

運動員發展 Athlete Development

體院致力提倡精英運動員全人發展，並積極與社區緊密合作，確保精英運動員在追求體育成就的同時，能夠獲得全面而適切的支援，從而令香港精英體育可持續和長遠發展。

教育發展

為了推動精英運動員雙線發展的目標，體院與香港教育學院於二零一四年四月十七日簽訂合作備忘錄，為運動員提供具彈性的教育入學途徑。在合作備忘錄下，雙方會透過完善的機制，平衡運動員在教育及訓練兩方面的需要，包括設立特別計劃，取錄精英運動員及教練入讀香港教育學院的學士學位課程。

為鼓勵中學對精英運動員提供多元化學習支援，讓他們兼顧訓練和學業，同時表揚已付諸實踐的學校，體院於二零一四年六月五日推出「精英運動員友好學校網絡」。在網絡計劃下，參與學校會為學生運動員提供功課輔導及額外課堂等學習支援，並在學習時間表及考核等方面提供彈性安排，讓他們得以繼續投入精英水平的訓練，代表香港參加全國及國際性的比賽。截至二零一五年三月三十一日，共有27間學校加入網絡，受惠運動員超過90位。

The HKSI champions the whole-person development of elite athletes and works closely with various community agents to ensure and enhance the integrated support required for elite athletes to pursue their sporting achievements, leading to sustainable, long-term elite sports development in Hong Kong.

Education Development

As part of the HKSI's goal of fostering dual career pathways for elite athletes, the HKSI signed a Memorandum of Understanding (MOU) with the Hong Kong Institute of Education (HKIEd) on 17 April 2014 to provide athletes with flexible access to tertiary education. The MOU involves introducing a well-structured mechanism which balances the education and training needs of elite athletes, including a special scheme which admits elite athletes and coaches into HKIEd undergraduate programmes.

To encourage secondary schools to provide enhanced integrated support for elite athletes to pursue their sporting achievements while still meeting their academic goals, and to acknowledge schools who do so, the HKSI launched the Elite Athlete-friendly School Network on 5 June 2014. Under the Network, participating schools provide enhanced education support for student athletes, including extra tutorials, make-up classes and flexible arrangements on their study timetable, examination schedules etc., to allow the athletes to continue training at an elite level and represent Hong Kong in national and international competitions. As at 31 March 2015, 27 schools had enrolled in the Network, and over 90 athletes were benefiting from the programme.



年度內推出的「精英運動員友好學校網絡」，讓年輕運動員得以兼顧精英訓練和學業。

The Elite Athlete-friendly School Network was launched during the year to enable young athletes to continue elite training while pursuing their studies.

體院與教院合作，為運動員開拓多元出路。

The HKSI collaborated with the HKIEd to foster dual career pathways for elite athletes' education.



社交、個人及職業發展

為表揚全職精英運動員對體育的貢獻，體院於年度內在「香港運動員基金」轄下設立「精英運動員優秀表現嘉許計劃」。透過此計劃，退役運動員可獲一次性資助，以加強他們退役後的事業發展支援。

體院亦繼續透過二零零八年推出的「精英教練工作體驗計劃」，向準備於未來兩年退役的運動員提供學習教練技巧和吸取工作經驗的機會，以協助他們於退役後轉型為專業教練，為職業生涯作好準備。計劃自推出以來，已惠及超過20位運動員。

此外，體院透過多項度身訂造的計劃，照顧獎學金運動員的特別需要，讓他們在全情投入精英訓練之際，亦能兼顧社交、個人及職業發展的需要。

年度內，體院為738位獎學金運動員舉辦了40個工作坊，就認識自我、團隊建立、應付媒體技巧、時間管理及公開演說等提供多元化的學習機會。運動員亦獲安排參加多個體驗性活動，包括攝影、嘻哈舞及烹飪等。

二零一五年二月二十五至二十七日期間，體院與中國香港體育協會暨奧林匹克委員會在大潭童軍中心聯合主辦奧林匹克主義體驗營。在為期三天的活動中，來自12個體育項目的36位運動員透過講座、遊戲及表演，認識一系列與精英運動員有關的議題，包括香港的體育架構及體制、運動營養及心理、禁藥、運動員事業發展、傳媒關係，以及精英運動員的義務和責任等，並透過度身訂造的團隊活動，讓運動員體驗奧林匹克主義的核心價值：卓越、友誼及尊重。

於二零一五年三月二十一日，體院為精英運動員的家屬和朋友舉辦運動員宿舍參觀活動，吸引14人參加。除宿舍外，參加者亦獲安排參觀體院其他設施，了解精英運動員日常生活的情況。



體院舉辦多元化的工作坊及體驗性活動，照顧運動員的社交、個人及職業發展需要。A wide variety of workshops and experiential activities were organised to support athletes' social, personal and vocational development needs.

Social, Personal and Vocational Development

In order to recognise full-time elite athletes' dedication to sport, an Elite Athletes Performance Recognition Scheme, which falls under the Hong Kong Athletes Fund, was established this year. Under the Scheme, a one-off grant is provided to retired athletes as enhanced support for their post-athletic career development.

To help elite athletes make the transition from competition to a career in sports coaching, the HKSI Elite Coaching Apprenticeship Programme, launched in 2008, continued to provide elite athletes who plan to retire in the coming two years with an opportunity to develop coaching skills and gain practical coaching experience in preparation for their post-athletic career. The Programme has benefited 20 athletes since its launch.

The HKSI also supports the special needs of Scholarship Athletes through tailor-made programmes designed to enable them to fully dedicate themselves to an elite training lifestyle, without neglecting their social, personal and vocational development needs.

As part of these programmes, a total of 40 workshops were organised during the year for 738 Scholarship Athletes, offering them a variety of learning opportunities in areas such as self-understanding, team building, media-handling skills, time management and public speaking, as well as various experiential activities, including photography, hip hop dancing and cooking.

The HKSI and the Sports Federation & Olympic Committee of Hong Kong, China jointly organised Olympism Camp 2015 from 25 to 27 February 2015 at the Tai Tam Scout Centre. The three-day residential camp, which attracted 36 athletes from 12 sports, provided lectures, games and presentations covering a wide range of topics and issues relevant to elite athletes, including information on Hong Kong's sports structure, sports nutrition and psychology, anti-doping, career development paths for athletes, media relations, and the obligations and responsibilities of elite athletes. They were also inculcated with the core values of Olympism, including Excellence, Respect and Friendship, through tailor-made team-building activities.

On 21 March 2015, the HKSI organised an open-house event at the Athlete Hostel for elite athletes' families and friends, attracting 14 participants. A tour visit of the rest of the HKSI was also provided to present its facilities and a snapshot of the lifestyle of Hong Kong's elite athletes.



奧林匹克主義體驗營透過團隊活動，讓運動員體驗奧林匹克主義。The Olympism Camp inculcated athletes with the core values of Olympism through team-building activities.