



CYOC 友谊杯运动会 2024

By: Sophie Xu

生命在于运动,运动使人心舒畅,能够忘却忧愁,让我们生活充满活力。运动对我们来说非常重要,它不仅能丰富我们的日常活动,还能锻炼身体、培养竞争与协作精神。怀着“友谊第一,比赛第二”的信念,第七届华府校友友谊杯运动会于10月13日在马里兰州蒙郡 Winston Churchill High School 隆重开幕。运动爱好者们齐聚一堂,共同享受这场欢乐的盛会。

运动会是一个规模庞大的活动,需要众多人共同筹备和协助。早在八九点钟,组织人员、运动员和义工就开始聚集在会场,为接下来的比赛做好准备。尽管人潮涌动,但现场秩序井然,大家在签到处排好队,耐心等待领取自己的运动会号码。许多人聚在一起查看时间表,生怕错过自己期待已久的项目。放眼望去,大家都穿着运动服,满脸激情,期待着这次盛会的到来。不过,在比赛正式开始之前,还有一场隆重的开幕式。

开幕式即将拉开帷幕,许多年



轻人高举着中国 and 美国的国旗,旗帜在微风中摇曳,展现出一种威武的气势。参与者有序地入驻各自的方阵,统一的服装使整个场面显得格外整洁而庄重。在激情澎湃的音乐伴奏下,开幕式正式开始,大家自信满满地迈步前行。各个方阵汇聚了来自不同团体的人们,既有大校友会的成员,也有青年俱乐部、义工组织 CYOC、运动机构,以及武术和旗袍队的代表。丰

富多样的阵容充分展示了人们对运动的热爱与激情。开幕式中,腰鼓队、旗袍队和武术队带来的精彩表演更是让观众眼前一亮,掌声不断。欢快的开幕式很快就进入尾声,大家齐声高唱国歌,随后由主持方和赞助方发表鼓舞人心的讲话。在他们热情洋溢的发言中,会场的气氛瞬间被点燃,所有运动员都迫不及待地期待着比赛的到来。运动会正式开始了。在激动

人心的音乐伴奏下,大家迅速整理好秩序,投入到比赛中。各个项目同时进行,使人目不暇接,每一个角落都充满了精彩的瞬间。项目种类繁多,包括田径、跳远、踢毽子、跳绳、铅球、俯卧撑、乒乓球等,还有许多趣味项目来激发大家的运动兴趣。每个比赛项目周围,都能看到亲朋好友们热情加油、专注的裁判认真执法,以及跃跃欲试的运动员们。现场响起清脆的发令

枪声,伴随着观众们激情的呐喊,比赛的氛围热烈而紧张。随着赛事的进行,胜利后的欢呼、鼓舞和赞美不断涌现,金牌分享的喜悦在每一位运动员的脸上绽放。这股充满正能量的气氛让人倍感振奋,不禁被感染,仿佛每个人都沉浸在这场青春与激情的盛宴中。

快乐的运动会总是短暂的,眨眼间就过去了。经过一天的拼搏,大家虽然精疲力尽,但脸上都洋溢着幸福的笑容。大家齐心协力,一起收拾会场,互相帮助将器材归位、折叠桌椅,还清理了现场的垃圾。最后,大家开开心心地告别,许多人依依不舍,用照片记录下这段精彩时光。随着大家离场,运动会也落下了帷幕。在此,衷心感谢所有为这次运动会付出的人,包括赞助商、小义工和大义工们,是他们让今天的快乐变得可能。友谊第一,比赛第二,夕阳为这场精彩的运动会画上了完美的句号。让我们把这份运动的乐趣发扬光大,期待来年的再会!



华府青年参加的第七届友谊杯运动会

Author: Grace Yan

金秋十月,阳光明媚,气温高达 80 华氏度。2024 年 10 月 13 日清晨,华府青年的小伙伴们早早来到 Winston Churchill High School,

参加由大华府地区大专院校校友会联合会举办的第七届友谊杯运动会。操场上人流如织,气氛热烈。运动员们胸前贴着号码,个个

摩拳擦掌,兴奋地等待比赛开始。入场式隆重而热闹。各校友会 and 团体高举横幅或校旗,精神饱满地依次入场。参加此次运动会

的队伍包括希望中文学校大华府分校、中国大专院校校友会、清华大学、同济大学、武汉大学、郑州大学、复旦大学、南开大学、山东大学、湘雅医学院以及维吉尼亚旗袍协会等。中国驻美使馆代表、马里兰州参议员、马里兰州长代表等嘉宾也出席了活动。此次运动会由大专联体育部部长缪传奇副会长担任总指挥。夏祥波担任总裁判长。

华府青年的小伙伴们各司其职,有的担任裁判,有的忙于摄影采访,有的在竞技场上拼搏奋战,忙得不亦乐乎。

比赛项目丰富多样,既有传统的田径赛事,如 100 米短跑、800 米、3200 米和 10000 米中长跑、4x100 接力赛、跳远和铅球等,也设置了趣味项目:50 米带球绕障碍、跳绳、踢毽子、颠足球、板鞋竞速和托乒乓球接力赛。

运动员们在赛场上奋力拼搏,赛场上认真交流规则,全身心投入比赛,尽情享受竞技的乐趣。华府青年队在男女 4x100 米接力赛中分别夺得了第一、第二名的好成绩,许多小伙伴在个人项目中也获得了优异的成绩。每个人的脸上都洋溢着喜悦的笑容。

这一天,大家度过了愉快而充实的时光。希望大家继续坚持锻炼,争取明年再创佳绩!



7th Friendship Sports Games – the Olympics for young athletes

Angela Li

At 10 a.m. on this warm autumn day of October, the 7th Friendship Sports Games have opened at the Stadium of the Winston Churchill High School! The Friendship Sports have been run successfully six times by the Chinese Alumni Associations of Greater Washington (CAAGW). As soon as the registration link was announced, many enthusiastic athletes have signed up, including alumni from different universities in China such as Peking University, Shandong University, Wuhan University, and much more. The

specific events of the games include the 100-meter dash, 400-meter, 800-meter, 3000-meter, 4X100 relay race, long jump, shot put, etc. Fun events include jump rope, kicking shuttlecock, juggling a football, etc.

As the weather got better and the temperature higher (a little too high), so did the anticipation for the games to begin. We proudly held the Capital Youth Outreach Club (CYOC) banner as we walked around the track field along with dozens of other groups. The people grow even

more excited and enthusiastic as the audience cheered for the athletes. And with that, the first few events kick off – the 100-meter dash, long jump, and kicking shuttlecock. I did the long jump, participating in the 12-year-old group. I didn't do so well in the first jump, but better in my second. On my final jump I secured my score. A while later, the results for long jump were announced, and I got 1st place and won gold medal! I was shocked and happy at the same time when I walked up to the judging area. My

younger brother competed in the pushup event and long jump of the 6-11-year-old group. He secured his victory for gold medal with a total of 64 pushups and won second place for long jump. Both of us are extremely delighted and proud of ourselves, momentarily forgetting the heat outside.

Here at the Friendship Games, as reflected by the name, you get the opportunity to meet many of your friends. For example, I've seen a few of my friends from school and summer camp. My mother also met

some of her old friends, and they chatted merrily while cheering for their children's victories. I feel appreciation for the organizers and participants who came here, and grateful for the volunteers who have dedicated their time to planning this event for everyone to enjoy. I hope everyone, families, kids, and athletes, will continue to spread the joy and pride of our community, and carry forward the spirit of sports!