



# YT FATHERS DAY

## GUIDE



Happy Father's Day! We are excited to announce an exclusive addition to our Super Hero Father Cup - the ultimate father and son bonding experience. But that's not all! Take your Father's Day celebration to the next level by gifting your superhero dad something special from our Father's Day gift guide, presented by YTFT.

**DAD, YOU'RE THE DEFINITION OF STRENGTH AND RESILIENCE. HAPPY FATHER'S DAY!**



@FEATHERNBONEHK

## FEATHER & BONE

Indulge in a culinary experience like no other at Feather & Bone, the renowned Hong Kong restaurant that will leave your taste buds wanting more. Our team is excited to announce our collaboration with this savory gem, offering you the finest food and drink selections with every visit.

### YOUNGTALENT100

Terms and conditions apply\*

Until June 24th, take \$100 off your entire order on the FAB Online Store when using the discount code listed above. Minimum order amount \$750, limited to one use per customer.



Order Now !

## GNC LIVE WELL



**DON'T MISS OUT OUR FATHER'S SPECIAL DEAL : SAVE 100 WHEN YOU SPEND 500 OR MORE!**

Terms and conditions apply\*



Young Talent Promotion Barcode

Fathers day makes it the perfect timing to offer health supplements with high-quality products to provide all-rounded care for your health. Save \$100 upon purchase of \$500 GNC products at GNC specialty store. Valid until July 31st. At this specific address.



**CAB E10, Causeway Bay Station, Hong Kong**

We would like to express our appreciation to GNC, an U.S. Health Supplement Leader, for sponsoring us with Total Lean Shake and a Lean Protein Bar for the upcoming Superhero Father Cup.



# YT FATHERS DAY

## 3 AWESOME TIPS FOR MEN TO LOOK GOOD



**Invest in Quality Clothing:** Quality clothing lasts longer, fits better, and looks better. Invest in high-quality pieces like a well-tailored suit, a good leather jacket, or a classic pair of dress shoes.



**Groom Yourself:** Personal grooming is just as important as clothing when it comes to looking good. Take care of your hair, nails, and skin to present a polished appearance.



**Take care of your body :** By maintaining good posture, working out to stay in shape. Thus you'll be able to wear your clothes with confidence and style.

### ONE PERSONAL TRAINING HK @ONEPT.HK



Personal training really gives you an extra boost to your gym training routine. Asia's Leading Personal Trainers offer a personalized approach to fitness with a track record of hundreds of success stories. They cater to all experience levels and provide effective plans for each individual. We appreciate One Personal Training for the free trials at their gym with our June offer!



Book Your Free Trial Class Now!

11F, World Wide House, 19 Des Voeux Rd Central &

5F, H Code, 45 Pottinger Street, Central



### THE BEAU BARBERSHOP & HAIR SALON @THEBEAUBARBERSHOP\_HK

Like father like son? The Beau Barbershop & Hair Salon locates in the heart of the city, offering the finest English barber tradition with Korean attention to detail and authentic Korean hairstyling from Seoul.

Enjoy a 10% discount for Father & Son Cut package by showing this newsletter. June 1 - 30th. YTFT appreciate for this special father days gift for our community.



2/F, Duke Wellington House, 14-24 Wellington Street, Central



GENTLEMEN'S BARBERS & HAIR SALON



Book Now : 2619 9007 / WhatsApp: 6182 8871

### DAL DUCA @DALDUCA



Tailored clothing to ensure a perfect fit and a sharp appearance. Dal Duca is a bespoke and made-to-measure service with 100% handmade products from Italy. Only the finest.

All YTFT members can receive 20% off on selected item & 3 selected ties. This is an exclusive to our members. Dal Duca is also offering a FREE HANDKERCHIEFS to any member who comes to visit us at their store.



4/D CHEUNG TAI COMMERCIAL BUILDING 60-62 WING LOK STREET, SHEUNG WAN, HONG KONG

*"Il sarto non fa i vestiti, fa la persona."*  
*"The tailor doesn't make the clothes, he makes the person."*



### BOWTIE HK @BOWTIEHONGKONG

There is a saying that our fathers are the best insurance we can have. Bowtie Hong Kong is a licensed virtual insurer, offering insurance with no agents or commissions, making the insurance process simpler and more affordable for customers. Their "Voluntary Health Insurance Scheme" (VHIS) products have been upgraded for three years without any increase in premiums, providing health coverage for customers in Hong Kong. In addition to VHIS products, Bowtie's "Vision Kids" program offers early myopia intervention, helping prevent future eye problems in children. Bowtie Hong Kong's innovative approach to insurance makes it a great option for those seeking cost-effective and comprehensive health coverage options.



Click Here To Know More!





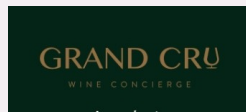
# YT FATHERS DAY

## GUIDE INTERVIEWS

Get ready for an exciting read! Our latest issue features interviews from a renowned wine company and expert physiotherapist entrepreneurs. They provide valuable insights into their fields. And as always, we proudly feature our young talent football team. A must-read for wine enthusiasts, fitness buffs and football lovers. Dive in and enjoy!



Ms. Denise Lam  
INSEEC MBA WINE



### GRAND CRU WINES

#### 1. What inspired the founding of Grand Cru Wines?

Grand Cru Wines was founded in Singapore, extends to the Hong Kong market. We provide pre-arrival and fine wine offers to both B2B and B2C clients. We aim to establish an F&B area for more face to face events, such as tastings, dinners, and educational programs.

#### 2. Work isn't really work if you are passionate about it. How do you keep yourself enlightened working in the wine industry?

Passionate about wine since my Master's Degree in France, the diversity it brings to the industry is fascinating. Bringing international people together is key to making it fresh and fun. Besides recommending profitable portfolios, strategic alliances around luxury industries challenge us to be more innovative. New concepts and crossover ideas excite people, ensuring our business keeps emerging.

#### 3. Can you tell us more about the selection process for the wines you offer?

For investments, people tend to keep more back vintage Burgundy, such as Trapet, Meo Camuzet, Leroy, Dujac etc. En primeur is also an annual bucket list for Bordeaux. In terms of ready to drink, people keen on enjoying second labels of the wines such as Carruades, Petit Mouton, Alter Ego de Palmer etc. Big format are also recommended for ageing and special occasions.



#### 4. How do you stay up-to-date with the latest trends and developments in the wine industry, specifically for the fast changing Hong Kong markets?

News, read more wines news as much as possible, you will never know what is going to change with the winemarkers, economic, globe climate etc.

#### 5. What sets your premium branding apart from other wine brands?

We carry up to 400 wines at once, providing quarterly pre-arrival shipments to HK and Macau. Our Burgundy base reflects our strong fundamentals, earning the trust of both B2B and B2C clients.

**YT200FDAY**

Enjoy HK\$200.00 off All Wines when  
When making a purchase of HK\$2,000



We appreciate Grand CRU Wines kind sponsorship for fathers day celebration!

Choose Your Wine to celebrate Now!

## LET'S CELEBRATE FOR OUR SUCCESSFUL SEASON TOGETHER

### HKFC CITI SOCCER SEVENS: OUR ACHIEVEMENTS

- All Champions & Cup Winners U7
- All Champions & Cup Winners U8
- 2nd in the group U6 Champ
- U11 Bowl Runners Up



### BEHIND THE SCENE



### 2022 - 2023 HKJFL ACHIEVEMENTS

#### HKJFL U7 Runners Up



#### HKJFL U11 Runners Up



THANK YOU EVERY PLAYERS, PARENTS & COACHES FOR THE DEDICATION & HARDWORK!



# YT FATHERS DAY

## GUIDE INTERVIEWS

### MY MEDICARE PHYSIOTHERAPY & WELLNESS



@KEVINLEUNG.PHYSIO\_ @MYMEDICARE\_HK

#### 1. What kind of injuries have you seen that are common in football players?

Football is a contact sport that can result in various injuries including sprains and strains, which are the most common injuries in football. A sprain is a stretching or tearing of a ligament, while a strain is a stretching or tearing of a muscle or tendon. These injuries typically occur in the ankle, knee, and hamstring muscles. Concussions are another common injury in football and occur due to the contact nature of the sport. Fractures are also common, mostly seen in the arms, legs, and fingers, and dislocations occur in the shoulder and knee joints due to the physical contact involved in the game.

Football players are also at a higher risk of ACL injuries that occur when landing awkwardly or changing direction quickly. Meniscus tears can also occur due to the quick changes in direction that are common in the sport. Contusions or bruises are another common injury in football, caused by a blow to the body resulting in bleeding and swelling in the soft tissues.

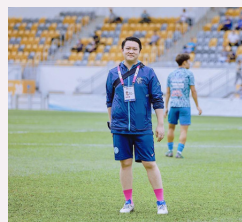
It is crucial to note that football injuries can range from minor to severe, and some injuries might require medical attention or even surgery. Proper training, conditioning, and protective equipment such as helmets and pads, can help reduce the risk of injury. Football players should also seek medical attention promptly if they experience any signs or symptoms of injury, including pain, swelling, or decreased range of joint motion.

#### 2. What is the importance of warming up before a football game?

Warm-up exercises are important before playing football to help prevent injuries and prepare your body for physical activity. Warm-ups can include jogging, dynamic stretching exercises such as leg swings, and plyometric exercises such as jumping jacks.

Basic ball control exercises with a football can also be incorporated to improve coordination. Start slowly and gradually increase intensity, and listen to your body. If you feel any pain or discomfort, stop immediately.

#### 3. Can you tell us more about the FIFA11+ Program?



Kevin Leung, MPT; MMed; MB; Registered Physiotherapist Founder, Chief Physiotherapist at MY Medicare Physiotherapy & Wellness Team Physiotherapist at BC Rangers FC

The FIFA 11+ program is a warm-up designed to reduce injury

It includes exercises for neuromuscular control, balance, and strength, takes 20 min. Research shows the program lowers knee/ankle injury risk. Pro teams including FC Barcelona use it and youth organizations have adopted it. Training recommended for coaches/players.

We would like to express our appreciation to MY MEDICARE PHYSIOTHERAPY & WELLNESS for providing professional knowledge to our readers and onsite support during Super Hero Father Cup.

## FATHERS DAY SQUAD TRAINING GALLERY



Super Hero Cup Event Sponsorship



WE DEVELOP WITH PASSION