

Good morning, Ms Cheng, teachers and students.

If you are asked to name a Hong Kong Olympic athlete, who will you name? Cheung Ka Long? Siobhan Haughey? Or Lee Wai Sze? Today, I would like to introduce a Hong Kong athlete who did not win any medal in the Tokyo Olympics. Her name is Hayley Chan Hei Man.

Hayley started windsurfing at the age of 9. Since then, she has been climbing up the board, picking up the sail and riding over many waves for 21 years. Just like what she experienced at the sea, her life in these 21 years was filled with ups and downs, or literally **blood, sweat and tears**.

In 2012, Hayley represented Hong Kong at the London Olympics. Less than 2 months before the competition, when Hayley was focusing on her training in the water, suddenly a boat came out of nowhere and they crashed together. She was seriously injured. **Five of her ribs were broken** and she was immediately sent to hospital to undergo a surgery. Fortunately, her life was saved but **her spleen was removed**. When she regained consciousness after the surgery, the first thing she asked her coach was whether she could still compete in the Olympics. At that time, the doctors thought it would take her 10 weeks to recover. That means she would miss all the races. Surprisingly, with a **strong will power**, Hayley had a speedy

recovery and managed to get back on her board after **five** weeks to continue her training and competition. She finally placed 12th at the London Olympics.

In 2014, Hayley won Gold medal at the Asian Games. It seemed that she would be able to win a medal at the 2016 Rio Olympics. However, things did not go as planned.

In the internal selection of the Rio Olympics, Hayley lost to her teammate. She could not represent Hong Kong. In an interview, Hayley revealed that she was about to quit windsurfing at that time. She said, “I was too focused on the Rio Games and seemed to have reached the end of the world after losing the place to my teammate.

Then my teacher asked me if I could still remember why I took up windsurfing. Was it only because of taking part in the Olympic Games?” Well, my dear students, what do you think is the reason for Hayley to persist in being a windsurfer? Five years later, when Hayley was interviewed after the Tokyo Olympics, she told us the answer.

She said “**I really like windsurfing.**” This is the reason why she continued flying on the water after losing the qualification for the Rio Olympics. Also, her coach once told her that if she could not overcome this adversity, she might not improve herself even when she faced obstacles in other aspects of her life. After putting a lot of effort in improving her mentality and skills, Hayley successfully progressed into the final round and ranked eighth at the Tokyo Olympics this year. All these setbacks made her become a better windsurfer.

From Hayley's story, I hope you can learn that obstacles provide opportunities for us to grow, to become stronger and to become a better person. Strength and growth come only through continuous effort and struggle. Remember, **today's tears water tomorrow's gardens**. Thank you.

Prayer: 15 - Don't Let Me Falter

Hymn: 86 - Seek the Lord: the 2nd and the 3rd stanza