



# FIERO

Proudness of CSK Boys.  
Messages & Highlights



**Fiero**  
is...

**Fiero means proud <sup>[adj.]</sup> in Italian.**

Throughout 42 years, we, CSK Boys, are proud of our own school and her history. We will continue contributing to our school in the future and trying our best to have good performances in academics and athletics..... also thankfully reciprocating our school.



# Messages & Highlights

## 情·意

中文辯論隊隊長及學生會內務副主席  
史雷杰 5C

回想起我最初來到陳瑞祺的時候，看著帶領我們遊校園的學長們，穿戴黑領帶白襯衫，我多麼想有朝一天也能夠像他們一樣，成為學生中的領袖，代表自己的學校。五年後的今天，我已經是田徑校隊、中文辯論隊甚至是學生會內閣的一份子，成為陳瑞祺的學生領袖，肩負起代表陳瑞祺的重大責任。

中文辯論隊教曉我很多東西，讓我有一群志同道合的隊友，使我可以不斷訓練自己。有時我也會問自己：代表陳瑞祺到校外辯論為的是甚麼？最後，我知道自己所為的，其實是一個責任——陳瑞祺教會了我的，我也要相應地給她回饋。除了對自己負責，也要對別人負責。辯論就像人生，有悲也有喜，不管結果怎樣，都要學懂怎樣去面對。

曾經聽其他同學說過：「為甚麼現在的新生那麼不懂事？」其實，我相信新加入陳瑞祺這個大家庭的同學，起初對學校的認同感和歸屬感不會太高。將心比己，我們剛入讀的時候，態度也是差不多吧。但在這裏度過的每一個春秋，醞釀著我們對陳瑞祺的情；在這裏度過的每一個寒暑，培育著我們對陳瑞祺的愛意。我們此刻成為領袖生，擔當學校的學長，努力回饋母校，正代表那些長年累月一直埋在地下，名為自豪感、歸屬感和認同感的種子，終於開花結果了！

五年了，我已看過陳瑞祺的千姿百態，對學校的歸屬感也從過去很多活動中，不斷地培育起來。就是要親身經歷過，才能感受到真正屬於「水記仔」的精神。縱使陳瑞祺不是香港最頂尖的名校，但我確信一份傳承的精神，足以驅使我們做得更好！中興瑞祺——這並不只是一個目標，而是每一個身為「水記仔」的我們，對學校的承擔，也是對自己的承諾。



## 中文辯論隊

瑞祺中文辯論隊現時主要由中五的同學負責帶領，而隊員則分別來自中一至中四各級，而對於師弟的訓練工作亦是由中五的師兄負責，這乃是瑞祺中辯的一大特色。訓練內容主要為教授思辯技巧及分享過去比賽經驗，與此同時，較高年級的師兄更會帶領師弟參加各類型的盃賽，汲取實戰經驗，以為將來傳承中辯隊作好準備。

此外，為了增加隊員的比賽經驗，辯論隊曾邀請不同學校進行友誼賽，如喇沙書院、德雅中學、培道中學。在學界賽事方面，中辯隊於去年曾參加星島全港辯論比賽、聯校中文辯論學會比賽、基本法盃、學思盃等。而在學思盃辯論比賽中，辯論隊更奪得季軍佳績。

在往後的日子，辯論隊一眾隊員將會繼續努力，肩負振興陳瑞祺中辯的使命，誓要在校際辯論場上再起風雲！



## English Debating Team

Our school founded the Chinese Debating Team a long time ago. However, there wasn't any chance for students with fluent English to show their talent. Therefore, the English Debating Team was formed two years ago. Being a newly organized team with students from Forms 3 to 5, the enthusiastic members started practising at once. Every Wednesday, they attended a training course after school for two hours and devoted themselves to becoming more sophisticated debaters. After substantial preparations, they found themselves well-equipped to participate in two inter-school debating competitions, which are organized by Sing Tao and Nesta-SCMP each year. Though we are not ranked among the top teams, we are so proud of every member's encouraging performance. Our boys undoubtedly possess the school's valuable spirit of "Try our best, no regrets"! With the greatest support from teachers and students, the team will certainly achieve more in the near future!



MEMBER OF THE ENGLISH DEBATING TEAM

Wong Cheuk Yin 5B

a smooth speech and to be more confident. These are all valuable practical skills which I have acquired through debating. By being a member of the team, I do not just contribute to our school, but also to develop my English language ability in a practical and exciting way!

CSK will always give you a chance whenever show willingness to have a go. You may encounter difficulties and hit some low points, but our teachers and classmates will always give you the greatest of support. All challenges will undoubtedly be overcome and become your lifelong experience! This will add to your life experience and make you stronger.

## 水記最強：長跑！

入讀中一那年起，陳瑞祺這個令人自豪的名字，已經深深印在我心中。數句短短的口號，帶出的是令人熱血沸騰的鬥心，帶出的是無限的爆發力，帶出的是充滿自信而毫不卻步的水記仔。

中一那年，我加入了長跑隊。在鬥志旺盛的隊長袁卓豪帶領下，我開展了我的長跑生涯，進行每星期三次的訓練……

曾幾何時，我害怕長跑的辛苦，尤其是那心臟爆破的感覺，亦擔心學業成績會因為抽出不少時間訓練而退步。但時至今日，我已開始享受水記仔獨有的長跑精神。藉著長跑鍛煉出來的鬥志，我更加學會以永不言敗的精神，克服學業上乃至人生上種種困難。

不以「買人」方式招兵買馬的陳瑞祺，每一位運動員都是由學校訓練出來，長跑隊員當然也不例外。無可否認，其他學校招攬運動員的條件的確很吸引，但我校過往多位精英長跑隊員不為所動的回應，則印證了水記仔強烈的歸屬感。CSK就是真正的「不假外求」！

雖然我和其他長跑隊員站在不一樣的起跑線上，背景不盡相同，但經過三年多的奮鬥歲月，我們之間已建立起深厚的友誼，一直以來互勵互勉，與長跑可謂密不可分。無論在任何環境，我們仍然抱有共同的目標，就是中興瑞祺，再奪全港學界長跑首十名的殊榮！

「Give me a C！」

「C！」

「Give me a S！」

「S！」

「Give me a K！」

「K！」

「Altogether！」

「CSK! CSK! CSK!..... 成瑞然」

4E

# WE ARE THE BOYS... IN RED!



## Editor's Message

To my own impression, CSK is unique among all secondary schools. Most of the schools are exam-oriented. They may only care about the enrollment rate to the universities. However, this is not our school's only consideration. Indeed, it is a big family which facilitates our studies and activities. I am one of the lucky boys in red. I have been able to acquire essential skills when go beyond lessons through these memorable events in my secondary school life.

I have been a member of the English Debate Team since Form 4. Although my speaking was not fluent and clear at the beginning, our teacher advisors trained us well, so all of us made a significant improvement after a few months. Through preparation for the last SCMP-Nesta Debate Competition, I have learnt how to rebut others' viewpoints, deliver







# Sports

## Message from P.E. Department



Mr. TS Wong

CSK boys have a very good tradition of active sports participation since the establishment of our school in 1969. In addition to two P.E. lessons every cycle, students of general physical fitness and abilities are always encouraged to participate in sports-related extra-curricular activities organized by different sports clubs. Students with better physical fitness and sports talents are invited to join various school teams to train for competitions. More than 200 students represent our school in inter-school and open competitions each year and most of them can achieve satisfactory results.

Athletics (Division Two)	Champion in B Grade
Badminton (Division One)	2nd in A Grade
Football (Division Two)	2nd in A Grade
Swimming (Division Two)	3rd in A Grade Champion in C Grade 3rd in Overall
Table-tennis (Division Two)	Champion in C Grade Champion in Overall
Tenpin Bowling (Boys Open)	4th
BOCHK Bauhinia Bowl	10th (79 points)

Besides, we have received the Most Progressive School Award from the Hong Kong Schools Sports Federation for four times and hundreds of our athletes have also been selected by the Federation to represent Hong Kong in various inter-port sports competitions. For more information about P.E. and sports in our school, please visit our P.E. website at <http://www.csklsc.edu.hk/pe>.



## Inter-school Championships Swimming



## Inter-school Badminton

Our CSK boys performed well in the Inter-school Swimming Championships 2010-2011. Our C Grade Team was the champion and our A Grade Team was the 2nd runner-up. Our overall team position was 2nd runner-up.

The competition was intense, but our swimmers were still very competitive. Most of our swimmers were qualified for the Final events. For example, 4C Fan Chun Kit was the 1st runner-up of both 50-metre and 100-metre A Grade Free Style. 6B Cheung Tsz Kit was the champion of 50-metre A Grade Butterfly.

The results were fantastic and we were very impressed. In conclusion, the results were splendid and it has been a great year for CSK.



Our badminton team did brilliantly in both the inter-school badminton championships and the Hong Kong Jing Ying Badminton Tournament. We were the first runner-up in A grade and ranked fifth in the overall result.

A lot of students went to support our team in the final and the players did their utmost effort. Although we lost the match with Diocesan Boys' College, we still appreciate the effort contributed by the team members.

For the BOCHK Bauhinia Bowl Award, we were the second runner-up for both senior and junior section and first runner-up in the overall team position. In addition, for the Hong Kong Jing Ying Badminton Tournament, 6B Cheung Kong Shung took the third place.

In short, the badminton team did superbly.

