

UMSKAL Golf Tryout 2026 Introduces Sport, Promotes Active Lifestyle Among Undergraduates

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Organizers, guests, and UMSKAL undergraduates gather for a group photo during the UMSKAL Golf Tryout 2026 at the Labuan International Golf Club recently. — Photo by UMSKAL

LABUAN — A total of 45 undergraduates from Universiti Malaysia Sabah Labuan International Campus (UMSKAL) participated in the UMSKAL Golf Tryout 2026, held at the Labuan International Golf Club (LIGC) recently.

The program, organized by the Labuan International Finance Faculty Students Association (PMFKAL), aimed to provide students with early exposure to golf while encouraging active participation in extracurricular activities, character development, and a healthy lifestyle.

Led by program director Lee Wei Huang and the PMFKAL organizing committee, the event ran from 1 pm to 4 pm.

During the program, participants were taught the fundamentals of golf, including basic swing techniques, equipment usage, golf course etiquette, and standard rules. The theoretical and practical sessions were conducted by program coach Didi Wazien Adlin Idrus.

The initiative not only provided a new experience for the students but also helped enhance their discipline, focus, self-confidence, and teamwork through hands-on learning on the green.

The event was held in collaboration with LIGC, with support from its Senior Golf Executive (Acting Manager), Azhar Ab Aziz. To ensure the program's success, the club sponsored the use of three men's golf sets, one women's golf set, and 500 golf balls.

PMFKAL advisor Dr. Noor Hassanah Husin stated that such programs offer invaluable experiences to undergraduates, fostering individuals who are active, competitive, and balanced in both academics and extracurriculars.

"This program does not just introduce golf to the students; it also helps shape undergraduates into more disciplined, confident individuals with strong social skills," she said.

Meanwhile, FKAL Senior Lecturer Dr. Jaludin Janteng noted that sports like golf contribute to the physical and mental well-being of students, while building essential communication skills and teamwork.

"Golf is more than just a sport; it serves as a platform for networking, self-discipline, and building confidence among undergraduates," he added.

The UMSKAL Golf Tryout 2026 was well-received by the participants, who praised its interactive, relaxed concept and the fresh exposure it provided to the sport.