

精英訓練支援

Elite Training Support






精英訓練支援概覽 Elite Training Support Overview

運動員的成就往往是結合多種因素相互影響的成果。除了運動員本身的天份及專業教練的配合外，還需要為運動員提供全面而綜合性的支援系統，使他們能發揮潛能，提高訓練成效及減低受傷風險。這個支援系統必須從發掘運動員開始、直至其巔峰時期及以後，提供科學化和以實證為本的長遠目標，方能有效地發展運動員的天賦。

體院所提供的精英訓練綜合支援系統，以生物心理社會模式為基礎去理解個別運動員於這些因素相互影響下的發展。體院透過此系統，為運動員提供各項與生理、醫療、心理、社會，以至各種福利相關的支援。

Individual success in elite sport is a function of the complex interplay of multiple factors. Apart from individual talent, and expert coaching to facilitate that talent, the development of athletic giftedness to its fullest potential requires a comprehensive support infrastructure to minimise risk and maximise results. The servicing infrastructure, which facilitates such development, demands a scientific, evidence-based and long-term commitment, from the early talent identification period, through to the peak performance years and beyond.

Underpinning the HKSI's scientific approach to supporting and facilitating elite sports performance is the biopsychosocial paradigm which understands individual development as a function of the interaction between biological, psychological and social factors. At the HKSI, elite training support is provided within a centralised, integrated system targeting all aspects of each athlete's physiological and medical, psychological, social support and welfare needs.



當然，體院為運動員提供的「前線」支援，有賴一個有效的行政架構，以確保運作順暢。事實上，體院自成立以來，一直致力確保香港在國際精英體育佔一重要席位。為此，我們與中國內地及世界各地的相關機構和組織保持緊密聯繫。為進一步使運動員能夠專心訓練和參賽，體院亦設有一系列體育資助及獎勵計劃，以不同渠道直接支援運動員。

Naturally, the 'front line' support that the HKSI provides to its athletes is backed up with an extensive administrative framework that ensures the smooth-running of the organisation. Indeed, since its inception, the HKSI has worked hard to ensure Hong Kong's place as a respected centre of sporting excellence. To this end, we maintain close links with relevant bodies and associations both in Mainland China and around the world. To further ensure that our athletes can focus their full attention on training and competing, we also administer a wide range of funds and incentive schemes that provide direct support to athletes, both financially and in other vital ways.

體育資助 Funding Support

對運動員的直接財政資助

由二零零七/零八年度起，政府承諾在體院的經常性撥款外，每年額外增撥2,000多萬港元，藉此加強運動員的直接經濟支援。增撥的款項為精英運動員提供更穩定的經濟環境，讓他們專心訓練，備戰大型運動會。新增的加上以往的主要資助可歸納為下列四項資助計劃：

- **精英訓練資助**

精英訓練資助乃為體院精英體育項目及非精英資助體育項目「個別精英運動員資助計劃」內的獎學金運動員而設。由二零零七/零八年度起，精英訓練資助取代並融合了以往對體院精英運動員的生活津貼及體育資助基金的撥款。二零零七/零八年度內，精英訓練資助計劃撥出約2,468萬港元，資助378名運動員（172名成年及206名青少年運動員）。每名成年及青少年運動員的最高資助額，分別為30萬及7萬8,000港元。（受惠運動員的名單，請參考附錄三。）

- **體育訓練資助**

體育訓練資助主要為沒有受惠於「個別精英運動員資助計劃」內的非精英資助體育項目運動員及體院精英體育項目內的非獎學金運動員而設，直接提供經濟上的資助。二零零七/零八年度內，體育訓練資助計劃撥出250萬港元給予84名運動員（53名成年、22名青少年和9名隊際項目的運動員）。成年運動員每人每年的最高資助額為15萬港元；青少年運動員每人每年最多可

Direct Financial Support to Athletes

Commencing in 2007/08, the Government committed to allocate an additional some HK\$20 million in recurrent funding to the HKSI annually to improve its Direct Financial Support to athletes. This increased funding provides elite athletes with a more financially stable environment in which to undergo training and compete in Major Games. In particular, the new fundings, added with the current ones, enable the HKSI to operate four funding schemes to support elite athletes:

- **Elite Training Grant**

The Elite Training Grant (ETG) is provided to HKSI Scholarship Athletes of Elite Sports and elite athletes of non-Elite Vote-supported sports under the Individual Athletes Support Scheme (IASS). The ETG is a lump sum grant to replace the previous monthly stipend for Scholarship Athletes of Elite Sports and the Sports Aid Foundation Fund, commencing in 2007/08. In 2007/08, the ETG scheme allocated some HK\$24.68 million to 378 athletes (172 Senior, 206 Junior). A maximum of HK\$300,000 was granted to each Senior Athlete and HK\$78,000 to each Junior Athlete. (For the recipient list, please refer to Annex 3).

- **Sports Aid Grant**

The Sports Aid Grant (SAG) provides direct financial assistance to elite athletes of non-Elite Vote-supported sports not under the IASS, as well as elite athletes of Elite Sports not under the HKSI Sports Scholarship Scheme. In 2007/08, the SAG scheme allocated HK\$2.5 million to 84 athletes (53 Senior, 22 Junior and 9 Team-only Sports' Athletes). A maximum of HK\$150,000 was