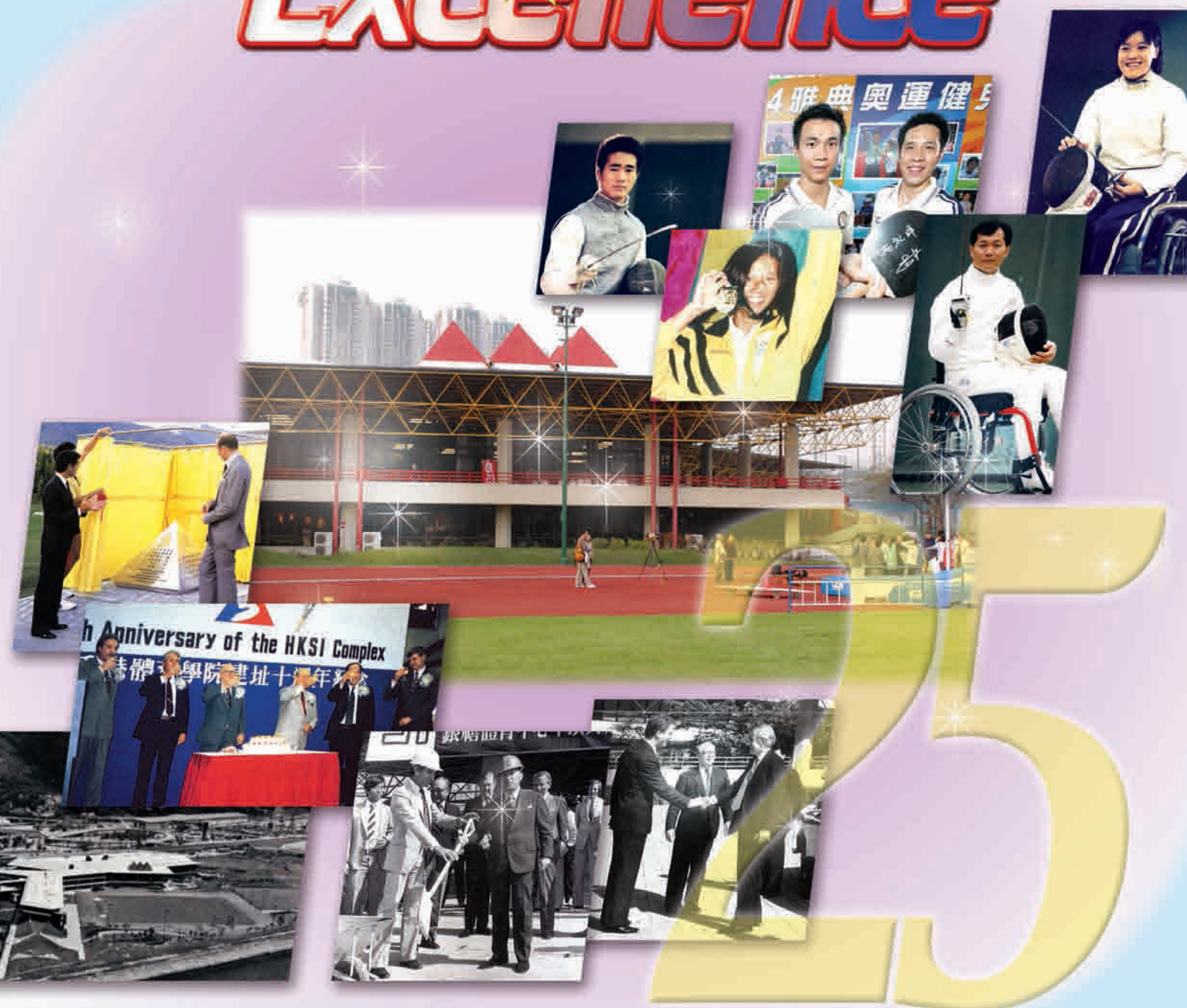




Sports 精英體育 Excellence



體院25年 25 Years On: HKSI Has Made Its Mark
 備戰多哈亞運會 Preparations for the Doha Asian Games

陳耀海：游泳教與樂 Chan Yiu-hoi: My Coaching Philosophy
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影響香港運動員在2002亞運會與2004奧運會比賽中運動表現的因素研究
 A Study of Factors Influencing Hong Kong Athletes' Performance in the 2002 Asian Games and the 2004 Olympic Games

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積極部署、迎接新挑戰

香港體育學院(體院)建址沙田至今已踏入25年，這裏除了盛載着運動員的淚和汗、樂與苦，還見證着香港在國際體壇地位不斷攀升的過程。為配合2008奧運會及傷殘人士奧運會的馬術項目，體院總部將於今年十二月暫時遷往烏溪沙青年新村。適逢體院建址25周年，今期《精英體育》會與大家重溫體院發展與建設的部份重要片段。

香港一群精英運動員正忙於備戰十二月一日至十五日在多哈舉行的亞運會，而遠東及南太平洋運動會亦會在十一月二十五日至十二月一日在吉隆坡舉行。香港精英運動員如何備戰這兩項亞洲體壇盛事，為港爭光？今期訪問了背後支援運動員備戰的攻關小組的科研專家，分享他們在各項支援服務上的感受。

新設立的「香港體育學院獎學金運動員特別獎勵基金」，獲得特區政府轄下的弘民基金計劃和葛量洪獎學基金撥款，預計在四年間發放共900萬港元，除提供現金獎勵予國際賽事的獎牌得主外，亦會惠及獲得2008奧運會參賽資格的精英運動員。今期《精英體育》會報道這次獎勵基金於八月二十八日在體院舉行的開展儀式。

體院與路訊通攜手合作推出的全港首個精英運動資訊節目——「香港精英運動大檢閱」已於七月十九日在體院舉行啟播儀式。節目除介紹體院13個精英體育項目，以及殘障人士運動項目，還包括精英運動員和教練的真情剖白，以及簡介體院為本地精英運動員提供的培訓、設施及配套。

至於教練與運動員一欄，今期我們介紹游泳，包括其起源、比賽項目及游泳時應注意的事項。體院游泳總教練陳耀海會暢談他的教練之道，而游泳運動員符泳及孫嘉兒亦會分享他們訓練期間的苦與樂。

因應亞運會舉行在即，今期運動科學與醫學欄目錄錄了本院的一項研究——「影響香港運動員在2002亞運會與2004奧運會比賽中運動表現的因素研究」有關運動員調查部份的結果，藉此引起大家對這課題的關注。

此外，由體院主辦、為期兩天的國際科學研討會，已於九月十日圓滿結束。是次研討會主題為「以力量訓練發展爆發力、耐力及穩定力的科學理論」，體院邀請了八位在體適能訓練領域的國際知名學者分享他們的寶貴學識和經驗，從不同角度探討力量訓練如何提升運動員表現，這次會議共吸引了逾170位業界人士參加，場面熱鬧。

謹此預祝香港運動員在多哈亞運會取得突破性成績！

總編輯
鍾伯光博士



Gearing Up for the Challenges Ahead

It has been 25 years since the establishment of the Hong Kong Sports Institute's (HKSI)'s headquarters at Sha Tin. Over the years, the residence has witnessed not only the tears and sweat, joy and despair of the athletes, but also the efforts that have been made to the overall development of Hong Kong sport. In order to prepare for the conversion work of the HKSI into competition venues for the 2008 Olympic and Paralympic Games equestrian events, the headquarters of the HKSI will move temporarily to Wu Kwai Sha Youth Village in December 2006. We will look back at some important milestones in the HKSI's establishment and development in this issue.

Our elite athletes are focusing now on their preparations for two Major Games - the Asian Games to be held from 1 to 15 December in Doha, and the Far East and South Pacific Games for the Disabled to be held between 25 November and 1 December in Kuala Lumpur. Most of us will be interested to find out how the athletes are gearing up for the Games, and our sports science specialists on the Task Force will detail the support tailored for the Games.

A Launch Ceremony for the newly established Special Incentive Fund was held on 28 August. The Fund, with its financial support from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund, provides athletes capable of winning medals in international competitions and in qualifying for the 2008 Olympic Games with total funding support of HK\$9 million over four years.

In collaboration with RoadShow, the first-ever info-programme entitled "Hong Kong Elite Sport Focus" was launched on 19 July. The programme introduces the HKSI's 13 elite sports and two disability sports and allows the public to share the experiences of elite athletes and their coaches as well as hear all about elite coaching, training and facilities provided by the HKSI.

In the Coach & Athlete section, you will be able to learn more about swimming - its origins, competition events and some key points on the sport. HKSI Head Swimming Coach Chan Yiu-hoi shares his coaching experience while swimming athletes Fu Wing and Suen Ka-yi talk about their training programmes and their daily life.

An excerpt from a recent athletes' survey on factors influencing Hong Kong athletes' performance in the 2002 Asian Games and the 2004 Olympic Games is reviewed in the Sports Science & Medicine section. With the Asian Games fast approaching, this is a highly topical issue.

A two-day International Scientific Symposium entitled "Strength Training Science for Power, Endurance and Stability Development" on 10 September was a big success. Presented by the HKSI, eight internationally renowned professionals shared with over 170 in-service personnel their invaluable experiences on pursuing high performance athlete development through the incorporation of strength training science.

All the best to our athletes, here's to more breakthroughs and more success in the Doha Asian Games!

Dr Chung Pak-kwong

Editor-in-Chief



體院25年

25 Years On: HKSI Has Made Its Mark

踏進香港體育學院(體院)的門檻，你會發覺院內綠樹環抱，鳥語花香。為了讓代表香港參加國際比賽的運動員能在一個舒適和平靜的環境專注訓練，體院在整個設計和規劃上花了不少心思，而體院員工亦一直致力維持這個精英運動員培訓基地的環境和各項設施的水平。

體院這個地方可謂盛載着運動員的淚和汗，也見證着香港在國際體壇地位不斷攀升的過程。香港運動員在1982亞運會中只取得一面銅牌，到了2002亞運會，香港運動員共獲得21面獎牌。奧運會方面，香港運動員先後在一九九六年和二零零四年奪得一面金牌和一面銀牌。(有關香港精英運動員歷年在奧運會和傷殘人士奧運會獲得的獎牌數目，見附表一。此外，有關香港運動員歷年在亞運會獲得的獎牌數目，見第17頁。)

When you enter the Hong Kong Sports Institute (HKSI), the setting at once will impress and excite you. A lush area, mixed with occasional birds' singing and the scent of flowers, this is the place where the HKSI staff has devoted tremendous efforts to preserve its natural tranquillity and at the same time offer a world class training environment for the elite athletes of Hong Kong.

The residence has witnessed and shared the tears — of joy and despair — and the herculean efforts that athletes have contributed to the development of Hong Kong sports over the years. The benchmarks of the massive imprint that HKSI has left on Hong Kong sport are easy to identify; at the Asian Games in 1982, Hong Kong athletes won just one medal, compared to the 21 won in 2002. In the Olympics, our athletes lifted one gold and one silver medals in 1996 and 2004 respectively. (See Table 1 for the medal haul of Hong Kong athletes at the Olympic Games and the Paralympic Games respectively. For the medal haul of Hong Kong athletes at the Asian Games, see page 17.)



設計新穎獨特的體院，前身是銀禧體育中心(銀禧)，落成當年可算是東南亞最具規模的精英體育訓練中心，各樣設施及器材均達國際標準。中心於一九八二年十月三十一日開幕啟用後，隨即成功舉辦了為期七日的運動界盛事——遠東及南太平洋傷殘人士運動會(遠南運動會)。接下來，體院舉辦了更多的國際體育比賽、研討會和運動訓練課程，包括第一屆亞洲室內花式單車、國際足協/可口可樂國際足球青年訓練班等，同時提升了香港在國際體壇的地位。

The state-of-the-art HKSI evolved from the Jubilee Sports Centre (JSC). Set up with the best international standard facilities and equipment in Southeast Asia, it was the most advanced elite training centre by the time of its opening on 31 October 1982. The opening highlights were the hosting of the seven-day Far East and South Pacific Games for the Disabled (FESPIC Games), followed by several international sporting competitions, seminars and sports training courses, including the first Asian Artistic Cycling Workshop, and the first Asia FIFA/Coca Cola World Football Youth Academy. The hosting of these events provided an immediate boost to the status of Hong Kong in the international sporting arena.



▲ 一九八二年一月十九日，銀禧體育中心舉行平頂儀式。

The topping out ceremony of the Jubilee Sports Centre on 19 January 1982.

事實上，這個訓練基地在剛落成的時候獲得建築設計的獎項，整座中心既具建築上的條理，其設計亦別具心思，例如，所有室外球場和跑道均依南北方向建設，以避免耀目的日光影響運動員的日常訓練，運動場地方面，設有東南亞首個臭氧過濾系統的室內25米游泳訓練池、香港首個冷氣系統的室內壁球場、香港首個鑊型單車訓練場及香港首條有蓋跑道（後改建為運動員和嘉賓宿舍）。

曾經到訪體院的體育界名人包括前國際奧委會會長薩馬蘭奇、世界球王比利、奧運田徑七項全能金牌得主哉娜、英國球星奇雲基謹、美國籃球明星布特、國際網球巨星張德培及中國奧委會體育代表團。政要人物則包括英國皇室根德公爵及愛丁堡公爵、前英國外交及聯邦事務部次官雷斯及祈福禮伯爵、前英國首相馬卓安和前港督衛奕信爵士及彭定康等，他們都對體院留下深刻的印象。



▲ 前港督衛奕信爵士於一九八八年六月九日到訪體院。
Former Governor of Hong Kong Sir David Wilson visited the HKSI on 9 June 1988.

這個由政府支持和香港賽馬會撥款興建的體育訓練基地，為香港精英體育奠定了發展根基，並為日後重點發展的運動項目提供集中和多元化的支援及服務。

當時銀禧選擇了10個重點發展的運動項目，乃依據一系列的考慮條件，包括該項目必須有龐大的基層參與、適合亞洲人的體格特質、有完善的組織、在國際體壇取得一定成就，並有追求卓越的決心，以及健全的教練培訓計劃。這10項運動包括田徑、羽毛球、籃球、劍擊、足球、體操、壁球、游泳、網球及乒乓球。發展至今，體院主要支援13項精英運動項目和兩個傷殘人士體育協會的精英培訓，13個項目包括田徑、羽毛球、單車、劍擊、賽艇、壁球、游泳、乒乓球、網球、保齡球、三項鐵人、滑浪風帆和武術（有關體院精英體育項目的發展進程，見附表二）。由於項目的變動和體院場地設施的局限，個別項目的運動員需要利用體院以外的場地進行訓練，當中保齡球和滑浪風帆便是其中例子。

The award-winning HKSI was meticulously planned and designed. For example, all outdoor courts and tracks were built in a north-south orientation to minimise the influence of sunlight on athletes' training. The 25-metre ozone treated swimming pool was the first of its kind in Southeast Asia. Other 'firsts' for the region included Hong Kong's first cycling velodrome, first air-conditioned indoor squash courts and first covered sprint training track (later renovated as the Hostel for athletes and guests).

Over the years, many significant figures from the sporting and other public arenas have visited the HKSI. All have left hugely impressed by the facilities and environment it offers. Many of the biggest and most distinguished names in world sport have visited including the former President of the International Olympic Committee Juan Antonio Samaranch, Brazilian soccer king Pele, Olympic heptathlon gold medallist Jackie Joyner-Kersey, British football star Kevin Keegan, US basketball's Larry Bird, international tennis star Michael Chang and the Chinese Olympic delegation. Other public figures who have visited include His Royal Highnesses The Duke of Kent and The Duke of Edinburgh, Britain's former Ministers of State for Foreign & Commonwealth Affairs Mr Richard Luce and The Earl of Caithness, former British Prime Minister John Major, former Governors of Hong Kong Sir David Wilson and Chris Patten.

This magnificent sports training venue, which was supported by the Hong Kong government and funded by the Hong Kong Jockey Club, provides a wide range of one-stop services and support for elite athletes in selected target sports. It has also laid a foundation for the future success of sports development in Hong Kong.

At the time the JSC was initially set up, the emphasis was on a group of 10 target sports selected on the basis of their having a broad participation base, suitable for the Asian physique, sound organisation, a track record of international success, a commitment to excellence and a solid plan for coach education and development. These included athletics, badminton, basketball, fencing, football, gymnastics, squash, swimming, tennis and table tennis. Nowadays, the HKSI supports the elite training of 13 Elite Sports and two sports associations of disability. The 13 Elite Sports are athletics, badminton, cycling, fencing, rowing, squash, swimming, table tennis, tennis, tenpin bowling, triathlon, windsurfing and wushu (see table 2 for the evolution of the HKSI Elite Sports). Due to occasional changes amongst the funded sports and the limitations on the provision of new facilities, some of these sports, such as tenpin bowling and windsurfing, are conducted at venues outside the HKSI.



▲ 首個在銀禧舉行的國際盛事——遠東及南太平洋傷殘人士運動會。
The FESPIC Games, the first international event held at the JSC after its opening.



▲ 國際網球明星張德培於一九九零年到訪體院。

International tennis star Michael Chang visited the HKSI in 1990.



體院在銀禧成立初期已奠定根基，穩步發展，於一九九一年獲升格為香港體育學院後，進一步發展國際體壇日趨重視的運動科學、醫學、教練培訓及研究等工作。在體院及體育界人士的默默耕耘下，香港精英運動員漸漸獲得社會大眾的支持和認同，而商業團體的參與及贊助亦促進了精英體育的發展。時至今日，香港精英體育發展亦趨成熟，並與國際接軌。

The JSC laid the solid foundation from which the HKSI has grown. In 1991, the JSC evolved into the HKSI and further developed its expertise and services in sports science, sports medicine, coach education and research. Painstaking efforts over the years have ensured that elite athletes are now instantly recognised and supported by the public, while corporate support and sponsorship has boosted sports development across the territory. Elite sport in Hong Kong is now well-developed, a credible force in an intensely competitive global landscape.

體院發展及建設進程回顧

Highlights of the HKSI's History and Development

1982



1987



1986

一九八二年 (1982)

- 銀禧體育中心(銀禧)成立，其運動設施包括三個主要體育館：設有九個羽毛球場和兩個籃球場的狀元館、供劍擊和乒乓球訓練的奪標館及用作體操訓練的龍騰館。另有11個玻璃背牆壁球場、一個舞蹈室、九個網球場、三個戶外籃球場、四個排球場、五個小型網球場、一個人造草坪多用途球場、三個草地足球場、一個棒球場、25米臭氧過濾游泳訓練池、400米田徑跑道、單車訓練場、有蓋跑道，以及體能訓練室。銀禧無疑是當時全亞洲最全面的高水平體育訓練中心，並由世界級的專業教練，統籌10項重點發展體育項目的運動員培訓工作。

一九八六年 (1986)

- 與香港中文大學矯形外科及創傷學系合辦的運動創傷診療室落成，開創本港運動醫學服務的先河，而運動員心理訓練亦於這年展開，為運動員提供更周全的運動科學及醫療服務。

保齡球、柔道、游泳及射擊運動分別在亞運會取得一金一銀三銅佳績，其後體院推出運動員獎學金計劃，資助優秀運動員，讓有天份的運動員能夠全心投入訓練，除獲得教練指導外，獎學金運動員亦可享受訓練和輔助設施，接受體院一切支援和服務。

When the Jubilee Sports Centre (JSC) started operations, there were three sports halls: the Champions Hall comprised nine badminton courts and two basketball courts, the Victory Hall was specially designed for fencing and table tennis, and the Challenge Gymnasium tailored specifically for gymnasts. In addition, the site contained 11 glass-back squash courts, a dance studio, nine tennis courts, three outdoor basketball courts, four volleyball courts, five mini tennis courts, an artificial grass multi-purpose court, three grass soccer pitches, a baseball court, a 25-metre ozone treated swimming pool, a 400-metre athletic track, a cycle velodrome, a covered sprinted training track and a fitness training centre - without doubt the most complete and exciting high performance sports training venue in Asia at that time, supported by world-class professional coaches to train potential athletes in 10 different target sports.

Sports Injury Clinic was opened in conjunction with the Department of Orthopaedic and Traumatic Surgery of the Chinese University of Hong Kong, which was a pioneer of sports medicine services in Hong Kong. A psychological support service was also launched in the same year, providing athletes with comprehensive support in sports science and medicine.

一九八三年 (1983)

颱風愛倫襲港，銀禧遭受嚴重破壞，尤其屋頂情況更甚，部份室內設施的地板需重新鋪設，修葺工程於翌年竣工。

Athletes from Tenpin Bowling, Judo, Swimming and Shooting won one gold, one silver and three bronze medals at the Asian Games. The Sports Scholarship Scheme, launched by the HKSI shortly afterwards, aimed at supporting athletes with excellent potential and offering sporting talents a chance to devote themselves to full-time training. Besides coaching support, Scholarship Athletes were entitled to use all training and subsidiary facilities, and have all-round support from the HKSI.

The JSC was extensively hit by Typhoon Ellen. The damage was particularly serious on the roof, and part of the floor of some indoor facilities had to be replaced. Repairs were not completed until the following year.

一九八七年 (1987)

脫離香港賽馬會(馬會)獨立運作，當時的馬會董事局主席張奧偉爵士(已故)把一張面值3億5,000萬港元的支票交到銀禧管理局主席黎敦義手上，銀禧管理層進一步確立「培育精英」的宗旨和目標。

成立商務/公關部，設立會籍制度及體育會，善用精英培訓後所餘的時段舉辦活動，為體院開源，並建立其公眾形象，讓更多市民和商業機構認識銀禧，培養體育文化和對精英體育的認同。

對多項設施進行了改善工程，包括擴建泳池，增加觀眾席、擴建體能訓練室和重鋪田徑跑道。

成立運動科學部，為運動員提供各類運動科學測試、教育和研究服務，並把運動科學和運動醫學兩方面的服務相結合。

Detached from the Hong Kong Jockey Club (HKJC) as an independent organisation. The late Sir Oswald Cheung, Chairman of the HKJC Board, handed over a cheque for HK\$350 million to Mr Denis Bray, Chairman of the JSC Board, and the JSC management further affirmed its commitment to the development of elite athletes.

The Commercial Operation / Public Affairs Department was set up. By introducing memberships and sports clubs, the JSC utilised fully any spare capacity in its sport facilities and services to generate more income and to enhance its public image.

Work was undertaken to improve certain facilities. The swimming pool was upgraded to include spectator provision, the fitness training centre was expanded and the running track resurfaced.

The Sports Science Department was set up to provide athletes with a variety of sports science tests, educational and research services. The integration of sports science and sports medicine services began.

1989



1990

一九八八年 (1988)

運動科學/醫學部增設按摩服務，紓緩運動員因訓練而出現疲勞的問題，而運動科學部亦特別為獎學金運動員提供營養膳食服務，並為個別精英運動員提供膳食指導。

A massage service was added in the Sports Science/Sports Medicine Department to help release athletes' fatigue from training. The Sports Science Department also offered nutritional meal service to Scholarship Athletes and designed meals for individual elite athletes.

一九八九年 (1989)

運動員獎學金計劃設立三年以來，首次把範圍擴大至傷殘運動員，為獲得獎學金的傷殘運動員提供住宿和受訓的機會，並透過運動科學/醫學部的服務改善他們的身體素質及體能，而傷殘運動員在歷年遠南運動會及傷殘人士奧運會均創下佳績。

改善原有運動員宿舍設施工程後，再將有蓋跑道改建成設有46間住宿單位的體育旅舍，為到訪運動員和隊伍提供更佳住宿服務。

For the first time in its three-year history, the Sports Scholarship Scheme was extended to cover sports for the disabled. The disabled Scholarship Athletes were given the opportunity to stay and train at the JSC. They also got the chance for the first time to improve their physical fitness and strength through support services provided by the Sports Science/Sports Medicine Department. Disabled athletes have achieved outstanding results at the FESPIC Games and Paralympic Games over the years.

In addition to the improvement of existing facilities at the Athletes Hostel, the JSC approved a capital works programme to modify the covered sprint track to a 46-room Sports Residence with an aim to provide high quality accommodation for visiting athletes and teams.

一九九零年 (1990)

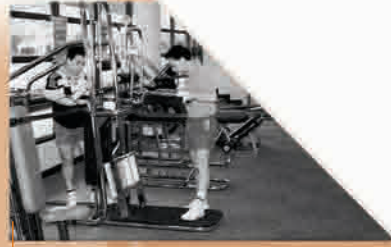
香港運動員在亞運會創下兩銀五銅佳績。

Hong Kong athletes returned from the Asian Games with two silver and five bronze medals.

1991



1994



1992

一九九一年 (1991)

採納「香港體育事務發展前瞻顧問研究報告書」的建議，銀禧體育中心獲升格為香港體育學院(體院)，就運動員的訓練和管理、教練培訓、運動科學/醫學和研究、體育資訊服務、國際交流及與其他機構合作等六大範疇加強工作，鞏固香港精英體育事業的長遠發展。

着力精英體育發展，選出個別重點項目作集中支援，並以1996亞特蘭大奧運會為目標。

擴充體院運動科學部和醫學部，增添設施，擴大服務範圍，發展以「運動員為本、教練驅策」的訓練模式。協助高水平運動員爭取佳績，科學測試、醫療服務、營養指導、心理輔導、生物力學分析等都是不可或缺的。

與中國香港體育協會暨奧林匹克委員會(前稱為香港業餘體育協會暨奧林匹克委員會)組成教練培訓委員會，設立香港教練培訓計劃，制訂長遠的教練培訓策略及課程，協助精英運動的持續發展。訓練課程主要在體院舉行，體院於一九九三年開設教練培訓部，負責是項計劃的行政工作。

將原來於一九八八年啟用的運動圖書館改建為香港體育資訊中心，搜集更多體育資訊，加強與其他國家的聯繫和交流，為教練和運動員提供更多體育有關的參考資料，輔助訓練。

Through endorsement of proposals in the report entitled "The Way Ahead - A Consultancy Report on Sport in Hong Kong", the JSC evolved into the Hong Kong Sports Institute (HKSI). Six core work areas were reinforced including athletes' development and management, coach education and development, sports science/medicine and research, resource information, international exchanges as well as co-operation with other bodies, to consolidate the long term development of elite sport in Hong Kong.

Renewed emphasis was given to the development of elite sport. A number of sports were selected for focus support, with sights set on the 1996 Atlanta Olympic Games.

Expansion of Sports Science and Sports Medicine Departments to accommodate additional facilities with the emphasis on an "athlete centred, coach driven" approach. Scientific tests, medical services, nutritional guidance, psychological counselling and biomechanical analysis were now indispensable for high level sporting achievement.

The Hong Kong Coaching Committee was established in conjunction with the Sports Federation & Olympic Committee of Hong Kong, China (formerly named as the Amateur Sports Federation and Olympic Committee of Hong Kong) to launch the Hong Kong Coach Education Programme. The Hong Kong Coaching Committee stipulates long term coaching strategies and programmes, to assist in the continuous development of elite sport in Hong Kong. Training courses were mainly held at the HKSI where the Coach Education Department was set up in 1993 to take charge of the administrative work of the Programme.

Renovation of the sports library, opened in 1988, which became the Hong Kong Sports Information Centre to gather more sports information, strengthen links and exchanges with overseas, as well as provide more sport-related references for coaches and athletes.

1995



1996



一九九二年 (1992)

體院建址十周年紀念酒會中，過去四位主席及兩位行政總裁(左起)衛爾思、韋敬誠將軍、黎敦義、羅基爵士、鄭明訓及白禮德一起見證這值得紀念的時刻。

At the HKSI Complex's 10th Anniversary reception, all four ex-chairmen and two ex-chief executives, (from left) Howard Wells, Major General Watkins, Denis Bray, Sir Albert Rodrigues, Paul Cheng and Paul Brettell gathered to mark this momentous occasion.

一九九四年 (1994)

香港康體發展局(康體局)與體院合併為單一機構，推行集中支援重點體育項目政策，協助運動員在國際體壇爭取佳績。

成立優秀運動員獎勵計劃，獎勵在七個大型運動會中，包括奧運會、亞運會、東亞運動會、傷殘人士奧運會、全國運動會、世界大學生運動會與遠東及南太平洋傷殘人士運動會，表現卓越的運動員。

擴建體能訓練室，增設休息室、桑拿室和水療池，為運動員提供更多設施和空間予體能訓練。

Amalgamation of the Hong Kong Sports Development Board (HKSDDB) and the HKSI, further helping support the target sports and help athletes excel in the international sporting arena.

Set up the Athlete Incentive Awards Scheme to provide cash incentives for athletes who perform outstandingly at seven Major Games including the Olympic Games, Asian Games, East Asian Games, Paralympic Games, National Games, World Universiade as well as Far East and South Pacific Games for the Disabled.

Extended the Fitness Training Centre and added a recovery area, sauna and Jacuzzi to offer athletes more space and facilities for fitness training.

一九九五年 (1995)

設立運動員事務部，協助運動員學業、就業及個人發展，為退役後的生活作好準備。

The Athlete Affairs Department was set up to provide education, career and personal development service to athletes in preparation for their life after retirement.

一九九六年 (1996)

李麗珊為香港贏得歷史性第一面奧運金牌。

傷殘運動員在傷殘人士奧運會奪得15面獎牌，其中張偉良獨取四面金牌。

Lee Lai-shan won Hong Kong's first Olympic gold medal.

Disabled athletes won 15 medals at the Paralympic Games, with Cheung Wai-leung alone winning four gold medals.

一九九七年 (1997)

黃金寶代表香港首次參加全國運動會，並為香港摘下首面金牌。

運動醫學的範圍進一步擴大，除提供物理治療和推拿治療外，與中國內地運動醫學單位合作，引入中醫師提供手法治療服務。

Hong Kong's first participation in the National Games where Wong Kam-po won the first gold medal for the territory.

The scope of sports medicine service provided by the HKSI increased substantially. In addition to physiotherapy and massage treatment services, therapists were also invited to provide traditional Chinese manual therapy in co-operation with the sports medicine sector of Mainland China.

一九九八年 (1998)

康體局精簡架構，並把總部遷往體院。

The management structure of the HKSDB streamlined and moved its headquarters to the HKSI.

2004



1997

2005

二零零零年 (2000)

新設的生物力學實驗室為教練和運動員提供科學研究數據，協助改善運動員的動作及運動表現，力臻完美。

A Biomechanics Laboratory was set up to provide scientific research statistics for coaches and athletes so as to improve athletes' movement and sporting performance.

二零零四年 (2004)

高禮澤、李靜在奧運會取得男子乒乓球雙打銀牌，為香港特區奪得一九九七年回歸後首面奧運獎牌。

香港運動員在傷殘人士奧運會摘得歷屆最多獎牌，取得11金、七銀及一銅共19面獎牌的輝煌成績。

康體局於二零零四年十月一日解散，香港體育學院重組成法人團體，繼續負責精英培訓工作。

Ko Lai-chak and Li Ching won a silver medal in the men's doubles table tennis at the Olympic Games, the first Olympic medal for Hong Kong since its re-unification with China in 1997.

Disabled athletes won 11 gold, seven silver and one bronze medals with an overall medal tally of 19 at the Paralympic Games, representing Hong Kong's best-ever result at the Games.

The HKSDB dissolved on 1 October 2004. The HKSI reconstituted to become an incorporated body, maintaining and reinforcing its role in high performance sports training.

二零零五年 (2005)

龍騰館改建為適合乒乓球和其他運動的訓練場地，進一步提升支援乒乓球和其他精英訓練的設施，而原來的乒乓球訓練場地，即奪標館則全部用作劍擊訓練。

Conversion and upgrading of the Challenge Gymnasium, renamed as Challenge Hall, to support elite table tennis training and other sports. The Victory Hall, previously the home for table tennis, was assigned exclusively for fencing.

二零零六年 (2006)

為配合2008奧運會及傷殘人士奧運馬術項目比賽場地的改建工程，體院總部訂於二零零六年十二月暫時遷往烏溪沙青年新村。

The headquarters of the HKSI will temporarily move to Wu Kwai Sha Youth Village in December 2006 in order to convert the HKSI site into competition venues for the 2008 Olympics and Paralympics equestrian events.

體院現況

體院於過去25年經歷種種令人欣喜的情景，但亦免不了因歲月流逝而引致部份設施變得殘舊，我們相信體院藉着搬離現址這段時間予以重建，讓精英運動員未來的訓練環境和配套設施得以改善，實有其積極的意義。

回顧過去，縱使經歷重重變遷，體院董事局和員工都能上下一心，緊守崗位，肩負培訓香港精英運動員的使命。在未來的日子我們定必繼續努力，協助香港精英運動員在國際體壇創造高峰。

Present Status of the HKSI

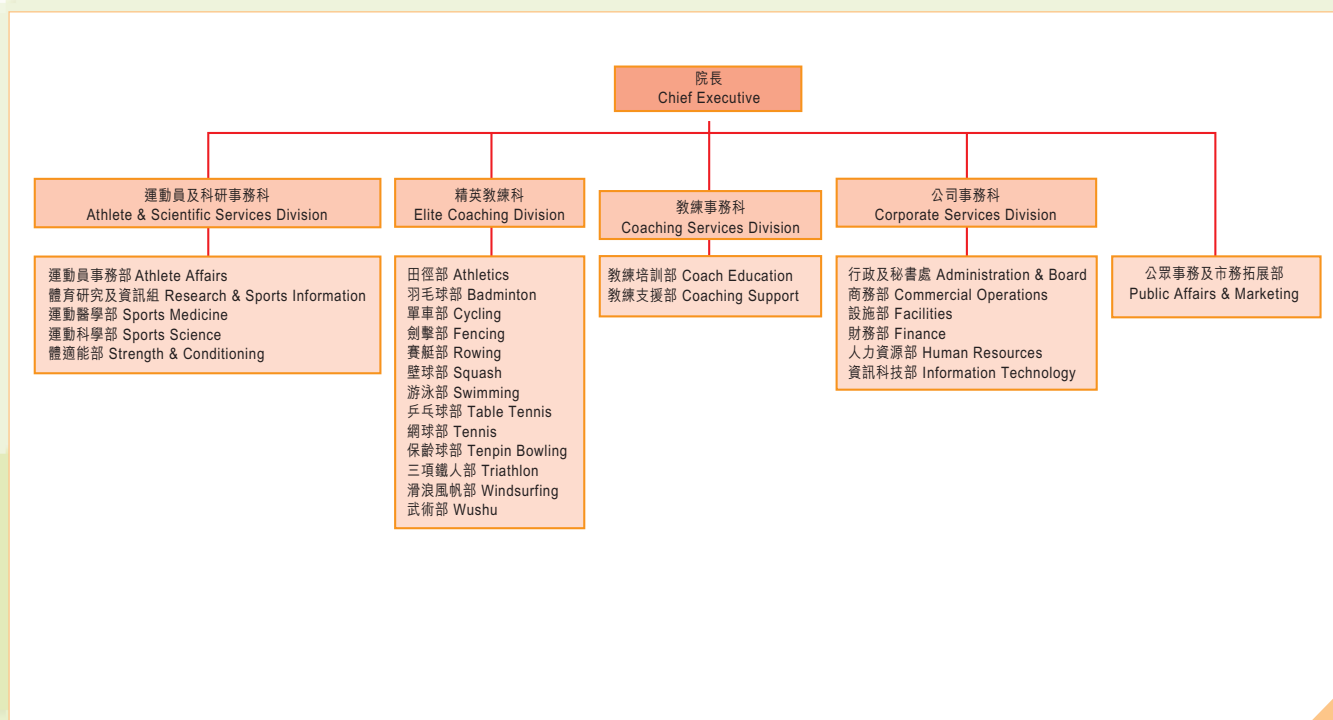
It has been an exciting, stimulating and rewarding 25 years for the HKSI. Inevitably, some of its facilities are now tired or outdated. The HKSI believes that the reprovisioning of the HKSI is a great opportunity to redevelop its facilities to transform the training environment for elite athletes.

Looking back on the evolution of the HKSI, the Board and its staff can take much pride and satisfaction in the job they have done. Elite sport in Hong Kong has never been stronger, and is preparing patiently for the future. We will continue to devote ourselves to Hong Kong elite sport **In Pursuit of Sports Excellence.**

體院董事局成員 HKSI Board of Directors

主席 Chairman	李家祥博士 Dr Eric Li Ka-cheung GBS OBE JP																
副主席 Vice-Chairmen	陳啟明教授 Professor Chan Kai-ming JP 譚學林先生 Mr Tommy Tam Hok-lam JP																
董事 Directors	<table border="0"> <tr> <td>張爾惠先生 Mr Lowell Chang Ur-way</td> <td>黃展翹小姐 Miss Janet Wong Chin-kiu</td> </tr> <tr> <td>范錦平先生 Mr John Fan Kam-ping BBS JP</td> <td>陳若蕚小姐 Miss Olivia Chan Yeuk-oi</td> </tr> <tr> <td>傅浩堅教授 Professor Frank Fu Hoo-kin JP</td> <td>胡偉民先生 Mr Johnny Woo Wai-man BBS</td> </tr> <tr> <td>馮劉掌珠女士 Mrs Vivien Fung Lau Chiang-chu JP</td> <td>張維醫生 Dr Julian Chang Wai MH</td> </tr> <tr> <td>胡曉明先生 Mr Herman Hu Shao-ming JP</td> <td>唐家成先生 Mr Carlson Tong Ka-shing JP</td> </tr> <tr> <td>錢恩培先生 Mr Tsin Yan-pui</td> <td>廖長江先生 Mr Martin Liao Cheung-kong JP</td> </tr> <tr> <td>鍾小玲女士 Mrs Agnes Allcock JP</td> <td>鄧桂能先生 Mr Tang Kwai-nang BBS JP</td> </tr> <tr> <td>蕭如彬先生 Mr Alan Siu Yu-bun JP</td> <td></td> </tr> </table>	張爾惠先生 Mr Lowell Chang Ur-way	黃展翹小姐 Miss Janet Wong Chin-kiu	范錦平先生 Mr John Fan Kam-ping BBS JP	陳若蕚小姐 Miss Olivia Chan Yeuk-oi	傅浩堅教授 Professor Frank Fu Hoo-kin JP	胡偉民先生 Mr Johnny Woo Wai-man BBS	馮劉掌珠女士 Mrs Vivien Fung Lau Chiang-chu JP	張維醫生 Dr Julian Chang Wai MH	胡曉明先生 Mr Herman Hu Shao-ming JP	唐家成先生 Mr Carlson Tong Ka-shing JP	錢恩培先生 Mr Tsin Yan-pui	廖長江先生 Mr Martin Liao Cheung-kong JP	鍾小玲女士 Mrs Agnes Allcock JP	鄧桂能先生 Mr Tang Kwai-nang BBS JP	蕭如彬先生 Mr Alan Siu Yu-bun JP	
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體院管理層架構 HKSI Organisational Chart



表一：香港精英運動員在奧運會及傷殘人士奧運會獲得獎牌數目

Table 1: Medal Haul of Hong Kong Athletes at the Olympic Games and the Paralympic Games

參賽年份 Year	獎牌 Awards			
	金牌 Gold Medal	銀牌 Silver Medal	銅牌 Bronze Medal	總數 Total
奧運會 The Olympic Games				
1996	1	-	-	1
2004	-	1	-	1
傷殘人士奧運會 The Paralympic Games				
1972	-	1	1	2
1976	-	1	1	2
1980	-	1	2	3
1984	3	5	8	16
1988	-	2	7	9
1992	3	4	4	11
1996	5	5	5	15
2000	8	3	7	18
2004	11	7	1	19

表二：體院精英體育項目的發展(1982年至今)

Table 2: Evolution of the HKSI Elite Sports (1982 onwards)

年度 Year	1982 /84	1984 /85	1985 /86	1986 /87	1987 /88	1988 /89	1989 /90	1990 /91	1991 /92	1992 /93	1993 /94	1994 /95	1995 /97	1997 /99	1999 /2004	2004 至今 still now
精英體育項目 Elite Sports																
田徑 Athletics	•						•	•	•	•	•			•	•	•
羽毛球 Badminton	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
籃球 Basketball	•															
單車 Cycling				•		•	•	•	•	•				•	•	•
劍擊 Fencing	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
足球 Football	•	•	•	•	•	•	•	•	•	•	•	•				
體操 Gymnastics	•	•	•	•	•	•	•	•	•	•	•			•		
柔道 Judo			•	•												
賽艇 Rowing				•	•	•	•	•	•	•	•	•	•	•	•	•
射擊 Shooting							•	•	•							
壁球 Squash	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
游泳 Swimming	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
乒乓球 Table Tennis	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
網球 Tennis	•	•	•	•	•	•	•	•	•	•	•	•			•	•
保齡球 Tenpin Bowling									•	•	•				•	•
三項鐵人 Triathlon						•	•	•	•	•	•			•	•	•
滑浪風帆 Windsurfing								•	•	•	•	•	•	•	•	•
武術 Wushu								•		•	•			•	•	•
總數 Total	10	8	9	11	9	11	13	15	15	15	14	11	9	12	13	13

備註Remarks:

- 以上所列已包括銀禧、康體局及體院之精英體育項目及重點發展體育項目。
The above list covers Elite Sports and Target / Focus Sports of the JSC, the SDB and the HKSI.
- 自1989年開始，運動員獎學金計劃擴展至傷殘人士體育運動項目。
The Sports Scholarship Scheme was extended to the Sports for the Disabled since 1989.

備戰多哈亞運會

Preparations for the Doha Asian Games

精英運動員的訓練需要相當廣泛，亦因應不同運動項目及運動員的個別特質而異。體院以專業的教練培訓及綜合性多元化的訓練模式，充份配合精英訓練的不同需要，使運動員得以在大型賽事，例如即將舉行的多哈亞運會中充份發揮所長，為港爭光。

Elite athletes' training needs are extensive and varied according to specific sport characteristics and individual athlete differences. At the HKSI, elite training is finely tuned to meet these needs with expert coaching and an integrated multi-disciplinary support system to optimise athletic talent and maximise high performance results at key events such as the upcoming Doha Asian Games.

體院推行綜合性多元化的訓練模式

精英體育界普遍同意，個別運動員取得傑出成就往往是綜合多種因素相互影響及協調下的成果。除了運動員本身的天資及專業教練的培訓外，如要在芸芸競爭對手中保持優勢，極需要全面的醫療、科學和福利的支援系統作後盾，以減低失敗的風險，並增加取勝機會。體院所提供的精英訓練支援系統，其架構及功能都是以「生物、心理及社會」範疇為基礎，運動員表現會因為生物、心理及社會因素的互動而受到影響。

在體院的精英訓練支援系統裏，**運動員及科研事務科**為教練和運動員提供核心的科學支援架構，以「運動員為主、教練驅策」的服務模式，按他們的需要來設定服務的方向和方法。運動員及科研事務科轄下五個部門／小組：運動科學、運動醫學、體適能、運動員事務、體育研究及資訊，為精英體育提供一系列多元化的支援，並以「生物、心理及社會」的運作模式將不同的服務聯繫，為體院600多名精英、青少年及具潛質的運動員提供高水準的跨部門支援系統。

Integrated, Multi-disciplinary Training Model in the HKSI

In the world of high performance sport, there is broad consensus that individual success at the elite level is a function of the complex interplay of multiple factors acting in systemic concert. Apart from individual talent and expert coaching to facilitate that talent, achieving and maintaining “an edge” over competitors requires a comprehensive medical, scientific and welfare support infrastructure to minimise risk and maximise results. The structure and function of the support provided to elite sports within the HKSI is underpinned by a biopsychosocial paradigm. The term biopsychosocial is used to refer to the interaction between biological, psychological and social factors that can influence an athlete's sports performance.

Within the overall system of elite training support at the HKSI, the **Athlete & Scientific Services Division** provides the core scientific support infrastructure for coaches and athletes. The service model is explicitly athlete-centred and coach-driven, i.e. athletes and coaches are the key stakeholders whose needs drive the service direction and approach. The Division provides a wide range of support to elite sports through its five departments/sections: Sports Science, Sports Medicine, Strength & Conditioning, Athlete Affairs, and Research & Sports Information. Uniting the various services is the biopsychosocial model of operation providing a state-of-the-art, multi-disciplinary infrastructure to support and facilitate the elite sport performance of over 600 elite, junior and potential athletes.





有關運動科學的主要服務包括運動生理、運動生化、運動生物力學、運動營養及運動心理。運動生理及運動生化以實證為本，定期為運動員進行多種精確的評估及測試，以監察訓練及恢復的果效。運動生物力學組為運動員進行動作分析和技術診斷，並為個別運動員的優點及不足之處作出準確的評估，以作改善。運動營養組確保運動員的營養狀況足以應付高水平訓練和比賽時嚴格的能量需求，體院運動營養主任並會為運動員設計餐單和評估營養水平。運動心理組為運動員提供多元化的個別和小組輔導及治療，教授心理控制的技巧，讓運動員以最佳的心理狀態應付各種壓力情況和長遠的個人發展。此外，體適能部透過與運動科學部密切合作，負責設計和監察體適能訓練計劃，協助各運動員提高力量、速度、耐力及其他體適能要素。

運動員事務部專責協助精英運動員處理學業、事業、社交和個人的發展，以度身訂造的支援服務協助運動員在爭取卓越體育成就之餘，亦於個人、教育和職業方面得以均衡發展。

體育研究及資訊組主要統籌體院的學術研究活動及其發布工作。香港體育資訊中心不但為運動員和教練提供精英訓練所需的最新資訊，以應用在不同的訓練系統及計劃上。

設立攻關小組加強備戰大型運動會

四年一度的亞洲運動會(亞運會)將於今年十二月一日至十五日在中東的卡塔爾首都多哈舉行。今屆共有來自45個亞洲不同國家地區的運動員參與39項運動競賽共423項賽事。此外，遠東及南太平洋傷殘人士運動會(遠南運動會)亦會在今年十一月二十五日至十二月一日在馬來西亞吉隆坡舉行。香港精英運動員如何備戰這兩項亞洲體壇盛事，務求為香港爭取更多獎牌，且聽聽運動員背後的科研專家的周密部署。

Within the sport sciences domain, physiology, biochemistry, biomechanics, nutrition and psychology form the core service areas. Sports physiological and biochemical servicing facilitates evidence-based precision monitoring of training and recovery through the use of multi-disciplinary assessments and measurements. Sports biomechanics focuses on motion analyses and technique diagnostics. Tailor-made biomechanical assessments facilitate accurate knowledge of individual athlete's particular strengths and weaknesses. Sports nutrition is responsible for ensuring athletes maximise their nutritional status to meet the rigorous energy requirements of high performance training and competition. Menu planning and monitoring of the athletes food service at the HKSI is also the function of the sports nutrition staff. The discipline of sports psychology provides a multi-level programme of therapeutic and educational, individual and team-based interventions to maximise athletes' psychological preparation and readiness for elite performance and also to facilitate long-term personal development. Closely allied with the sports sciences is the Strength & Conditioning area whose major function is to develop and monitor strength and conditioning programmes to optimise athletes' strength, speed, endurance and other fitness components.

Education, career, social and personal development of Hong Kong's elite athletes is the task of the Athlete Affairs area. Tailor-made support programmes which are substantively aligned and integrated with training and competition goals help athletes prepare for and achieve their personal, educational and vocational aspirations.

Supporting the HKSI's scientific endeavours is the Research & Sports Information Section. This Section facilitates the administration and dissemination of the HKSI's applied research programmes which provide evidence-based information to answer high performance training needs of Hong Kong's athletes and coaches. Additionally, the Hong Kong Sports Information Centre provides a centralised clearing house of up-to-date sports information materials to ensure up-to-date knowledge is applied across all training systems.

攻關小組組長鍾伯光博士分享道：「體院平日需要為600多名運動員提供訓練及支援服務，在大型運動會臨近之際，必須及早訂下策略，並靈活運用資源，令有機會奪取獎牌的運動員的技術水平和個人狀態都得以在比賽期間推至最高峰，故此，體院每逢大型運動會舉行前一年，便設立攻關小組為具獎牌希望的運動員設計最適切的訓練方案，希望增加香港奪取獎牌的機會。成員主要是體院每個運動項目的總教練和科研人員。」

鍾博士續說：「以今年十二月舉行的亞運會為例，教練早於一年前已初步擬訂參賽及具獎牌希望的運動員名單，交攻關小組逐一分析和評估，而教練亦會着手編制整年的本地及海外訓練和比賽安排，並針對運動員的個別情況，提出科研和運動醫學支援的需要。透過專業分析和交流，攻關小組的科研人員會與總教練一起為個別運動員制訂最佳的訓練計劃。」

攻關小組專家雲集各展所長

為了讓讀者更了解攻關小組的運作，數位攻關小組成員接受了訪問，他們詳細講解不同科研支援服務如何幫助運動員提升表現能力。

運動科學 — 互相協調 提升運動員的訓練質素

攻關小組主要成員之一、體院運動生理主任兼運動科學統籌蘇志雄說：「攻關小組為教練和運動員提供多元化的服務，例如教練提到滑浪風帆運動員操控帆板的轉向出現問題，攻關小組的科研事務科屬下五個部門的同事便會從不同角度如心理、生理、運動生物力學等層面去探討問題，經小組成員商討後，再向教練提出全面的建議。有需要也會邀請體院以外的專家參與討論。」

有些運動員的情況只涉及兩、三個範疇，有關的專家便會互相合作，務求儘快令運動員的訓練質素得以提升。例如教練要求科研人員協助提升運動員的力量和速度，體適能部便會建議有關的訓練方案，而運動科學部則會提供一些測試方案及補充建議；又例如針對運動員常見的傷患問題，除了運動醫學部會負責跟進個案和給予建議外，運動心理專家亦會按情況提出意見，因為傷患問題往往會影響運動員心理，康復後，受傷的經驗仍可能困擾着運動員，這便需要心理上的輔導才能完全康復，有信心繼續在比賽中表現出色。

Establishment of a Task Force for Preparing Athletes for Major Games

The Asian Games, staged every four years, will be held from 1 to 15 December 2006 in Doha, the capital of Qatar in the Middle East. Athletes from 45 Asian countries will compete in 39 sports totalling 423 events. Besides, the Far East and South Pacific Games for the Disabled (FESPIC Games) will be held from 25 November to 1 December 2006 in Kuala Lumpur, Malaysia. How do the Hong Kong elite athletes prepare for these two great sports events in Asia, so as to strive for more medals for Hong Kong? Let's look into the detailed deployment of the scientific experts who work behind the scenes.

Dr Chung Pak-kwong, Chairman of the **Task Force** says, "The HKSI has to provide training and support services for more than 600 athletes in our daily operation. When Major Games are approaching, the HKSI has to formulate strategies at an early stage to allow flexibility in allocating resources to ensure the skills and the conditions of the potential medallists are at their peak during competitions. In this regard, the HKSI will set up a Task Force one year ahead of each Major Games event to design tailor-made training programmes for potential medallists, so as to strengthen medal hopes for Hong Kong. The Task Force comprises Head Coaches of each sport and the scientific professionals."

Dr Chung continues, "Taking the Asian Games to be held in December this year as an example, the coaches identified a list of potential medallists a year before the Games for the Task Force to individually review and assess. While scheduling and arranging for local and overseas training and competitions, the coaches will, based on the condition of each athlete, refer to the Task Force the areas of scientific and sports medical support they need. Through professional analysis and exchange of expertise, scientific professionals will assist Head Coaches to formulate the best training programmes for individual athletes."

Collected Experts' Views to Enhance Performance

To help readers have a full understanding of the operations of the Task Force, several Task Force representatives were interviewed. They elaborate how the different scientific support services can help enhance the athletes' performances.

Sports Science — mutual coordination to enhance training quality

Raymond So, HKSI Sports Physiologist and the coordinator of sports sciences, is the key Task Force leader, says, "The Task Force provides comprehensive support to the coaches and athletes. For instance, the windsurfing coach brings out a steering problem related to the athlete's control of the sail board, then the Task Force members from the scientific services team will study the problem from psychological, physiological and sports biomechanical approaches. They will recommend comprehensive solution to the coach after deliberation. Sometimes the Task Force will also invite external experts to participate in the discussion."



此外，對於經常接受大量訓練的運動員來說，容易造成肌肉疲勞，故此運動按摩服務的需求特別高，如依據一般程序來安排服務，運動員或需等候多時，透過攻關小組的特別安排，具獎牌希望的運動員能夠獲得彈性和優先的服務。為了協助運動員適應比賽環境，較早前體院攻關小組部份成員及運動員已前赴多哈比賽場地視察環境，以做好充足的準備，滑浪風帆運動員更前往當地練習，掌握當地水流和風力。

運動營養 — 不可或缺的比赛能源

體院運動營養主任、註冊營養師鍾素珊則指出，運動員平日已清楚知道如何均衡飲食，亦懂得因應不同性質的運動項目進食。一些持久性的運動項目如單車、馬拉松、三項鐵人，運動員便要採用「醣原負荷法」，注意碳水化合物的吸收，確保身體有充足的能源。而講求技術及精神集中的運動項目如桌球，運動員在比賽進行期間亦須特別注意醣份的吸收，以免身體血糖量過低，影響表現。

因應今屆亞運會比賽的氣候環境，鍾素珊建議：「多哈十二月份溫度約攝氏20多度，跟香港差距不大，對運動員並不會構成太大的影響，但當地天氣比較乾燥，水份容易流失，故此運動員特別需要注意水份的補充，因為身體需要水份來輸送糖份、電解質、氧份和鐵質等營養素，而充足的水份亦有助預防抽筋及中暑。在比賽期間，低量肌醣儲備、運動後30分鐘內攝取碳水化合物、足夠的水份或電解質補充等，都能協助保持體力和達到運動恢復的目的。一些攜帶方便的運動食品如能量棒、糖漿和運動飲料，都要準備妥善。」

However, some athletes may have problems in two or three different areas. In this case, the corresponding experts have to cooperate with each other to help solve the problem, so as to enhance the quality of training as soon as possible. For instance, the coach requests the experts to help improve the strength and speed of the athletes, the Strength & Conditioning Department would suggest some training programmes and the Sports Science Department would provide some testing and remedial measures. For cases related to injuries which are commonly found among athletes, both the Sports Medicine Department and the sports psychologists will follow up the case and advise accordingly. This is because an injury experience may haunt the athletes even after they are physically recovered and, therefore, psychological counselling can help them fully recover with confidence in their ability to continue to perform well.

In addition, athletes may often have muscle fatigue problems due to extensive training, so the demand for sports massage is exceptionally high. Under normal practice, they may have to queue up for a period of time for service. With the coordination of the Task Force, the athletes with higher medal hopes would be given priority of service in a flexible manner. To help athletes adapt better to the competition environment, some members of the Task Force and some of the athletes have already travelled to Doha for a site visit earlier on in the year. Windsurfing athletes have gone there for training, so as to gain a better understanding of the water flow and wind force at the competition venue.

Sports Nutrition — the indispensable source of power in competition

Susan Chung, the HKSI's sports nutritionist, points out that athletes know well what a balanced diet is and they also have a good knowledge on the types of food they should take in regard to the sport they are involved. For instance, sports like cycling, marathon and triathlon, which may normally span longer hours, athletes should follow a "carbohydrate loading" regimen to consume more carbohydrate, as a major source of energy. For sports requiring skill and high concentration like snooker, athletes have to pay special attention to the carbohydrate intake during competition as a low blood sugar level may affect their performance.

Concerning the weather in Doha, Ms Chung suggests, "The temperature in Doha in December is similar to that in Hong Kong. It is around 20 degrees Celsius that won't have much negative effect on the athletes. However the humidity is relatively low resulting in accelerated dehydration, so athletes need to pay attention to water intake. Water is useful in transporting nutrients like glucose, electrolytes, oxygen and iron, and avoiding cramp and heat stroke. During competition, low storage of muscle glycogen storage, immediate carbohydrate intake within 30 minutes after exercise, adequate fluid and electrolyte intake are the keys to sustain energy and to recover after exercise. Handy food such as energy bars, syrup and sports drinks should be well-prepared in advance."



運動心理 — 協助運動員妥善處理壓力

體院運動心理主任姒剛彥博士稱，運動員參加大型比賽時要保持最巔峰的心理狀態，運動心理學家會依據他們平日對運動員的觀察、與運動員定期的傾談，以及教練的意見和來自跨部門成員提供的科學數據，對運動員的心理訓練進度加以監控。在處理運動員傷患問題上，更會與運動醫學部緊密合作，確保運動員在維持有質量的訓練的同時，亦能將負面的心理影響減至最低。

由於運動員應付壓力的能力不一，而壓力來源亦因人而異，心理學家會為運動員提供適切的心理訓練，使他們能夠在比賽前盡量放鬆，以進入最高峰的備戰狀態。此外，在比賽進行期間，他們亦會為運動員提供臨場心理輔導，而運動心理學家平日亦會與教練交流一些心理技巧和知識，確保教練在比賽過程中亦能協助運動員保持最佳的心理狀態。

按潛力分配資源

除了以上所提及的範疇，攻關小組的工作還包括為運動員提供其他方面的協助，例如協助在學運動員向學校申請出外訓練和比賽的安排，並且為他們提供學業上的補課服務。鍾博士解釋，由於資源有限，在提高運動員於亞運比賽表現的大前提下，精英運動員的支援是按他們贏取獎牌的潛力作為優先分配的考慮。

攻關小組針對2000悉尼奧運會開始運作以來，不斷檢討和改善，使各部門更積極發揮功效，協助有機會奪取獎牌的運動員在比賽期間以最佳狀態爭取佳績。多年來，香港精英運動員在國際體壇的成就不斷攀升，足以證明有效的支援服務和策略相當重要。

Sports Psychology — assist athletes to manage stress

Dr Si Gang-yan, the unit head of Sports Psychology, explains that athletes participating in Major Games events need to be in peak psychological condition. To monitor athletes' progress, the sports psychologists depend on daily observations and regular meetings with athletes as well as coach feedback and scientific data from the other multi-disciplinary team members. In the case of injury, close cooperation with the Sports Medicine Department ensures that the quality of training is maintained while the negative psychological impact is minimised.

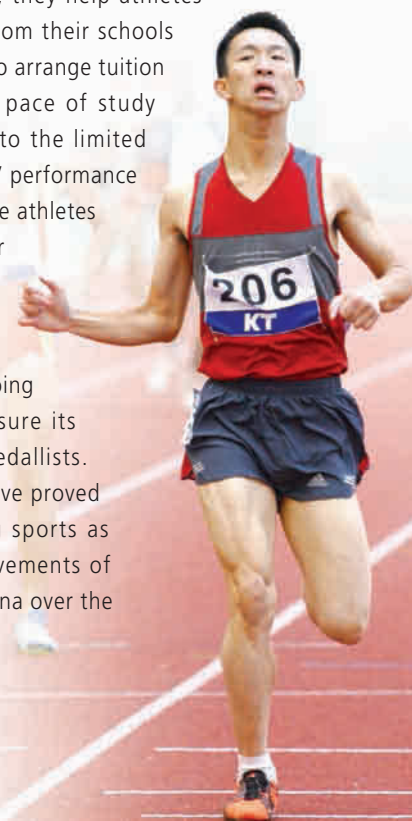
Since athletes have different stress-management abilities and the sources of stress vary from individual to individual, sports psychologists provide tailor-made psychological training programmes for all athletes, to enable them to maximise their ability to maintain a relaxed focus and reach peak psychological readiness before the start of the competitions. On-field support during competitions is also provided and the sports psychologists ensure that coaches are also able to contribute to the athletes' psychological readiness at competition time, with daily briefings on the required general psychological skills and knowledge.



Resources Allocated According Potential

Apart from the areas mentioned above, the Task Force also provides other support services to athletes. For instance, they help athletes who are still studying to get permission from their schools for training and competition overseas and to arrange tuition classes to help them catch up with the pace of study afterwards. Dr Chung explains that due to the limited resources and with an aim to boost athletes' performance at the Asian Games, the support for the elite athletes and the allocation priority is based on their medal winning potential.

The Task Force has been operating since the 2000 Sydney Olympic Games and is undergoing constant review and improvement to ensure its effectiveness in helping our potential medallists. Effective support services and strategies have proved to be vital to the success of Hong Kong sports as evidenced by the growing sporting achievements of our elite athletes at international sports arena over the past decades.



藝術及體育發展基金——財政支援精英體育項目備戰第十五屆亞運會

為備戰第十五屆亞運會，民政事務局撥款960萬港元予13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。

Arts & Sports Development Fund (ASDF) — The 15th Asian Games Preparation Fund for Elite Sports

Gearing up for the 15th Asian Games, the Home Affairs Bureau has approved a total amount of HK\$9.6 million to support for additional training programmes for the 13 Elite Sports. The extra support from the ASDF covers specific areas such as hiring coaches, overseas travelling for training and competitions, hiring training partners, purchasing of equipment and providing 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 would be able to maintain and intensify their level of training to increase the chance of winning medals for Hong Kong.

關於亞洲運動會

四年一度的亞洲運動會(亞運會)乃亞洲地區國家聯合舉行的運動會，象徵團結、熱情和友誼，為亞洲地區優秀運動員提供競賽的機會。首屆賽事始於一九五一年在印度新德里舉行，合共舉辦六項運動賽事，共11個國家及地區參加。亞運會迄今已舉辦至第十五屆，參加國家及參賽運動員每年都有所遞增。

About the Asian Games

The Asian Games, staged every four years, is the sports event held among Asian countries, where top athletes compete for the highest honour. It symbolises unity, passion and friendship. The 1st Asian Games was held in 1951 in New Deli, India and there were 11 countries/regions competed in six events. The Asian Games has now reached its 15th anniversary, and the number of participating countries and athletes has been increasing each time.

香港運動員在歷屆亞運會獲得獎牌數目 Medal Haul of Hong Kong Athletes at the Asian Games

參賽年份 Year	獎牌 Awards			
	金牌 Gold Medal	銀牌 Silver Medal	銅牌 Bronze Medal	總數 Total
1954	—	—	1	1
1958	—	1	1	2
1962	—	2	—	2
1966	—	—	1	1
1978	—	2	3	5
1982	—	—	1	1
1986	1	1	3	5
1990	—	2	5	7
1994	—	6	7	13
1998	5	6	6	17
2002	4	6	11	21

香港運動員在歷屆遠南運動會獲得獎牌數目 Medal Haul of Hong Kong Athletes at the FESPIC Games

參賽年份 Year	獎牌 Awards			
	金牌 Gold Medal	銀牌 Silver Medal	銅牌 Bronze Medal	總數 Total
1975	15	6	13	34
1977	2	8	6	16
1982	41	45	35	121
1986	63	36	26	125
1989	42	30	28	100
1994	19	19	17	55
1999	29	19	18	66
2002	41	25	26	92

關於遠東及南太平洋傷殘人士運動會

旨在推動傷殘人士運動，為傷殘運動員提供競逐和突破機會的遠東及南太平洋傷殘人士運動會(遠南運動會)，首屆賽事於一九七五年在日本舉行，今年已踏入第九屆，今屆比賽設有19項賽事，預計共有56個國家及地區運動員參加。

About the FESPIC Games

With the aim to promote sports for the disabled and to provide opportunities for disabled athletes to compete among each other as well as to pursue breakthroughs, the FESPIC Games was first held in 1975 in Japan. The Games has reached its 9th anniversary. Nineteen events will be held this year expecting athletes from 56 countries/regions to participate.

教

練與運動員

Coach & Athlete



陳耀海

Chan Yiu-hoi

游泳 教與樂

My Coaching
Philosophy

體院游泳總教練陳耀海自體院前身銀禧體育中心時期已擔任全職游泳教練，至今達20多載，但對於訓練精英運動員工作仍然樂此不疲，並視此為挑戰。這位出身運動健將的精英教練對於教練之道有甚麼見解？

HKSI Head Swimming Coach Chan Yiu-hoi has devoted his life to the full-time coaching of elite athletes since the inception of the Jubilee Sports Centre (former HKSI). Despite the rigours and challenges he has endured for more than 20 years, he still finds his work immensely stimulating and rewarding. Here is Coach Chan's philosophy on coaching.

引己為鑑 鼓勵運動員專注

陳耀海教練擔任游泳教練的年資早已超逾四分一個世紀，因為陳教練自小參加游泳訓練的時候，已經有當教練的機會。他說當年運動發展不及現在這樣制度化，每當他的教練因有要事，未能準時上課，他便會以大哥哥身份暫時充當教練，照顧年幼的隊員；即使在唸大學期間，他亦被大學委派當游泳代表隊隊長兼助教，從而累積了不少教授游泳的經驗，很自然地便走上教練這條道路。他在大學體育系畢業後，曾出任中學體育教師，適逢銀禧體育中心在一九八二年成立，並聘請全職游泳教練，他便成功入職，從此與教練工作結下不解緣。

Starting Out, Setting Targets

Coach Chan started coaching when he took up swimming as a youngster. Now, he has more than 25 years of coaching experience under his belt - great experience, great memories and great lessons for life. According to Coach Chan, he began coaching at the time when sports in Hong Kong were not well-developed. When he was a student and his coach was tied up with other engagements, Chan started to fill in for him, taking care of the younger members of the swimming team. At the university, he was appointed as the leader and assistant coach of the school team, so it was very natural for him to go for a coaching career. After graduating from the University's Sports Faculty, Chan was hired as a sports teacher at a secondary school. His biggest break came with the establishment of the Jubilee Sports Centre in Sha Tin in 1982, which gave Chan an invaluable chance to become a full-time swimming coach at the Centre.

作為專業教練，陳耀海清楚自己的首要任務就是要將精英運動員訓練至最佳水平，繼而在世界體壇上爭取成績。談到教練之道，他說自己年少時的運動經驗對日後訓練工作影響甚大。

「年少時，我熱愛運動，包括足球、手球、羽毛球、游泳及田徑，在多個項目都達到香港冠軍水平，也曾代表香港參加亞運會水球比賽，但我發覺自己同一時間接觸太多項運動，未有專心練習某一項運動，導致各項成績皆沒有突破。現在我以自己的經驗教導運動員，鼓勵他們要專注、投入，將時間和精力集中在自己最具潛質的運動項目中。」陳教練續說：「運動講求突破，運動員每每以為自己做得很好的時候，便要提高要求，令自己不斷進步，突破個人的極限，這才能在世界級比賽中爭取佳績。」

勉勵關懷 尋求突破

陳教練分享他在培訓運動員的過程中，會特別注意以下兩點：第一，在運動員艱苦過後，他便會在適當的時候鼓勵他們，簡單的輕拍膊頭，請他們吃早點或一起到戶外輕鬆一下，看似微不足道的舉動，卻能令他們感受到一份關懷。

此外，他要運動員明白世界正在不斷變動，人類也在不斷尋求突破，運動員亦要有這樣的雄心壯志和高尚情操，勇於為理想不斷付出，接受磨練和挑戰。

「這種尋求突破的過程殊不容易，運動員要咬緊牙關，用心忍耐，這時候教練、學校老師、家人和朋友的支持可謂舉足輕重。」陳教練以兼顧讀書和游泳練習的運動員為例，解釋說：「當運動員每天不辭勞苦，早上四時便起床到泳池練習，若回到學校第一句卻被老師問到『又去游泳呀？不用勤力讀書呀？』，運動員便會感到有點洩氣。對於運動員來說，政府與廣大市民的支持及認同是十分重要的，他們需要更多正面和鼓勵的說話，伴着他們走前面的路，使他們堅持下去。」



▲ 陳耀海教練與得意門生(左起)龍欣庭和伍劭斌。
Chan Yiu-hoi and athletes (from left) Lung En-ting and Robyn Lamsam.

Being a professional coach, Chan understands that his fundamental task is to prepare elite athletes to excel in the tough world sports arena. Chan believes that his sporting experiences as a youngster contribute tremendously to his coaching approach.

“When I was young, I used to be passionate about a variety of sports such as football, handball, badminton, swimming and athletics, and in fact I did reach Hong Kong champion levels in some of them. I once was selected as a representative of the Hong Kong water polo team at the Asian Games. Despite this, I realised that I had spent time on so many activities that I simply could not focus on becoming an outstanding athlete in any one of the sports. This invaluable experience has taught me to encourage my elite athletes to concentrate their time and efforts only on areas of their greatest potential.” He added, “Breakthroughs are important for athletes. Achieving a ‘personal best’ is not an end in itself, but is the moment for them to raise their target, their performance, and even further. Only by pushing themselves constantly to perform beyond their personal limits can athletes excel in world-class competitions.”

Be Passionate, Be Bold

Chan concentrates on two particular areas in the course of the daily training routine. First of all, he likes to spend time with the athletes outside of the pool - breakfast, relaxation sessions, friendly interaction to let the athletes know that he values them as people, not just athletes. Small though these steps would seem, he believes this is an important contribution to the relationship of trust and friendship on which a successful athlete/coach partnership is based.

Secondly, Chan wants the athletes to understand that the world is changing and human beings are constantly seeking breakthroughs. To pursue their dreams, the athletes need to hold fast to their vision by taking up new challenges day after day.

“Achieving regular breakthroughs is no easy task. Support from coaches, school teachers, family and friends is of tremendous importance as the athletes need a huge amount of resilience to withstand all the obstacles they face,” said Chan. He quoted the example of athletes who need to study and train at the same time, saying, “Athletes will definitely feel frustrated when they get comments such as ‘Swimming again? Why don’t you spend more time on studying?’ when they first meet their teachers right after swimming training which requires them to get up at 4:00am in the morning. Support and the recognition from the Government as well as from the general public is very important, athletes need more positive encouragement to keep them going.”

Developing a Sporting Culture

Chan remains concerned to see the right levels of backing for sport in Hong Kong. “Swimming has a long history of development and is highly regarded in the international sports arena as one of the premier sports of the Olympic Games. But when compared to western society, Hong Kong’s sporting culture still needs the Government to commit more resources and effort to promote the sport further. Only by encouraging more young people to participate in sports activities can the HKSI get the opportunity to discover more talented athletes. Some day, these budding athletes will represent Hong Kong in international competitions and - hopefully - bring glory to Hong Kong.”



▲ 陳耀海教練肄業於國立台灣師範大學，此照片攝於1973年。

Chan Yiu-hoi graduated from the National Taiwan Normal University. This photo was taken in 1973.



▲ 銀禧體育中心成立之初，陳耀海教練(箭咀指示)與其他教練合照。

Coach Chan Yiu-hoi (arrow indicated) with other coaches in the early days of the Jubilee Sports Centre.

運動文化尚待建立

陳教練認為：「游泳運動歷史悠久，在國際體壇包括奧運會皆備受重視，但相比外國社會，香港的運動文化仍需政府大力推動，以鼓勵更多年輕人參與體育運動，長遠而言才能發掘和培訓更多具潛質的精英運動員，代表香港參加國際賽事，為港爭光。」

近年，香港游泳運動員在亞洲地區的比賽表現已日漸進步，陳教練認為：「外國游泳運動員較香港的運動員高大，香港選手對水的靈敏度則較高，這是他們的優點，在培訓時讓他們知道自己的長處，並加以發揮，便可增加爭勝的機會。」

「游泳這運動十分有趣，在努力之下，運動員每每能取得突破，不斷打破紀錄，我們根本不知道當下運動員所造出的時間是否就是極限。」陳教練十分慶幸自己能夠將興趣與工作結合，每當運用新的研究和新的知識，再加上運動員努力之下而帶來新的突破和成績，他都會十分興奮，這些成就亦是推動自己繼續努力的動力。

In recent years, the performance of local swimmers in the Asian region has improved significantly. Chan believes that, "Compared with overseas swimmers, the build of local athletes is undoubtedly smaller. However, they are more flexible in the water. We can improve our chances of winning by making our athletes understand their strengths and use them to the fullest."

Chan returns however to one of his core themes - breakthrough. "Swimming is full of enjoyment and rewards. If athletes work hard, they can continue to reach and surpass their limits." Chan practises what he preaches and is glad that he can mix his personal interest with work. He still gets a thrill to see athletes achieving a personal breakthrough or setting new records, and is constantly striving to find new ways of training and motivating his protégés. Their achievements are the propelling forces that continue to drive him forward.



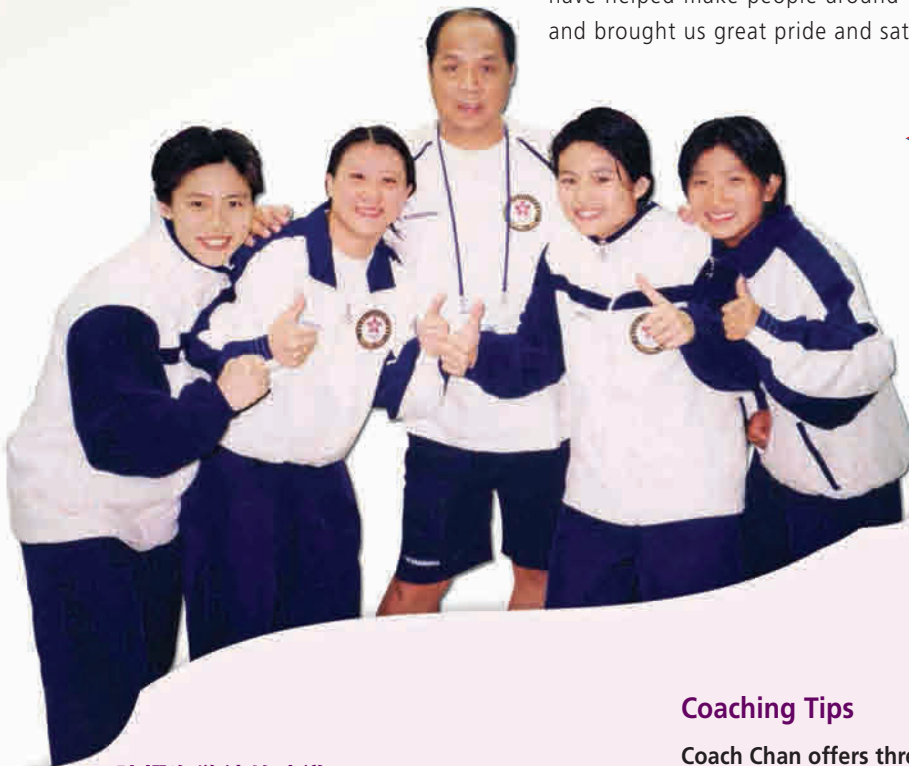
▲ 在第十屆全國運動會期間，陳耀海教練(前排左二)與中國隊教練葉瑾(前排中)及魯永明(前排左一)等共膳。

Chan Yiu-hoi (second from left, front row) met with the swimming coaches of China Ye Jin (middle, front row) and Lou Yongmin (first from left, front row) in the 10th National Games.

難忘的片段

談到教練生涯中的難忘片段，陳教練說有太多了，印象較深的是自己親手培訓的運動員在國際比賽領獎的那一刻，頒獎台上升起香港區旗、奏起國歌，他便會覺得十分感動。

他特別提及在二零零零年，當時香港已回歸中國，香港游泳運動員郭建明在韓國舉行的亞洲游泳錦標賽中取得冠軍，在頒獎的時候，大會竟然升起英國殖民地旗幟，並奏起英國國歌，在香港代表隊領隊提出抗議後，主辦單位才再度頒獎。陳教練從中體會到：「香港不論是英國殖民地還是中國的特別行政區，都有足夠實力培育出色的運動員在國際比賽中揚威，他們的成就令更多海外人士認識香港，帶給香港人更大的光榮。」



香港游泳隊在第三屆東亞運動會中取得 4 x 100 米混合泳接力銅牌。游泳運動員(左起)蔡曉慧、廖嘉莉、吳芷筠、江欣琦於賽後與教練合照。

The Hong Kong Swimming Team won the bronze medal in the 4x100m medley relay in the 3rd East Asian Games. (From left): Tsai Hiu-wai, Liu Ka-lei, Ng Chi-kwon and Kong Yan-kay with Coach Chan after the competition.

陳耀海教練的建議

陳教練傳授給同業的三大心得

- 有愛心，因為教練工作要不斷付出，務求達到理想效果。
- 以身作則，與運動員並肩同行。
- 作為教練不一定會樣樣精通，故此除了要以一己所長來訓練運動員，並應安排其他合適的教練或專家協助運動員的培訓工作。

年輕人怎樣才可以成為精英運動員？

要成為游泳運動員必須從小學習，培養興趣，表現出眾的便有機會被挑選作進一步訓練。現時游泳運動在香港發展蓬勃，不少學校、泳會和康樂及文化事務署都會開設不同級別的訓練課程，而香港業餘游泳總會亦設有青苗游泳培訓計劃及游泳獎章計劃，參加者經評核考試後可逐步晉級或獲頒獎章及證書。如欲得知更多計劃資料，可瀏覽香港業餘游泳總會網頁：

www.hkasa.org.hk或致電2572 8594查詢。

Unforgettable Moments

Coach Chan said there have been many unforgettable experiences, but the most impressive memories are those when his athletes have received honours in the cauldron of international competition. He is always touched and proud to see the HKSAR flag hoisted and the national anthem played.

Perhaps the most poignant moment of all for Chan was at the 2000 Asian Swimming Championship held in Korea, when athlete Kwok Kin-ming won his event. Despite the fact that China had already regained sovereignty over Hong Kong, the Union Jack and the British national anthem were used for the prize presentation. The organisers agreed to re-present the prize to Kwok after a strong protest was made by the Hong Kong team manager. From this incident, Chan realised that Hong Kong has the ability to nurture brilliant athletes regardless of its sovereign status, be it a British colony or a Special Administrative Region of Mainland China. "The achievements of our athletes have helped make people around the world to know more about our city and brought us great pride and satisfaction."

Coaching Tips

Coach Chan offers three tips for any aspiring coaches

- Have a caring heart since coaching work is about constantly delivering successful outcomes.
- Be a role model and work in partnership with the athletes.
- A coach may not be skilful in all areas, so he/she should not only give their all to train the athletes, but also arrange other coaches or experts to provide a truly comprehensive training programme.

How can young people become elite athletes?

To become a top class swimmer, you have to start at a young age. If you show promise, you will be selected for further training. At present, swimming is developing well in Hong Kong, with many schools, swimming clubs and the Leisure and Cultural Services Department offering training classes catering for different needs. In addition, the Hong Kong Amateur Swimming Association has set up the Young Athletes Swimming Training Scheme and the Swimming Award Scheme which participants can progress to next level or be awarded badges and certificates after attending the respective assessments. For further information, you can visit the website of Hong Kong Amateur Swimming Association: www.hkasa.org.hk or call on 2572 8594.

新設特別獎勵基金協助運動員備戰大型運動會

Special Incentive Fund Supports Athletes to Prepare for Major Games



▲ 開展儀式的主禮嘉賓包括民政事務局長何志平醫生(右二)、體院主席李家祥博士(右三)、弘民基金捐款用途諮詢委員會成員林貝聿嘉(右四)及葛量洪獎學基金委員會成員陳媽虹(右一)一同在紀念板上簽名，以行動支持及表揚體院精英運動員在追求傑出體育成就所付出的努力和貢獻。

Officiating guests Dr Patrick Ho, Secretary for Home Affairs (second from right), Dr Eric Li, Chairman of the HKSJ (third from right), Lam Pei-yu-dja, Member of the Advisory Committee on Disbursement of Donations of the Facility and Programme Donations Scheme (fourth from right), and Chan Yin-hung, Member of the Grantham Scholarships Fund Committee (first from right), signed their names on a commemorative display board as a gesture of support to the HKSJ Scholarship Athletes.

由體院負責管理的「香港體育學院獎學金運動員特別獎勵基金」，獲得特區政府轄下的弘民基金計劃和葛量洪獎學基金撥款，預計在四年間發放總共900萬港元，以現金形式給予在國際賽事的獎牌得主以及獲得2008奧運會參賽資格的精英運動員作為獎勵。

此特別獎勵基金為超過600位的體院精英運動員而設。他們來自13個精英體育項目、個別精英運動員資助計劃及兩個殘障人士體育項目的體育總會。體院將根據運動員於二零零六年至二零零九年期間所舉行的國際賽事，例如公開賽、錦標賽，以至奧運會資格賽所取得的成績而加以獎勵。

除了2008北京奧運會及2009香港東亞運動會外，亦希望此基金可以協助本地運動員備戰2006亞運會和遠東及南太平洋傷殘人士運動會(遠南運動會)、2007亞洲室內運動會、2008傷殘人士奧運會，以及2009全國運動會。

此基金的開展儀式於八月二十八日在體院舉行，典禮上更頒發合共約136萬4千港元現金獎勵予超過170位運動員，他們均在二零零六年一月至六月期間在國際賽事取得優異成績，因而成為首批特別獎勵基金的受惠運動員。

2005全國運動會單車銅牌得主黃金寶表示：「我非常高興看到這個新設的現金獎勵計劃正式展開，亦證明香港特區政府對本地精英運動員的支援與日俱增。這個新設的基金將提供更大的鼓勵，推動我們在國際比賽中的拼搏精神。」

奧運銀牌得主乒乓球運動員高禮澤說：「除了現金獎之外，這個獎勵亦是對自己努力追求卓越體育成就的一種認同，而我十分榮幸能夠成為其中一位受惠者。」

A new Special Incentive Fund has been launched to provide cash incentives to athletes who can win medals at various levels of international competitions or attain the qualification to the 2008 Olympic Games.

The Fund, administered by the HKSJ with financial support from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund, provides the athletes a total funding support of HK\$9 million over four years. The Special Incentive Fund will benefit athletes under the HKSJ's Sports Scholarship Programme, covering more than 600 athletes from 13 elite sports and Individual Athletes Support Scheme, as well as the athletes of the two sports associations for the disabled. Cash incentives will be disbursed to recipients according to results achieved at international competitions from 2006 to 2009, ranging from Open events to championships and the Olympic Games qualifying events.

Other than the 2008 Beijing Olympic Games and the 2009 East Asian Games in Hong Kong, it is also hoped that the Fund can help athletes prepare for the 2006 Asian Games, Far East and South Pacific Games for the Disabled (FESPIC Games), 2007 Asian Indoor Games, 2008 Paralympic Games and 2009 National Games.



▲ 2005全國運動會單車銅牌得主黃金寶(左四)及傷殘人士奧運會金牌輪椅劍擊運動員余翠怡(左三)代表運動員接受簽發狀。
2005 National Games cycling bronze medallist Wong Kam-po (fourth from left) and Paralympic wheelchair fencing gold medallist Yu Chui-ye (third from left) represented benefited athletes to receive the giant certificate of commitment.

At a Launch Ceremony held at the HKSJ on 28 August, over 170 athletes who returned with criterion results during the period from January to June 2006, were presented with cash awards at a total amount of around HK\$1,364,000 as the first batch of recipients for the Fund.

"We are happy to see increased support from the Government with this new financial award to assist Hong Kong's elite athletes. I am sure the new Fund will encourage us to strive for better results in these Games," said Wong Kam-po, 2005 National Games bronze medallist in cycling.

Olympic table tennis silver medallist Ko Lai-chak said, "It recognises our hard work and effort in the pursuit of sporting excellence and it's an honour to receive the award."



▲ 四位主禮嘉賓分別頒發嘉許狀予部份獲第一期獎勵的體院獎學金運動員。
 Officiating guests presented certificates of appreciation to the first batch of recipients of the Special Incentive Fund.

傷殘人士奧運會金牌輪椅劍擊運動員余翠怡對於能夠獲得資助感到相當高興，她說：「殘障運動員同樣需要付出無比勇氣和毅力才能夠在國際體壇上取得成就，很高興這個基金亦重視我們對香港體壇的貢獻。」

Paralympic wheelchair fencing gold medallist Yu Chui-ye was also appreciative of the financial support. "Disabled athletes are required to invest maximum effort in order to achieve international results. I am glad that the Fund also acknowledges our contribution," she said.

弘民基金計劃

政府一向致力推廣文化藝術、康樂體育與及社區建設。弘民基金於二零零四年成立，由民政事務局與民政事務總署和康樂及文化事務署共同執行。弘民基金計劃可以弘揚全民參與的精神，加強市民對社會的歸屬感和承擔。同時，公眾的熱心支持和慷慨捐助，可以令更多饒有意義的計劃得以付諸實行，為廣大市民提供更完善的社區文康設施，以及舉辦更豐富多采的活動。

Facility and Programme Donations Scheme

The Facility and Programme Donations Scheme was set up in 2004 under the Home Affairs Bureau and operates in collaboration with the Home Affairs Department and the Leisure and Cultural Services Department. It has all along been the policy of the Government to promote arts and culture, recreation and sports and community building. The Scheme fosters the spirit of public participation, as well as enhances the public's sense of belonging and commitment to the community. With enthusiastic participation and generous donations from the public, a larger number of worthwhile projects, including provision of community cultural and recreational facilities and organisation of enriching activities, can be implemented.

葛量洪獎學基金

葛量洪獎學基金是根據葛量洪獎學基金條例(第1076章)於一九五五年成立，藉以紀念總督葛量洪爵士。基金的目的是用作促進及鼓勵本地教育，尤其是為居於香港及就讀於香港的小學、中學、職業先修學校、工業學校及高等教育院校的人士，提供獎學金及生活資助。

Grantham Scholarships Fund

The Grantham Scholarships Fund was established in 1955 under the Grantham Scholarships Fund Ordinance (Cap. 1076) to commemorate the Governorship of Sir Alexander Grantham. The objective of the Fund is to promote and encourage local education, and in particular for the provision, for persons resident in Hong Kong, of scholarships and maintenance grants in primary schools, secondary schools, pre-vocational schools, technical schools and institutions of higher education in Hong Kong.

▶ 「香港體育學院獎學金運動員特別獎勵基金」開展儀式嘉賓及運動員濟濟一堂。

Group photo of the Launch Ceremony of the Special Incentive Fund.



游泳入門

An Introduction to Swimming

起源

人類始祖涉水和渡河來捕魚或逃避猛獸，對於原始人類來說，游泳是基本的求生技能，其目的並不是休閒活動或競技運動。

最早的游泳比賽 — 19世紀初，游泳運動尚未普遍，直至一八三七年，英國游泳協會成立，游泳運動比賽相繼在英國及澳洲正式展開。於一八九六年在希臘雅典舉行的第一屆奧林匹克運動會中，游泳已被列為比賽項目。

最古老的比賽泳式 — 最初大部份游泳人士都是以蛙式來進行，所以蛙式可算是最古老的比賽泳式。到了一八七零年，英國游泳教練阿瑟在南美看到當地土著以左右手上下撥動方式來游泳，便將這種泳式引入英國，此乃自由式的雛型，其後再被改良和演變成現今的自由式。其他泳式如蝶泳及背泳則於其後陸續出現。

統一比賽規則 — 過去的游泳比賽規則紛紜，沒有統一的做法。在一九零八年，來自德國、比利時、丹麥、芬蘭、法國、英國、匈牙利和瑞典的八國代表在英國倫敦開會決定統一國際游泳比賽的規則，並議決成立國際游泳聯會。

Origins

Our ancient ancestors started paddling and rafting for fishing or to escape wild animals. Swimming became a basic skill for survival, rather than for leisure or competition like it is today.

The Earliest Swimming Competition — Swimming as a sport began its growth to popularity in the early 19th century. Swimming competitions began to be held in United Kingdom and Australia once the National Swimming Society of Great Britain was established in 1837. Swimming was selected as one of the competition events in the first Olympic Games held in Athens, Greece in 1896, and has retained its Olympic status at every Games since then.

The Oldest Form of Swimming — In the early days most swimmers started with breaststroke, and therefore breaststroke is regarded as the oldest form of swimming. A primitive method of freestyle emerged in the 1870s when the British swimming coach J. Arthur Trudgeon went to South America and saw natives there swimming with an alternate arm over stroke. He brought this swimming form to England, from where it has improved and evolved into the style that we see today. Other swimming forms such as butterfly swimming and backstroke swimming emerged later.

Unification of the Competition Rules — In the past, swimming rules varied from competition to competition. In order to unify the rules, representatives from Germany, Belgium, Denmark, Finland, France, England, Hungary and Sweden met in London in 1908 to decide a set of unified competition rules as well as the establishment of the Federation Internationale de Natation Amateur (or FINA as it is more commonly known today).

學游泳的基本常識

初學者，首先不是考慮學哪一種泳式，而是先熟悉水性，克服怕水心理，並掌握游泳時獨特的呼吸方法和安全要點。另外，學游泳必須循序漸進，先掌握基本動作，抓住動作重點，然後再改善動作細節，反覆練習，令動作達至自然流暢。

不少游泳者以為運用雙手快速拍擊水面便會游得快，其實這是錯誤的想法。想游得快，一方面要增加動力，另一方面要減少阻力，其中以後者較為重要。游泳者要減少游泳的阻力，首先要放鬆身體，同時要培養「水感」，即要感覺到水的阻力和游泳動作的關係。有水感的人會知道如何運用手掌抓水、推水，並讓身體以最少的阻力，像魚一樣在水中向前滑動。以下是一些有助減少阻力的方法：

Basic Knowledge for Swimming Beginners

The first thing beginners need to consider is how to adapt to the water rather than choosing which swimming form to start with. Beginners have to overcome the fear of water and master breathing techniques in water, as well as understanding safety guidelines. They can then start to grasp the basic skills and move on step by step with repeated practice in order to develop a smooth stroke style.

Most swimmers believe thrashing quickly in the water can help you swim fast. That's not the most effective way. Basically, there are two ways to make you swim faster: by accelerating the force and decreasing water resistance. Comparing both techniques, the latter is more effective. To minimise water resistance while swimming, swimmers have to relax and learn to 'feel' the water at the same time. This means they have to feel the connection between water resistance and stroke movement. Those who can feel the water know how to reach out their arms through the water and to move forward with minimum resistance, just like fish gliding in the water. The following suggestions will help swimmers reduce water resistance:

緩游 —— 幫助游泳者產生水感，熟悉水的流動。游泳時，手要盡量向前伸展，以獲得最長的划水距離，這樣有助游泳者在高速游動時放鬆肌肉，既節省能量，亦可減少疲勞。

有韻律感的划水動作 —— 能提高移動的穩定性。

保持身體流線型 —— 除了要鍛煉好游泳的理想身型外，正確的游泳動作亦有助改善身體流線型，以致減少阻力，例如在游蝶式時，應把握將頭及胸部壓入水中的機會，而在進行自由式划水動作時要滾動身體，讓肩膀垂直於水面，使身體的截水面積減至最低。

先學哪一種泳式

很多教練在教授初學者游泳時，都喜歡先教授自由泳，而蛙泳和踩水動作比較相似，初學者也可先學蛙泳，再學踩水。另外，游背泳時，由於頭部一直露出水面，呼吸較容易控制，所以背泳亦為很多初學者學習的泳式。初學者只要掌握臥在水中滑行和雙腿打水動作，就能很快學會背泳。

Swim slowly — this helps swimmers feel the water and get familiar with the water flow. During swimming, extend the arms as far as possible to get the maximum range of the strokes. This helps swimmers relax their muscles, save energy and reduce fatigue when swimming at high speed.

Rhythmic stroke movement — improves balance and stability in locomotion.

Streamlined shape — besides maintaining an ideal body shape for swimming, it is essential to note the correct posture when the body is in the water to reduce water resistance. For instances, swimmers should push the head and chest down into the water during butterfly swimming, and keep rolling from side to side with each stroke, while the shoulders must be vertical to the water surface when swimming freestyle.

What form of swimming should you learn?

Most coaches start with the freestyle swimming when teaching beginners. However, beginners may also begin with breaststroke, followed by treading water, as the movements of both are very similar. Backstroke is also an easy stroke for beginners to master, as swimmers can expose their head out of the water for easy breathing, leaving them to master the gliding and kicking actions.



游泳裝備

泳衣 —— 游泳時穿著一件式泳衣，保持身體的流線型，可能有助減低游泳的阻力。

泳帽 —— 用來包裹頭髮，避免遮掩眼睛。

泳鏡 —— 用來保護眼睛，增加在水中的能見度。

Swimming Gear

Swimming Suit —— A one-piece swim suit may help streamline the body shape, thus lowering resistance when moving in the water.

Swimming Cap —— To cover the hair and keep it clear of the eyes.

Swimming Goggles —— To protect the eyes and to enhance visibility underwater.

主要賽事

一般游泳賽事除了包括男女子組的自由泳、蛙泳、背泳和蝶泳之外，也有長池和短池之分。長池賽事乃指在50米長泳池內進行的比賽類別；而短池賽事則泛指在少於50米長泳池內進行的比賽，近年的短池賽一般以25米長泳池用作比賽，但所有重要的國際游泳比賽均是長池賽。

奧運會、世界游泳錦標賽和亞運會都是游泳運動的重要賽事，另外，泛太平洋游泳錦標賽、世界短池游泳錦標賽和世界盃短池游泳賽都是游泳選手重視的賽事。現時奧運會常設的男女子游泳賽事合共有32項，而世界游泳錦標賽則設有40項（見下列附表）。

Major Competitions

Swimming competitions are categorised according to gender and swimming forms: freestyle, breaststroke, backstroke and butterfly as well as long and short courses. Long course events refer to competitions conducting in a 50m swimming pool while short course events, generally speaking, are events conducting in a swimming pool less than 50m in length. In recent years, short courses events are invariably conducted in a 25m swimming pool and all major international swimming competitions are long course events.

The Olympic Games, the FINA World Swimming Championships and the Asian Games are the most important international competitions. The Pan Pacific Swimming Championships, the FINA World Swimming Championships (short course) and the FINA Swimming World Cup are also of importance to athletes. At present, there are a total of 32 swimming events in the Olympic Games and 40 events in the FINA World Swimming Championships (see table below).

重要游泳賽事的主要項目 Swimming Events in Major Competitions

自由泳 Freestyle Swimming :

50米, 100米, 200米, 400米, 800米, 1500米

自由泳接力 Freestyle Relay : 4x100米, 4x200米

蛙泳 Breaststroke Swimming : 50米, 100米, 200米

背泳 Backstroke Swimming : 50米, 100米, 200米

蝶泳 Butterfly Swimming : 50米, 100米, 200米

個人混合 Individual Medley : 200米, 400米

混合接力 Medley Relay : 4x100米

世界游泳錦標賽設有以上比賽項目的男女子組賽事，合共40項，而奧運會的32項賽事則不包括自由泳800米男子組賽事、自由泳1,500米女子組賽事，還有蛙泳50米、背泳50米，以及蝶泳50米之女子組賽事。另外，2008北京奧運會設有馬拉松10千米賽事。

The FINA World Swimming Championships hosts all the above events for the men and women races while the Olympic Games does not have men's 800m freestyle event, women's 1,500m freestyle event, as well as 50m breaststroke event, 50m backstroke event and 50m butterfly event for both men and women. Besides, a 10km Marathon swimming event will be held in the 2008 Beijing Olympic Games.

參考資料 Reference Materials

- 國際奧林匹克委員會網頁 International Olympic Committee's website (www.olympic.org)
- 國際游泳總會網頁 FINA'S website (www.fina.org)

- 《從小學游泳》王勃編著，國家出版社出版
- www.gsv1.de/fish.htm

水中飛魚

Hong Kong's Flying Fish



繼續游下去.....

不少香港的游泳運動員在20多歲的時候便會考慮到前途問題而另謀發展，不過，現年26歲的符泳卻仍然站在最前線，邊當游泳教練邊接受在香港代表隊訓練，說起來原來還是有一段故事的。

符泳自小出生於游泳世家，三歲開始，擔任教練工作的爸爸已親自教導符泳泳術，八歲那年，符泳已代表香港參加亞太齡游泳錦標賽，直至19歲時便被邀請加入香港代表隊。

漫長的訓練.....

在漫長的游泳訓練過程中，精英運動員符泳曾經歷過一段艱難時期：「當時我每天重複着相同的動作，漸漸發覺自己已經失去目標，覺得游泳是一件十分辛苦的事，甚至不想參加任何比賽。」符泳確曾一度停止了參加任何比賽達兩年之久，並嘗試過游泳以外的職業，不過，從工作的經歷中所碰到的種種人和事與及爭拗，卻又令他有了新的體會——原來能夠專注地游泳是一件多麼值得享受的事情，只要做好自己，努力跟自己比拼，就是這麼簡單。

符泳覺得，游泳賦予他的實在太多了。豐富的比賽經驗與閱歷，認識到不同國籍的運動員、得到獎項的成功感和主動的個性等等，全部都是正面的影響。他十分慶幸能夠與游泳結緣，令自己的生命填滿了色彩。問及過去難忘的片段，佻皮的符泳笑道：「記得一次與其他香港游泳代表隊隊友在外地集訓期間，陳Sir(陳耀海教練)為了確保運動員的體能在最佳狀態，每晚都會替運動員量體重，超重的要跑步半小時至一小時，藉以提醒運動員要控制體重，當時我也曾嘗過這種晚上跑步的滋味，現在回想起來倒覺難忘。」

迎戰亞運.....

現在符泳正埋首備戰年底舉行的亞運會，希望能取得好成績，不過因為要兼顧教練工作，所以每天只維持在下午時段練習兩小時。他認為一個優秀的運動員最重要是不怕辛苦、凡事盡力而為，做好本份，那就已經問心無愧了，畢竟比賽總有輸贏，不可能每次都獲勝。此外，符泳亦提到運動員要主動，經常自我反省和接受別人的意見，就訓練也可主動與教練商討，以尋求最適合自己的訓練方法。

符泳 Fu Wing

Swimming is My Life...

By the time they reach their twenties, most swimmers are beginning to plan their futures away from the pool, not Hong Kong's 26-year-old Fu Wing. He still sees swimming as the most important part in his life, and somehow manages to share his time between his membership of the Hong Kong Swimming Team and coaching the sport that he loves. Here is his story.

Fu started swimming at just three years of age under the guidance of his father who is also a swimming coach. At the age of eight, Fu represented Hong Kong in the Asia Pacific Age Group Swimming Championships and was invited to join the Hong Kong Swimming Team at the age of 19.

Training: the Long Hard Road...

Fu has not always found training easy. "Endless repetition day after day, year after year, brought on a period of disillusionment. Swimming became a hard task for me and I didn't even want to compete any more." Fu simply stopped swimming competitively for nearly two years and began to get some work experience. However this too brought its difficulties, and after experiencing the complexity of interpersonal relationships in the workplace he realised that swimming could be enormously enjoyable if he simply focused on striving to be the best.

Fu now appreciates that swimming brings him a great deal of pleasure and satisfaction. Memories, competitive experiences, friends all over the world, personal success and development: all these things add colour to his life. He is happy to recall many memorable moments in his swimming career. "I remember being in an overseas training camp with the team, Coach Chan (Chan Yiu-hoi) measured our weight every night in order to ensure we were in top shape. Anyone found to be overweight had to complete a 30-minute to one-hour run as a way to remind us to control weight - and of course I was one of those who had to run in order to lose weight!"

Gearing up for the Asian Games...

Fu is now gearing up for the Asian Games. He has high hopes, and still trains for two hours every afternoon despite the demands of his coaching job. Fu believes that to be an outstanding athlete you should never stint in your pursuit of excellence, however tough this might be. Results mean nothing if you have given everything you have in competition. There are winners and losers in any competition and you simply cannot win all the time, so it is important to be the best that you can be, working with your coach and always looking for ways to improve; that is what matters most.



孫嘉兒 Suen Ka-yi

游泳的樂趣.....

「游泳的滑翔動作，水在身邊經過的暢快感覺，以及游泳運動講求的速度，尤其短途50米賽事，在衝刺一剎那所產生的快感，都是游泳運動的樂趣。」擅長50米蛙泳的孫嘉兒喜悅地說。

孫嘉兒10歲開始便參加泳班學習游泳，希望身體更健康，經過一段時間訓練後，她已代表學校參加游泳比賽，並在地區的校際賽事中獲獎，當時她覺得十分鼓舞，並更努力和專注地練習游泳。後來經泳隊教練安排下，14歲的孫嘉兒獲邀與香港游泳隊成員一起接受為期三個月的訓練。就是這樣，她的游泳潛質進一步被肯定，不久正式成為香港游泳隊隊員至今。

尋求突破.....

15歲那年，孫嘉兒已打破香港50米蛙泳紀錄，同年先後三、四次不斷刷新香港紀錄，不過，小妮子翌年的成績卻停滯不前。

當時她立刻反省自己，提醒自己不要因為連番獲獎而驕傲，忽視刻苦練習的重要，因此，孫嘉兒便從基本功開始再認真練習，及後再次證明自己的實力。在2005年的東亞運動會中，孫嘉兒有機會與中國蛙后羅雪娟同場較量，最後更獲得女子50米蛙泳銅牌，羅雪娟認真練習的態度和出色的表現一直是孫嘉兒的學習對象，能夠與羅雪娟同台領獎，孫嘉兒感到十分高興。而今年她的目標就是在十二月舉行的多哈亞運會中取得佳績。

成功背後.....

孫嘉兒現時就讀香港浸會大學副學士心理學系，自加入港隊以來，每星期一、二、四、五早上四、五時便起床，以應付早上訓練，而在下午放學後，她亦會繼續練習。「有時候我也會替自己感到驕傲，能夠有這份毅力和體力去維持練習，這亦令我的身體更強壯，上課時我十分專心，總不會打瞌睡！相比起其他同學，我好像少了時間溫習，其實我只是選擇把消遣時間用在游泳練習上。」

艱苦背後，孫嘉兒最感激媽媽的支持，原來孫媽媽每天都會陪女兒在大清早摸黑起床，充當司機接送嘉兒到訓練和上課地點，風雨不改。在週末，孫嘉兒最享受與家人一起在海邊垂釣或在戶外放風箏，以平衡日常訓練和上課的緊張生活。她十分感激家人對她一直以來的支持。

Swimming for Fun...

"I find swimming terrific fun because it brings me pleasure and a sense of swiftness, especially when I am moving well in the water and when the finish line is in sight," said the delightful and talented 50m breaststroke swimmer Suen Ka-yi.

Suen joined her local swimming club at the age of 10 to improve her health. Diligent in her training, she later represented her school and won several district school competitions, which in turn gave her great encouragement to put more effort and focus on her swimming training. Thanks to some outstanding performances, she was recommended by her coach to train with the Hong Kong Swimming Team for three months at the age of 14, and then admitted as a member of the team.

Making a Breakthrough...

At the age of 15, Suen broke the 50m breaststroke Hong Kong record and broke several more records that year. However, her outstanding performances came to a halt a year later.

This led to a thorough self-evaluation by Suen. She reminded herself not to be arrogant about her achievements and questioned whether this might have made her neglect the importance of training hard, so she went back to basics to work on her fundamental skills. Suen was delighted to get the chance to compete with the Athens Olympic Games breaststroke champion Luo Xuejuan, and came back to prominence with a powerful performance at the 2005 East Asian Games where she won a bronze medal in women's 50m breaststroke. She was delighted to receive the award alongside Luo on the podium. Luo had become her role model whose skills and attitude have inspired her. Suen has now set her sights on success at the Doha Asian Games to be held in December this year.

Behind the Scenes...

As she is studying for an Associate Degree in Psychology at the Hong Kong Baptist University, Suen has to get up at four to five o'clock to attend training everyday except Wednesday, with another training session in the afternoons after school. This is her daily routine since joining the Hong Kong team. "Sometimes I feel rather proud of myself because I have the persistence and strength and resolve to maintain a very demanding schedule. Swimming has made me healthier, and helps me concentrate - I have never fallen asleep at lectures yet! Making the best use of my time seems to be a helpful quality to have."

Behind the scenes, Suen's mother is her great support. Whatever the weather, her mother gets up at the same time as Suen everyday, and drives her to training venue, then to school, and then to training again in the afternoon. Apart from training and study, Suen enjoys outdoor activities like fishing and playing kite with her family during weekends. "My family has helped make all this possible," she says.



符泳

出生日期 Date of Birth :
18-3-1980

體重 Weight :
76公斤kg

身高 Height :
188厘米cm

現況 Status :
游泳教練 Swimming Coach

教練 Coach :
陳耀海 Chan Yiu-hoi

重要獎項 Major Achievements:

1999

第四屆全國城市運動會
4th National Intercity Games

- ▶ 男子50米自由式銅牌
Bronze Medallist in Men's 50m Freestyle

2005

第一屆亞洲室內運動會
1st Asian Indoor Games

- ▶ 男子50米自由式銅牌
Bronze Medallist in Men's 50m Freestyle

水

重要獎項 Major Achievements:

2005

第四屆亞洲分齡游泳錦標賽

4th Asian Age Group Swimming Championships

- ▶ 女子50米蛙泳 (18歲或以上) 銀牌
Silver Medallist in Girl's 50m Breaststroke (18 yrs & over)
- ▶ 女子100米蛙泳 (18歲或以上) 銀牌
Silver Medallist in Girl's 100m Breaststroke (18 yrs & over)

第四屆東亞運動會

4th East Asian Games

- ▶ 女子50米蛙泳銅牌
Bronze Medallist in Women's 50m Breaststroke

第一屆亞洲室內運動會

1st Asian Indoor Games

- ▶ 女子100米蛙泳金牌
Gold Medallist in Women's 100m Breaststroke

2006

第七屆亞洲游泳錦標賽

7th Asian Swimming Championships

- ▶ 女子50米蛙泳銅牌
Bronze Medallist in Women's 50m Breaststroke

孫
嘉
兒



出生日期 Date of Birth :

16-11-1987

體重 Weight :

57.5公斤kg

身高 Height :

163厘米cm

現況 Status :

體院獎學金運動員HKSI Scholarship Athlete

教練 Coach :

陳耀海 Chan Yiu-hoi

飛
魚

Hong Kong's
Flying Fish

兩位體壇新星 獲傑出青少年運動員殊榮

Two Up-and-coming Athletes Named the Outstanding Junior Athletes

單車運動員王史提芬與乒乓球運動員李皓晴憑着在國際賽事中的傑出表現，獲選為二零零六年第二季香港體育學院傑出青少年運動員。



頒獎典禮於八月二十三日在體院舉行，兩位傑出運動員分別獲頒獎狀、現金獎2,500港元及價值2,500港元的運動用品禮券；與此同時，10名表現優異的運動員亦獲頒嘉許狀，以茲鼓勵。他們包括陳彥文、劉曉雯、劉曦雯、呂靜妍及梁永輝(劍擊)、歐鎮銘及李浩賢(壁球)、趙頌熙(乒乓球)、陳詠悠(網球)及曾柏期(保齡球)。

出生於比利時的**王史提芬**於二零零四年開始加入為體院獎學金運動員，接受系統訓練。他繼去年十月在第十屆全國運動會中取得一面金牌後，再於今年五、六月，分別在亞洲BMX錦標賽及歐洲青年錦標賽勇奪冠軍。

現年18歲的王史提芬說：「能夠獲得傑出青少年運動員殊榮，我感到十分高興，這獎項既是我過往努力訓練的肯定，亦推動自己繼續奮鬥，爭取卓越成績。」繼去年全國運動會取得佳績，王史提芬已將下一目標訂在即將舉行的亞運會及奧運會賽事，希望能夠成為首位奧運BMX冠軍車手。

另外，乒乓球運動員**李皓晴**對於今次再度獲獎感到興奮。她說：「對於能夠再次獲獎，我感到很高興，感謝我的老師、教練及家人的支持和鼓勵，他們對於我在讀書和運動方面都幫助不少。我希望與他們分享這項殊榮，以表示我對他們多年來為我默默付出的一點心意。」現年就讀拔萃女書院中二級的李皓晴憑着兩項國際乒聯青少年巡迴賽奪金的佳績再膺殊榮。

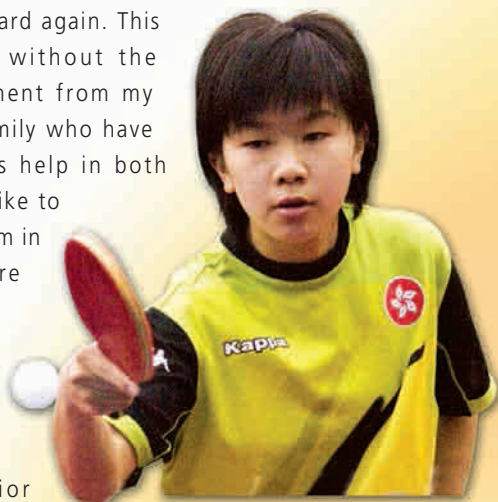
Cyclist Steven Wong and table tennis player Lee Ho-ching named as the Hong Kong Sports Institute Outstanding Junior Athlete Awards for the second quarter of 2006 following their remarkable sporting achievement during the period.

A presentation ceremony was held on 23 August at the HKSI where the two juniors were awarded a cash prize of HK\$2,500, a sports gears voucher of HK\$2,500 and a certificate of merit. In addition, 10 athletes including fencer Chan Yin-man, Lau Hiu-man, Lau Hei-man, Lui Ching-yin and Leung Wing-fai, squash player Au Chun-ming and Lee Ho-yin, table tennis player Chiu Chung-hei, tennis player Chan Wing-yau and bowler Tsang Pak-kei, were presented a certificate of appreciation to recognise their outstanding performance from April to June 2006.

Steven Wong, who was born in Belgium, first started to receive formal training as HKSI Scholarship Athlete in 2004. He won a gold medal for Hong Kong at the 10th National Games held in October 2005 and continued to make brilliant achievements in the Asian Championships and European Junior BMX Championships held in May and June 2006 respectively where he clinched gold medals in both races.

"I am delighted to receive the award which serves as a recognition as well as a great motivation for me to work harder and strive for the best," said 18-year-old Wong. Riding on the success at the 10th National Games, Wong has set sight on the coming Asian Games as well as the Olympic Games and hopes to become the first Olympic BMX champion.

The second-time winner **Lee Ho-ching** was happy to receive the honour again. "I am grateful to receive the award again. This would not be possible without the support and encouragement from my teachers, coaches and family who have provided me tremendous help in both study and sport. I would like to share this honour with them in appreciation of their care and guidance over the past years," said the second form student from Diocesan Girls' School who won two gold medals at the ITTF World Junior Circuit.





◀ 獲頒嘉許狀的運動員對於獲獎感到鼓舞。
Athletes were happy to receive the certificates of appreciation.

李皓晴自二零零零年開始接觸乒乓球運動，並於二零零三年開始接受體院運動員獎學金計劃的系統訓練，不過她早於二零零二年已代表香港參加在日本舉行的東亞兒童盃賽。她表示：「雖然未能在這個高水平的比賽中獲得獎牌，但是這個可以與其他國家頂級球手較量的比賽經驗實在難得。」

雖然年紀輕輕，李皓晴卻目標遠大，矢志成為亞運及奧運代表隊成員。「奧運金牌選手張怡寧出色的球技，以及她對乒乓球運動的認真態度，令我得到不少啟發，推動我更加努力，希望自己日後也像她一樣成功。」李皓晴補充說。

傑出青少年運動員選舉活動由體院主辦，並獲中國香港體育協會暨奧林匹克委員會及香港體育記者協會支持，以季度形式表揚優秀的本地青少年運動員。

Lee joined the sport in 2000 and began formal training at the HKSI in 2003. However, she first represented Hong Kong in 2002 at the East Asia Grand Prix Hopes Table Tennis Championships held in Japan. "Although I did not win any medal at such high level competition, this is a good experience for me to compete with top players from other countries."

Despite her young age, Lee has a target on the coming Asian Games as well as Olympic Games. "The Olympic gold medallist Zhang Yining has inspired me by her skills and attitude towards the sport and acted as a role model for me to train harder. I hope that I can be as successful as Zhang," added Lee.

Presented by the Hong Kong Sports Institute with the support from the Sports Federation & Olympic Committee of Hong Kong, China and the Hong Kong Sports Press Association, the Awards scheme aims to recognise the achievement of local junior athletes on a quarterly basis.



▲ 三位嘉賓頒發獎狀予其中七名表現優異的運動員。左起：梁永輝(劍擊)、曾柏期(保齡球)、歐鎮銘(壁球)、趙頌熙(乒乓球)、運動員及科研事務總監李翠莎博士、港協暨奧委會副會長郭志樑、香港體育記者協會執行委員會主席朱凱勤、劉曉雯、呂靜妍及劉曦雯(劍擊)。

Three guests present certificates of appreciation to seven athletes. From left : Leung Wing-fai (fencing), Tsang Pak-kei (tenpin bowling), Au Chun-ming (squash), Chiu Chung-hei (table tennis), Dr Trisha Leahy, Head, Athlete & Scientific Services, HKSI, Karl Kwok, Vice President, Sports Federation & Olympic Committee of Hong Kong, China, Chu Hoi-kun, Executive Committee Chairman, Hong Kong Sports Press Association, Lau Hiu-man, Lui Ching-yin and Lau Hei-man (fencing).



國際科學研討會 結合力量訓練科學理論提升運動員比賽表現

International Scientific Symposium Pursuit of High Performance Athlete Development Through the Incorporation of Strength Training Science

由體院主辦，為期兩天的國際科學研討會，於九月十日已圓滿結束。是次研討會主題為「以力量訓練發展爆發力、耐力及穩定力的科學理論」，邀請了八位國際知名的運動專家分享他們的寶貴經驗，吸引逾170位教練、運動員、培訓人員、體育總會成員、本地熱衷體育人士，以及相關行業的專業人員出席。

體院院長鍾伯光博士對這次研討會得到體育界鼎力支持深感欣慰。他表示：「力量訓練被視為運動員基礎訓練計劃中重要的一環，有利於個人及團隊運動項目從最基本訓練發展到最高水平的力量及速度訓練。其中的核心穩定性訓練，能使身體更有效地轉移力量，提高活動效率。將這些元素結合的科學理論探討，坊間甚少，我們很高興能夠舉辦這次研討會，讓本地教練分享外國專家的經驗和心得。」

A two-day International Scientific Symposium presented by the HKSI was successfully completed on 10 September with eight renowned professionals sharing their invaluable experiences with the sports community. Titled "Strength Training Science for Power, Endurance and Stability Development", this cutting edge international symposium has attracted more than 170 coaches, athletes, trainers, national sports association officials, local sports enthusiasts as well as experts in related fields.

Dr Chung Pak-kwong, Chief Executive at the HKSI, was delighted to see the overwhelming response from the sports community. "Strength training science plays a pivotal role in developing athletes from basic levels of training all the way to the highest levels of power and speed development for both



透過實習及示範，國際科學研討會的演講嘉賓與參加者一起探討力量訓練這課題。
Speakers of the International Scientific Symposium interact with the participants during the practical and demonstration sessions.

鍾博士續稱：「研討會的主講嘉賓均是業界翹楚，擁有豐富經驗，並在相關課題作深入研究，他們的演說令與會者獲益良多，亦為香港運動員未來數年備戰一連串大型比賽提供寶貴的參考資料。為準備年底在多哈舉行的亞運會、2008北京奧運會、2009香港東亞運動會及2010廣州亞運會，相信體院今後會陸續舉辦更多同類型的科學研討會，藉此幫助運動員在大型比賽中有更出色的表現。」

individuals and team sports alike. Another element of the Symposium, core stability training, also assists the body in effectively transferring forces in order to produce high-level efficient and effective movements. Not much has been done in bringing these important topics together and the HKSI is proud for having had the opportunity of hosting such a symposium," said Dr Chung.

"All keynote speakers come here with vast expertise in their areas of studies or research and their presentations have definitely helped us, as Hong Kong is preparing for a series of Major Games in the forthcoming years. With the approaching of the Asian Games in Doha later this year, the 2008 Olympic Games in Beijing, the 2009 East Asian Games in Hong Kong, as well as the next Asian Games in Guangzhou in 2010, I strongly believe that we should host more scientific symposiums of this kind in order to benefit our athletes in their quest for sporting excellence in these Games," added Dr Chung.

出席是次研討會的演講嘉賓來自澳洲、加拿大、英國、日本、美國及香港，他們與本地及海外同業從多角度探討力量訓練科學技術，並透過示範、實習及討論環節，交流心得及暢談經驗。

Professionals from Australia, Canada, England, Japan, the United States and Hong Kong addressed a number of key topics in strength training science at the Symposium, an event which also provided local and overseas experts with the opportunity to share and exchange their views and experiences in related fields. Participants were also given the chance to interact with the speakers during the practical and demonstration sessions.

主講嘉賓及演講題目 Keynote Speakers and Topics of Presentation



George Gandy是英國躋身名人榜的教練，他曾擔任世界知名中長距離跑手Sebastian Coe的健身、力量及柔軟性訓練顧問，現職英國拉夫堡大學高水平競賽運動中心田徑運動總監及英國田徑總會耐力項目教練顧問。他的演講題目為「力量、速度與耐力 – 論英聯邦運動會1500米中長跑金牌得主如何備戰」，而實習環節題目為「耐力項目跑手的基本腿部訓練」。

George Gandy, a UK Hall of Fame coach and the coach/adviser to former world leading middle distance runner Sebastian Coe on gymnasium, weight training and flexibility, currently the Director of the Loughborough University High Performance Athletics Centre and Endurance Coaching Consultant to UK Athletics. He gave a presentation on the topic "Strength, Speed and Endurance: the preparation of a Commonwealth Games 1500 metre gold medallist." Gandy also conducted a valuable practical session with the theme of "Foundational leg conditioning for endurance runners".

加拿大滑鐵盧大學的**John Gray**擁有超過10年以上的運動治療及體適能訓練的經驗，他現正修讀博士學位課程，並與世界著名脊椎生物力學專家Stuart McGill博士一起工作。他的演講題目為「核心穩定性訓練新領域：如何改善精英運動員的表現及預防運動創傷」，並主持以「量化核心穩定性：評估運動員患上腰背創傷的工具及技術」為題的實習環節。



With over a decade of experience in exercise therapy and athletic conditioning, **John Gray**, from the University of Waterloo in Canada and doctoral student of world-renowned spine biomechanics researcher Dr Stuart McGill, spoke on "Beyond core stability: improving injury prevention and athletic performance in elite athletes" and conducted a practical session with the theme of "Quantifying core stability: tools and techniques for assessing low back injury risk in athletes".



日本龍谷大學運動科學部運動科學實驗室的**長谷川裕**教授，是日本職業足球聯賽顧問，他與各位嘉賓分享「高水平競賽運動員的爆發力、敏捷性與間歇訓練」。

Professor **Hiroshi Hasegawa** from the Laboratory for Exercise Science in the Sports Science Department of Ryukoku University, Japan, and consultant to J-League soccer team, presented his topic "Explosive speed, agility and interval training for high performance athletes".



Randy Huntington是美國密西根州立大學田徑跳遠項目教練，多年來訓練眾多奧運獎牌選手，當中包括跳遠運動員鮑維爾。Huntington在實習環節中解說「利用科技改善爆發力運動項目的表現」。

Randy Huntington, a USA Track & Field Master Coach of Horizontal Jumps in the University of Michigan and coach to many Olympic champions, including long jumper Mike Powell, conducted a practical session with the theme of "The utilization of technology in power sports to enhance performance".

現任西澳洲柏斯艾迪斯科文大學運動、生物醫學及健康科學學院的**Robert Newton**教授，是該學系的創辦人及國際知名的生物力學專家。他的主講題目為「運動員力量及爆發力的評估與監控」，並主持以「彈動式測量系統發展及評估爆發力」的實習和示範環節。



Dr Robert Newton, foundation professor in the School of Exercise, Biomedical and Health Sciences at Edith Cowan University, Australia, is a world-renowned researcher and expert in biomechanics and addressed a topic "Assessment and monitoring of athlete's strength and power". He also held a practical/demonstration session on "Developing and assessing power with Ballistic Measurement System".



西澳洲柏斯艾迪斯科文大學的運動生理學家及講師**Mike McGuigan**博士在會上主講「耐力項目運動員的力量訓練：研究與應用」，及與Robert Newton教授一起主持「以彈動式測量系統發展及評估爆發力」的實習及示範。

Dr Mike McGuigan, sports scientist and lecturer in exercise physiology from Edith Cowan University, presented on the topic of "Strength training for endurance athletes: research and practical application" and also worked with Dr Robert Newton in conducting the practical/demonstration session on the theme of "Developing and assessing power with Ballistic Measurement System".

本地普拉提專家**Annemarie Munk**曾代表香港游泳隊出戰1988奧運會，她的實習環節講題是「如何透過普拉提訓練提升運動表現」。



Local Pilates expert **Annemarie Munk**, a former Hong Kong swimmer who represented Hong Kong at the 1988 Olympic Games, presented on the topic "Pilates for the enhancement of athletic performance".

從美國遠道而來的**Anthony Peterson**則在會上分享「爆發力：人類表現的要素」。

Anthony Peterson, from the USA, addressed the important topic of "Power: the key to human performance".



三位主禮嘉賓體院精英培訓及運動員事務委員會主席陳啟明教授（前排左四）、體院董事馮劉掌珠女士（前排左五）及體院院長鍾伯光博士（前排左一）歡迎多位國際知名的專家擔任研討會的演講嘉賓，並感謝贊助機構鼎力支持。

Three officiating guests, Professor Chan Kai-ming, Chairman of Elite Training and Athletes Affairs Committee of the HKSI (fourth from left, front row), Mrs Vivien Fung Lau Chiang-chu, HKSI Board of Director (fifth from left, front row) and Dr Chung Pak-kwong, HKSI Chief Executive (first from left, front row) welcome world-renowned sports professionals as speakers and give thanks to event sponsors for their support.

影響香港運動員在 2002亞運會與2004奧運會比賽中運動表現的因素研究 (上)

香港體育學院：鍾伯光博士、姒剛彥博士和李慶珠博士

A Study of Factors Influencing Hong Kong Athletes' Performance in the 2002 Asian Games and the 2004 Olympic Games (Part One)

HKSI : Dr. Chung Pak-kwong, Dr. Si Gangyan, Dr. Lee Hing-chu



前言

參加奧運比賽，致力爭取佳績，是每位優秀運動員的夢想和目標。然而在奧運比賽中，我們經常看到一些優秀運動員由於受到各種因素影響，不能發揮最佳水準，因此，一直以來，不少教練和運動科研專業人員都十分關注影響運動員在奧運比賽中運動表現的因素。至今，很多學者也發表了不少類似的研究報告，例如Greenleaf (et al.2001)、Gould (et al. 1992, 2002) 及Orlick和Partington(1988)等。

對於香港運動員和教練來說，除了奧運會外，亞運會亦是非常重要的比賽。因此，影響運動員在亞運會上的表現亦同樣受到重視。是次研究分兩方面進行，研究者分別以香港運動員和教練為研究對象，了解影響運動員在2002釜山亞運會與2004雅典奧運會比賽期間及比賽前90天內運動表現的因素。這一期我們先闡述針對運動員調查部份的研究內容及結果，下一期再續說針對教練部份的調查內容及結果。

研究對象

亞運會——研究對象為曾經參與2002亞運會的50名香港隊運動員(男運動員30名，女運動員20名)，年齡介乎17至48歲，平均年齡為26歲(中位數 = 26.04, 標準偏差 = 5.61)。研究對象參與體育運動的年期介乎2至23年，平均年期為11年(中位數 = 11.02, 標準偏差 = 4.86)。

奧運會——研究對象為曾經參與2004奧運會的25名香港隊運動員(男運動員13名，女運動員12名)，年齡介乎14至31歲，平均年齡為23歲(中位數 = 23.25, 標準偏差 = 4.43)。研究對象參與體育運動的年期為2至24年，平均年期為11年(中位數 = 10.75, 標準偏差 = 5.74)。

Introduction

Striving for best performance at a major event like the Olympics is the dream and goal of every elite athlete. However, not all athletes achieve this dream. What are the factors that prevent very talented athletes from achieving peak performance at the major competition events in the elite sports calendar? This is a question, which has long concerned, many coaches and sport scientists and there are numerous studies, e.g. Greenleaf et al., 2001; Gould et al., 1992, 2002; Orlick & Partington, 1988, on this topic in an effort to help coaches and athletes better prepare for and excel in their targeted competitions.

In this article we present the first part of a two-part study of the factors influencing Hong Kong athletes' performances in the two Major Games of the Hong Kong elite sports calendar - the Olympic Games and the Asian Games. Participants included Hong Kong athletes and coaches. The focus of this study was the factors influencing the athletes' performance in the 2002 Busan Asian Games and the 2004 Athens Olympic Games. The factors under investigation included influences encountered during the course of the Games and influences encountered during the 90 days before the Games. This report presents the results collected from athletes whereas results collected from coaches will be presented in the next issue.

Participants

The Asian Games — Participants included a total of 50 Hong Kong athletes who had competed in the 2002 Asian Games (30 males, 20 females). Participants ranged in age from 17 to 48 years with average 26 (Mean $\langle M \rangle = 26.04$, Standard Deviation $\langle SD \rangle = 5.61$). Their years of participating in sports ranged from 2 to 23 with average 11 ($M = 11.02, SD = 4.86</math>).$

The Olympic Games — Participants included a total of 25 Hong Kong athletes who had competed in the 2004 Olympics (13 males, 12 females). Participants ranged in age from 14 to 31 years with average 23 ($M = 23.25,</math>$



SD = 4.43). Their years of participating in sports ranged from 2 to 24 with average 11 ($M = 10.75$, $SD = 5.74$).

Methodology

“Questionnaire for the 2002 Busan Asian Games athletes” and “Questionnaire for the 2004 Athens Olympics athletes” were employed as the tools for this study. These two questionnaires were developed by the authors based on previous studies (Gould, Greenleaf, et al., 2002; Gould, Guinan, et al., 2002) with consideration of the actual situation of the Hong Kong team.

Participants were invited to answer “Yes” or “No” for every question, then to rate the level of influence using the 7-point Likert scale with 0 as very negative influence, 3 as no influence and 6 as very positive influence. The negative influence decreased from 0 to 3. The positive influence increased from 3 to 6. Factors with average score of 4.5 and above were considered as having strong positive influences on athletes’ performance. Factors with average score of 1.5 and below were considered as having strong negative influences on athletes’ performance.

Results

1) Factors strongly influenced athletes’ performance during the course of the Games

There were 66 factors considered as having influences on athletes’ performance during the Asian Games and the Olympic Games. All influential factors were grouped under 12 categories including factors directly related to the competitions, coaching factors, team factors, media factors, social support factors, delegation staff factors, environment factors, time factors, transportation factors, weather factors, competition equipment factors and audience factors. Among them, there were 23 factors had strongly influenced the athletes’ performance at the Asian Games whilst there were 36 factors had strongly influenced the athletes’ performance at the Olympic Games (see Table 1).



研究工具及方法

是次研究採用了「2002釜山亞運會運動員調查表」與「2004雅典奧運會運動員調查表」作為研究工具。這兩份調查表為本課題研究人員在已發表研究 (Gould, Greenleaf, et al. 2002; Gould, Guinan, et al., 2002) 的基礎上，結合香港隊的實際情況編寫而成的。

研究對象首先以「是」或「否」來回答每一個問題，然後再回答其影響運動表現的程度，以Likert 7點記分方法來記分——0表示非常負面的影響，3表示無影響，6表示非常正面的影響；從0到3，負面影響逐漸減少，從3到6，正面影響逐漸增強。影響程度的平均值在4.5及以上的因素被認為對運動表現有強烈的正面影響，影響程度的平均值在1.5及以下的因素被認為對運動表現有強烈的負面影響。

研究結果

(一) 比賽期間強烈影響運動員在比賽中的運動表現的因素

在亞運會與奧運會比賽期間，被認為影響運動員在比賽中的運動表現的因素共有66項，所有的影響因素可歸納為12大類，分別是：與比賽直接相關的因素、教練因素、團體因素、傳媒因素、社會支援因素、代表團職員因素、環境因素、時間因素、交通因素、天氣因素、比賽器材因素，以及觀眾因素。其中強烈影響運動員在亞運會比賽中的運動表現的因素共有23項，強烈影響運動員在奧運會比賽中的運動表現的因素則有36項(見表一)。



表一：亞運會與奧運會比賽期間強烈影響運動員表現的因素 (研究對象：運動員)

Table 1: Factors strongly influenced the athletes' performance during the Asian Games and the Olympic Games (study participants: Athletes)

強烈影響運動員表現的因素* Factors strongly influenced athletes' performance*	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
與比賽直接相關的因素 Factors Directly Related to the Competitions				
我維持並按整套比賽計劃參加了今次亞/奧運比賽 I stuck with and followed the whole competition plan to participate in this Asian Games/Olympic Games	✓		✓	
我能夠根據比賽中出現的各種情況作出戰術性調整 I could make strategic adjustments according to various situations at the Games			✓	
一些我不能控制的因素打亂了我的賽前程序 Some uncontrollable factors disrupted my pre-competition schedule				✓
我把「從比賽中獲得樂趣」當作參加亞/奧運的目標 I set "having fun in the competition" as my goal for the Asian Games/Olympic Games	✓			
我曾經在比賽期間情緒緊張 I suffered from stress during the Games				✓
我曾經無法在比賽中保持鎮靜 I was unable to stay calm during the Games		✓		
我對自己的能力有信心 I was confident with my capability	✓		✓	
我對待亞/奧運像對待其他比賽一樣 I treated the Asian Games/Olympic Games like other competitions			✓	
即使在比賽中落後，我也堅持到底，不輕易放棄 I held on straight to the end and did not give up even I lagged behind in the competition	✓		✓	
我有強烈的參賽動機 I had a strong motivation to compete in the Games	✓		✓	
我對隊友的能力有信心 I was confident with the capabilities of my team members	✓		✓	
我的體能良好 I was physically fit	✓		✓	
我的身體狀況良好，沒有受到傷病的影響 I was in good physical condition and was not affected by injury or disease	✓		✓	
教練因素 Coaching Factors				
教練在每場比賽之前都會召開全隊會議討論比賽策略 The coach called team meetings to discuss on the strategy before every competition	✓			
我相信教練的智慧和經驗 I had confidence in the coach's wisdom and experience	✓		✓	
教練對全隊有不太現實的期望 The coach had unrealistic expectations of the whole team				✓
教練在比賽期間盡力幫助我去取得成功 The coach tried every effort to help me to achieve success during the Games	✓			
帶隊教練不是我個人的教練，對我的情況不瞭解 The team coach was not my personal coach and was not familiar with my condition				✓
教練的決定很公平 The decisions of the coach were fair			✓	
我在比賽期間有機會接觸我個人的教練 I had access to my personal coach during the Games			✓	
教練對我很信任 The coach trusted me	✓		✓	
教練在比賽中的指揮很成功 The coach's command during the Games was successful			✓	
團體因素 Team Factors				
我隊有很強的團隊凝聚力 We had strong team cohesion	✓			
我隊教練與運動員之間關係融洽 The relationship between the coach and our team was harmonious	✓			
我隊氣氛消極 Our team was demoralised				✓
我隊隊員之間缺乏交流 Our team lacked communication				✓
傳媒因素 Media Factors				
傳媒對我隊的採訪報道過多 There was too much media coverage about our team				✓
傳媒在不適當的時候對我隊進行採訪 We were interviewed by the media at an inappropriate timing				✓
傳媒對我的採訪報道過多 There was too much media coverage about me	✓			✓
社會支援因素 Social Support Factors				
我家人或朋友在比賽期間給我許多正面的支持 My family or friends provided me with positive support during the Games	✓		✓	
我家人或朋友到現場觀看比賽 My family or friends watched the competition on site	✓			
香港政府重視體育，對比賽能投放足夠的資源 The HKSAR Government valued sports and allocated enough resources to the participation of the Games	✓		✓	
香港整體社會不太重視體育，對亞/奧運比賽不關心 The Hong Kong society did not value sports and did not care about the Asian Games/Olympic Games		✓		✓
代表團職員因素 Delegation Staff Factors				
我容易及時得到代表團的醫生或物理治療師的幫助 I could get assistance from the delegation doctor or physiotherapist easily and timely	✓		✓	
我容易及時得到代表團的心理學家的幫助 I could get assistance from the delegation psychologist easily and timely			✓	
我遇到困難時可得到代表團中有人員的幫助 I could get assistance from delegation staff when I encountered difficulties			✓	
我家人或朋友到現場觀看比賽時得到代表團很好的照顧 My family or friends were well taken care of by the delegation when they came to the competition venue to watch the Games			✓	
環境因素 Environment Factors				
亞/奧運村內有太多干擾 There were too many disturbances inside the Asian Games/Olympic Games village				✓
亞/奧運村的各種安排很不方便 The various arrangements inside the Asian Games/Olympic Games village were inconvenient				✓
時間因素 Time Factors				
我隊到達釜山/雅典的時間不合適(太早/太晚) Our team arrived at Busan/Athens at an inappropriate timing (too early / too late)				✓
我到釜山/雅典後有足夠的時間調整時差 I had enough time to adjust with the time-lag after my arrival at Busan/Athens			✓	
我隊離開亞/奧運村前往比賽場地的時間不合適(太早/太晚) Our team left the Asian Games/Olympic Games village for the competition location at an inappropriate timing (too early / too late)		✓		
比賽器材因素 Competition Equipment Factors				
我的比賽器材在比賽期間出現問題 There were problems with my competition equipment during the competition		✓		✓
比賽觀眾因素 Audience Factors				
比賽現場的觀眾太狂熱 The audience on site were too excited			✓	

*因篇幅所限，本文在此只列出強烈影響運動員表現的因素。

*Owing to the limited space, only factors strongly influencing athletes' performance are listed in this report.

(二) 比賽前90天內強烈影響運動員表現的因素

在亞運會與奧運會比賽前90天內，影響運動員的運動表現的因素共有18項，其中強烈影響運動員在亞運會比賽前的運動表現的因素共有八項，強烈影響運動員在奧運比賽前的運動表現的因素共有12項(見表二)。

2) Factors strongly influenced athletes' performance during the 90 days before the Games

There were 18 factors influencing athletes' performance during the 90 days before the Asian Games and the Olympic Games. Eight of the factors had strong influence on athletes' performance at the Asian Games, and 12 factors had strong influence on athletes' performance at the Olympic Games (see Table 2).

表二：比賽前90天內強烈影響運動員表現的因素(研究對象：運動員)
Table 2: Factors strongly influenced athletes' performance during the 90 days before the Games (study participants: Athletes)

強烈影響運動員表現的因素* Factors strongly influenced athletes' performance*	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
訓練期間出現過度訓練的情況 Overtraining				✓
訓練期間受傷 Injury during training				✓
訓練期間可以隨時得到醫生或物理治療師的幫助 Assistance from doctor or physiotherapist could be received anytime during training	✓		✓	
訓練期間出現的疲勞可以很快恢復過來 Quick recovery from tiredness during training			✓	
我在這期間很注重補充營養 I paid attention to good nutrition in that period	✓		✓	
我在這期間很注重體能的儲備 I paid attention to conserving energy in that period	✓		✓	
訓練資金不足，以至無法維持正常的訓練 Normal training could not be kept owing to the lack of funding for training		✓		✓
這期間我曾在亞/奧運比賽場地接受訓練或參賽 I was trained or competed at the Asian Games/Olympic Games venue in that period	✓		✓	
亞/奧運選拔的標準不公平 The selection criteria of the Asian Games/Olympic Games were not fair		✓		
這期間我的工作或讀書出現困難 I had difficulties in my work or study in that period				✓
我在這期間曾接受過心理訓練 I had mental skills training in that period			✓	
我把訓練當作亞/奧運比賽，一樣認真對待 I treated training seriously like competing at the Asian Games/Olympic Games	✓		✓	
我隊曾進行亞/奧運比賽的模擬訓練 Our team had participated in the Asian Games/Olympic Games simulations	✓		✓	

*由於篇幅所限，本文在此只列出強烈影響運動員表現的因素。

*Owing to the limited space, only factors strongly influencing athletes' performance are listed in this report.

小結

是次研究結果顯示，香港運動員在2002亞運會與2004奧運會比賽中的運動表現受諸多因素影響。從時間來說，不僅比賽期間，就是在比賽之前，都會出現一些影響運動員比賽表現的因素；就性質而言，除了心理因素之外，生理、社會及環境都會影響運動員的表現，至於教練方面的調查意見，以及運動員與教練兩組結果的差異，我們會在下一期《精英體育》再作介紹。

Conclusion

The result of this study showed that there were many factors influencing the performance of Hong Kong athletes at the 2002 Asian Games and the 2004 Olympic Games. Influences not only existed during the Games but also before the Games. Apart from psychological factors, physical, social and environmental factors also influenced athletes' performance. The opinions of coaches and the differences of the research results between the two participant groups will be discussed in the next issue of the "Sports Excellence".

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香港精英運動大檢閱

HONG KONG ELITE SPORT FOCUS

全港首個精英運動資訊節目

The First Elite Sports Info-programme Launched in Hong Kong

為推廣精英體育，提倡健康、積極生活及態度，體院與路訊通攜手合作推出全港首個精英運動資訊節目——「香港精英運動大檢閱」，除介紹體院13個精英體育項目及殘障人士運動項目，還包括精英運動員和教練的真情剖白，以及簡介體院為本地精英運動員提供的培訓、設施及配套。此外，主辦機構路訊通更於暑假期間在體院設置展覽活動，推介香港精英運動項目與運動員資料、圖片，以及體院為他們提供的各項支援，供市民大眾參觀。

With its goal of promoting elite sport and encouraging a healthy, positive lifestyle and attitude, the HKSI, in collaboration with RoadShow, has launched an info-programme entitled "Hong Kong Elite Sport Focus". This first-ever Programme in Hong Kong introduces the HKSI's 13 elite sports and disability sports to the community, and also includes sharing with the public the experience of elite athletes and their coaches, as well as elite coaching, training and facilities provided by the HKSI in support of elite athletes. To complement this initiative RoadShow, the organiser, has also staged an exhibition introducing elite sports, elite athletes and the role of the HKSI at the HKSI's Sha Tin headquarters during summer.

RoadShow

為隆重其事，主辦機構於七月十九日假體院舉行盛大的播放儀式，並為一系列的展覽活動進行揭幕禮。主禮嘉賓體院主席李家祥博士、九巴執行董事暨路訊通董事總經理伍穎梅，聯同多位精英運動員一起祝賀節目播放成功，並與在場嘉賓分享運動經驗。

To highlight the Programme and its many benefits, a Launch Ceremony was held on 19 July at the HKSI. Officiating guests, Dr Eric Li, Chairman of the HKSI, Winnie J. Ng, KMB Executive Director and RoadShow Managing Director, together with a number of elite athletes, added their best wishes for the success of the Programme and shared their sporting experience at the ceremony.

體院作為活動合作機構，主席李家祥博士在致詞時表示：「在過去10多年，香港的體育發展不斷進步，運動員的成績屢有突破，對運動員來說，能夠得到市民大眾認同他們對香港體壇所作出的貢獻，絕對是一種莫大的鼓舞。體院非常榮幸今次能夠與路訊通攜手合作，製作『香港精英運動大檢閱』這個全新的資訊節目，讓市民感受到精英運動員的積極態度，並以他們為學習榜樣，鼓勵青少年勇於面對挑戰及困難。」

The HKSI Chairman Dr Eric Li said, "Hong Kong athletes have produced a number of excellent results over the past 10 years. As a result, sport in Hong Kong has flourished. Public recognition provides terrific encouragement to the athletes, whose commitment to sport demands enormous amounts of hard work and effort. The HKSI is delighted to partner with RoadShow in this new info-programme — 'Hong Kong Elite Sport Focus'. It will showcase the positive attitude of elite athletes and reinforce their position as significant role models for the public, inspiring our youth to face the many challenges and difficulties that lie ahead in life."



▲ 主禮嘉賓體院主席李家祥博士(左三)、九巴執行董事暨路訊通董事總經理伍穎梅(左四)聯同體院董事局成員、教練及運動員齊齊祝願「香港精英運動大檢閱」播放成功。Officiating guests, Dr Eric Li, Chairman of the HKSI (third from left, rear row) and Winnie J. Ng, KMB Executive Director and RoadShow Managing Director (fourth from left, rear row), together with HKSI Board of Directors, coaches and athletes, offer their best wishes to the Programme.



◀ 體院主席李家祥博士(中)、九巴執行董事暨路訊通董事總經理伍穎梅及演藝界精英代表方力申主持開展儀式，希望透過「香港精英運動大檢閱」這個全新的資訊節目，讓更多市民了解香港精英體育的發展。

Dr Eric Li, Chairman of the HKSI (Centre), Winnie J. Ng, KMB Executive Director and RoadShow Managing Director, and artist Alex Fong, officiate at the launch.

◀ 左起：精英運動員賴曉鵬、余曉東(網球)及麥素寧(三項鐵人)均有出席活動，並於席間與在場嘉賓分享運動經驗。

From left: Elite athletes Lai Xiao-peng, Yu Hiu-tung (tennis) and Mak So-ning (triathlon) share their sporting experience with participants of the launch.

▲ 「香港精英運動大檢閱」播放開展儀式的現場情況。

A scene from the Programme launch.

九巴執行董事暨路訊通董事總經理伍穎梅稱：「路訊通今次推出『香港精英運動大檢閱』特備節目，除介紹不同的精英運動項目外，亦期望能夠為香港的精英運動員打氣。隨着2008奧運馬術比賽項目將移師到香港舉行，而香港亦成功取得2009東亞運動會的主辦權，這樣不但能夠提升香港在國際體壇的地位，更可進一步加強香港在體育發展的動力。」

體院運動生理主任兼運動科學統籌蘇志雄則在場簡單介紹體院如何透過最新科技協助教練及精英運動員進行訓練，以及提供數據以制訂合適的運動員訓練及恢復方案。另外，前香港游泳代表隊成員、演藝界精英代表方力申，與一眾演藝界啦啦隊代表包括戴夢夢、郭芯其及組合Krusty亦親自到場支持今次活動。在儀式結束後，出席活動的人士更在精英運動員帶領下參觀體院，藉此加深對精英運動的認識。

「香港精英運動大檢閱」資訊節目自七月下旬已在全港九巴轄下的公共巴士以及公共小巴流動媒體上播放。節目中探討的13個精英體育項目包括：田徑、羽毛球、單車、劍擊、賽艇、壁球、游泳、乒乓球、網球、保齡球、三項鐵人、滑浪風帆和武術，以及殘障人士運動項目。

Winnie J. Ng, KMB Executive Director and RoadShow Managing Director said, "RoadShow is delighted to launch this programme, to introduce many different elite sports to the public, and to get the public to cheer for our elite athletes. The staging of the 2008 Olympics' equestrian events and the hosting of the 2009 East Asian Games in Hong Kong will provide a huge boost to the status of Hong Kong in the international sporting arena, and offers enormous opportunities to foster sports development in Hong Kong."

At the launch, Raymond So, HKSI Sport Physiologist and the coordinator of sports sciences, demonstrated how advanced technology assists coaches and elite athletes in their training, and how data collected plays a key role in formulating training and recovery programmes. Artist Alex Fong, a former member of the Hong Kong Swimming Team, together with Renee Dai, Rammie Guo and music team Krusty, also attended the ceremony and added their support to Hong Kong's elite athletes. Following the launch, participants were given a guided tour of the HKSI by elite athletes, where they could see the first hand outstanding range of elite sports support services on offer.

Displays of "Hong Kong Elite Sport Focus" began in late July on all buses of the Kowloon Motor Bus and some mini-buses in the territory. The 13 featured elite sports include athletics, badminton, cycling, fencing, rowing, squash, swimming, table tennis, tennis, tenpin bowling, triathlon, windsurfing, wushu as well as the sports for physically and mentally disabled.



學校教練評定計劃

培訓老師成為合資格教練

School Coach Accreditation Programme to Train Teachers as Qualified Coaches

逾100名來自全港90間中小學的教師，矢志推動學界體育培訓，在暑假完成為期九日的學校教練課程，並於七月三十一日在體院舉行的二零零六/零七年度「滙豐銀行慈善基金學校教練評定計劃」證書頒發儀式上，獲頒發「出席證明書」，以示鼓勵。

這項計劃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，是滙豐銀行慈善基金資助的香港教練培訓計劃四個項目的其中一環。「滙豐銀行慈善基金學校教練評定計劃」今年已進入第九年，旨在提高本港中、小學學校教練的運動訓練質素，以及為他們提供一個獲取認可學校教練資格的機會。

香港教練培訓委員會委員茅楊露蘭在儀式上指出：「這項計劃自一九九八年推行至今，已經有超過500位老師獲得認可學校教練資格，而曾經舉辦的運動項目課程則有七個，包括田徑、羽毛球、籃球、健美體操、手球、乒乓球和排球。今年，我們很高興繼續得到滙豐銀行慈善基金的資助，香港教練培訓委員會將更積極，繼續為老師提供在職培訓機會，配合未來的需要，培訓更多『認可學校教練』，幫助學校孕育更多優秀運動人才。」

Over 100 teachers from 90 primary and secondary schools aspiring to promote sport activities in schools have been presented with an attendance certificate at the 2006/07 Hongkong Bank Foundation School Coach Accreditation Programme (SCAP) Certificate Presentation Ceremony on 31 July after completing a tough nine-day workshop.

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

Loran Mao, Member of the HKCC, said, "More than 500 teachers have been accredited through the SCAP which has offered training courses in seven sports including athletics, badminton, basketball, gymnastics, handball, table tennis and volleyball since its inception in 1998. Thanks to the HBF for its continuous support to the Programme, the HKCC will continue to provide school teachers with quality training in various sports, and train more qualified coaches for school sports development."



香港教練培訓委員會委員茅楊露蘭(前排左六穿格子外套)及香港上海滙豐銀行有限公司集團公共事務部社區關係經理邵亦敏(前排左七)聯同體育總會代表、校長及老師代表於二零零六/零七年度「滙豐銀行慈善基金學校教練評定計劃」證書頒發儀式上合力種植太陽花，寓意在不同機構、校長和老師的支持及培育下，香港體壇新一代將會像花卉一樣茁壯成長，並且開花結果。

Loran Mao (front row, sixth from left, wearing jacket with a check pattern), Member of the Hong Kong Coaching Committee, and Winnie Shiu (front row, seventh from left), Manager Community Relations, Group Public Affairs of The Hongkong and Shanghai Banking Corporation Limited, together with representatives of National Sports Associations, school principals and teachers, were invited to plant the sunflowers at the Certificate Presentation Ceremony of the 2006/07 Hongkong Bank Foundation School Coach Accreditation Programme, showing their dedication to nurturing the new sport generation in the future.

- 一眾教師在完成二零零六/零七年度「滙豐銀行慈善基金學校教練評定計劃」為期九日緊密的課程及工作坊後，喜獲頒發出席證明書，並矢志進一步獲取「學校教練證書」。

Teachers were happy to receive the attendance certificates of the 2006/07 Hongkong Bank Foundation School Coach Accreditation Programme after completing a tough nine-day workshop, and set sight to receive the "School Coach Certificate" in the future.



香港上海滙豐銀行有限公司集團公共事務部社區關係經理邵亦敏則表示：「運動有助學生全面發展。體育活動不單可舒緩學生在學業上的壓力和鍛煉體魄，在過程中他們可以學到面對挑戰和接受失敗，更會認識到公平競賽和團隊合作的重要性。滙豐希望透過資助教練培訓計劃，推動校園體育文化，並提高學生的運動水平。」



▲香港上海滙豐銀行有限公司集團公共事務部社區關係經理邵亦敏(左五)頒發「運動通論課成績優異獎」及「最佳表現獎」予各得獎老師。

Winnie Shiu, (fifth from left) Manager Community Relations, Group Public Affairs of The Hongkong and Shanghai Banking Corporation Limited presented the Best in Sports General Theory Awards and Best Performance Awards.

儀式當日，一眾嘉賓、校長及老師代表合力種植太陽花，寓意各界積極推動校園運動文化，提升學生的運動水平。於暑期及復活節舉辦的課程中表現優異的老師亦於典禮上獲頒獎項，包括「運動通論課成績優異獎」和「最佳表現獎」。

暑期課程所舉辦的羽毛球、籃球、手球和排球四項課程均包括三部份 - 運動通論、運動專項理論及實習課。參加者於每部份的出席率達百分之八十，可取得「出席證明書」；另須在一年內完成30小時的運動專項培訓工作，才可獲頒授「學校教練證書」。

香港教練培訓計劃自一九九二年開始得到滙豐銀行慈善基金資助，撥款額至今超過1,600萬港元，體院則負責行政工作。除學校教練評定計劃外，其他主要部份包括教練級別評定計劃、教練延續培訓計劃、學校教練延續培訓計劃，及為在香港舉辦的北京體育大學運動訓練教育學士學位課程的優秀學員提供獎學金。

Winnie Shiu, Manager Community Relations, The Hongkong and Shanghai Banking Corporation Limited (HSBC) said, "Sports play an important part in the all-round development of young people. School sports counter-balance the stress from academic studies and help students develop stronger physique. Through training and competitions, students learn not only how to face challenges and accept loss but also the importance of fair play and team work. Through supporting SCAP, HSBC hopes to promote sport culture and raise sport standards in schools."

At the ceremony, guests, school principals and teachers' representatives were invited to plant the sunflowers, representing their dedication to promoting sports culture in schools and grooming young athletes. Teachers with outstanding performance at this course and the one held in Easter were also presented with the Best in Sports General Theory Award and the Best Performance Awards.

The workshop in summer comprised three modules - sports general theory, sports specific theory and practical sessions in four sports - badminton, basketball, handball and volleyball. Participants have to obtain an average of 80% attendance rate in each module 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".

The Hong Kong Coach Education Programme (HKCEP) is supported by the HBF with a total funding of over HK\$16 million since 1992 and is administered by the HKSI. Apart from the SCAP, other major elements of HKCEP include Coach Accreditation Programme, Continuing Coach Education Programme, School Coach Continuing Education Programme and scholarships to outstanding students from the Bachelor of Education in Sports Training, Beijing Sport University in Hong Kong.

滙豐銀行慈善基金學校教練評定計劃

Hongkong Bank Foundation School Coach Accreditation Programme

得獎名單(二零零六年暑期課程) List of Award Winners (Summer Course 2006)

運動通論課成績優異獎 Best in Sports General Theory Award

鄭英佳	Cheng Ying-kai
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最佳表現獎 Best Performance Awards

劉俊鵬(羽毛球班)	Lau Chun-pang (Badminton Class)
陳寶華(籃球班)	Chan Po-wah (Basketball Class)
陳子聰(手球班)	Chan Tsz-chung (Handball Class)
褚家輝(排球班)	Chu Ka-fai (Volleyball Class)

得獎名單(二零零六年復活節課程) List of Award Winners (Easter Course 2006)

運動通論課成績優異獎 Best in Sports General Theory Award

康亮瑜	Hong Leung-yu
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最佳表現獎 Best Performance Awards

郭富權(田徑班)	Kwok Fu-kuen (Athletics Class)
廖佩佩(羽毛球班)	New Pui-pui (Badminton Class)

參與老師心聲

Sharing from the Participating Teachers

暑期課程 Summer Course

BB

「課程內容充實，涵蓋不同層面，使我學習到不少關於運動通論的專業知識，如體適能、訓練球隊應注意事項等，而學員之間亦相處融洽，十分開心。」

鄭英佳老師(運動通論課成績優異獎得主)

"The course covers a wide range of topics. I have gained knowledge of sports general theory like strength and conditioning, tips on coaching a sports team, etc. Participants got along very well and found the course enjoyable."

Cheng Ying-kai (recipient of Best in Sports General Theory Award)

99

BB

「導師教授了不少組織手球戰術的技巧，令我增進了許多手球知識，十分實用，我希望學以致用，好好教導我的學生。」

陳子聰老師(手球專項課最佳表現獎得主)

"The instructor taught us handball competition strategies, which has enriched my knowledge in this sport. I found the course very practical and would try to apply the knowledge to my daily teaching."

Chan Tsz-chung (recipient of Best Performance Award in Handball)

99

BB

「之前我已修讀了運動通論課，現在再修讀這個運動專項課程，同樣令我認識不少運動訓練的知識，使我成為認可的學校教練，十分難得。」

陳貴華老師(籃球專項課最佳表現獎得主)

"I have taken the sports theory course previously. Coupled with this sport-specific course, I have learnt much on knowledge of sports coaching which prepares me to be a qualified coach."

Chan Po-wah (recipient of Best Performance Award in Basketball)

99

BB

「完成課程後，我對羽毛球的訓練技巧和規則有更深入的認識，讓我知道如何當一個好的羽毛球教練，並協助推廣這項運動。」

劉俊鵬老師(羽毛球專項課最佳表現獎得主)

"This course definitely enriches my knowledge in coaching skills and rules of badminton. It also prepares me to become a good and qualified coach to help promote the sport."

Lau Chun-pang (recipient of Best Performance Award in Badminton)

99

BB

「課程理論與實踐並重，學員除了學習到運動訓練的基本功，教練用心的講解和詳細且精彩的示範，都令我們相當欣賞。」

褚家輝老師(排球專項課最佳表現獎得主)

"The course emphasises on both theory and practice. In addition to fundamental skills in sports coaching, the instructors conducted detailed presentations and vivid demonstrations which are very inspiring."

Chu Ka-fai (recipient of Best Performance Award in Volleyball)

99

復活節課程 Easter Course

BB

「課程內容豐富，能應用在日常教學當中，有助改善我的訓練技巧，令教學內容更多樣化和有趣，學生自然學得更投入、更開心。」

郭富權老師(田徑專項課最佳表現獎得主)

"The course is great! It helps improve my coaching skills and inspires on ways of sports training. I believe the students would enjoy and be more active during training."

Kwok Fu-kuen (recipient of Best Performance Award in Athletics)

99

BB

「參加了這個課程，得到不少啟發，例如我學會如何透過運動來提高學生的自信心和改善人際關係技巧，對我的工作十分受用。」

廖佩佩老師(羽毛球專項課最佳表現獎得主)

"I've got a lot of insight through attending this course, for instance, I learnt how to enhance self-confidence and interpersonal skills of the students through sports participation. These will definitely benefit my coaching work."

Leung Pui-pui (recipient of Best Performance Award in Badminton)

99

BB

「這個課程讓我學會正規教學技巧和守則，以及教練應有的表現和素質，對於不曾接受過正規體育訓練的老師來說，可謂獲益良多。」

康亮瑜老師(運動通論課成績優異獎得主)

"The course provides with me the basic knowledge of sports coaching skills and code of conduct, as well as the performance and prerequisite of a qualified coach. It is beneficial to those who haven't received formal training in sports coaching like me."

Hong Leung-yu (recipient of Best in Sports General Theory Award)

99

運動訓練教育學位課程 培育專業教練人材

Degree Course in Sport Training to Help Enrich Coaching Knowledge

今年，共有17位學員修畢運動訓練教育學士學位課程，並於九月二十三日在體院舉行的畢業典禮中獲頒證書；當日亦是該課程本年度的開學典禮，共有23名學員將接受教練培育方面的專業訓練；象徵着越來越多具專業資格的教練將陸續為香港體壇作出貢獻。

這項課程由北京體育大學(北體大)開辦，體院負責在港的行政工作，目的是為教練及運動員提供從事精英運動培訓所需的專業教練知識及技巧，從而提高香港的教練水平。此課程於一九九九年首辦，是北體大首個在香港舉辦的運動訓練課程；首屆畢業典禮已在二零零四年舉行。二零零一及零五級共12位取得優異成績的學員，亦在是次典禮上獲頒發「滙豐銀行慈善基金獎學金」，合共四萬港元。

應屆畢業生(二零零一級)當中包括籃球運動員蔡芳裕、武術運動員陳少傑、杜宇航和曾思敏，以及游泳教練孔志超。二零零五級新一屆的學員包括退役單車運動員何兆麟和三項鐵人劉政彥。

體院董事傅浩堅教授感謝各有關機構及人士的鼎力參與和支持，令這個課程可以順利舉行。傅教授說：「課程得以在七年前成功舉辦至今，北體大功不可沒，同時有賴各有關體育總會的配合；此外，亦感謝滙豐銀行慈善基金每年為成績優異的學生提供獎學金，令他們在投入學習中得到鼓勵。」

北體大是全國「211工程」院校之一，隸屬國家體育總局領導，不少中國頂級運動員如世界女子鉛球冠軍黃志紅、世界男子鞍馬及雙槓冠軍李敬等都是這所中國著名體育學府的畢業生。北體大成人教育學院院長馬冰副教授更專程蒞臨參加，並在典禮上讚揚香港學生對學習的熱誠和積極態度，他相信新一屆的同學亦能秉承優良學習傳統。

Hong Kong sport will have more and more coaches with professional training when a total of 17 graduates were awarded certificates while 23 fellow students start a new term at a Ceremony held on 23 September at the HKSI.

Organised by the Beijing Sport University (BSU) and administered by the HKSI, the Programme aims to provide formal training to those who intend to pursue a career in coaching, as well as to develop high quality coaches for Hong Kong sports. The Programme is Hong Kong's first ever degree course in sports training offered by the BSU in 1999 and the first batch of 18 students was graduated in 2004. Twelve students from Class 2001 and Class 2005 were also presented the Hongkong Bank Foundation scholarships with a total amount of HK\$40,000 for their outstanding academic achievement.

Among the graduates (Class 2001) are Choi Fong-yue from basketball, Chan Siu-kit, To Yu-hang and Angie Tsang from wushu, as well as swimming coach Hung Chi-chiu. Students of Class 2005 include retired cyclist Ho Siu-lun and triathlete Lau Ching-yin.

Professor Frank Fu, Board of Director of the HKSI, thanked the continuous support from all parties concerned to make the Programme a success, saying, "Special thanks should go to the BSU which plays a key role in introducing the Programme to Hong Kong seven years ago. We are also grateful to respective National Sports Associations (NSAs) for their support over the years and, last but not the least, the Hongkong Bank Foundation for providing the scholarships to students with outstanding performance every year."

BSU is one of the "211 Scheme" education establishments and is directly under the All-China Sports Federation. Many world-class athletes, for instance, Huang Zhihong, world champion in shot put and Li Jing, world champion in pommel horse and parallel bars, were also graduated from this renowned university. Associate Professor Ma Bing, Director, Adult Education Department of the BSU, attended the Ceremony during his busy schedule. He appreciated the enthusiasm and commitment of Hong Kong students and was confident that the new group could match the success of their seniors.

主禮嘉賓北京體育大學成人教育學院院長馬冰副教授(前排中)及體院董事傅浩堅教授(前排右四)於儀式後與畢業生及嘉賓們合照。

Group photo of officiating guests Associate Professor Ma Bing, Director, Adult Education Department of the Beijing Sport University (middle, front row) and Professor Frank Fu, Board of Director of the HKSI (fourth from right, front row), graduates and other guests.



二零零一級畢業生代表黃道梅在典禮上與新生們分享讀書心得與經驗，更向二零零五級學員代表鍾懷國及何兆麟送上紀念品，以示對新一屆學員的支持和鼓勵。

運動訓練課程屬於五年兼讀制，學生須修畢25個科目，其中包括語言、運動心理學、運動營養學、運動訓練生化分析、體育統計學、教育學、體能訓練法，以及運動訓練管理等。另外，學員亦須修讀專項訓練理論及實習，並符合有關要求後才可獲頒學位證書。

自一九九二年起，滙豐銀行慈善基金已撥款超過1,600萬港元資助香港教練培訓計劃，並由二零零零年起為北體大課程優秀學員提供獎學金。



▲ 一眾學員在完成為期五年的北京體育大學運動訓練教育學士學位課程後，喜獲頒發畢業證書。

Graduates are happy to receive the certificates for the Bachelor of Education in Sports Training after completing a tough five-year part-time degree programme.

At the Ceremony, Wong To-mui, graduate of Class 2001, shared her experience in study and handed a souvenir to Eric Chung and Ho Siu-lun, representatives of Class 2005, to show graduates' support and encouragement to their fellow classmates.

The five-year part-time degree programme consists of 25 modules, including languages, sports psychology, sports nutrition, biochemical analysis of sports training, statistics in sports, education in sports, physical training and administration in sports training. In addition, students are required to choose a sport-specific elective, including theories and practicum, and they will be granted a Bachelor degree upon successful completion of all requirements.

The Hongkong Bank Foundation has committed more than HK\$16 million to support the Hong Kong Coach Education Programme since 1992. Starting from 2000, the Foundation has been offering scholarships to students of the BSU Programme.



▲ 畢業生代表黃道梅向二零零五級學員代表鍾懷國(左)及何兆麟(中)送上紀念品，以示對新一屆學員的支持和鼓勵。

Wong To-mui, graduate of Class 2001, presents a souvenir to Eric Chung (left) and Ho Siu-lun (middle), representatives of Class 2005, to show their support and encouragement to their fellow classmates.



◀ 香港上海滙豐銀行有限公司集團公共事務部社區關係經理邵亦敏(後排左四)於典禮上向兩級共12位取得優異成績的學員頒發合共四萬港元的獎學金。

Winnie Shiu, Manager Community Relations, The Hongkong and Shanghai Banking Corporation Limited (fourth from left, back row) presents scholarships with a total amount of HK\$40,000 to 12 students from the two classes for their outstanding academic achievement.

北京體育大學運動訓練教育學士學位課程 滙豐銀行慈善基金獎學金

Beijing Sport University Bachelor of Education in Sports Training Hongkong Bank Foundation Scholarships

二零零一級得獎者名單 List of Recipients of Class 2001

得獎者 Recipients	獎學金 Scholarships
姜淑兒 Keung Shuk-yi	六千港元 HK\$6,000
王道梅 Wong To-mui	五千港元 HK\$5,000
吳嘉煒 Ng Ka-wai	四千港元 HK\$4,000
孔志超 Hung Chi-chiu	三千港元 HK\$3,000
張浩賢 Cheung Ho-yin	一千五百港元 HK\$1,500
王泳筠 Wong Wing-kwan	五百港元 HK\$500

二零零五級得獎者名單 List of Recipients of Class 2005

得獎者 Recipients	獎學金 Scholarships
鍾懷國 Chung Wai-kwok, Eric	六千港元 HK\$6,000
溫金明 Wan Kam-ming	五千港元 HK\$5,000
劉耀陵 Liu Yiu-ling, Kenny	四千港元 HK\$4,000
何兆麟 Ho Siu-lun	三千港元 HK\$3,000
劉紹雄 Lau Siu-hung	一千五百港元 HK\$1,500
陳志豪 Chan Chi-ho	五百港元 HK\$500

體壇創高峰

In Pursuit of Sports Excellence

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

Hong Kong elite athletes have continued to achieve breakthroughs in international competitions. The HKSI would like to congratulate them and wish all athletes continuous success at upcoming events.

壁球 Squash

壁球代表隊於六月份在新加坡舉行的亞洲青少年個人壁球錦標賽2006，為香港男子組19歲以下組別、女子組19歲以下及15歲以下組別贏得一面金牌、三面銀牌及三面銅牌，為香港在同一賽事創出歷史性的獎牌紀錄。

The Hong Kong junior squash team won one gold, three silver and three bronze medals in the men's event under 19, the women's event under 19 and under 15 respectively, at the Asian Junior Individual Squash Championships 2006 held in Singapore in June. This was a best-ever result for the team in this competition.





保齡球 Tenpin Bowling

胡兆康於八月在印尼雅加達舉行的第19屆亞洲杯保齡球錦標賽男子優秀賽摘冠，這是他為香港在該項賽事奪得的第一面金牌。

Wu Siu-hong won the men's masters event at the 19th Asian Tenpin Bowling Championships held in Jakarta, Indonesia in August. This was the first gold medal for Hong Kong in this event.

三項鐵人 Triathlon

韋安祖於八月份在中國舉行的第十五屆ITU嘉峪關亞洲鐵人三項錦標賽，首次為香港勇奪23歲以下男子組冠軍。該項賽事共有 27 名來自中國、日本、哈薩克等10個亞洲國家及地區代表參加。

Andrew Wright won the U23 Male event at the 15th ITU Asian Triathlon Championships in Jiayuguan, China, in August, becoming the first Hong Kong triathlete to win this title, beating 27 competitors from 10 Asian countries and regions including athletes from China, Japan and Kazakhstan.



滑浪風帆 Windsurfing

滑浪風帆運動員陳晞文和香柏樂於八月在意大利舉行的二零零六IMCO世界青少年錦標賽，分別為香港贏得少年女子組金牌及青少年男子組銀牌，其中少年女子組更是首次為香港在該項賽事奪魁。

Windsurfing athletes Chan Hei-man and Heung Pak-san won a gold medal in the junior girls' event and a silver medal in the youth boys' event respectively at the 2006 IMCO Junior & Youth World Championships held in Italy in August. This was the first gold medal for Hong Kong in the junior girls' event of the competition.



北京2008奧運會兩周年倒數慶祝活動

Two-year Countdown Ceremony for Beijing 2008 Olympic Games



為迎接北京2008奧運會及慶祝香港參與籌辦奧運馬術項目，民政事務局和中國香港體育協會暨奧林匹克委員會（港協暨奧委會）於八月八日在九龍公園露天廣場舉辦「香港同心迎奧運」綜合晚會，並由民政事務總署和康樂及文化事務署協辦。

主禮嘉賓為民政事務局局長何志平醫生、港協暨奧委會會長霍震霆議員、中央人民政府駐香港特別行政區聯絡辦公室副秘書長王志民、香港賽馬會副主席陳祖澤、體院主席李家祥博士、香港馬術總會執行委員會委員利子厚，以及香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻聯同其他數百位獲邀出席嘉賓、香港精英運動員與廣大市民一起為二〇〇八年八月八日舉行的北京奧運開幕禮進行兩周年倒數。

To welcome Beijing's hosting of the Olympics and to celebrate Hong Kong's honour of staging the Games' equestrian events, the Home Affairs Bureau and the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) organised a variety show on 8 August in the Piazza of Kowloon Park. It was co-organised by the Home Affairs Department and the Leisure and Cultural Services Department.

Officiating guests were Secretary for Home Affairs Dr Patrick Ho, President of the SF&OC Hon Timothy Fok, Deputy Secretary-General of the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region Wang Zhimin, Deputy Chairman of the Hong Kong Jockey Club John Chan, Chairman of the HKSI Dr Eric Li, Executive Committee Member of the Hong Kong Equestrian Federation Michael Lee and Chairman of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled Jenny Fung. Together with hundreds of invited guests, Hong Kong elite athletes and members of the public, they launched a countdown ceremony for the two-year countdown to the opening of the Beijing Olympic Games on 8 August 2008.

祝賀 Congratulations

體院謹此祝賀下列人士及運動員在香港特別行政區二零零六年授勳名單中獲政府嘉許，表彰他們對香港社會及體壇的貢獻。

The HKSI would like to congratulate the following officials and athletes, who are honoured in the Hong Kong SAR Government 2006 Honours List in recognition of their significant contribution to Hong Kong community and sports development.

金紫荊星章 Gold Bauhinia Star

周厚澄先生 GBS JP
Mr Chau How-chen GBS JP

社區體育事務委員會主席
Chairman of the Community Sports Committee

銅紫荊星章 Bronze Bauhinia Star

馮馬潔嫻女士 BBS
Mrs Fung Ma Kit-han BBS

香港殘疾人奧委會暨傷殘人士體育協會主席
Chairman of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled

林大輝博士 BBS JP
Dr Lam Tai-fai BBS JP

中國香港手球總會名譽會長
Honorary President of the Handball Association of Hong Kong, China

榮譽勳章 Medal of Honour

沈金康先生 MH
Mr Shen Jinkang MH

香港體育學院單車總教練
HKSI Head Cycling Coach

李暉女士 MH
Ms Li Fai MH

武術運動員
Wushu athlete

太平紳士 Justice of the Peace

唐家成先生 JP
Mr Carlson Tong Ka-shing JP

香港體育學院董事局董事
HKSI Board of Director

行政長官社區服務獎狀 Chief Executive's Commendation for Community Service

惠鈞先生
Mr Hui Jun

香港體育學院乒乓球總教練
HKSI Head Table Tennis Coach

梁舒恆小姐
Miss Leung Shu-hang

游泳運動員(智障)
Swimming athlete (Intellectual disability)

杜宇航先生
Mr To Yu-hang

武術運動員
Wushu athlete

兩位體院獎學金運動員獲商界垂青 Two Elite Athletes Partnered with Corporations

精英運動員傅家俊獲邀擔任「翔龍灣」住客會所桌球顧問 Elite snooker athlete **Fu Ka-chun** takes on new challenge



桌球精英運動員傅家俊（左二）最近獲邀擔任「翔龍灣」住客會所顧問，就會所內的「桌球天地」之設計及設施向發展商提供意見，藉此協助推動本地桌球運動發展。

Snooker athlete Fu Ka-chun (second from left) has been invited to be the snooker consultant for the clubhouse of Grand Waterfront. He will advise the developer on design and facilities of the Snooker Corner at the clubhouse, as a way to promote the sport's development in Hong Kong.

精英運動員黃金寶獲 Polar 贊助備戰 2006 亞運會 Elite cyclist Wong Kam-po sponsored by Polar for preparing for the 2006 Asian Games

單車精英運動員黃金寶最近續獲博能(香港)有限公司贊助，表揚他在國際體壇的成績和貢獻。贊助商會以先進科技協助他於亞運會再創佳績，為港爭光。

Elite cyclist Wong Kam-po has again been sponsored by Polar Electro H.K. Ltd as a result of his brilliant results and contributions in the international sports arena. With their advanced technology, Polar will give him invaluable support in the preparation for the 2006 Asian Games.



八名體院獎學金運動員 成功入讀大學 Eight HKSI Scholarship Athletes Admitted to Universities

今年，共有16名體院獎學金運動員透過體院與本地大學及大專院校所設立的「運動員獎學金計劃」申請入讀本地大學，當中九名是透過大學聯招計劃申請，透過非聯招計劃的則有七名，而暫時共有八名運動員成功獲本地大學取錄修讀學士學位課程，包括梁淑華(田徑)、陳謙寧、羅淑雯、盧盼盼及楊翠玲(劍擊)、趙浩輝及蔡東賢(壁球)，以及蔡振宇(游泳)。

This year, 16 athletes have applied for university places under the Sports Scholarship Scheme set up by the HKSI and various local tertiary academic institutions. Among them, nine athletes have applied through JUPAS while seven are non-JUPAS candidates. At present, a total of eight athletes have been accepted by local universities. Among them are Leung Shuk-wa (Athletics), Chan Yin-ning, Law Suk-man, Lo Pan-pan and Yeung Chui-ling (Fencing), Chiu Ho-fai and Choi Tung-yin (Squash), and Tsai Chun-yu (Swimming).



體院獎學金運動員 會考成績令人滿意

HKSI Scholarship Athletes Achieved Satisfactory Results at the HKCEE

體院獎學金運動員今年參加中學會考人數共有40人，考獲五科(包括中、英、數)及格的人數佔總人數百分之六十七，成績令人滿意，當中游泳好手馮詠欣及壁球女將歐詠芝的成績最佳，分別考獲3A1B4C(25分)及2B3C1D(19分)。馮詠欣將繼續在拔萃女書院升讀中六，而歐詠芝則繼續在沙田體藝中學修讀預科課程。這證明運動員只要努力，亦可以運動與學業兩者兼顧。

40 HKSI Scholarship Athletes sat this year's Hong Kong Certificate of Education Examination (HKCEE). Of these, 67% have obtained five subject passes, which included Chinese, English and Mathematics. Swimmer Fung Wing-yan and squash player Au Wing-chi obtained the best results. Fung has a remarkable result of 3A1B4C (25 marks) and will continue Form 6 in Diocesan Girls' School while Au has attained 2B3C1D (19 marks) and will continue studying at the Jockey Club Ti-I College. These encouraging results prove that although athletes have to spend much time and effort in balancing their study and training, they can still do well in both areas if they work hard and allocate their time wisely.



◀ 體院獎學金運動員(左起)：梁仲銘(賽艇)、陳潤恒(乒乓球)、馮詠欣(游泳)、高卓菱(滑浪風帆)、歐詠芝和陳浩鈴(壁球)及司徒軒亮(單車)喜獲滿意會考成績。

HKSI Scholarship Athletes including (from left) : Leung Chung-ming (rowing), Chan Yun-hang (table tennis), Fung Wing-yan (swimming), Kou Cheuk-ling (windsurfing), Au Wing-chi and Chan Ho-ling (squash), as well as Szeto Hin-leong (cycling) are delighted with their HKCEE results.

14位年輕體院獎學金運動員 獲兩項傑出運動員獎勵計劃嘉許

14 Young HKSI Scholarship Athletes Honoured at Two Outstanding Athlete Awards Schemes

體院衷心祝賀14位體院獎學金運動員，最近分別獲選為2005-2006年度全港傑出學生運動員及中銀香港紫荊盃傑出運動員，藉此表揚他們在體壇的優秀表現。

獲選為全港傑出學生運動員的精英運動員包括鄧亦峻(田徑)、陳祉嘉(羽毛球)、歐詠芝(壁球)、施幸余(游泳)、趙頌熙及李皓晴(乒乓球)。

此外，獲選為中銀香港紫荊盃傑出運動員的體院獎學金運動員包括梁巧詩(田徑)、梁善雅(壁球)、謝旻樹及施幸余(游泳)、陳潤恒及李皓晴(乒乓球)、余俊穎(網球)及陳以高(三項鐵人)，而陳以高更成功衛冕男校組的最佳運動員獎。每位運動員獲發10,000港元獎學金。



Congratulations to 14 HKSI Scholarship Athletes who have been honoured the Outstanding School Athlete Awards 2005-2006 and the BOCHK Bauhinia Bowl Sportsboy/Sportsgirl of the Year for their excellent sporting performance and achievements.

Recipients of the Outstanding School Athlete Awards include Tang Yik-chun (Athletics), Chan Tsz-ka (Badminton), Au Wing-chi (Squash), Sze Hang-yu (Swimming), Chiu Chung-hei and Lee Ho-ching (Table Tennis).

The awardees of the BOCHK Bauhinia Bowl Sportsboy/Sportsgirl of the Year include Leung Hau-sze (Athletics), Leung Shin-nga (Squash), Geoffrey Cheah and Sze Hang-yu (Swimming), Chan Yun-hang and Lee Ho-ching (Table Tennis), Sher Chun-wing (Tennis) and Chan Ye-ko (Triathlon). Chan Ye-ko successfully defended his title as the Sportsboy of the Year (Boys' School) this year. Each of them will receive a scholarship of HK\$10,000.



體院新刊物介紹 精英運動員訓練方法

New HKSI Publication to Illustrate Elite Athletes' Coaching Methods

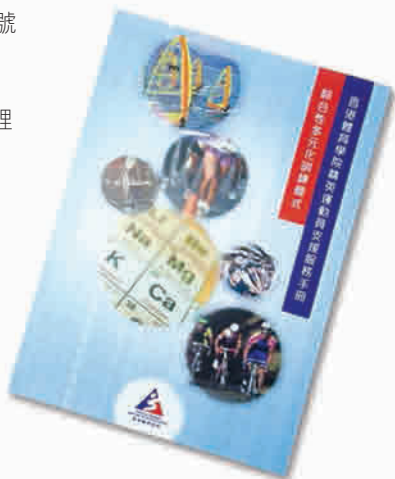
體院正式推出全新《香港體育學院精英運動員支援服務手冊：綜合性多元化訓練模式》，有興趣人士可聯絡體育研究及資訊組。

該服務手冊從生理、心理及社會的角度，透過個案分析及簡介科學化的程序，包括評估和診斷切合運動員需要以設計有效的科研計劃，揭示體院運動員及科研事務科現時為精英運動項目提供的綜合多元化支援服務。

該書展示了運動員及科研事務科在體院的具體工作，適合教練、運動員、運動科學及運動醫學的專業人士、學生，以及關注香港精英運動訓練支援系統的人士閱讀。

如欲索取此刊物，請將您的姓名、聯絡電話、回郵地址和電郵地址，連同30港元的劃線支票（主要是郵費），郵寄到下列地址，支票抬頭寫上「香港體育學院有限公司」，這本全面的服務手冊便會以郵寄方式送上：

香港新界沙田源禾路25號
香港體育學院
體育研究及資訊組
助理體育研究及資訊經理
鄭子川小姐收



The Handbook of Support Services for Elite Sports in Hong Kong: An Integrated Multi-disciplinary Model is now available from the HKSI Research & Sports Information Section.

The Handbook, illustrates the integrated, multi-disciplinary working model of the Athletes & Scientific Services Division (ASSD) which is grounded in a biopsychosocial framework. Case studies, and scientific protocols utilised by ASSD to assess, diagnose needs, and plan effective interventions designed to support coaches' and athletes' elite training programmes, are introduced.

This book serves as a platform to demonstrate the actual works done by the ASSD at the HKSI and will interest coaches, athletes, sports science / sports medicine professionals, students and others who are interested in the support infrastructure for elite sports training in Hong Kong.

You can get a copy of this Handbook by mailing us your full name, contact telephone numbers, full postal address and e-mail address, together with a crossed cheque (HK\$30 – postage fee) payable to "Hong Kong Sports Institute Limited" to the following address, then the Handbook will be sent to you by mail.

Ms Ada Cheng

Assistant Research & Sports Information Manager
Research & Sports Information Section
Hong Kong Sports Institute
25 Yuen Wo Road
Sha Tin, N.T.
Hong Kong

遷址通告 Removal notice

體院總部將遷往烏溪沙青年新村，由二零零七年一月一日開始，新地址如下：

香港新界沙田馬鞍山
鞍駿街2號
香港體育學院

(電話、圖文傳真、網址及電郵保持不變)

The headquarters of the HKSI will move to Wu Kwai Sha Youth Village. New address is effective from 1 January 2007 as follows:

Hong Kong Sports Institute
2 On Chun Street
Ma On Shan
Sha Tin, N.T.
Hong Kong

(Phone no., fax no., URL and email address remain unchanged)

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務拓展部。

香港體育學院有限公司
二零零六年九月

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 2006

