

個人資料

姓名：米花田 Fatima Amir 年齡：15

就讀學校及 / 年級：

St. Rose Of Lima's College / Form 4

專長：

Basketball, Badminton, Cricket, Long-distance Running, Athletics

重要殊榮：

- MVP Award in Cricket
- Captain of the Girls' Domestic Cricket Team
- Hong Kong East Asia Cup Champion



Embracing Challenges, Pursuing Excellence: My Journey Through Sports

From an early age, I discovered that sports could be much more than just a source of entertainment; they became a meaningful pathway to self-discovery, personal growth, and community involvement. My name is Fatima Amir, and I am a 15-year-old student currently in Form 4. My passion for sports runs deep, fueled not only by my love for the games but also by the invaluable lessons and experiences they have provided me over the years. Sports have played a pivotal role in shaping my character, challenging my limits, and inspiring me to dream bigger and aim higher.



Having the Honour to be the captain of our Girls' Domestic Team "Link Fireflies"



05 Participated in the Home Series Of the Women's T20 Series in Hong Kong.

Discovering My Dreams and Goals

My journey into sports began when I was very young, inspired by watching both local and international athletes perform with unwavering dedication, resilience, and passion. Witnessing their perseverance made me realize that sports could serve as a powerful platform for self-improvement, building confidence, and fostering meaningful social connections. I set my sights on excelling in various sports, including basketball, badminton, cricket, and athletics, with the ultimate goal of representing my school and community on larger, more competitive stages.

My dream is to become an accomplished athlete who not only competes at a high level but also serves as an inspiration to others. I strongly believe that through continuous effort, perseverance, and a positive mindset, I can overcome challenges and achieve excellence. This dream is especially significant to me because it embodies my desire to push beyond my comfort zone, learn new skills, and contribute positively to my community and society at large. I aspire to be a role model for younger students who wish to pursue sports, demonstrating that dedication and resilience are key to success.



Winning The Young Female Cricketer Of The Year & Secondary School League Girls' Cricketer Of The Year Awards.

Facing Challenges and Overcoming Difficulties

Pursuing my athletic goals has not been without its share of obstacles. Balancing academics and sports requires meticulous time management, discipline, and unwavering commitment. There have been moments when I felt overwhelmed, especially during intensive training sessions, tight competition schedules, and exam periods. Injuries and setbacks have also tested my resilience, forcing me to stay motivated and focused despite difficulties.

One of the most challenging periods in my sports journey was during the early stages of my cricket career. I faced tough competition, self-doubt, and moments of frustration. Additionally, I recently sustained a severe back injury that caused a great deal of pain and discomfort, making it difficult to continue training and competing. It was a discouraging experience, but I was fortunate to have the guidance of mentors and coaches who believed in my potential. Their encouragement and my own determination helped me persevere through the pain and setbacks. For example, earning the MVP award this year was a milestone that reminded me that perseverance and hard work truly pay off.



Participated in the Women's All Stars Series 2024-2025

Lessons Learned and Personal Growth

Throughout my sports journey, I have gained valuable life lessons that extend far beyond the field. Resilience has become an essential trait, helping me face setbacks with a positive attitude and a determination to improve. Teamwork has taught me the importance of collaboration, trust, and supporting one another to achieve common goals. Discipline and accountability have shaped my daily routines, ensuring I stay committed to both my training and my studies.

Sports have also broadened my social horizons. I am grateful for the friendships forged with fellow athletes, mentors, coaches, and teammates. Participating in prestigious competitions like the Women's East Asia Cup, where my team won the Championship representing Hong Kong, China, has strengthened my sense of community, pride, and identity. These experiences motivate me further to explore new sports, improve my skills, and continue pushing my boundaries.



Winning the Sha Tin Outstanding Students' Athlete Award.

Future Aspirations and Commitment

Looking ahead, I am eager to further develop my athletic abilities and take on new challenges. I plan to join more sports clubs, seek mentorship from experienced athletes, and aim for higher achievements at regional and international levels. I also hope to inspire younger students in my school to pursue their passions with dedication, resilience, and a never-give-up attitude. Ultimately, I want to embody the true spirit of perseverance, sportsmanship, and leadership in all aspects of my life—academics, sports, and community service. I would like to be one of the people who can make a difference and move forward to make a vigorous legacy. I also aim to become a better person as people could not only follow my skills and strengths, but also follow my mentality and look at me as a kindhearted person.

In conclusion, sports are an integral part of who I am. They have taught me resilience, teamwork, discipline, and the importance of community engagement. I am extremely grateful for all the opportunities I've had for the past few years. I am deeply committed to continuing my journey in sports, embracing new opportunities, and striving for excellence. Sports hold a special place in my heart, not only as a source of joy and achievement but also as a means to build character and inspire others. I firmly believe that with dedication, passion, and a positive attitude, I can achieve my dreams and make a meaningful impact on those around me.