

為了讓運動員攝取更佳的營養，以應付不同精英體育項目的比賽及訓練需要，體院的專業膳食服務團隊與運動營養師緊密合作，在運動員餐單內推出逾80款新菜式。餐單更列出每款菜式的營養特點，讓運動員選擇最適合補充體力及應付每日訓練所需的食物。

with sports nutritionists to introduce over 80 new dishes in the athletes' menu. The nutritional characteristics of each dish are also included on the menu, thus enabling athletes to choose the most appropriate food to replenish their energy and cope with the demands of daily training.

教練發展 Coach Development

滙豐銀行慈善基金教練級別評定計劃

這項計劃分為三個級別，為本港教練提供培訓並予以認可資格。各級課程包括四個部份：甲部是運動通論，由香港教練培訓委員會之行政辦事處—體院教練培訓部推行；而乙、丙及丁部則分別圍繞運動專項內容，由教練培訓委員會資助各體育總會舉辦。

截至二零零九年三月，代表46個項目的45個體育總會已參加了滙豐銀行慈善基金教練級別評定計劃，共有超過1萬3,800位教練受惠。

The Hongkong Bank Foundation Coach Accreditation Programme

This three-level programme provides accreditation to, and development opportunities for, coaches in Hong Kong. Each level comprises four parts: Part A is concerned with Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC), while Parts B, C and D consist of Sports-Specific components conducted by NSAs with funding from the HKCC.

As at March 2009, 45 NSAs representing 46 disciplines participated in the programme and more than 13,800 coaches benefited from the Hongkong Bank Foundation Coach Accreditation Programme (CAP).

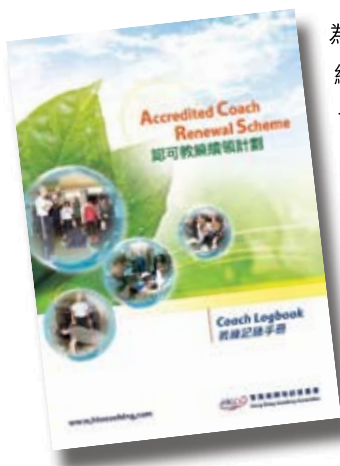
To further enhance the quality of coaches, the HKCC launched the Accredited Coach Renewal Scheme (ACRS) for CAP coaches on 1 September 2008 to encourage accredited coaches to actively participate in continuous coach education activities. The Scheme provides accredited coaches with a clear path to higher skill levels and helps to promote a culture of continuous education in sports coaching. To meet the accredited coach renewal requirement, participating coaches are required to accumulate sufficient hours of continuing coach education activities within a four-year period.

The response to the ACRS has been very positive, with around 800 applications received from CAP coaches as at March 2009.

The Hongkong Bank Foundation Coaching Directors Forum

More than 30 coaching directors and representatives from 20 NSAs attended the Coaching Directors Forum on 19 March 2009. Held under the theme of "Acquiring Sponsorship Support in

為進一步提升教練質素，香港教練培訓委員會於二零零八年九月一日推出認可教練續領計劃，鼓勵認可教練積極參與教練延續培訓活動。這項計劃為認可教練提供明確的途徑以提升水平，並協助業界推動持續進修的文化。為符合認可教練的續領要求，參與計劃的教練必須於四年內出席足夠的教練延續培訓活動時數。



認可教練續領計劃自推出後反應熱烈，截至二零零九年三月，共收到接近800份認可教練的申請。

滙豐銀行慈善基金教練總監論壇

逾30位來自20個體育總會的教練總監及代表出席於二零零九年三月十九日舉行的教練總監論壇。這次論壇的主題為「如何爭取外界支持香港壁球發展」及「香港羽毛球梯隊運動員培訓」，為教練總監提供了一個良好的機會，就教練培訓專項課題交流意見和心得。



the Development of Squash in Hong Kong” and “Feeder System for Badminton in Hong Kong”, the Forum aimed to provide coaching directors with an opportunity to exchange views and expertise in the specialised field of coach education and training.

滙豐銀行慈善基金教練延續培訓計劃

年度內，超過600位認可教練參與並受惠於這項重要的計劃。二零零八年四月至二零零九年三月期間，計劃舉辦了一系列講座及工作坊，題目包括：

- 如何透過營養策劃提升運動員耐力
- 體育選材與兒童運動生理的關係
- 體能訓練致勝錦囊
- 補充劑與誤服違禁藥 — 運動員與教練須知
- 運動員膝關節及足踝受傷後的訓練要點

一年一度的滙豐銀行慈善基金精英教練員研討會將於二零零九年五月廿三及廿四日在廣州體育學院舉行，主題為「奧運與成功之道」。

The Hongkong Bank Foundation Continuing Coach Education Programme

During the fiscal year, more than 600 coaches benefited from participation in this important programme. A series of seminars and workshops were organised between April 2008 and March 2009, namely:

- Improving Athletes' Endurance Through Nutritional Strategies
- The Relationship Between Talent Identification in Sports and Children's Exercise Physiology
- Success Through Fitness Training
- Supplement and Inadvertent Doping – A Guideline to Athletes and Coaches
- Tips for Training Knee and Ankle Injured Athletes

Under the theme “The Olympics and Way to Success”, the annual Hongkong Bank Foundation Elite Coaches Seminar will be held from 23 to 24 May 2009 at Guangzhou Sport University.



The Hongkong Bank Foundation Community Education Programme and The Hongkong Bank Foundation Coach Orientation Programme

These two programmes, both launched in 2004, are intended to raise public awareness of sports coaching and attract members of the public to join the sports coaching

滙豐銀行慈善基金教練培訓社區推廣計劃及滙豐銀行慈善基金教練入門課程

這兩項計劃於二零零四年推出，旨在提高公眾對教練培訓的認識，從而吸引更多有興趣人士投身運動教練行列。計劃透過舉行課堂及講座，讓參加者了解教練培訓的重要性，並對本港目前的教練培訓制度及發展有概括的認識。截至二零零九年三月，兩項計劃共吸引了500多位學生、教師及家長參加。

profession. Through various lectures and talks, participants learn the importance of coaching and gain an overview of the coach education system and coach development in Hong Kong. As at March 2009, some 500 participants including students, teachers and parents had taken part in the programmes.

滙豐銀行慈善基金學校教練培訓計劃

這項計劃包括學校教練評定計劃及學校教練延續培訓計劃，由香港教練培訓委員會與各體育總會攜手合作，於一九九八年首次開辦，旨在提高教師在學校擔任運動教練的水平，並透過評定計劃，為他們提供獲取認可教練資格的機會。計劃推行至今，已有超過800位中小學教師獲得認可學校教練資格。

在多個體育總會的支持下，共有五個運動項目課程於本年度的暑假及聖誕節學校假期時舉行，超過170位來自145間中、小學教師受惠。參加者完成為期九日的教練課程後，於二零零八年七月三十日舉行的證書頒發儀式獲頒出席證明書，以示鼓勵。

為慶祝學校教練評定計劃踏入十週年，香港教練培訓委員會聯同資助計劃的滙豐銀行慈善基金，在二零零八年七月二日舉行十週年慶典頒獎典禮，並邀請到香港特區政府教育局及香港學界體育聯合會協辦此項別具意義的活動，向逾140名中小學校的學校教練及體育教師頒發獎項，以表揚他們過去10年對學校體育發展的貢獻。活動吸引逾300名嘉賓出席。

典禮上，47位學校教練及96位體育教師分別獲頒學校教練評定計劃學校教練獎（認可學校教練組）及學校教練獎（體育教師組）。此外，中華基督教會蒙黃花沃紀念小學及東華三院呂潤財紀念中學獲頒最積極參與學校獎，表揚兩間學校積極參與學校教練評定計劃。

另外，香港教練培訓委員會亦特別在二零零八年九月於《明報》出版紀念專刊，感謝學校教練及體育教師多年來的積極參與。



The Hongkong Bank Foundation School Coach Education Programme

Initiated by the HKCC, this programme has been jointly offered by NSAs since 1998. It comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme, both of which aim to raise the coaching standard of teachers and provide them with opportunities to attain accredited coaching qualifications. Over the years, more than 800 primary and secondary school teachers have been accredited under the SCAP.

With the support of various NSAs, courses in five sports were held during the fiscal year's summer and Christmas school holidays. Over 170 school teachers from 145 primary and secondary schools benefited from these courses. After completing a nine-day training course, participants were presented with attendance certificates at a Presentation Ceremony on 30 July 2008.

To mark the 10th anniversary of the SCAP, an Awards Presentation Ceremony funded by the Hongkong Bank Foundation was held on 2 July 2008 in collaboration with the Education Bureau of the HKSAR Government and Hong Kong Schools Sports Federation. During the event, awards were presented to over 140 accredited school coaches and PE teachers from primary and secondary schools in recognition of their contribution to school sports development over the past 10 years. The ceremony attracted over 300 attendees.

A total of 47 school coaches and 96 PE teachers were recognised in the SCAP Accredited School Coach Awards and School Coach Awards (PE Teacher Category) respectively. The Most Supportive School Awards were presented to the CCC Mong Wong Far Yok Memorial Primary School and the TWGHs Lui Yun Choy Memorial College to acknowledge their active participation in the SCAP.

A special commemorative supplement was also published in *Ming Pao* by the HKCC in September 2008 to acknowledge the active participation of school coaches and PE teachers over the years.





滙豐銀行慈善基金優秀教練選舉

一年一度的滙豐銀行慈善基金優秀教練選舉是唯一向傑出教練致敬的全港性體壇盛事。二零零八年度的選舉共接獲131項提名，創出歷史新高，足以證明優秀教練選舉已經成為本地體壇最大型及最令人引頸以待的選舉之一。頒獎典禮於二零零九年四月十九日舉行，逾250位嘉賓出席，與得獎教練一同分享喜悅。

選舉設有六個組別，共有86位教練獲得殊榮，包括全年最佳教練獎（4名）、傑出貢獻獎（1名）、最佳教練培訓工作者獎（1名）、最佳隊際運動教練獎（1名）、精英教練獎（66名）及社區優秀教練獎（19名）。

曾五度奪得全年最佳教練獎的武術教練于立光今年再下一城，獲頒個人項目高級組全年最佳教練獎；而乒乓球教練李惠芬則連續兩年奪得團體項目高級組全年最佳教練獎。青少年組方面，武術教練黃志光及羽毛球教練劉志恆分別榮膺個人項目及團體項目的全年最佳教練獎。

輪椅劍擊教練鄭兆康過去10年致力協助香港隊在多項國際賽事中取得佳績，因而獲頒本年度的傑出貢獻獎，以表揚他在推動輪椅劍擊項目的貢獻。

另外，羅健強教練獲頒最佳教練培訓工作者獎，令武術項目的得獎名單錦上添花；而欖球教練Rodney McIntosh則再度奪得最佳隊際運動教練獎。



The Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the only territory-wide programme that pays tribute to the achievements of outstanding coaches in Hong Kong. In 2008, a record high of 131 nominations was received, showing that the Awards has become one of the largest and most anticipated events in the local sporting calendar. A presentation ceremony was held on 19 April 2009, with more than 250 guests sharing the joy with the awardees.

A total of 86 coaches were awarded under six categories, namely the Coach of the Year Awards (4 awards), Distinguished Services Award for Coaching (1 award), Coach Education Award (1 award), Best Team Sport Award (1 award), Coaching Excellence Awards (66 awards) and Community Coach Recognition Awards (19 awards).

Wushu coach Yu Liguang, a five-time recipient, won the Coach of the Year Awards in the Senior Athletes, Individual Sport category, while table tennis coach Li Huifen earned her Coach of the Year title in Senior Athletes, Team Event, for the second year in a row. In the Junior Athletes categories, the Coach of the Year Awards for Individual Sport and Team Event went to wushu coach Wong Chikwong and badminton coach Liu Zhiheng respectively.

Wheelchair fencing coach Zheng Kang-zhao, who has helped the Hong Kong team achieve outstanding results at many international tournaments for more than 10 years, won the Distinguished Services Award for Coaching for his long-term commitment to the sport.

Law Kin-keung added flying colours to wushu's impressive winning list by capturing the Coach Education Award, while rugby coach Rodney McIntosh repeated his victory in the Best Team Sport Award.

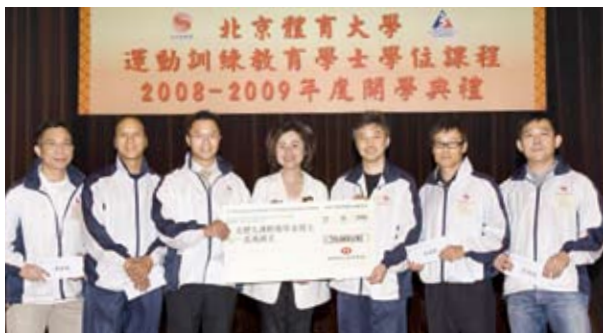
資助體育總會

年度內，香港教練培訓委員會共撥出91萬3,000港元予代表46個項目的45個體育總會，籌辦共72項教練培訓活動，當中包括10個海外及62個本地短期課程，超過6,000名教練受惠。

運動訓練教育學士學位課程

這項為期五年的運動訓練教育學士學位兼讀課程由北京體育大學主辦，並由體院負責在港的行政工作，目的是透過提供正規訓練，為香港體壇培育高質素的教練。

二零零八年十月，共有14名學員獲北京體育大學取錄，正式修讀有關運動訓練的專業課程，當中包括六位武術精英運動員。二零零八/零九學年的開學典禮於二零零八年十月二十二日舉行，六位在二零零七/零八學年取得優異成績的二零零五級學生，在典禮上獲滙豐銀行慈善基金頒發合共2萬港元的獎學金。



Funding Support to NSAs

During the year, a total subvention of HK\$913,000 was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 72 coach education programmes. These included 10 overseas short-term courses and 62 local short-term courses collectively benefiting more than 6,000 coaches.

Undergraduate Course in Sports Training

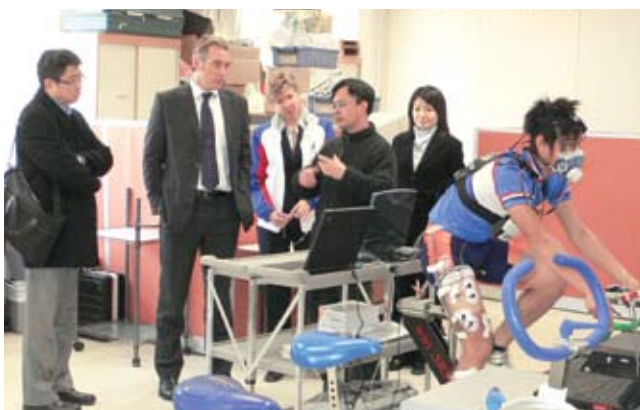
Organised by Beijing Sport University and administered by the HKSI, the Bachelor of Education in Sports Training programme is a five-year, part-time degree programme that aims to develop high-quality coaches for Hong Kong sports by providing formal career training.

In October 2008, 14 students, including six elite wushu athletes, were admitted into the 2008 Class and started their professional training in sports coaching. The First Assembly of the 2008/09 school year was held on 22 October 2008, at which six students from the Class of 2005 also received the Hongkong Bank Foundation Scholarships worth a total of HK\$20,000 for their outstanding performance in the 2007/08 academic year.

國際交流 International Cooperation

訪問及交流

體院與中國內地及海外同業一直保持緊密交流，以緊貼世界體壇在精英體育發展、運動員培訓、訓練科學及體育管理方面的最新動向。年度內的主要交流活動如下：



Visits and Exchanges

The HKSI maintains frequent exchanges with sports professionals in Mainland China and overseas in order to stay at the forefront of global trends in elite sports development, athlete training, coaching science and sports management. During the fiscal year, major exchange activities included the following:

- **Government and Sports Leadership**

On 25 June 2008, Hong Kong SAR Secretary for Home Affairs Tsang Tak-sing visited the HKSI temporary headquarters, during which he met with the Board, Management, coaches and athletes, and toured the elite training facilities. On 6 July 2008, athletes were honoured to meet China's Vice President Xi Jinping when he visited the venue for the Olympic and Paralympic Equestrian Events in Fo Tan.