Principal’s Speech in the Opening Ceremony of the
22nd Athletic Meet on 30 November 2005
Run for the Championship

Good morning teachers, non-teaching staff and students,

1. Today is a great day for our school as it is the first day of our 22nd Athletic Meet. It is the first time we have held our Athletic Meet at the Ma On Shan Sports Ground.
   (a) Today is also a happy day for our school because it is a day of God’s blessings. We are enjoying fine weather from God. It is sunny, warm and with a moderate wind. We are enjoying fresh and clear weather from God. We are also enjoying good health and happiness from God. So, we thank God for all His blessings.
   (b) Today is also a happy day for our school because it is a day of running. All Athletes will run in track competitions, such as 100 m and 800 m races, etc. All Athletes need to run before they jump or throw in field competitions, such as long jump, high jump and javelin, etc. All judges and student helpers may need to run when they move from one working spot to another. So, enjoy running today.
   (c) Today is also a happy day for our school because it is a day of dreaming. All members in the school must have a common dream of winning the championship for themselves, for their Houses and for their Cheering Teams. So, set high targets and aim to achieve these targets by winning as many prizes as you can.

2. Boys and girls, the Athletic Meet is specially designed for all of you. So, enjoy the Athletic Meet by actively participating in all competitions and services. May I remind you to keep your dreams in your minds and run with perseverance for the championship. But, when you are running, you have to abide by all regulations set by the school. Then, our Athletic Meet will be a brilliant one.

3. To conclude, I would like to present a few lines of verses to you.

Run for the championship,
Run in the right way;
All miles to run,
All hearts to pay;
With God’s blessings,
We shall win the day!

Our aim is to get the championship, yet we have to abide by all regulations set by the school.
With perseverance, we strive to complete every competition and task to a high standard.
God will then bless us and grant us what we need.
Boys and girls, remember this verse and enjoy a wonderful Athletic Meet.

God bless you all.
Thank you very much.

4. Now, I declare the 22nd Athletic Meet open.

Prayer for the Athletic Meet
On 30 November 2005

Almighty God, we thank you for granting us another new and beautiful day. We are now enjoying sunshine, warm weather and fresh air. We are healthy and happy. We thank you for all your blessings.

As we are holding our Athletic Meet at the Ma On Shan Sports Ground, we pray that you will be with us and watch over us. Teach us to be fair and righteous. Help us to create harmony among us. Give us strength to achieve a brilliant performance.

In Jesus’ name we pray. Amen.