



**SOCIAL
MOBILITY**
體育和社會流動力



**GENDER
EQUALITY**
體育和性別平等



**SOCIAL
INCLUSION**
體育和社會共融



**HEALTHY
LIFESTYLE**
體育和健康生活

ANNUAL REPORT
周年報告 **2018-19**

... English Version ...

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Vision, Mission & Strategy

InspiringHK Sports Foundation (IHKSports) is a Hong Kong-based charity founded in 2012. We became tax-exempt under Section 88 of the Inland Revenue Ordinance of Hong Kong in November 2013. In 2015, we were awarded the the Hong Kong Volunteer Award by the Agency For Volunteer Service. We have also become a member of the Hong Kong Council of Social Service and a recognised member of the Wisegiving for our good governance and high level of transparency.



— **Our Vision** —
**Better Youths,
Through Sports.**

Our Mission



**Sports &
Social Mobility**



**Sports &
Gender Equality**



**Sports &
Social Inclusion**



**Sports &
Healthy Lifestyle**

Our Strategy

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



To become our Beneficiaries

Financial Criteria

- Be under a household which is beneficiary in the Comprehensive Social Security Assistance (CSSA) Scheme; or
- Be a beneficiary in the School Textbook Assistance Scheme, the Financial Assistance for Primary and Secondary students, the Hong Kong Government Working Family Allowance (WFA) Scheme; or
- Live in poverty and referred by a registered social worker/an NGO.



Non-Financial Criteria

- Good interview performance;
- Proactive, willing to learn, eager to improve his/her quality of life; Interested in doing sports;
- Youths between 8 to 14 years old are given priority.



For advocacy activities, we no longer restrict IHKSports to serve the underprivileged only. As one of our missions is to promote healthy lifestyle of young people in Hong Kong. However, given the limited resources, underprivileged children and youth who meet our original beneficiary criteria will still be given priority to participate in the advocacy activities.

Our Strengths



Dedicated team of volunteers of diverse professions to serve as Directors in the Board and Executive Managers



Multiple sources of donation and a wide range of partners to provide us with all kinds of financial and non-financial support



Support from Hong Kong's elite athletes

Edmond Yip Chairman



Chairman's Message

At the first Laureus World Sports Awards in 2000, Nelson Mandela, South Africa's former president famously said: "Sport has the power to change the world." Sport and play are indispensable to promote physical, socio-emotional and cognitive development in child and youth. The right to play is protected in Article 31 of the UN Convention on the Rights of the Child, as well as the right to sport, which is specifically contained in other international treaties. It is sad and indeed ironic to see that many children, even in developed cities like Hong Kong, are deprived of sufficient chance to learn and grow with sport, taking away some of the most important experiences of childhood. This is the situation we at IHKSports aim to improve.

It was a pleasure and honour to be elected as the third Chairman of the Board of Directors of IHKSports to further advance our vision and mission in the coming 3 years. As a young charity, IHKSports had a roller coaster ride for a few years, but every time we as a collective pressed on from strength to strength. In the years 2017 to 2018 and 2018 to 2019, our donations and number of students in our flagship programmes doubled year on year. In the coming year, we are expecting the same. Three successive years of phenomenal growth is not by chance. It is important to understand the underlying reasons for our success, so we can continue on the right track:

1. PEOPLE

Regardless of business nature, no organisation could be successful without a great team. Talent is definitely the most important asset of IHKSports. To cater for the growth of our programmes, our full-time team has increased from 5 to 9 people with additional funding from reputable donors like the Hong Kong Jockey Club Charities Trust and Laureus Sports for Good Foundation. Under the capable leadership of our Chief Executive (CE) and a young team of energetic and collaborative executives, we expect to grow the reach and impact of IHKSports healthily in the near future.

IHKSports is also blessed to have a strong and passionate team of volunteers. Most of them take up managerial roles in their full-time jobs and meet regularly with the 9 full-time

team members in sub-committees, namely the Sports Programme Team, Learning and Development Team, Fundraising Team, Marketing and Communications Team, and HR and IT Team. Their diverse background and professional experience have created tremendous value to IHKSports. The Board of Directors is definitely another key asset that IHKSports has. We had conducted 6 Board meetings with close to 100% attendance rate over the past 12 months to ensure good governance.

2. STRATEGY supported by good governance

IHKSports has been able to grow our reach and impact by refreshing our strategic direction in the following 4 areas to better align with United Nation's Sustainable Development Goals and meet the needs of our society:

This strategy has opened up many new opportunities for us in terms of partnerships and beneficiaries. The most salient example is SportsCHAT!, a new 3-year partnership between IHKSports and Hong Kong Jockey Club Charities (and many other supporting corporates), which aims to empower over 2,000 teenage girls in Hong Kong to become more confident, healthier, more active and take charge through weekly sports training, thematic workshops, a buddy programme and a curated mobile APP. This is a good showcase of how sports as a tool could be utilised to promote gender equality.

To ensure we are on the right track in terms of strategy and execution, the Board has taken a couple of initiatives to strengthen our governance. First, we are pleased to have 3 new Honorary Advisors: Mr James E. Thompson, GBS, Founder and Chairman of the Crown Worldwide Group, Ms Bonnie So, Secretary General of the HK Red Cross, and Ms Yvonne Yeung, Chief Executive of HK Young Women's Christian Association. Second, a new Strategic Council with 11 strong corporate leaders has been set up. Their wealth of experience and insights would fuel our capabilities in terms of strategic development and cross-sector collaboration strongly. Last but not least, we are in the process of establishing a new Risk and Compliance Committee and constructing our first Governance Handbook. We are confident that all these measures will benefit IHKSports in the long-run.

3. PUBLIC ENGAGEMENT

A charity could never be big enough to address a social issue, but a social movement could. That is why advocacy and public engagement have always been part of us, in addition to all the wonderful programmes and community activities that IHKSports has been running day to day. We maintain regular contact and dialogue with key government officials to reflect our ongoing concern on the continuous decrease in sporting hours and overall activity level of students in HK and the adverse effect that it may have to society. We also engage the public in different ways. In the past year, we published our first book, "The Level Playing Field: No One is Privileged in Sports" which captured the true stories of 10 of our students whose lives have been transformed through sports training. In the HKTDC Sports and Leisure Expo we promoted our SportsHour campaign to the general public. We also held a series of networking and thematic sharing to young executives in the corporate sector. Together with many other new and creative initiatives, IHKSports has successfully recruited 13 new Hong Kong Team Athlete Supporters, and over 10 new donors and corporate partners through enhanced public engagement.

To grow our relevance and impact, IHKSports will focus on cross-sector collaboration in the coming year. In particular, we would like to better understand and substantiate the importance of sports participation on youths through working with Hong Kong academia. We are also preparing our first annual dinner to promote interest in youth sports development in society. All these require the support of our donors and partners and I would sincerely invite you to join hands with us.

Sports has the power to revolutionise the approach for developing better youths. The real life story of Tsz Lok, our shuttlecock student is a vivid example. Tsz Lok was diagnosed with ADHD. Despite his extraordinary passion to read and absorb knowledge, he was disliked by teachers and students as he cannot follow instructions and control himself. He would fall down just walking because of poor physical coordination. However, to his mother's surprise, after consistent training in shuttlecock with other kids, Tsz Lok's physical abilities and social skills have improved significantly. Even the doctor urged him to keep exercising regularly.

Let the revolution begin!

Chief Executive's Report

Judy Kong Chief Executive

The year 2018-2019 built a strong foundation for our long term development. 776 underprivileged youths took part in professional sports programme that gave them at least 40 sessions of training per year. In total, they enjoyed a total of 25,000 hours of sports training. They are spread out in 46 communities, enjoying 18 types of sports. Seventy percent are male and thirty percent are female. Of all students, 82 are thought to have or confirmed to have Attention Deficiency and Hyperactivity Disorder (ADHD), and 48 are ethnic minorities.

Our students took part in 53 open competitions and performances. Attendance rate is a bright spot, where it was eighty five percent for primary school students and seventy percent for secondary school students. They also took part in 19 learning experience activities and enjoyed 2,300 hours of it.

To address the local phenomenon where female sports participation is lower than that of male, in this year we obtained our first donation from the Hong Kong Jockey Club Charity Trusts. With it we started the three year Jockey Club InspiringHK SportsChat!, where we recruited 400 female volunteers as Sports Buddies. They give a hand to 2,000 female students early, in their secondary school life, to become more confident, healthy and proactive, so they have a better grip over their own life.

Our sports programmes produced good results. An impact measurement framework helps as quantify the good results. Based on feedback from our team and research, we have created a new framework called STEPS!. We rolled out this framework this year to measure six key aspects of our student development. They are Sportsmanship Qualities, Team Skills, Emotional Skills, Physical Health, Social Capital and Intellectual Development. Our preliminary data suggests that 75 percent of our students improved in five of the areas. We are still in the stage of collating and analysing data, and results on Physical Health is unavailable as of yet.



OUR ORGANISATIONAL GOVERNANCE



NANCE AND OPERATIONS



“Sports” and “Charity” are our core values, and they are shared by many stakeholders who are coming together to promote youth development with us. Our Advisors give us their professional advice and help us leverage their wide social network. Our Ambassadors and Athlete Supporters are not only our voice in the community who advocate our work, and they are also excellent role models for our youths.

Our operations team is largely made up of volunteers, who give up their free time unconditionally to help us to develop sports programmes, organise other learning activities, fundraise and handle marketing and communications issues. Our Board Members, who are also great volunteers, focus on enhancing our financial management and organisational governance. Our full-time staff members are all passionate young adults who support our day-to-day work.

IHKSports

- Became tax-exempt under Section 88 of the Inland Revenue Ordinance of Hong Kong
- Launched first 2-year sports programme "DANCE Inspires"



- Recruited a team of skill-based volunteers to support day-to-day operation
- Recruited a team of Honorable Advisors to provide advice on the organisation's strategic direction
- Launched five 2-year sports programmes in collaboration with local youth community centres



- Granted the Hong Kong Volunteer Award



- Began to recruit Sports Ambassadors and Athlete Supporters



- Recruited first full-time staff member
- Raised over HK\$1 million in donation
- Became a member of the Hong Kong Council of Social Service

2013/14

2014/15

2015/16

Milestones

- Conducted a 4-year strategic review of vision and mission
- Held our first Sports day "We ♥ Olympics" and Charity Premiere of "Weeds on Fire"



- Achieved 160% increase in donation
- Accumulated over 350 beneficiaries
- Initiated advocacy work for public policy on sports for development



2016/17

- Formed sub-committees under the Board to strengthen governance
- Accumulated 22,000 hours of sports training and Learning Experience Activities



- Mapped out new impact assessment model, "STEPS!"
- Appointed first full-time Chief Executive

2017/18

- Launched 40 new year-long sports training programmes in 19 sports
- Annual number of beneficiaries exceeded 700 while accumulated number of beneficiaries exceeded 1000
- Participated in the "HKTDC Sports and Leisure Expo" for the first time to roll out the SportsHour advocacy campaign



- Published our first book "The Level Playing Field - No One is Privileged in Sports"
- Kick-started the "Jockey Club InspiringHK SportsCHAT!" programme, our pioneering city-wide sports programme designed for girls

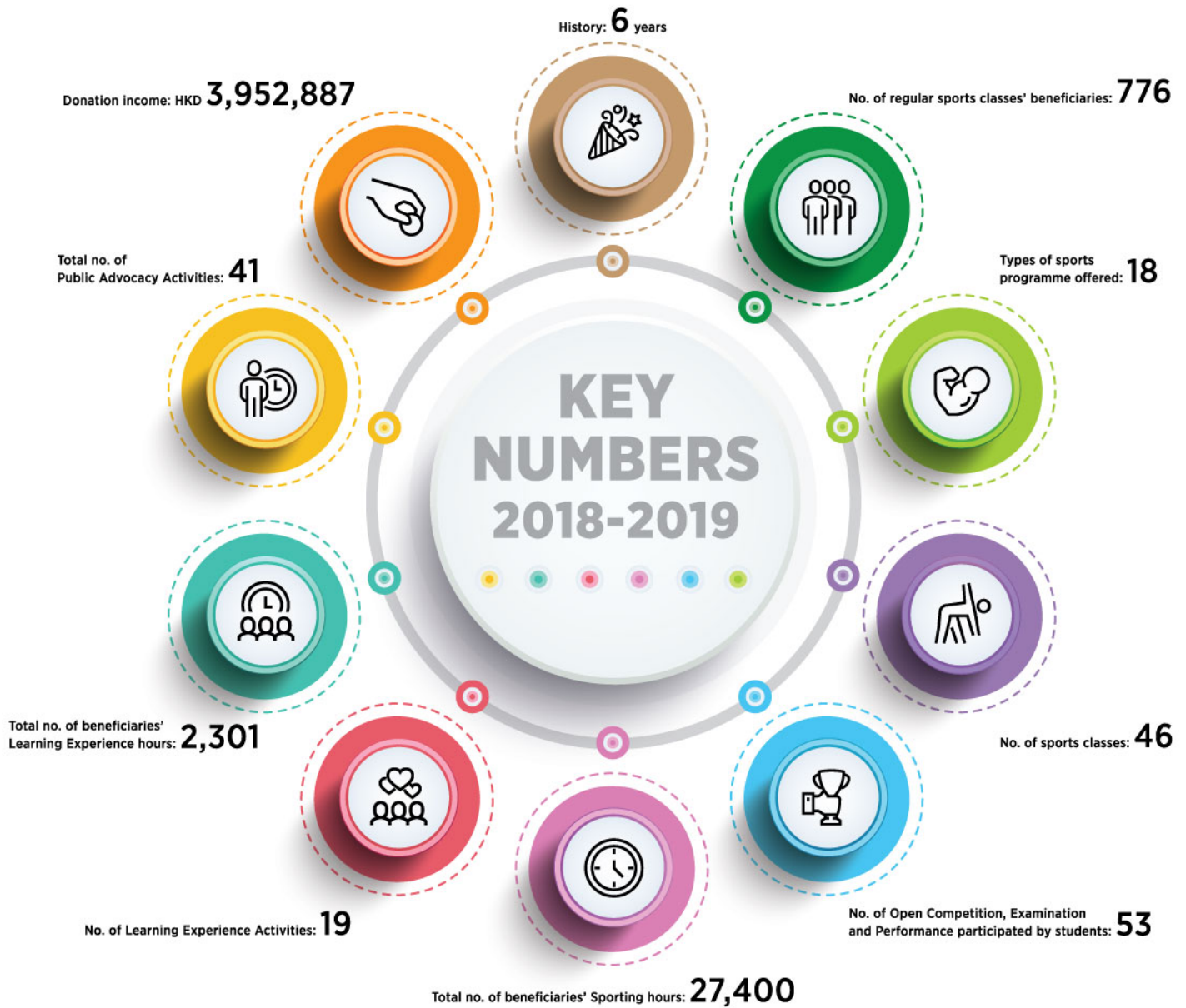


- Received our first international funding from Laureus Sports for Good Foundation



2018/19

Highlights of 2018-2019



GOVERNANCE

Advisory Team reformed

IHKSports is honoured to welcome Mr James E. Thompson, GBS, Founder and Chairman of the Crown Worldwide Group, Ms Bonnie So, Secretary General of the HK Red Cross, and Ms Yvonne Yeung, Chief Executive of HK Young Women's Christian Association, to join our board of Honourable Advisors. With their professional experience in the business sector and non-government, they provide us with invaluable guidance and advice toward the achievement of vision.

We also formed the new Strategic Council in 2018/19. We are honoured to welcome 11 outstanding and experienced individuals from different sectors to give us their valuable time and experience.



SPORTS PROGRAMME & LEARNING EXPERIENCE ACTIVITIES

Beneficiaries doubled and diversified

IHKSports is actively expanding the diversity of our beneficiaries. This year's annual number of beneficiaries exceeded 750. More than 200 female students participated in our long-term sports programme. In addition, over 100 students have Special Education Needs or come from ethnic minority families.

Male
539

Female
237

ADHD
82

EM
48

New Impact Measurement Model in implementation

Drawing upon extensive consultation in addition to relevant research, IHKSports has recently developed a new set of impact assessment framework – *STEPS!*. In 2018, we have started introducing this new model to all of our upcoming classes to measure the outcome of our sports programme. *STEPS!* Model measures six key qualities covering Sportsmanship Qualities, Team Skills, Emotional Skills, Physical Health, Social Capital and Intellectual Development (for ADHD students only).

Olympic Gold Medalist's Visit

2 times Olympic Gold Medalists Victoria Pendleton C.B.E. came to our *FENCING Inspires!* class! She had a class with our students and helped the curious minds on many questions around sportsmanship and sports career. When asked how to overcome failures, Victoria shared that failure is simply a chance to learn and become better. If we persist and improve, there's nothing we should be afraid of!



ADVOCACY

Sports & Leisure Expo

In July 2018, IHKSports participated in the Sports and Leisure Expo, which was held concurrently with the Book fair, from July 18 to July 24. It was our first-ever offline territory-wide campaign to advocate SportsHour. Our booth has engaged more than 10,000 public member and over 15 Hong Kong Team athletes.



SportsHour Talks

To engage and advocate our vision and mission to white-collar and professionals, IHKSports has started our first bi-monthly SportsHour Sharing and Networking Event in November 2018. We have conducted three SportsHour Sharings in 2018-2019 where inspiring figures from the community come and share with us different topics around sports. More than 200 people from different fields came to meet each other and shared their stories on how sports further their professional development.

Book Publication

IHKSports has published its first Chinese book "The Level Playing Field - No One is Privileged in Sports" in July 2018. The book featured 10 moving stories about the transformation of our students through the professional sports programmes we provided in the past five years. More than 1,500 copies have been sold since July 2018! The English version was also made available in June 2019.

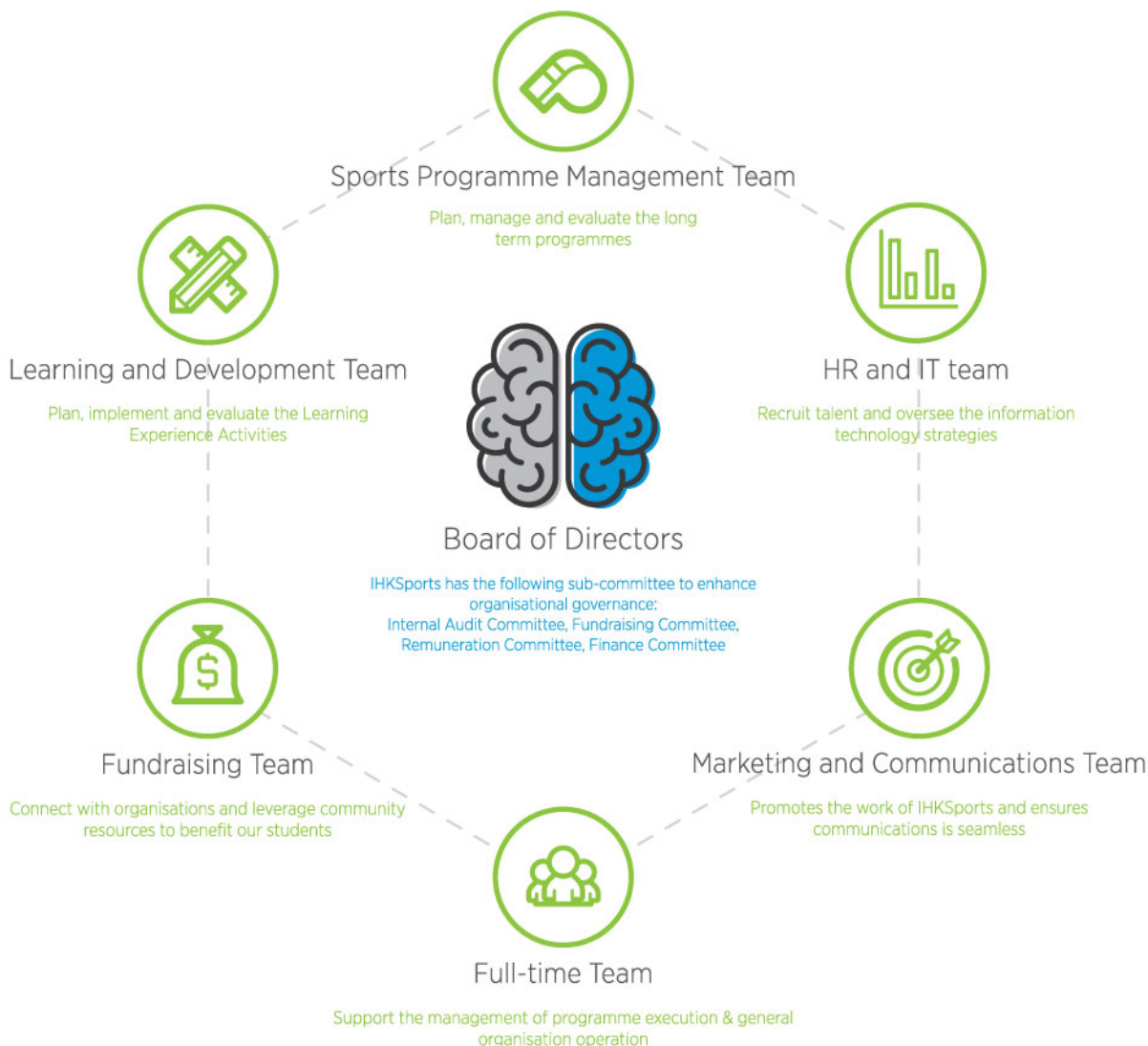


Our Talents

Our organisation is mainly run by a team of volunteers who have been selflessly dedicating their professional skills and time over the past few years. They serve as **Board Directors Board** and Volunteering **Executive Managers** in the seven teams below. Our strong team of **36 volunteers** regularly spend **at least 6 hours per week** visiting classes, attending both internal and external meetings, and working at IHKSports' office or from home to support our administrative work and long-term development.

Converting their time spent (**at least 11,232 hours annually**) into financial donation means IHKSports benefited from at least 1,400,000HKD worth of human capital expenses.

Thanks to the tremendous support given to us, our full-time staff has also grown to a 9-person team in 2018-2019, up from 5 people in 2017-2018.



Advisors

Provide us with invaluable advice and guidance



Ambassadors

Role models of our students



Athlete Supporters

Current/Former Hong Kong team sportsmen who identify themselves with our mission

Learning for Staff and Volunteers



Executive Meetings

In 2018-19, four executive meetings were held to ensure that the full team were on the same page on the latest development of the organisation and to discuss on ways to better deliver our services.



TO THE ROW



Internal Team Learnings

At IHKSports, we are committed to continuous self-learning, which is why we regularly invite our Honorary Advisors to deliver a talk to all volunteers and full-time staff members. This year, we had Dr Alex Ng and Ms Bonnie So, who both were heading a well-known non-governmental organisation respectively, to share practical advice on how to leverage on the best types of expertise and resources.

Our Volunteering Board of Directors



Edmond Yip Chairman and Executive Director

Mr Edmond Yip leads the Board of Directors of IHKSports to oversee the achievement of IHKSports' vision and mission through good governance and sustainable development of the organisation. He is also Chairperson of the Remuneration Committee. Professionally he is the Chief Operating Officer of a technology startup in Hong Kong. Prior to running his own businesses, he was a management trainee and subsequently a senior manager in a multinational group listed in Hong Kong. He is a graduate of the University of Hong Kong with a double degree in Business Administration and Laws.

Mr Gary Wong is Founder, Non-Executive Director and inaugural Chairman of IHKSports. Currently, he advises the strategic development of the charity. He heads Public Affairs and Marketing in a retail portfolio comprising a number of community hubs in Hong Kong managed by a global private equity real estate fund management company. Before that, he was Director of Public Affairs in the Asia Pacific region in the world's largest membership organisation for professional learning. He was also a Deputy Head of Sales in Greater China in a listed chemical company and worked in a global management consulting firm based in Bangalore, India. Gary is active in public policy and international relations. He is a Non-official Member of the Commission on Children of HKSAR Government, a Member of Sir David Trench Fund Committee of Home Affairs Bureau, and a Member of the Advisory Board for Master of Arts in International Affairs at Lingnan University in Hong Kong. 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 from the University of Oxford.



Gary Wong Founder and Non-Executive Director



Sunny Leung
Executive Director

Mr Sunny Leung focuses on improving the financial transparency and internal control of IHKSports. He is also Chairperson of the Finance Committee. 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.



Zimon Chan
Executive Director

Mr Zimon Chan is Executive Director and immediate past Chairman of IHKSports. Currently, he oversees our Sports Programmes. He is the Head of Other Learning Experience in two private primary schools. He was a member of the Curriculum Development Council Committee on PE, which develops the local PE curriculum. He was an Assistant Coach of the HK Boys' and Girls' 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.



Lisa So
Non-Executive Director

Ms Lisa So oversees the 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.



William Fong
Executive Director

Mr William Fong oversees the fundraising work of IHKSports. He is a Partner in a Mergers & Acquisitions and Private Equity Practice Group based in Hong Kong. He is a solicitor and holds a LLB from the University of Warwick.

Our Advisors

We have a strong team of Honourable Advisors and Strategic Council Members from various sectors who care about local youth development as much as we do! With their extensive network, they connect us with stakeholders and help us build rapport with them.

Honourable Advisors



Dr John Chan, GBS, JP

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



Dr Albert Chau

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



Dr Lam Ching Choi, BBS, JP

- Chairman, the Elderly Commission
- Non-Official Member, the Executive Council of the HKSAR Government



Ms Shalini Mahtani, MBE

- Founder, Community Business
- Co-Founder and Chair, the Zubin Foundation
- MEMBER of Transport Advisory Committee
- Member of the HK Unison ExCo
- Non-official Member of the Commission on Children



Dr Alex Ng

- Deputy Director of Health, China Program, Health, Innovation & Partnership, the Bill & Melinda Gates Foundation
- Strategic and Technology Advisory Committee Member, the Chinese Consortium of Universities for Global Health
- Honorary Assistant Professor, the University of Hong Kong
- Council Member, Hong Kong Council on Smoking and Health



Ms Bonnie So

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



Dr Sandra Tsang, JP

- Associate Professor, the Department of Social Work and Social Administration of the University of Hong Kong
- Member of The Nursing Council of Hong Kong
- Non-official Member of the Commission on Children



Ms Bernadette Tsui

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



Ms Yvonne Yeung

- Chief Executive, the Hong Kong Young Women's Christian Association
- Committee Member, the HKCSS Executive Committee
- Steering Committee Member on NGOs Governance Platform Project and Chairperson of the Standing Committee on Sector and Capacity Development of the Hong Kong Council of Social Service
- Member, the Women's Commission
- Advisor, Our Hong Kong Foundation



Mr James E. Thompson, GBS

- Chairman and Founder, Crown Worldwide Group of Companies
- Chairman, Hong Kong Management Association
- Member, HKTDC HK-Europe Business Council
- Member, the Invest HK Investment Promotion Ambassador Scheme
- Member, Hong Kong University of Science and Technology Business School Advisory Council
- Member, City University of Hong Kong College International Advisory Board
- Chairman, Asian Youth Orchestra
- Honorary President, the Society for the Promotion of Hospice Care
- Member, International Advisory Board of the San Jose State University Business School

Strategic Council Members

-Mr Evan CHOW, Managing Partner, CEG Capital

-Ms Shirley HSU, CEO, UCF Capital

-Ms Christina GAW, Managing Principal, Gaw Capital

-Ms Candy KOON, Executive Director, Easyknit

-Ms Esther MA, CEO & Founder, Prestique Ltd / Harvest Sky

-Mr Anthony NGAI, COO, Sigband Technologies

-Mr David PUN, Chairman & CEO, Evisu Group

-Mr Patrick TSANG, CEO, Chow Tai Fook Enterprises

-Mr Frank WONG, President (Asia), Scholastic

-Mr Stephen WONG, Director, Strategic Business Development, Swire Beverages

-Mr Sunny WONG, Executive Director, Tibet Water Resources Ltd.

Our Ambassadors

IHKSports Ambassadors and Athlete Supporters are top elites in Hong Kong. They are the role models for our students.



Mr Rex Tso

Mr Rex Tso is a boxer 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 April 2019, he won 22 consecutive 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.



Ms Chan Yuen Ting (Cowball)

Known as "cowball", Ms Chan Yuen Ting is the first woman coach of Hong Kong men's professional association football team and also the first women to coach a men's professional association football team to the championship of a nation's top league.

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

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

Mr Ho Chu Ting Timothy

Timothy is the first Chinese athlete to hold two championships 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.



Our Athlete Supporters

Our 52 athlete supporters are former and current Hong Kong team sportswomen and sportsmen who identify themselves with our mission.



Cecilia Yeung
Track & Field



Tony Wu
Baseball



Lui Lai Yiu
Track & Field



Cyrus So
Basketball



Tiffany Chan
Golf



Vivian Kong
Fencing



Siu Cheong Hung
Volleyball



Kenneth Chiu
Table Tennis



Camille Cheng
Swimming



Kelvin Ng
Gymnastics



Vanessa Wong
Roller Skating



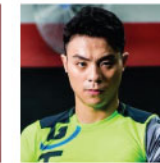
Theophilus Chan
Track & Field



Antonio Lam
Fencing



Angel Wong
Gymnastics



Kent Cheung
Swimming



Hayley Chan
Windsurfing



Cheuk Ting
Basketball



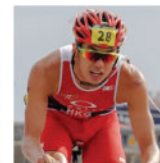
Vivian Ma
Cycling



Christopher Ngai
Long distance running



Natasha Wong
Long distance running



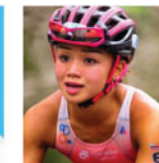
Tim Law
Triathlon



Vincici Hui
Triathlon



Addy Ip
Handball



Leanne Szeto
Triathlon



Chan Kin Lok
Swimming



Tsui Chi Ho
Track & Field



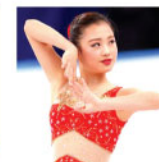
Claudia Lau
Swimming



Joyce Cheung
Triathlon



Lai Chun Ho
Track & Field



Maisy Ma
Figure Skating



Grace Yuen
Netball



Chloe Chan
Track & Field



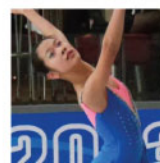
Candy Wu
Muay Thai



Sonia Kong
Beach Volleyball



Wong Ho Chung
Trail Run



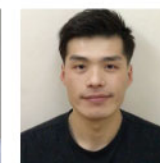
Crystal Chik
Figure Skating



Wong Wan Yiu
Cycling



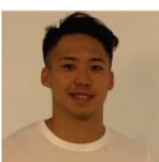
Yu Wai Ting
Swimming



Cheung Siu Lun
Fencing



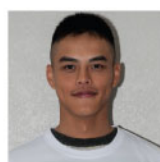
Rio Wong
Beach Volleyball



Derick Ng
Swimming



Carman Lee
Rowing



Kevin Kong
Swimming



Wong Yee Ching
Swimming



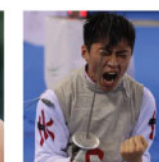
Michael Lo
Artistic Cycling



Kaylin Hsieh
Fencing



Cheri Cho
Triathlon



Lawrence Ng
Fencing



Lin Pak Hei
Tchoukball



Lee Yuen Yin
Rowing



Ma Man Sum
Karate



Nestor Wong
Long-distance running

Our Full-time Team



(middle)

Judy Kong Chief Executive

Role:

Judy works closely with the Board of Directors and leads the organisation's day-to-day operation. She is also Chairperson of the Fundraising Committee. She acquired work experience in one of the city's largest youth organisations, as well as on corporate philanthropy in a multinational fashion corporation and conducted public policy research in a local think tank.

Education attainment:

Bachelor of Global Business Studies from CUHK, Master of Social Work from HKU and Master of Public Policy from the University of Oxford.

(second from the left)

Tini Fong

Project Manager

Role:

Tini is part of the managing team of the Jockey Club InspiringHK SportsCHAT! programme.

Education Attainment:

Education Attainment: Bachelor of Social Science from HKU.

(second from the right)

Oscar Ng

Senior Programme Officer

Role:

Oscar oversees IHKSports' programme development and impact measurement. He is also responsible for forming strategic partnerships to recruit students to join our programmes.

Education Attainment:

Education attainment: Bachelor of Arts from HKU.

(first from the right)

Ng Wing Hin Rain

Project Officer

Role:

Rain is mainly responsible for the management of the Jockey Club InspiringHK SportsCHAT! programme.

Education Attainment:

Education attainment: Bachelor of Science from HKU.

(forth from the right)

Avery Chan

Marketing and Event Officer

Role:

Avery supports the marketing initiatives and events of the organisation and ensures consistent and effective communications of the Foundation's brand and positioning across all channels.

Education Attainment:

Education attainment: Bachelor of Business and Management (Major in Marketing and Management) from HKUST.

(forth from the left)

Vickie Chan

Development Officer

Role:

Vickie supports the strategic development and operation of IHKSports, she focuses on fundraising and partnership management.

Education Attainment:

Education attainment: Bachelor of Arts from HKU.

(third from the left)

Jessie Wan

Programme Officer

Role:

Jessie is mainly responsible for the management of the sports programmes.

Education Attainment:

Education attainment: Bachelor of Business Administration from LingnanU.

(third from the right)

Franco Wong

Programme Executive

Role:

Franco is mainly responsible for the management of the sports programme.

Education Attainment:

Education attainment: Bachelor of Science from PolyU.

(first from the left)

Angela Wong

Programme Executive

Role:

Angela is mainly responsible for the management of the Jockey Club InspiringHK SportsCHAT! programme.

Education Attainment:

Education Attainment: Bachelor of Social Science from HKU.

Our Volunteer Executives

Sports Programme Team



(first from the left)

David Poon

Sports Programme Manager

Full-time job:

Physical Education Officer for the school teams and the wellness program in the tertiary education sector.

Education attainment:

Bachelor's degree in Sports and Recreation Leadership from HKBU.

(second from the left)

Roy Chan

Sports Programme Manager

Full-time job:

Physical Educator in a local special school and a guest lecturer in EdUHK teaching "Adapted Physical Education Module".

Education attainment:

Master of Exercise Science and Special Education in CUHK and HKU.

(second from the right)

Jacky Lau

Executive Officer

Full-time student:

Studying in Hong Kong Shue Yan University, majoring in Economics and Finance.

(first from the right)

Harvey Lo

Sports Programme Manager

Full-time job:

Physical Education Teacher, panel of physical education and leader of public affairs at a local primary school.

Education attainment:

Master of Education (Educational Guidance) from HKU.

Lucita Lai

Sports Programme Manager

Full-time job:

Sports programme manager

Education attainment:

Bachelor of Health Science (Kinesiology) from York University

Learning and Development Team



(first from the left)

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.

(second from the left)

Rita Fan

Learning and Development Manager

Full-time job:

Educational Psychologist at non-governmental organization.

Education attainment:

Master of Social Sciences (Educational Psychology) and Master of Social Sciences (Social Service Management) from HKU.

(middle)

Leslie Tang

Learning and Development Manager

Full-time job:

Assistant Manager (Retail & Marketing Promotions) at one of the leading property companies in Hong Kong.

Education attainment:

Master's degree in Marketing from CUHK.

(second from the right)

Garcia Lam

Learning and Development Manager

Full-time job:

Senior Officer at a listed property developer.

Education attainment:

Master's degree in Real Estate (General Practice Surveying) from HKU.

(first from the right)

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.

Our Volunteer Executives



(first from the left)
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.

(second from the left)
Yasmin Fong

Fundraising Manager

Full-time job:

Private Banking specialising in administration of private family trusts and charitable foundations, succession planning and wealth advisory.

Education attainment:

Qualified Solicitor, LLB, BBA(Law) .

(second from the right)
Natalie Leung

Partnership Manager

Full-time job:

Management Trainee in a listed real estate development and investment company.

Education attainment:

Bachelor of Social Sciences (Govt & Laws) and LLB from HKU.

(first from the right)
Edward Lee

Executive Officer

(Fundraising)

Full-time student:

Bachelor of Arts at the HKBU, majoring in English and Education.

Theophilus Chan

Partnership Manager

Full-time job:

Current Hong Kong Long Jump Record Holder and a full-time athlete at Hong Kong Sports Institute.

Education attainment:

Bachelor of Business Administration from HKU.

HR and IT Team



Jack Chen

IT Manager

Full-time job:

Software engineer in a multinational investment bank, and the co-host of the technical event Codeaholics and CodeConf Hong Kong.

Education attainment:

Master of Science in Computer Science from HKU.



Agnes Ip

Human Resources Manager

Full-time job:

Leader of the HR team in an international professional services firm.

Education attainment:

Master's degree in Events & Cultural Management from Northumbria University and Master's degree in Professional Accountancy from the University of London.

Our Volunteer Executives

Marketing and Communications Team



(Back Row first from the left)
Jonathan Ng
Communications Manager

Full-time job:
Executive Trainee of a trade promotion organisation.

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

(Back Row second from the left)
Jeffery Ip
Executive Officer
(Marketing and Communications)

Full-time student:
Studying at HKU, majoring in Social Sciences.

(Back Row second from the right)
Karen Lee
Executive Officer
(Marketing and Communications)

Full-time job:
Manager of an executive coaching and training company.

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

(Back Row first from the right)
Douglas Lau
Communications Manager

Full-time job:
Executive Trainee of a trade promotion organisation.

Education attainment:
Bachelor of Science from Durham University.

(Front Row first from the left)
Sandy Cheung
Social Media Manager
Full-time job:
Marketing Manager at one of the largest media companies in HK.

Education attainment:
Bachelor of Social Science (Sociology) from CUHK.

(Front Row middle)
Sonia Tsang
Media Manager
Full-time job:
CSR Manager of a bank

Education attainment:
Bachelor's degree in Economics from University College London.

(Front Row first from the right)
Natalie Mok
Marketing Manager
Full-time job:
Assistant Manager of a financial regulator.

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

(Overseas)
Christopher Tse
Communications Manager
Full-time job:
Manager in an international bank's operations in Continental Europe.

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

Our Finance

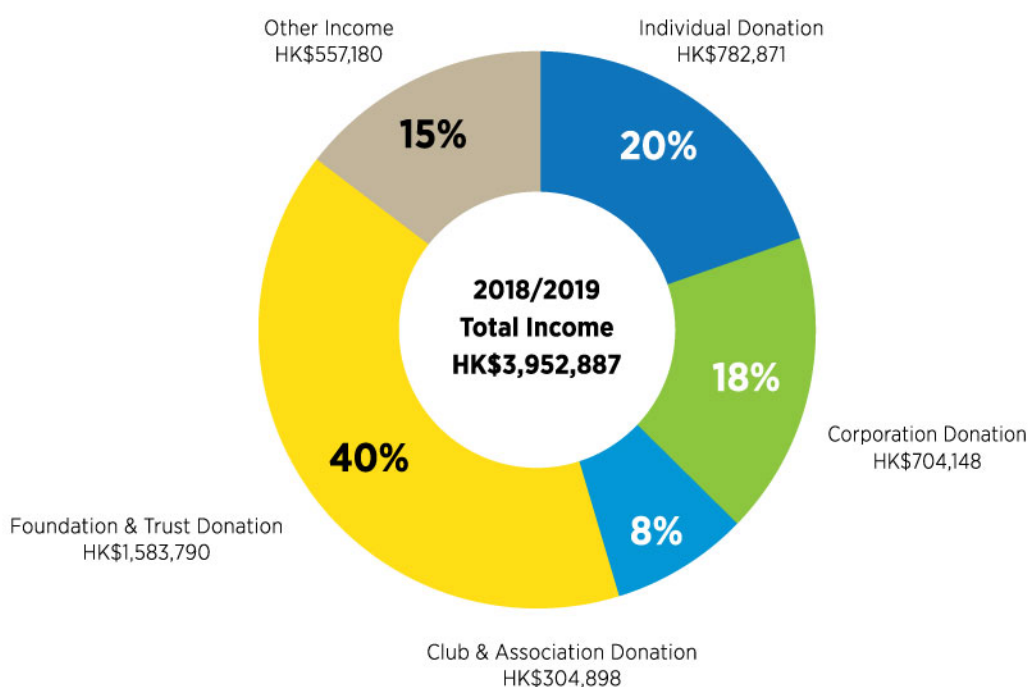
Ecovis Focus Hong Kong CPA Limited audited our annual financial report and our public accountants assisted us in maintaining our daily accounts. Our financial year is from 1/5/2018 to 30/4/2019.

Income and Expenditure of 2018/2019 and 2017/2018

	2018/19 (Hong Kong Dollars)	2017/18 (Hong Kong Dollars)
Donation Income	\$3,375,707	\$3,343,864
Other Income	\$577,180	\$6,305
Expenditure	(5,361,469)	(\$3,531,845)
Surplus / (Deficit) for the period	(\$1,408,582)	(\$181,676)
Surplus and reserves from previous period	\$1,587,134	\$1,768,810
Accumulated Surplus	\$178,552	\$1,587,134

Income and expenditures are accounted for on an accrual basis. In 2018/2019, we ran an accumulated surplus amounting \$178,552 to sustain our long-term development.

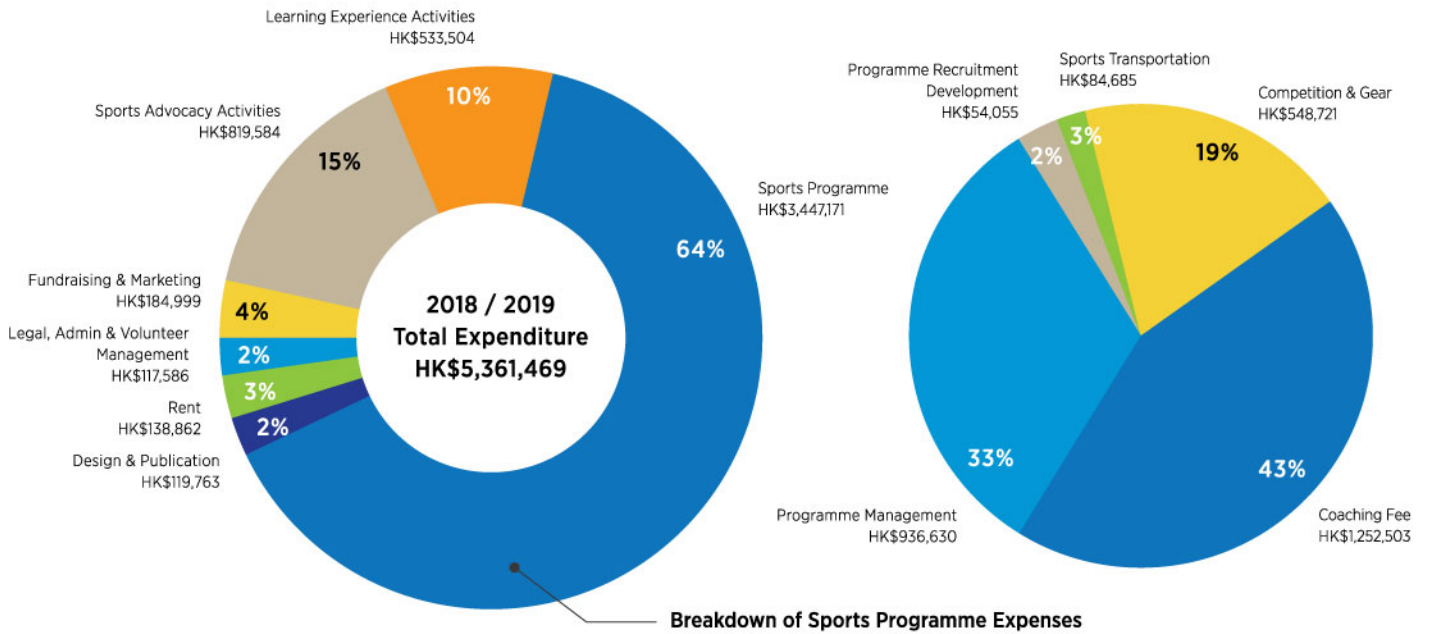
Annual Income



2018/2019 Annual Income

We had almost the same amount of income compared with the previous fiscal year. As a charity not receiving any funding from the government, we are grateful to donors for their generous support and trust. These donors include enterprises, foundations, companies, associations and individuals giving personal donation. We have also published and sold sports charity books etc. to increase our income.

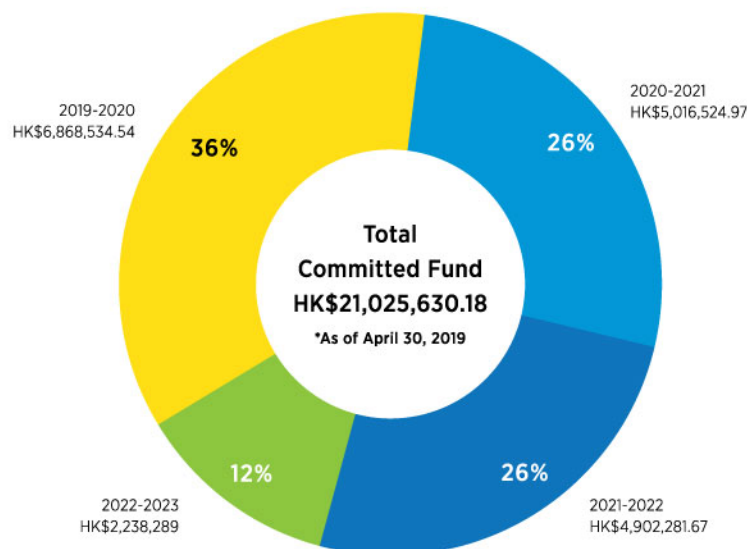
Annual Expenditure



2018/2019 Annual Expenditure

Over the past year, our charity has prudently utilised the accumulated surplus from previous years to launch the sports advocacy activity of #SportsHour to promote healthy lifestyle amongst young people in Hong Kong. At the same time, our charity has invested in the back-end fundraising, marketing and programme execution team for our future development.

Committed Donation in written forms between 2019/2020 to 2022/2023



Our charity has successfully raised over HK\$20 million designated funding for sports programmes, to be spread across two to four years, depending on programme duration. At the same time, we continued to raise funds for central administrative cost, to cope with other essential tasks on governance, legal, transparency, service planning, manpower management, financial management, risk management, marketing, public relations, facility, material supplies and technical support.

Our Partners

Regular Donation Partners

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



Herbert Smith Freehills



Hello.mingwailau.hk



SSG Capital Management Ltd



Tsit Wing Coffee Co Ltd

Sports Programme Title-Sponsors

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

(Listed according to the start date of respective Sports Programmes)



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 2016 to 2018



Friends of Asia Hong Kong

Title Sponsor for various *GOLF Inspires!* Programmes for both primary and secondary school students between 2016 to 2019



The Ngai Family Foundation

Title Sponsor for *TEEBALL Inspires!* Kowloon City between 2018 to 2019



Zonta Club of Hong Kong II

Title Sponsor for *SWIM Inspires!* and *Women's Football Inspires!* between 2018 to 2020



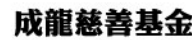
The Hong Kong Club Foundation Limited

Title Sponsor for various *Fencing Inspires!* programmes between 2018 to 2020



Laureus Sport for Good Foundation

Title Sponsor for various *YOUunique* programmes between 2018 to 2019.



Jackie Chan Charitable Foundation

Title Sponsor for *YOUunique Taekwondo!* Kowloon City between 2018 to 2019



Chow Tai Fook Charity Foundation

Title sponsor for the "Sports TRYumph" programme between 2018 to 2019



New World SpringBoard

Title sponsor for the New World Springboard Sports Ignite Programme between 2018 to 2020



The Hong Kong Jockey Club Charities Trust

Title sponsor for the "Jockey Club InspiringHK SportsCHAT!" between 2019 to 2021



The Equal Opportunities Foundation

Title sponsor for *SHUTTLECOCK Inspires!* Sham Shui Po between 2019 to 2021



The Extra Mile

Title Sponsor for *TRAIL Run Inspires!* for 2019 to 2020.

Endorsement Message from Laureus Sport for Good



Here at Laureus Sport for Good, we firmly believe in the power of sports to transform young people's lives and are therefore very happy to have partnered with InspiringHK Sports Foundation, who are committed to supporting disadvantaged youth through sports and promoting social mobility, gender equality, social inclusion and a healthy lifestyle. As the foundation was only set up six years ago, Laureus Sport for Good is particularly impressed with the organisation's growth, reach and influence throughout Hong Kong and its passion to help underprivileged children and young people. We are very much looking forward to continuing our partnership with InspiringHK in the near future!

Laureus Sport for Good

Wellness Partners



Pure Yoga



Pure Fitness

Supporting Partners

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

ARENA	Fencing Arena	Nissin Foods Hong Kong
Athletic City	Frederique Constant Hong Kong	Rich Beauty International
Blue Cross (Asia-Pacific) Insurance	Friends of Asia Hong Kong & UBS Hong Kong Open	Sony Hong Kong
Canadian International School of Hong Kong	Herbert Smith Freehills	Stanford Swim School
CEP Hong Kong	Harrow International School Foundation	Studio Anderson
Cirque du Soleil	Hong Kong Golf Club	The American Women's Association of Hong Kong
Clyde & Co	Hong Kong Rope Skipping Club	THE WAVE
DEF Promotions	Kapuhala	Zarie
Ecovis Focus Hong Kong CPA	Les Escrimeurs (Hong Kong)	Zonta Club of Hong Kong II Foundation
EQS Asia Ltd. / EQS Today!R	LUSH	

Recruitment Partners

We are thankful to have established good relationships with 44 schools and NGOs to maximise our reach to more underprivileged children.

ELCHK Hung Hom Lutheran Primary School

IHKSports offers grassroots students diverse sports experiences. Apart from subsidising the fees of hiring professional coaches and booking standard softball courts, IHKSports also provides us all the equipments required, enabling our students to train professionally. Although these experiences are precious and costly, which ordinary schools and students could not afford, IHKSports still provide us a long term and sustainable sports program instead of a short term experience. "Better Youths, Through Sports" is the vision of IHKSports, which track with our core values "HHLPS" (Heart, Health, Learn, Passion, Servant), promoting life education. We are looking forward for more partnerships with IHKSports, provide more opportunities for students and make their dreams come true.

Mr WONG Chi-wah
Principal

The Boys' & Girls' Clubs Association of Hong Kong Jockey Club Cheung Sha Wan Children & Youth Integrated Services Centre

Although our cooperation with IHKSports has only lasted for one year, we have built a very close partnership as well as friendship. We complement each other with mutual respect for our respective expertise. A big thanks to IHKSports for delivering a professional sports programme with their high-calibre coaches in order to build positive traits among underprivileged children. We were firmly convinced that IHKSports's coaches, volunteers and staff are full of energy and passion, who are the role models for today's teenagers.

Miss WU Suk-ye
Assistant Centre-in-charge

For more information on our collaboration experience with the schools, please refer to the following newsletters which we distribute to local schools regularly:

《School Partnership Newsletter》



1st issue



2nd issue

Coaching Partners

Our programme has been run smoothly thanks to the professional delivery by 55 of our coaches this year.

Students from IHKSports are recruited from different schools and many of them are not very familiar with each other at first. Some of them are very serious, some naughty and talkative, and their abilities vary. I echo with IHKSports' vision that those outstanding ones should not give up halfway and those who are not as outstanding do not need to be frustrated. What matters about sports is always doing our best and breaking our own limits!

RUN Inspires! Coach, Yiu Kit Ching

Thoughts determine behaviours, behaviours determine habits, habits determine personalities and personalities determine destiny! I totally agree with IHKSports' vision of changing children's habits and thoughts through sports and providing them with the opportunity to build their willpower, confidence, spirit of cooperation and discipline. In order to make Taekwondo more appealing to students, we train and guide them through playing games so as to develop their sense of decisiveness, responsiveness and team spirit.

In the one-year training, the students have become more disciplined and would listen and try to fulfill my instruction. They have big improvements in terms of their attitude and skills. We are grateful to be granted the opportunity to teach these children Taekwondo.

TAEKWONDO Inspires! Coach, Law Chi Ying

OUR SPORTS PROGRAMMES





We help our students develop positive attributes such as perseverance and teamwork, so they will be better prepared for future challenges.

Our Sports Programmes are delivered on a weekly basis and typically last between 1-4 years until positive impact has been gauged quantitatively and qualitatively.

Programme Uniqueness:

- Professional sports training delivered by experienced coaches or current / former Hong Kong Team Members;
- Abundant opportunities to participate in external competitions and open performances;
- Enable holistic development of students through other Learning Experience Activities (See next section).

IHKSports

Sports Programmes Overview

We have increased the number of sports classes to 47 this year from 22 in 17/18. These classes serve 14 out of 18 districts in Hong Kong.



1 Tai Po

YOUUnique! HOCKEY Primary ✓

6 North District

GOLF Inspires! Secondary Class A
 GOLF Inspires! Secondary Class B
 GOLF Inspires! Primary Class A 🏌️
 GOLF Inspires! Primary Class B
 GOLF Inspires! Primary Class C
 FENCING Inspires! Primary 🗡️

2 Yuen Long

KORFBALL Inspires! Secondary 🏀
 FENCING Inspires! Primary 🗡️

7 Tuen Mun

HOCKEY Inspires! Primary Class A
 HOCKEY Inspires! Primary Class B ✓
 HOCKEY Inspires! Primary Class C
 FENCING Inspires! Primary Class A 🗡️
 FENCING Inspires! Primary Class B
 YOUUnique! TAEKWONDO Primary Class A 🥋
 YOUUnique! TAEKWONDO Primary Class B

1 Lantau Island

CRICKET Inspires! Primary 🏏

4 Kwai Tsing




RUN Inspires! Secondary Class A 🏃
 RUN Inspires! Secondary Class B
 SHUTTLECOCK Inspires! Primary Class A 🏸
 SHUTTLECOCK Inspires! Primary Class B

1 Wan Chai

WOMEN FOOTBALL Inspires! Primary ⚽



Sham Shui Po 6

-  RUN Inspires! Secondary
-  SHUTTLECOCK Inspires! Primary
-  FENCING Inspires! Primary
-  DODGEBALL Inspires! Primary
-  TRAIL RUN Inspires! Secondary


Kowloon City 9

-  SWIM Inspires! Primary & Secondary
-  FENCING Inspires! Secondary
-  FENCING Inspires! Primary
-  TEEBALL Inspires! Primary
-  KARATE Inspires! Secondary
-  DODGEBEE Inspires! Secondary
-  YOUnique! TAEKWONDO Primary
-  ROPE SKIPPING Inspires! Primary Class A
-  ROPE SKIPPING Inspires! Primary Class B






Wong Tai Sin 1

-  YOUnique! VOLLEYBALL Primary

Sai Kung 2

-  SWIM Inspires! Secondary
-  HOCKEY Inspires! Primary

Kwun Tong 5

-  YOUnique! TAEKWONDO Primary
-  TCHOUKBALL Inspires! Secondary
-  WOMEN FOOTBALL Inspires! Primary
-  ROPE SKIPPING Inspires! Primary
-  RUN Inspires! Secondary

Eastern District 1

-  YOUnique! RUN Primary

Southern District 1

-  RUN Inspires! Primary



Total hours of SportsCHAT! workshops

495



Total hours of long term sports training

22,243

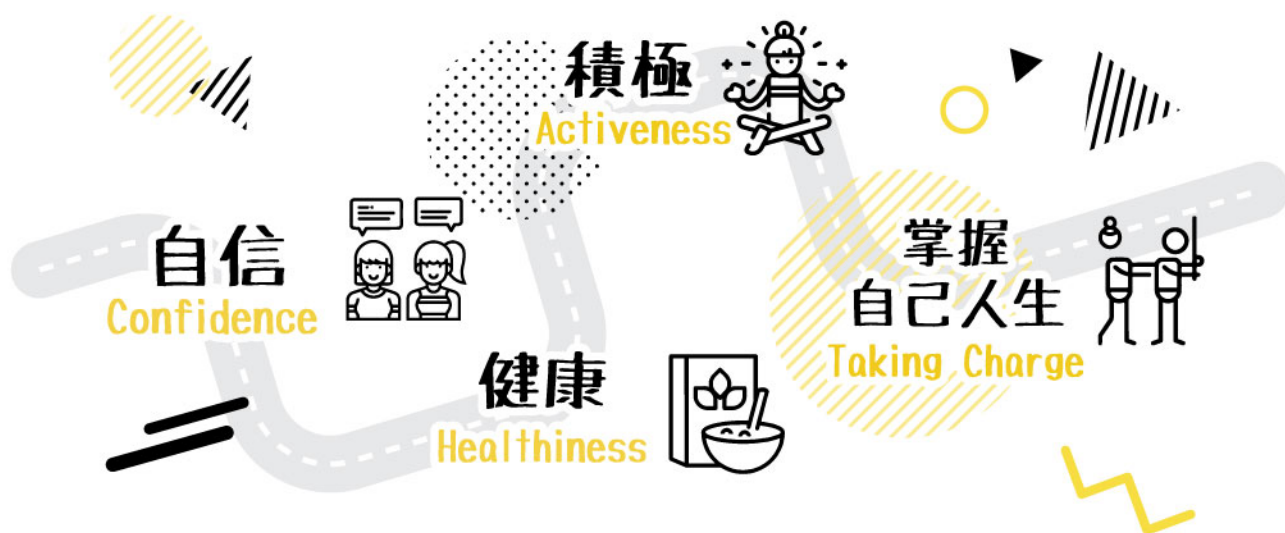
The Hong Kong Jockey Club Charities Trust

Jockey Club InspiringHK SportsCHAT!

Funded by:



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER



"Jockey Club InspiringHK SportsCHAT!" (SportsCHAT!) is a three-year Hong Kong-wide sports programme that aims to train and inspire girls to be **Confident, Healthy, Active and Taking-charge** of their lives via **Sports**. In collaboration with renowned training partners and supporting partners, More than 2,000 secondary school girls and 400 female volunteer buddies are expected to participate in the "**SportsCHAT! Challenge**" with in-school workshops and challenges on the specifically designed SportsCHAT! mobile app.

400 teenage girls will continue with **SHE Inspires!**, a long-term professional sports training for one year. The sports options range from boxing, HIIT/TRX fitness, dance, badminton, yoga to roller skating. There will be **bi-monthly sports meet-ups and half-yearly gatherings** for girls and volunteers to continue supporting and motivating each other.

Sports and Training Partners



Supporting Partners



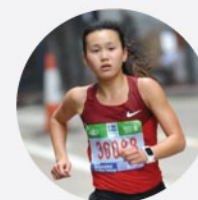
SportsCHAT! Ambassadors



Leanne Szeto
(Triathlon)



Angel Wong
(Gymnastics)



Natasha Wong
(Long-distance running)

School Partners (Batch 1)

Buddhist Yip Kei Nam Memorial College	Lok Sin Tong Yu Kan Hing Secondary School
Carmel Alison Lam Foundation Secondary School	Po Leung Kuk Ngan Po Ling College
Confucius Hall Secondary School	Po Leung Kuk Tong Nai Kan Junior Secondary College
Kit Sam Lam Bing Yim Secondary School	Scientia Secondary School

822

**No. of
female students**

**No. of
female volunteers**

157

Feedback from students:



"The greatest challenge to me is aerobic dancing in the fitness session! Though I think I do not dance well, it is so fun!"

"Overall it is a great experience! I love the session of athlete's sharing the most since the athlete and I share the same passion for the same sport."



Feedback from teachers:

"It is a very good programme that encourages girls to do more sports. Gender should never be a restriction and girls can also have outstanding performance in sports too."



Feedback from buddies after taking part in the Buddy Training:



"It was a fruitful day with different activities under good time management. It was great to talk with the girls and learn more about their thoughts too!"

"I had never heard of Krav Maga before and it was so fun! After having the trial session, I think this was worth learning, especially for younger girls in protecting themselves."



New World Springboard Sports Ignite Programme



Total no. of beneficiaries

115

New World Springboard Sports Ignite Programme supports:

YOUUnique! TAEKWONDO Primary



Recruitment Partner



The Mission Covenant Church Holm Glad No. 2 Primary School



Coaching Partner



Ms Law Chi Ying

FENCING Inspires! Primary



Recruitment Partner



Tin Shui Wai Methodist Primary School



Coaching Partner



ByJoss



CRICKET Inspires! Primary



Recruitment Partner



The Salvation Army Lam Butt Chung Memorial School



Coaching Partner

Cricket Hong Kong



FENCING Inspires! Primary



Recruitment Partner



Fung Kai Liu Yun Sum Memorial School



Coaching Partner



Ms Wong Ka Yan



SHUTTLECOCK Inspires! Primary



Recruitment Partner



Father Cucchiara Memorial School



Coaching Partner



Olymspirit Shuttlecock





KARATE Inspires! Secondary



Recruitment Partner



Jockey Club Government Secondary School



Coaching Partner



Mr Wai Kwok Ying

TCHOUKBALL Inspires! Secondary



Recruitment Partner



Kwun Tong Kung Lok Government Secondary School



Coaching Partner



Flyers Sports Association



DODGEBEE Inspires! Secondary



Recruitment Partner



S.K.H Tsoi Kung Po Secondary School



Coaching Partner



Hong Kong Dodgebee Sport Club



KORFBALL Inspires! Secondary



Recruitment Partner



Yuen Long Merchants Association Secondary School



Coaching Partner



Hong Kong China Korfball Association



FENCING Inspires! Secondary



Recruitment Partner



Scientia Secondary School



Coaching Partner



Fencers Club Hong Kong Kowloon



Sharing & Feedback

I was often sick as a kid, and doing karate has helped me strengthen my body and mind. However, I could not afford to attend every class, so occasionally I would need to skip lessons and practise on my own. Therefore, I am thankful to IHKSports for helping underprivileged children to participate in this sport and I am honoured to be teaching them my skills.

Gordon Wai, Coach of KARATE Inspires!



Chow Tai Fook Charity Foundation

周大福 周大福慈善基金
CHOW TAI FOOK Chow Tai Fook Charity Foundation

Total no. of beneficiaries

154

Chow Tai Fook Charitable Foundation supports:



YOUUnique! TAEKWONDO Advanced! (Primary School Class A)



Recruitment Partner



The Salvation Army Tuen Mun Integrated Service for Youth People



Coaching Partner



Ms. Law Chi Ying

YOUUnique! TAEKWONDO Advanced! (Primary School Class B)



Recruitment Partner



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



Coaching Partner



Ms. Law Chi Ying



ROPE SKIPPING Inspires! (Primary School Class A)



Recruitment Partner



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



Coaching Partner



Hong Kong Rope Skipping Club



HOCKEY Inspires! (Primary School Class A)



Recruitment Partner



寶馬會將軍澳青少年綜合服務中心
Jockey Club Tsing Yi-O Children & Youth Integrated Services Centre

The Boys' & Girls' Clubs Association of Hong Kong JC TSEUNG KWAN O C&Y ISC



Coaching Partner



Thomas Li Tsun Wai





HOCKEY Inspires! (Primary School Class B)



The Boys' & Girls' Clubs Association of Hong Kong JC TUEN MUN C&Y ISC

Yau Yuen Ki Kitty

DODGEBALL Inspires! Primary



Changing Youth Lives Foundation

Legend Dodgeball Team



ROPE SKIPPING Inspires! (Primary School Class B)



The Friends of Scouting Jockey Club Kai Yip Service for Children & Youth

Hong Kong Rope Skipping Club

People's Place



SHUTTLECOCK Inspires! Primary



The Boys' & Girls' Clubs Association of Hong Kong JC SOUTH KWAI CHUNG C&Y ISC

Olymspirit Shuttlecock

Asbury Methodist Primary School



Sharing & Feedback

In a blink of an eye, it is the 2nd year since we started to run the Taekwondo class. Thinking back everything we' ve gone through with the kids, we are glad for their improvement. The most impressive memory was one of their promotion exams, which they were required to break the wooden board. They were all surprised when they broke the wooden board, just like they had accomplished "The Mission Impossible" . We had a little sharing session with their parents after the exam, and most of them said their kids thought that it was impossible for them to break the wooden board, but at the end everyone did it, this experience had encouraged them a lot.

We are proud to see these kids improving themselves not only in the techniques of Taekwondo, but also becoming active, confident, cooperative and respecting each other. From the changes of these kids, we deeply understand how sports could support youth and provide them with a good growing environment.

Total no. of beneficiaries
60

Laureus Sport For Good Foundation Limited supports:

YOUUnique! HOCKEY Primary



Recruitment Partner



Lutheran Church Salem-Family Net
Social Service Centre



Coaching Partner



Shaheen Sports Club

YOUUnique! RUN Primary



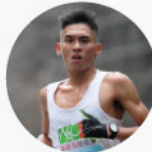
Recruitment Partner



The Salvation Army Chaiwan
Integrated Service for Youth People



Coaching Partner



Mr. LI Chun Yin



YOUUnique! VOLLEYBALL Primary



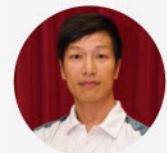
Recruitment Partner



The Salvation Army Chuk Yuen
C & Y Centre



Coaching Partner



Mr. YAU Hok Chun

Sharing & Feedback

My son had joined "YOUUnique! RUN" for a year. He was a fish out of the water as he lack communication skills and not really willing to join the training section. After a period of training he became confident and gained a lot of persistence, began to love the training and knew how to connect with others.

After being trained in "YOUUnique! RUN", my son got his first gold medal at school. Although it was just a family relay, my son was so happy about it and the experience greatly boosted his confidence. From that day on, my son trains even harder than before as he precious the opportunities offered by the coaches.

Other than training, IHKSports also provides us opportunities to join public competitions, which allow them to learn how to persist in competitions. I hope IHKSports would continue to provide other training programmes for students, to let more children benefit from it.

I have to thank "IHKSports" and "the Salvation Army Integrated Service for Youth People" for providing such a great training for my son.



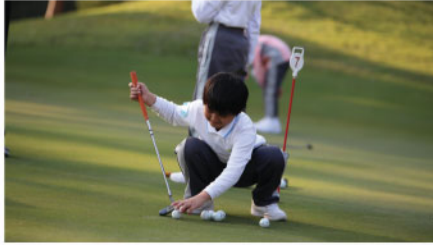
Friends of Asia Hong Kong

FRIENDS OF ASIA
HONG KONG

Total no. of
beneficiaries

63

Friends of Asia Hong Kong supports:



GOLF Inspires! (Primary School Class A)



Recruitment
Partner



曾禧千禧學校

Tsang Mui Millennium School



Coaching
Partner



HONG KONG
GOLF CLUB

The Hong Kong Golf Club

GOLF Inspires! (Primary School Class B)



Recruitment
Partner



Wai Chow Public School
(Sheung Shui)



Coaching
Partner



HONG KONG
GOLF CLUB

The Hong Kong Golf Club



GOLF Inspires! (Primary School Class C)



Recruitment
Partner



S.K.H. Yuen Chen Maun Chen
Jubilee Primary School



Coaching
Partner



HONG KONG
GOLF CLUB

The Hong Kong Golf Club



GOLF Inspires! (Scholarship for IHKSports Alumni)



Recruitment
Partner



Po Leung Kuk Ma Kam Ming College



Coaching
Partner



HONG KONG
GOLF CLUB

The Hong Kong Golf Club



Sharing & Feedback

I participated in my first open tournament in May this year, I was proud of myself for representing of IHKSports and my school. I didn't expect myself to have any outstanding performance in the tournament and tried to play normally as I did in all of my golf class. Unexpectedly, I got the bronze medal.

I remember it was a sizzling hot day, the sunlight was scorching my skin and I got a lot of sunburns. However, I still managed to leap out of my comfort zone and enjoy the challenges. It has been 3 years since I started to learn Golf. With the patience guidance from my coach, I had grown from a boy knowing nothing about golf to a golf player who had mastered all the basic skills.

Comparing my performance to the past, I found myself improved a lot. However, what I have learnt most was not the technique of golf, but "Setting Friendship before Competition". I got a lot of new friends during my trainings and competitions, we encourage and help each other a lot, becoming better friends afterwards. We all know that the result of competition is not important, the most important thing to do is do our best, be our best.



Zonta Club of Hong Kong II



Total no. of beneficiaries

31

The Zonta Club of Hong Kong II supports:



WOMEN FOOTBALL Inspires! Primary



Recruitment Partner



Po Kok Primary School



Coaching Partner



So Chun Hung



Lee Suet Ting

SWIM Inspires! Primary & Secondary



Recruitment Partner

Kowloon Lok Sin Tong
Lee Yin Yee United Centre



Coaching Partner



Stanford Swim School



Sharing & Feedback

I'm grateful to have joined this swimming class. As a Pakistani girl, I could not join swimming classes as they are mostly held in public swimming pools and taught by male coaches, because of my religion. Now, not only do I learn swimming – which is an important survival skill, I also know some new friends who have the same concern but share the same passion with me in the class. I still remember that at the beginning, we had to learn to swim without kickboards. It was very challenging and we were so nervous. We, however, mastered it in the end! That memory and feeling would be kept forever in my mind.



SWIM Inspires! student , Aimen

The Hong Kong Club Foundation



The Hong Kong Club Foundation Limited

Total no. of beneficiaries

45

The Hong Kong Club Foundation supports:



FENCING Inspires! Primary



Recruitment Partner



Toi Shan Association Primary School



Coaching Partner



Fencing Arena

FENCING Inspires! Primary



Recruitment Partner



S.K.H Holy Carpenter Primary School



Coaching Partner



Fencers Club Hong Kong



FENCING Inspires! Primary



Recruitment Partner



賽馬會長沙灣青少年綜合服務中心
Jockey Club Cheung Sha Wan Children & Youth Integrated Service Centre

Jockey Club Cheung Sha Wan Children & Youth Integrated Service Centre



Coaching Partner



Fencers Club Hong Kong



Sharing & Feedback

I'm glad that my son (Ching Him) joined *FENCING Inspires!*, what he had learnt was far more than fencing techniques. He became more concentrated when studying or doing other task, he improved his academic results, and he became physically stronger. There are too many to be mentioned.

Ching Him and I would like to thank IHKSports for giving him a precious learning opportunity, Jessie and Miss WU for taking care of the students and also Coach FONG for his excellent coaching. With the help of IHKSports and others, Ching Him had learnt things beyond sports and develop a positive attitude toward life.



FENCING Inspires!, Parent of Lam Ching Him

The Ngai Family Foundation supports:

TEEBALL Inspires! Primary



Recruitment Partner



ELCHK Hung Hom Lutheran Primary School



Coaching Partner



Ku Oi Yu



Sharing & Feedback

Teeball is a team sport. It can only be done with team spirit and teammates knowing the importance of division of labour. Since they started to learn teeball, I am delighted and thankful to see that they have been improving in teamwork, and they also know the duties of each position in the field.

TEEBALL Inspires!, Parent of He Alex Ying Xuan and He Felix Ying Chen



Jackie Chan Charitable Foundation

Jackie Chan Charitable Foundation supports:

YOUUnique! TAEKWONDO Primary



Recruitment Partner



The Salvation Army Tuen Mun East Integrated Service for Youth People



Coaching Partner



Ms. Law Chi Ying



Sharing & Feedback

My sons joined *YOUUnique! TAEKWONDO* for nearly a year. At first they know nothing about taekwondo, and now they had promoted to yellow-green belt.

Although they always say the lessons are tiring, they still ask me bringing them to the next lesson on time, in order to play the pre-lesson game. "The Game" is not just a game, but also a training for focusing and observing. As they have to pay attention to the others' movement, enhancing their sensitivity of movements.

The kids could only grow up through challenges. Every learning experience is a journey to taste all the bitter and sweet. For them, stretching is the most painful part of the lesson, but they learned through the pain and understood the importance of adherence.

I was touched when my children practice on their own for the promotion exam, they would even group with other friends and practice together, build up a strong bonding within each other.

Through *YOUUnique! TAEKWONDO*, my sons are not only growing stronger physically, but also mentally. They have learned to control their emotions and became confident after learning taekwondo

Thank you taekwondo, Thank you IHKSports!

YOUUnique TAEKWONDO!, Parent of Poon Pak Yin and Poon Pak Man



The Extra Mile

THE
EXTRA
MILE

Total no. of
beneficiaries
22

The Extra Mile supports:

TRAIL RUN Inspires! Secondary



Recruitment
Partner



Kowloon Technical School



Coaching
Partner



The Peak Hunter



Sharing & Feedback

I grew up in children's homes and freedom is something that I always embrace. Thanks to IHKSports, I finally get a taste of freedom through trail running. In this year's training, not only did I improve my physique, but also learned to be more punctual and disciplined. I always try my best in every practice, and especially enjoy reaching summits of mountains with my classmates and coaches. Exploring nature's beautiful scenery allows me to feel the freedom that I've been cherishing. My goal now is to join PEAK HUNTER's elite trail running team and eventually become a professional trail runner!

TRAIL RUN Inspires!, Lau Wai Kit



Equal Opportunities Foundation

Total no. of
beneficiaries
19

Equal Opportunities Foundation supports:

SHUTTLECOCK Inspires! Primary



Recruitment
Partner



寶馬會長沙灣青少年綜合服務中心
The Best & Best Club, Association of Hong Kong

JC Cheung Sha Wan C&Y ISC



Coaching
Partner



Olymspirit Shuttlecock



Sharing & Feedback

I was not familiar with shuttlecock as it was not a popular sport to me, until one day my son came back and told me that he wanted to join SHUTTLECOCK Inspires!. This is the first time my son wanted to join a sports training program on his own, from that day on, shuttlecock was no longer an unfamiliar sport to us.

Through Shuttlecock, my son learned how to focus and never give up. He is proud of himself whenever he learned a new skill, he loves to share the joy with us right after the lessons.

Watching my son gaining confidence and happiness through shuttlecock, promoting shuttlecock with his friends and participating in competitions, I would like to thank IHKSports for giving us this precious opportunity and we wish to join more sports program in the future.



SHUTTLECOCK Inspires! Parent of Cheung Kin To

The. D.H. Chen Foundation



Total no. of beneficiaries

61

The. D.H. Chen Foundation supports:



RUN Inspires! Secondary (A) and (B)



Recruitment Partner



Cotton Spinners Association Secondary School



Coaching Partner



Love and Care Running Association

HOCKEY Inspires! Primary (A) and (B)



Recruitment Partner



Pok Oi Hospital Mrs Lee Ho Siu Fong Memorial Children and Families Development Centre



Coaching Partner



Ms Yau Yuen Ki



Mr Tsang Kin Kan

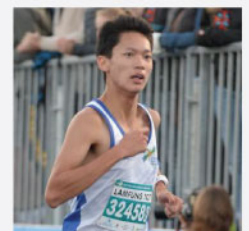


Sharing & Feedback

I feel very grateful to be sponsored by IHKSports to participate in the 10K race in Gold Coast Marathon 2018 in Australia. Although I was not able to achieve my target time for the competition, I learned a lot from this journey. Whether it was the 6-hour flight delay, or catching the second in the race and life in Australia, we are always in a race against time. There are so many things in our life that are out of our control, no matter how hard we strive to work for it.

My whole-hearted gratitude goes to Mr. Chan Ka Ho, my respectful coach. I felt like a failure when I crossed the finish line. At that time, I felt so ashamed to talk about my result, let alone look at my coach. However, he came up to me and said, "everyone will mess up sometimes, even So Ping Tim will do." I knew he was trying to cheer me up, and I was touched by what he said. I told myself that I would need to be more determined in future when it comes to running.

A few months after I came back to Hong Kong, I have eventually broken my personal record in 10K. I will never forget the sunset in Gold Coast and this journey is still the best moment of my life.



Student of RUN Inspires!, Lam Chak Fung

Open for Sponsorship

The classes below are currently looking for quality sponsors:



ROPE SKIPPING Inspires! Primary



Recruitment Partner



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



Coaching Partner



Hong Kong Rope Skipping Club

Total no. of beneficiaries

15

Sharing & Feedback

Man Wai is a tiny and energetic boy, he had joined Rope Skipping Inspires! for 2 years, thank you IHKSports and all the coaches for training Man Wai.

After 2 years of honing, the rope skipping and physical training had become a part of his life, Man Wai sometimes arrives at the centre earlier to train with the junior students and even joined the school rope skipping team for performance during the school's open day.

Man Wai learnt to be independent and build up his confidence within these 2 years. One day, he watched the performance of a senior student in class, he was impressed and asked me how to become as good as that senior student and able to perform rope skipping everywhere. Therefore we train more often and harder to achieve his dream.

Thank you IHKSports for bringing us into rope skipping and giving Man Wai a dream to strive.

[Rope Skipping Inspires!, Parent of Liu Man Wai](#)



RUN Inspires! Secondary



Recruitment Partner

Open Recruitment



Coaching Partner



Love and Care Running Association

Total no. of beneficiaries

22



Sharing & Feedback

My mates and I would run at 7am everyday and would get additional training from our coaches once a week. We knew nothing about long-distance running and we came a long way from practicing, getting awards and encouraging our friends to join the RUN Inspires! Class. Running had got into my blood before I could realise it.

[Road to Korea! Gyeongju Cherry Blossom Marathon 2020 Kwai Tsing Lau Tim Hei, Ng Yuet Lung](#)

Sports Competitions, Examination and Performances

We believe that our students need to constantly challenge themselves. As such, we encourage and sponsor enrolment in competitions or examinations or offer them performance opportunities. 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.



CRICKET

Inter Primary School Cricket Competition 2018/19:
2nd runner up and 3rd runner up



GOLF

Inter-Secondary Schools Golf Competition 2018

Inter District Golf Competition 2018
(North District, Yuen Long and Tuen Mun)
Female U9 Age Group Merit Awards (4th-8th),

Inter District Golf Competition 2018
(North District, Yuen Long and Tuen Mun)
Male U9 Age Group Merit Awards (4th, 5th and 8th)



TCHOUKBALL

1st Hong Kong Tchoukball Championship 2019



TAEKWONDO

HK Chido TKD Association Promotion Exam
(Yellow Green Belt)

HK Chido TKD Association Promotion Exam
(Yellow Belt)

HK Chido TKD Association Promotion Exam
(Green Belt)

Hong Kong Boy's Taekwondo Competition 2018

Primary Taekwondo Competition 2018

Hong Kong Poomsae Competition 2018

"One Plus OneClick Run: Supporting Children with
Special Needs in Hong Kong - Charity Walkathon"
Press Conference Performance

Aberdeen Kai-fong Welfare Association New Year
Dinner Performance

Tsit Wing Coffee Annual Dinner Performance



FENCING

Yan Oi Tong Fencing Competition 2018

Yan Oi Tong Fencing Competition 2019:
Girls Junior 4th Place,
Boys Junior Bronze,
Boys Junior Merit

S.K.H. Holy Carpenter Primary School Fencing
Performance

Inter-Class Fencing Friendly 2019



SWIM

Stanford Swim School Tournament 2019:
Group A Girls 25m Freestyle:
Champion, 1st runner-up, 2nd runner-up
Group A Girls 25m Backstroke: Champion
Group C Girls 25m Backstroke: Champion



TRAIL RUN

Inter-School Cross Country Competition 2018/19:
C grade individual 5th place

CAN Run 2019:

4km - Individual (2-Person Team) Silver

4km - Individual (2-Person Team) Champion

Fast Four Work 2019

Lucky Clover Relay:

1st Runner up (4-Person Team Mixed)

Salomon To The Top 2019

XTE SPRING RACE 2019

XTE EASTER TRAIL RUN 2019:

10km (Youth) Champion & 1st Runner up

5km (13-14 years old) Champion,

1st Runner up, 2nd Runner up

5km (12-13 years old) 1st Runner up, 2nd Runner up



DODGEBEE

Dodgebee Championship 2019
(Secondary School)

53 competitions and performances

73 awards



TEEBALL

Sham Shui Po Baseball Club Baseball Invitation Tournament 2018-19 (Tee Ball):
Overall 1st runner up

Hong Kong Softball Association Age-Group Tee Ball Tournament (Youth):
2nd runner up

Friendly Match with Japanese Team (Rowdies)

Hong Kong Primary Tee Ball Invitation Tournament:
3rd runner up, MVP



RUN

12th Launch8 Tolo Harbour 10K Race: 10k - Male 5th

Gold Coast Marathon 2018

The 5th Khmer Empire Marathon

Run for My PB 2018- Ma On Shan:
Male 1st runner up (10km 1999-2001)
Male 2nd runner up (10km 1999-2001)
Male 2nd runner up (10km 2002-2004)
Male 1st runner up (Half Marathon 1999-2001)
Male the 5th place (Half Marathon 1999-2001)

Yuen Long Street Run 2018:
Male the 4th, 7th and 9th place (10K)
Male champion, the 5th, 6th and 7th place (5K)

Sportshouse Hong Kong Challenge 2018

BMW i Electrifying Charity Run 2019

Standard Chartered Hong Kong Marathon 2019

Race the Runway 2019:
1K Girls (9-12) 2nd Runner up

GROHE GO:
10k - Male Group A (16 - 19)
Champion, 2nd Runner-up,
4th, 5th, 6th, 7th, 8th and 9th;
5K - Male Group A (12 - 19)
1st Runner-up, 2nd Runner-up,
4th, 5th, 6th and 9th;
5K - Female Group A (12 - 19)
2nd, 5th, 7th and 8th



ROPE SKIPPING

HK Master Rope Skipping Open Tournament 2019:
Male (Age11) 30seconds Cross Jump Speed Jump
1st Runner up

Male (Age11) 30seconds Speed Step
Champion

Male (Age11) 45 seconds Individual Freestyle
Champion

Male (Age12) 30seconds Cross Jump Speed Jump
Merit Awards (4th and 8th)

Male (Age12) 30seconds Speed Step
1st Runner up and Merit Award (8th)

Male (Age12) 30seconds Criss Cross
Merit Award (7th)

Male (Age12) 30seconds Double Under
Merit Award (6th)

Hong Kong Rope Skipping Club Level Scheme
(Level 1-6)



HOCKEY

Hong Kong Football Club Mini-Hockey
Tournament 2018



SHUTTELCOCK

Shuttlecock Super Bowl 2019



KARATE

Jockey Club Government Secondary School
Open Day Performance

Hong Kong Wado Karate Yellow Belt Examination



WOMEN FOOTBALL

Wofoo's-School 7-a-Side
Girls Football Cup 2018/19: Merit

OUR LEARNING EXPERIENCE



ACTIVITIES

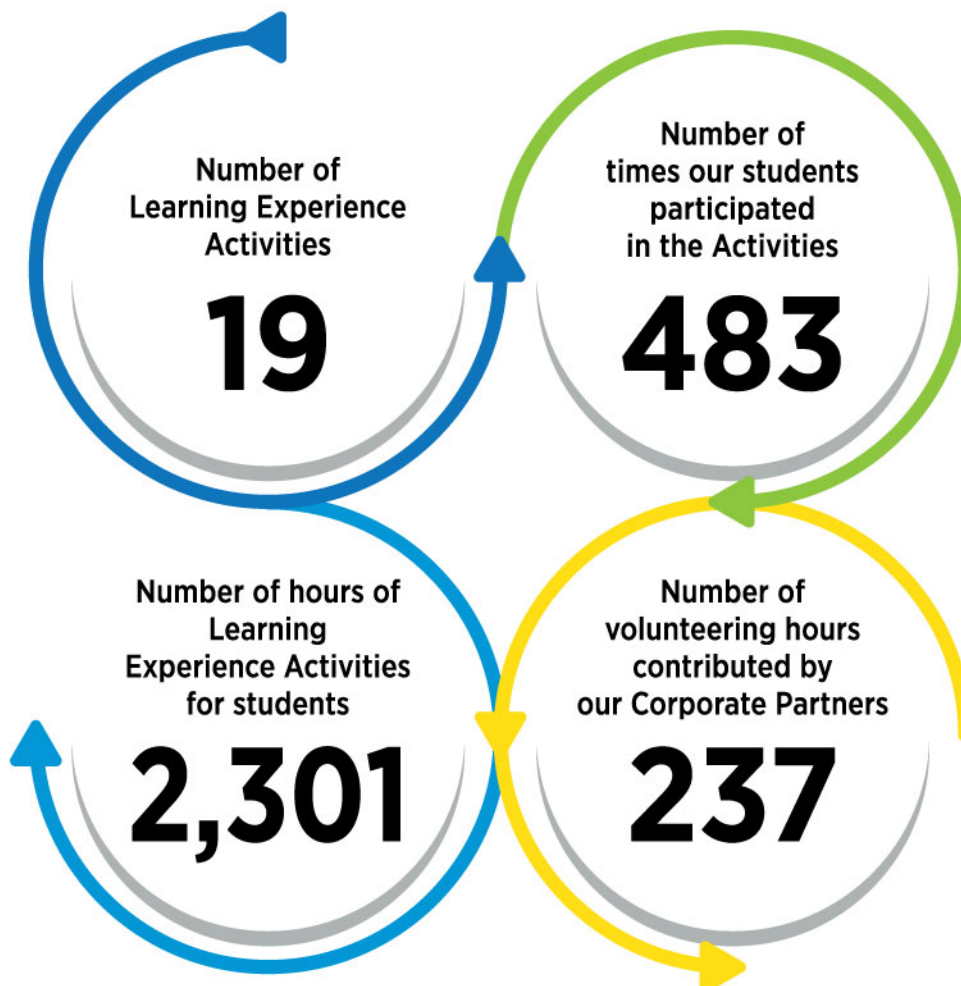


Our Learning Experience Activities complement our sports programmes to provide a well-balanced platform for our students to develop their sense of charity. Our Learning Experience Activities are delivered approximately twice a year.

IHKSports

Our Learning Experience Activities

This year, our activities continued to be just as diverse as those of previous years:



Personal Level

This first realm of activities aims to help students to be aware of their strengths and weaknesses, generate a positive image and identify a clearer direction for how to contribute to the community.



TWG Job Shadowing Programme

This was the third time of students participated in the programme. The job shadowing programme was extended from two days to three days, allowing students to gain more exposure to the corporate culture and a thorough understanding of the functionality of different departments.



Hong Kong Disneyland Resort Community Involvement Programme

Students and their family members enjoyed a memorable and lovely Sunday at the resort through Community Involvement Programme of Hong Kong Disneyland Resort.

ROPE SKIPPING Inspires! Graduation Camp

Students from *ROPE SKIPPING Inspires!* Beginners and Advanced classes of Kowloon City participated in an overnight graduation camp, whereby they reflected on their learning experience and shared their growth over the past two years with their friends.

Team Level

This second realm of activities focuses on team experience of overcoming challenges, personal breakthrough, as well as development, attitude, cooperation, and communication in groups so as to learn how to improve our community as a team.



Leadership Training Camp 2018

Multinational students participated in a series of physically-challenging tasks in our annual adventure-based leadership training camp. They learnt to respect, fostered a sense of team spirit and sharpened their leadership skills. We hope they would take what they had learnt and use the skills along their life.



Mooncake Workshop

Students and volunteers from Tsit Wing Group were invited to join a mooncake workshop at FL Fusion. They were reminded the importance of teamwork when making mooncakes together!

Dunk Kong 2018

Students were invited to participate "Dunk Kong" and enjoy the match between Team Matrix, a team led by NBA All-Star Champion Shawn Marion and Eastern Long Lions Basketball Team. Throughout the show, students learnt the importance of teamwork and practicing.

The Prudential HK Tennis Open 2018

Students watched the Prudential Hong Kong Tennis Open Finals with members of the Zonta Club of Hong Kong II, during the match, Zonta Club of Hong Kong II members explained the rules and etiquette of tennis. The students were inspired by the respect and the never-giving-up spirit of the players.

Citizenship Level

This third realm of activities focuses on enhancing students' understanding towards the community and arousing their awareness and commitment to serve the community.



Annual CNY elderly service

Students joined hands with Zonta Club of Hong Kong II volunteers to celebrate CNY earlier on with the elderly. Apart from the delicious feast, the centre had also prepared brilliant performances including the fascinating rope-skipping and taekwondo performances by our students.



Organic Farming

Students went to an organic farm managed by the Produce Greens Foundation with Tsit Wing Coffee's volunteers. Through various activities, the participants learnt to make organic bread, recycled paper and even had a taste of farming! We hope they had taken away an appreciation of nature.



WAZRZONE90

Students and volunteers from SSG Capital Management (Hong Kong) were shocked to learn of the misery of war, through a series of experience programmes simulating the daily life in a warzone. More importantly, the programme strengthen their determination to become a responsible citizen and build a better society.



The Green Atrium Sustainability Tour

Students learnt about the importance of environmental protection and sustainable development and gained a better understanding of organic farming and how it helps to preserve the natural ecosystem.

Hong Kong Sports and Leisure Expo

Students volunteered to help at our promotional booth at the Sports & Leisure Expo. They conducted fitness assessments for the visitors, encouraged them to experience indoor cycling and took the opportunity to promote our SportsHour campaign to the public, emphasizing the importance of a healthy lifestyle.

OUR ADVOCACY ACTIVITIES





Our Advocacy Activities aim to communicate our vision and missions to the general public in Hong Kong, especially to the youth. With limited resources, we focus on appealing to relevant government agencies and key stakeholders in the wider society with our SportsHour Campaign and our suite of online and offline media channels to promote our message.

IHKSports

SportsHour Campaign



SportsHour is a non profit-making advocacy campaign which encourages 5-17-year-old children and youths to accumulate at least 60 minutes of moderate-to vigorous-intensity physical activity daily as recommended by the World Health Organisation. The campaign has received tremendous support from local athletes and celebrities.

SportsHour Online Campaigns



Local figure skater Maisy Ma teaches local celebrity Sammy Leung basic ice skating skills.



Local celebrities Elva Ni, Alex Fong and IHKSports students demonstrate a few yoga poses.

SportsHour Offline Campaigns



IHKSports participated in the HKTDC Sports and Leisure Expo for the first time from July 18 to July 24 2018, hoping to promote sports to the public, and to raise awareness to #SportsHour, in order to lead a healthy life. IHKSports' booth advertised all kinds of sports and activities, attracting more than 10,000 guests to participate, and selling 550 copies of the new book 'The Level Playing Field, No One is Privileged in Sports'.

More than 15 athletes visited the booth, including Chan Ka Ho, Yiu Kit Ching, Lisa Cheng, Cecilia Yeung, Chan Yuen Ting, Yapp Hung Fai, Tony Wu, Chan Ming Tai, Kelvin Ng, Yip Pui Yin, Angel Wong and Rio Wong.



IHKSports ambassador Chan Ka Ho and Yiu Kit Ching, along with rock climbing athlete Lisa Cheng, were invited to talk about their lives as athletes and coaches.



The Super Rope Skipping Team teamed up with ROPE SKIPPING Inspires! were on show performing spectacular rope-skipping



IHKSports Athlete Supporter Michael Lo performed bicycle tricks.

SportsHour sharing

IHKSports started its first bi-monthly SportsHour sharing in November 2018, aiming to engage and advocate our vision and mission to white-collar and professionals. Inspiring figures from the community came and share with us different topics around sports. More than 200 people from different fields came to meet each other and shared their stories on how sports further their professional development.



Triathlon in Life

Speaker:

Mr Lau Ming Wai, The Vice-Chairman of the Youth Development Commission,
Ms Ruth Hunt, President of the Hong Kong Triathlon Association,
Mr Law Leong Tim, the Asian Games 2018 Triathlon Mixed Relay Bronze Medalist and
Ms Cho Wing To, Cheri, the Asian Games 2018 Hong Kong Triathlon Representative



Navigating Cross Currents

Speaker:

Mr George Yeo, Chairman and Executive Director of Kerry Logistics Network and Former Minister for Foreign Affairs, Singapore



Women Leadership in Sports

Speakers:

Dr Trisha Leahy, Chief Executive of Hong Kong Sports Institute,
Ms Vivian Lee, the Asian Games 1994 Silver Medalist in Swimming and the Founder and Managing Director of ActionHouse International

Book Publication

We published a new book "The Level Playing Field - No One is Privileged in Sports", which featured 10 moving stories about our students' transformation through our professional sports programmes in the past five years. We hope to advocate the importance of engaging the underprivileged youth community in long-term sports training. The book was made available in both online and offline bookstores.



Sports Trial

We organise sports trial sessions to enable corporate volunteers and underprivileged students to have a taste of playing group sports together and learn the spirit of sportsmanship. Not only do these activities provide unique volunteering experiences for employees, they arouse public' s interest in doing sports with the help of newly-emerged sports such as kin-ball and tchoukball.



Dodgeball Sports Trial with UBS



Kin-ball Sports Trial with Schrodgers



Teeball Sports Trial with Adidas



Tchoukball Sports Trial with UBS

Fundraising Partnership Events



Apr 2019

NIKE X IHKSports Sports Foundation Charity Program

NIKE Hong Kong donated 10% of revenue generated from the sale of Nike Running or Nike Kids products of first week of April to support our *RUN Inspires!* Programme in South District. Nike Hong Kong raised \$100,000 from the campaign.

Jan 2019

BMW i Runners Campaign

IHKSports has been named as the official charity partner of the BMW i Runners Campaign during the Standard Chartered Marathon 2019. BMW recorded the total training mileage of their staff team and donated for every kilometre contributed by the runners. Moreover, our students joined the BMW i Runners Charity Run event and ran with the BMW staff team. IHKSports raised \$93,130.23 from the campaign in the end.



Dec 2018

Blue Cross Insurance 2018 Asian Fencing Championships

The Blue Cross Insurance 2018 Asian Fencing Championships has come to an end. A shout out to BlueCross Insurance for sponsoring our students to learn fencing! Our students danced with Artist Sammy Sum and his group band. Blue Cross Insurance donated \$100,000 to IHKSports for the campaign.



Nov 2018

Bloomberg Extra Miles Relay

We teamed up with Bloomberg and The Extra Miles to involve the community to help us organise projects which would address a social challenge of Hong Kong and raised USD\$14,965.



Our Media Exposure

跳得又打得 楊文蔚仔住袁濼林寄打排球

香港跳高Icon楊文蔚打排球？大家不要誤會，寄車而已！今次楊文蔚是應邀參加香港體育基金會，為推廣健康生活的「#SportsHour」而重出江湖。其實文蔚在跳高之前曾打過排球，更是排球校隊成員，看片中的文蔚打得有板有眼就知道，她今次將拍被譽為ViuTV女神的演員袁濼林一齊打排球。

Sports elites Ka-ho Chan, Christy Yiu and Lisa Cheng attend Sports Expo to share experiences
Sportsroad, July 23 2018

Cecilia Yeung and Angela Yuen play volleyball to promote healthy living
Apple Daily, May 2 2018

陳家豪 姚潔貞 鄧麗莎出席運動博覽分享教練心得

日期：JULY 23, 2018

Sports elites Ka-ho Chan, Christy Yiu and Lisa Cheng attend Sports Expo to share experiences
Sportsroad, July 23 2018

兩大女神打排球 鼓勵後生仔多運動

兩大女神行場一齊有咩好做？若果放假打排球喇！「萬壽女神」楊文蔚（Cecilia）同「文」青女神袁濼林（Angela）近日就一齊打排球玩遊戲，呼籲各位後生仔不要放棄運動，認真有心，容易體健體強香港體育基金會日前日曬社交專頁po咗段片，見到Cecilia同Angela兩大女神齊齊打排球，打得有板有眼，又幾有勁嘍！佢哋仲係打過門球運動員、電視劇名等，打到手都紅腫！Cecilia薄英啱話，正因為打排球隻手會痛，所以先放低嗰打排球去跳高，Kelly開完彩都忍不住笑稱：佢笑係笑，但最後佢球擊各位年青人來同佢一齊「#SportsHour」，每日進行一個體健體強活動，唔用心，大家就記住佢多啲做運動喇！

Two celebrities play volleyball to encourage more youths to do sports
Headline Daily May 4 2018

【跑步】湯樂榆破姚潔貞半馬青年紀錄 教練陳家豪感動愛徒振作

「經歷低潮，唯一可做的就是堅持，自暴自棄就永遠不會成功！」陳家豪鼓勵愛徒湯樂榆

【跑步】湯樂榆破姚潔貞半馬青年紀錄 教練陳家豪感動愛徒振作

陳文：李思慧 2018-07-22 15:19 最後更新日期：2018-07-22 19:03

教人跑，從來都比自己跑困難，尤其當你的學生經歷低潮，學業、家庭、感情、運動，全部一團糟。

所以，看到愛徒湯樂榆於黃金海岸馬拉松以1時24分36秒打破愛徒姚潔貞保持的香港女子半馬拉松青年紀錄，陳家豪特別高興。

Lok-yong breaks Christy Yiu's half marathon record, coach Ka-ho Chan is moved and ecstatic
HK01, July 2 2018

運動員走訪基層學員家庭分享心得

運動香港體育基金會上週六（5月12日）應行了「家庭日」，邀請多位運動員與支持者以小組形式走訪不同地區，親身探訪運動學員及其家人並與他們分享交流，藉此讓社區更了解體育運動對青年的重要性。

參與是次訪談活動的運動員支持者包括陳家豪（跳遠）、鄧麗莎（花式跳繩）、李卓儀（沙灘排球）、盧廷軒（花式舉重）、譚長（長跑）、黃冠邦（沙灘排球）以及黃芷韻（長跑）。

透過體育培訓茁壯成長

「跳高王子」陳家豪共探訪三位分別參與《激發！凝動女子足球》、《激發！凝動》及《激發！凝動式舉球》的基層學員。他們除了傾談訓練點滴外，陳家豪亦分享兼顧學業和運動訓練的心得，並鼓勵他們要在學業和運動方面訂立明確的目標，努力奮鬥。

陳家豪表示：「今次參與凝動家庭活動的感受甚深，我探訪的家庭之居住環境及經濟狀況均不理想，而受訪學員雖未是體壇精英，但他們都很投入參與運動訓練，他們就像一樣充滿生命力的幼苗，即使面對風吹雨打，仍能透過體育培訓茁壯成長。」

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決定全面投入專業運動訓練，以至去年決定轉為全職運動員，都得到父母和家姐的鼓勵和支持。家人在我的運動生涯進階了重要的角色，我希望更多家長了解運動對小朋友的正面影響，亦希望將來有更多有潛質的小朋友不論富貴貧賤都可以得到平等參與體育培訓的機會。」

Athletes visit underprivileged families to inspire youths
Sing Pao, May 15 2018

團體籲開放租借學校場地

文：黃華基 攝：黃華基

為推廣運動，促進社會和諧，其每年八月舉行的「體育博覽」，在一個假日，由文華基主辦下，多間學校及社區中心響應，將學校場地開放給市民使用，以推廣體育運動，促進社會和諧。

香港體育基金會（「體育會」）日前在「體育博覽」中，向社會各界發出呼籲，希望學校能開放其場地，供市民租用，以推廣體育運動，促進社會和諧。

體育會主席黃華基表示，學校是社會的重要一環，除了提供教育外，亦應提供體育設施，讓市民在課餘時間，可以租用學校場地，進行體育活動，這不僅可以推廣體育運動，亦可以促進社會和諧。

黃華基指出，學校場地通常設施齊全，且租金較低，是市民進行體育活動的理想選擇。他呼籲學校能開放其場地，供市民租用，以推廣體育運動，促進社會和諧。

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Organisation advocates the opening up of school facilities to promote sports for all
HK01, August 13 2018

體育造就正向價值觀

運動不但能鍛煉體魄，更有益心理健康。在接受運動訓練後，他們找到人生目標，建立了正面的價值觀。例如只喜歡玩電子遊戲的初三男生盧建輝，每天花兩三小時沉迷在虛擬世界，遇上高爾夫球後，希望成為職業高爾夫球選手，態度變得積極。就讀中文小學的張棋雲接觸網球後，為了升讀設有網球隊的英文中學，加倍努力學習英文，又自律分配時間，衝擊與學業同時進步，令母親不再擔心他因運動推展學業。這些故事提醒我們，體育的價值不在獎牌，而是培養積極向上的精神。

運動員推薦 介紹運動知識

本書請來十位本地運動員，為每一個故事撰寫推薦感言，包括楊文蔚、方力申、鄧麗莎、姚潔貞等。在閱讀勵志故事之外，讀者也能從運動員的經驗分享中學學習。此外，每個故事後附有相關運動的專業知識，部分更相當冷門，如女子職業高爾夫球巡迴賽和風帆快速皮夾式。

《體育革命：誰能定義成功》

紅出版《異域文化》推出5本《體育革命：誰能定義成功》給（S-life）讀者，同學只須與書以下圖標，隨個人選到包括姓名、住址、就讀學校、年級、聯絡電話及電郵，傳紙訊到「星島教育」的facebook專頁，或登入「星島教育」按參加加碼，即有機會得到名額5個。根據註明「參加《體育革命：誰能定義成功》」。

問題：《體育革命：誰能定義成功》記述了多少名學生運動員獲得體育基金會資助的故事？

「星島教育」facebook：https://www.facebook.com/singtaoeducation/

星島教育（中學部）：http://std.edu.singtao.com/ 截止日期：9月11日

Youths from low-income families receive 2-year free professional sports training
Sportsroad, December 7 2018

Sports as a means to promote positive values
Sing Tao, September 2018

學游泳都關「平等」事？ 穆斯林女孩的習泳路

艾沙兒

體育，屬於每一個人，每一個參與者都有自己的故事。

來自香港體育基金會出版的《體育革命：誰能定義成功》，書中記述了10個用運動改變生活的故事。以下這本穆斯林女孩艾沙兒（Sadia）記述了不少有關她家人，於學游泳的點點滴滴。

Sports and equality: a swimming dream of a Pakistan girl
HK01, July 10 2018

OUR IMPACT MEASUREMENT





To measure and track students' performance and improvement, we designed an impact assessment framework. Our framework measures sportsmanship, team spirit, emotional skills, physical health, intellectual development and social capital etc.

IHKSports

Impact Measurement & Completion of Classes

Impact Measurement Model

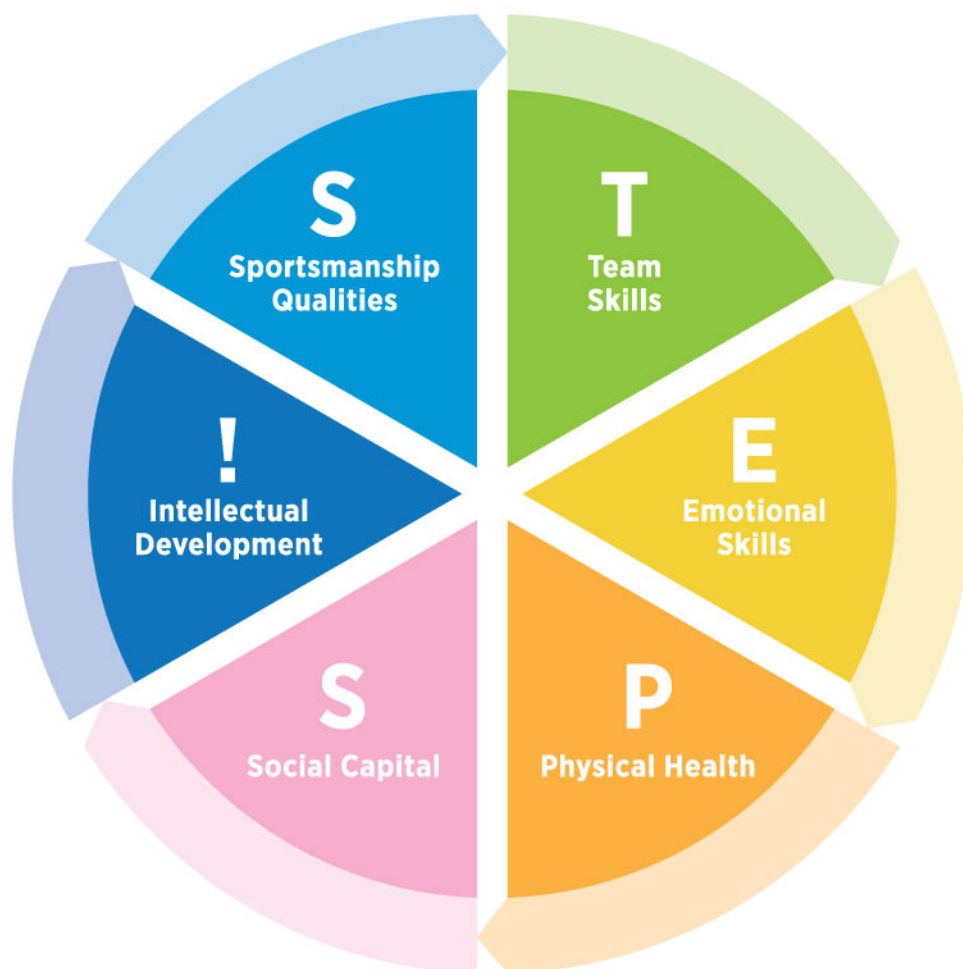
We started our impact measurement system in 2015 to track the performance and growth of our students and more importantly, to evaluate if the learning objectives are achieved. Drawing upon extensive consultation in addition to research, IHKSports developed an impact assessment framework *STEPS!* in 2018. The *STEPS!* Model measures six key qualities, covering Sportsmanship Qualities, Team Skills, Emotional Skills, Physical Health, Social Capital and Intellectual Development (for ADHD students only).

Assessment format and frequency

Each student is assessed once during the training programme. In addition to student pre- and post-training physical test and self-evaluation, coaches, parents and relevant staff members also take part in evaluating students' performance. 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 civil participation and social inclusion.

Students and parents also attend an exit focus group interview at the end of the sports training programme, during which we summarise our students' learning achievements, provide them with constructive and qualitative feedback and assist them in setting goals for their future development.

STEPS! Model



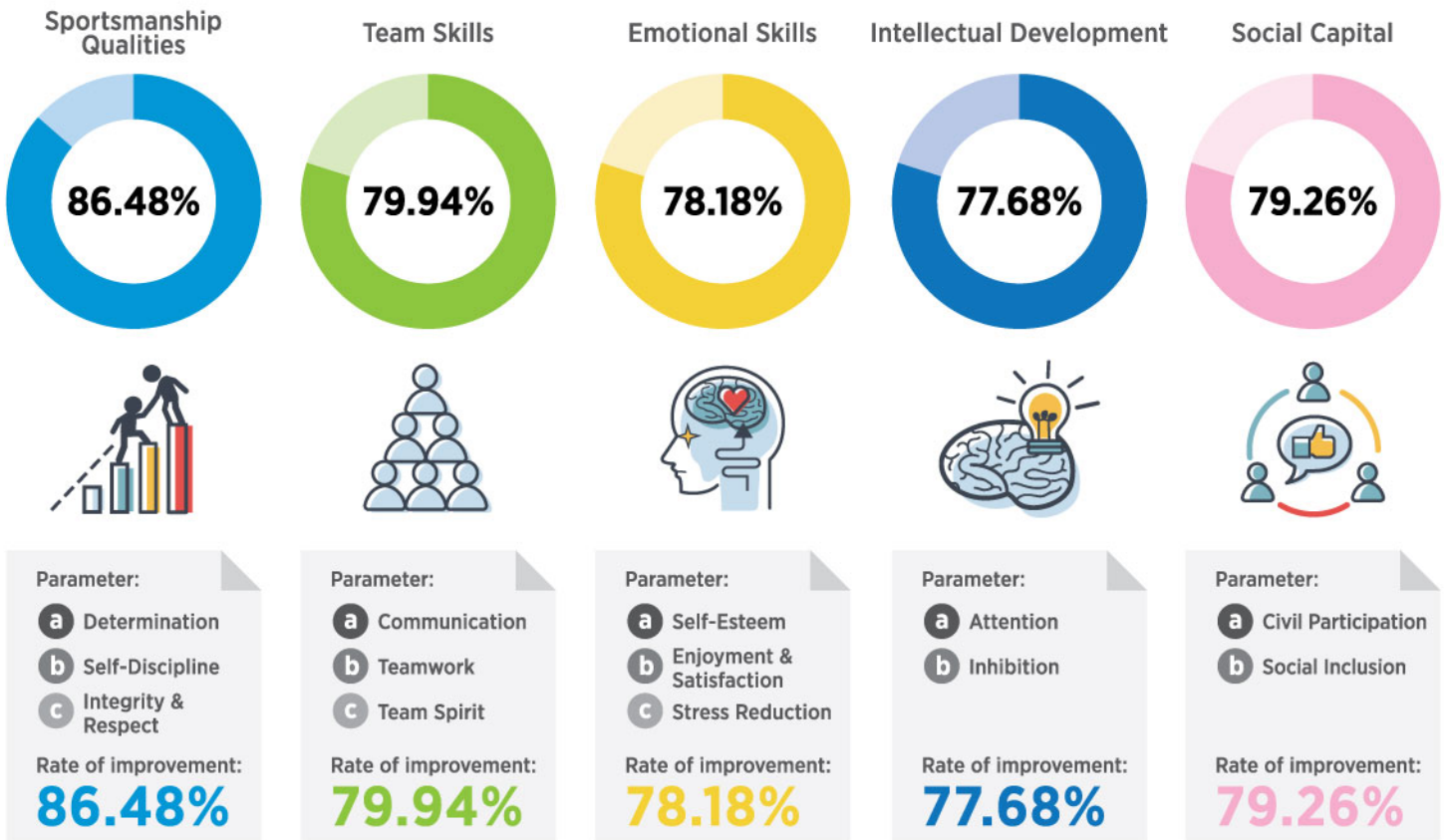


STEPS! was introduced to the following classes in 2018-2019:

CLASS	YEAR
SWIM Inspires! Sai Kung	2016-2018
WOMEN FOOTBALL Inspires! Kwun Tong	2016-2018
GOLF Inspires! North District	2016-2018
FENCING Inspires! Tuen Mun	2016-2018
HOCKEY Inspires! Tuen Mun Beginner	2016-2018
HOCKEY Inspires! Tuen Mun Advanced	2016-2018
RUN Inspires! Kwai Tsing	2016-2018
RUN Inspires! Shum Shui Po	2016-2018
ROPE SKIPPING Inspires! Kowloon City Advanced	2014-2018

Rate of Improvement

The rate of improvement refers to the percentage of students involved who think they have improved in the above areas after joining our programmes.



"Physical Health" is excluded for this report as we are still conducting and analysing the post-training physical tests.

IHKSports



2018-19