

Hong Kong Rowing Talent Identification

OUR APPROACHES

Presented by Sam Wong & Alex Lo

Introduction

- BACKGROUND
- DEVELOPMENT
- SYSTEMATIC APPROACH
- SCIENTIFIC APPROACH
- PARTNERSHIP APPROACH
- LIMITATION Vs. INNOVATION AND

1st Phase OLD Approach

Rowers from Clubs - Not TID !

- 1978 Hong Kong China Rowing Association Found.
1979-82 mainly HK foreign rowers to World Champs/World Junior Champs
- 1982 Asian Games Rowing Team - rowers from RHKYC and Uniform Clubs (fireman)
- 1986 Asian Games First Ever Localized Rowing Team - mainly from Universities and Uniform Clubs

2nd Phase OLD Approach

Rowers from established sports



Problem of OLD Approach

- Too Old to Start - Too Soon to Stop !
- Limitation in Physical & Technical Development
- Gap Build Between - Development Team cannot move up
- No Long-term commitment

Systematic Approach

Youth Rowing Development Plan

- Inspired by Australian Institute of Sports successful Rowing TID Programme
- Supported by Various Partners - NSA, HKSI, HKSDDB, QEF and LCSD School Sports Programme
- Introduction of easy Testing Tool - Rowing Ergometer and TID Database

Systematic Approach

STEP BY STEP

- TARGET GROUP - School Student age 11-16
- FIRST STEP FIRST - School Visit with TID Elements (ergo test, physical measurement)
- LEARN THE SPORT - Rowing Centre Visits with Students Rowing Challenge Courses (commitment and talent tests)
- REGULAR TRAINING - Joint School Team Training Centre (commitment and talent tests)

Systematic Approach

School Visit with TID Elements



Systematic Approach Data Collection and Processing

學校賽艇簡介暨一分鐘賽艇機測試

姓名：(中文) 陳雲夏 (英文) Chan Yun Ha

學校簡稱：陳雲夏 班別：卷 K 班號：41

性別：男 / 女 出生日期：1992年3月4日

居住區域 (請 在空格上)：

1. 沙田大圍	4. 粉嶺上水	7. 元朗屯門
2. 馬鞍山區	5. 九龍市區	8. 將軍澳西貢
3. 大埔全區	6. 荃葵青區	9. 香港島區

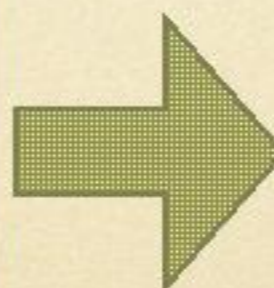
其他：
+++++

本欄由工作人員填寫

+++++

身高：178公分 體重：56公斤
 腿長：92公分 一分鐘成績：253公尺

備註：
 1. 青少年賽艇發展計劃是由中華香港賽艇協會及康樂體育學院共同舉辦的活動。
 2. 閣下所提供的資料只會作為數據分析及資料用途之用，本會絕對歡迎閣下查詢或更改有關資料，閣下的資料不會向第三者透露及數據分析光緒推廣會而設。



HKCRA




Youth Development Program 2004/05


School Visit - 1 min Ergometer Test

School	<input type="text"/>	Testing Date	<input type="text"/>
Sex	<input type="text"/>	Age	<input type="text"/>
Class No.	<input type="text"/>	Height Parameter?	<input type="text"/>
Birthday	<input type="text"/>	Obesity	0.00
Residential	<input type="text"/>	Grade	F
Height	<input type="text"/>	Ergo Quotient	?
Weight	<input type="text"/>		
Score	<input type="text"/>		
Coach Recommended	<input checked="" type="radio"/> Yes <input type="radio"/> No		
Selected	<input type="radio"/> Yes <input checked="" type="radio"/> No		
Name	<input type="text"/>		

Computerize Data Processing



HKCRA



Youth Development Program 2004/05

School Visit - 1 min Ergometer Test

School	<input type="text"/>
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Residential	<input type="checkbox"/>
Height	<input type="text"/>
Weight	<input type="text"/>
Score	<input type="text"/>
Testing Date	<input type="text"/>
Age	<input type="text"/>
Height Parameter?	<input type="text"/>
Obesity	0.00
Grade	F
Ergo Quotient	?

Coach Recommended Yes No

Selected Yes No

Name

Standard Score3 050323

FileMaker Pro Formated

TID Database Developed

by

Coaches Department

Year Round Data Collection

- Start from 1993-4
- Average 30 schools per year
- Average 600 data collected from each school
- Average 18,000 data per year
- Forecast 45 schools 05-06 season
- Estimate 1500 students proceed to on water training

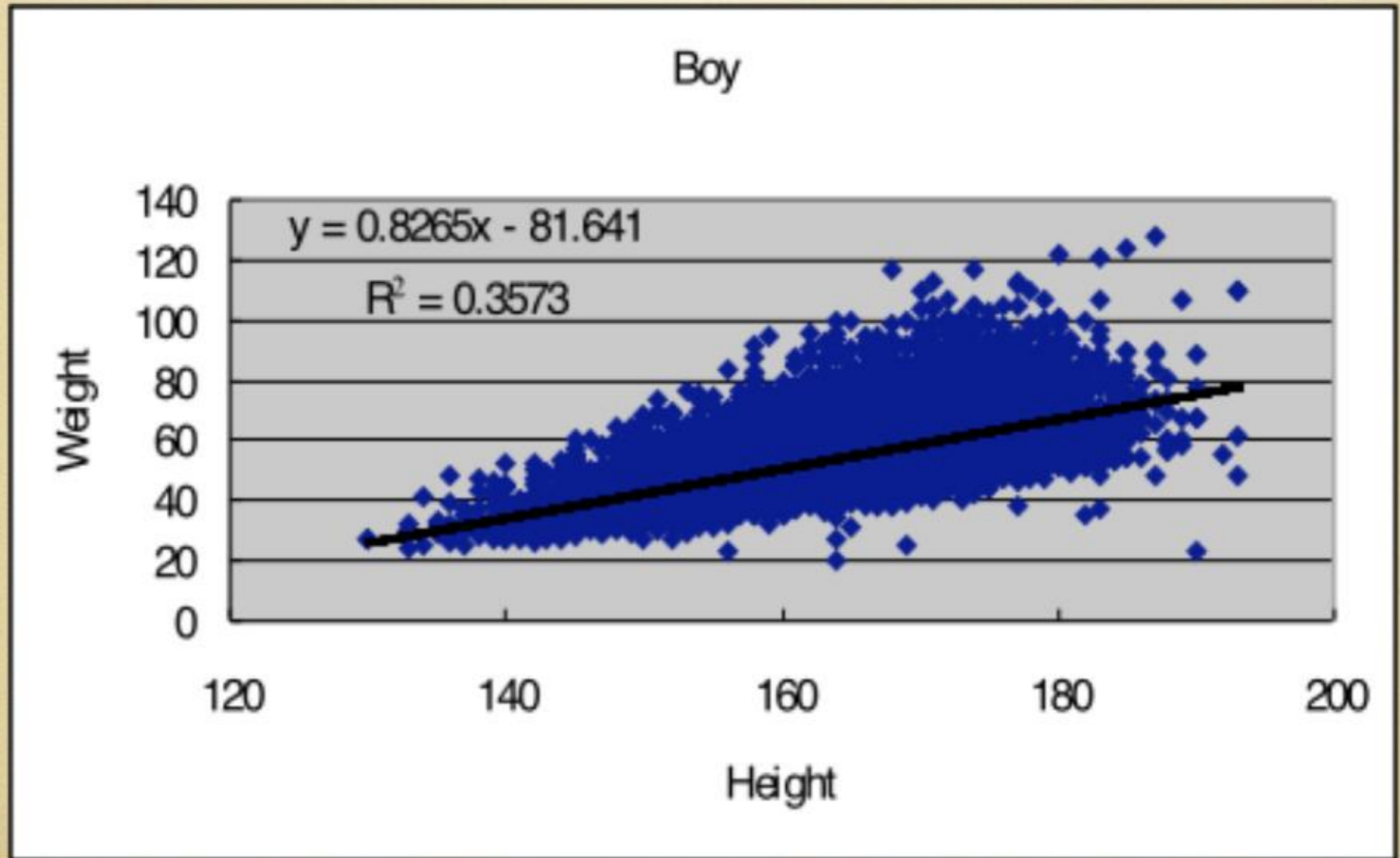
Data Set

- 2003-10-7 to 2004-6-4
- 30 Schools
- 9836 Boys
- 9702 Girls

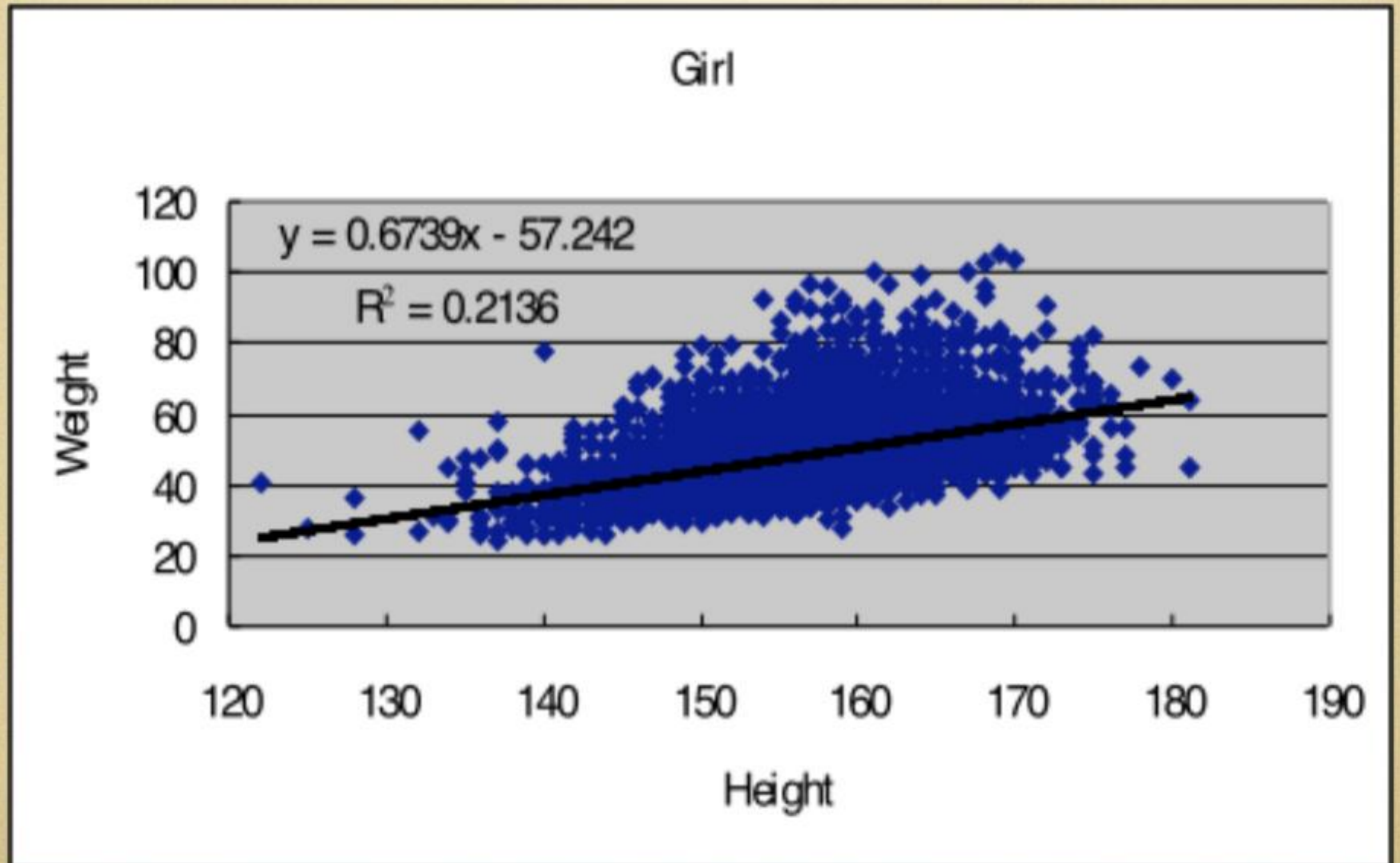
Age Vs. Height

Age	Boy	Girl
11	147.9	151.6
12	154.6	153.4
13	161.1	156.2
14	165.8	157.6
15	169	158.2
16	170.4	158.4
17	170.8	158.5
18	171.6	158.5

Boy Obesity

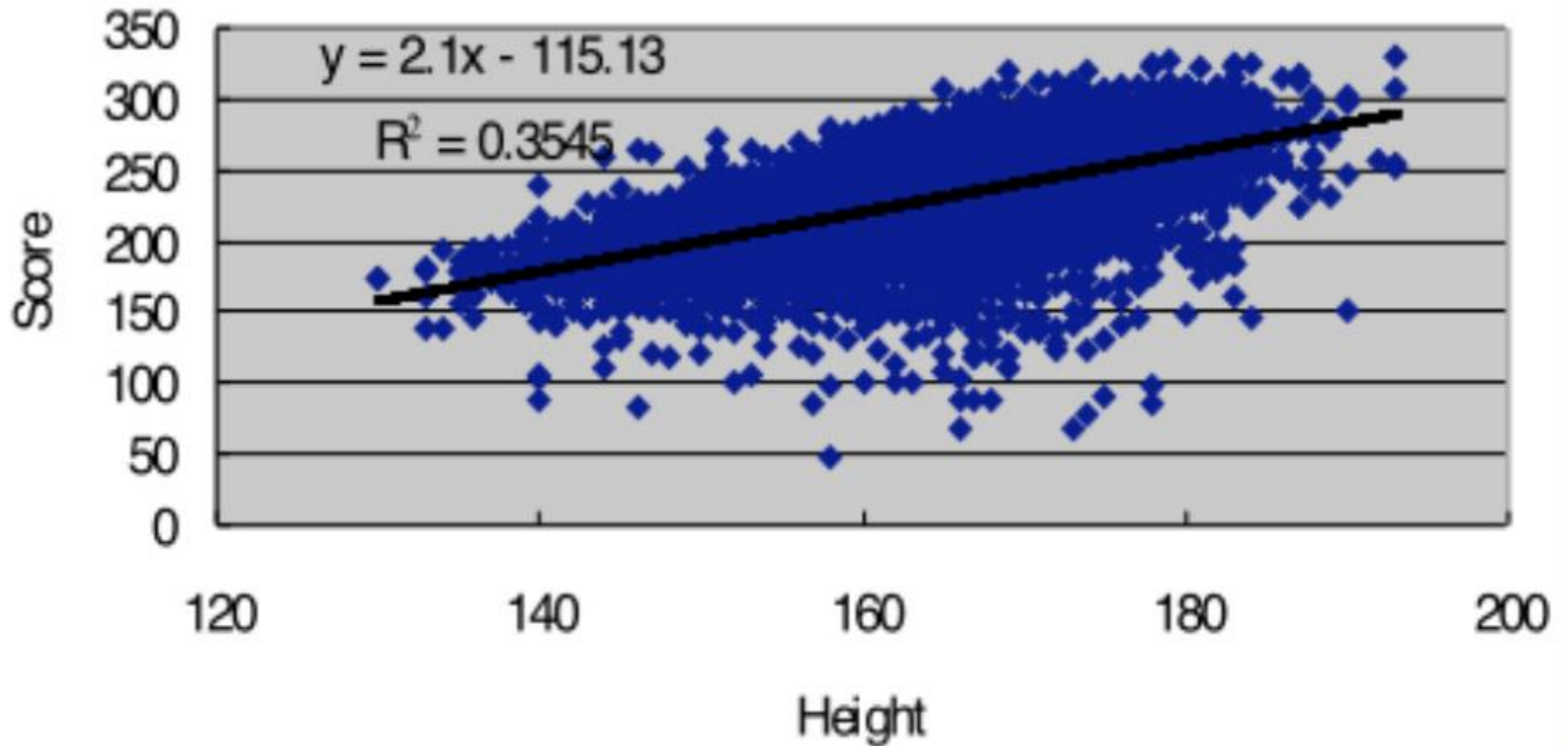


Girls Obesity

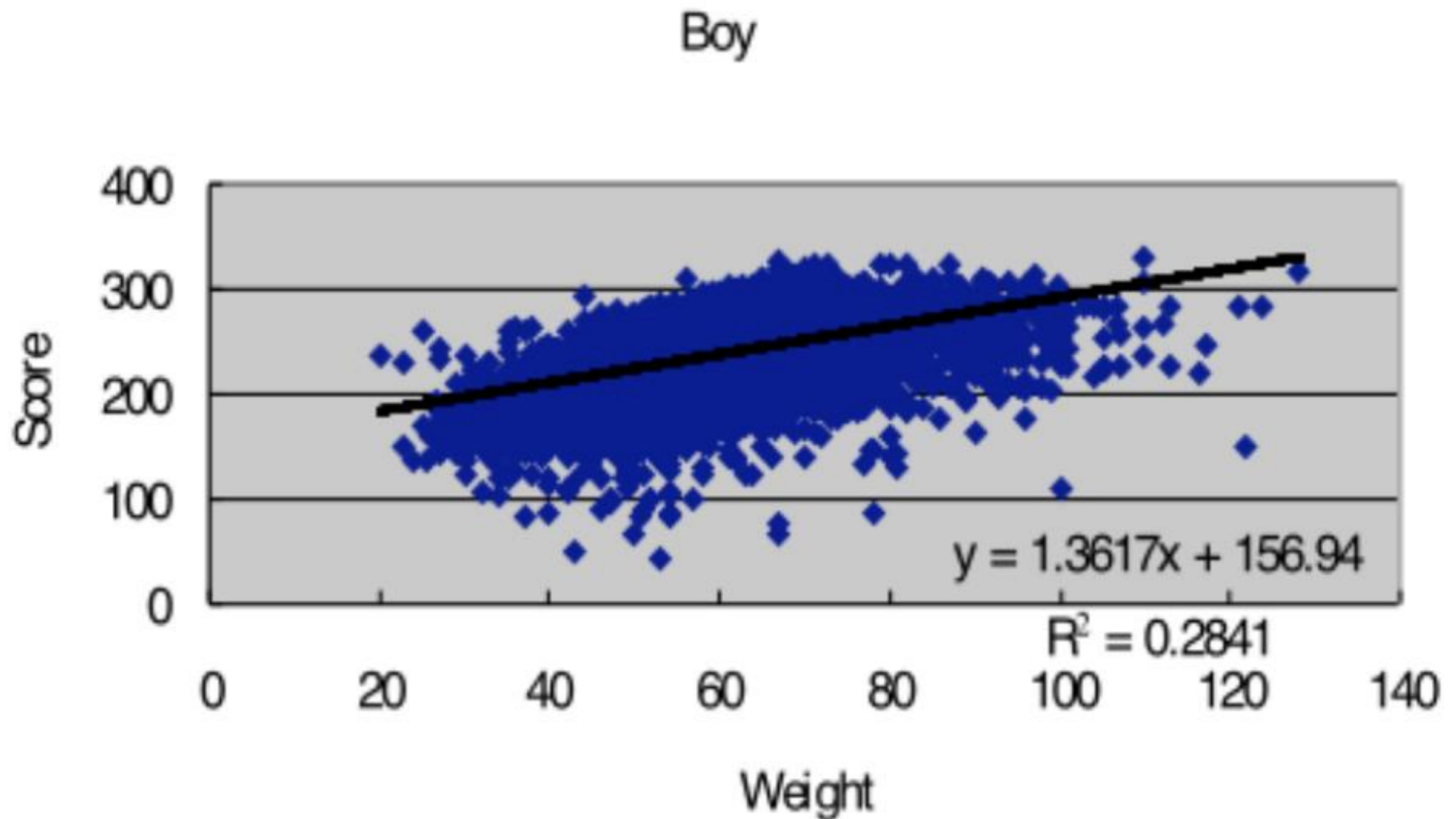


Height Vs. Score

Boy

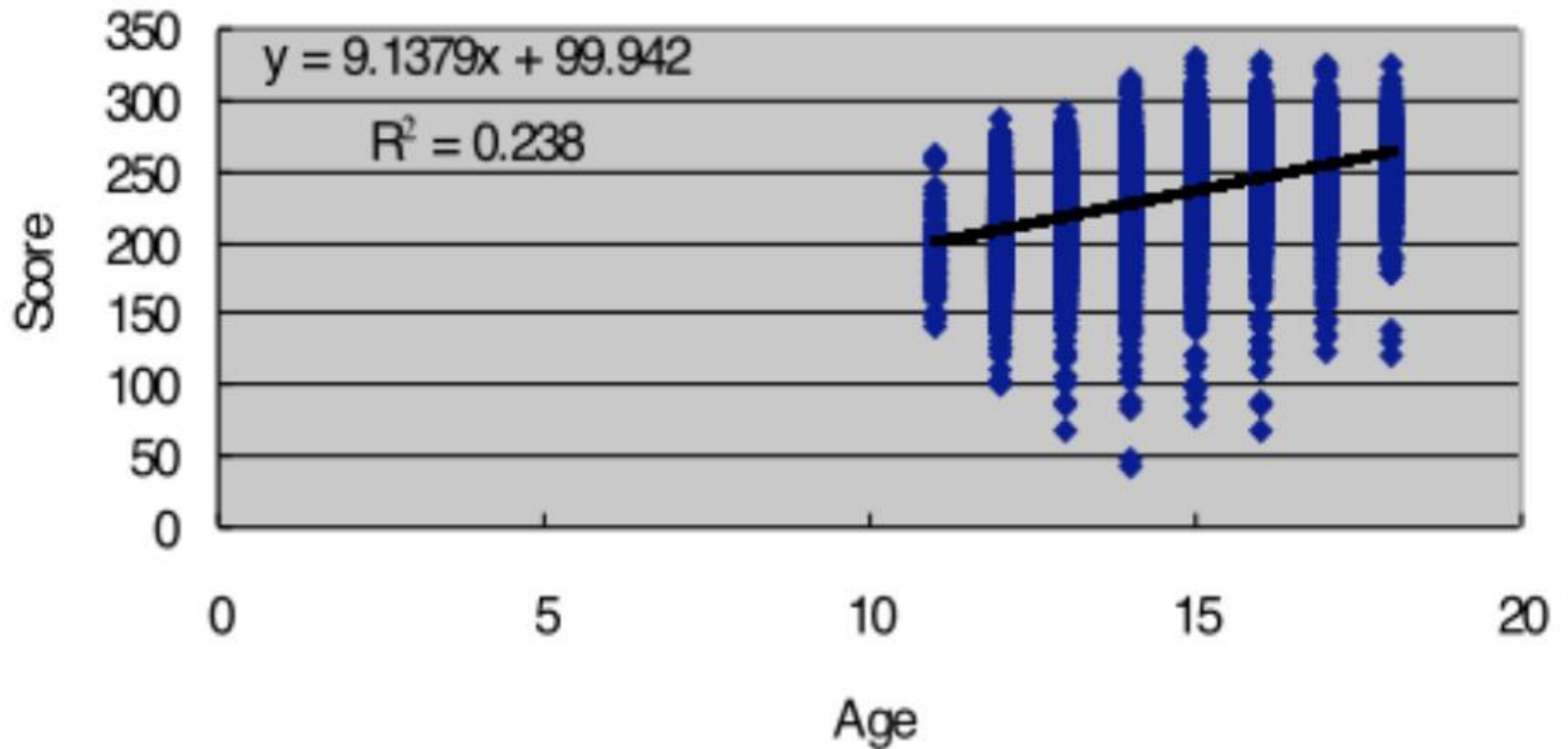


Weight Vs. Score



Age Vs. Score

Boy



Standard Score

- **Boy Score = 0.8492 Height + 0.4413 Weight + 2.4810 Age + 31.4388**
- **Girl Score = 0.5208 Height + 0.5029 Weight + 0.2945 Age + 81.9548**

Grading

	M	F
A >	1.108	1.132
B >	1.054	1.066
C >	1.000	1.000
D >	0.946	0.934
E >	0.892	0.868
F		

Distribution of Grade

	Boy	Girl
A	13%	13%
B	18%	19%
C	23%	23%
D	19%	19%
E	13%	12%
F	14%	14%

Selection Criteria

- Score
- Age
- Height
- Weight
- School Year
- Coach Recommend
- X Grade

Height & Weight

- Tall
- Not Too Slim Nor Too Fat

Score & AGE

Selection Requirment (Score)										
M	Height	Weight	St Score	B Grade	1.02	1.04	1.06	1.08	1.10	1.12
12	154.6	46.1	213	224	229	233	238	242	247	251
13	161.1	51.5	223	235	240	245	249	254	259	264
14	165.8	55.4	231	244	249	254	259	263	268	273
15	169.0	58.0	238	251	256	261	266	271	276	281
16	170.4	59.2	242	255	260	265	270	275	281	286
17	170.8	59.5	245	258	263	268	274	279	284	289
F	Height	Weight	St Score	B Grade	1.02	1.04	1.06	1.08	1.10	1.12
12	153.4	46.1	189	201	205	209	213	217	221	225
13	156.2	48.0	191	204	208	212	216	220	224	228
14	157.6	49.0	193	206	210	214	218	222	226	230
15	158.2	49.4	194	206	210	215	219	223	227	231
16	158.4	49.5	194	207	211	215	219	223	228	232
17	158.5	49.6	194	207	211	216	220	224	228	232

Limitation

- 1 Min. Vs. 6 Min. Test (Aerobic vs. Anaerobic)
- Level Of Skill
- Measurement of Data Set
- Swimming Ability
- Etc.

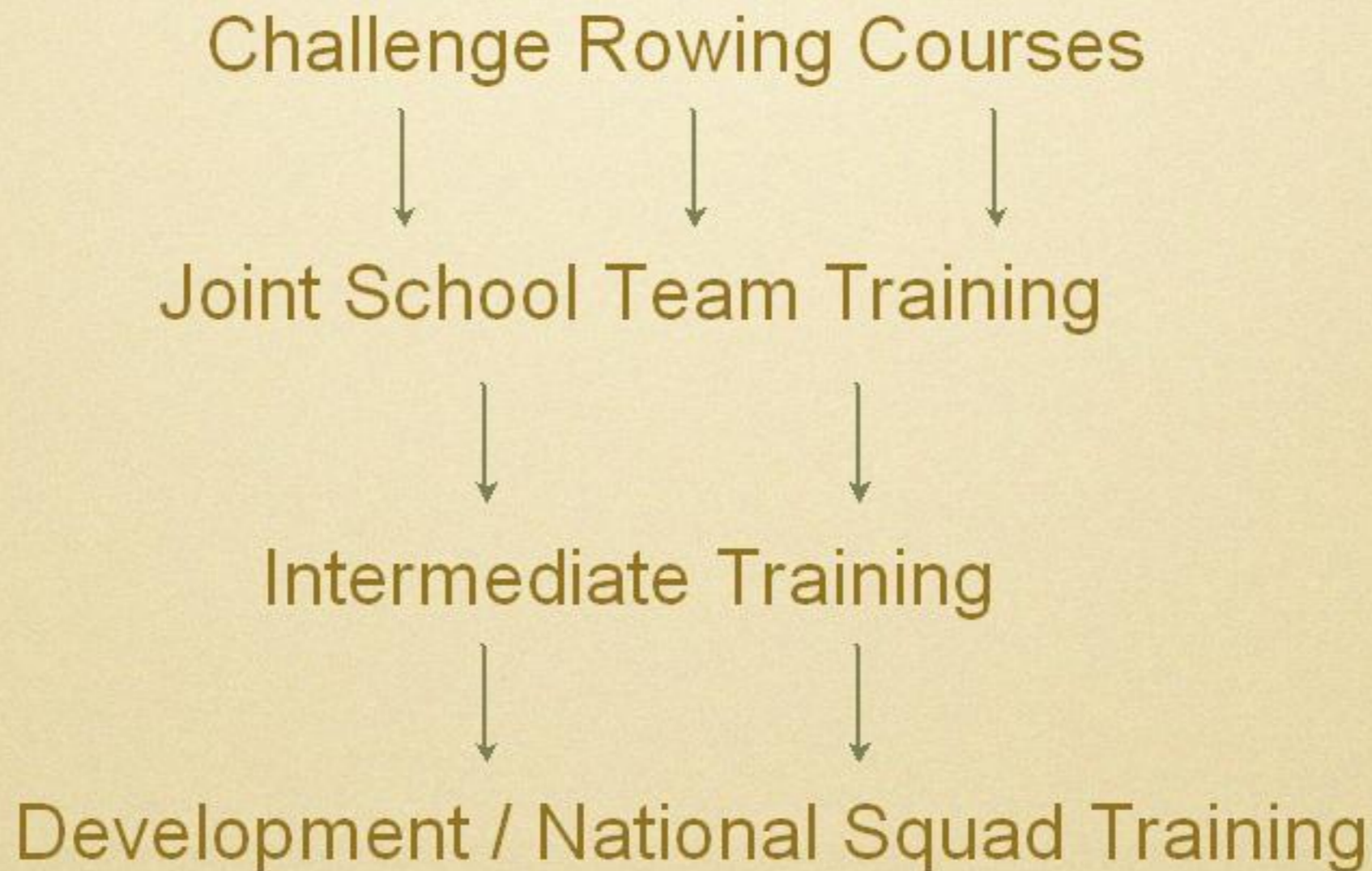
Systematic Approach

LEARNING - Centre Visits & Challenge Courses



Systematic Approach

REGULAR TRAINING - STRUCTURE



Systematic Approach

REGULAR TRAINING - Technical & Physical Development



Systematic Approach

REGULAR TRAINING - Team Spirit and Commitment



PARTNERSHIP APPROACH

Working With Supporting Parties



Team Work





OUR PARTNER :
Bio-Mechanic Testing with Support of HKSI
Sports Science And Sport Medicine Team



HKCRA Development Coaches Team



MVO₂ Test with HKSI Technician



All About Team Work

RESULTS OF THE TALENTED



Yung Ka Yan
21 yrs old
Bronze in 2002 AG
6 years training



RESULTS OF THE TALENTED



Law Hiu Fung
21 yrs old

Sliver & Bronze in 2002 AG
Bronze in U23 World
Champ 2003

6 years training



RESULTS OF THE TALENTED



Lo Ting Wai &
So Sau Wah

Both 19 yrs old

Gold in Asian Junior
Champs 2003

6th U23 World Champ 2004

5 years training

RESULTS OF THE TALENTED



Chow Kwong Wing
&
Ho Ming Cheung

Both 18 yrs old

Gold and Silver
Asian Junior Champ
2004

3 years training

Challenge and Chance

- Rapid Change of Education System ?
- Unstable Sport Structure ?
- Funding Restriction - PPrroocceedduurree...?
- Competition with Other Sports or Other Activities ?

THANK YOU

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