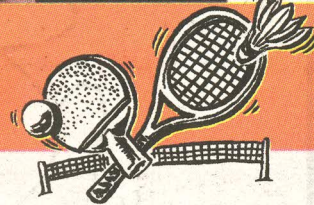


unsung heroes



Each week we talk to HK's upcoming stars

Name Ling Chun-long
School Cognitio College
(Kowloon)
Grade Form Four
Sport Basketball

Achievements Chun-long, 16, is the captain of Cognitio College's (Kowloon) basketball team. He is usually the team's small forward and is a crucial player, especially with his ability to convert free throws.

He led the boys' Grade B team to the title in the 2009/10 Inter-school Basketball Competition (Division Two, Kowloon). This year the team was promoted to Division One.

Outside school, he trains with the Hong Kong under-16 elite

basketball team, and was a member of the team which reached the quarter-finals of the Adidas Streetball Challenge 2010.

Soundbite "I believe hard work will pay off one day so I always push myself to the limit during training. But sometimes my shooting is disappointing. So I concentrate on accuracy and three-point shooting," says Chun-long.

"In 2009/10, our Grade B team clinched the Inter-school Basketball Competition, and we were promoted to Division One this year. However, we lost some key matches and we will go down to Division Two in the next school year."

"It is disappointing that we were

relegated again but I am optimistic about our team's future as many of our players are still young and inexperienced. We are not good enough to play at a high level yet. Now my target for the coming year is very clear: win the Division Two title and be promoted to Division One again.

"If we win the Division Two title next year, it also means we will be able to play in the All-Hong Kong Schools Jing Ying Basketball Tournament during the Christmas holiday."

From his coach "Chun-long is very ambitious and always wants to improve his



PHOTO: KEVIN KUNG

skills," says Ho Wing-sum, coach of the school basketball team.

"His height is average at the moment but I believe he will become taller as his family members are very tall. He led the school team in Division One and Two and I hope he will enhance his leadership and communication skills. He is lucky to have a very supportive family."

Ambitions "I hope to represent Hong Kong in the Interport Championships and other overseas competitions. To achieve this goal, I need to play in a higher grade and become a member of the Hong Kong U19 team," says Chun-long.
Kevin Kung