

## **Hong Kong Swimming Coaches Association**

### **President, Chan Yiu-Ho**

Chan Yiu-Ho, born in Hong Kong, is the current president of the Hong Kong Swimming Coaches Association. He has devoted the best years of his life to his beloved sport of swimming, earning him recognition as the 2023 Global Outstanding Overseas Compatriot Student Alumni Cultural and Sports Award. Chen, who has been familiar with water since childhood, is an outstanding swimmer. He has won the championship in the men's 1,500-meter freestyle event at the Chinese Swimming Meet and was once ranked third in Hong Kong. In addition to swimming, he has also excelled in water polo, dragon boating, soccer, and badminton. After graduating from high school, due to his love for sports, he desired to combine his interests with his studies and chose to enroll in the Department of Physical Education and Sports Science at National Taiwan Normal University. This decision has greatly influenced his life.

After graduating from university, Chan Yiu-Ho returned to Hong Kong, where systematic athlete training programs were starting to be implemented. As a former swimmer and a graduate of the university's sports department, he was the only swimming coach at the time with a bachelor's degree in sports science. In 1982, he joined the "Jubilee Sports Centre" as a coach for the Hong Kong swimming team. In 1995, the center was elevated and renamed "Hong Kong Sport Institute (HKSI)," and Chan Yiu-Ho was promoted to the position of head coach for the national team.

From 1995 to 2013, he served as the head coach of the Hong Kong swimming team for 18 years, leading the team to participate in 4 Olympic Games and 4 Asian Games, achieving outstanding results including 4 bronze medals in the Asian Games, 3 gold medals and 3 silver medals in the Asian Swimming Championships, and 15 bronze medals. The swimmers he coached, including SZE Hang-yu, Rosanna, David Wong, Charles Szeto, and Siobhan Haughey, have all achieved honors in major competitions and have received awards such as Hong Kong Outstanding Athlete, Outstanding Young Athlete, and Gold Medals at the World Cup Swimming Competition. They have also broken nearly a thousand Hong Kong swimming records. With more than 30 years of coaching experience, Mr. Chan Yiu-Ho has been awarded the Best Swimming Coach by the Hong Kong Swimming Coaches Association six times and is called the "Asian Gold Medal Coach."

For young swimmers who have been trained since childhood, Mr. Chan Yiu-Ho is both strict and versatile, just like a father figure to them. He always approaches them from an athlete's perspective, understanding the psychological state of his students, always considering their needs. He sympathizes with them when they have to wake up at 5 am to practice swimming and for decades, he has always left a room in his home for the athletes to stay, providing them with a place to live if needed. For Mr. Chan Yiu-Ho, seeing his trained athletes compete and excel against top swimmers from other countries in the international swimming arena, even achieving good

results and standing on the podium in competitions, is his proudest achievement.

Mr. Chan Yiu-Ho has always been grateful for the cultivation he received from National Taiwan Normal University, hence his long-term donation of scholarships to encourage junior students to strive for academic excellence. His passion for swimming, personal athletic achievements, long-term sacrifices and dedication to professional training for younger generations, as well as his identification with his alma mater and department, are all examples that we should learn from and emulate.