

Ho Tze Lok and team win Women's Squash Team gold medal at the 2018 Asian Games



Congratulations to one of our BBA students from the Department of Management, Ho Tze Lok, who was part of the women's squash team that won the first-ever gold medal at the 2018 Asian Games. She represented the Hong Kong squash team and performed exceptionally well in the final games. She triumphed over an Indian player with a stunning 3-1 win in the first round of the team competition. Tze Lok would like to share her thoughts below:

To start with, this was my first time taking part in the Asian Games. I am so proud of winning the first gold medal for the Hong Kong squash team at the Asian Games this year. It was not an easy task for me as there was a handful to handle during the process of it all, such as pressure, emotions and game planning. The most memorable competition was the final one because it was my third time competing with the same player who I defeated once before during the group match. Before the final game started, my coaches and teammates continuously encouraged me, which helped my stress management. Moreover, I reflected both, good and poor, aspects of the previous games. During the game, I adopted another new suitable game plan in order to win it.

As a full-time athlete and student, time management is important for organizing my practice and study schedule. For my own study tips, I pay attention and make notes during class to enhance my memory and to understand the topics because I do not have much time to fully focus on my studies. It is much easier for me to memorize the key concepts by adopting these two practices during revision.

Lastly, I would like to thank all of my supporters, especially my families, coaches, head coach, teammates, friends, Hong Kong Squash, and The Hong Kong Sports Institute. Now, my short-term goal is to improve my world ranking by practicing harder. My long-term goal is to create another miracle in the next Asian Games.

