

Cover Story

Roy Tong --- the humble discus-thrower

Roy Tong from 6B was interviewed by Mr. Kwan about his story with his favourite sport, discus. Roy has always been a Salesian. He spent the last 12 years studying in the Salesian School primary and secondary sections. Roy has started his discus training since Secondary 1 and he is now one of the outstanding sportsmen in the famous Hong Kong sports club, South China Athletic Association. Throughout these years, he has participated in numerous internal and external athletic competitions. They include inter-school competitions, district and Hong Kong-wide competitions. In the interview, Roy will unveil some surprising facts and experiences from the past which are unknown to many. Stay tuned!

K as Mr. Kwan

R as Roy Tong

K: Hi Roy, nice to meet you.

R: Hi Mr. Kwan.

K: Thanks for having the interview with me. I would like to start with your experience as an active person in sports.

R: You're welcome. I have been playing sports since primary 1. When I was in primary school, I was in the athletic team. I am now in the secondary school team and I am a discus-thrower. I am also a sportsman of the South China Athletics Association.

K: How long have you been trained in discus?

R: For 6 years from Secondary 1 to 6.

K: Have you joined any competitions?

R: Yes, I join competitions every year ranging from internal to external ones. In the recent two or three years, I involved more in external competitions than before.

K: When it comes to professional sports, people are always interested in records. Can you tell me some of your personal bests?

R: We keep different records according to the weight of the discus. There are two records of mine. 37.35 metres is the best for a 1.5-k (kilogram) discus and 34.00 metres for a 1.75-k one.

K: Wow, I'm sure you have put a lot of work on discus. Alright, what made you choose discus in the first place?

R: Oh, it all started because of a failure. When I was participating in a 4x100m relay in the Final in primary school, I tripped. Since then, I am afraid of running. So when the PE teacher asked me which sport I participated in, I dared not to say running. I said field event.

K: Oh! That's very surprising! In your discus-throwing career, who helped you most?

R: Certainly my coach, Uncle Man, in SCAA. In the first five years of discus-throwing, I had never had a stable coach because I was not an elite. So it was in a competition a year ago in which I met him. After a short chat with him, he gave me an opportunity to start professional training.

K: After you entered SCAA, how would you compare yourself to your counterparts?

R: It was eye-widening! After joining SCAA, I have improved a lot; but at the same time, I also know that there are many others out there who are much better than me. To me, knowing that there are many more stronger players is positive. It makes me feel like to be better.

K: I feel so happy for you. Umm... discus-throwing is an individual sport; do you like group sport too?

R: Sure, I'm also a basketball team player.

K: So, can you tell us the difference between these two?

R: Umm... one big difference is that basketball is a team game whereas discus is individual. Another big difference is that basketball involves lots of skills but discus requires repeated actions.

K: But I think discus helps you in basketball too.

R: Yes, as throwing discus helps me train my arm and waist muscles, I surely benefit from that a lot.

K: Yeh, I am sure that helps. Do you have any idol?

R: I can't think of any but I do have someone who I admire. He's a record-holder who has guided me. He's Chiu Sir, Chiu Lap San. He is still an amateur sportsman in Hong Kong even though he has a busy job working as an inspector in the police force. I would like to follow his footsteps.

K: Do you mean to be an inspector too?

R: No, I mean to have a balance between a successful career in sport and a stable job.

K: If you had a chance, would you choose to be a full-time or part-time player?

R: I would definitely choose to be a part-time. The reason's because the lifespan for a sportsman is extremely short. And only players among the best can represent Hong Kong. So I would like to be someone like Chiu Sir, to have a stable job which allows me to continue to develop my discus career.

K: That's a very sensible decision. You know it's always hard to have a balanced life in studies and sports too. Do you think playing discus helps you in your studies or is there any negative effect?

R: Discus doesn't affect my studies much. Rather, I gave up many other favourite things because of it, for example, drama.

K: Why did you give up drama?

R: I gave it up because drama rehearsals require so much time, even more than the time I spend on training discus. Because of the lack of suitable ground for discus training, my training time is limited to 3 to 6 hours a week; whereas drama requires a 3-hour session almost every day. Besides, as discus-throwing is a highly-repetitive training, frequent training will exert too much effort on the muscles and may lead to sour muscles or even injuries, so I have to take rest.

K: Roy, let's talk about your future. Have you ever thought of entering the university?

R: (Grinning) Yes, I'd like to study visual-art.

K: Oh, I think you will choose something like sports science.

R: Nope, I'll continue to play discus but it is not my only interest. I also like art because, to be honest, discus could be quite boring at times. On the other hand, art has infinite topics.

K: So, do you take VA in the DSE?

R: Yes, I'm going to take the exam. If I get into the uni, I want to be a visual-art student; and at the same time, I'll take courses to prepare myself to be a part-time coach or referee in discus.

K: Okay, I think it's the perfect time to end our interview here. I hope you every success in your future. Thanks so much for your time.

R: Thank you.

The interview was done in 2A classroom. When the interview was over and Roy was ready to leave, 2A boys gave him support and encouragement by clapping wholeheartedly. Our humble discus-thrower replied by leaving a very short but meaningful message to them 'Work hard on your studies!'

Trivia: Chiu Lap San, who Roy referred to as 'Chiu Sir', holds the Hong Kong Discus Record of 46.16m. He broke the Hong Kong record last year in Taipei in May 2011. I think Roy works hard every day to close the gap between him and Chiu.

The interview was done at 11:00 a.m. on 1st February, 2013

Cover Story -
The Humble
discus - thrower

Visual
Thesaurus

Sports Day

Grit
and Grind

Box Office

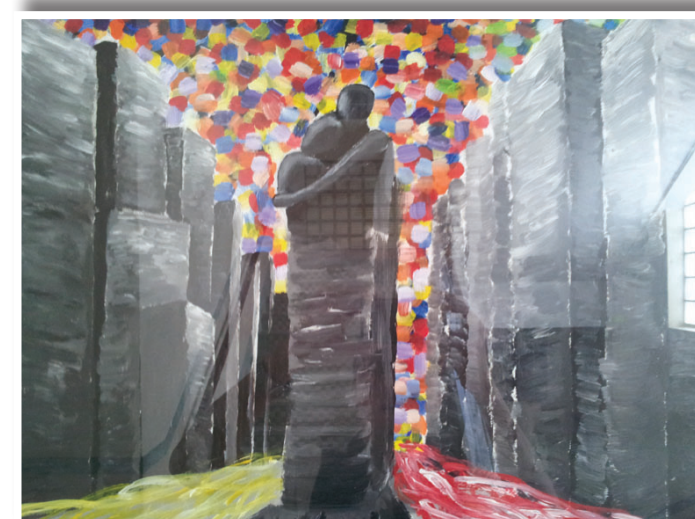
Crossword
Puzzle

Be Bookish

Salesian news

The Singer
Sings
His Song

Kendrew
the
Commentator



Roy's drawing: he certainly shows some talent in art.



Roy Tong seriously prepares for a trial on Sports Day.

Sports Day



"Shake them off,
shake them off....."



"Bright future,
I'm coming!!"



"Excuse me, the race's just started. Can I call you back in an hour?" Ms. Chan says



"Come on, the word has just
slipped my memory."



"Mr. Cheng, I can't bear the sunlight.
Let's cut it short"

the
time keeper

a novel

Mitch Albom

*From the author of the international bestsellers
Tuesdays with Morrie and The Five People You Meet in Heaven*

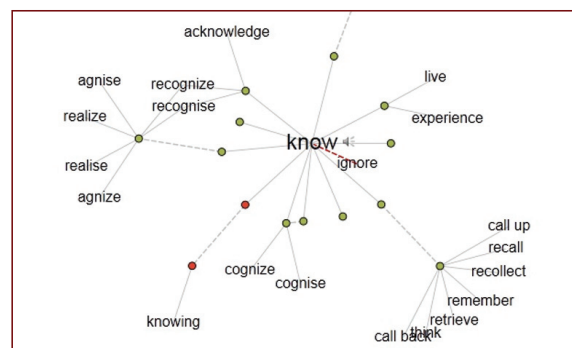
*Mitch Albom sees the magical in the ordinary
Cynthia Adams*

them. Eventually, he saves them both, and Father Time sets him free, but nobody has ever seen him since then. I think this book is fascinating. It's because the plot is perfectly made, and the story is exciting as well. I would rate this book four out of five, since the content is a little creepy for me, and I got scared. I would recommend this book to my friends.

Bon Jovi is one of the most successful bands in the rock history

Want to listen to it now? Wait no more! **Go to <http://www.youtube.com/watch?v=vx2u5uUu>**

Discover more on www.visualthesaurus.com



A crossword puzzle grid with 10 numbered starting points for words. The grid is composed of white squares for letters and black squares for empty space. Numbers 1 through 10 are placed in the top-left corner of the starting squares for each word.

1. How many English Corner Stamps do you need to collect by year end?
3. Where can you make photo copies at school?
5. Number of English teachers at school
7. What is the last name of our native English Teacher?
9. English Corner is on the floor

2. Which MTR station is the closest to our school?
4. Ms. _____ is the only female English teacher who does not sit in Room 509
6. The _____ Team won all three grades in the inter-school competition this year.
8. On which day do we have English assembly?

clues: (n.) plural of clue, a piece of evidence or information used in the detection of a crime. **synonym:** hint

ball

- One clip I recommend: <http://www.youtube.com/watch?v=Nh36RITv30o>.
- Also, Look up for the bold words on dictionary.cambridge.org to know about basketball better.

Children in a province of Zambia joined activity held by Salesian.

The last few words I want to say are, ease off your jacket, sit back and enjoy reading this newsletter.

Teacher-in-charge	Mr. C. Y. Kwan	
Section Editors:		
Sports:	Kendrew Ngai	S.3B
Essay:	Anson So	S.3A
	Trevor Cheang	S.4A
	Ricky Li	S.4D
	Jonathan Chong	S.4E
Art:	Cosmos Patipan	S.3B
	Steven Lo	S.3B
	Andy Choi	S.3D
	Gorden Lam	S.4D
Special thanks to Lau Chun Sing (S.6E) for the photos		

From the example of Google, do you notice that language is becoming more convenient and user-friendly? If Google is not good enough to convince you, google 'Xerox'. Xerox is another similar example which appears even earlier than Google. Imagine one day, everybody says 'I **macdonald** every day', but not 'I go to the **MacDonald's** every day.'

Talents never go unnoticed!!!