

## Student Leaders tackled the challenges at the HKUST Sports Leader Training Camp

On 6 & 7 June, 2015, the Sports Association, together with the Student Affairs Office, organized the Sports Leader Training Camp for sports leaders to bond together, and improve each other's leadership skills through the various challenges.

Student leaders from 12 sports took part in the 2-day-1-night camp held in the Sai Kung Area and the Po Leung Kuk Pak Tam Chung Holiday Camp. On the first day, they experienced the Sailing Challenge and the Night Hiking Challenge. On the second day, they took the Team Building Challenges before the overall debriefing.

Sports leaders were divided into 3 groups, and through taking up different roles in each challenge, they appreciated the importance of having the right mentality for tackling problems and working as a team.



Participants worked together in adjusting the sails in the Sailing Challenge.



Participants finished the rescue task in the Night Hiking Challenge.



Sports leaders took different roles to complete the team-building challenges and experienced how working together can help to achieve success.



HKUST Sports Leaders and their Facilitators!