

設施 Amenities

訓練場地

在二零一三年六月，四個「A級」支援精英體育項目慶祝體院重新發展計劃的新建訓練設施正式啟用，包括賽艇中心，以及設有12條球道保齡球中心、武術館及三個雙打壁球場（可轉換成四個單打壁球場）的體育館新翼。新建設施的啟用為賽艇和保齡球運動員提供先進的駐院培訓場地，而壁球和武術運動員的訓練設施則得到大大擴充和提升。

截止二零一四年三月下旬，體院於其火炭總部為13個「A級」支援精英體育項目提供訓練場地，包括田徑、羽毛球、桌球、劍擊、空手道、賽艇、七人欖球、壁球、游泳、乒乓球、保齡球、三項鐵人及武術。此外，亦按照其他項目的特定訓練需要，在總部以外提供訓練場地，包括單車、體操及滑浪風帆。



保齡球中心是亞洲區第一個獲得美國保齡球總會認可的保齡球場，內設兩款國際賽事最常用的球道。
The Tenpin Bowling Centre is the first United States Bowling Congress recognised and certified training centre in Asia, with two types of the most commonly used alleys available.



新建壁球場可轉換成雙打或單打場。
The new squash courts are inter-convertible to doubles or singles courts.

Training Facilities

In June 2013, four Tier A sports celebrated the official opening of new training venues, including the Rowing Centre and the Sports Complex Annex, under the HKSI Redevelopment Project. The Sports Complex Annex houses a 12-lane bowling centre, a venue for wushu training, and three doubles squash courts, which are convertible to four singles courts. With these new facilities rowers and tenpin bowlers have been provided with state-of-the-art elite training bases, while squash and wushu athletes have benefited from expanded and upgraded training facilities.

As at the end of March 2014, elite training facilities were provided at the HKSI headquarters in Fo Tan for 13 Tier A sports: athletics, badminton, billiard sports, fencing, karatedo, rowing, rugby sevens, squash, swimming, table tennis, tenpin bowling, triathlon and wushu. Off-site training facilities were provided for cycling, gymnastics and windsurfing to cater for the specific training needs of each sport.

武術館環境寬敞，並設有觀眾席，適合進行訓練和比賽。
Equipped with a spectator stand, the Wushu Hall offers a spacious environment suitable for both training and competitions.



新落成的賽艇中心提供一站式的運動員訓練和分析、賽艇存放和保養。
The newly completed Rowing Centre is an all-in-one centre for athlete training and analysis as well as boat storage and maintenance.

宿舍及膳食服務

隨著體院大樓於二零一三年九月投入運作，運動員宿舍和運動員餐廳亦從原有室內體育館遷往新大樓，以進一步提升運動員的住宿和膳食服務水平。

新運動員宿舍可供最多370名運動員入住，為精英運動員提供一個舒適的居住環境，讓他們專心受訓，爭取佳績。宿舍內的房間設施完善，設有獨立洗手間和浴室，並配備小型雪櫃和無線上網服務。此外，宿舍內還設有配備影音器材的活動室、供授課用的房間及「運動員學習閣」，為運動員提供配置先進資訊科技設備的學習環境，進行各項學習活動。運動員宿舍不僅是運動員的住所，更為他們提供學習和與不同體育項目的運動員交往的機會，全面照顧專業運動員的個人發展需要，讓他們建立適合高訓練水平的生活方式。

截止二零一四年三月三十一日，宿舍共有195名運動員入住。

體院亦照顧到運動員的膳食需要，由專業膳食團隊與運動營養師專責為運動員餐廳構思新菜式，並會詳列各種食品的營養資訊，方便運動員選擇最合適的食物，應付每日訓練的需要。年度內，體院為運動員提供了超過12萬1,000頓膳食，較上一年度增加4%。



運動員餐廳列出菜式的營養資訊，讓運動員按需要選擇最合適的食物。

Nutrition cards are displayed in the Elite Corner for athletes to choose the most appropriate food for their needs.



運動員宿舍房間

Room in the Athlete Hostel

Accommodation and Catering

With the relocation of the Athlete Hostel and the Elite Corner from the existing Sports Complex to the newly opened HKSI Main Building in September 2013, accommodation and catering services for the athletes were enhanced.

With accommodation for up to 370 athletes, the new Athlete Hostel provides a new comfortable home for elite athletes to help them focus on training to achieve their best in every competition. The athletes' rooms are provided with enhanced facilities, such as separate toilet and bathroom, mini refrigerator and wifi connection. There is also an activity room with audio-visual facilities, as well as rooms for conducting tutorials. An Athlete Learning Space is available to provide an enhanced IT-supported learning environment to support teaching and learning activities for the athletes. The Athlete Hostel is not merely a place to live; it also provides an opportunity for athletes to learn from, and interact with, athletes in different sports, in order to fulfil the social and developmental needs of professional athletes and facilitate a high-performance lifestyle.

As at 31 March 2014, the Athlete Hostel accommodated a total of 195 athletes.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, new dishes were introduced and the nutrition cards were updated in the Elite Corner to allow the athletes to choose the most appropriate food to cope with the demands of their daily training. Over 121,000 meals, 4% more than last year, were served to the athletes during the year.



新建運動員宿舍和餐廳提供更完善的住宿和膳食服務，讓運動員建立適合高訓練水平的生活方式。

Enhanced accommodation and catering services in the newly opened Athlete Hostel and Elite Corner allow athletes to pursue a high-performance lifestyle.