

➔ Sports & Fitness

MVP

King of the Dukes

Coach K tells us why **Duke basketball** is excited about being in the Middle Kingdom

What are your team goals for this trip? What are you hoping your players will get out of it? We hope to use the experience to get better as a team. We'll use the opportunity to improve. More broadly, this trip is an excellent way for our program to raise the level of awareness about the great things Duke University has going on in China. **You have a lot of young, relatively inexperienced players on this year's team. Does a trip like this help in building leadership and camaraderie?** This trip should help in the process of building leadership. As a young group, we'll need to identify who the leaders are. That is one of the most intriguing things about putting a team together each season. We'll use our time together in China to assist in that process. **What sort of expectations do you have for your opponent, the Chinese U-23 team?** I am

sure that the Chinese team will provide outstanding competition for us. China is so passionate about the sport of basketball. We're looking forward to what should be a challenge for our team. It will be a good learning experience for us. **Are there any places in Beijing that you are particularly looking forward to visiting?** I know that I will get chills walking into Beijing's MasterCard Center, where Team USA captured the Olympic gold medal in 2008. That venue will have a special place in my heart, just because so many great memories occurred there.

Duke University Basketball Team at the MasterCard Center, Monday, August 22, 7:30pm, 6417-7845, 400-610-3721

"I know I will get chills walking into the MasterCard Center"



Coach K could intimidate a grizzly

Football

EVERY TUESDAY

★ Beijing Guardians

Join the Beijing Guardians for a two-hour, full-contact American football practice that includes warm ups, skill drills, tackling training and more. Beginners and experienced players are both welcome. Free. 6pm

Chaoyang Park 158-1148-0812, info@beijingguardians.com, www.beijingguardians.com

ONGOING

Mashup Flag Football League

A new division of the popular coed flag football league has opened in Beijing. Games are held every Saturday after August 13. To register and get more information, check out the website.

Mashup Sport and Social
info@mashupasias.com

Hiking

SATURDAY, AUG 20

Great Wall Camping

This hike includes two days of exercise and a night of camping out in lush green nature. The Dandelion Hiking group starts from Baiyu village and heads into the hinterland where you'll have the chance to explore hidden sections of the Great Wall. ¥800 includes transport, camping, gear and guide. Call for reservations.

Dandelion Hiking 156-5220-0950
info@chinahiking.cn, www.chinahiking.cn

SATURDAY, AUG 27

Silver Pagoda Forest

For a fun, relaxing afternoon, head to the Culture Yard's Great Wall and Silver Pagoda hike, where you'll see structures from the 15th century and older, as well as a bit of nature. ¥260 includes hike, transportation, guide and food.

Culture Yard 8404-4166, contact@cultureyard.net, www.cultureyard.net

Rugby

EVERY TUESDAY

Touch Rugby with the Beijing Devils

Grab a free bus from The Den at 7pm and join in on the Beijing Devil's Rugby practice. Players of all experience levels are welcome. Find out more at www.beijingdevils.com.

The Den 6592-6290

Sailing

EVERY SATURDAY + SUNDAY

Race Your Friends

Gather up your friends and neighbors, load the family in a cab and head to Qinhuangdao for a weekend of barbecue and sailing with the Beijing Sailing Center. ¥1,900 per adult.

Beijing Sailing Center 5900-0276
sailing@beijingsailing.com, beijingsailing.com

Watch

MONDAY, AUG 22

★ Duke University Basketball Team

Duke University's basketball team is hitting Beijing. One of the most successful college teams in America, they have won 10 NCAA championships. Don't miss this chance to see some of the best college ball players in action against China's national team. 7:30pm

MasterCard Center 6417-7845
400-610-3721, ticketonline@126.com
en.piao.com.cn/beijing/ticket_4193.html

Listings

Find ALL of Beijing's sports clubs and organizations online at www.cityweekend.com.cn. Below are those with the highest BUZZ.

Biking

Fixed Gear Bike Club This group of fixed-gear bikers gets an adrenaline kick out of biking really fast around Beijing. They ride once or twice every week. Fixed-gear bikes are great for control and popular in very urban areas. Learn more or join the next ride by visiting their Facebook group. Lido > 10 Jiuxianqiao Lu (Dashanzhi round about) 酒仙桥路10号. Tel: 139-1146-7391. info@trick-bike.com

Dance

DanZ Centre 戴安斯舞蹈培训中心 This Shunyi dance studio offers a broad array of dance and movement classes for adults, teens and kids in Latin, ballet, hip-hop, jazz, ballroom, tap and more. All instructors have had professional training and teaching experience. Mon-Sat 11am-8pm. Wi-Fi internet. Shunyi > 2/F, Yosemite Children's Clubhouse, 4 Yuyang Lu (next to ISB International School) 后沙峪榆阳路4号优山美地俱乐部2层. Tel: 8041-7745. info@danzcentre.com. www.danzcentre.com

Pussycat Dance This is the first and only ladies dance studio in Beijing, taught by foreign professional dancers and specializing in pole dance, belly dance, hip-hop, street jazz, Latin and more. The center also offers free make-up and beauty courses. All classes are taught in English. CBD/Guomao > 3502, Bldg 9, Jianwai SOHO 建外SOHO 9号楼, 3502室. Tel: 5900-0835. info@pussycat-dance.com. www.pussycat-dance.com



Every issue we publish THE BEST events from our website. Next issue covers Aug. 25-Sep. 7. Upload your event by Aug. 15.

www.cityweekend.com.cn