



Nike Hong Kong has sponsored the gear of our basketball team since 2015.

# Emerging in Four Major Tournaments Building a Formidable Basketball Team

## Inter-School Basketball Competition (HK Island)

All participating schools are divided into three divisions. Division 1 consists of the twelve strongest teams and the rest of the teams are placed in Divisions 2 and 3. Our school has been the champion of Division 1 Boys A Grade for nine consecutive years from 2008/2009 to 2016/2017. Our school is the Boys Overall champion of Division 1 (Hong Kong Island) in 2017/2018.

## All Hong Kong Schools Jing Ying Basketball Tournament

Each participating school chooses twelve of their most elite players regardless of which grade they originate from to compete against the best teams across Hong Kong. To have the opportunity to compete in this tournament is the highest honour and our school has had that honour for many years.

## Panasonic Inter-School Basketball Invitational Tournament

Based on the results of the Inter-School Basketball Competition, twelve schools who qualify will receive an invitation to take part in this tournament each year. Our school has been invited to participate since 2009/2010. For four consecutive years, both the boys' and the girls' teams have had the honour to participate in the tournament.

### Hong Kong Inter-School Basketball Marathon

Another large-scale inter-school competition in Hong Kong which all schools are eligible to join regardless of their results attracts about 250 participants yearly. Players' physical fitness and the coaches' management of the team in terms of rest and training are of great importance due to the large number of participating teams and the extended duration of the competition. Our school has also come out tops in this competition. In 2018/2019, our school achieved third place in the Boys group.



# Star Coach — Yung Kam-wah

## Basketball Coach Profile: Yung Kam-wah

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2009	Torchbearer for the 2009 East Asian Games
2008	20 Outstanding Athlete Award
2005	Super Kung Sheung Cup International Basketball Invitation Championship MVP
1997	Asian Basketball Confederation Champions Cup Champion
1997	Taiwan Professional Basketball Team
1996-1998	Asian All-Star Team
1995	FIBA Asia Championship 3-Point Shooter
1990-2006	Hong Kong Men's Basketball National Team

Our school basketball team has performed outstandingly in many inter-school competitions. Many members in our team have become valuable members of teams in other open competitions. The efforts of our head coach have played an undeniable role in the success of our teams. According to Mr. Yung, students not only gain basketball skills and learn to be disciplined players but also establish a positive life attitude.

Most parents nowadays are overly concerned about their children's academic results. Yet Mr. Yung believes that joining the basketball team is not for fitness training or awards alone but more importantly to help the players build positive values. 'I demand every player to maintain strict discipline and be obedient. Although not all team members will become professional basketball players in their career, they may work in other fields which require rigorous discipline and conformity. I hope every player can gain a foothold in society when they grow up.'

Some of the average students in our school have become more positive and shown continuous academic improvements after joining the school basketball team, where they found their goals in life and regained their self-confidence.

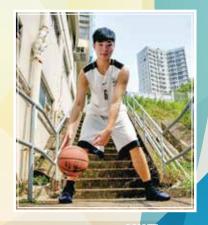
# Interview with Alumnus Assistant Coach Wong Tsz-fung (Point Guard of Able Hon Friends)

Wong Tsz-fung, graduated from the school in 2012. He was a member of the first batch of Wahshanians to play at the Hong Kong A1 Division Championship.

Tsz-fung has indulged in basketball ever since he was a child. He won the most valuable player award in an inter-school competition when he was in primary school. So, after entering our school, he joined the school basketball team at once.

Success requires hard work. If you want to take your skills to the next level, you have to work hard. At that time, Tsz-fung practiced every day at lunch time, and often had extra practice after school. Although the practice was very tough, in the third year of his participation in the school basketball team, both A Grade and B Grade were the champions in the Inter-School Basketball Competition. Everything paid off.

Encouraged by Mr. Yung, Tsz-fung actively pursued a career in basketball. As a Sports and Recreation Management graduate from university, on the one hand he joined Able Hon Friends as a full-time basketball player, and on the other served as an assistant basketball coach at our school to realise his dream one step at a time. Tsz-fung gets along well with children and enjoys the process of establishing a team from scratch. Therefore, he pursues his goal and is determined to become a professional primary school basketball coach. He hopes to continue to nurture new talents and serve his alma mater.



Wong Tsz-fung (黃梓豐)
Career: Basketball player of Hong Kong
A1 Division Champlonship

Team: Able Hon Friends

Position: Point Guard

Target: To be a professional primary school basketball coach









#### Inter-School Basketball Grand Slam

Four prominent inter-school competitions are organised every year. If a team wins all four competitions in the same year, it will be granted the 'Grand Slam' title. The girls' basketball team of our school clinched the title in the 2011/12 school year, an achievement that put them on the top rank in Inter-School Basketball Competitions.

Inter-School Basketball Competition – Overall Results (Hong Kong Island)				
2008/09	D1	D1 Boys Overall Champion		
2009/10	D1	Boys Overall	Champion	
2009/10	D2	Girls Overall	Champion	
2010/11	D1	Boys Overall	Champion	
2011/12	D1	Boys Overall	Champion	
2012/13	D1	Boys Overall	Champion	
2013/14	D1	Boys Overall	Champion	
2014/15	D1	Boys Overall First runner-up		
2015/16	D1	Boys Overall	Champion	
2017/18	D1	Boys Overall	Champion	
2018/19	D1	Boys Overall First runner-up		

Inter-School Basketball Competition – League Results			
inter-Scn		tball Competition – Hong Kong Island)	League Results
0000/07		Boys A Grade	Champion
2006/07	D3	Boys C Grade	Champion
2007/08	D2	Boys A Grade	Champion
		Boys A Grade	Champion
2008/09	D1	Boys B Grade	Champion
		Boys A Grade	Champion
	D1	Boys B Grade	Champion
2009/10		Boys C Grade	First runner-up
	-	Girls A Grade	Champion
	D2	Girls B Grade	Champion
		Boys A Grade	Champion
2010/11	D1	Boys C Grade	First runner-up
		Girls A Grade	Champion
		Boys A Grade	Champion
2011/12	54	Boys B Grade	Second runner-up
2011/12	D1	Boys C Grade	Second runner-up
		Girls A Grade	Champion
	D1	Boys A Grade	Champion
2012/13		Boys B Grade	Champion
2012/13		Boys C Grade	Second runner-up
		Girls A Grade	Champion
2013/14	D1	Boys A Grade	Champion
2013/14	DI	Boys B Grade	Champion
2014/15	D1	Boys A Grade	Champion
2014/15	Di	Boys B Grade	Champion
2015/16	D1	Boys A Grade	Champion
2015/16	DI	Boys B Grade	First runner-up
2016/17	D1	Boys A Grade	Champion
2017/18	D1 -	Boys A Grade	Second runner-up
2017/10		Boys C Grade	Champion
	D1	Boys A Grade	Second runner-up
2018/19		Boys B Grade	First runner-up
		Boys C Grade	Second runner-up
2019/20	D1	Boys A Grade	Third runner-up

Hong	Hong Kong Inter-School Basketball Marathon		
		(Group Awards)	
2009/10	D1	Boys Overall Champion	
2011/12	D1	Boys Overall	Champion
2012/13	D2	Girls Overall	Champion
2012/13	D1	Boys Overall	Champion
2013/14	D1	Boys Overall	Champion
2014/15	D1	Boys Overall	Champion
2018/19	Boys	Second runner-up	First runner-up

Hong Kong Inter-School Basketball Marathon (Individual Awards)				
	Boys	Best Small Forward – Ma Ka-wai		
2009/10		Best Small Forward – Yeung Man-kong		
	Girls	Best Shooting Guard – Wong Ka-man		
	Girls	Most Valuable Player – Ho Kwun-yan		
2011/12		Best Basketball Player - Ho Kwun-yan		
2011/12		Best Basketball Player – Wong Ka-yee		
		Best Basketball Player – Wong Ka-man		
	Boys	Best Basketball Player – Cheng Yiu-fai		
2012/13		Best Basketball Player – Ho Ka-wing		
	Girls	Best Basketball Player – Wong Ka-yee		
2013/14	Boys	Best Basketball Player – Chu Ho-man		
2014/15	5 Boys	Best Basketball Player – Ngan Hung-lam		
2014/15		Best Basketball Player – Chu Ho-man		
2015/16	Boys	Champion of Three Point Competition – Chu Ho-man		
2018/19	Boys	Most Valuable Player –Nasmbu Mbele Joao		



All Hong Kong Schools Jing Ying Basketball Tournament					
2008/09	Boys	Second runner-up			
2009/10	Boys	Third runner-up			
	Girls	First runner-up			
2010/11	Boys	Second runner-up			
	Girls	First runner-up			
2011/12	Boys	Forth runner-up			
	Girls	Champion			
2012/13	Boys	First runner-up			
	Girls	First runner-up			
2013/14	Boys	First runner-up			
2014/15	Boys	First runner-up			
2015/16	Boys	Second runner-up			

Panasonic Inter-School Basketball Invitational Tournament			
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2009/10	Boys	Second runner-up	
	Girls	First runner-up	
2010/11	Boys	Second runner-up	
	Girls	Champion	
2011/12	Boys	Forth runner-up	
	Girls	Champion	
2012/13	Boys	Second runner-up	
	Girls	First runner-up	
2013/14	Boys	Second runner-up	
2014/15	Boys	Second runner-up	

\* Most of the inter-school basketball competitions in 2019/2020 has to be cancelled due to the pandemic.



# Discovering the Elites Inheriting the Basketball Development

### Wah Shan Cup 3on3 Primary School Basketball Invitational Tournament



Since the 2008/2009 school year, our school has organised the annual Wah Shan Cup 3on3 Primary School Basketball Invitational Tournament. All primary schools are invited to participate and players are able to learn from their opponents through the competition process. It is hoped that we can discover future basketball talent through this tournament.



#### The participating schools are as follows:

Aberdeen St. Peter's Catholic Primary School Buddhist Chung Wah Kornhill Primary School Buddhist Wong Cheuk Um Primary School Canossa School (HK)

CCC Kei Wan Primary School (Aldrich Bay)
CCC Kei Wan Primary School

Chan's Creative School (Hong Kong Island)
Chinese Methodist School (North Point)

#### **Hong Kong Island**

Chiu Sheung School, Hong Kong Hon Wah College (Primary Section) Island Road Government Primary School Kau Yan School King's College Old Boys' Association Primary School

Li Sing Tai Hang School

North Point Government Primary School

North Point Government Primary School North Point Methodist Primary School Po Kok Primary School
Pui Kiu Primary School
Raimondi College Primary Section
S.K.H. Chi Fu Chi Nam Primary School
S.K.H. Kei Yan Primary School
S.K.H. St. Michael's Primary School
Sacred Heart Canossian School

Shaukiwan Tsung Tsin School St. Mark's Primary School St. Stephen's College Preparatory School Taikoo Primary School The Endeavourers LLSY Memorial Primary School TWGHs Hok Shan School

#### **Kowloon and New Territories**

Alliance Primary School, Kowloon Tong CCC Heep Woh Primary School CCC Kei Faat Primary School CCC Kei Faat Primary School (Yau Tong) GCCITKD Cheong Wong Wai Primary School GCEPSA Whampoa Primary School G.T. (Ellen Yeung) College Heep Yunn Primary School Kowloon Tong School (Primary Section) La Salle Primary School LKWFSL Wong Yiu Nam Primary School LST Yeung Chung Ming Primary School Man Kiu Association Primary School Maryknoll Convent School (Primary Section) PLK Grandmont Primary School PLK Lam Man Chan English Primary School SKH St. Andrew's Primary School St. Patrick's School

Salesian School

Tsung Tsin Primary School and Kindergarten T.W.G.Hs. Lo Yu Chik Primary School Yaumati Catholic Primary School

TWGHs Li Chi Ho Primary School



## **Basketball Seed Project**

To introduce students to basketball as early as possible and to cultivate in them a healthy lifestyle, our teacher who is a former Hong Kong basketball team member will be assigned to different primary schools as voluntary basketball coach. The students are provided with professional and systematic training which consists of eight lessons (as shown in the right table). We hope that their leadership skills, team spirit, and discipline can be strengthened.

	Core Skills in Training Sessions :			
1.	Passing and Dribbling	5.	Fast Break and Team Offense	
2.	Lay-up	6.	Team Defense	
3.	Shooting	7.	3-on-3 Basketball Tournament	
4.	Rebound and Basic Defense	8.	3-on-3 Basketball Tournament	



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#### **Participating Schools:**

#### 2017/2018

The Endeavourers LLSY Memorial Primary School CCC Kei Wan Primary School (Aldrich Bay)

CCC Kei Wan Primary School San Wui Commercial Society School CCC Kei Faat Primary School

#### 2018/2019

The Endeavourers LLSY Memorial Primary School CCC Kei Wan Primary School PLK G & S E S Pershing Tsang School

SKH Kei Yan Primary School Man Kiu Association Primary School

#### 2019/2020

Man Kiu Association Primary School (The Basketball Seed Project in some schools has to be cancelled due to the pandemic.)

If you are interested in the Basketball Seed Project, please contact Ms.Lam Yui, the Head of Extra-Curricular Activities at 2571-1285.

# Join us and be part of our basketball team

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