

Sports Facilities at DGS



As one of the pillars of the DGS education, sports play a vital role in school life of our girls. The school offers a wide range of sporting activities for students to participate in. Twenty two different types of sports activities are on offer, including Archery, Athletics, Badminton, Basketball, Beach Volleyball, Cross-country, Dance, Golf, Gymnastics, Handball, Fencing, Hockey, Indoor-rowing, Life-saving, Netball, Orienteering, Squash, Swimming, Table-tennis, Tennis, Tenpin Bowling and Volleyball. All the above teams compete in either Division I or Open category competitions organized by the Hong Kong School Sports Federation or National body associations. Most teams have performed exceptionally well in competitions i.e. they were placed first, second or third in Inter-school events. Over the past few years, some sports teams relied on the sports facilities provided by the Leisure and Cultural Services Department (LCSD). After moving to the new campus, with the exception of Tenpin Bowling, Squash and Beach Volleyball, we are pleased to announce that all teams now conduct training sessions within the school campus. The completion of the Re-development project has equipped the school with much needed venues and facilities to enable training, competitions and other activities to take place in-house for members of the different sports teams.

Assembly Hall

The fully air-conditioned assembly hall serves as a training venue for different sports teams and regular Physical Education lessons. It covers a total area of 980sq.m which can be divided into 2 sections: the forecourt can be converted into either a basketball court, volleyball court or 3 badminton courts; while the rear court, with an area of 270sq.m, can be used for fencing, indoor rowing and table tennis training. In addition, the hall is equipped with a stage and advanced audio-visual equipment, so that it can be used as a venue for drama productions. Two PE storerooms and changing rooms are located adjacent to this hall.



Field

The 2700sq.m field is surrounded by a 3-laned 176m non-standard track. Around the field, there is a High Jump area, a Long Jump pitch, and areas for Discus Throw, Shot Put and Javelin Throw. There is also a non-standard hockey field, a handball court and a golf cage inside the field to host training of different sports teams as well as regular Physical Education lessons.



Tennis Court

The tennis court located on the 7th floor has an area of 560sq.m. The court can be converted into a non-standard basketball court, netball court or an archery arena. The court is mainly used for tennis practice, and it is also used for archery, basketball and netball training.



Swimming Pool

The swimming pool covers an area of 540sq.m which includes 375sq.m of pool area with 6 lanes, each 25m long. A FINA standard competition diving platform has been installed. The Myratha pool is equipped with an ozone disinfection system. This heated pool is used for swimming lessons, swimming team training and year round swimming courses for students are being held as well.



Student Activity Centre

The SAC is a dance room of 200sq.m surrounded by 2 mirror walls. The centre provides an excellent location for dance team training and also for regular Physical Education lessons.



Fitness Room

The 90sq.m fitness room is located adjacent to the swimming pool on the first floor. It is equipped with various fitness devices which is compatible with different fitness training programmes such as treadmills and weight-lifting bars. Regular Physical Education lessons are also held in the fitness room.



Gymnasium

The gymnasium is located on the 4th floor adjacent to the field and covers an area of 480sq.m. It can be converted into a basketball court, volleyball court, 3 badminton courts and a handball court. The gymnasium mainly houses training of various sports teams and regular Physical Education lessons.



Netball Court

The netball court located on 9th Floor covers an area of 570sq.m and can serve as either a netball or tennis court. The court is regularly used for netball or tennis team training.



Sports Facilities at DGJS

Outdoor Basketball Court

The outdoor basketball court is located on Level 4 and has an area of 612sq.m. Students can play basketball here in the mornings, at break time and during lunch. Sometimes the basketball team and club members may shoot a few hoops during their training sessions. Terrace steps adjacent to the court allow students to watch the action on the court. The court is also equipped for volleyball as well so you may see our teams in action here.



DGJS Gymnasium

The DGJS gymnasium is located on Level 2 and is a fully air-conditioned, well-equipped indoor facility for all types of sports. It has a spacious area of 707sq.m. There is a changing room adjacent to the gym and a store room. Physical Education lessons are carried out here. Various sports teams and clubs such as table-tennis, badminton, basketball and volleyball also conduct their training here.



DGS Quest would like to thank you for your generous donations and we look forward to your continuous support

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