

體壇明日之星甄選計劃

這項計劃是體院發掘具潛質青少年的有效途徑。年度內，精英體育項目例如羽毛球、單車、劍擊、賽艇、乒乓球、三項鐵人及武術，亦透過這項計劃選拔青少年運動員。

為了加強與鄰近社區的聯繫，沙田及馬鞍山區的學校於本年度獲邀參加一連串的科研測試及運動專項測試。教練根據收集到的科研數據，挑選具天份的青少年進行第一階段的訓練，有發展潛質的運動員最後會獲邀參加體院的精英培訓計劃。

在計劃進行期間，精英體育項目的體育總會擔當了重要的角色，協助甄選、支援及培訓具潛質的青少年運動員，而多名精英運動員亦參與有關學校的推廣活動，除了向學生介紹精英運動員的心路歷程外，他們更即席示範並一展身手。



Searching for New Sport Stars

The Searching for New Sport Stars programme continues to be a valuable means of identifying talented youngsters for the HKSI feeder system. Elite Sports such as badminton, cycling, fencing, rowing, table tennis, triathlon and wushu took advantage of this programme during the year to strengthen their feeder squads.

To enhance relationships with the local community, schools in the Sha Tin and Ma On Shan areas were invited to participate in a series of scientific and sport-specific tests during the year. Based on the scientific data gathered, coaches then selected talented youngsters for the first phase of training. Selected athletes will eventually be channeled into the mainstream elite training programmes of the HKSI.

During the implementation of the programme, Elite Sport NSAs took an active role in identifying, supporting and nurturing these talented young athletes. A number of elite athletes also participated in promotional activities with partner-schools. In addition to inspiring school children with their experiences, these elite athletes also engaged in high-performance demonstrations and performances.

設施 Amenities

訓練場地

體院總部於二零零七年一月暫時遷往烏溪沙青年新村。為配合這次搬遷，烏溪沙青年新村及其鄰近多個康樂及文化事務署(康文署)的運動場地均增設精英訓練設施。11項精英體育的訓練場地分別為：

- 羽毛球：馬鞍山體育館
- 單車：火炭體院鑊型單車場(與以往一樣)
- 劍擊：烏溪沙青年新村
- 賽艇：沙田賽艇中心(與以往一樣)
- 壁球：九龍塘歌和老街壁球及乒乓球體育館
- 游泳：火炭體院游泳池及顯田游泳池(於火炭院址舉行奧運馬術測試比賽期間使用)

Training Facilities

The HKSI headquarters was relocated to Wu Kwai Sha Youth Village (WKSJV) in January 2007. To accommodate this move, elite training facilities were created on site or provided at various Leisure and Cultural Services Department (LCSD) venues nearby. The facilities for the 11 Elite Sports were:

- Badminton: Ma On Shan Sports Centre
- Cycling: HKSI Cycle Velodrome, Fo Tan (as before)
- Fencing: WKSJV
- Rowing: Rowing Centre, Sha Tin (as before)
- Squash: Cornwall Street Squash and Table Tennis Centre, Kowloon Tong

- 乒乓球：九龍塘歌和老街壁球及乒乓球體育館及大埔體育館
- 保齡球：多個商業保齡球場(與以往一樣)
- 三項鐵人：白石俱樂部
- 滑浪風帆：赤柱正灘香港航海學校及聖士提反灣水上活動中心
- 武術：馬鞍山體育館

體院總部在搬遷後繼續管理及使用以下位於火炭體院院址內的設施：

- 鑊型單車場
- 25米游泳池
- 體能訓練中心

宿舍及膳食服務

運動員宿舍在搬遷後運作順暢，最多可容納128名運動員。宿舍共分兩座，每座樓高三層，提供二人、三人及四人房間的單位，房內設有浴室及廚房。每間房間更提供電腦上網服務，方便運動員學習和研習進修。宿舍底層亦設有裝置了影音器材的休息廳、多媒體學習中心及會議室。運動員宿舍不僅是一個供運動員住宿的地方，更提供生活、學習和與不同運動員建立社交圈子的機會，全面照顧專業運動員的個人發展需要。

此外，體院因應不同的精英體育項目比賽及訓練的特殊需要，進一步提高運動員的營養吸收，透過專業膳食服務團隊與運動營養師的緊密合作，年度內在運動員餐單合共推出逾60款新菜式。每日餐單亦加上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。

- Swimming: HKSJ Swimming Pool, Fo Tan, and Hin Tin Swimming Pool (for use during the period when the Fo Tan venue was hosting the Olympic Equestrian Test Events)
- Table tennis: Cornwall Street Squash and Table Tennis Centre, Kowloon Tong, and Tai Po Sports Centre
- Tenpin bowling: Various commercial venues (as before)
- Triathlon: Whitehead Club
- Windsurfing: Hong Kong Sea School at Stanley Main Beach and St Stephen's Beach Water Sports Centre
- Wushu: Ma On Shan Sports Centre

After relocation, the HKSJ continued to manage and use the following facilities at Fo Tan:

- Cycle Velodrome
- 25m Swimming Pool
- Fitness Training Centre

Accommodation and Catering

The Athletes' Hostel operated smoothly after the relocation and accommodated a maximum capacity of 128 athletes. It comprises two three-storey blocks, and each unit contains twin, triple and quadruple bedrooms with bathroom and a kitchen area. Athletes can access Internet services provided in each room to facilitate their online study. It also has a common room with audio-visual facilities, a multi-media learning centre and meeting rooms at the ground floor. The Athletes' Hostel is not merely a place to live, rather, it provides an opportunity to live, learn and interact with different athletes in order to fulfil the developmental needs of a professional athlete.



To further enhance athletes' nutritional intake according to the specific competitive and training requirements of different Elite Sports, the HKSJ's professional catering team collaborated with sports nutritionists to introduce over 60 new dishes in the athlete's menu. The nutrition characteristic of each dish has also been added to the daily menu, enabling athletes to choose the most appropriate food to replenish their energy and cope with the demands of daily training.