



Training - 學員訓練

To develop better skills in basketball, pupils participated not only in the in-house training programme, but also the Training Camp held in China.

籃球會學員不但接受校內訓練，而且還參加國內集訓，藉此提升籃球技巧。

Training Camp 集訓



P.6 pupils participating in the Training Camp held at Guangzhou, China
六年級學員參加廣州集訓

Family Activities 親子活動



Autumn Outing
球會秋季大旅行



Our teachers, parents and pupils visit Police Tactical School
籃球學員與家長及老師參觀【警察訓練學校戰術大樓】

Regular Training 校內訓練



The pupils are very serious!
各球員聚精會神地練習

Outstanding Results in External Competitions 校外比賽成績優異



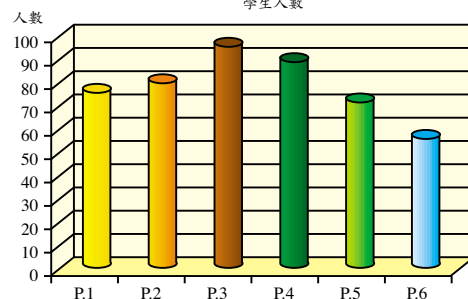
The 'Group Champion'
簡易籃球比賽，獲得【組】冠軍



We are the Champion, 1st Runner-up & 2nd Runner-up of Shooting Competition, 2002-2003
2002-2003年度學生街頭三人賽，【三分投射賽】，分別獲得冠、亞、季軍

籃球會會員接近五百人

學生人數





Gymnastics Club

體操會

Gymnastics Club



With the guidance and support of our school and parents, our Club has over 100 members and we continue to see the abilities and performance of our members improve.

The Club works on the objectives of improving physical co-ordination, skills as well as patience and endurance of our young athletes. Our goal is to bring out the potential in each team member, and to help him build the confidence and strengths to face the physical and mental challenges encountered during his growing years.

體操會在校方與家長協助下，至今會員已逾百人，學員成績亦日見進步。

在過去一年，體操會曾為學員安排考取體操公開認可章別，並參與校內表演及參加公開及全港學界體操比賽，成績優異。

體操會抱着推廣體操運動為宗旨，期望能鍛鍊各學員的耐力，使他們擁有敏捷的反應、靈活的身手，並發揮個人潛能；在成長過程中，培養出積極面對新挑戰的態度。





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 Committee 籌委會



Committee Members 2002-2003:
 (from left) Linna Wong & Eliza Tsang - Treasurers; Kitty Wong, Sharon Yin, Vivian Ng - Chairlady, Cerina Leung - Vice-Chairlady,
 Mimi Choi & Agnes Chan - Secretaries
 2002-2003 年度籌委會成員

Training 訓練



Our intensive and professional training creates excellent results. 緊密而專業之體操訓練加倍提升學員技巧。

Performance 表演



Members perform in the PTA Christmas Party and the Opening Concert. 學員在「家教會聖誕聯歡會」及「慶祝新校舍落成音樂會」中擔綱演出。

Activities 聯歡活動



The Club organised a variety of gatherings and functions, including a day tour to the New Territories, and a barbecue party. Members also participated in the All Sports Clubs' Gratitude Dinner and Sports Training in China. 體操會於去年為學員籌辦了多項活動，包括聚餐、旅行及參與體育會聯辦之「東莞集訓」及「答謝晚會」等，得到會員熱烈的支持。

Competition 賽事



Members are encouraged to take part in HK Gym Association Badges Scheme and some open and inter-school gymnastics competitions. In the All HK Gymnastics Competition (Primary), our Novice Team came first. 去年，學員被推薦參加多個公開體操比賽及章別測試。在學界賽新秀組中，我隊勇奪隊際冠軍，成績斐然。

刺沙小學體操隊
 新秀組
 4F 彭傲天 4F 黃頌堯 3E 潘家樂
 2B 梁恩樂 1B 張恩諾



Swimming Club



The Swimming Club has about 120 members. They are divided into Groups A, B and C according to their ability levels. Group C is for beginners. The teaching ratio of this group is from 1:4 to 1:6. Group B consists of intermediate learners who want to improve their swimming skills. Group A is for advanced swimmers who have begun their speed training.

The Swimming Club of our school aims not only at training elite swimming champions, but also at promoting a healthy sport throughout the school.

泳會會員人數約120人，以其游泳程度區分為A、B及C組。C組為初學者或全不懂游泳之學生，師生比例為1:4至1:6；B組為已懂一般泳式的改良班；而A組的學生已能掌握各泳式，並開始接受游泳速度的操練。

本校泳會的宗旨不僅是要訓練出超卓的運動員，而且要在校內推廣這項有益身心的運動。



The coach and the coached - both try their best.
教練認真指導；學生專心學習

Besides swimming, our Swimming Club also emphasizes the relationship and communication among members - all members have close and harmonious relationship and they always care for one another. Our activities are varied and interesting. Members of each swimming level have chances to take part in different swimming competitions, so as to enhance their confidence and enrich their experience to compete.

泳會活動不只限於游泳，還注重會員間的聯絡和溝通，令大家相處融洽，互相照顧，不分彼此。我們的日常活動多采多姿，並讓不同程度的學員都有機會參與比賽，藉此增強他們的信心和積累出賽的經驗。



Teachers-in-charge & the committee members of 2002-2003
2002-2003 年度負責老師及委員



Members are really close and harmonious.
會員相處得多融洽



Look! Here come our future swimming stars!
看！我們未來的小飛魚！



Learning by Playing 交流切磋



Learning Putonghua and swimming in one go - coaching in Putonghua.
教練以普通話教授，在習泳之餘又可以學習普通話，真好！



Before going to Guangzhou for training, the club members take a good shot with Mr. Kwong at the railway station.
出發到廣州集訓前與江老師在火車站拍照留念。



Club activity — picnic. Let's take a picture together before setting off.
泳會活動——郊外旅遊；出發前先來一張大合照。



Friendly match — Hurray! The swimmers are really great! Let's do our best!
友誼比賽——加油！努力！他們的泳術真棒，我們真的要加把勁，好好向他們學習了。

Cultural and Recreational Activities 康樂活動



BBQ food... Yummy!
雞翼，我最喜歡吃！



Hi! Can't you see the Chinese White Dolphins? No? Doesn't matter. Take a deep breath. Feel the fresh air. What's more? The scenery is just splendid.
喂！你看見中華白海豚沒有？看不到？不要緊，呼吸一口新鮮空氣也好，欣賞四周的風景也不錯。



Table Tennis Club

In line with the theme of our School in achieving both academic and physical excellence, our Club tries to provide proper table tennis training to pupils of all grades.

We have about 200 members, and 17 teacher and parent committee members, who run working groups and hold regular meetings for the benefit of the Club, and hence, our pupils.

The support and guidance from our Principal and teachers have made professional training possible for the Club. Now all members are able to receive training in the nice venues within the School campus. Thanks also go to our parent helpers, who actively assist in the training sessions, as well the extra training courses for the School Team.

Throughout the past year, our Club participated in many school functions, and achieved outstanding results in various competitions. There were also regular trainings in Shenzhen and Guangzhou, dinner gatherings, as well as internal competitions, where parents and teachers could join the kids and have fun.

With the continuous support from all parties, we hope to achieve better results in the future. Let the team spirit of La Salle be always with us through the forthcoming table tennis activities.

本會現有老師及家長委員共十七人，會員約200名。每年除全體會員週年大會外，委員亦會定期舉行會議，按會務議決發展方針。

訓練班有幸得到學校全力支持，為學員提供場地，再配合專業的教練教授球技，最難得是家長們熱心協助維持訓練班的秩序，令每名學員獲得妥善的照顧。本會除致力培訓更多新血外，更設有加強班，提升學員球技，使學員面對公開比賽時更能得心應手。

球會自成立以來，曾多次參與及支持校內舉辦的活動。球隊亦積極參加校際公開比賽，歷年已為學校贏取無數獎項，成績彪炳。每年球會還定期安排學員到中國深圳或廣州進行「集訓」、舉辦「乒乓球校內分齡賽」及會員聚餐等活動。

展望將來，球會在各方支持下，表現將百尺竿頭，更進一步。透過乒乓球這項運動，讓喇沙小學的團隊精神，延續下去。



Parent-child table tennis training in Shenzhen, China
「親子深圳乒乓球集訓一日遊」



Teachers, coaches and 2002-03 Committee Members
老師、教練及2002-03年度各家長委員合照



Outstanding members with teachers and coaches
加強班與老師及教練合照



乒
乓
球
會

P5-P6 members with their coaches
五至六年級訓練班同學及教練合照



Teachers, parents and classmates supporting
the School Team in Kowloon North Inter-School
Table Tennis Competition
「2002-03 九龍北區校際乒乓球比賽」
老師、家長及同學到場大力支持



Wonderful performance during 2002 Christmas Party
二零零二年聖誕聯歡會表演多精彩





Extra-curricular Activities on Fridays

The Extra-curricular Activities held every Friday for P.3 to P.6 pupils are divided into General Interest Group and Special Interest Group. There are twenty-four items in General Interest Group, while Special Interest Group includes five units of activities.

The main objective of the Extra-curricular Activities is to expose pupils to a variety of activities so that they can explore their personal interests and strengths and learn to cooperate with their peers.

每逢星期五進行的課外活動分為普及組和特選組，只為小三至小六同學而設。普及組共有二十四項活動，而特選組有五組活動。課外活動為學生提供多元化活動，使學生有各方面之接觸及嘗試，並發掘個人之興趣及專長。



Sewing 縫紉組

Boys like sewing too!
做針黹真有趣!



Soft Volleyball 軟式排球

Soft volleyball demonstration
軟式排球示範



Chinese Music Appreciation 中國音樂欣賞

The pupils are watching a VCD programme about Chinese lute. They are excited!
正在播映中國古琴演奏 VCD，學生十分興奮！



Movie Sharing 電影欣賞

Is the movie interesting?
看電影，齊分享



First Aid 急救班

The teacher is demonstrating how to use bandages to bind the wound.
老師正在示範利用繃帶包紮傷口



Board Games 棋藝

Pupils are listening to the teacher attentively.
同學們正全神貫注地聆聽老師講解