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# sports 精英體育 Excellence



李家祥：精英體育邁向更好的明天 Eric Li: Elite Sport Deserves Better  
問鼎獎牌添希望 Strengthening Medal Hopes at the Upcoming Major Games

惠鈞：我的教練之道 Hui Jun: My Coaching Philosophy  
乒乓孖寶日誌 Diary of Table Tennis Duo

活在體院的高處 Living the High Life at the HKSI  
預防運動創傷的挑戰 The Challenges of Sports Injury Prevention



# **sports** 精英體育 **Excellence**

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# 編者的話



## 歡迎加入精英體育的行列！

**我**很高興為您介紹《精英體育》的創刊號，希望這本香港體育學院(體院)的雜誌會讓您感受到精英運動員在訓練上所付出的汗與淚，並從中了解體院在培訓每位奧運或亞運獎牌運動員背後給予的教練和其他縝密的支援。

體院在二零零四年十月一日重新成立為法人團體，為具體育天賦的運動員提供有利甄選、培養和發展的完善環境；並協助他們追求卓越，在國際體壇爭取佳績。體院的工作包括：提供世界級的教練支援；提供成效顯著的運動科學及醫學支援服務；為運動員提供廣泛的支援，增加他們全面發展潛能的機會；推行教練培訓計劃及供體育行政人員及專業人員進修的培訓課程；促進有關精英體育的研究，配合不斷增加的需求；透過設備完善的體育資訊中心發放最新的體育資訊；成為中國和海外體育同業交流的橋樑。

為此，我們會透過這份季刊為您報導香港精英體育培訓及發展的最新消息，尤其是體院在協助運動員邁向體壇高峰的路途上所給予的支援。

一九八二年，體院的前身銀禧體育中心成立，並於一九九一年升格為體院。憑著多年來體育界各成員的共同努力，精英運動員專心致志接受訓練，再加上體院的體育專業人員同心協力的支援，滑浪風帆運動員李麗珊在一九九六年為香港奪得首枚奧運金牌；乒乓球運動員高禮澤與李靜在二零零四年取得香港回歸後的首枚奧運銀牌；輪椅劍擊運動員張偉良、馮英騏、余翠怡三人分別在1996、2000及2004傷殘人士奧運會共贏得十三面金牌。他們的優異成績，加上其他運動員無數的輝煌成就，令香港揚威國際體壇。所以，我們特別挑選這六位奧運及傷殘人士奧運獎牌得主作為今期的封面人物，以代表運動員永垂不朽的傑出成就。

體育界連串大事臨近在即，我們必須藉著精英體育發展的良好勢頭，為香港創造更多體壇的成功故事。體院主席李家祥博士將在今期闡述他對精英體育和體院發展的看法。此外，亦會報導體院如何協助運動員備戰十月至十一月期間舉行的第十屆全國運動會及第四屆東亞運動會。

由今期開始，體院的總教練會與大家分享他們的教練之道；而運動科學及運動醫學的專家則會介紹科研技術的最新發展，以及嶄新資訊科技如何幫助運動員提升表現。我們亦會在每期介紹傑出的體院獎學金運動員，報導他們在體院的訓練情形，其他內容還包括青少年及精英運動員的成績、教練培訓、贊助活動，以及精英體育發展的消息。

我期望《精英體育》能夠讓您真正了解香港精英體育及體院，並且帶給您豐富詳盡及饒有趣味的資訊。

總編輯  
鍾伯光博士





# Editorial

## Welcome to Sports Excellence!

I have much pleasure in introducing to you the inaugural issue of "Sports Excellence", the official magazine of the Hong Kong Sports Institute (HKSI) which I hope will give you a feel for the sweat and tears it takes to become an elite athlete, and the dedicated coaching and sophisticated support that is behind every Olympic or Asian Games medal.

The HKSI was reconstituted on 1 October 2004 as an incorporated body with a mission to provide a conducive environment in which sports talent can be identified, nurtured and developed to pursue excellence in the international sporting arena. The HKSI is all about world standard coaching support; the irreplaceable value of sports science and sports medicine; the provision of extensive services to enhance opportunities for athletes to develop to their full potential; the development of coach education programmes and educational programmes for sports administrators and professionals; the ever-increasing need for applied research; the most up-to-date sports information through an effective sports information centre; and the cementing of international links and exchanges with our Mainland counterparts.

With this in mind, we are pleased to offer you through this quarterly magazine an insight into the very latest elite sports training and development in Hong Kong, and in particular how the HKSI supports our athletes in the pursuit of sports excellence.

To kick off the magazine, we would like to take you back to the establishment of the HKSI as the then Jubilee Sports Centre in 1982. The Centre was transformed into the HKSI in 1991. With the concerted efforts of the major stakeholders in the sports community, the dedication of elite athletes in their training, and assistance of sports professionals in the HKSI, windsurfer Lee Lai-shan won Hong Kong's first Olympic gold medal in 1996, and table tennis duo Kò Lai-chak and Li Ching won the first silver medal for HKSAR in 2004. The wheelchair fencing trio of Cheung Wai-leung, Fung Ying-ki and Yu Chui-yee, brought back a total of 13 gold medals from the 1996, 2000 and 2004 Paralympic Games. These and many other outstanding performances have been achieved by Hong Kong athletes over the years. For this reason, our six Olympic and Paralympic medallists are selected to represent everything that we stand for on the cover of this magazine.

With a number of major events in the offing, it is essential for us to maintain the momentum of elite sports development and produce more sporting success stories for Hong Kong. In this issue, the HKSI Chairman Dr Eric Li will talk about his vision for elite sports development and the way forward for the HKSI. We will also give an insight into how the HKSI assists athletes in preparing for the 10<sup>th</sup> National Games and the 4<sup>th</sup> East Asian Games to be held from October to November this year.

Starting with this issue, head coaches will share with us their coaching philosophy, while experts in sports science and sports medicine will address innovation in their respective areas and how the latest technology helps improve athletes' performance. We will also feature in each issue some outstanding scholarship athletes and their training life at the HKSI, updated news on junior and elite athletes' performance, coach education, sponsorship activities, and other matters central to the development of high performance sport.

I hope that "Sports Excellence" will help to give you a real understanding of elite sports in Hong Kong and at the HKSI, and that you will find it stimulating and informative.

Dr Chung Pak-kwong  
Editor-in-Chief





# 李家祥：精英體育邁向更好的明天

## Eric Li: Elite Sport Deserv

**儘**管現時香港的精英體育有點兒消沉，但體院主席李家祥博士深信這個局面即將改變，並且會向更佳的前景進發。他承諾決心克服面前種種障礙，竭力推動本地精英體育發展。

### 新的挑戰

李家祥獲委任為體院主席，任期由二零零五年四月一日至二零零七年三月卅一日。他曾在多個界別服務，包括政界、會計專業、財經、商界、青年及教育事務，以及社會福利，名字廣為人熟悉。

自去年夏天卸下立法會議員的繁重公務後，李家祥將工作步伐放緩，並趁機陪同家人出外旅遊和履行國際公益服務。他說：「原來我是個不太適應悠閒生活的人。每次我旅遊後回港，發覺越加喜愛這個城市，感到有需要為這個地方做些事，回饋社會。所以，今年年初當民政事務局長何志平醫生邀請我出任體院董事局主席時，我接受了這項挑戰。」

### 前路滿希望

李家祥雖然出任香港弱智人士體育協會會長已經六年，但在體育界他仍然是位新人。這次接受任命的原因，是他認為香港的體育經歷了連串的架構改革之後，應該會朝著好的方向發展。他認為：「我感到體育界對發展

精英體育懷有滿腔熱誠。在各方共同努力下，我有信心精英體育會有更好的明天。」

### 北京2008奧運會——香港體育發展重要一頁

雖然體院因北京2008奧運會馬術比賽由北京移師香港舉行而需要臨時搬遷，但李家祥認為對體育界而言，這是一個契機而非威脅。

他指出：「香港能夠協辦奧運比賽項目，是一個千載難逢的機會，不但為本地體育界注入空前的強大動力，更加促使政府決心加快研究重建體院的方案，這有利於香港精英體育的長遠發展。我們十分了解搬遷對運動員的訓練構成影響，明白他們對事件的關注，因此我們必定會盡力與政府、精英體育項目所屬的體育總會、教練及運動員緊密合作，將他們備戰賽事的影響減至最少。」

### 新管治手法

體院按照民政事務局長訂立的體

育政策及方向，於二零零四年十月一日成立為法人團體，以「有限公司」形式運作。被問及其管治方法時，李家祥解釋：「我是精英體育界的外行人，不能取代體院專業管理層的工作。我可以做的是利用自己的專業知識，改善現有的不足。我會運用我在公司管治方面的專長，提供一個良好的管治架構，授權予院長鍾伯光博士所領導的團隊，使他們更有效地執行工作。」

作為政府委任的主席，李家祥強調他一定會負責監管體院的政策和運作，確保資源用得其所。

### 夥伴關係

尋找資助對精英體育發展十分重要，也是李家祥任內其中一項艱鉅的任務。他說：「為此，我們需要與政府及商界建立良好的夥伴關係。雖然過去幾年經濟不景，體院仍有幸得到商界的慷慨支持，我們感到十分欣慰。長遠來說，政府必須帶頭注入更多的資助，為商界豎立榜樣。」

面對未來數年舉行的大型運動會，當中包括2006亞運會及2008奧運會及傷殘人士奧運會，李家祥已著手與政府和商界商討，尋找更多有利運動員的資助。

### 放眼未來

李家祥強調體院會將所有的資源投放在精英體育訓練和發展。他說：「體院現在所做的工作，不單是為了訓練運動員參加2008奧運會，而更是為了往後的奧運會作準備。所以，我們是朝著提供更佳設



李主席出席2004滙豐銀行慈善基金優秀教練選舉頒獎禮。  
Dr Li attending the 2004 Hongkong Bank Foundation Coaching Awards Presentation.



# s Better

施與支援、更廣泛的選材計劃，以及更完善的運動員與教練發展系統方向邁進。」

為此，體院將與不同團體緊密合作，包括體育委員會及其轄下委員會、民政事務局、康樂及文化事務署、中國香港體育協會暨奧林匹克委員會、體育總會、學校及社區體育會等。他充滿信心地說：「我會盡我所能尋求各個界別的支援，為本港精英體育創造更好的環境。」

**T**he HKSI Chairman Dr Eric Li believes that elite sports in Hong Kong, despite being in the doldrums at present, is about to forge forward. He is determined to overcome the current difficulties and foster elite sports development.

## A New Challenge

A well-known figure in many areas including politics, professional accountancy, public finance, business, youth and education, as well as social welfare, Li was appointed the HKSI Chairman for the period 1 April 2005 to 31 March 2007.

After stepping down from the high intensity workload of the Legislative Council last summer, Li slowed down a little, making time for trips with family and international community services. "But I am not the type who gets used to a laid-back lifestyle. Whenever I came back to Hong Kong after trips, I loved the city more and more and realised that I needed to give yet a bit more back to it. So when Dr Patrick Ho, the Secretary for Home Affairs of the SAR Government approached me earlier this year, I decided to take on the challenge and accepted the appointment as Chairman of the HKSI Board of Directors," he said.

## Every Cloud has a Silver Lining

Although Li has been the President of the Hong Kong Sports Association for the Mentally Handicapped (HKSAM) for six years, the sports sector is relatively new to him. The reason for





accepting the challenge is that he believes sport, after undergoing a series of reforms in the sporting structure, is due a turn for the better. "I have the impression that many parties in the field are keen on elite sports development. With their joint efforts, I'm confident that elite sports will have a brighter future," he said.

## 2008 Olympics - A Lifeline for Hong Kong Sport

Although the HKSI may be temporarily relocated due to the decision to move the 2008 Olympic Games equestrian events from Beijing to Hong Kong, Li sees this as an opportunity rather than a threat.

"Hosting a part of the Beijing Olympics is an once-in-a-lifetime opportunity for Hong Kong. It will give an unprecedented boost to the local sports community and make the Government more determined to speed up the redevelopment plan of the HKSI, which can only be to the long-term benefit of elite sports development here. We fully understand the concerns of athletes about the inconvenience this might cause to their preparations and promise to work closely with the Government, Elite Sport National Sports Associations, coaches and athletes to minimise the impact on athletes' preparation for the Games," he said.

## New Governance Approach

On 1 October 2004, the HKSI was incorporated as a limited company under the policy direction of the

Secretary for Home Affairs. Asked about his management approach, Li explained, "As a layman in the elite sports field, I can't replace the role of the professional management at the Institute. What I can do is to make use of my professional knowledge to strengthen any spots of weakness that may exist. I will use my expertise on corporate governance to provide a sound governance framework, under which the team led by the Chief Executive Dr Chung Pak-kwong will be empowered to execute their work in an effective and efficient manner."

Being a Chairman appointed by the Government, Li stresses that he will be responsible for overseeing the policies and operation of the HKSI, ensuring that the resources are properly directed.

## Partnerships

Securing the necessary level of funds is fundamental to the development of elite sports and is one of the key challenges on the Chairman's agenda. "This can and must be done by building better partnerships with the Government and the corporate sector. We are grateful for the generous support the HKSI has received in recent years from business sector, at a time of economic adversity. In the long run, however, the Government must take the lead to inject more funding into elite sports so as to set an example for the business community," he said.

With a number of major competitions on the immediate horizon, ranging from the 2006 Asian Games to the 2008 Olympic and Paralympic Games,



李主席以香港弱智人士體育協會會長身份帶領香港運動員參加在日本長野舉行的2005特殊奧運會冬季世界比賽。Dr Li, in the capacity of the President of the HKSAM, leading Hong Kong athletes in participating in the 2005 Special Olympics East Asia Regional Winter Games held in Nagano, Japan.

he has started discussions with both the Government and the corporate sector to seek more support with the aim of assisting athletes in pursuit of excellence.

## Looking to the Future

Li emphasises that HKSI will focus all its resources on elite sports training and development. "What HKSI does now is not solely about training athletes for the 2008 Olympic Games; we are preparing for all the other future Olympics as well. To achieve this, we are looking forward to developing plans for better facilities and support resources, wider scope of talent identification, and comprehensive athlete and coach development systems.

With this in mind, the HKSI will work closely with various parties including the Sports Commission and its Committees, the Home Affairs Bureau, the Leisure and Cultural Services Department, the Sports Federation & Olympic Committee of Hong Kong, China, National Sports Associations, schools and community sports clubs. "I will make every effort to solicit support from all sectors for the betterment of elite sport," he stated with confidence.

## 李主席對體育價值的看法 Dr Li's Views on the Value of Sport

體育具有神奇的效能，它能凝聚社會各方的力量，又可增加對社會的歸屬感，對年青人絕對有正面而積極的影響。

Sport has marvellous efficacy. It has a cohesive force that pulls different sectors of the community together and raises the community's sense of belonging. Its impact on society, in particular our youngsters, is categorically positive.

## 體育迷的過去與現在 Sports Fan's Past and Present

求學時，我喜歡不同的運動，包括乒乓球、足球、網球、壁球、游泳、長跑、檯球等等……雖然我的水平未達精英運動員的級別，但是在多種運動中，我曾經是校隊或聯賽的隊員。現在，我喜歡打高爾夫球和健身。雖然日子十分忙碌，我會抽時間做適度的運動。保持運動有助舒緩緊張的情緒和促進身心健康。

In school-days, I played various sports including table tennis, football, tennis, squash, swimming, long-distance running and rugby...though I was nowhere near an elite athlete standard, I was a member of school teams or in the games league for some of the sports I played. And now, I like playing golf and going to the gym. Though my days are invariably busy, I will try to make sure that I find a little time off to enjoy some moderate exercise. I keep doing sport because it helps me relax and keeps me healthy.



李主席積極參與支持運動員的活動。  
Dr Li actively participating in activities in support of local athletes.



# 問鼎獎牌添希望

## Strengthening Medal Hopes at the Upcoming Major Games

還不足一個月，第十屆全國運動會(全運會)及第四屆東亞運動會(東亞運)將相繼揭開戰幔，香港運動員、教練及體育專業人員正為邁向獎牌之途進入最後備戰階段。

為加強香港隊摘取獎牌的機會，體院早在一年前成立了攻關小組，保證有實力問鼎獎牌的運動員在備戰過程中得到最全面的支援。體院的總教練與運動科學、運動醫學、體適能的專家正努力不懈，在背後給予一切的支持，增添爭勝的機會。

攻關小組組長由體院院長鍾伯光博士擔任，他解釋：「一切有賴各人的共同努力。總教練首先選出有實力問鼎獎牌的運動員，然後我們會檢討對運動員給予的支援。小組會定期開會，監察運動員的進度，研究是否需要加強某方面的支援。」

運動員的支援包括三方面：本地及海外訓練、教練支援及科研支援。在備戰期間，總教練會專責運動員在本地及海外的訓練計劃，而攻關小組的支援隊伍會與教練配合，提供深入而專門的支援服務，從而協助運動員在比賽時達到最佳的狀態。

鍾博士期望付出的努力會取得豐碩的成果，他表示：「我們的攻關方案與備戰計劃進展良好，期望運動員在賽事中發揮最佳的表現。現在，攻關小組正全力協助運動員備戰全運會。這個運動會的競爭水平極高，雲集全國最優秀的運動健兒。我有信心香港運動員可以在今屆運動會保持上一屆的成績，並期望他們創造更多的突破。」

In a month's time, the 10<sup>th</sup> National Games and the 4<sup>th</sup> East Asian Games will begin. And Hong Kong athletes, coaches and sports professionals are in the final stages of gearing up for medal success.

To strengthen Hong Kong's medal hopes, the HKSI set up a Task Force a year ago to ensure potential medallists would have the most comprehensive support during their preparations. HKSI head coaches and specialists of sports science, sports medicine as well as fitness and conditioning are working hard behind the scenes to give them the best possible chance of success.



Dr Chung Pak-kwong, the HKSI Chief Executive and the Chairman of the Task Force, explains, "This is all about team work. The head coaches first identified the athletes with a strong potential to win medals in the Games. We then reviewed the support provided to them. The Task Force meets regularly to monitor the progress of the athletes and see if specific support needs to be strengthened."

Athlete support covers three areas: local and overseas training, coaching, and scientific support. During preparations, the head coaches take care of local and overseas training programmes while the Task Force support team liaises with the coaches to provide the in-depth and specific support services necessary for ultimate performance at the Games.

With this dedicated effort, Dr Chung is looking forward to the results in the two Games. "Our plans and preparations are going well. It will soon be up to the athletes to put in a top performance in the Games. Right now, the Task Force is putting all its efforts into the National Games. This is a highly competitive Games with top athletes from all over Mainland China. I am confident that our athletes can maintain the progress made at the last Games and am hopeful of some more breakthroughs," he added.





## 支援運動員 Support to Athletes

在一九九三年第一屆東亞運，何劍暉為香港摘下首枚金牌，她認為體院在她備戰和臨場比賽時給予的支援十分重要，她說：「教練與科研的支援是我成功的關鍵。在首屆東亞運開鑼前，賽艇隊得到體院派出一名物理治療師，在整整一年的訓練和比賽過程為運動員提供支援。我覺得在備戰過程中，物理治療對我有很大幫助，可使運動員在比賽時達致最佳狀態；心理支援服務的重要性也不遑多讓，有助提升運動員的心理素質，為他們在比賽場上發揮更佳水準作好準備；而臨場輔導與支援也可以疏導緊張的情緒、壓力和恐懼；此外，運動營養也起著關鍵的作用。」

第八及第九屆全運會金牌得主黃金寶將第三次代表香港參加比賽，他十分同意比賽的成功是運動員及背後支援共同努力的成果。他表示：「體院給予我教練、設施及科研方面的支援，是我追求卓越不可缺少的原素。而且體院的支援服務很全面，涵蓋醫學、體適能、心理、物理治療等等，與過往兩屆備戰時比較，今屆的支援更深入、更完善。」

Fay Ho, the first Hong Kong athlete to win a gold medal in the 1<sup>st</sup> East Asian Games in 1993, valued the support provided by the HKSI during her preparation for the Games. "Coaching and scientific support was a decisive factor in my success. Prior to the 1<sup>st</sup> East Asian Games, the rowing team received support from a physiotherapist throughout our training and competition programme for a whole year. This was crucial to my preparations and helped the team reach excellent form at the Games."

"Psychological support is also a major contributor as it maximises an athlete's readiness for elite performance. On-site guidance and support is particularly vital as it diverts tension, stress and threat. Nutrition also plays an important role," she said.

Wong Kam-po, who won two gold medals consecutively in cycling in the 8<sup>th</sup> and 9<sup>th</sup> National Games and will be representing Hong Kong to the Games for the third time,

agrees that athletic success is a combined effort of athletes and the support behind them. "The HKSI provides me coaching, facilities and scientific support, each is indispensable in the quest for sporting excellence. The support is very comprehensive, ranging from medical, strength and conditioning, psychology to physiotherapy, etc, and the services are more in-depth, compared with those of the past two Games," he said.



## 藝術及體育發展基金 - 財政支援精英體育項目備戰第十屆全運會 ASDF - 2005 National Games Preparation Fund for Elite Sports

為備戰第十屆全運會，民政事務局撥款港幣七百萬元予11個精英體育項目進行額外的訓練計劃。藝術及體育發展基金的額外資助包括聘請教練、安排海外訓練、聘請陪練員、購買器材及提供臨場支援，這一切均對運動員爭取佳績十分重要。額外的資源可讓精英運動項目的教練與運動員在不影響日常的訓練計劃下，加強備戰工作，提升爭取獎牌的實力。

To gear up for the 10<sup>th</sup> National Games, the Home Affairs Bureau approved a total amount of HK\$7 million support for additional training programmes in 11 Elite Sports. The additional support from the Arts & Sport Development Fund (ASDF) covers specific areas such as coaches, overseas training and competitions, training partners, purchase of equipment and on-field support, all of which are of vital significance for athletes to excel at the Games. With the additional resources, elite sports coaches and athletes can intensify training and preparation and, at the same time, routine elite training programmes are not affected.





## 關於全國運動會及東亞運動會

## About the National Games & the East Asian Games



### 全國運動會 National Games

四年一度的全國運動會是中國最大型的多項運動會，匯集全國最優秀的運動員競逐國內體壇最高榮譽。第一屆全國運動會於一九五九年在北京舉行，參與人數逾10,000名，來自29個單位。回歸中國後，香港的運動員首次參加在上海舉行的第八屆全國運動會，有機會與國內好手同場競逐。當時，香港派出168名運動員參賽，單車運動員黃金寶為香港奪得首枚全運會金牌。四年後，138名運動員代表香港參加第九屆全運會，取得兩金、兩銀、一銅佳績，並刷新五項香港紀錄。

第十屆全運會將於二零零五年十月十二日至廿三日在江蘇省南京舉行，來自46個單位的運動員將參加32個競賽項目的比賽。

The National Games, staged every four years, is the largest multi-sport Games in Mainland China where top athletes from all over the country compete for the highest honours. The 1<sup>st</sup> National Games took place in 1959 in Beijing with over 10,000 participants from 29 units. The re-unification with China in 1997 provided Hong Kong's athletes with the opportunity to gauge their progress against their counterparts in Mainland China for the first time at the 8<sup>th</sup> National Games held in Shanghai. Hong Kong sent a delegation of 168 athletes to compete at the Games where cyclist Wong Kam-po won Hong Kong's first-ever National Games' gold medal. In the 9<sup>th</sup> National Games, the 138 strong Hong Kong delegation clinched two gold, two silver and one bronze medals and broke five Hong Kong records.

The 10<sup>th</sup> National Games will be held from 12 to 23 October 2005 in Nanjing, Jiangsu Province. Athletes from 46 units will compete in 32 events.

### 東亞運動會 East Asian Games

為了增進東亞地區各奧委會體育和文化的交流，地區代表於一九九一年九月十五日舉行之東亞各國奧委會第一屆理事會上提出舉辦東亞運的建議。而同年十一月第二次東亞各國奧委會協調會議中正式通過東亞運動會為四年一度的體育活動，並同意首屆運動會於一九九三年在中國舉行。

自東亞運動會成立以來，香港共取得五金、五銀、13銅佳績。第四屆東亞運動會將於二零零五年十月廿九日至十一月六日在澳門特別行政區舉行，參賽國家及地區共有九個，包括中華人民共和國、朝鮮、香港特別行政區、日本、韓國、澳門特別行政區、蒙古、中華台北及關島。

To create more opportunities for sports and cultural exchanges between National Olympic Committees (NOCs) in the East Asian region, the idea of the East Asian Games was officially proposed at the 1<sup>st</sup> Assembly of the East Asian NOCs on 15 September 1991. In November the same year, at the 2<sup>nd</sup> Coordination Meeting of the East Asian NOCs, the quadrennial East Asian Games was formally approved and the inaugural event was scheduled to be held in China in 1993.

Hong Kong has participated in the Games since its inception, bringing home a total of five gold, five silver and 13 bronze medals. The 4<sup>th</sup> East Asian Games will be held from 29 October to 6 November 2005 in Macau SAR. Nine countries and regions, including the People's Republic of China, the Democratic People's Republic of Korea, Hong Kong SAR, Japan, Republic of Korea, Macau SAR, Mongolia, Chinese Taipei and Guam will take part in the Games.






## 香港運動員在全國運動會及東亞運動會的獎牌數目

### Medal Haul of Hong Kong Athletes at the National Games & the East Asian Games


#### 第八屆全國運動會 - 1997上海

##### 8<sup>th</sup> National Games - Shanghai 1997


 **金Gold**  
黃金寶Wong Kam-po  
(單車Cycling - 男子157公里個人公路賽Men's 157km Ind. Road Race)

#### 第九屆全國運動會 - 2001廣州


##### 9<sup>th</sup> National Games - Guangzhou 2001

 **金Gold**  
何兆麟Ho Siu-lun  
(單車Cycling - 男子40公里記分賽Men's 40km Ind. Point Race)

黃金寶Wong Kam-po  
(單車Cycling - 男子173.6公里個人公路賽Men's 173.6km Ind. Road Race)

 **銀Silver**  
蔣偉洪Chiang Wai-hung/何君龍Ho Kwan-lung/  
鄧漢昇Tang Hon-sing/杜韋諾To Wai-lok  
(田徑Athletics - 男子4x100米接力Men's 4x100m Relay)


李麗珊Lee Lai-shan (滑浪風帆Windsurfing - 女子奧運板IMCO Women)

 **銅Bronze**  
許建業Hui Kin-yip/唐敏聰Tong Man-chung  
(網球Tennis - 男子雙打Men's Doubles)


#### 第一屆東亞運動會 - 1993上海

##### 1<sup>st</sup> East Asian Games - Shanghai 1993

 **金Gold**  
何劍暉Ho Kim-fai  
(划艇Rowing - 女子輕量級單人雙槳Women's Lightweight Singles)

 **銀Silver**  
梁日豪Leung Yat-ho  
(武術Wushu - 男子南拳Men's Nanquan)

吳小清Ng Siu-ching  
(武術Wushu - 女子三項全能Women's Three-event Combined)

 **銅Bronze**  
陳秀英Chan Sau-ying  
(田徑Athletics - 女子100米跨欄Women's 100m Hurdles)

陳兆光Chan Siu-kwong/鍾海玉Chung Hoi-yuk  
(羽毛球Badminton - 混合雙打Mixed Doubles)

羽毛球Badminton - 男子團體Men's Team

羽毛球Badminton - 女子團體Women's Team

蔣永雄Chiang Wing-hung/呂錦志Lui Kam-chi  
(划艇Rowing - 男子輕量級雙人雙槳Men's Lightweight Doubles)


韋米高Michael Wright  
(游泳Swimming - 男子50米自由泳Men's 50m Freestyle)


李暉Li Fai  
(武術Wushu - 女子三項全能Women's Three-event Combined)

吳小清Ng Siu-ching  
(武術Wushu - 女子南拳Women's Nanquan)

#### 第二屆東亞運動會 - 1997韓國釜山

##### 2<sup>nd</sup> East Asian Games - Pusan, Korea 1997

 **金Gold**  
吳小清Ng Siu-ching  
(武術Wushu - 女子南拳Women's Nanquan)

 **銀Silver**  
陳秀英Chan Sau-ying  
(田徑Athletics - 女子100米跨欄Women's 100m Hurdle)


羅雅菁Lo Nga-ching  
(武術Wushu - 女子三項全能Women's Three-event Combined)

 **銅Bronze**  
陳美玲Chan Mei-ling  
(柔道Judo - 女子52公斤級Women's 52kg)

梁日豪Leung Yat-ho  
(武術Wushu - 男子南拳Men's Nanquan)


#### 第三屆東亞運動會 - 2001日本大阪


##### 3<sup>rd</sup> East Asian Games - Osaka, Japan 2001

 **金Gold**  
許長國Hui Cheung-kwok/胡兆康Wu Siu-hong  
(保齡球Tenpin Bowling - 男子雙人賽Men's Doubles)

胡兆康Wu Siu-hong  
(保齡球Tenpin Bowling - 男子優秀賽Men's Masters)

李暉Li Fai  
(武術Wushu - 女子太極拳Women's Taijiquan)

 **銀Silver**  
羅雅菁Lo Nga-ching  
(武術Wushu - 女子三項全能Women's Three-event Combined)

 **銅Bronze**  
蔣偉洪Chiang Wai-hung/何君龍Ho Kwan-lung/  
鄧漢昇Tang Hon-sing/杜韋諾To Wai-lok  
(田徑Athletics - 男子4x100米接力Men's 4x100m Relay)

江欣琦Kong Yan-kay/廖嘉莉Liu Ka-lei/  
吳芷筠Ng Chi-kwon/蔡曉慧Tsai Hiu-wai  
(游泳Swimming - 女子4x100米接力Women's 4x100m Relay)

曾思敏Angie Tsang  
(武術Wushu - 女子南拳Women's Nanquan)





惠鈞

Hui Jun

我的教練之道

My Coaching Philosophy

惠鈞，一位為香港乒乓球壇打拼多年的人物，一九九八年起擔任香港乒乓球隊教練，二零零二年擢升為總教練，在他的帶領和指導下，香港乒乓球的发展突飛猛進，成績有目共睹。今年四月，他獲頒發「2004滙豐銀行慈善基金優秀教練選舉」的「卓越成就獎」，肯定及表揚他對本地乒壇作出的貢獻。這位擁有卓越成就的教練，他的教練之道有何特別之處呢？

**從運動員轉為教練。**「我從九歲開始打乒乓球，18歲進入中國國家隊，20歲成為全國運動會男單冠軍，23歲贏得亞運會男雙冠軍，24歲奪得世界乒乓球錦標賽混雙冠軍，到26歲決定掛拍出任當時中國隊較為年輕的教練。對我而言，從運動員轉為教練是自然的發展規律。」

**從惠鈞身上體現出一個優秀運動員也能成為好的教練。**「當運動員只管打球，但做教練除了要負責訓練及部署外，還要兼顧運動員的各方面需要。我覺得好的運動員不一定是好的教練，而好的教練他的運動生涯不一定很輝煌，要成為好的教練必須要專注，懂得在各方面作出合理安排，而運動員的親身經驗對從事教練工作亦有很大幫助。」

**運動員過來人的身份讓惠鈞明白到教練與運動員保持溝通的重要性。**「隨著社會的發展，每個人追求的理想不同，加上隊員之間的年齡差別又大，所以教練必須要與運動員多溝通、多交流，了解他們的身體狀況、個性、思維，根據每個人的特點在訓練上作出調整。」

**與球員的相處之道，惠鈞在球場上下有兩副面孔。**「為確保運動員聽從安排，我在球場上的態度較為嚴肅；在球場下，我是十分隨和的，與運動員相處融洽，我們視大家為親人，甚麼都可以說，有問題一起商量，交換意見。我很重視球隊的士氣，因此隊長的角色很重要，作為隊中的核心，樹立榜樣，帶動整個隊伍。」

**當了十六年的教練，惠鈞深信時間與經驗是精英培訓的先決條件。**「要提高香港運動員的水平並不難，只要通過系統化的訓練，多與國內運動員交流，達到精英水平指日可待；但是，要取得世界較前的排名，時間的投放必不可少。以乒乓球為例，要訓練出一名世界級的運動員，至少要經過十年以上，每天五至六小時的訓練。但是，大部份香港運動員要兼顧學業或工作，接受訓練的時間有限。現時香港的體育制度，確實限制著精英體育的發展。」



香港的精英體育如要走向國際化，培養出更多世界級的運動員，就必須設立專門的體育學校。「像現在，年青運動員的時間都花在交通上，來回訓練場地、家庭與學校，令訓練的時間大打折扣。有了專門的體育學校，運動員可以住在那裡，接受專業化的系統訓練和上課。在規範化的制度下，他們可以專心受訓，成效必然大大提高。香港政府必須投放更多資源，從專業的角度研究具體的措施，制定長遠的體育發展方向，否則我們的精英體育水平永遠落後於鄰近國家。」

**成功是運動員與教練的共同努力。**「我的願望很簡單，就是希望每位運動員在每次比賽都拿到好成績。我當然希望他們能在2008奧運會取得獎牌，但三年後的事很難說，屆時乒乓球項目只有男單、男團、女單及女團四個項目，誰人上陣也是未知之數。現在我們的目標是備戰2006亞運會，在體育總會的支持和體院的運動醫學及科研等整體後勤支援下，教練與運動員可以專心一起共同努力，務求在亞運會上再創佳績，從而增添在北京奧運爭勝的信心。」

惠教練為香港乒乓球的精英發展不遺餘力。  
Coach Hui working hard to improve the elite standard of Hong Kong table tennis.



For years, Hui Jun has spared no efforts to improve table tennis in Hong Kong. Since 1998, he has served as the Hong Kong Table Tennis Team Coach, and was promoted to Head Table Tennis Coach in 2002. Under his leadership and guidance, the table tennis team has achieved a great deal of success. In April 2005, Hui was presented with the "Special Recognition Award" at the 2004 Hongkong Bank Foundation Coaching Awards Presentation Ceremony in recognition of his outstanding contribution to the sport. What is his secret?

**From athlete to coach.** "I started playing table tennis at nine and was selected as a member of the national team at 18. Two years later, I became men's singles champion at the National Games. I took the gold medal in the men's doubles at the Asian Games at 23 and won the gold medal at the mixed doubles in the World Table Tennis Championships one year later. At 26, I ended my career as an athlete and became a young coach of the national team. To me, the transition from athlete to coach is a natural process," Hui said.



高禮澤與李靜恭賀惠教練獲得「卓越成就獎」的殊榮。  
Ko Lai-chak and Li Ching congratulating Coach Hui for receiving the "Special Recognition Award".

**Hui has demonstrated that good athletes can become good coaches.** "When I was an athlete, all I needed to do was focus on playing table tennis. As a coach, I have to take care of everything, from coaching and strategic to the needs of athletes. In my opinion, a good athlete does not always become a competent coach. It is not essential that a good coach must have been a brilliant athlete. What is required is concentration and the ability to make sound judgements on all aspects of the sport and the needs of the athlete. My experience as an athlete has helped me a lot," he said.

**The importance of maintaining communication between athletes and coaches.** "Society has changed. Now, athletes have their own goals to pursue. Given the age difference among team members, it is important for the coach to communicate and exchange ideas with them to better understand their physical condition, character and mental approach, so as to adjust the training programme for each athlete," he said.



**Different attitudes inside and outside the court.** “To ensure that athletes follow my instructions, I am rather serious in the court. Outside the court, I am an easy-going person and get on well with the athletes. We see each other as family members. We speak our minds and discuss problems together. I place great emphasis on the team’s morale. As such, the team leader plays an important role. Being a key figure in the team, he needs to take the lead and motivate the team,” he said.

**Being a coach for sixteen years, Hui is convinced that time and experience is a prerequisite for elite coaching.** “Enhancing the performance of Hong Kong athletes is not that difficult. This can be achieved through systematic training and exchange with athletes from Mainland China. However, if our athletes wish to reach the top world ranking, investment of time is inevitable. We take at least ten years, five to six hours a day, to train a world-class table tennis athlete. Unfortunately, the time spent on training our local athletes is relatively limited as most of them have to take care of their study or work for their living. The existing sporting system in Hong Kong hinders the development of elite sports,” he said.

**To make elite sports in Hong Kong on a par with international standard and nurture more world-class athletes, setting up specialised sports schools is the only solution.** “Under the existing



惠教練與中港兩地的奧運獎牌教練陳江華(左一)、張亞東(左三)及艾培理(右一)，出席第一屆國際教練培訓局亞洲地區教練研討會中由體院院長鍾伯光博士(右二)主持的「奧運獎牌之成功背後」的分享環節，與參加者分享訓練奧運獎牌運動員的成功經驗。Coach Hui, together with Olympic coaches from Mainland China and Hong Kong, namely Chan Kong-wah (1<sup>st</sup> left), Zhang Yadong (3<sup>rd</sup> left) and Rene Appel (1<sup>st</sup> right), speaking at an experience sharing session on the topic “Olympic Success: Behind the Scene”, chaired by the HKSI Chief Executive, Dr Chung Pak-kwong (2<sup>nd</sup> right), at the 1<sup>st</sup> International Council for Coach Education Asian Regional Coaching Conference.

framework, the training schedule of young athletes is badly affected as they need to spend a lot of time in travelling back and forth from home and school to the training venue. If there were specialised sports schools, athletes could receive systematic training and education under one roof. With the athletes allowed to concentrate on training, significant improvements in performance can be expected. I feel strongly that the Government should invest more resources in elite sport. It should study the specific measures required and formulate long-term plans for elite sports development, otherwise our elite athletes will always lag behind those from neighbouring countries,” he said.

**The quest for excellence is a concerted effort of coach and athlete.** “My wish is very simple. I want every athlete could put in a top performance at every competition. Of course, I hope

they might get medals in the 2008 Beijing Olympic Games. But no one can say for sure what will happen in three years time. In the upcoming Olympic Games, there are men’s singles, men’s team, women’s singles and women’s team events in table tennis. Who will participate in the Games is still unknown. Right now, we are putting all our efforts to preparing for the 2006 Asian Games. With the support from the NSA, and the comprehensive sports medicine and sports science back-up from the HKSI, both the coaches and the athletes could concentrate and work together to make more breakthroughs in those Games, and that will give everyone confidence that we can achieve success in the Beijing Olympics,” he said.



# 傑出青少年運動員選舉 Outstanding Junior Athlete Awards



主禮嘉賓立法會議員陳智思、屈臣氏集團董事總經理韋以安、體院副主席陳啟明教授、港協暨奧委會副會長江偉及體記協會執委會副主席趙燦輝主持切餅儀式後，與一眾嘉賓及二零零四年獲提名的傑出青少年運動員聚首一堂，慶祝年內取得佳績。

The officiating guests the Honourable Bernard Chan, HKSAR Legislative Councillor; Ian Wade, Group Managing Director of the ASW; Professor K M Chan, Vice-Chairman of the HKSI; A F M Conway, Vice-President of the SF&OC; and Chiu Chan-fai, Executive Committee Vice-Chairman of the HKSPA hosting the cake-cutting ceremony and celebrating the success achieved during the year with the guests and the nominees of 2004.



立法會議員陳智思讚揚傑出青少年運動員選舉，並鼓勵家長、校長與老師繼續給予運動員最大的支持。

The Honourable Bernard Chan, HKSAR Legislative Councillor praising the Award scheme and pledging for the continuous support of the parents, school principals and teachers to the athletes.

## 青少年運動員再獲支持

### Junior Athletes Received Continuous Support

近年，香港青少年運動員獲得廣泛的支持；他們的努力與成績為市民大眾、體育界及商界認同。「屈臣氏集團/香港體育學院傑出青少年運動員選舉」就是其中一項計劃，以季度形式表揚本地優秀青少年運動員。

「屈臣氏集團/香港體育學院傑出青少年運動員選舉」兩周年慶典暨二零零五年第一季選舉頒獎典禮於二零零五年六月七日舉行，邀請了立法會議員陳智思擔任主禮嘉賓。陳議員對這項選舉推崇備至，認為它代表了社會及體育界對運動員所付出的努力的一種認同。在頒獎典禮上，屈臣氏集團董事總經理韋以安宣布，將在未來一年繼續贊助這項選舉。

傑出青少年運動員選舉由體院於一九九九年創辦，並得到中國香港體育協會暨奧林匹克委員會(港協暨奧委會)及香港體育記者協會(體記協會)鼎力支持。本地體壇長期合作夥伴屈臣氏集團自二零零三年起贊助此項選舉，為青少年運動員提供更廣泛的支持。過去兩年，共有十七位在本埠或國際賽事中表現優異的運動員獲選為傑出青少年運動員。



Local junior athletes have been receiving extensive support in recent years. Their hard work and achievements have been recognised by the community as well as sports and corporate sectors. The A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards is one of the schemes to award local junior athletes with outstanding performance on a quarterly basis.

The 2<sup>nd</sup> Anniversary Celebration and Prize Presentation for the first quarter 2005 of the Award scheme was held on 7 June 2005, where the Honourable Bernard Chan, HKSAR Legislative Councillor, was one of the guests of honour. He highly appreciated the Award scheme for it demonstrated the public's and the sports community's recognition and the effort to young athletes. Ian Wade, Group Managing Director, announced at the occasion that the A.S. Watson Group would continue to support the Award scheme in the coming year.



二零零五年第一季傑出青少年運動員接過火炬，象徵著薪火相傳，延續體壇光輝。  
Recipients of the first quarter of 2005 receiving the torch, symbolising the extension of gaining international sporting success for Hong Kong from generation to generation.

The Award scheme was introduced by the HKSI in 1999 and has had the support of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the Hong Kong Sports Press Association (HKSPA). The A.S. Watson Group, a long-term partner of local sport, has committed to a sponsorship deal with the scheme since 2003 in order to provide more support to junior athletes in Hong Kong. A total of 17 junior athletes who have made remarkable performances in local and international competitions were recognised through the Award scheme in the past two years.



Ma Kwok-po (left) and Yip Pui-yin soaring high for excellence.  
馬國寶(左)、葉婉延展翅高飛、再闖高峰。

## 第二季傑出青少年運動員選舉結果 Awards Result of the Second Quarter

共有十七名優秀運動員獲得所屬體育總會提名，角逐二零零五年第二季屈臣氏集團/香港體育學院傑出青少年運動員殊榮。羽毛球新秀葉婉延及滑浪風帆小子馬國寶分別繼第一季及二零零三年第四季獲獎後，憑著四月至六月在大型國際賽事的優秀表現，再度奪得傑出青少年運動員的殊榮。頒獎禮於七月廿六日在體院舉行。兩名得獎運動員分別獲頒現金獎港幣2,500元、價值港幣2,500元的運動用品禮券及獎狀。

Among the 17 up-and-coming athletes nominated by the local National Sports Associations (NSAs), shuttler Yip Pui-yin and windsurfer Ma Kwok-po with remarkable performance in major

international events between April and June 2005 were awarded A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards for the second quarter of 2005. Both of them have been crowned the title before in the first quarter of 2005 and the final quarter of 2003 respectively. Each of them received a cash prize of HK\$2,500, a sports gear voucher of HK\$2,500 and a certificate of merit at the prize presentation ceremony held at the HKSI on 26 July.



二零零五年第一季得獎者 Recipient for the First Quarter of 2005



歐詠芝  
Au Wing-chi

壁球 Squash 年齡 Age 15

英國青少年壁球公開賽十七歲以下組別女單銀牌  
Silver medal, under 17 girls' singles, British Junior Open

「這個獎項肯定了我在壁球方面的努力，個人目標是成為亞洲第一，像趙詠賢一樣為港爭光。」  
“The Award is no doubt a recognition to my effort in the sport. My target is to be number one in Asia and bring more honour for Hong Kong, just like what Rebecca Chiu has achieved.”

二零零五年第一季得獎者 Recipient for the First Quarter of 2005

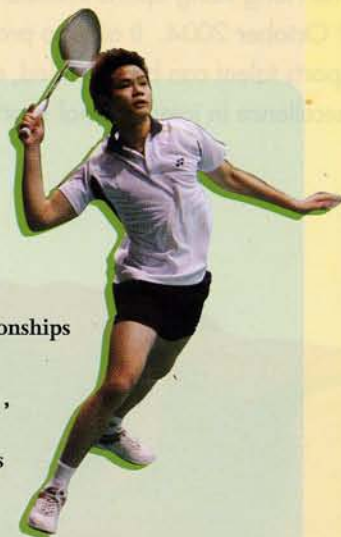
王偉康  
Wong Wai-hong

羽毛球 Badminton 年齡 Age 18

第十八屆荷蘭青少年羽毛球錦標賽男單及混雙銅牌  
Bronze medals, boys' singles and mixed doubles, 18<sup>th</sup> International Junior Badminton Championships of Netherlands

「能夠再次獲得這項殊榮，感到十分高興。衷心感謝體院、總會及教練對我的悉心栽培，以及家人的無限支持。」

“I'm so happy to receive the Award again. I would like to thank the HKSI, the NSA and coaches who have spent timeless effort to make me a good player, and continuous support of my family.”



二零零五年第一季及第二季得獎者 Recipient for the First & Second Quarters of 2005

葉嫻延  
Yip Pui-yin

羽毛球 Badminton 年齡 Age 17

第十八屆荷蘭青少年羽毛球錦標賽女單及混雙銅牌  
Bronze medals, girls' singles and mixed doubles, 18<sup>th</sup> International Junior Badminton Championships of Netherlands

蘇迪曼盃混團第六名  
Sixth, Mixed Team, Sudirman Cup

「目標是在亞青賽及世青賽可以晉身八強，以及自己在未來一年的世界排名可以攀升至五十名之內。我會投入更多時間，繼續努力，希望有機會代表香港出戰明年亞運會。」

“I set my sight on entering semi-finals in the coming Asian Junior Championships and World Junior Championships, and reaching top 50 in the world ranking in the coming year. I will devote more time and effort to the sport aiming to represent Hong Kong in the coming Asian Games.”



二零零五年第二季得獎者 Recipient for the Second Quarter of 2005

馬國寶  
Ma Kwok-po

滑浪風帆 Windsurfing 年齡 Age 17

2005亞洲滑浪風帆錦標賽男子青少年奧運板金牌  
Gold Medal, mistral men's youth, Mistral Asian Windsurfing Championships 2005

「能夠再次獲獎，實在令人興奮和鼓舞，亦大大增強我在日後參與世界級賽事的信心。」  
“To receive the Award twice is not only a real surprise but also a big encouragement, giving me extra confidence in competing at world class events in future.”





體院為逾500名獎學金運動員提供全面的支援服務，包括專業教練、運動科學、運動醫學、體適能訓練、運動員職業及教育發展等等。現時，約有70名運動員於體院住宿，並接受全時間訓練，其中包括2004奧運銀牌得主乒乓孖寶高禮澤及李靜。現在，讓我們一起了解他們在體院的生活。

The HKSI supports over 500 scholarship athletes through providing them a comprehensive range of service support including high performance elite coaching and training, sports science, sports medicine, strength and conditioning, athlete career and education development, etc. There are about 70 athletes currently residing at the HKSI to undergo full-time training. The 2004 Olympic silver medallists and table tennis duo Ko Lai-chak and Li Ching are two of them. Then, how's their life here?

## 0800 早餐 Breakfast

體院餐廳為運動員設立「精英閣」，我們在這裡解決一日三餐。運動營養主任為我們評估營養水平及身體狀況，聯同餐飲組為運動員設計餐單，確保我們的營養足以應付訓練、比賽與恢復的需要。

The HKSI has specially set up a dedicated restaurant, Elite Corner, for athletes. We take our breakfast, lunch and dinner there. The Sport Nutritionist assesses the nutritional status and body composition for us and then works with the Catering Section to design athlete-friendly meals with optimal nutrients for our training, competition and recovery.

## 0900 - 1200 訓練 Training

由乒乓球總教練惠鈞帶領的體院乒乓球部共有三位教練，陳江華教練專職負責男子隊的訓練計劃。我們每天在奪標館接受兩節的訓練，上下午各一節，每節三小時，主要是針對打法及技巧的練習。

There are three coaches in the Table Tennis Department under the charge of the Head Coach, Hui Jun. Chan Kong-wah is responsible for the training programme for the men's team. We receive two sessions of training everyday, each lasts for three hours, at the Victory Hall.

The training aims at practising our techniques and skills.

## 1200 - 1300 物理治療 Physiotherapy

訓練後，我們會到運動醫學部接受物理治療，特別是運動按摩，有助放鬆肌肉，幫助身體盡快恢復狀態。

After the training, we will receive physiotherapy at the Sports Medicine Department, in particular the sports massage therapy which helps relax the muscles and maintain the physical wellness.

## 1300 - 1500 午飯及休息 Lunch & Rest

我們通常會利用這段時間休息或午睡片刻，補充體力，再接受下一節訓練。

We will take a rest or nap to recover our strength before receiving another session of training in the afternoon.

## 1500 - 1800 訓練 Training

每日的訓練對我們相當重要，若經常出外比賽或參與其他活動，練習時間會相應減少，或多或少會影響我們的合拍程度。

The daily training is very important to us. However, the time spent on training might be reduced when we are out of town for competitions or required to attend functions, thus affecting our collaboration to some extent.

## 1800 - 1900 體能訓練/交叉訓練 Fitness Training/Cross Training

體能訓練中心設有各式各樣的優質體能訓練設施，體適能教練會根據運動員的體格及運動模式，度身設計合適的體適能訓練計劃。另外，亦會因應不同運動項目的特點，設計預防受傷及康復訓練計劃，強化運動員在比賽中容易受傷的部位。我們亦會每星期最少一次利用足球或網球作交叉訓練，藉此舒展身心，增強其他方面的體能。

The Fitness Training Centre is equipped with first class fitness facilities. The coaches there assess athletes' physique and movement pattern, and develop fitness training programmes tailored for specific sports and even athletes. They also design injury prevention and rehabilitation programmes to strengthen the areas of the body most susceptible to injury. We play football or tennis at least once a week as cross training for relaxation and fitness strengthening.

## 1900 - 2000 晚飯 Dinner

經過密集的訓練，營養豐富的晚餐能補充體力。我們每天的食量不少，多謝體院的廚師為運動員準備既豐富又充足的食物。

A nutritious dinner can replenish energy after intensive training. We eat a lot every day. A vote of thanks should be given to the cooks at the HKSI, who prepare delicious and abundant food for athletes.

## 2000 - 2100 物理治療 Physiotherapy

若有需要，我們再進行按摩或傷患治療。

We receive sports massage therapy or treatment for injury rehabilitation if required.

## 2100~ 溫習和休息 Study and Rest

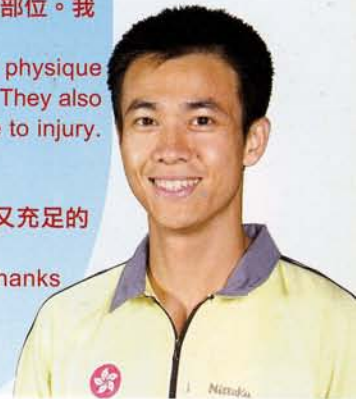
高禮澤說：「自九月起我與亞靜開始進修香港浸會大學的體康管理社會科學碩士課程，因此我們在晚上會爭取時間溫習和閱讀參考書，一方面充實自己，另一方面為退役後的前路作好準備。」

"Since September, Ah Ching and I have been studying the programme of Master of Social Science in Sports & Leisure Management in the Hong Kong Baptist University. We have to study hard and read reference books in the evening. We would like to gain more knowledge as well as preparing ourselves for a fulfilling life after our sporting life," said Ko.

李靜補充：「我和亞澤在體院運動員宿舍是同房，他十分用功溫習。除了備課外，我也自學英語。當我疲倦時，我會聽音樂來鬆弛一下。有時，我們會到運動員自修室溫習，或到多媒體學習中心學習應用最新資訊科技。」

"Ah Chak is my roommate. He is an industrious student. In addition to academic pursuit, I study English as well. When I am getting tired, I enjoy listening to music to relax myself. Sometimes, we visit the self-study room or the Multi-Media Learning Centre to learn more about information technology," elaborated Li.

在過去四年，我們在體院的大部份日子就是這樣渡過！  
That's most of our daily life at the HKSI in the past four years!





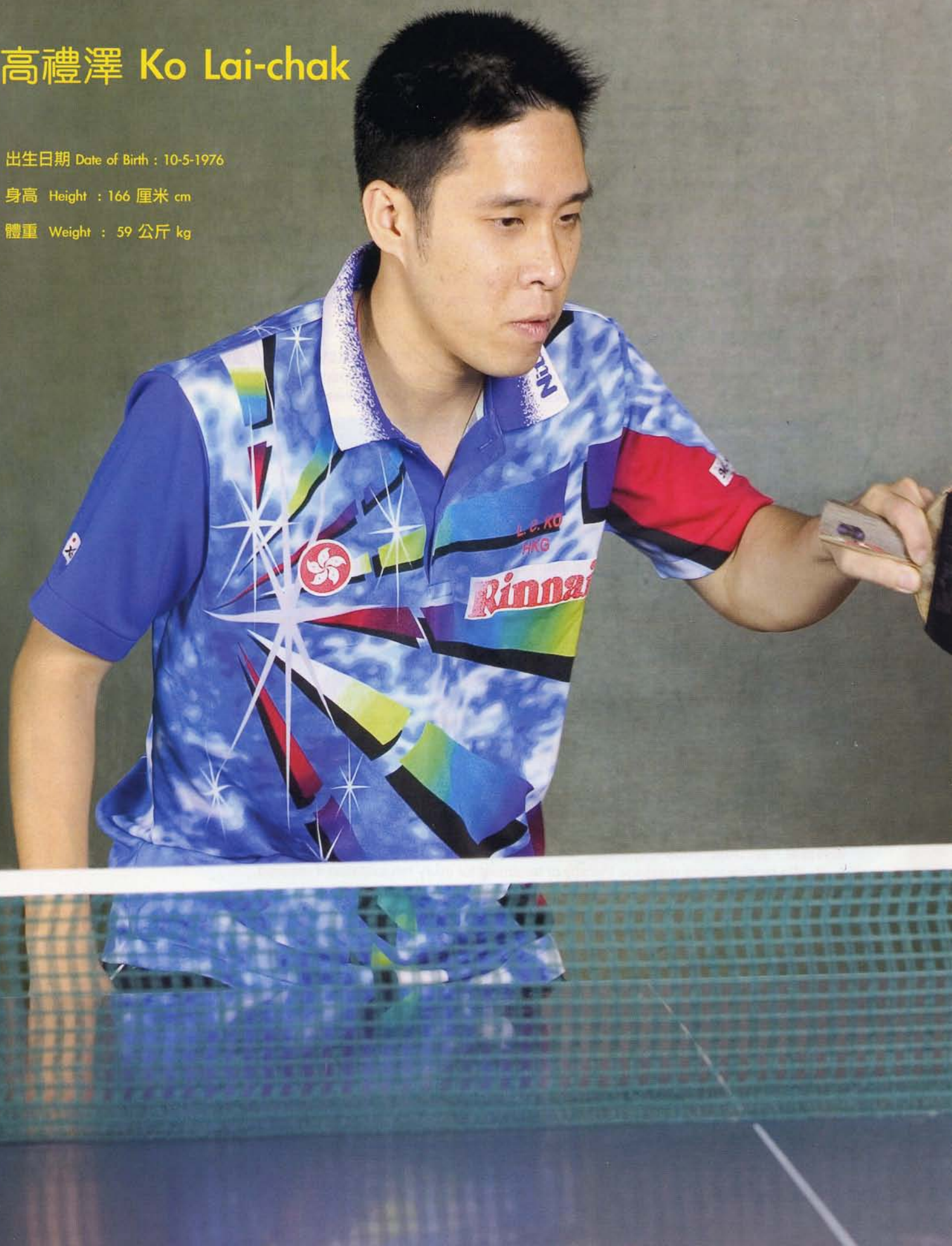
# 乒乓孖寶 Table Tennis Duo

## 高禮澤 Ko Lai-chak

出生日期 Date of Birth : 10-5-1976

身高 Height : 166 厘米 cm

體重 Weight : 59 公斤 kg







## 李靜 Li Ching

出生日期 Date of Birth : 7-3-1975

身高 Height : 166 厘米 cm

體重 Weight : 54 公斤 kg

### 重要獎項 Major Achievements

#### 2004 奧運會 Olympic Games

男子雙打銀牌 Silver Medallist in Men's Doubles

#### 2005 亞洲乒乓球錦標賽 Asian Table Tennis Championships

男子雙打金牌 Gold Medallist in Men's Doubles

男子單打銀牌 Silver Medallist in Men's Singles (李靜Li Ching)

混合雙打銀牌 Silver Medallist in Mixed Doubles (高禮澤Ko Lai-chak)

男子團體銅牌 Bronze Medallist in Men's Team

### 教練 Coaches

惠鈞 Hui Jun、陳江華 Chan Kong-wah



## 優秀運動員獎勵計劃激勵運動員追求卓越

### Incentive Awards Scheme Gives Athletes a Massive Boost

體院及恒生銀行再度攜手推出「恒生優秀運動員獎勵計劃」，鼓勵及表揚運動員在二零零五至零八年的大型運動賽事中再創高峰。

是項計劃以現金嘉許在第十屆全國運動會、第四屆東亞運動會、2008奧運會及傷殘人士奧運會獲獎牌的香港運動員；並獲得中國香港體育協會暨奧林匹克委員會(港協暨奧委會)、香港殘疾人奧委會暨傷殘人士體育協會及康樂及文化事務署(康文署)全力支持。

恒生銀行一直積極協助推動香港的體育發展，並再次贊助這項饒富意義的計劃，以對額形式向取得獎牌的運動員頒發現金獎勵。

「優秀運動員獎勵計劃」於一九九四年由體院首度主辦。自一九九六年起恒生銀行已贊助奧運、傷殘人士奧運會及全國運動會的優秀運動員獎勵計劃，至今已頒發了超過港幣560萬元現金獎勵予39位獲獎牌的運動員，包括風之后李麗珊(奧運會金牌)、乒乓仔寶高禮澤及李靜(奧運會銀牌)、車神黃金寶(全國運動會金牌)、輪椅劍擊劍王馮英駿及劍后余翠怡(傷殘人士奧運會金牌)等。是項贊助今年更首次擴大，以至惠及第四屆東亞運動會的獎牌運動員。

The HKSI and Hang Seng Bank will continue to encourage and recognise outstanding achievements by Hong Kong athletes at major sporting games from 2005 to 2008.

Supported by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKP&SAP) and the Leisure and Cultural Services Department (LCSD), the Scheme will make cash awards to local athletes who win medals for Hong Kong at the 10<sup>th</sup> National Games, the 4<sup>th</sup> East Asian Games and the 2008 Olympic and Paralympic Games.

Hang Seng Bank, a keen supporter to local sports development, has committed to support the Scheme by matching the cash incentives with the HKSI on a dollar-for-dollar basis for the medallists.

The Athlete Incentive Awards Scheme was initiated by the HKSI in 1994. Hang Seng Bank has been sponsoring the Scheme for the Olympics, the Paralympics and the National Games since 1996. To date, over HK\$5.6 million has been awarded to 39 medallists, including windsurfing queen Lee Lai-shan (Olympics gold medallist), table tennis duo Ko Lai-chak and Li Ching (Olympics silver medallists), cycling ace Wong Kam-po (National Games gold medallist), wheelchair fencing king Fung Ying-ki and queen Yu Chui-ye (Paralympics gold medallists), etc. This year will be the first time that the Scheme has included athletes competing at the 4<sup>th</sup> East Asian Games.

## 恒生優秀運動員獎勵計劃 Hang Seng Athlete Incentive Awards Scheme



「恒生優秀運動員獎勵計劃」開展儀式主禮嘉賓(左三起)：康文署副署長(康樂事務)蕭如彬、港協暨奧委會會長霍震霆議員、體院主席李家祥博士、恒生銀行副董事長兼行政總裁柯清輝、香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻與運動員代表，包括劍擊運動員周梓淇(左一)、三項鐵人運動員陳以高(左二)、滑浪風帆運動員陳慧琪(右一)及輪椅劍擊運動員余翠怡(右二)，以行動支持香港運動員，希望他們竭盡所能，迎戰未來四個大型運動會。

Officiating guests of the ceremony of the Hang Seng Athlete Incentive Awards Scheme (from 3rd left): Alan Siu, Deputy Director of Leisure Services (LCSD); the Hon Timothy Fok, President of the SF&OC; Dr Eric Li, Chairman of the HKSI; Mr Raymond Or, Vice-Chairman and Chief Executive of Hang Seng Bank; Jenny Fung, Chairman of the HKP&SAP, together with the representatives of athletes, including fencer Chow Tsz-ki (1st left), triathlete Chan Yee-ko (2nd left), windsurfer Chan Wai-kei (1st right) and wheelchair fencer Yu Chui-ye (2nd right) at a launch action to boost the morale of Hong Kong athletes competing in the upcoming major Games.



## 恒生優秀運動員獎勵計劃 Hang Seng Athlete Incentive Awards Scheme

	第十屆全國運動會 10 <sup>th</sup> National Games	第四屆東亞運動會 4 <sup>th</sup> East Asian Games	2008奧運會 2008 Olympic Games	2008傷殘人士奧運會 2008 Paralympic Games
<b>個人項目</b> Individual	(港幣HK\$)	(港幣HK\$)	(港幣HK\$)	(港幣HK\$)
金牌 Gold	300,000	50,000	1,000,000	60,000
銀牌 Silver	150,000	20,000	750,000	24,000
銅牌 Bronze	60,000	10,000	250,000	12,000
<b>隊際項目</b> Team	(港幣HK\$)	(港幣HK\$)	(港幣HK\$)	(港幣HK\$)
金牌 Gold	420,000	70,000	1,400,000	84,000
銀牌 Silver	240,000	32,000	1,200,000	40,000
銅牌 Bronze	120,000	20,000	500,000	24,000

### 恒生優秀運動員獎勵計劃 - 已發放予獎牌運動員的獎金記錄 Hang Seng Athlete Incentive Awards Scheme - Incentives Disbursed to Medal Winners

年份 Year	大型運動會 Major Games	獎牌數目 No of Medals			獎金 Cash Incentives (港幣HK\$)
		金 Gold	銀 Silver	銅 Bronze	
1996	奧運會 Olympic Games	1	-	-	1,000,000
1996	傷殘人士奧運會 Paralympic Games	5	5	5	484,000
1997	全國運動會 National Games	1	-	-	300,000
2000	傷殘人士奧運會 Paralympic Games	8	3	7	590,000
2001	全國運動會 National Games	2	2	1	1,110,000
2004	奧運會 Olympic Games	-	1	-	1,200,000
2004	傷殘人士奧運會 Paralympic Games	11	7	1	952,000
總額 Total :					5,636,000



**運**動員的技術、拼搏與努力是奪取獎牌的關鍵。時至今日，在運動員追尋獎牌的理想背後，一系列的支援服務是不可或缺，而當中運動科學更是追求運動卓越表現的重要一環。運動科學提供有系統的分析，準確預測及有效地協助運動員達到最佳的運動表現，因此，世界各國都增加資源投放在運動科學，從而掌握提高運動員爭勝的機會。而當中被視為有效提高運動表現的高原訓練，引起運動科學人員的興趣和關注。

### 高原訓練的起源

源於五十年代的高原訓練，接近半個世紀以來均被視為提升運動員表現的有效方法。其實早於一九四零年代，已有報道指出耐力運動員經過高原訓練後，他們在平原比賽的表現有所提升。

自一九六零年代起，已有很多運動員通過高原訓練而成功地改善了運動表現的例証。居住在高原的非洲跑手的崛起，正印證了高原訓練的重要性——能深入地挖掘人體機能的潛力，運動能力亦會得到顯著提高。自此以後，運動科學人員做了很多調查、研究，進一步証實運動員通過高原訓練取得了好的成績。

### 體院首間低氧房

有見高原訓練的良好效用和被體育界普遍使用，以及配合教練與運動員的需要，體院於二零零四年設立首間低氧房，模擬高原的低氧環境，令運動員既得到高原訓練後體能上的提升，亦省卻往返高原的時間和金錢。

低氧房設於體院的運動員宿舍內，房內除設置可調效氧氣量的低氧儀器外，其外貌與一般旅舍的雙人房沒有分別。現時，低氧房內的氧氣濃度可調低至15.4%，即相等於2,600米的高度空氣的含氧比例，而這比例亦可因應運動員的需要和情況而調至適當的度數。

身處在低氧的環境下(高住)，人體的生理機能反應會產生大量帶氧的紅血球；而紅血球量的增加則表示身體帶氧量能力提升，此時運動員可以應付長時間的訓練或比賽，亦即意味著運動員的耐力有所提升。所以，低氧訓練最適用於耐力性運動項目的運動員，如單車手、三項鐵人運動員等。科研人員建議運動員需住在低氧房最少三個星期，每天最少八小時，這樣才得到高住低練的最佳效果。

運動員住在低氧房期間，仍可根據訓練計劃如常在平原環境下進行操練(低練)，很少需要大幅調整訓練量以配合身體狀況，與傳統的高原訓練不同。換言之，「高住低練」既可以提升運動員的身體機能，同時在平原訓練時可以減低因為在高原環境下訓練而需要調低訓練量所造成的負面影響。

### 密切監控飲食和水份吸取量

在低氧房內，科研人員會密切監控運動員的飲食情況。運動員需要大量增加進食碳水化合物和補充水份，以減低疲勞及避免缺水。此外，他們應避免在低氧房內進行運動，並需多作休息，避免過勞。

科研人員會監控及確定整個過程能產生預期效果，全面的監控措施如下：

- 每天量度清晨心率
- 每星期監控心輸出量及每搏輸出量
- 在首三天整晚監察血氧飽和度
- 每天以問卷形式查問運動員有關高山症癥狀及病症：頭痛、噁心、厭食、嘔吐、頭暈、失眠、氣喘、上呼吸道感染癥狀，如感冒癥狀、發熱、咳嗽及咽喉疼痛，以及食道感染癥狀，如腹瀉及嘔吐
- 按需要進行生化測試以監控紅血球製造及鐵儲備、微血管的增長情況，水份補充、營養狀態及訓練負荷
- 盡可能在每天的訓練期間監控著運動的心率，並在需要時調較訓練強度及量度

### 體院低氧房使用細則

#### Specification of HKSI Hypoxic Room

- \* 建議高度：2,300米  
Suggested altitude : 2,300m
- \* 時數：每日8至18小時  
No. of hours : 8-18 hours daily
- \* 日數：不少於10天 (14-30天較理想)  
No. of days : not less than 10 days (ideally 14-30 days)





# LIVING THE HIGH LIFE AT THE HKSI

It takes more than an athlete's skill, commitment and hard work to produce a medal winning performance. These days, a whole array of support services are almost invariably behind every athlete's dreams. Sports science support in particular has become a core asset to athlete performance. It provides systematic methods to estimate accurately and achieve effectively an optimum performance. Countries all around the globe are investing resources in this area to ensure their athletes have the best possible chance of success. Altitude training is considered one of the most effective means to enhance athletic performance. It excites both interest and concern amongst sports scientists.

## The Origin of Altitude Training

Altitude training originated in the 1950's and has been seen as a legitimate means of enhancing athlete performance for half a century. Even in the 1940s, there were reports indicating that the performance of the endurance athletes in competition at sea level were improved as a result of training at altitude.

Since the 1960's there have been many successful examples involving the use of altitude training to improve athlete performance. The spectacular rise to prominence of African runners living in high land has demonstrated the value of altitude training in exploiting the potential of the human body and in turn improving athletic ability. Since then, much research and investigation has been conducted to further verify the contribution which altitude training makes to athlete performance.

## The First Hypoxic Room at the HKSI

In view of the effectiveness and popularity of altitude training, and to meet the increasing demand from the coaches and athletes, the HKSI established the territory's first Hypoxic Room in 2004 to simulate highland hypoxic conditions. Coaches and athletes can benefit not only from the effects of altitude training, but also through saving time and money on travelling to and from altitude.

Located in the Athletes' Hostel of the HKSI, the Hypoxic

Room appears no different from any other twin hotel room. The difference is that it is installed with hypoxic equipment which adjusts the oxygen level of the room. Currently, the oxygen concentration inside the room can be lowered to 15.4%, equivalent to an altitude of approximately 2,600m. The oxygen concentration can be adjusted according to the needs and circumstances of the individual athletes using the room.

When living in a low-oxygen environment (Live-High), the body responds by increasing the production of haemoglobin, the oxygen-carrier in blood, throughout the body. The principle is simple: the higher the oxygen carrying capacity of blood, the better the aerobic endurance of athletes. For this reason it is most suitable for endurance sports athletes such as road cyclists and triathletes. It is strongly recommended for athletes to reside in the Room for a minimum of three weeks for at least eight hours a day to achieve the maximum benefit.

By training at sea-level (Train-Low), athletes can adopt their usual training programmes with minimal need to compromise training load as opposed to traditional altitude training. In other words, Live-High-Train-Low aims at gaining the physiological benefit of altitude training while eliminating the possible detraining effect of altitude training.

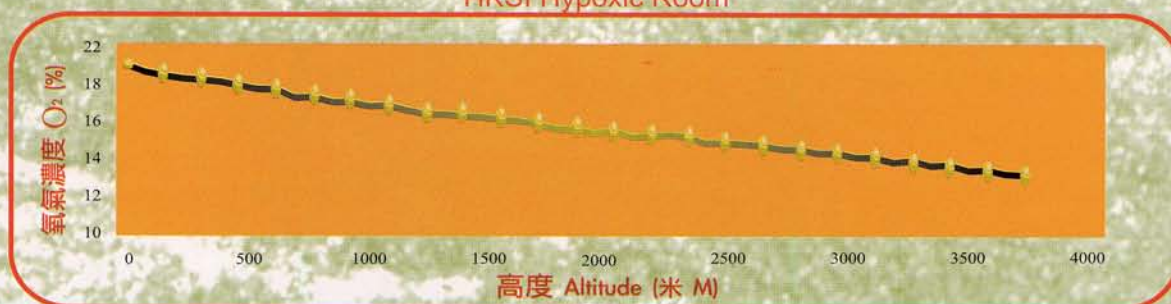
## Close Monitoring on Diet and Hydration

During the stay in the Hypoxic Room, diet and hydration of the athletes is closely monitored. Both carbohydrate intake and hydration needs to be increased to alleviate fatigue and prevent dehydration. Exercise is to be avoided inside the Room to avoid fatigue; as much as possible, rest is the objective.

Monitoring is conducted to ensure the effectiveness of the whole process. The extensive range of monitoring includes :

- Measuring morning heart rate daily

體院低氧房內氧氣量與高度的關係  
Relationship between Oxygen Level and Altitude in the HKSI Hypoxic Room





- Monitoring cardiac output and stroke volume once per week
- Monitoring SpO2 throughout whole night in the first three days in the Room
- A questionnaire on Acute Mountain Sickness symptoms & illness is completed daily, covering symptoms of headache, nausea, anorexia, vomiting, dizziness, insomnia, breathlessness, upper respiratory tract infections (cold symptoms, fever, cough & sore throat) and gastrointestinal infections (diarrhea & vomiting)
- Conducting biochemical tests as required to monitor red cell production and iron status, capillary growth, hydration status, nutritional status and training stress
- Monitoring on exercise heart rate during daily training is recommended, with adjustments in training intensity and volume as required

## 教練及運動員的意見 Words from Athletes and Coaches

自低氧房啟用以來，幾位精英運動員分別使用了低氧房。他們均異口同聲地表示，高住低練能改善他們的運動表現。

曾於低氧房內住了兩星期的**年青劍擊手張啟東**表示：「高住低練有助改善我的耐力和心肺功能，尤其當我進行交叉訓練，如跑步，效果更為顯著。未使用低氧房之前，我在跑步訓練的末段時感覺較辛苦，但經過高住低練之後，我能夠輕鬆地完成整個跑步訓練。」

張啟東的教練——體院劍擊總教練**王銳基**，對於高住低練的成效非常滿意。張啟東在剛完成高住低練後，即參加四月份舉行的全國擊劍冠軍賽系列賽(第一站)，並替港隊奪得男子花劍團體第二名。

但王教練表示高住低練可能會帶來一些負面的生理機能影響。他表示：「當完成高住低練後，身體機能容易迅速地回

彈至原本的狀態，所以不宜長期使用。高住低練對用於不能作恆常訓練的情況下應用，如傷患、恢復期間等，或在大賽前作重點加強生理機能的訓練，極為有效。」

同樣在低氧房住了兩星期的**三項鐵人李致和**表示，高住低練有助他提升表現，他解釋：「經過在低氧房住宿後，在訓練時我感覺很好、很輕鬆。在低氧房期間，雖然我會如常進行訓練，但科研人員會密切監控及調整我的訓練模式，因為在低氧的情況下，體力回復需要較長時間，否則，會容易出現過度訓練而疲勞。」

體院三項鐵人總教練**露芙肯**讚揚高住低練能有效地提升運動員的體能。她表示：「使用體院的低氧房，既可採用高住低練的訓練模式，亦同時免除往返高原的舟車勞頓。大部份運動員在完成高住低練48小時後，在比賽中都有出色的表現。高住低練確實改善了有氧及無氧能量供應系統。但是低氧環境可能壓抑了免疫系統的正常運作，這麼運動員可能容易生病了。因此，專業的監控必須要做得好。」

The Hypoxic Room has been used by several elite athletes, each of whom shares the belief that Live-High-Train-Low helps in improving their sporting performances.

**Promising young fencer Cheung Kai-tung** is one of those who had resided in the Room for two weeks. "The Hypoxic Room helps me improve endurance and cardio-respiratory ability. This is especially noticeable when I am doing cross-training, such as running," said Cheung. "Before residing in the Room, I felt tired especially at the end of the running session. But after using the Room, I could manage the running session from start to finish comfortably."

Wang Ruiji, HKSI Head Fencing Coach, also Cheung's coach, is satisfied with the result of hypoxic training. Its effectiveness was demonstrated at the

All China Fencing Champions Meet Series 1 held in April 2004 where Cheung helped the team to clinch a silver medal in the Men's Foil Team Event, immediately after residing in the Hypoxic Room.

Live-High-Train-Low may, however, entail a negative physiological effect. "There is a possible bounce-back effect as the physiological conditions will return to their original status after vacating the Room. Live-High-Train-Low is very effective in instances such as injury recovery, where regular training is not possible, or in aiming at further enhancing an athlete's physiological condition immediately before a Major Games," said Wang.

**Ironman Li Chi-wo** has lived in the Room for two weeks and also reports an improvement in his performance. "I feel easier and better during exercise after residing in the Hypoxic Room. However, my training has to be monitored closely and adjusted carefully as I will be easily get tired after training when I am living in the Room. It usually takes longer to recover than in the normal environment, and it is easy to overtrain," Lee commented.

Ruth Hunt, HKSI Triathlon Coach also appreciates the effectiveness of residing in the Hypoxic room in enhancing the physiological abilities of triathletes. It allows athletes to follow a Live-High-Train-Low training protocol; that is, sleep high and train low at sea level while saving effort in travelling to the altitude.

"Results show that many triathletes race well within 48 hours after coming out of the Hypoxic Room. Live-High-Train-Low can improve both the aerobic and the anaerobic energy-supply systems," said Hunt. "However, there is a chance of becoming sick when athletes live in the altitude environment because the immune system may be depressed. A close monitoring by sports scientists is required."



# 預防運動創傷的挑戰(上)

## The Challenges of Sports Injury Prevention (Part I)

運動物理治療師陳慶鈞博士 DPT, MS, OCS  
Dr Romy Chan, DPT, MS, OCS, Sports Physiotherapist

**體**院運動醫學部每年為大約500名運動員提供約12,000次的治療節數，包括創傷康復的治療、診斷，以及康復訓練的按摩治療。相等於每名運動員每年接受約24次治療；亦即表示在精英培訓系統下，每名運動員每月需要最少兩次到運動醫學部處理因專項訓練或運動所衍生的問題。治療運動創傷不但困難和耗費時間，費用亦十分高昂；因此，基於醫學及經濟理由，採取預防性的措施及運動是正確的。

### 運動創傷的誘因

運動創傷是一種涉及多種因素的現象，不同的誘因在某個時間互相影響。與運動創傷有關的誘因可區別為外在及內在誘因(表一)。

這些誘因可以在某種運動情況下產生相互作用，從而導致受傷。一些外在誘因例如訓練及運動參與可以從練習或訓練方面入手來緩和其影響；然而，內在誘因例如肌力不足、缺乏柔韌性、先天或後天的結構異常、關節生化化學問題等等，都只能透過賽前的測試或每年身體檢查時進行的肌骨骼測試才被察覺出來。嚴重的創傷通常是在比賽時造成，而長期的創傷及勞損則與訓練有關。因此，訓練的形式、頻度、時間、強度對勞損的起因有著密切的關係；而內在誘因例如肌力或柔韌性不平衡，以及錯位都可以構成長期不適的情況。

內在及外在誘因的存在雖然令運動員容易受傷，但是這些誘因卻不足以構成受傷；只有在各種誘因同時存在，互相影響時，可能誘使運動員在某種情況下受傷。

### 運動創傷可以預防嗎？

近期的研究顯示多種運動專項的創傷，例如單車及冰上曲棍球導致的頭部創傷、網球的肩部問題、賽艇的背傷、足球運動員及女運動員的膝傷、籃球運動員的足踝傷患等等，在採取以下適當措施下是可以預防的：佩帶防護裝備，例如頭盔與保護頭部的裝置、護口器；護膝與護足；針對柔韌性、肌肉耐力或為特定肌肉組織設計的體適能計劃；改善易受傷的膝蓋及足踝關節位置的警覺性，以及運動專項本體感受訓練計劃。由於我們對傷患成因認識並不全面，因此對針對及改善現行預防計劃仍有所限制。

有文獻就預防創傷的研究提出了一個涉及四個步驟的程序(圖一)。這個程序就出現、過程及建設性措施幾方面為運動創傷的深入研究提供了一個綱領，以便研究預防創傷的出現及措施的有效性。步驟一是建立特定傷患問題的範圍，例如出現的次數、發生率、嚴重程度及後果(例如：傷患的出現與練習相距的時間)。這無疑是頗艱鉅的步驟，需要運動醫學人員、教練和運動員共同合作，制定有效及迅速的「創傷監察」系統，適當地記錄在季內訓練及比賽時出現傷患的詳細情況。此舉旨在制定一套流行病學的基礎，以便進一步分析關於特定運動創傷的過程，從而發展精確的預防創傷計劃。

在圖一的步驟二旨在建立出現率高的運動創傷的病原及過程。在非實驗室的环境下，可以透過不同方法記錄某些傷患的病因，例如與運動員面談、錄影帶分析、臨床研究，例如關節內窺鏡檢查及放射影像分析(例如電腦X射線分層造影及磁力共振影像分析)。有了這些流行病學及可導致特定運動創傷病因的資料，便可以建議特別的預防措施。



表一 Table 1 :  
造成運動創傷的外在及內在誘因  
Extrinsic and intrinsic risk factors for sports injuries

外在誘因 Extrinsic risk factors	內在誘因 Intrinsic factors
<p><b>運動參與 Exposure</b></p> <ul style="list-style-type: none"> <li>· 運動種類 Type of sports</li> <li>· 參與時間 Exposure time</li> <li>· 在隊伍中的位置 Position in the team</li> <li>· 比賽水平 Level of competition</li> </ul> <p><b>訓練 Training</b></p> <ul style="list-style-type: none"> <li>· 形式 Type</li> <li>· 量 Amount</li> <li>· 頻度 Frequency</li> <li>· 強度 Intensity</li> </ul> <p><b>環境 Environment</b></p> <ul style="list-style-type: none"> <li>· 運動場地面的種類 Type of playing surface</li> <li>· 保護器材(例如：頭盔、護目鏡) Protective equipment (e.g. helmet, goggles)</li> <li>· 運動器材(例如：球拍、球棍) Playing equipment (e.g. racket, stick)</li> <li>· 鞋類、衣物 Footwear, clothing</li> </ul> <p><b>器材 Equipment</b></p> <ul style="list-style-type: none"> <li>· 保護器材(例如：頭盔、護目鏡) Protective equipment (e.g. helmet, goggles)</li> <li>· 運動器材(例如：球拍、球棍等等) Playing equipment (e.g. racket, stick etc.)</li> <li>· 鞋類、衣物 Footwear, clothing</li> </ul>	<p><b>身體特徵 Physical characteristics</b></p> <ul style="list-style-type: none"> <li>· 年齡 Age</li> <li>· 性別 Gender</li> <li>· 體型 Somatotype</li> <li>· 傷患 Previous injury</li> <li>· 體能 Physical fitness</li> <li>· 關節活動能力 Joint mobility</li> <li>· 肌肉繃緊、肌力不足 Muscle tightness, weaknesses</li> <li>· 韌帶不穩定 Ligamentous instability</li> <li>· 結構異常/錯位 Anatomical abnormalities/malalignments</li> <li>· 運動能力 Motor abilities</li> <li>· 運動專項技巧 Sport-specific skills</li> </ul> <p><b>心理狀況 Psychological profile</b></p> <ul style="list-style-type: none"> <li>· 動機 Motivation</li> <li>· 接受危機能力 Risk taking</li> <li>· 壓力處理 Stress coping</li> </ul>

圖一 Figure 1:  
預防創傷研究提出的四個步驟

A four-step sequence proposed from injury prevention research





**A**t the Sports Medicine Department of the HKSI, we provide about 12,000 treatment sessions to about 500 athletes on a yearly basis, including treatment visits for injury rehabilitation, consultation and massage therapy for training recovery. That equates to about 24 office visits per year for each individual athlete. That also means each athlete in our elite training system needs to visit our department for at least twice a month to take care of problems as a direct result of their specific training or sports activities. Treating sports injuries is not only difficult and time consuming, but also expensive, and thus, preventive strategies and activities are justified on medical as well as economic grounds.

### Risk factors in sports injuries

Sports injuries are multi-factorial phenomena with various risk factors interacting at a given time. Factors associated with sports injury likelihood can be classified into extrinsic and intrinsic risk factors (Table 1).

These factors may interplay at a particular sports situation resulting in injury. Some of the extrinsic factors such as training and exposure can be modified from the training or coaching perspective; whereas intrinsic factors such as muscle weakness, inflexibility, idiopathic or acquired abnormalities in the anatomy or biomechanics of joints can only be detected through musculoskeletal screening in the pre-participation screening examination or annual medical check-up. Acute injuries usually happen during competition, while chronic and overuse injuries are more related to training. The type, frequency, duration and intensity of training play an important role in the aetiology of overuse injuries; while intrinsic factors such as muscle imbalance in strength or flexibility, and malalignment may set the stage for the development of chronic disorders.

It is important to note that the presence of both internal and external risk factors may render the athlete susceptible to injury, but the mere presence of these risk factors is not sufficient to produce injury. The sum of these risk factors and the interaction between them "prepares" the athlete for an injury to occur in a given situation.

### Are sports injuries preventable?

Recent studies show that many sport-specific injuries, such as head injuries in cycling and ice hockey, shoulder problems in tennis, back injuries in rowing, knee injuries in soccer and among the female athletes, ankle injuries in basketball, are all preventable if appropriate measures

are taken in the form of wearing protective devices such as helmets and head protectors, mouth guard; knee and ankle braces; specific conditioning programmes targeting flexibility, muscle endurance or strength of particular muscle groups; sport-specific proprioceptive training programmes to improve awareness of vulnerable knee and ankle positions, playing techniques. However, our ability to target and improve current prevention programmes is still limited by an incomplete understanding of the causes of injuries.

A four-step sequence in injury prevention research has been proposed in the literature (Figure 1). This particular sequence provides a framework for an in-depth study of sports injuries in regards to their occurrence, mechanisms, positive measures to prevent their happenings and effectiveness of these measures. The first step in this process is to establish the extent of the specific injury problem, such as its number of occurrence, incidence rate, severity and consequence (e.g. length of time off from practice). This is a challenging step and requires collaboration from the sports medicine practitioners, coaches and the athletes in establishing an effective and efficient "injury surveillance" system so as to properly document the details of all injury occurrence during training and competition through the season. The purpose is to formulate an epidemiological basis to direct further analysis regarding specific sport injury mechanisms and thus development of goal-specific injury prevention programmes.

The second step in Figure 1 aims to establish the aetiology and mechanisms for those sports injuries with relatively high incidence rates. Specific injury mechanisms in a non-laboratory setting can be documented through different methodological approaches such as athlete interviews, video analysis, clinical studies such as arthroscopy, radiological imaging (e.g. computed tomography, magnetic resonance imaging). With the available information on epidemiology and possible mechanisms leading to particular sports injuries, specific preventive measures can be recommended.



# 學校教練提升訓練技術 Teacher's Coaching Skills Enhanced



(左起) 黃玉娥(羽毛球專項課表現優異獎得主—小學組)、周炳榮(田徑專項課表現優異獎得主)、香港教練培訓委員會主席傅浩堅教授、香港上海滙豐銀行有限公司社區關係經理邵亦敏、體院院長鍾伯光博士、張國偉(運動通論課成績優異獎得主)及李洛增(排球專項課表現優異獎得主)。  
(From left) Wong Yuk-ngor (Recipient of the Best Performance Award in Badminton - Primary Section), Chow Bing-sun (Recipient of the Best Performance Award in Athletics), Professor Frank Fu, Chairman of the Hong Kong Coaching Committee, Winnie Shiu, Community Relations Manager, The Hongkong and Shanghai Banking Corporation Limited, Dr Chung Pak-Kwong, Chief Executive of the HKSI, Cheung Kwok-wai (Recipient of the Best in Sports General Theory Award) and Li Lok-tsang (Recipient of the Best Performance Award in Volleyball).

**超**過100間學校共116名教師參加了二零零五/零六年度「滙豐銀行慈善基金學校教練評定計劃」，並完成為期八日的緊湊課程及工作坊。

「滙豐銀行慈善基金學校教練評定計劃」是滙豐銀行慈善基金資助的香港教練培訓計劃下四個環節之一，由香港教練培訓委員會及體育總會於一九九八年聯合舉辦，旨在提高本港中、小學學校教練的運動教學質素，以及為他們提供一個進修認可學校教練資格的機會。

今年，工作坊所舉辦的田徑、羽毛球和排球課程均包括三部份：運動通論、運動專項理論及實習課。凡參加者於每部份的出席率達百分之80，均獲頒發「出席證明書」。完成上述三部份的課程外，參加者必須在一年內完成30小時的運動專項培訓工作，才可獲頒授認可的「學校教練證書」。

二零零五/零六年度「滙豐銀行慈善基金學校教練評定計劃」於七月二十二日在體院舉行證書頒發儀式，並由香港上海滙豐銀行有限公司社區關係經理邵亦敏頒發獎項予「運動

學校教練。香港教練培訓委員會主席傅浩堅教授在儀式上感謝滙豐銀行慈善基金的資助，他說：「計劃自一九九八年推出以來，曾舉辦的課程涉及七個運動項目，包括田徑、羽毛球、籃球、健美體操、手球、乒乓球和排球，合共超過440位老師獲得認可學校教練資格。香港教練培訓委員會將更積極為未來的需要作出配合，繼續為老師提供一個在職培訓機會，培訓更多『認可學校教練』，幫助學校孕育更多優秀運動人才。」

香港教練培訓計劃由滙豐銀行慈善基金自一九九二年開始資助，撥款額超過1,600萬港元，體院則負責行政工作。除學校教練評定計劃外，其他主要部分包括學校教練延續培訓計劃、教練級別評定計劃、教練延續培訓計劃及為在香港舉行的北京體育大學運動訓練課程的優秀學員提供獎學金。

通論課成績優異獎」及「運動專項課最佳表現獎」的得主。

過去八年，評定計劃已經深入香港每一角落，為不同地區培訓了不少

教師合力完成一幅八塊的大型砌圖，象徵著這個評定計劃在過去八年來已經深入香港每一角落，為不同地區培訓了不少學校教練。  
Participants complete an eight-piece puzzle to symbolise a growing number of schools benefited from the Programme over the past eight years.





**A** total of 116 school coaches from over 100 schools completed an eight-day workshop of the 2005/06 Hongkong Bank Foundation School Coach Accreditation Programme.

The Programme, one of the four major components of the Hong Kong Coach Education Programme funded by the Hongkong Bank Foundation (HBF), is initiated by the Hong Kong Coaching Committee (HKCC) in 1998 and offered in partnership with the National Sports Associations. It aims to enhance the quality of school coaches working in primary and secondary schools and provide them with a chance to receive formal training and accreditation.

This year, the eight-day workshop comprised three modules - sports general theory, sports specific theory and practical sessions in three sports, namely athletics, badminton and volleyball. Participants have to obtain an average of 80% attendance rate in each session to be eligible for an

attendance certificate. Having completed the workshop, participants are required to go through another 30 hours of practical coaching in their respective sports within a year for a "School Coach Certificate".

At the certificate presentation ceremony held on 22 July 2005 at the HKSI, Winnie Shiu, Community Relations Manager of The Hongkong and Shanghai Banking Corporation Limited, presented the Best in Sports General Theory Award and the Best Performance Awards in the respective sports to the recipients for their outstanding performance during the course.

Over the past eight years, a growing number of schools benefited from the Programme. Professor Frank Fu, Chairman of the HKCC, was grateful for the enormous support from HBF. He said, "Since its inception in 1998, the School Coach Accreditation Programme has offered training courses

in seven different sports: athletics, badminton, basketball, gymnastics, handball, table tennis and volleyball. More than 440 teachers have been accredited. The Committee will continue to provide school teachers with quality training in various sports to obtain school coach accreditation, and train more qualified coaches for school sports development."

The Hong Kong Coach Education Programme (HKCEP) has received more than HK\$16 million from HBF since 1992 and is administered by the HKSI. Apart from the School Coach Accreditation Programme, other major elements of HKCEP include HBF Coach Accreditation Programme, HBF Continuing Coach Education Programme, HBF School Coach Continuing Education Programme and scholarships to students of the Beijing Sport University Programme organised in Hong Kong.





## 學校教練感言

# Words from School Coaches

「課程不單涵蓋運動知識和訓練技巧，還有其他重要的運動課題，例如運動創傷、運動營養等等。導師與參加者的討論甚具啟發性，使我得益不淺。他們十分友善，大家相處得很愉快，互相建立了深厚的友誼。」

The programme not only covers sports knowledge and coaching skills, but also other sports related topics, such as sports injury, sports nutrition, etc. I have benefited a lot from the inspirational discussions between the instructors and the participants. The instructors and the participants are so nice that we get along with each other very well and have established a close relationship.

**張國偉(運動通論課成績優異獎得主)**  
**Cheung Kwok-wai, recipient of the**  
**Best in Sports General Theory Award**

「作為在職教師，我覺得課程對我十分有用，使我有機會汲取最新的運動知識，提高訓練技巧。我會將所學的技巧用在日常教學中。」

"I find the programme very useful. It helps me keep abreast of the latest sports knowledge and enhances my coaching skills. I will apply the skills I learnt from the programme in schools."

**李洛增(排球專項課表現優異獎得主)**  
**Li Lok-tsang, recipient of the**  
**Best Performance Award in Volleyball**

「完成課程後，我對田徑的訓練技巧及規則有更深了解。這個課程可讓參加者在短時間內學習訓練的新技巧，值得推介給全港學校。」

"After attending the programme, I have a good grasp of the coaching skills and the rules of athletics. The programme, which enables the participants to learn the new techniques in coaching within a short period, is worth promoting to all schools across the territory."

**周炳榮(田徑專項課表現優異獎得主)**  
**Chow Bing-sun, recipient of the**  
**Best Performance Award in Athletics**

「課程教授的題目廣泛而深入，有助改善我的訓練技巧，更給予我清晰的方向，對教學十分有幫助。我很高興在課程中認識到一群認真的導師及參加者。」

"The programme, which contains extensive and in-depth topics, helps improve my coaching skills and provides me with clear direction. The knowledge I learnt is very applicable to school environment. I am glad to know a group of instructors and participants who are very earnest in teaching and learning."

**黃玉娥(羽毛球專項課表現優異獎得主 - 小學組)**  
**Wong Yuk-ngor, recipient of the**  
**Best Performance Award in Badminton (Primary Section)**



導師講授運動專項理論。  
The instructor teaching sports specific theory.



參加者學習教授排球技巧。  
Participants learning about the coaching skills of volleyball.



田徑實習課。  
Practical session in athletics.



參加者出席羽毛球實習課。  
Participants attending the practical session in badminton.



運動精英2005南京考察團參觀佔地21萬平方米的蘇州市體育中心內的博物館，館內設置該體育中心的模型。  
Elite Athletes 2005 Nanjing Tour Delegation visiting the Museum of the Suzhou City Sports Centre.



## 運動精英2005南京考察團圓滿結束

## Elite Athletes 2005 Nanjing Tour Concluded

本地一行30名體壇精英，在團長精英體育事務委員會主席許晉奎、副團長香港精英運動員協會會長胡經昌及顧問中央人民政府駐香港特別行政區聯絡辦公室(中聯辦)宣傳文體部陳亞瓊副部長帶領下，順利完成在南京一連五日的交流活動。

一眾精英運動員包括凌婉婷和蕭靜雯(羽毛球)、何嘉麗和劉國堅(劍擊)、李健和(足球)、陳美玲(柔道)、陳枷文(空手道)及陳莉(網球)均表示獲益良多。

「運動精英2005南京考察團」由體院舉辦，並由中國香港體育協會暨奧林匹克委員會會長霍震霆議員擔任名譽團長、體院主席李家祥博士出任名譽副團長。在中聯辦宣傳文體部的全力協助下，香港運動員在七月十四至十八日於南京逗留共五天，與內地體育專才交流，加深了解國家的歷史文化、運動體制、社會發展政策，省市申辦及籌劃全國運動會的過程。

是次考察團獲中華人民共和國第十屆運動會(十運會)組織委員會資源開發部捐贈辦公室邵希平副部長及貴賓招待部主任江蘇省體育總會國際部張潔雲部長熱烈接待，並成功拜訪各個位於南京市，無錫市及蘇州市的十運會主要場館，見識到舉辦大型運動會的高質素場地所需的規劃及配套。

考察團更走訪了南京體育學院，院內備有自置的大、中、小學，供一至三線的運動員於同一環境下邊培訓、邊邊修，為運動員提供優質的「一條龍」式服務；另外，還參觀了蘇州市體育中心，對省市以設施配合購物消費網絡來鼓勵全民參與健體作深入的了解。

南京體育學院院長向考察團講解學院如何為運動員提供全面的一站式服務。  
Chief Executive of the Nanjing Sports Institute introducing the comprehensive one-stop service provided for the athletes to the Elite Athletes 2005 Nanjing Tour Delegation.

Thirty local elite athletes, led by Victor Hui, Chairman of the Elite Sports Committee and Head of Delegation, Wu King-cheong, Chairman of the Hong Kong Elite Athletes Association and Deputy Head of Delegation, and Chan Ah-king, Deputy Director of the Liaison Office of the Central People's Government in the Hong Kong SAR and Adviser to the Tour Group, finished a five-day exchange tour to Nanjing.

Athletes including Ling Wan-ting and Siu Ching-man (Badminton), Ho Ka-lai and Lau Kwok-kin (Fencing), Lee Kin-wo (Football), Chan Mei-ling (Judo), Chan Ka-man (Karatedo) and Chan Lee (Tennis) all said they were benefited from the tour so much.

The Elite Athletes 2005 Nanjing Tour, held from 14-18 July, is organised by the HKSI with Hon Timothy Fok, President of the Sports Federation & Olympic Committee of Hong Kong, China, as Honorary Head of Delegation and Dr Eric Li, Chairman of the HKSI as Honorary Deputy Head of Delegation. Visits in Nanjing are arranged by Publicity, Culture and Sports Department of the Liaison Office of the Central People's Government in the Hong Kong SAR.

The tour aims at promoting cultural exchange between Hong Kong's elite athletes and sporting professionals in Mainland China, enhancing the knowledge of our elite athletes on the history, culture, sports system, development of sports and health policies of China, and the understanding of the preparation work of the 2005 National Games.

The delegation received warm greetings from Shao Xiping, Deputy Director, Resource Developing Department and Donation Office of the Organising Committee of 10<sup>th</sup> National Games, P.R.C., and Zhang Jieyun, Minister, Jiangsu Province Sports Bureau, The International Ministry and Director of the Guest Reception Department of the Organising Committee of 10<sup>th</sup> National Games, P.R.C., and visited various major stadiums of the 10<sup>th</sup> National Games in Wuxi City and Suzhou City.

During the tour, athletes also paid visits to the Nanjing Sports Institute, where the training squads receive education and sports training under one roof, and the Suzhou City Sports Centre, to gain an in-depth understanding of the region's sport development.

運動精英2005南京考察團攝於蘇州市體育中心內的田徑場。  
Elite Athletes 2005 Nanjing Tour Delegation at the Stadium of the Suzhou City Sports Centre.





# 活出艷陽天

運動員的健康形象總是讓人聯想起炎炎夏日，為鼓勵年青人善用暑假，多參與有益身心的活動，三名精英運動員周定宇（武術）、凌婉婷（羽毛球）及鄧漢昇（田徑）獲委任為二零零五沙田區青少年暑期活動大使。這項活動由沙田民政事務處主辦，而體院為其中一間支持機構。

二零零五沙田區青少年暑期活動開幕禮於七月三日舉行，由三位精英運動員在體院揭開序幕，帶領逾百名的屈臣氏田徑隊成員進行火炬傳送儀式，並由體院跑往沙田新城市廣場參加開幕禮。



▲ (左起)三名青少年暑期活動大使呼籲青少年參加有意義的活動。  
(From left) The three Ambassadors of the 2005 Sha Tin Summer Youth Programme urging the youngsters to take part in meaningful activities.

## To Make this Summer a Meaningful One

The healthy image of athletes is always associated with summer. To encourage the youngsters to make best use of the summer-time by participating in meaningful activities, three elite athletes, namely Chow Ting-yu of wushu, Ling Wan-ting of badminton and Tang Hon-sing of athletics have been appointed Ambassadors of the 2005 Sha Tin Summer Youth Programme organised by the Sha Tin District Office, with the HKSI as one of the supporting organisations.

Launched on 3 July 2005, the Programme was first kicked off by a torch run led by the three elite athletes in the HKSI, teaming up with over 100 young athletes from the Watsons Athletic Club, and then followed by an Opening Ceremony held in New Town Plaza, Sha Tin.



◀ (前排左起)二零零五沙田區青少年暑期活動大使周定宇、凌婉婷及鄧漢昇，陪同主禮嘉賓及屈臣氏田徑隊在體院進行火炬傳送儀式，為活動揭開序幕。  
(Front row, from left) Chow Ting-yu, Ling Wan-ting and Tang Hon-sing, the Ambassadors of the 2005 Sha Tin Summer Youth Programme accompanying the officiating guests and the Watsons Athletic Club to kick off the torch run at the HKSI.



**香**港精英運動員不斷在國際比賽中取得突破，體院謹此恭賀他們，並祝願所有運動員繼續努力，在未來的賽事續創佳績！

**R**ecently, Hong Kong elite athletes made several breakthroughs in international competitions. The HKSI would like to congratulate them and wish all athletes will continue to excel themselves and bring more glory for Hong Kong at upcoming tournaments.

### 羽毛球 Badminton

**年**青女將葉嫻延在七月份舉行的亞洲青少年錦標賽奪得單打項目銅牌外，更夥拍林倩盈取得女雙銅牌，是香港參加該項錦標賽歷來最佳成績。葉嫻延更在八月份首次參加世界羽毛球錦標賽，擊敗世界排名11的1998亞運金牌得主米倉加奈子晉身16強，僅負於世界排名第一的張寧而未能躋身八強。

**T**he badminton team returned home with historical results from the Asian Junior Championships held in July where Yip Pui-yin won one bronze medal in the girls' singles and one bronze medal in the girls' doubles together with Lam Sin-ying. Yip made her debut appearance in the World Badminton Championships held in August. She defeated Kanako Yonekura, the world number 11 and the gold medallist of the 1998 Asian Games, and advanced to the last 16. She was defeated by the world number one Zhang Ning.

(左起) 葉嫻延與林倩盈  
(From left) Yip Pui-yin and Lam Sin-ying



## 體壇創高峰

### 壁球 Squash

**女**子青少年壁球代表隊，成員包括歐詠芝、陳浩鈴、趙家琦及梁善雅，於七月份在比利時舉行的世界女子青少年壁球錦標賽擊敗埃及隊，贏得香港首面壁球世青賽金牌的殊榮。

**T**he girls' squash team won the first ever world junior title in the Women's World Junior Team Championships held in July in Belgium. The team comprising Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga triumphed over Egypt and set a historical record for Hong Kong squash.

(左起) 趙家琦、歐詠芝、陳浩鈴、梁善雅  
(From left) Chiu Ka-kei, Au Wing-chi, Chan Ho-ling and Leung Shin-nga





## 乒乓球 Table Tennis

**在**八月底於南韓濟州島舉行的第十七屆亞洲乒乓球錦標賽，乒乓球代表隊取得豐碩的成果，為香港贏得三金(女單、女團、男雙)、三銀(女單、男單、混雙)及兩銅(女雙、男團)，共八枚獎牌的歷史佳績。

**T**he table tennis team reaped the harvest of their hard work and efforts in the 17<sup>th</sup> Asian Table Tennis Championships held in Jeju-do, Korea in late August. The team achieved the historical result of three gold (women's singles, women's team and men's doubles), three silver (women's singles, men's singles and mixed doubles) and two bronze medals (women's doubles and men's team), bringing back a total of eight medals.

香港乒乓球隊凱旋而歸  
Hong Kong table tennis team returns home in triumph



## In Pursuit of Sports Excellence

香港武術代表團成員  
Members of the Hong Kong wushu team



## 武術Wushu

**武**術代表隊在七月份於新加坡舉行的亞洲青少年武術賽中取得五金、五銀、八銅，共18枚獎牌，所有香港運動員晉身前三名，並取得獎牌。

**T**he wushu team won a total of 18 medals, including five gold, five silver and eight bronze medals in the Asian Junior Championships held in July in Singapore. All team members were medal winners.



# 祝賀

## Congratulations

香港體育學院在此祝賀下列體壇人士及運動員在香港特別行政區政府二零零五授勳名單中獲政府嘉許，表彰他們對香港作出的貢獻。

The Hong Kong Sports Institute would like to congratulate the following sports officials and athletes, who are honoured in the Hong Kong SAR Government 2005 Honours List in recognition of their significant contribution to Hong Kong.

### 銀紫荊星章

霍震寰      Ian Fok Chun-wan SBS JP  
**Silver Bauhinia Star**

### 銅紫荊星章

余錦基      Lawrence Yu Kam-kee BBS JP  
**Bronze Bauhinia Star**

### 榮譽勳章

高禮澤      Ko Lai-chak MH  
李靜      Li Ching MH  
蘇樺偉      So Wa-wai MH  
**Medal of Honour**

### 行政長官社區服務獎狀

陳蕊莊      Chan Yui-chong  
錢平醫生      Dr Chien Ping  
黎惠玲      Lai Wai-ling  
梁艷芬      Leung Yim-fan  
梁育榮      Leung Yuk-wing  
**Chief Executive's  
Commendation  
for Community**

### 太平紳士

林大輝博士      Dr Lam Tai-fai JP  
**Justice of Peace**



二零零五年八月廿八日是珊珊(滑浪風帆運動員李麗珊)和亞Sam(香港體育學院滑浪風帆教練黃德森)值得紀念的一天，因為這天是他們寶貝女兒誕生的大日子。小寶寶出生時重八磅二安士，香港體育學院在此祝願她健康活潑，快高長大！

28 August 2005 is a day to remember by San San (Windsurfer Lee Lai-shan) and Sam (Hong Kong Sports Institute Windsurfing Coach Wong Tak-sum) when their first baby came to the world. The baby girl weighs 8 lbs 2 oz. The Hong Kong Sports Institute would like to wish her healthy and happy!



# 體院設施及服務推介

## Facilities and Services on Offer

在配合精英培訓計劃對設施及服務的需求之餘，體院亦善用這些資源服務社會，一方面協助社區體育發展，同時亦賺取收入，幫助補貼精英培訓計劃所需的資源。

The HKSI makes use of its facilities and services surplus to the needs of elite training as well as serving the community. Such measure not only helps promote sports development in the territory but also generates revenue for the benefit of elite training programme.

### 體育會會籍

體院設有四個體育會：羽毛球會、壁球會、游泳會及網球會，歡迎公眾人士申請成為會員。體育會會員除可租用多項體育設施外，更享有多項會員福利及參與各會舉辦的活動。

### Sports Club Membership

The membership of the four HKSI sports clubs, namely badminton, squash, swimming and tennis, is now open to the public. As a HKSI Sports Club member, you can book the sports facilities, enjoy exclusive benefits and enroll the sports clubs' activities.



### 運動課程

體院的運動課程均經過精心設計，由合資格教練執教，教授內容從基本技巧到進階技術，包括羽毛球、柔道、壁球、乒乓球、網球、跆拳道、太極、游泳、武術、木球及籃球等。新一期游泳課程於九月開班，而其他運動課程將於十月開班。

### Sports Courses

Conducted by qualified coaches, HKSI-designed courses ranging from basic skills through to advanced techniques are available in sports such as badminton, judo, squash, table tennis, tennis, taekwondo, tai chi, swimming, wushu, cricket and basketball. The swimming course commences in September while other courses will start in October 2005.



### 體育研討會

體院為配合各大機構需求，特設多種體育研討會服務(可另安排體育活動)，包括半日、一日及住宿(兩日一夜)三類以供選擇。

### Sports Seminar Package

To cater for the needs of different corporations, half-day, one day and live-in (two days and one night) sports seminar packages are offered by the HKSI.

如欲查詢體育會會籍、運動課程及研討會的詳情，請致電 2681 6888。

For details of the sports club membership, sports courses and seminar package, please call 2681 6888.



### 餐飲服務

體院餐廳提供多種餐飲服務，包括早午晚餐、酒席宴會、會議式餐飲、雞尾酒會、社團聯歡、生日派對、露台式燒烤，服務一應俱全，歡迎致電2681 6197查詢及預定。

### Restaurant & Catering

The HKSI's restaurant provides a variety of catering services, including breakfast, lunch, dinner, banquet, drinks for seminar and conference, cocktail, social gathering, birthday party and BBQ. Please call 2681 6197 for enquiry and reservation.

各位讀者：

根據個人資料(私隱)條例，體院將盡力確保適當使用閣下的個人資料。我們會繼續送上《精英體育》雜誌及其他體院刊物，若閣下不欲收到這些刊物，請以書面通知體院公眾事務及市場拓展部。

香港體育學院有限公司  
二零零五年九月

Dear reader,

With reference to the Personal Data (Privacy) Ordinance, the HKSI will ensure that your personal information is used appropriately. We will continue to send you Sports Excellence and other HKSI publications in the future. If you do not wish to receive these publications, please inform the Public Affairs & Marketing Department of the HKSI in writing.

Hong Kong Sports Institute Limited  
September 2005