

陳浩源



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Learning from Olympic and  
Paralympic Games  
05/12/2024



**The First Wheel Chair Badminton  
player from Hong Kong**

**6 times Medalist in Para badminton  
World Championship (2011,  
13,15,17,19,22)**

**Over 500 international matches  
Over 80 medals gained**

**Awarded in Hong Kong Sport Stars  
Awards 2015, 2019**

**World ranking: No. 2**

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**— 陳浩源**



# 香港十大傑出青年 Ten Outstanding Young Persons



# 2020 Tokyo Paralympics Bronze Medalist



用有限身軀 · 創造無限可能



# 2024, in Paris..... Flag bearer in Paralympics



# Flag bearer in Paralympics AGAIN!!!



# 2024 Paris Paralympics Silver Medalist



用有限身軀 · 創造無限可能



# THE ROAD TO PARIS





# ROLL TO PARIS ?



# Road to Paris VS Roll to Pairs



用有限身軀 · 創造無限可能



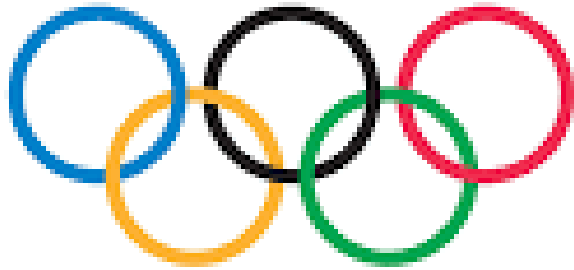
# Better Preparation

- Rules of Qualification
- Self understanding
- Supplementary Habit
- Recovery and Injuries
- Mental Health
- Living Style
- Stress



# Rules of Qualification

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# Self Understanding



# Supplementary Habit



# Mental Training



# Recovery and Injuries





# Stress



用有限身軀，創造無限可能



**Remember:**  
**Road to L.A. ?**  
**vs**  
**Roll to L.A.?**

**Key:**  
**Better Preparation,**  
**Closer to Success !**



輪椅羽毛球WH2級銀牌得主



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# THANKS

CONTACT

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