

## **Profile of KWONG Siu Hong**

**Name:** KWONG Siu Hong  
**姓名:** 鄺兆康

**Gender:** Male  
**性別:** 男

**Language:** Fluent in English, Mandarin and Cantonese  
**教學語言:** 流利英語，普通話及粵語

**Coaching/Work experience, qualifications and achievements:**  
**授泳/工作經驗、相關資格及成績:**

- Coaching for over 6 years, including as Swimming Coach of S.K.H. St. John's Primary School  
執教超過六年，包括擔任聖公會聖約翰小學校隊教練
- Swimming Team Coach, HVAA  
愉園體育會泳隊教練
- Registered Swimming Coach, HKASA  
香港業餘游泳總會註冊游泳教練
- Level One Coach Certificate, HKSCA  
香港游泳教練總會一級教練證書
- Pool Lifeguard Award, HKLSS  
香港拯溺總會泳池救生章

## **Profile of LAU Sze Wan**

**Name:** LAU Sze Wan  
**姓名:** 劉思韻

**Gender:** Female  
**性別:** 女

**Language:** Fluent in English, Mandarin and Cantonese  
**教學語言:** 流利英語、普通話及粵語

### **Coaching/Work experience, qualifications and achievements:** **授泳/工作經驗、相關資格及成績:**

- Clubhouse coach of the Arch, the Grandiose, and D. PARK (2021-2022)  
於凱旋門、君傲灣及愉景新城的會所擔任教練 (2021-2022)
- Worked in Flying Dragon Life Guard Club (2021-2022)  
於飛龍拯溺會工作 (2021-2022)
- Working in Happy Valley Athletic Association (Swimming) (Since 2022)  
於愉園體育會游泳部工作 (自 2022 年開始)
- Level One Coach Certificate, HKSCA  
香港業餘游泳總會一級教練證書
- Life Saver Award - Bronze Medallion  
拯溺救生銅章
- Ex-Member of Hong Kong Regional Squads  
前香港區域代表隊成員
- Ex-Member of Hong Kong Life Saving National Squads  
前香港拯溺代表隊成員
- Winning awards in various competitions including The Annual Aquatic Meet of the University Sports Federation of Hong Kong, and inter-secondary school competitions  
於各大比賽中屢獲獎牌，包括大專周年水運會及中學學界賽事
- Member of the Swimming Team and Life Saving Team at secondary school  
中學游泳校隊及拯溺校隊隊員