



## Four to Watch

### Equestrian **Jeffrey Wong**

An IB senior who joined in Grade 2, Jeffrey competes in dressage, show jumping and eventing for Hong Kong, China and represents CDNIS at the annual senior eventing challenge. Recent highlights include team silver at the 2025 National Youth Show Jumping Championship (Beijing qualifier) and team bronze at the 2024 National Youth Eventing Championship. In 2025 he also notched wins in the UK - first at the Chepstow Howick BE100 and second at the Portman Horse Trials - while balancing frequent competitions on the Mainland. He says CDNIS's emphasis on team spirit and sportsmanship translates directly to better horsemanship - patience, empathy and partnership with the horse. At university, he aims to study physiotherapy, with a view to specialising in equine care.



### Football **Louis Guchet**

Louis plays for CDNIS's U20 team and for Hong Kong, China. After his first national-team training in April 2024, he returned in the summer to scrimmage the U20s as a U17, then faced Manchester United's U16s before 5,000 fans at Mong Kok Stadium. In October 2024, he travelled through the Middle East for the AFC U17 qualifiers, playing against UAE, Qatar and Iran and helping the team to historic 2-1 wins over Jordan and Syria. Louis credits CDNIS's small-sided pitch, pool and professional-grade gym, as well as a tight-knit coaching community, for accelerating his development, and cites Economics as a favourite subject that sharpens his analytical edge.



### Netball & Field Hockey **Pippa Chen**

Now in her 13th and final year at CDNIS, Pippa is both a leader and a builder. She has captained the Division 1 netball team for three seasons, steering the group from narrow runner-up finishes to an ISSFHK gold decided by a single point, despite injuries along the way. She also co-founded and co-captains CDNIS's first field hockey team. Internationally, Pippa has represented Hong Kong, China at U15 and U21 levels in netball, including a fourth-place finish at the 2025 Asia Youth Netball Championship in Korea, and has competed in field hockey across Asia. She relishes Biology for the way it illuminates everyday life and plans to study psychology to support community wellbeing.



### Wakesurfing **Marcus Lau**

Marcus has been Hong Kong's No. 1 junior wakesurfer since 2024 and, in 2025, stepped up to the Open (adult) division while retaining his junior crown and reaching No. 2 in the Open ranks. He swept major titles at the Hong Kong National Championships, the All-China National Championships and Asian-wide events in 2025. His nomination by the National Team for the Cathay 2025 Hong Kong Sports Stars Awards underscores a meteoric rise in one of the city's fastest-growing action sports. On campus, he gravitates to the school's courts and fields for pickup sessions with friends; in the classroom, English literature fuels his curiosity.



# CDNIS student-athletes are raising Hong Kong's game - on the field and in the classroom

Meet the CDNIS athletes who prove that excellence knows no limits. Balancing the demands of school and elite sport, these students are competing at the highest levels and proudly representing Hong Kong, China on the world stage.

Canadian International School of Hong Kong (CDNIS) has long been a home for scholar-athletes who excel. Over the years, its students have represented Hong Kong, China across an impressive range of sports including acrobatic gymnastics, cricket, equestrian, field hockey, football, lacrosse, netball, rugby, sailing, swimming, tennis and wakesurfing - while maintaining outstanding academic standards. Last year alone, CDNIS teams captured six ISSFHK titles, and 99% of athletes in Grades 9-12 earned a place on the honour roll or principal's roll. That blend of competitive success and academic consistency is the school's signature.

The platform for this performance is both cultural and physical. On campus, student-athletes train in a 25-metre swimming pool, a fully equipped weight room, and multiple indoor and outdoor courts - facilities that allow teams to prepare year-round. The school also builds competitive opportunities into its calendar and hosts annual Timberwolves Volleyball and Basketball Invitationals, drawing student teams from across Hong Kong for two of the city's most anticipated school tournaments.

More than 550 students suit up for at least one Timberwolves team each year, spread across 22 sports and 83 different squads. For many, those experiences become a springboard to national selection - an achievement that demands maturity, time management and resilience alongside talent.

## Role models at every stage

Elite recognition is not limited to current students. Alumni triathlete Oscar Coggins, an Olympian, was also nominated for the Cathay 2025 Hong Kong Sports Stars Awards - another milestone that connects today's Timberwolves to a broader tradition of sporting excellence.

From packed home stands at the Timberwolves Invitationals to international call-ups, CDNIS is demonstrating how a Hong Kong school can compete - and win - without compromising the rigour of the IB. The numbers tell one story; the student-athletes tell another.