

Alex, BRE Student, Winning Silver Medal & Breaking Hong Kong's Record in the Division 1 Age Group Long Course Swimming Competition'

Congratulations to our student, Alex Kwok on winning the Silver Medal and breaking the Hong Kong's record in the Men's 200-metre Breaststroke at the Division 1 Age Group Long Course Swimming Competition!



Alex Kwok Ka Fai has broken two individual records in the University Sports Federation of Hong Kong (USFHK) Aquatic Meet for the recent two years. He is currently a year-two student of the Higher Diploma in Building Technology and Management (Surveying) Programme in our Department and a member of the Hong Kong National Swimming Team.

Alex started taking swimming lessons at his five years old. With his great potential and interest in swimming, he put a lot of

efforts on this sport and got intensive training. Ultimately, Alex joined the Hong Kong National Swimming Team when he was studying Form Five.

Alex's commitment and hard work brought him a multitude of opportunities to compete with other professional athletes in the international swimming competitions in different countries, for instance, Korea, Malaysia, Moscow and the United States. Alex says, 'Joining the international competitions certainly enriched my swimming techniques and provided me with eye-opening experiences. Most importantly, they gave me every confidence to take on new challenges ahead.'



When it comes to Alex's painful experience, his ability has been doubted by other swimmers who had training at younger ages. Alex nearly gave up this favourite sport. However, Alex finally chose to work harder, as a consequence, he could make it.



Alex determined to be a full-time swimmer with the target of achieving the Olympic level once graduation. Alex wishes to encourage his fellow schoolmates not to give up when they encounter challenges and difficult moments.

Alex, we are very proud of you!

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