

Class : 4E

Name : Kwan Tsz Ching

Topic : Student athletes

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Dear Mr. Tse,

It is a great honour to be invited to write a feature article about student athletes. It is a sad, but true, fact that millennials nowadays are always preoccupied with hectic schedules. It is no exaggeration to say that fighting deadlines might be the most strenuous form of exercise many students engage in. Having a healthy lifestyle and doing sports regularly does matter. In the following, I would like to touch on three student athletes and the inspiration that can be given to students to exercise and eat healthily.

### **A Unique Golfer**

Chloe Chan, a 13-year-old girl, has played in golf tournaments all over the world. She, of course, needs to face mounting academic-related stress, just like other Hong Kong students. It is no exaggeration to say that Chloe is an well-rounded student; her optimistic thinking and never-give-up attitude are really admirable. She has faced lots of obstacles when she entered her field. Discrimination was everywhere due to the fact that not many females so far have become golfers. Her strong will helped her to pass through difficulties and recently gain the Outstanding Junior Golf Award. I think she can be a role model for students to learn, due to her never-give up attitude and her excellent time management skills.

### **A Special Biker**

Oscar Coggins is going to give up his British passport because he wants to enter the Territory Olympics event in the Tokyo 2020 Olympics. He is now studying at The Canadian International School, which is famous for producing elite athletes. Oscar realises that perseverance and determination matters. Therefore, he doesn't give up easily when he faced injuries during training. Nowadays, Hong Kongers always face obstacles, however, they seldom solve their problems. Instead, students commit suicide when they face academic-related problems. Oscar's story can remind people of the importance of having perseverance and determination when solving problems.

## **Hong Kong Skating Queen**

Nicole Chan is the glory of Hong Kong. Her talented moves and grace led her to win the Hong Kong National Championship in the Girls Advance-Novice Category. Being local student living in New Territories, she was the first to have such an achievement. It was never an easy task; the most difficult part was time management. Nicole needs to spend a long time on training every day, which is truly a challenge when she has to find a balance between work and play. Moreover, she needs to strike a balance between ice-skating and studying. Nicole's story can show millennials that time management skills are a crucial skill. These skills can also train one's discipline, which is of great benefit to personal development.

Sports is a step to become a well-rounded student to excel academically, socially, and mentally. I hope the athletes above can let people see the paramount importance of regular exercise. Feel free to contact me if you have any questions about the featured article.

Your sincerely,  
Chris Wong