

SPORTING STARS

Beyond the classrooms of the Canadian International School of Hong Kong, students are kicking all kinds of goals in a range of different sports. We meet five of them!

Louis Guchet – Football

Louis joined CDNIS at the start of the International Baccalaureate Diploma Programme in September 2024.

Sports played

I play for the U20 Varsity football team with my CDNIS classmates from various grades, and in various teams across Hong Kong, including with players from Spain, Belgium, Portugal and England.

Achievements

I was invited to my first national team training in April 2024, and I played with the team against the Manchester United U16 academy at Mong Kok Stadium in front of 5,000 fans – the home crowd support felt unreal. Many of the MU academy players now play and train with the professional team, which demonstrates the high level we were matched against.

I also played in the Asian Football Cup (AFC) U17 tournament in Jordan in October 2024. We placed third in our group and made history for Hong Kong by defeating Western Asian countries (Syria and Jordan). After the final whistle, I reflected on this once-in-a-lifetime journey and realised how great the entire experience was.

Best thing about sport at CDNIS

The countless facilities at school – including a pool, fully equipped gym, small-side football pitch and more – allows us to grow physically and mentally as players. Also, young athletes can develop at a much faster pace through the help they receive from the whole CDNIS sporting community – athletics departments, coaches, staff and players.

Favourite (non-sport!) subject

One of my favourite subjects is Economics. My teacher Mr Lee gives me lots of extra help and has a great teaching style, using humour to lighten the mood.



Pippa Chen – Netball

Pippa has been at CDNIS for 13 years and is in her final year.

Sports played

I compete in both the U20 netball and field hockey team at CDNIS. I've captained the division 1 team for the last three years. In 2024, I co-founded and co-captained the first CDNIS field hockey team.

I've also represented Hong Kong in both netball and field hockey, playing in international tournaments in both sports.

Achievements

In 2023, after a season of hard work, our school team lost the U16 ISSFHK Division 1 finals by one point. The following year, we again came second. This year, though, our small team of nine, despite facing several challenges including two injuries before our semifinal, was able to secure the gold medal at ISSFHK, winning by one point.

With the Hong Kong team, a highlight was placing fourth at the U21 Asia Youth Netball championship in Korea, competing against 11 teams from across Asia. At age 16, I was incredibly proud to represent my country at this international tournament, and I gained so much as both a player and a teammate.

Best thing about sport at CDNIS

I deeply appreciate the supportive athletic environment. For example, in Grade 11, I co-founded and co-captained the school's first field hockey team. It took a lot of work, and I appreciate the endless support from CDNIS for allowing this to be possible.

Favourite (non-sport!) subject

Biology helps me understand the world through a fascinating lens. It can be challenging, but I love exploring how biological systems influence our daily lives.





Jeffrey Wong, Equestrian

Jeffrey has been at CDNIS since Grade 2 and is currently in Grade 12.

Sports played

I participate in equestrian sport both at school level and nationally.

Achievements

I'm proud of being selected to represent my country, and my recent achievements include a team silver medal at the 2025 National Youth Show Jumping Championship, Beijing Qualifier, and a team bronze at the 2024 National Youth Eventing Championship.

I've also competed around the world, including achieving first place at the Chepstow Howick BE100 and second place at the Portman Horse trials BE100. I frequently travel to mainland China for show jumping competitions.

This has only been possible through the support of the Equestrian Federation of Hong Kong, China, the Hong Kong Jockey Club, and Lo Wu Saddle Club, and I'd like to express my sincere gratitude to them.

Best thing about sport at CDNIS

I especially like the values of team spirit, good sportsmanship and positive mindset that the CDNIS athletics team has promoted.

Favourite (non-sport!) subjects

Sports Exercise and Health Sciences – the content is interesting and highly applicable to equestrian sport; for example, learning about the body's physiological responses to thermoregulation allows me to keep myself and the horses comfortable and safe, especially in the hot and humid climate of Hong Kong.

At university, I hope to pursue a degree in physiotherapy, before potentially specialising in equine physiotherapy.

Charlize Tsang, Lacrosse

Charlize has been at CDNIS for almost 14 years (since Reception) and is currently in Grade 12.

Sports played

I was on the U16 Volleyball and Badminton teams for two years of high school, and represented Hong Kong on the U20 women's lacrosse team.

Achievements

I've competed in multiple tournaments at continental and international level, including the 2025 Asia-Pacific Lacrosse Championships and the annual HK Lacrosse Open. I had the opportunity to co-manage the Hong Kong team at the 2024 Women's U20 World Championships, and gratefully received the "Heart and Spirit of Lacrosse Award" for my support for the team on and off the field. I also co-captained the U16 girls' lacrosse team during last year's HK Lacrosse Open where we came second.

Best thing about sport at CDNIS

Our coaches are always so supportive and understanding of their players, and I deeply appreciate this – especially when I was balancing two sports in the same season or competing overseas. They helped sharpen my time management and resilience. Similarly, my teachers were instrumental in my experience as a student athlete; their encouragement allowed me to succeed in both commitments and maintain a balance in my responsibilities.

Favourite (non-sport!) subjects

Theatre and Biology.



Marcus Lau, Wake Surfing

Marcus has been in CDNIS for four years and is currently in Grade 10.

Sports played

I enjoy playing basketball with my peers for leisure, but my main sport is wake surfing.

Achievements

I've been a member of the Hong Kong National Junior Wake Surfing Team since 2023, holding the number one junior ranking since 2024. To further challenge myself, I moved up to the Open (adult) category in 2025, achieving a number two ranking while maintaining my lead in the Junior category.

Last year, I won championship titles at the Hong Kong National Championships, the All-China National Championships, and Asian-wide competitions. I'm especially proud to have been nominated by the National Team for the Cathay 2025 Hong Kong Sports Stars Awards, often regarded as the "Oscars of Hong Kong sports." Only one male athlete from each sport is selected for this honour.

Best thing about sport at CDNIS

All the football and basketball facilities are well-maintained and provide great opportunities for students to play during lunch breaks, watch friendly games or simply relax. The vibe is positive and energetic, allowing us to bond with our friends and create great memories.

Favourite (non-sport!) subject

English, because I really like to learn about the history and deeper meaning of texts. I especially enjoy analysing the moral and themes in Shakespeare's works as well as reading different novels. ☺

