willing to work towards trainings goals that I set for them.

Of course they are not perfect. It takes a lot of patience to coach them. But however naughty they may be, there is one thing I am pretty sure — they are just kids who want to be valued. They are making subtle improvements and the seeds of sportsmanship has been planted in their heart. Together let us continue to help them thrive!

**Coach Lori**

## Student Story



Before joining the program, 10-year old Tsz Lok had been joining various activities at the community centre but they were all interest courses. Tsz Lok were not so engaged in the classes though. As *SHUTTLECOCK Inspires!* is a two-year training programme, Tsz Lok decided to give a it go as it is so much longer than the other classes he had taken.

Tsz Lok's mother, however, was not so confident about him completing the two-year programme. Tsz Lok has been diagnosed with ADHD, Autism and Dyslexia with poor hand and foot coordination. According to his mother, there were instances where he could not catch a ball or would slip suddenly while walking. It is not difficult to imagine how demanding it is for Tsz Lok to practice shuttlecock. As Tsz Lok occasionally excused himself from attending the interest classes before, his parents were worried that he cannot fulfill the 80% attendance requirement.

Yet, in the past year not only Tsz Lok met our attendance requirement, to Tsz Lok's mother's delight, Tsz Lok was found to have a improved level of muscle control - higher than average for his age - during a medical check this January. He has also become more patient with better temper, which has alleviated his Dyslexia.

Tsz Lok's mother believes the improvement was related to playing shuttlecock. As for why he has become much more willing to attend the classes, it may be because Tsz Lok developed a sense of belonging and responsibility from the class. Tsz Lok finds values such as personal commitments and team spirit important as he realises it is a long term sponsored training that one should not take for granted.

**Liu Tsz Lok**



# SWIM Inspires!

## Partnering Organisation

### Stanford Swim School

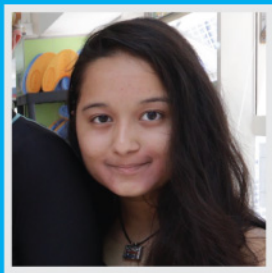
- Established in 1988, Stanford is the largest Swimming School in Hong Kong and has served over 100,000 students
- Our swim class is taught by 2 experienced and certified coaches from Stanford Swim School

## Districts, Levels and Sponsors

District: **Sai Kung**

Level: **Beginners**

Titled-Sponsor: **N/A**



## Student Story

Aaisha is a non-ethnic chinese and a muslim who grew up in a poor family. Due to religious reasons, her parents never allowed her to learn swimming. Therefore, she had never had the opportunity to learn swimming before joining *SWIM Inspires!* The fact that *SWIM Inspires!* is free of charge and provides students with long sleeves swimsuits helped her persuade her parents in letting her join the programme.

Although Aaisha is passionate about and very talented in swimming, her learning progress was not as smooth as expected. Being the oldest sister in her family, she is responsible for taking care of her younger siblings. Together with her skin problems, in many occasions she was unable to attend classes. She was once being told to quit *SWIM Inspires!* due to her low attendance.

However, Aaisha did not give up. The moment she was told to quit the class she sent paragraphs of messages to explain why she was absent and how much she wanted to stay in the team. At the end, coaches allowed her to stay because of her sincerity. After that, she worked a lot harder to show her determination. In addition to much better attendance, she even practiced on her own to prepare for competitions. Her hard work paid off at last, as she won the 25m freestyle champion in the Hong Kong Swimming Championship.

**Aaisha Saleem**

## Words from Coach

I have been teaching swimming for over 10 years. I knew that I would teach this class when I learned that it is tailored made for non-ethnic chinese students. For me, teaching talents is satisfying but teaching passionate students in need is even more rewarding.



Back in April when the class was about to join its first competition, one of the students seemed to be lagging behind. She was always absent, but was even more frustrating that she did not even show up the last class before the competition. And then she surprised me by finishing 1st!

She told me the week before the competition she practiced every day except the day she missed class. With this I realised that students who appear to lag behind may actually be the ones who strived the most. Therefore there is no reason for me to give up any students easily. Being a coach for over 10 years, I am still inspired and motivated by my students. This is one of the unforgettable and fulfilling experience I have had in InspiringHK.

**Coach Esther**



# TENNIS Inspires!

## Coach Profile



### Mr Henry So Hoh Kong

- Former No. 1 tennis player in Hong Kong
- Represented Hong Kong in the Davis Cup and won the Hong Kong Champions Cup in 2008

## Words from Coach

This is a great opportunity for underprivileged children to experience a great sport like tennis. The students have improved a lot with their technical and teamwork skills and developed a sense of responsibility.

As coaches we hope that their technical skills will continue on a positive trajectory, but at the same time it is important that they enjoy the class. We hope that they will compete for Hong Kong one day. I am grateful to the title sponsor and InspiringHK for giving the opportunity to teach this class.

**Coach Henry So**

## Districts, Levels and Sponsors

District: **Yuen Long & Kwai Tsing**  
Level: **Beginners**

Titled-Sponsor:



傅德蔭基金有限公司  
Fu Tak Lam Foundation Limited

**Fu Tak Lam Foundation**

## Student Story



Lok Yin joined TENNIS Inspires! Kwai Tsing two years ago upon referral from school social workers. At first, he only knew that it was free-of-charge sports training. Later he learned from staff that IHKSports pays expensive lessons fees for his own training. Since then he has cherished the tennis classes even more and maintained a attendance rate at 90% or more.

Lok Yin was always confident about participating in competitions. Unfortunately, Lok Yin was once injured in training and later found out he suffered from knee fracture. He had to rest for one month and was not advised to exercise within the period. That made him very upset as he cannot play in the upcoming inter-class friendly matches. He asked our staff whether he can still watch the matches. And there was no reason we would turn down this request.

On game day, Lok Yin was stumbling around using a walking stick. He did more than just watching the game, such as cheering and taking videos for his teammates. We were all touched by his team spirit.

Lok Yin has never been the most skilled player in the class, but he was able to find a way to help the team, such as signing in for the tennis court, cheering on the side and settling disagreements. Lok Yin told us that sports has taught him what team spirit is.

**Lok Yin**



# WOMEN'S FOOTBALL Inspires!



## Student Story

Uen Yung was once disapproved by her family and teased by her classmates for playing football. Nevertheless, she decided to set aside all the judgement, and focused on playing a sport which has long been labelled as men's sport.

There was one time when Uen Yung led her team as captain to compete in the NT West Five-a-side Football Tournament. The team had never won a game nor scored a goal before that. Without surprise, the team was crushed four to nil in their first game. What surprised us was even before we had the chance to comfort the team, Uen Yung stepped up and encouraged her teammates, 'We must do better next match! We cannot let others look down on us!'

The team played exceptionally well afterwards and won 2 matches in the penalty shootout in a tournament, during which they reached the semi-finals. Even though they lost at the end, they made themselves proud.

She said, 'The reason that I pay so much effort in football is because I want to prove to my family and classmates that girls can also do well in football.'

**WOMEN'S FOOTBALL Inspires! Graduate**  
Cai Uen Yung

## Coach Profile



### Ms Lee Mei Fan

- Over 20 years of football coaching experience
- Head Coach of the City University of Hong Kong
- Chairperson of Hong Kong Wonderful Football Club
- Former player and team captain for the Hong Kong Team
- Former head coach of the Hong Kong U19 team and supervisor for the Hong Kong Football Association

## Words from Coach

I am very happy to be the head coach of *WOMEN'S FOOTBALL Inspires!* for three years already, giving a hand to young underprivileged girls through the time.

One thing that I find delightful is how women's football is gaining acceptance amongst Hong Kong parents in recent years. Women's football is a mixture of masculinity and femininity. Have you seen how lovely girls are when they play football? If not, join us and watch our students play!

## Districts, Levels and Sponsors

District: **Kwun Tong**  
Level: **Beginners**

### Titled-Sponsor:

**Hong Kong Freemasons Annual Appeal 2016**



**Coach Tiffany**

We believe that our students need to constantly challenge themselves. As such, we encourage and sponsor enrolment in competitions or offer performances. This gives them a flavour of competing in a healthy environment, enabling them to learn to cope with success and failure for the rest of their lives.

Our students had an exciting year where they competed in the following 39 competitions/performances and earned 56 awards!

# Sports Competitions and Performances

## ***RUN Inspires!***

HKFYG Run For Wellness  
 PUMA Hong Kong Youth Road Relay 2017  
 Centenary Challenge Cup  
 Ocean Park Conservation Foundation Hong Kong RUN FOR SURVIVAL 2017  
 WWF Run for Change 2017  
 HKGC Charity Ultra Marathon  
 POLAR High Island GEO Run 2017  
 SHKP Vertical Run for Charity  
 Pocari Sweat Run Carnival 2016  
 FOODSPORT "MCP HUNGER RUN 2016"  
 AVOHK 5K Series 2016 Race 2,3 and 4  
 2016 Mount Xiqiao Ultra-Marathon  
 Mothers' Day, Everyone Run

## ***FENCING Inspires!***

Yan Oi Tong Fencing Competition  
 Samsung 60th Festival of Sport U14 Fencing Championships  
 All HK Inter-Primary Schools Fencing Competition 2016-2017  
 Inter-class Friendly Competition  
 U-11 Fencing Team Challenge 2016  
 LEHK Inter-class Friendly

## ***DANCE Inspires!***

Tsit Wing Group 85th Anniversary Gala Dinner Performance  
 UBS Hong Kong Open 2016 Charity Concert Performance  
 Clyde & Co Charity Musical Evening Performance  
 "We ♥ Sports" Mini-Olympics Performance

## ***SHUTTLECOCK Inspires!***

Samsung 59th Festival of Sport - 20th Interschool Shuttlecock Invitation Tournament cum Shuttlecock Competition

## ***WOMEN's Football Inspires!***

Friendly Match with Po Leung Kuk Lam Man Chan English Primary School

## ***TENNIS Inspires!***

TENNIS Inspires! Inter-class Doubles 2017  
 TENNIS Inspires! Inter-class Singles 2017

## ***HOCKEY Inspires!***

Shaheen Mini-Hockey Tournament  
 HK Sikh Mini-Hockey Tournament  
 KCC Mini-Hockey Tournament  
 HKFC Mini-Hockey Tournament 2016

## ***SWIM Inspires!***

Stanford Swim School Stanford Swimming Gala (Part 2)

## ***ROPE-SKIPPING Inspires!***

Performance at Kowloon City Green Community Carnival  
 Hong Kong Rope Skipping Club Level Scheme  
 Individual Rope Skipping Championship 2017  
 Performance at Kowloon City District Fight Crime, Anti-Drug and Rehabilitation, Carnival  
 Performance at Child Development Fund Pilot Projects Sharin Ceremony of Carmel Bunnan Tong Memorial Secondary School



# Impact Measurement



We started our impact measurement system in 2015-2016 to track the performance and growth of our students and more importantly, to evaluate if learning objectives are achieved. We were very fortunate to have had two credible human resource experts, Mr Andy Tsui (former Director of Training and Development of PCCW Group) and Ms Elaine Chan (former Head of Human Resources in Merrill Lynch Asia Pacific Limited), to help design it. Our framework measures six key areas covering Discipline, Sportsmanship and Attitude, Perseverance, Independence, Teamwork and Confidence. We expect 70% of our students to show improvement in all these attributes after participating in our two-year training programme.

### Assessment format and frequency

Each student are assessed twice during the two-year training programme. The main tool is a well-designed questionnaire. In addition to student self-evaluation, coaches, parents and relevant staff members also take part in evaluating students' performance. After analyzing data collected, we discuss with coaches and make necessary adjustments so as to help students achieve the intended learning outcomes. Besides the evaluation of sportsmanship qualities, students have to complete an evaluation questionnaire after each learning experience activity, to ensure that they understand certain qualities such as sense of charity.



Students and parents also attend an exit interview at the end of the two-year training programme, during which we summarize our students' learning achievements, provide constructive feedback and assist them in setting realistic goals for their future development.

### Notable outcomes

In the past year, over 60 students from 5 different classes completed the two-year training programme and impact measurement. Based on statistics, over 90% of our students have shown notable improvement in the aforementioned 6 key attributes. Improvement was particularly significant in HOCKEY Inspires! Tuen Mun Class, where students have shown 80% degree of improvement in Confidence and Teamwork. Students in RUN Inspires! have become more determined after training and have shown the greatest improvement in Independence, with a degree of improvement of up to 80 %.



## Encouraging words from our student's parents during focus group sharing:

"Sports has changed Kevin's personality. In the past he habitually blames and complains about his classmates, and everyone found it hard to communicate with him. Now he has come to understand the importance of teamwork and communication, and is able to communicate effectively with his classmates. I didn't know sports could change a person that much. I support him to play sports wholeheartedly, even if I have to pay for tuition fee."

Kevin's parent

"In the past, Tommy's behaviour was seriously affected by ADHD. However, after two years of training the situation has become much better. He no longer needs to take pills. Moreover, he now has a clear aspiration of becoming a professional athlete."

Tommy's parents

# Graduation Notes

5 of our classes finished this year. After the 2 years of exciting and intensive training, where did our students go?

Class	Duration	Student progression
<i>HOCKEY Inspires!</i> Tuen Mun	Sep 14 - Aug 16	Some students progressed to our Advanced Classes after passing through the exit interviews
<i>ROPE-SKIPPING Inspires!</i> Kowloon City	Sep 14 - Aug 16	
<i>WOMEN'S FOOTBALL Inspires!</i> Kwun Tong	Sep 14 - Jun 16	Students progressed to pursue their own paths as alumni. We also started the same beginner classes in 2016 in the same districts
<i>RUN Inspires!</i> Sham Shui Po	Jan 14 - May 16	
<i>TENNIS Inspires!</i> Kwai Tsing and Yuen Long	May 15 - Feb 17	Students being lined up to join courses offered by Hong Kong Tennis Association



## Exit Interview Activities

Before students graduate they go through our structured exit interviews in which coaches, staff and volunteers are in the interview panel. We talk about how they were transferred during the 2 year period. Our serious conversations are usually digressed by students sharing happily about their best memories!



Mass Painting



Video review



Interviewing students and parents



Personal Certificate for each graduate

Watch the fruitful recap of each training class now



## Spotlight WOMEN'S FOOTBALL Inspires!

This was the first women's football programme we started, with which we first dipped our toes into gender equality! Our 20-odd students were pioneers. Their families did not agree with their involvement or some of their schoolmates even mocked them. Nearly half the original team left, but the remaining girls achieved a major goal in their lives.

Those who persevered to the end were lucky to have Miss Tiffany Lee as the coach. She knows very well the difficulty of teaching a women's football team. Unlike other 'gender neutral' sports such as running, most girls do not begin the course with a foundation in football. To help the girls Miss Lee used games and interactive training exercises, as well as used professional assistant coaches to make the classes engaging and interesting.

After the programme ended, Our Lady of China Catholic Primary School set up their own women's football team. We also started a new *Women's Football Inspires!* Programme in Kwun Tong to replicate the positive story. Our alumni have continued to play and excel in competitions - one of them was even a candidate for the U14 Hong Kong team!



Our Learning Experience Activities complements our Sports Programme to provide well-balanced development for our students. This year our activities continued to be just as diverse as previous years. The following is a roundup of the timeline and activities.

# Learning Experience Activities



"Sports for All 2016" Day



Arena Aqua Splash Day



Overnight Leadership Camp



Survival Camp by Our Hands Farm



"We ♥ Sports" Mini-Olympics



The H.A.N.D.S. Up! Hong Kong Thumb Wrestling Championship



HK Golf Club Tree Trail

2016  
May

Jul

Aug

Sep



Tsit Wing Group Job Shadowing Programme



Gold Medal Rope Skippers 360



NBA Basketball Clinic with Drexler



Oxfam Climate Change Workshop



Global Youth Leaders Academy



Meeting with China Volleyball Team

## What do our students think after taking part?



**Ng Chun Wah** (12 years old)

*GOLF Inspires!* North District student

After participating in the "NBA Basketball Clinic with Drexler", on top of learning some basic basketball skills, I've also come to realize the meaning of teamwork. First of all, teamwork means supporting and encouraging each other and we should not blame any teammates for their mistakes. Secondly, teamwork means working together, everyone contributes equally to the team and no one should take all the credit for success.

I really hope that I can join similar activities in the future as I wish to learn more about having a good attitude in life.

# Summary 1/5/2016 - 30/4/2017

Total number of Learning Experience Activities

# 23

Total number of times our students participated in our Learning Experience Activities

# 456

Total number of volunteers hours contributed by our Corporate Partners

# 109

Total number of hours of Learning Experience Activities

# 2,500



Battle-of-Victors Boxing Game Watching



Visit to Single Elderly Households in Kowloon City



LegCo Visit and Ren Zhe Sculptures Exhibition



Freemasons Charity Walk



One Breath Basketball Clinic



"Breaking 7" Movie Appreciation

Oct

Nov

Dec

2017

Jan

Feb

Mar

Apr



The 29th Hong Kong- Guangzhou Shuttlecock Invitation Tournament



Historical Trail with Watershed Hong Kong



Prudential Hong Kong Tennis Open



Project Home Works by Habitat for Humanity



"Clash of Champions 2" Boxing Game Watching



## Lui Ching Yiu (15 years old)

*GOLF Inspires!* North District student

For me, there was one very unforgettable activity in the "Overnight Leadership Camp". During the activity, me and my teammates were asked to carry a bamboo without letting it touch the floor. At the same time, we had to follow the footsteps of the coach, which made it even more challenging! After this activity we understood the importance of teamwork better. Only with teamwork will we be able to overcome difficulties and succeed.

# OUR TEAM

We have a team of mostly young and passionate professionals from various disciplines who volunteer to run IHKSports. Their diversity of skills amplify the valuable work of our full-time and part-time staff.

The team's enthusiasm, dedication and quality of service is remarkable, and for the past 4 years has consistently pushed IHKSports to new heights.

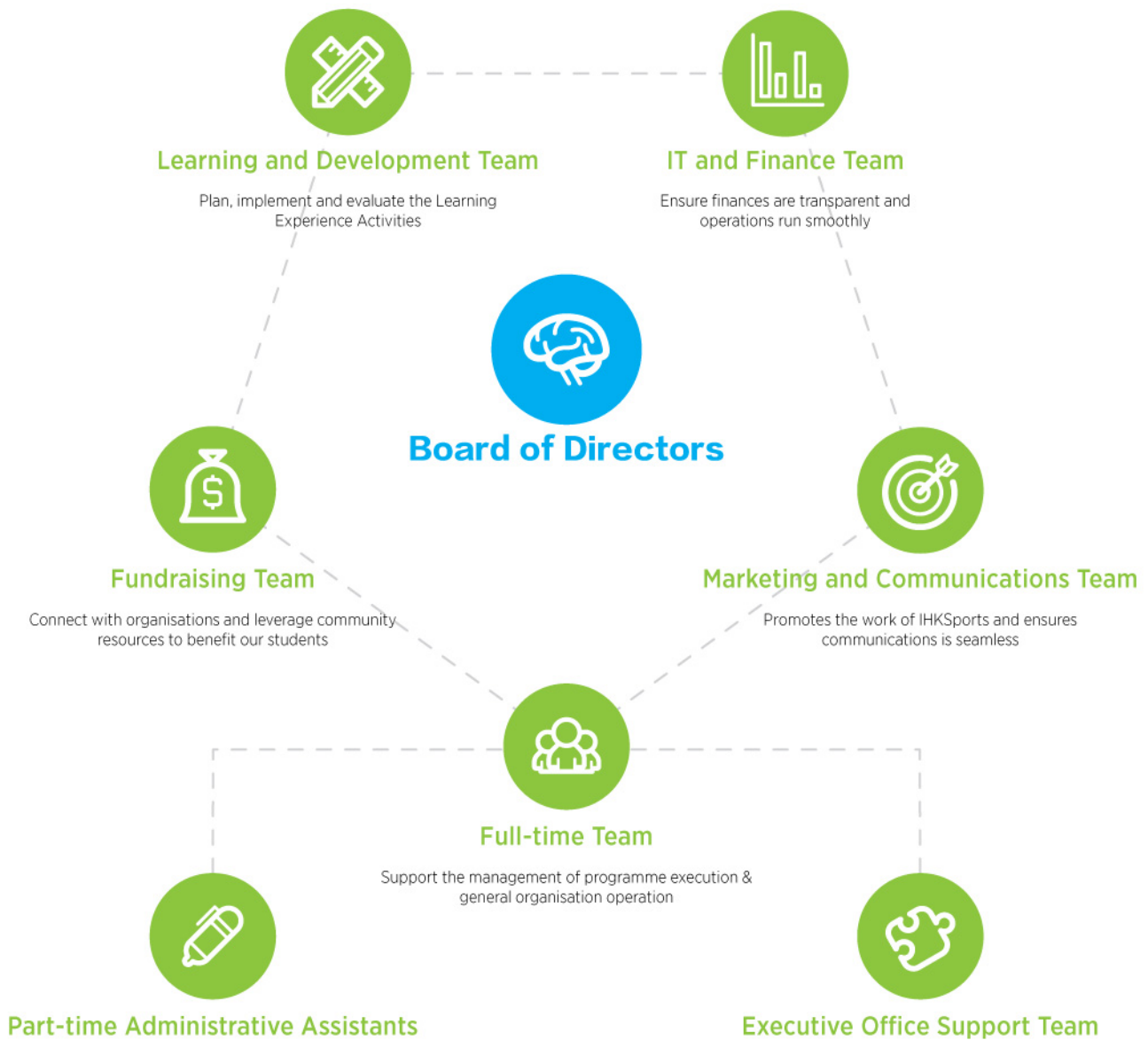


# Our Talent

Our organization is mainly run by volunteers who selflessly dedicate their professional skills and time. They serve as Directors in the Board and Executive Managers in 5 Teams below. A total of 28 volunteers regularly spend at least 6 hours per week visiting classes, attending meetings, and working at IHKSports' office or from home to support our administrative work and long-term development.

Converting their time dedication (at least 8,736 hours annually) into monetary donation meant IHKSports benefited from at least HKD 1 million worth of human capital expenses.

In 2016-2017, we had 3 full-time and 9 part-time staff supporting the day to day operation of the organisation.



# Our Volunteer Board of Directors



**Zimon Chan**

Chairman and Executive Director

Mr Zimon Chan leads the Board of IHKSports and takes responsibility to ensure good governance, sustainability and strategic development of the organisation. He is a Physical Education (PE) Subject Panel Head at a local secondary school. He also sits on the Curriculum Development Council Committee on PE, which develops the local PE curriculum. He is an Assistant Coach of the HK Boys' Youth Volleyball Teams, and sits on the Hong Kong Schools Sports Federation Volleyball Technical and Selection Sub-Committee. He holds a BEd (Hons) from the HK Education University and a MA (Hons) in Liberal Studies from HKUST. He also completed the International Level 1 Volleyball Coach Course in Thailand and received the HK Youth Service Award in 2015.



**Judy Kong**

Chief Campaigner and Executive Director

Ms Judy Kong oversees the general operations of the charity. She has work experience in youth development in one of the city's largest youth organisations, corporate philanthropy in a multinational fashion corporation and public policy research work in a local think tank. She holds a Bachelor's degree of Global Business Studies from CUHK and a Master's degree of Social Work from HKU. She is a registered social worker and currently a candidate of Master's degree of Public Policy from the University of Oxford. Judy would step down from the board and take up a full-time Chief Executive role from September 2017.



**Gary Wong**

Founder and Non-Executive Director

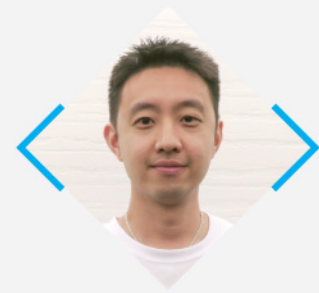
Mr Gary Wong is Founder, Non-Executive Director and former Chairman of IHKSports. Currently, he advises the strategic development of the charity. He heads Public Affairs in the Asia Pacific region in the world's largest membership organisation for professional learning. Before that, he was a Deputy Head of Sales in Greater China in a listed chemical company. He also worked in a global management consulting firm based in Bangalore, India. Gary is active in public policy and international relations. He is a Member of Sir David Trench Fund Committee of Home Affairs Bureau, HKSAR Government. He regularly writes in both English and Chinese Hong Kong newspapers and is also a freelance radio commentator at RTHK. He holds a BA from HKU and an LLB from the University of London. He is a British Chevening Scholar and holds a Master of Studies (MSt) in Diplomatic Studies at the University of Oxford.



**Sunny Leung**

Executive Director

Mr Sunny Leung focuses on improving the financial transparency and internal control of InspiringHK. He is an Assistant Financial Controller in a listed company, as well as a Fellow of the Hong Kong Institute of Certified Public Accountant (FCPA), a Certified Internal Auditor (CIA) and a Certified Information Systems Auditor (CISA). He holds a Bachelor's degree in Economics and Finance from HKU.



**Edmond Yip**

Executive Director

Mr Edmond Yip oversees the strategic planning and marketing communications of IHKSports. He is an entrepreneur with special interests in childhood education and sports investment. Prior to running his own businesses, he was a management trainee and subsequently a senior manager in a multinational group listed in HK. He is a graduate of HKU with a double degree in Business Administration and Laws.



**Lisa So**

Non-Executive Director

Ms Lisa So oversees legal, compliance and governance issues of IHKSports. She is also Chairperson of the Internal Audit Committee. She is a Head of Legal of an international group. She is a Solicitor and holds a LLB from HKU and a LLM from King's College London.



**Winnie Ho**

Non-Executive Director

Ms Winnie Ho oversees the strategic development, public affairs and community engagement of IHKSports. She is Director of the Managing Director's Office of a listed real estate development and investment company. Prior to this position, she held senior positions in Public Affairs in other listed companies in Hong Kong and was an Administrative Officer in the HKSAR Government for 13 years. She holds a BA and a Master's degree in International and Public Affairs from HKU and a MA in Anthropology from CUHK.

# Our Full-time Team



**Wong Yee Lok**  
Development Officer

**Education attainment:** Bachelor of Economics and Finance from HKU.

Ms Wong Yee Lok supports the strategic development and operation of the organisation with a particular focus on financial management, fundraising and partnership management. She also ensures effective communication between board members and the full-time and volunteer executive team to facilitate bottom-up communications. She will take up a Senior Development Officer role starting from August 2017. She is also a member of Hong Kong Women Softball Team.



**Chan Yin Yu**  
Programme Officer

**Education attainment:** Bachelor of Science from HKU.

Ms Chan Yin Yu is responsible for sports programme student recruitment and partnership management. She also helps coordinates marketing projects, events and communication work. She will leave the full-time team and join the volunteer committee team starting from September 2017.



**Oscar Ng**  
Sports Programme Coordinator

**Education attainment:** Bachelor of Arts from HKU.

Mr Oscar Ng is responsible for the management, coordination and administration of the sports programmes. He also supports students' impact measurement and execution of Learning Experience Activities. He will take up the position of Programme Officer starting from August 2017.

# Our Volunteer Executives

## Learning and Development



**Brenda Cheung**  
Learning and Development Manager

**Full-time job:** Building Surveyor at a listed real estate company.

**Education attainment:** Bachelor of Science in Surveying from CityU.



**Feanca Chu**  
Learning and Development Manager

**Full-time job:** Biology teacher at a local secondary school.

**Education attainment:** Master of Education (Science Education) from HKU.



**Rita Fan**  
Learning and Development Manager

**Previous full time job:** Project manager in youth service organization.

**Education attainment:** Currently pursuing a Master's degree in Education Psychology at HKU.



**Leslie Tang**  
Learning and Development Manager

**Full-time job:** Assistant Manager (Retail Marketing & Promotions) in a leading property developer in Hong Kong.

**Education attainment:** Master's degree in Marketing from CUHK.

## Fundraising Team



**Eddie Chow**

Business Development Manager

**Full-time job:** Chief Operating Officer at a finance company and an entertainment company, Executive Director of a food and beverage company, all of which are listed on the Hong Kong Stock Exchange.

**Education attainment:** Bachelor of Engineering in Civil Engineering from HKU.

## Marketing and Communications Team

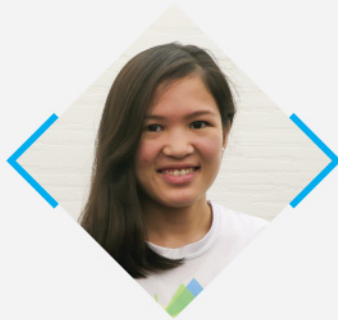


**Christopher Tse**

Communications Manager

**Full-time job:** Compliance Officer at an international bank.

**Education attainment:** Master of Science in Accounting and Finance from the London School of Economics and Political Science.



**Garcia Lam**

Communications Manager

**Full-time job:** Management Trainee at a listed property developer.

**Education attainment:** Master of Science in Real Estate (General Practice Surveying) from HKU.



**Natalie Mok**

Marketing Manager

**Full-time job:** Management Associate at an independent statutory body.

**Education attainment:** Bachelor of Business Administration (Finance) from The University of Texas at Austin.



**Jennifer Lo**

Marketing Manager

**Full-time job:** Assistant Manager at a leading cosmetics company.

**Education attainment:** Bachelor of Arts and Bachelor of Education from HKU.



**Nikki Chan**

Social Media Manager

**Full-time job:** Project Executive in a digital media agency.

**Education attainment:** Bachelor of Arts in Communications from University of Washington.



**Cheryl Lau**

Brand and Public Relations Manager

**Full-time job:** Branding and marketing professional.

**Education attainment:** Bachelor of Commerce in Economics and Finance from University of Guelph in Canada.



**Karen Lee**

Graphic Design Manager

**Full-time job:** Manager at executive coaching and training company.

**Education attainment:** Master of Science in Marketing and Management from Loughborough University.

## IT and Finance Team



**Jack Chen**  
IT Manager

**Full-time job:** A software engineer in a multinational investment bank, and co-hosts the technical event Codeaholics and CodeConf Hong Kong.

**Education attainment:** Master of Science in Computer Science from HKU.



**Harvey Lo**  
Procurement Manager

**Full time job:** Panel of physical education and leader of public affairs at a local primary school.

**Education attainment:** Master of Education (Educational Guidance) from HKU.

## Executive Office Support Team



**Welton Leung**  
Executive Officer  
(Sports)

**Full-time student:** Studying Bachelor of Science at HKU, majoring in risk management.



**Jonathan Ng**  
Executive Officer  
(Marketing and Communications)

**Full-time job:** Executive Trainee in the Hong Kong Trade Development Council.

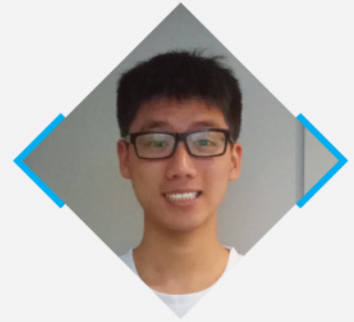
**Education attainment:** Bachelor of Arts, major in translation from HKU.



**Natalie Leung**  
Executive Officer  
(Fundraising)

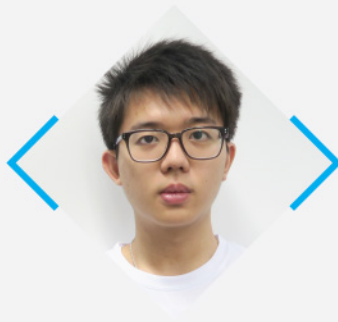
**Full time job:** Management Trainee in a listed real estate development and investment company.

**Education attainment:** Bachelor of Social Sciences (Government and Laws) & Bachelor of Laws at HKU.



**Tommy Ho**  
Executive Officer  
(Learning and Development)

**Full-time student:** Higher Diploma in Social Work at the Hong Kong Institute of Vocational Education.



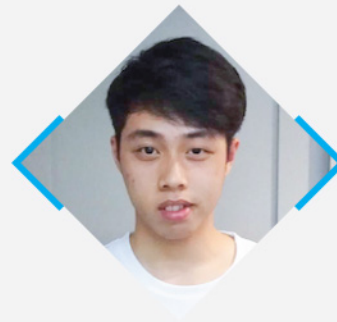
**David Liu**  
Executive Officer  
(Administration)

**Full-time student:** Bachelor of Business Administration at the CityU, majoring in Global Business System Management.



**Joey Yung**  
Executive Officer  
(Administration)

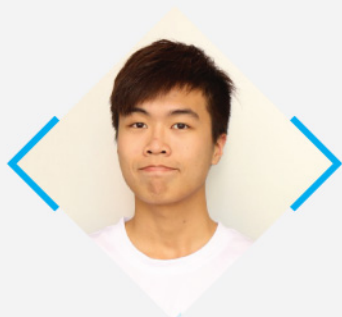
**Full-time student:** Bachelor of Science at HKU, majoring in Environmental Science and Geography.



**Edward Lee**  
Executive Officer  
(Administration)

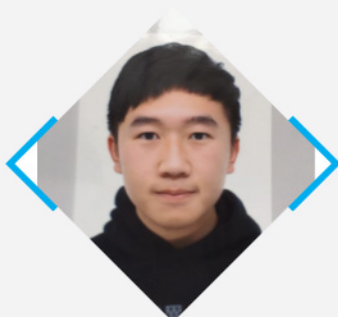
**Full-time student:** Bachelor of Arts at the HKBU, majoring in English and Education.

# Sports Management Student Leader Team



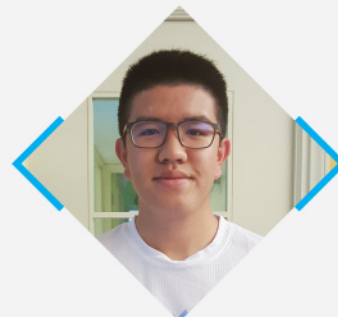
**Jacky Lau**

**Full-time student:** Bachelor of Arts (Hons) in Economics and Finance at Hong Kong Shue Yan University.



**Hun Man Lai**

**Full-time student:** Bachelor of Science (Exercise Science and Health Education) at CUHK.



**Derek Lee**

**Full-time student:** Bachelor of Arts (Hons) in Physical Education & Recreation Management at HKBU.



**Victorica Lau**

**Full-time student:** Bachelor of social sciences (honours) in psychology at EdU.



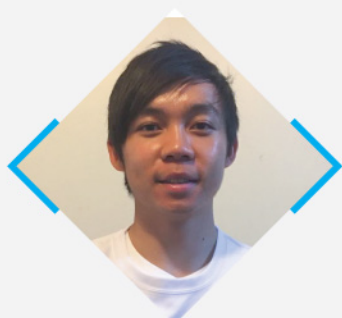
**Bell Wu**

**Full-time student:** Associate of Social Science in Social Work at Community College of CityU.



**Her Ka Yi**

**Full-time student:** Bachelor of Arts (Honours) in Social Work at Poly U.



**Chan Kin Hang**

**Full-time student:** Master of Science (Exercise Science) at CUHK.



**Pow Wing Hang**

**Full-time student:** Bachelor of science education (Sports Science) at EdU.



**Eva Chui**

**Full-time student:** Bachelor of Arts, majoring in Chinese Language and Literature, Chinese History and Culture at HKU.

# OUR PARTNERS

With hard work and results, IHKSports has built an extensive network of corporate and non-corporate partners and received various kinds of support. Without them, IHKSports would not be where it is today. We offer our heartfelt gratitude to our partners and hope that our partnership will continue to flourish!



# Our Partners

## Regular Donation Partners

The following partners provide regular monetary donation to support IHKSports. We are most grateful for their generous support.



**華人置業集團**  
CHINESE ESTATES HOLDINGS LIMITED

[Chinese Estates Holdings Ltd]

**CLYDE & Co**  
其禮律師行

[Clyde & Co]



**HERBERT SMITH FREEHILLS**

[Herbert Smith Freehills]

**LUSH FRESH HANDMADE COSMETICS**

[LUSH]

**NG TENG FONG CHARITABLE FOUNDATION**  
黃廷方慈善基金

[Ng Teng Fong Charitable Foundation]

**NGAI FAMILY FOUNDATION**

[Ngai Family Foundation]



**施永青基金**  
SHIH WING CHING FOUNDATION

[Shih Wing Ching Foundation]



[Tsit Wing Coffee Co. Ltd]

IHKSports is also most grateful to the following partners who provide specific funding to title-sponsored sports programmes.

**FRIENDS OF ASIA HONG KONG**

[Friends of Asia Hong Kong]

Title Sponsor for GOLF Inspires! Northern District between May 2016 - April 2018

**Hong Kong Freemasons Annual Appeal 2016**

[Hong Kong Freemasons Annual Appeal 2016]

Title Sponsor for ROPE SKIPPING Inspires! Tuen Mun, DANCE Inspires! Wong Tai Sin and WOMEN FOOTBALL Inspires! Kwun Tong



[The D.H. Chen Foundation]

Title Sponsor for RUN Inspires! Sham Shui Po and Kwai Tsing Classes and HOCKEY Inspires! Beginners and Advanced Classes between September 2016 - August 2018



[Operations Santa Claus]

Title sponsor for all FENCING Inspires! classes between April 2016 - March 2018



**傅德蔭基金有限公司**  
Fu Tak Lam Foundation Limited

[Fu Tak Lam Foundation Limited]

Title sponsor for TENNIS Inspires! Yuen Long and Kwai Tsing classes between March 2015 - February 2017



[Dah Sing Bank Limited]

Title sponsor for ROPE SKIPPING Inspires! Shatin class between April 2016 - March 2018

## Fitness Partner



## Supporting Partners

We have benefited from generous organisations providing one-off donation, pro-bono services and/or in-kind donations.

**ARENA**

**Athletic City**

**DEF Promotions**

**EQS Asia Ltd. / EQS TodayIR Ltd**

**Fencing Arena**

**Focus Asia CPA Limited**

**Friends of Asia Hong Kong & UBS Hong Kong Open**

**Herbert Smith Freehills**

**Hong Kong Golf Club**

**Hong Kong Rope Skipping Club**

**Hong Kong Tennis Association**

**Les Escrimeurs (Hong Kong)**

**LUSH**

**Mentholatum (Asia Pacific) Ltd**

**Rich Beauty International Ltd**

**Stanford Swim School**

**Studio Anderson**

**THE WAVE**

**Zarie**

**Zonta Club of Hong Kong II Foundation Ltd**

Special thanks to **Ms. Larissa Wu** who developed the brand new website launched in January 2017 and **Mr Mike Chan** and **Mr Andy Chau** for providing photography services

## Recruitment Partners

We were also thankful to have the recruitment partners who helped us to reach out to students:

**H.K.S.K.H. Kowloon City Children and Youth Integrated Service Centre**

**Our Lady of China Catholic Primary School, Jordan Valley St. Joseph's Catholic Primary School and St. Edward's Catholic Primary School**

**Pok Oi Hospital Mrs Lee Ho Siu Fong Memorial Children and Families Development Centre (Butterfly Bay)**

**The Salvation Army Tuen Mun Integrated Service for Young People**

**Buddhist Fat Ho Memorial College and Po Leung Kuk Ma Kam Ming College**

**HKTA The Yuen Yuen Institute No.3 Secondary School**

**Cotton Spinners Association Secondary School**

**Po Leung Kuk Lo Kit Sing (1983) College**

**Carmel Bunnan Tong Memorial Secondary School**

# Our Fundraising Partnership Events

Throughout the year we have been blessed with the support of our fundraising event partners.



## Shopping Centre Management Event - March 2017

The Institute of Shopping Centre Management selected IHKSports as one of their beneficiaries at the 13th Anniversary Gala Dinner and raised \$58,800 in donations to support us!

## Ultra Trail Runner Mr George Lam Raises HK\$85,000 for IHKSports - January 2017

Ultra trail runner and IHKSports supporter George competed in the 165km Ultra Trail Mount Fuji race, and raised \$85,000!

Ultra Trial Mt. Fuji is an international race that goes from day to night and involves running along the parameter of Mount Fuji in Japan. In its 5th year, it was unfortunately called off in the middle due to lightning, flooding and damaged trails. We salute to George for battling against the thunderstorm for about 10 hours until the organiser called everyone to safety.

While not being able to complete the challenge, George said he still learnt in his 5 months of preparation. He hopes to bring Ultra Trail Running to youth so as to broaden their horizons. Again we would like to thank him, his friends and everyone who supports the development of IHKSports students!



## UBS Hong Kong Open Charity Cup 2016 - December 2016

IHKSports again became a beneficiary of the UBS Hong Kong Open Charity Cup, in which we promoted ourselves along with 3 other charities. The Charity Cup raised a record \$3 million for 4 charities and IHKSports received over \$400,000 from the event! We will use the funds to start our GOLF Inspires class for primary school students in the North District.



**Prudential Hong Kong Tennis Open 2016**  
- October 2016

We are grateful to be selected as one of the beneficiaries of Prudential Hong Kong Tennis Open 2016 and raised \$150,000 for the operation of *ROPE-SKIPPING Inspires!* Kowloon City. Aside monetary support, the Tennis Open also gave our students the chance watch the world-class tennis matches at the stadium! They were all inspired by the perseverance and sportsmanship that the tennis players demonstrated. Our students from *TENNIS Inspires!* even had the chance to accompany tennis players into the main court, and were extremely excited by it!

**Fundraising Event with Sony at SportsExpo!**  
- August 2016

Sony and IHKSports together hosted 'Ultramarathon Relay', where charitable and eager runners joined us on the treadmill! For each 1km that was run by participants, Sony donated \$50 to us, and at the end the donation amounted to \$20,000!



**Arena Aqua Splash Day**  
- July 2016

In the searing summer heat, 14 of our Fencing Inspires students joined the Arena Aqua Splash Day, co-organised by Arena and Hong Kong Amateur Swimming Association. 2 hours were not enough for the students to learn how to swim. Nevertheless we saw students went from being afraid of water to enjoying the games, showing that change of attitude is the key to effective learning. We sincerely thank Arena for inviting us to the event, giving the opportunity to underprivileged youth to learn swimming, and donating \$40,000 to us!

**Hong Kong Ladies Open 2016**  
- June 2016

IHKSports would like to show our gratitude to Friends of Asia, the official Charity Partner of the inaugural Hong Kong Ladies Open 2016, for selecting the Hong Kong Hereditary Breast Cancer Family Registry and InspiringHK Sports Foundation as their beneficiaries. We raised \$50,000 from this event.



# Our Finance

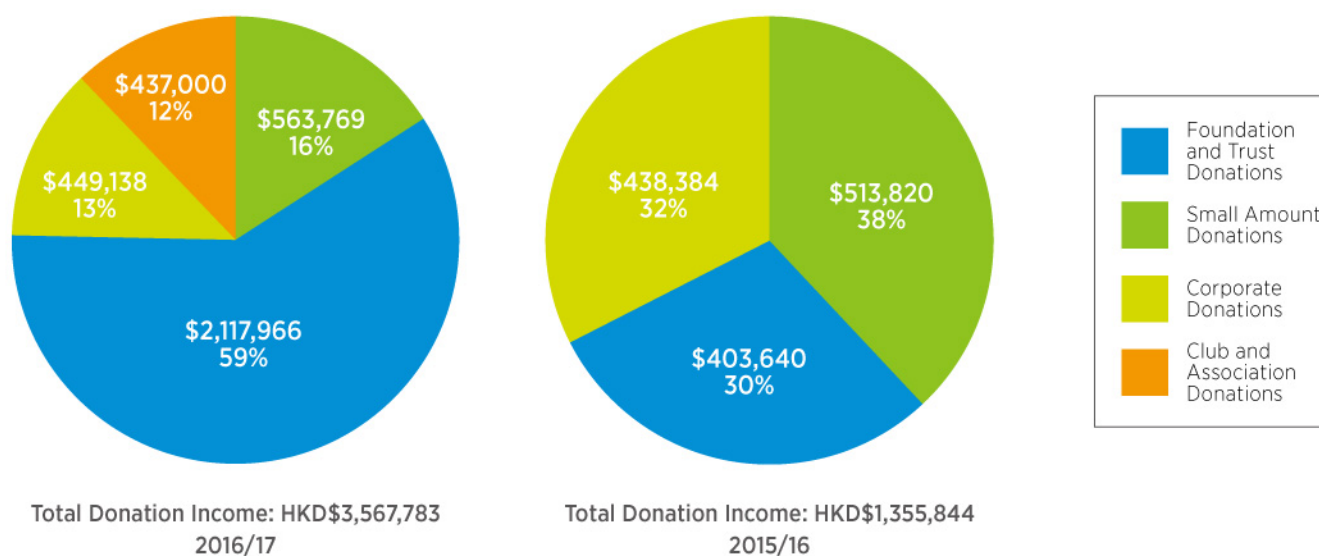
Focus Hong Kong CPA Ltd. audited our financial statements and certified accountants kept our accounts and books. InspiringHK Sports Foundation's fiscal year is from 1 May to 30 April.

## Income and expenditures in the past 2 years:

	<b>2016/17</b> <small>(Hong Kong Dollars)</small>	<b>2015/16</b> <small>(Hong Kong Dollars)</small>
Donation Income	\$3,567,873	\$1,355,840
Other Revenue	\$35	\$4
Expenditure	(\$2,392,158)	(\$1,466,206)
Surplus/ (Deficit) for the period	\$1,175,750	(\$110,362)
Surplus and reserves from previous period	\$593,060	\$703,422
<b>Accumulated Surplus</b>	<b>\$1,768,810</b>	<b>\$593,060</b>

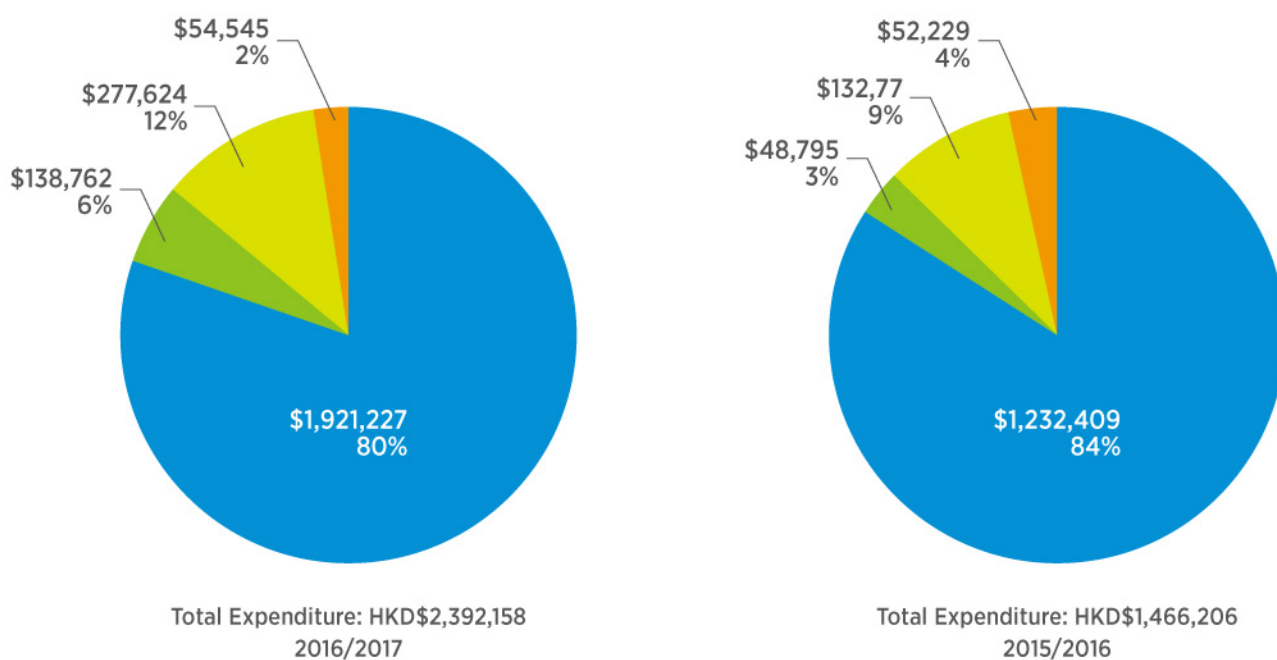
Income and expenditures are accounted for on an accrual basis. In 2017, We ran a surplus of HKD\$1,175,750 and accumulated surplus and reserves of HKD \$1,768,810 to support our long-term development.

## Breakdown of donations



We had a 163% increase in donation compared with last fiscal year, largely thanks to the generous donors. With the enhanced public acceptance of our mission and extension of sports programmes to deepen and widen impact, the number of donors and the sources of funding becomes more numerous and diversified, including corporate donation, foundations and trusts as well as individuals but not government.

### Breakdown of expenses



Our organization's robust development also reflected on the rise of expenditure. Expenses this year almost doubled because number of beneficiaries also doubled (357 students in 26 sports classes in 10 districts) in 2016/17. Administrative expenses averaged at 10% in the past 3 years.

# Our Media Exposure

## Yahoo News Jul 2016

Adults and Children Learn to Swim



## Ta Kung Pao Jul 2016

Dream of Learning to Swim Come True for Grassroot Islamic Girls



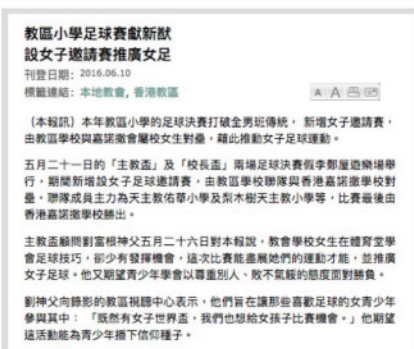
## Sportsroad Jul 2016

ARENA supports the underprivileged to learn to swim



## Kung Kao Po Jun 2016

The Hong Kong Diocese's Football Tournament for Primary Schools Now Includes Women's Invitational Tournament to Promote Women's Football



## Oriental Daily May 2016

Sisi Speaks: Dah Sing Bank Nurtures Child with Dazzling Rope Skipping Learning



## Sportsroad Jul 2016

Rex Tso and Yapp Hung-fai Support InspiringHK's Sports Day



## Oriental Daily Jul 2016

Sports Celebrities Join Forces to Celebrate the Olympics



