



sports 精英體育 Excellence

2005年度

香港傑出運動員選舉頒獎典禮

Hong Kong Sports Stars Awards 2005
Presentation Ceremony



二零零五年回顧及二零零六年展望 *Review of 2005 and Forecast for 2006*

陳智才：羽毛球是我的事業 *Chan Chi-choi : My Career in Badminton*

成功之路：訪陳忠和、孫海平教練

The Path to Victory : Feature of Coach Chen Zhonghe & Coach Sun Haiping

羽壇上再創佳績：王晨和葉燻延 *In Pursuit of Excellence : Wong Chen & Yip Pui-yin*

青少年運動員的力量訓練 *Strength Training for Youth Athletes*

反禁藥運動的新動向 *Updates on Anti-doping Movement*

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編者的話



二零零六年繼往開來

二零零五年，香港運動員在多項體育項目表現突飛猛進，多次在世界及亞洲區的比賽取得突破，當中包括在世界女子青少年壁球錦標賽為香港取得的首面壁球世青賽金牌及在第十七屆亞洲乒乓球錦標賽奪得八枚獎牌的歷史佳績。

所謂「一年之計在於春」，二零零六年出版的第一期《精英體育》特別邀請了香港體育學院(體院)的13位精英總教練，以及兩個殘障人士體育總會的主席總結去年的成績，並展望今年的比賽目標。

二零零五年香港傑出運動員選舉結果已於二零零六年二月二十八日揭曉，我們很高興看見22位體院獎學金運動員在五個獎項中獲得嘉許，他們對運動的投入和勇往直前的艱苦奮鬥精神實在值得我們敬佩和表揚，因此我們挑選了其中一些傑出運動員作為今期雜誌的封面人物，並報導得獎運動員在頒獎典禮的花絮。

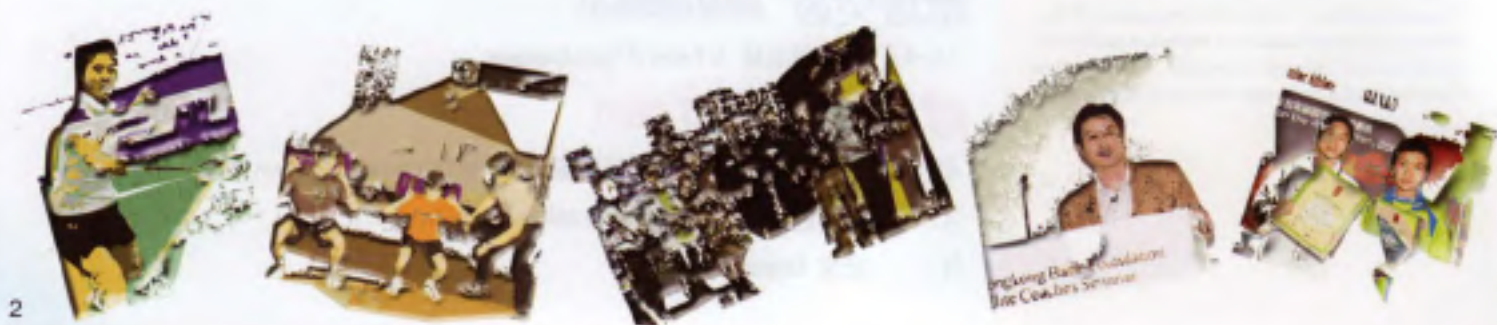
此外，我們會在今期介紹羽毛球運動，包括其起源、比賽、器材，以及成為優秀運動員所需的條件。體院羽毛球總教練陳智才會分享他的教練生涯；而香港羽毛球首席球手王晨及後起之秀葉焯延則會談談她們在羽毛球訓練的心得和生活點滴。

很多人都有興趣知道奧運金牌運動員的致勝秘訣，如果你也是其中之一，就千萬不要錯過今期與110米欄王劉翔的教練孫海平及中國女子排球隊主教練陳忠和的訪問，二人將分享他們協助運動員踏上奧運金牌之路。

提高運動員體能的力量訓練及打擊採用違禁藥物同樣是國際體壇兩項熱門話題，為了讓讀者了解有關方面的最新發展，體院的體適能專家謝家德及運動生化主任袁慧儀博士會分別為大家介紹這兩個課題的重點和最新動向。

希望大家喜歡今期的《精英體育》！

總編輯
鍾伯光博士



Editorial

Our Goal: Building on Success in 2005

Hong Kong athletes made significant progress in 2005 across a range of sports, producing a number of breakthroughs at world or Asian levels, including the first ever world junior title in the Women's World Junior Team Championships and a historical medal haul of eight medals (three gold, three silver and two bronze medals) in the 17th Asian Table Tennis Championships.

'It's time to make a good start of the year's work in spring,' as the saying goes. With this in mind, for this first issue of Sports Excellence in 2006 we have invited 13 head coaches of the HKSI and the chairmen of the two sports associations for athletes with disabilities to sum up their sporting achievements last year and talk about their goals for 2006.

We are delighted with the results of the Hong Kong Sports Stars Awards 2005 announced on 28 February 2006. A total of 22 HKSI Scholarship athletes received awards in the five categories. Their dedication and commitment to sports deserve our tribute and recognition. We have chosen some of these outstanding elite athletes to appear on the cover of this edition, and have included some other snapshots of the winning athletes at the prize presentation ceremony in the magazine itself.

In this issue, you will be able to learn more about badminton, including its origin, competition, equipment and what it takes to be a top class badminton athlete. HKSI Head Badminton Coach Chan Chi-choi recounts his coaching career experience while Hong Kong number one badminton player Wang Chen and promising athlete Yip Pui-yin tell us about their training programmes and their daily life.

Most of us would love to know what it takes to be an Olympic gold medallist. If that is you, don't miss our interviews with Sun Haiping and Chen Zhonghe, coaches of the 110m hurdler Liu Xiang and China Women Volleyball Team respectively, who share with our readers how they assisted their athletes on the path to victory.

Strength training for athletes and anti-doping are two hot topics in the international sporting arena. To keep readers up to date on all the latest trends, the HKSI's strength and conditioning expert Michael and sport biochemist Yvonne will give you some tips about strength training and update you on doping control respectively.

As always, please enjoy this issue of Sports Excellence!

Dr Chung Pak-kwong
Editor-in-Chief



二零零五年回顧及二零零六年展望 Review of 2005 and Forecast for 2006



體院十三個精英項目

田徑 Athletics

田徑隊在二零零五年進步神速，在全體教練和運動員通力合作下，必可繼續成功培養出色的人材。獲重點栽培的年輕運動員嶄露頭角，他們的成績相信會在未來數年穩步提升。

精英運動員在二零零五年時南征北討，田徑新秀可於二零零六年一顯身手，因多項分齡的田徑賽及世界青少年賽事會在年內舉行。精英運動員的備戰重點則會在年底舉行的亞運會的接力及短跑項目。

體院田徑總教練安奇雲

二零零五年是香港體育界豐收的一年。體壇人士眾志成城，令香港健兒在全國、區域及國際性的大型比賽均有出色表現。二零零六年則是充滿挑戰的一年，尤以亞運會最為引人注目和關心。香港體育學院院長、13位精英項目的總教練和兩位殘障人士體育總會的主席，將在二零零六年的第一期《精英體育》回顧港隊去年的成績，並暢談今年大計。

2005 was good for Hong Kong sport. With the hard work of everyone in the sports community, Hong Kong athletes secured some notable successes in major sporting events at national, regional and international levels. 2006 is a year full of challenges, with a number of important competitions, in particular the Asian Games, taking place. In this first issue of Sports Excellence in 2006, the HKSI Chief Executive, Head Coaches of the 13 elite sports and the chairmen of the two disabled national sports associations each review the achievements of 2005 and set out their goals for this year.

Athletics has seen some real improvements in 2005. The combined efforts of all the coaches and athletes should continue to develop talent for the future. Athletics has built a base of good young athletes and now over the next couple of years that selected talent should continue to improve.

For athletics, 2006 is the year of the junior. After a number of senior meets in 2005, we will see many track meets that involve several age groups and world junior events in 2006. The main focus for the seniors will be the relays and sprints at the Asian Games in December.

Kevin Ankrom, HKSI Head Athletics Coach

羽毛球 Badminton

二零零五年是羽毛球隊平穩進步的一年，我們基本完成了預期的目標。在亞洲錦標賽，王晨繼二零零三年後再次奪得女單金牌，吳蔚奪得男單銅牌。楊禮豐、李詠梅也首次在混雙取得銅牌。在全運會雖然發生一些不愉快的事情，未能為香港取得獎牌，但女單第四名、男團第四名已突破了我們歷來參賽的最好成績。青年軍方面我們也取得較大的進展。在亞洲青年錦標賽，葉熾延首次為香港取得歷史性首面女單銅牌，她更在女子雙打項目夥拍林倩盈，奪得銅牌，再為香港取得突破性的成績。

這些成績都是我們共同努力的成果，展望未來一年，我們會面對更大的挑戰。在新舊交替，以老帶新的環境下，在訓練和比賽都會面對很多困難，但我們有信心迎接挑戰，也有信心取得更大的突破。

體院羽毛球總教練陳智才

During the year, the Hong Kong team progressed smoothly and met its targets. At the Asian Championships, Wang Chen won the gold medal in women's singles following the victory in 2003 while Ng Wei, Albertus Njoto and Li Wing-mui took the bronze medal in the men's singles and mixed doubles respectively. Although the team could not secure a medal at the National Games following some unfavourable affairs, they made a breakthrough by finishing fourth in the women's singles and men's team events. Junior athletes meanwhile have continued to make remarkable progress, particularly at the Asian Junior Championships where Yip Pui-yin brought home the first-ever bronze medal in women's singles. In addition, she paired up with Lam Sin-ying and achieved a breakthrough by taking a bronze medal in the women's mixed doubles.

The most satisfactory outcome of 2005 was the concerted efforts of the team as a whole. 2006 is a year full of challenges. It is anticipated that the team will experience some difficulties as it goes through a period of transition where the emerging talent will work with the established athletes. Nevertheless, we will face the challenges head on and are confident that more breakthroughs will be achieved.

Chan Chi-choi, HKSI Head Badminton Coach

單車

香港單車運動員在回歸後第三次參加全國運動會，王史提芬勇奪BMX項目冠軍，黃金寶在極其困難的比賽環境中獲得記分賽和公路個人賽銅牌。在亞洲錦標賽李慧詩為香港隊首次獲得

2005 was the third time our athletes competed at the National Games since Hong Kong's reunification with the Mainland, with Steven Wong winning a magnificent gold medal in the BMX Race. Wong Kam-po fought fiercely in a highly difficult situation

青年女子捕捉賽第三名。在環南中國海賽上，黃金寶帶領全隊首次獲得八個分段的冠軍和個人、團體總冠軍。胡建榮繼黃金寶之後，成為第二位獲得黃色戰衣的運動員。

越趨成熟的香港隊將以百倍的努力，力爭在2006亞運會再創佳績。

體院單車總教練沈金康

and managed to secure a bronze medal in both the men's 40km point race and individual road race. At the Asian Cycling Championships in India, Lee Wai-see grabbed the first-ever bronze medal for Hong Kong in the junior women's scratch. Under the leadership of Wong Kam-po, the Hong Kong Team won all eight stages of the 10th Tour of South China Sea and took the overall team championship for the first time. Wu Kin-san, the second Hong Kong cyclist to become the overall champion, was awarded the Yellow Jersey.

With junior athletes showing excellent progress, the Cycling Team is determined to secure more medals at the 2006 Asian Games.

Shen Jinkang, HKSI Head Cycling Coach

回顧二零零五年，在體院與香港業餘劍擊總會密切配合和全力支持下，劍擊精英運動員和教練員努力奮鬥，使港隊成績在年來取得了不同程度的進步和提升。在上半年的世界杯分站賽，香港隊首次獲得女子佩劍團體銀牌，而周梓淇在個人項目亦奪得銅牌；在隨後的亞洲劍擊錦標賽，港隊在女子佩劍團體項目只敗於中國隊之下屈居亞軍，此外又取得女子重劍團體和男子佩劍團體銅牌，更在男子重劍個人項目首次獲得銀牌。

青少年運動員的成績也十分突出，他們在全國青少年賽事的女子重劍、女子佩劍及男子花劍個人項目也獲得獎牌。

在多哈舉行的亞運會是我們在二零零六年的主要目標，我們定必上下一心，全力以赴，務求在今屆亞運會上取得突破性成績。

體院劍擊總教練王銳基

With strong support from the HKSI and the Hong Kong Fencing Association, our elite athletes worked hard and excelled in a wide variety of events in 2005. In the first half of the year, we captured the first-ever silver medal in the ladies sabre team at the Women's Sabre World Cup (Candidature A), with Chow Tsz-ki winning a bronze medal in the individual event. At the Asian Championships, we were only defeated by China and finally ranked second in the ladies' sabre team. This was backed up by both the ladies' epee team and men's sabre team, who each won a bronze medal. Hong Kong also secured its first silver medal in the men's epee individual.

Young athletes are beginning to make their mark, as evidenced by medals won at the National Youth Championships in the ladies' epee individual, ladies' sabre individual and men's foil individual.

Our emphasis this year is to out-perform our past records at the coming Doha Asian Games, and this can hopefully be achieved through close cooperation, determination and dedication.

Wang Ruiji, HKSI Head Fencing Coach

對賽艇運動員來說，二零零五年可謂挑戰重重。年內最重要的兩大賽事——全國運動會及東亞運動會——相距只有三週；更甚的是，前者採用的是符合國際標準的2,000米賽道，後者卻因受制於澳門的海域限制，賽道只有短短的500米。因此，港隊在備戰時必須在兩者間取得平衡，既要協助運動員應付長途比賽，亦須注重速度訓練，以配合東亞運動會的獨特要求。在大家齊心協力下，羅曉鋒成為首位晉身全國運動會賽艇項目決賽的香港代表，翁嘉茵與湯少文則在東亞運動會取得一面女子雙人單槳銅牌。在23歲以下的世界賽中，蘇秀華及盧廷威的組合表現不俗，再次打入決賽，名列第六。

我們在二零零六年的首要目標，是為於卡塔爾首都多哈舉行的亞運會作好準備。港隊會繼續主攻往績優良的項目，如男、女子輕量級單人及雙人艇。除了2002亞運會獎牌功臣羅曉鋒和翁嘉茵外，蘇秀華、盧廷威、李嘉文及湯少文等新秀亦會披甲上陣。由於這是卡塔爾首次主辦賽艇項目，加上賽道只有1,000米，港隊要爭取獎牌所面對的挑戰著實不少。

體院賽艇總教練白勵

The 2005 season was a challenging one for the Rowing Programme because the two most important events - the National Games and the East Asian Games - fell only three weeks apart. The National Games was held over a full international-standard 2,000m course, but the East Asian Games was held over only 500m due to the small water area available in Macau. This made preparation something of a compromise between the long-distance work required for the National Games and the sprint training needed for the East Asian Games. Results in the end were satisfactory with Law Hiu-fung becoming the first-ever rower to reach a National Games final and Yung Ka-yan and Tong Siu-man taking a bronze medal in Macau. Hong Kong also excelled at the World Under 23 Championships, where So Sau-wah and Lo Ting-wai again reached the finals, placing sixth.

The most important target for 2006 will be the Asian Games to be held in Doha, Qatar. Hong Kong will again focus on the events where it has done well in the past - especially the men's and women's lightweight singles and doubles. Law Hiu-fung and Yung Ka-yan, who were medallists at the 2002 Asian Games, both remain on the team, and they will be joined by other promising athletes such as So Sau-wah, Lo Ting-wai, Lee Ka-man and Tong Siu-man. A key challenge will be that this is the first-ever time that a rowing event has been held in Qatar and, again, it will be a non-standard distance of 1,000m.

Chris Perry, HKSI Head Rowing Coach

女子隊經過整整一年的積極備戰，在二零零五年世界女子青少年壁球錦標賽中勇挫力求衛冕的埃及隊，首次奪得團體賽桂冠，寫下香港壁球史上的新一頁。

在此之前，女子隊及男子隊已分別奪得亞洲青少年錦標賽的女團金牌及男團銅牌，小將歐詠芝的表現尤其出色，在個人項目摘下一面銀牌。

壁球新秀光芒四射，精英運動員亦不遑多讓：趙詠賢除了贏得二零零五年鱷魚恤壁球挑戰盃，並首次在世界公開賽打進16強；王偉恆亦在澎馬挑戰盃登上男子組冠軍寶座，成為首位贏得這項殊榮的本地華人選手。

憑著充足準備，我們期望在2006亞運會及亞洲青少年壁球錦標賽再創佳績。

體院壁球總教練蔡玉坤

The World Junior Women's Team Championships 2005 was the climax of an intensive year-round preparation for our girls' team, stunning defending champion Egypt with a historic victory to give Hong Kong the first Junior Women's Team title.

Before that our girls' team was crowned champion at the Asian Junior Championships while the boy's team took out the bronze medal. Additionally, number one girl's player Annie Au also won a silver medal in individual event.

Other significant results during the year included Rebecca Chiu winning the Crocodile Challenge Cup title and her first time breakthrough into the top 16 at the World Open. Of special significance was Wong Wai-hang becoming the first Hong Kong Chinese player to capture the PSA title at the Buler Challenge Cup.

Given full preparation work, we look forward to attaining successful results at both the Asian Games and the Asian Junior Squash Championships in 2006.

Choi Yuk-kwan, HKSI Head Squash Coach

香港游泳在二零零五年可以說是得到豐收！在大家同心協力之下，游泳運動繼續蓬勃發展，游泳成績大大提高，游泳選手在國際比賽亦取得優異成績：八月份舉行的亞洲分齡游泳錦標賽，香港隊取得了10金25銀27銅，共62面獎牌；在東亞運動會，孫嘉兒在女子50公尺蛙泳取得銅牌，香港隊也打破了六項紀錄；在第一屆亞洲室內運動會，香港游泳隊更滿載而歸，取得了八金五銀二銅，是香港游泳隊參加國際大型運動會歷來最好的成績。香港泳手全年打破了34項次香港紀錄及18項次青少年紀錄，實在令人欣喜！我們不單看到目前的進步，也見證了青少年選手的成長，使我們對香港游泳的未來充滿希望。

二零零六年對香港運動員來說，最主要的是十二月在多哈舉行的第十五屆亞運會。香港游泳運動員將努力爭取比在第十四屆亞運會更佳的成绩。以我們在去年取得的成绩作為基礎，我們對今年充滿信心！

體院游泳總教練陳耀海

The year produced some very positive results. Thanks to the combined efforts of all stakeholders, our development programme showed good progress and led to excellent results at international level. At the 3rd Asian Age Group Championships in August, Hong Kong swimmers won a total of 62 medals, including 10 gold, 25 silver and 27 bronze. At the East Asian Games in Macau, rising star Suen Ka-yi captured a bronze medal in the women's 50m breaststroke and six new Hong Kong records were set. The national team performed even better at the 1st Asian Indoor Games, in which our swimmers won eight gold, five silver and two bronze medals - the best-ever outcome since we began competing in major international games. During the year, 34 Hong Kong and 18 junior Hong Kong records were set. With improving performances by both elite and young athletes, the sport is on course for a bright and promising future.

The major priority of the swimming team in 2006 is to prepare for the 15th Asian Games to be held in Doha in December. Based on the sound platform we have built, we are confident that 2006 will be another rewarding year.

Chan Yiu-hoi, HKSI Head Swimming Coach

乒乓球隊去年取得令人滿意的成績，在多個重要比賽及公開賽囊括多面獎牌，創下多項佳績。年初，帖雅娜在第十七屆女子亞洲盃擊敗一眾好手，首次為香港贏得女單冠軍；林菱在年中舉行的第四十八屆世界乒乓球錦標賽奪得銅牌，是香港首面世界錦標賽單打項目的獎牌，張瑞、帖雅娜還獲得女子雙打的銅牌；乒乓球代表隊於八月出戰第十七屆亞洲乒乓球錦標賽，在多個項目晉身三甲，並奪得女子團體、男子雙打及女子單打金銀牌，以三金三銀兩銅的歷史性佳績凱旋而歸。年內，運動員參加了國際乒乓球職業巡迴賽多個賽站的比賽，表現優秀，其中帖雅娜及張瑞更六度榮膺女雙冠軍。

青少年運動員的表現也不遑多讓，其中趙頌熙及李皓晴分別在全國少兒乒乓球比賽及第十一屆亞洲青少年乒乓球錦標賽取得男單冠軍及女子少年組單打亞軍。

The Table Tennis Squad performed with merit and produced a number of breakthroughs throughout the year. In early 2005, Tie Yana won Hong Kong's first-ever gold medal in the women's singles at the 17th Women's Asian Cup. Equally impressive was Lin Ling's result at the 48th World Championships where she won a bronze medal, also Hong Kong's first medal in an individual event at the World Championships. The women's doubles pair Zhang Rui and Tie Yana also won a bronze medal in the same event. In August, our elite players continued to perform well at the 17th Asian Championships and captured a total of eight medals, including six gold and silver medals in the women's team, men's doubles and women's singles. In addition, they took part in several ITTF Pro Tour Tournaments with Tie and Zhang ranked first in the women's doubles on six occasions.

Hong Kong Juniors also obtained good results, with Chiu Chung-hei and Lee Ho-ching winning a gold medal in the boys' singles at the National Youth Tournaments and a silver medal

踏進二零零六年，乒乓球隊已積極練習及計劃參加一連串的比赛，為世界錦標賽及年底在多哈舉行的亞運會作出爭取獎牌的全面準備。

體院乒乓球總教練惠鈞

in the girls' singles at the 11th Asian Youth Championships respectively.

An intensive training programme and several competition opportunities have been arranged to prepare the Hong Kong team for what is hoped will be a medal-winning result at the forthcoming World Championships and Doha Asian Games.

Hui Jun, HKSI Head Table Tennis Coach

網球隊在二零零五年南征北討，出戰多項大型賽事。成人組方面，我們在世界大學生運動會、全國運動會及東亞運動會均晉身八強，並在台維斯盃亞洲／大洋洲第三組取得團體冠軍。青少年運動員亦表現不俗，除了女子隊在協會盃的亞洲-大洋洲組別資格賽名列第三，更有兩名女選手和兩名男選手登上世界排名首100位。在二零零六年，無論是精英或青少年運動員，皆以在亞洲錦標賽、亞運會、亞洲青少年錦標賽，以及其他亞洲與國際賽事爭取獎牌為目標。

2005 was a busy year with many major events. In the seniors, we had quarterfinal finishes at the World University Games, the National Games and the East Asian Games. Also, our Davis Cup team finished first at the Asia-Oceania Group 3 event. In the juniors, our girls' Junior Federation Cup team finished third at the Asia-Oceania qualifying group. In addition, we had two girls and two boys reached top 100 ITF World rankings. In 2006, our main targets include medals at the Asian Championships, the Asian Games, and the Asian Junior Championships, as well as several other Asian and international events in both the seniors and juniors.

體院網球總教練田村赤榮

Stan Tamura, HKSI Tennis Head Coach

踏入二零零五年，胡兆康即先拔頭籌，分別在雅加達及馬來西亞舉行的亞洲巡迴賽總決賽及公開賽摘冠，其後再憑著精湛技術，在印尼巡迴賽取得亞軍。女將馮雪儀在科威特公開賽力壓世界級選手，贏得其職業球手生涯的首項公開賽錦標，並於其後舉行的巴塞隆納公開賽及第七屆世界運動會躋身四強。青少年運動員方面，港隊小將在雅加達的亞洲學界錦標賽取得一面雙人組銅牌；年僅16歲的曾柏期一鳴驚人，在亞洲巡迴賽香港站稱王，成為歷來最年輕的分站冠軍。到了年底的東亞運動會，港隊力拼世界一級強隊——韓國隊，最終取得男子五人隊際賽的銀牌，創下我們在東亞運動會隊際賽的最佳成績。

We started 2005 with Wu Siu-hong winning the Tournament of Champions in Jakarta and the Malaysian Open. He was second with an excellent performance in the tournament in Indonesia. Vanessa Fung won the Kuwait Open, beating the best bowlers in the world - her first ever win in an Open tournament. She also produced a superb performance at the Barcelona Open and the World Games by attaining fourth position. For the Developing Youth group, we won a bronze medal in doubles at the Asian School held in Jakarta while 16-year-old Michael Tsang won the leg of the Asian Bowling Federation Tour in Hong Kong, becoming the youngest bowler in the history of the Tour to win a leg. In the East Asian Games, facing one of the best teams in the world in Korea, we won the silver medal in the Team Event Men's division, and achieved Hong Kong's best-ever performance in the Team Event at the Games.

保齡球隊對二零零六年寄望甚殷，目標是在亞運會爭取獎牌。我們會一如以往般積極練習，透過參與六次本地訓練營及一連串的比赛提升信心，努力達成目標。

體院保齡球總教練馬柏圖

We have great expectations for 2006, especially for the Asian Games. We are going to prepare as usual with six local training camps, and a series of tournaments to build up confidence with the ultimate goal being to achieve excellence in the Asian Games.

Pedro Luis Merani, HKSI Head Tenpin Bowling Coach

在二零零五年年初完成於香港及新西蘭進行的鞏固及針對性訓練後，港隊兵分兩路，出戰台灣的亞洲盃及泰國的湄公河國際三項鐵人賽，結果不負所望：雷泳琦及Andrew Wright雙雙在台灣的賽事掄元；出征泰國的麥素寧和陳慶駒，則分別在女子及男子少年組名列第二。

After a period building a solid base, and the organisation of specific training in Hong Kong and New Zealand in early 2005, our squad competed in the Taiwan Asian Cup and the Mekong International Triathlon. Christine Bailey and Andrew Wright both convincingly won the former event while Mak So-ning and Chan Hing-kui finished second in the female and male junior categories of the latter competition respectively.

至於年內的大型賽事——在新加坡舉行的亞洲三項鐵人錦標賽，港隊亦贏得一面銀牌及兩面銅牌，年紀輕輕的許煒森更在10-12歲組別摘下金牌。叫人刮目相看的明日之星，還有在澳門國際三項鐵人賽取得亞軍的陳以高，以及同列第三的隊友何景勳和司徒兆服。

In the year's main event, the Asian Singapore Triathlon Championships, our teams brought home one silver and two bronze medals. In addition, Hui Wai-sum won a gold medal in the 10-12 years old category. Up-and-coming junior triathletes demonstrated considerable potential in the International Triathlon Union Macau International Triathlon with Ricco Chan finishing second and Ho King-fun and Szeto Shiu-yan finishing third respectively.

三項鐵人今年首度成為亞運會的競賽項目。李致和將會與其他隊員接受一連串的高強度訓練，為圓金牌之夢奮鬥。

體院三項鐵人總教練露芙特

For the first time triathlon will feature as one of the events in the Doha Asian Games. Lee Chi-wo will lead the rest of team in a series of intensive training camps before embarking on their medals dream at the Games.

Ruth Hunt, HKSI Head Triathlon Coach

海濱風帆 Windsurfing
滑浪風帆隊在二零零五年收穫豐富。何智豪與陳慧琪在Kiel德國帆船賽雙奪標，不但創下香港運動員首次囊括國際帆船聯會一級賽事男、女子組冠軍的紀錄，何的世界排名更因而升上首位。陳敬然在世界錦標賽名列第四，成為首位在這項賽事躋身五強的香港男運動員。陳慧文在全國運動會打入四強，成績亦不容忽視。

在二零零六年，港隊將以亞運會及2008奧運會為訓練重點。由於兩者採用不同的帆具，我們的備戰工作將更富挑戰性。

體院滑浪風帆總教練艾培理

2005 was yet another outstanding year for windsurfing. Ho Chi-ho and Chan Wai-kei won Kiel week, the first time an ISAF grade I event has been won by both male and female athletes from Hong Kong. Ho Chi-ho also achieved a number one world ranking. Chan King-yin's fourth place in the World Championships was the first time a male Hong Kong windsurfer finished in the top five in this event. Chan Wai-man's fourth place in the National Games was also a very commendable result.

For 2006 our focus will be on the 2006 Asian Games and preparations for the 2008 Olympic Games. Both will be on different equipment making this coming year an even more challenging one.

Rene Appel, HKSI Head Windsurfing Coach

武術 Wushu
二零零五年是香港武術隊大豐收的一年，在多個大型比賽取得佳績，包括在第三屆亞洲青少年武術錦標賽獲得五金五銀八銅及第三屆東亞運動會獲得一金一銀一銅；更難得的是在第八屆世界武術錦標賽獲得兩金三銀，雖然比賽採用新難度規則，各隊員仍能以出色動作完成套路。武術全年共獲得八面金牌、九面銀牌、九面銅牌，共26面獎牌。此外，值得可喜的是一批年青運動員已逐漸成熟，像鄭仲恒、袁家榮、馮泳施、梁家瑋等，當中年僅17歲的鄭仲恒更在世錦賽的棍術項目力壓群雄取得銀牌，僅排在中國之後。可見港隊一批青少年正在茁壯成長，只要他們繼續刻苦努力，必定會在今後的賽事上大放異采。

繼續為香港在亞運會爭取獎牌是武術隊在二零零六年的主要任務，我們對此充滿信心。

體院武術總教練于立光

2005 represented another rewarding year for the Wushu team. Remarkable results during the year included five gold, five silver and eight bronze at the 3rd Asian Youth Wushu Championships, and one gold, one silver and one bronze at the 4th East Asian Games. It is noteworthy that with the adoption of the new rules for international wushu taolu (routine) competition, the Hong Kong National Squad still managed to perform well at the 8th World Wushu Championships, capturing two gold and silver silver medals. In 2005 eight gold, nine silver and nine bronze medals were won, making an overall medal tally of 26.

Even more heartening is the emergence of a number of young athletes who are now ready to excel on the world stage. They include Cheng Chung-hang, Yuen Ka-ying, Fung Wing-see and Leung Ka-wai. At the World Championships, the 17-year-old Cheng won a silver medal in gunshu, being eclipsed only by his Chinese opponent. With continued efforts and dedication, these young people offer the hope of more medal-winning performances in future international competitions.

We are confident that our athletes have a good chance of securing medals for Hong Kong at the Doha Asian Games, the top mission of the Wushu team in 2006.

Yu Liguang, HKSI Head Wushu Coach

弱智人士體育 Sports for Mentally Handicapped



香港弱智人士體育協會致力發展的體育項目有18個之多，重點發展的田徑、游泳、乒乓球及賽艇在去年多個國際海外賽事表現優異。

四名男田徑運動員在九月於澳洲坎培拉舉行的「第五屆國際智障人士體育聯盟世界田徑錦標賽」，以3分38秒36成績於4x400米接力賽勇奪金牌，擊敗分別以3分38秒83及3分39秒58奪得銀牌及銅牌的俄羅斯及主辦國澳洲，總成績為亞洲區最優秀。

八名游泳運動員(四男四女)參加於二零零五年九月三至十二日假捷克利伯里茲舉行的「第四屆國際智障人士體育聯盟世界游泳錦標賽」，港隊在賽事中成績彪炳，總成績為四金四銀六銅。

女子乒乓球隊在十月底於法國舉行的「第四屆國際智障人士體育聯盟世界乒乓球錦標賽」再次成為大贏家，連續兩屆取得單打、雙打及團體三面金牌，蜚聲國際。

本會在二零零六年將繼續派隊參與各項國際賽事，務求以最佳狀態進軍2008傷殘人士奧運會。

香港弱智人士體育協會主席
楊德華 太平紳士

Among the 18 sports currently promoted by the Hong Kong Sports Association for the Mentally Handicapped, achievements in the four focus sports of athletics, swimming, table tennis and rowing were noteworthy, particularly at the international level.

In September 2005, the Hong Kong men's 4x400m relay team won a gold medal at the 5th INAS-FID World Athletics Championships held in Canberra, Australia. They ran 3:38.36 to beat the Russian (3:38.83) and Australian (3:39.58) teams and ranked first among all participating Asian countries/regions in terms of overall results.

The elite team of four male and four female swimmers competed at the 4th INAS-FID World Swimming Championships held in 3-12 September in Liberec, Czech Republic, capturing a total of four gold, four silver and six bronze medals.

At the 4th INAS-FID World Table Tennis Championships held in France in late October, our women players continued to excel and successfully defended their championship titles in the womens singles, women's doubles and womens team.

In 2006, the Hong Kong team will actively participate in all major international events to prepare for the 2008 Paralympics.

Yeung Tak Wah, JP
Chairman, Hong Kong Sports Association for the Mentally Handicapped

傷殘人士體育 Sports for Physically Disabled



與二零零四年相比，二零零五年似乎是平平無奇的一年，但實情卻非如此。由於將有多項大型國際賽事在二零零六年舉行，我們的運動員一點兒也沒鬆懈，憑著努力，不少已取得世界錦標賽的參賽資格。

此外，我們亦會派隊參加另一項四年一度的盛事——於二零零六年十一月假吉隆坡舉行的遠東及南太平洋傷殘人士運動會。我祝各位運動員滿載而歸，並深信他們會再次在國際體壇上大放異彩，為港爭光。

香港殘疾人奧委會暨傷殘人士體育協會主席
馮馬潔嫻

Though 2005 might have appeared quiet compared to 2004, our athletes were in fact working hard behind the scenes, preparing themselves for several international competitions scheduled for 2006. As a result of their efforts, a number of them have already attained the appropriate qualifications to participate in the World Championships.

In addition, representatives will be competing in another quadrennial event, the Far East and South Pacific Games for the Disabled to be held in Kuala Lumpur in November 2006. I wish each of them all the best in the forthcoming competitions and am confident that they will once again bring pride to the Hong Kong SAR through their efforts in the international arena.

Jenny Fung
Chairman
Hong Kong Paralympic Committee & Sports Association
for the Physically Disabled

體院院長鍾伯光博士對體院獎學金運動員在二零零五年的表現十分滿意，並喜見不少新秀在大型的地區及國際賽事嶄露頭角，他說：「這些體育成就對於在體院努力工作，默默地提供高質素的支援服務，協助運動員馳騁沙場的教練、科研和體育行政人員來說，是莫大的鼓舞。近年，越來越多年輕人願意投身體育事業，我衷心希望各界全力支持運動員和精英體育培訓工作。」

Dr Chung Pak-kwong, HKSI Chief Executive, is highly satisfied with the performance of HKSI Scholarship athletes in 2005 and delighted to see that several young talents have shown their potential at numerous regional and international competitions. "These successes have given great encouragement to the professional staff at the HKSI, including coaches, scientific experts and sports administrators who have been working behind the scenes to provide high quality services and support to prepare the athletes for such a wide range of important events every year," he said. "There are more and more youngsters willing to commit themselves to a career in sport and I hope the community will give them their full support."

二十二位體院獎學金運動員獲香港傑出運動員選舉嘉許 22 HKSI Scholarship Athletes Honoured by the Hong Kong Sports Stars Awards 2005



體育界舉杯慶賀香港運動員在二零零五年取得優異成績，並祝願他們再創高峰。
Members of the sports community toast for the success of the Hong Kong athletes in 2005 and wish more breakthroughs in the years to come.

二零零五年度香港傑出運動員選舉頒獎典禮已經於二零零六年二月二十八日假香港灣仔會議展覽中心隆重舉行。共有22位體院獎學金運動員在五個項目中取得殊榮。這些獎項不但是對他們表現和實力的認同，更是對體院積極訓練體壇精英所作貢獻的一種肯定。在此衷心祝賀各位得獎運動員，體院會繼續積極與體育總會和各體育團體配合，期望各位運動員繼續努力，於二零零六年在國際體壇再創高峰。

是項選舉由中國香港體育協會暨奧林匹克委員會主辦，今屆一共收到來自29個體育總會共146個提名。能夠在芸芸百多名候選人中脫穎而出，對得獎運動員來說實在是無尚光榮。

The Hong Kong Sports Stars Awards 2005 Presentation was held in the Hong Kong Convention and Exhibition Centre in Wanchai on 28 February 2006. There are 22 HKSI Scholarship athletes received awards in five categories. The awards not only acted as the recognition to the athletes' dedication and commitment to sport, but also an encouragement to the work of the HKSI. The HKSI will continue to work closely with the National Sports Associations and the sporting community, hoping that more and more HKSI Scholarship athletes will be honoured in the Awards in future.

Organised by the Sports Federation & Olympic Committee of Hong Kong, China, a total of 146 nominations were received from 29 National Sports Associations in this year's Award. In views of the keen competition, it is indeed a great honour to the award recipients.



賽艇運動員翁嘉茵榮膺香港最具體育精神運動員，喜上眉梢。
Rower Yung Ka-yan is glad to receive the Hong Kong Sportsman's Sports Star Award.



(左起) 射擊運動員王輝、游泳運動員施幸余及孫嘉兒、田徑運動員鄧亦峻、田徑(傷殘人士)運動員蘇祥偉、乒乓球運動員林菱、羽毛球運動員王晨, 以及單車運動員黃金寶榮獲香港傑出運動員。

(From left) Shooter Wong Fai, swimmers Sze Hang-yu and Suen Ka-yi, sprinter Tang Yik-chun, sprinter (physically disabled) SoWa-wai, table tennis player Lin Ling, badminton player Wang Chen and cyclist Wong Kam-po are honoured the Hong Kong Sports Stars Awards.

游泳運動員謝健埔(左一)、羽毛球運動員陳仁傑(左二)、硬地滾球運動員郭海榮(中)、三項鐵人許煒森(右三), 以及游泳(智障人士)運動員周沅凝(右一)獲選為香港最具潛質運動員。

Swimmer Tse Kin-hay (1st from left), badminton player Chan Yan-kit (2nd from left), boccia player Kwok Hoi-ying (middle), triathlete Hui Wai-sum (3rd from right) and swimmer (mentally handicapped) Chow Yuen-ying (1st from right) are selected as the Hong Kong Potential Sports Stars Awards' recipients.



2005年度
香港傑出運動員選舉頒獎典禮
Hong Kong Sports Stars Awards 2005
Presentation Ceremony

壁球運動員歐詠芝(左一)、羽毛球運動員葉煒斌(中)、游泳(智障人士)運動員梁舒恆(右二), 以及乒乓球運動員蕭頌熙(右一)獲選為香港傑出青少年運動員。Squash player Au Wing-chi (1st from left), badminton player Yip Pui-yin (middle), swimmer (mentally handicapped) Leung Shu-hang (2nd from right) and table tennis player Chiu Chung-hei (1st from right) are the recipients of the Hong Kong Junior Sports Stars Awards.



香港女子青少年壁球隊成員包括(左起)梁善雅、趙家琦、陳浩鈴及歐詠芝, 獲選為香港最佳運動組合。

Hong Kong Junior Women's Squash Team comprising (from left) Leung Shin-nga, Chiu Ka-kei, Chan Ho-ling and Au Wing-chi wins the title of the Hong Kong Sports Stars Award for Team Event.

Hong Kong Sports Stars Awards 2005
Presentation Ceremony





陳智才
Chan Chi-choi

羽毛球是我的事業
My Career in
Badminton

人稱才叔的體院羽毛球總教練陳智才，馳聘羽毛球場三十多年。從運動員轉任教練，才叔在每個崗位都是懷著雄心壯志，以無比的決心竭力推動香港羽毛球運動的發展，並將之提升至世界級水平。

終身事業

問才叔甚麼原因驅使他由運動員轉為教練，他不用多想便說：「羽毛球是我最喜愛的项目，我把它視為一生的事業。我希望利用本身的強項，再結合自己的經驗，訓練下一代，希望他們實現我未能完成的夢想。」

才叔說以往香港羽毛球隊到外地比賽很受其他國家的球隊歡迎，原因無它，就是香港隊的實力與其他國家相比仍有一段距離。當時的香港隊如果能在比賽中勝一場已是很不錯的成績，更不用說打入前三名。從那時起，才叔便決心要扭轉這個局面，令香港羽毛球運動員在國際比賽場上抬起頭來。「我認為羽毛球這項運動十分適合香港人，因為它講求靈活、靈巧性、技巧、耐力和思考等，與香港人的特質十分吻合。我很希望可以盡自己的能力，將香港羽毛球的水平提升至世界級，能夠為香港羽毛球壇服務，是我的光榮，也是我的責任。我自一九九零年起擔任全職教練至今，經過多年的奮鬥，香港隊的成績不斷提升，從比賽第一、二圈已經被淘汰，至今天能夠在大型比賽，如亞洲錦標賽、亞運會、世界團體賽等取得獎牌。」

角色轉變

回憶剛任教練時，才叔說一時之間真的難以適應。他說：「擔任教練時，我才發覺當運動員最為幸福，只要一心一意專注訓練，其他的事有教練安排；相對地，教練負責的範圍很大，不單要顧及運動員的訓練，還要留意他們的思想、性格和成長；到出任總教練後，工作更趨全面和複雜，負責的工作由策劃青少年和精英運動員的發展，以至教練管理、財政預算、行政等。不過，我覺得教練的工作很富挑戰性，很適合自己，或許是與我追求完美的性格有關吧！」

儘管每一個階段都會遇到困難，才叔仍是以積極的態度，解決一切問題，讓運動員安心訓練，充滿信心地迎接挑戰。

教練之道

才叔的教練之道十分簡單，就是秉持著一個理念——一切從運動員、球隊的利益出發。「抱著這個理念，處理事情和問題便有了明確的方向。就是因為事事以運動員為大前題，他們會知道我做的每一件事都是為了他們，好讓他們的潛質能發揮出來，這使我和運動員之間建立了深厚的互信關係。」

成功的教練

曾在一九九四及二零零二年奪得滙豐銀行慈善基金優秀教練選舉「全年最佳教練獎」的才叔謙虛地表示不知道自己是否一位成功的教練，他認為一位優秀的教練必須對專項運動有很深入的認識，並擁有遠見、良好的判斷力、雄心壯志和決心，更需要以開放的態度觀察與聆聽及接受新的事物，與時並進。

難忘的時刻

回顧運動員及教練生涯，才叔說在1988奧運會取得銅牌和一九九零年舉行的英聯邦運動會取得金牌令他最難忘。「1988漢城奧運會將羽毛球列入示範項目，我和拍檔陳念慈(Amy)有機會代表香港出戰混雙項目。可以參加奧運會是每位運動員的夢想，首次體驗奧運比賽氣氛令我十分興奮。雖然羽毛球賽事在當年並非為正式的比賽項目，但我站在頒獎台上那一刻，感到自己多年的努力終於有所回報，再加上場館內所有觀眾為運動員肅然起敬，那情景真的令我激動萬分，眼角也泛了淚光。」

在參加一九九零年英聯邦運動會前，才叔經歷了八個月的肩傷，當時他感到迷惘、焦慮，有幸得到身邊各人的支持與鼓勵，他積極求醫，進行治療，更在比賽前四個月重拾球拍練習，其後在香港公開賽及中國公開賽取得亞軍，令他重建信心。「其實我與Amy早已決定英聯邦運動會是我們退下火線前的最後一戰，我克服了傷患，戰勝自己，那面金牌為我的運動員生涯劃上了圓滿的句號。」



才叔和陳念慈在一九九零年英聯邦運動會奪得混雙金牌。
Coach Chan and Amy Chan won a gold medal at the 1990 Commonwealth Games.



才叔(右二)榮獲香港傑出運動員。
Coach Chan (second right) was awarded Hong Kong Sports Stars Award.

樂觀望前路

據統計，羽毛球是香港人最喜愛的運動之一。才叔也覺得現時本地羽毛球的發展基礎良好，運動員的質素也不錯，他滿有信心香港有能力培養出世界級的優秀運動員。不過他強調作為競賽項目，羽毛球的培訓不是一朝一夕的。「運動員最少要經過六至八年的正統訓練，才開始冒頭來，因此他希望政府、商界及家長對競賽體育給予更多的支持與關注。」

寄語後起之秀

參加羽毛球運動的人數每年以倍數遞增，才叔寄語年青運動員，要成為出色的羽毛球運動員，不能只把這種運動當作一種興趣，而是要視之為自己的事業，亦要積極進取和具遠大的目標，不怕失敗；雖然在訓練和比賽中會不時遇到挫折，但只要盡了全力，一定會有所得著。才叔認為：「要戰勝對手，先要戰勝自己，因為勝利永遠屬於能戰勝自己的人。」

才叔的建議

1. 羽毛球這項運動難掌握嗎？
羽毛球是易學難精的運動。要達致更高水平，就必須要掌握正確的基本技巧。
2. 學習羽毛球有沒有最低的年齡限制？
羽毛球是一種老少咸宜的運動，有益身心，更可以從中鍛鍊鬥志，學習成敗。
3. 要成為精英羽毛球運動員需要具備甚麼條件？
 - 具運動天份
 - 掌握羽毛球運動的基本技術和對這項運動有濃厚的興趣
 - 刻苦耐勞
 - 不怕犧牲部份讀書、社交和娛樂的時間
 - 家長的支持
 - 勇於承擔
 - 具堅強意志力
 - 有自信心
 - 有遠大目標



才叔(後排左三)帶領香港羽毛球隊南征北討，向世界展示香港羽毛球的實力。(相片提供：梁家樂)
Coach Chan (third left, back row) led the Hong Kong team, showing their real power in the world sporting arena. (Photo courtesy of Edwin Leung)

As an athlete and then coach, HKSI's Head Badminton Coach Chan Chi-choi has been one of the most charismatic and engaging stars of the Hong Kong sports scene for more than 30 years. He is still just as driven to see Hong Kong athletes, and particularly Hong Kong badminton, to be able to compete with the best in the world.

A Life-time Career

Asking about the reason for turning from athlete to coach, Coach Chan didn't hesitate. "Badminton is not just my favourite sport - it's my life as well as my career. I want to use my strengths and experience as a player, to help more athletes make their dreams come true."

Coach Chan recalls that the Hong Kong badminton team was always well received when they appeared abroad for competition in the past, even though - or perhaps because - the level of the Hong Kong team was simply not on a par with many other countries. At that time, it was great for the team to win a match, let alone making a top three position. He was determined to change this situation.

He has always been convinced that Hong Kong players would make their names in the world sporting arena one day. "Badminton really suits our physical and psychological make up. It places emphasis on an athlete's flexibility, agility, skills, endurance and mental approach, which fits nicely with the characteristics of Hong Kong people. I want to use those assets to help raise playing standards in Hong Kong to world-class level. It is not just a real honour to work for the sport, it is my professional responsibility. Since I took on the post of a full-time coach in 1990, the Hong Kong team has made significant improvements in its playing standards. Back then they were always eliminated in the first or second rounds of competition, and now they are able to win medals at major competitions, such as the Asian Championships, the Asian Games, and the World team events.

Changing of Roles

Coach Chan said that he found it difficult initially to make the transition from athlete to coach. "Not until I served the post did I find the happiness of being athletes. What athletes need to do is to focus completely on their training and leave everything else to the coach. This makes the workload of coaches quite heavy as they are responsible not just for coaching, but also caring for the athletes' mindset, personality and growth. When I took over as head coach I found the work was much more comprehensive and complicated. My responsibilities cover the development of junior and elite athletes, management of coaches, budgeting and administration. Anyhow, I stuck at it and eventually found the challenge of the job is ideal for me, perhaps due to my character - I am always striving for perfection", he said.

Despite difficulties emerged at every stage of training and competition, Coach Chan held a positive attitude and would try to resolve them. He worked with his greatest efforts to provide the best environment where athletes could receive training without worries, but with high level of confidence to brave challenges.

Coaching Philosophy

Working in the interests of athletes and the team is the coaching philosophy of Coach Chan. "Working to that simple guiding principle gives me a clear direction in handling every challenge. The athletes know that everything I do is for their benefit, to help them grow and reach their potential, so we have been able to establish a high level of mutual trust," he said.

A Successful Coach

Despite the accolade of having won the Coach of the Year Award of the Hongkong Bank Foundation Coaching Awards in 1994 and 2002, Coach Chan has retained his modesty, and is still not sure if he



才叔於二零零二年奪得滙豐銀行慈善基金優秀教練選舉「全年最佳教練獎」。
Coach Chan won the Coach of the Year Award of the Hongkong Bank Foundation Coaching Awards in 2002.

is a successful coach. He holds the view that in addition to possessing sound knowledge of a specific sport, an outstanding coach should be far-sighted, of good judgment, determined, ambitious for success, and always keep an open mind on different views and new ideas.

Unforgettable Moments

Looking back on his sporting career, Coach Chan said that he will never forget the 1988 Olympic Games and 1990 Commonwealth Games where he paired up with Amy Chan and won a bronze and a gold medal respectively. He recalled, "Badminton was a demonstration sport at the Seoul Olympics in 1988. Amy and I represented Hong Kong in the mixed doubles event. I felt very excited because it is the dream of every athlete to participate in the Olympics even though badminton was only a demonstration sport at those Games. When we mounted the podium to receive our medals, I felt that all my hard work over the years had at last paid off. I was touched when the audience stood in silence and gave their profound respect to us. My eyes were filled with tears."

In the lead up to the 1990 Commonwealth Games, Chan suffered from a debilitating shoulder injury for eight agonizing months. Not surprisingly, this left him feeling despondent and anxious about the future. But thanks to great support and encouragement from his family and friends, he pulled himself together and underwent treatment. Subsequently, he was able to get back on court and placed second at the Hong Kong Open and China Open. The results helped restore his confidence. "Amy and I had already decided to retire after the Games. Despite my difficulties and injury, I won through in the end. The gold medal provided a really happy ending to my athlete career," he said.

Optimistic about Future

Statistics show that badminton is one of the favourite sports of Hong Kong people. Coach Chan is full of confidence that Hong Kong can nurture world-class athletes based on the sound foundation that the sport has built here over the past two decades. However, he emphasised the fundamental importance of a long-term commitment to training by aspiring athletes. He explained, "Athletes must undergo at least six to eight years' formal training before they can begin to achieve results. Government, business sector and parents need to understand that, and to show more support and concern for the development of competitive sport."

Advice to Young Athletes

Badminton continues to show a big upsurge in participants every year. Coach Chan advises young athletes that if they wish to become outstanding athletes, they should see badminton as their career instead of simply an interest. They should be progressive, far-sighted and not fear to lose. Whatever difficulties they encounter, they will always gain something if they have tried their best during training and competition. "Victory always goes to those who can defeat not only the opposition, but also themselves," says Chan.



才叔(前排右一)利用本身的強項，再配合自己的經驗，訓練下一代，實現金牌夢。
Coach Chan (first right, front row) uses his strengths and experience as a player, to help athletes make their dreams come true.

Coach Chan's Tips

- 1. Is badminton difficult to learn how to play?**
Badminton is not difficult to learn but it is difficult to reach elite athlete standard. If one wishes to advance to a higher level, one must master the basic techniques correctly.
- 2. Is there any age limit for starting to learn badminton?**
Badminton is suitable for all ages and great for health. Playing badminton can make us become more determined and able to cope with success and failure.
- 3. What are the pre-requisites of being elite badminton players?**
To become an elite player, he/she should
 - possess sporting talent
 - master basic techniques and have a great interest in the sport
 - be willing to work hard
 - not be afraid of sacrificing time for study, social activities and entertainment
 - gain support from their parents
 - have commitment to the sport
 - have strong willpower
 - have self-confidence
 - have a far-seeing goal

成功之路 *The Path to Victory*

中國國家女子排球隊主教練陳忠和與中國國家田徑隊副總教練孫海平於去年十二月出席在體院舉行的第十三屆滙豐銀行慈善基金精英教練員研討會，與百多名本地及海外教練交流培訓心得。《精英體育》邀請了兩位奧運金牌教練與讀者分享他們訓練世界級運動員踏上奧運成功之路的故事。



陳忠和：愛拼才會贏

問：如何令中國女排重奪失落了20年的奧運金牌？

答：我們經過了多年艱苦的努力後取得勝利，這不是單靠我個人的力量，而是整個隊伍，包括教練、陪練員及運動員共同努力的成果。

問：擔任中國女排主教練後遇到甚麼困難？你如何把它們一一克服？

答：我在二零零一年初出任主教練一職時，中國女排正處於低谷，已有15年未染指主要世界賽事的冠軍。幸好隊員十分年輕，充滿活力，意志高昂。我們懷著爭勝的決心，同為晉身2004雅典奧運會前三名的目標奮鬥。自此，我們艱苦地訓練，每天的訓練時間達七至八個小時。

成功的路途既遙遠又崎嶇。起初，有些隊員因為害怕輸掉比賽而感到壓力。為了增強她們的信心，我下了很多功夫，與她們溝通，鼓勵她們。我跟她們說：「要成功，便先要付出，愛拼才會贏。」

問：訓練隊伍需要甚麼方法和技巧？

答：我認為訓練隊伍的難度較訓練個別運動員高。一隊隊伍如要取勝，各隊員必須向著共同的目標進發，要達成萬眾一心並不容易。我會針對隊員的思想、體能和性格，採用不同的方法與他們溝通，令所有隊員團結合作。因此，建立團隊精神至為重要。

問：如何建立團隊精神？

答：我教導運動員多點向女排前輩學習，特別是她們為團隊和國家無私奉獻的精神。運動員必須為球隊付出，而非著眼於一己利益。

問：如何與運動員相處？

答：訓練時，我對運動員十分嚴格，要求她們遵從指示，確保達到訓練目標。我的責任是要推動她們，令她們一天比一天進步。平日的相處，我與她們就像朋友般，我很關心她們，因為我希望她們將來成為有用的人。

問：一位優秀的教練需要具備甚麼條件？

答：我認為優秀的教練需要：

- 具備極佳組織及領導才能；
- 擁有對排球運動發展專業的背景及深入的認識；
- 為人正直無私；
- 具備敏銳的觀察力及敏捷的思考(這是優秀教練需要具備的重要條件之一，以致他無論遇到任何難題，也可以靈活運用策略解決問題，擺脫困境)。

孫海平：孜孜學習

問：在雅典奧運會前，你有沒有預計劉翔會贏得奧運金牌？

答：劉翔是位高質素的運動員，穩步地取得進展。在奧運前，他狀態大勇，多次在13秒內完成110米跨欄，當時我有信心他可以在奧運會上創出佳績。當然我不能百分百肯定他會奪金而回，因為有很多因素會影響結果。

問：你在訓練劉翔時遇到甚麼挑戰？

答：我遇見劉翔時，他在上海體校接受跳高訓練。我觀察了他一段時間，他良好的節奏感給我留下深刻的印象。當時我就肯定只要把他加以栽培，他就必定能成為一位出色的跨欄運動員。所以，當他經過測試被判不會長得太高而被要求退出體校時，我便把他挽留下來，讓他在田徑場接受跨欄訓練。

坦白說，訓練劉翔沒有多大困難。他是個天生的跨欄好手，十分用功練習。只要為他安排系統化的訓練和恢復計劃，他便可以有很好的表現。對我而言，最傷腦筋的是如何預防他患病和受傷。

問：劉翔的成功有沒有改變其他國家對中國田徑運動員的看法？

答：劉翔在雅典奧運會的突出表現當然令世界各地的人感到震驚，但他的成功只代表中國個別運動員在國際體壇不斷冒起；要其他國家肯定中國國家田徑隊在國際體壇的地位，就必須要整個田徑隊造出好成績。

問：你怎樣看與劉翔的關係，是否單純是教練與運動員的關係？

答：我訓練劉翔超過七年，他是我遇上最優秀的運動員之一。作為他的教練，我不單關心他的訓練，更注意他的一切。我與他有很特別的感情，我們視對方為家人多於教練與運動員，雙方更建立了良好的默契，很多時不需言傳，便可以領會對方的意思。



問：劉翔成為奧運金牌得主後，很多企業都與他接觸，你如何協助他在商業活動與訓練之間取得平衡？

答：為避免商業活動影響劉翔的正常訓練，我們限制了合約的數目，並協助他草擬合約。

問：你有甚麼成功的秘訣？

答：我沒有神仙棒，我只知道要成功就必須要努力。訓練的概念不停的轉變，我必須不斷學習更多的運動理論。作為教練，我認為我們要有創新的精神，勇於引進新的意念；同時，亦要對工作負責，全時間投入於工作之中。

Chen Zhonghe, Chief Coach of China National Women's Volleyball Team and Sun Haiping, Deputy Chief Coach of China National Athletics Team visited Hong Kong and attended the 13th Hongkong Bank Foundation Elite Coaches Seminar held in December 2005 at the HKSI, giving tips on coaching excellence to over a hundred of local and overseas coaches. The two Olympic gold medal-winning coaches were also invited to share with the readers of "Sports Excellence" their successful stories of coaching world-class athletes to victory.



Chen Zhonghe: You can win only if you love to work hard

Q: What did you do lead the China National Women's Volleyball Team to reclaim the Olympic crown after 20 years?

A: The victory was the result of years of hard work. And I must say that individual effort could not contribute to the victory. The success resulted from the concerted efforts of the whole team, including coaches, training partners and athletes.

Q: What problems did you encounter and how did you overcome the difficulties when taking over the helm?

A: When I assumed the post of head coach early in 2001, the China National Women's Volleyball Team was at a low ebb. The team had not won any world titles for 15 years. By that time, the athletes of the team were young and energetic, showing a lot of enthusiasm to succeed. With great determination, we worked hard for one goal - reaching the top three at the Athens Olympic Games

in 2004. Since then, we trained hard and tough, for seven to eight hours everyday.

The road to success was long and winding. At the very beginning, some athletes were quite stressed because they were afraid of losing matches. To strengthen their confidence, I made the effort to talk to them and give them encouragement. I told them, "No pain, no gain", and "You can win if you love to work hard".

Q: What methods and skills are required for training a team?

A: I found that the degree of difficulty in coaching a team is far higher than coaching an individual athlete. If the team wishes to succeed, all the team members must work towards the same goal. It is not easy to achieve this. I have to adopt different communication approaches for different athletes according to their state of mind, physical abilities and personalities so as to facilitate them to work as a team. That's why developing team cohesion is essential.

Q: How do you develop team cohesion?

A: I teach the athletes to learn from the veteran players, in particular their selfless devotion to the team and the country. They must be playing the sports purely for the team and not out of self-interest.

Q: How do you get along with the players?

A: During training, I am strict with the players and require them to closely follow instructions so as to ensure training targets are met. It is my duty to push them forward and help them improve every day. Off the court, I get along with them just like their friends. I always care for them because I want them to become a promising person.

Q: What are the qualities of being a good coach?

A: I think a good coach should:

- possess excellent organisation and leadership abilities;
- have a professional background and a solid understanding of the development of volleyball;
- be a person of integrity and selflessness;





- be observant and quick-witted (this is really one of the important qualities as a coach must be capable of tackling whatever problems come up and devise tactics flexibly).

Sun Haiping: Never Stop Learning

- Q:** Did you ever expect that Liu Xiang could win at the Olympic Games?
- A:** Liu Xiang is an athlete of the highest calibre, who progresses pretty smoothly. I had a high level of confidence in him that he could achieve excellent result at the Olympic Games in view of his superb form when completing the 110m hurdles within 13 seconds a couple of times prior to the Games. Of course, I was not 100 per cent sure that he could win a gold medal because there are many other factors which may affect the result.
- Q:** What challenges did you encounter while coaching Liu Xiang?
- A:** I met Liu Xiang when he was training as a high jumper at the Shanghai Institute of Physical Education. I had noticed for some time and was impressed by the good rhythm he had. At that time, I was sure that he would be a superb hurdler with good training. So, when he was asked to leave the Institute after a test showing that he would not grow much taller, I drew him back to the track.

To be honest, I haven't faced great difficulty in coaching Liu Xiang. He is a gifted hurdler and trains very hard. With systematic training and recovery programmes, he performed very well. To me, the only difficult task was to prevent him from illness and injury.

- Q:** Did Liu Xiang's success change the mind of other countries towards China's track athletes?
- A:** The world was of course stunned by Liu's exceptional performance at the Athens Olympics. But his success only signifies the emergence of an individual athlete of China in the international sporting arena. When the China

athletics team makes a success in the world sporting circuit, other countries will then affirm our position.

- Q:** How do you see the relationship between you and Liu Xiang, is it simply a coach-athlete relationship?
- A:** I have been coaching Liu Xiang for over seven years. He is one of the best athletes I have ever met. As his coach, I do not only care about his training, but also show every concern for him. We have a very special bond and we see each other as family members more than coach and athlete. We have built a close understanding and we can read each other's minds without saying a word.
- Q:** After becoming the Olympic gold medallist, a lot of corporations have been approaching Liu Xiang. How do you help him to find a balance between commercial obligations and training?
- A:** To avoid commercial obligations which may keep Liu Xiang away from regular training, we limit the number of contracts undertaken by him and help draft the contract.

- Q:** What is the secret of your success?
- A:** I don't have a magic wand. I only know that I have to work hard to achieve success. Since the concept of coaching is ever-changing, I have to keep myself updated on sports theory. A coach must be innovative, and dare to introduce new ideas. And he must be responsible for the task, which requires total devotion of your time.



兩名乒壇新星首奪傑出青少年運動員殊榮

Duo Table Tennis Rising Stars Share Outstanding Junior Athletes Honour

兩名年輕乒乓球手李皓晴和楊賜嘉，分別由香港乒乓總會及香港弱智人士體育協會提名，憑著個人在國際賽事中的傑出表現，獲得評審團一致推選為二零零五年第四季屈臣氏集團/香港體育學院傑出青少年運動員。

頒獎典禮於二零零六年二月廿三日舉行，兩位得獎者均獲頒現金獎港幣2,500元、價值港幣2,500元的運動用品禮券及獎狀。

年僅13歲的李皓晴於去年十月在多明尼加共和國舉行的2005世界少年挑戰賽暨青少年巡迴賽總決賽中表現出色，首先夥拍新加坡球手勇奪女雙銅牌，繼而協助亞洲隊取得一面隊際銀牌。李皓晴覺得今次能夠代表香港入選亞洲隊參加這項賽事，是自己最難忘的經歷。

前途無限的李皓晴在頒獎禮上表示：「能夠獲得傑出青少年運動員獎，感到十分高興。這個獎項對本地青少年運動員是一種鼓勵，加強我們的信心，邁向更高更遠的目標。」

在哥哥的薰陶下，李皓晴七歲開始接觸乒乓球，三年前才開始接受正統訓練，並在二零零二年首次代表香港參加在日本舉行的東亞兒童盃賽。她說：「雖然當時未能獲得任何獎牌，卻令我知道自己的優點和缺點，並加以發揮和改善。」

這位乒乓球手雖然年紀輕輕，卻目標遠大，矢志成為參加亞運及奧運會的香港代表隊成員，為港爭取好成績。就讀拔萃女書院中二級的李皓晴表示，她視奧運金牌得主張怡寧為奮鬥目標。她說：「張怡寧的技術及對乒乓球運動的熱誠，令我深受感動；我希望可以像她一樣成功，在國際乒壇佔一席位。」

17歲的梁賜嘉同樣在二零零五年十月於法國舉行的第四屆國際智障人士體育聯盟世界乒乓球錦標賽中，協助女子隊勇奪金牌，更為她贏得首個傑出青少年運動員殊榮。

四年前才開始接受訓練的梁

賜嘉在頒獎禮上表現得十分高興，她說：「其他候選運動員均在第四季取得不俗成績，所以沒有想過自己會獲獎。這個獎項不但帶給我莫大驚喜，更令我感到自己的努力獲得大家認同。」

這名乒乓球運動員於二零零二年開始參加學校球隊，由於表現出色，隨即接受正式訓練，並於翌年首次代表香港參加第一屆遠東及南太平洋青少年傷殘人士運動會，並且奪得女單亞軍。

就讀匡智翠林農尚學校中五級的梁賜嘉又稱：「希望藉著這個機會多謝所有一直以來不斷支持我的人，包括家人和學校，更特別要感謝教練的指導。他們多年來所給予的支持和鼓勵，有助自己更清楚和肯定未來的發展路向。」

屈臣氏集團/香港體育學院傑出青少年運動員選舉由體院主辦，並得到屈臣氏集團贊助，中國香港體育協會暨奧林匹克委員會(港協暨奧委會)和香港體育記者協會(體記協會)支持，在二零零五年共表揚了12位表現優秀的本地青少年運動員。過去三季得獎者包括：王偉康及葉熾延(羽毛球)、郭海瑩(硬地滾球)、歐詠芝、陳浩鈴、趙家琦及梁善雅(壁球)、施幸余(游泳)、梁舒恆(游泳/智障組)，以及馬國寶(滑浪風帆)。



楊賜嘉(左)和李皓晴獲選為二零零五年第四季屈臣氏集團/香港體育學院傑出青少年運動員。
Yeung Chi-ka (left) and Lee Ho-ching win the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards for the fourth quarter of 2005.



(左起)體記協會執行委員會成員郭子耀、屈臣氏集團體育發展經理徐惠芬、得獎運動員楊錫嘉及李皓晴、港協暨奧委會副會長余鴻興，以及體院運動員及科研事務總監李翠莎博士。
 (From left) Kwok Tsz-lung, Executive Committee Member of the HKSPA, Marina Tsui, Sports Development Manager of the A.S. Watson Group, awards recipients Yeung Chi-ka and Lee Ho-ching, Yue Yun-hing, Vice-President of the SF&OC, and Dr Trisha Leahy, Head, Athlete & Scientific Services of the HKSI.

Lee Ho-ching and Yeung Chi-ka, being nominated by the Hong Kong Table Tennis Association and the Hong Kong Sports Association for the Mentally Handicapped respectively, caught the eyes of selectors to win the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards for the fourth quarter of 2005 following their brilliant results achieved during the period.

A presentation was held on 23 February 2006 to present prizes to the two recipients, each of whom received a cash prize HK\$2,500, sports gears voucher worth HK\$2,500 and a certificate of merit.

13-year-old Lee paired with a Singaporean player to win a bronze medal in the girls' doubles and captured a silver medal in the team event at the ITTF World Cadet Challenge & Junior Circuit Final held in Dominica Republic in October. It has also become one of the most memorable events in Lee's sporting career since she was selected as a member of the Asian Team to compete in the competition.

"I am very happy to receive the Award which comes as a big incentive to local junior athletes, giving us extra impetus to work harder to achieve our goals in sport," said Lee at the presentation.

Learning table tennis at the age of seven under the influence of his brother, Lee started formal training in the sport only three years ago. The promising player first represented Hong Kong in the East Asia Grand Prix Hopes Table Tennis Championships held in Japan in 2002. "Although I didn't win any medal at that tournament, the experience I gained there has made me a better player because I have had a better understanding of my strengths and weaknesses," said Lee, a second form student at the Diocesan Girls' School.

Despite her age, the youngster has set her sights on representing Hong Kong in the Asian and Olympic Games, just like Zhang Yining, the Olympic gold medallist. "Although I still have a long way to catch up with top players in the world, I hope I can be as successful as Zhang. Her skills,

enthusiasm as well as her attitude towards the sport have influenced me a lot," added Lee.

17-year-old Yeung Chi-ka earned her first outstanding junior athlete title after helping Hong Kong team to win a gold medal in the women's team event at the 4th INAS-FID World Table Tennis Championships held in France in October.

"I haven't thought of winning the Award because other candidates also achieved excellent results during the period. It came a bit surprise but I'm really happy to have won the title which recognises my effort and hard work in the sport," said a delighted Yeung.

The rising star started formal training in table tennis in 2002 after her outstanding performance at school level. Her international debut came in the 1st FESPIC Youth Games in 2003 where she ranked second in the girls' singles.

"I would like to offer my sincere thanks to those who have helped build my sporting career in table tennis over these years, including my parents, school and in particular my coach. They are just wonderful in giving me all sort of encouragement and support," added Yeung, a fifth form student at the Hong Chi Morninghill School, Tsui Lam.

Presented by the HKSI with the sponsorship of the A.S. Watson Group as well as the support from the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the Hong Kong Sports Press Association (HKSPA), the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards scheme recognised a total of 12 junior athletes in 2005. Other recipients included badminton players Wong Wai-hong and Yip Pui-yin, boccia player Kwok Hoi-ying, squash players Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga, swimmers Sze Hang-yu and Leung Shu-hang (mentally handicapped) as well as windsurfer Ma Kwok-po.



羽毛球被稱為世界上速度最快的球拍類運動。比賽時，運動員隔網站立，用球拍擊打羽毛球。最初，羽毛球被視為康樂活動，直至一九九二年才成為奧運會比賽項目。

Badminton, which has been called the world's fastest racket sport, is played with rackets and shuttlecocks on a court divided by a net. First played as a recreational game, it became a full competition sport at the Olympic Games in 1992.



起源Origins

羽毛球運動起源於約一八六零年，英國鮑福特公爵座落於格拉斯哥郡伯明頓鎮(Badminton)的莊園，羽毛球運動因此而得名。這種運動由兒童遊戲“battledore and shuttlecock”（一種用球拍將羽毛球往來拍打，期間羽毛球不能著地的遊戲）演變而成。

Badminton derives its name from the seat of the Duke of Beaufort at Badminton in Gloucestershire where the game is supposed to have evolved in about 1860, from the ancient children's game of "battledore and shuttlecock" (a game of hitting a shuttle between two people as many times as possible without hitting the ground).



器材Equipment

羽毛球自19世紀興起到現在，球拍經過不斷改良，結合最新的物料及科技。起初，球拍全由木料製造，時至今日，已變成由多種混合物料，包括碳纖維、鋁合金及鋼等輕而堅實、富有彈性的材料製作而成。羽毛球有16根羽毛固定在球托上，可由天然材料、人造材料或混合製成。隨著科技進步，製造球拍及羽毛球的物料越來越輕，大大增加了比賽的速度和觀賞性。

Since badminton started in the early 19th century, the racket has evolved to incorporate advances in both materials and technology. In the early days, rackets were made entirely of wood. Nowadays, rackets are made of various blends of carbon, aluminum and steel. These rackets are very light and can be strung very tightly with natural gut or synthetic string. The shuttlecock is a piece of cork with 16 feathers attached to one end. It can be made from natural, synthetic or mixed materials. With the developments in technology, materials for making rackets and shuttlecocks are becoming lighter which increases the speed of the game.



比賽Competition

羽毛球比賽採用三局兩勝制，只有發球方得勝才能得分。男子單打及男、女子雙打比賽採用15分制，而女子單打比賽則採用11分制。為提高羽毛球比賽的觀賞性，國際羽毛球總會現正探討把每局比賽轉為21分制，並採用直接得分、三局兩勝制。

A badminton match comprises the best-of-three games. Only the serving side can score, and the winning team needs 15 points in men's singles, men's and women's doubles, or 11 in women's singles. The new best-of-three sets, 21-point system may be put in place by the International Badminton Federation soon to enhance audiences' interest. Under the new guidelines, points will be gained regardless of who is on serve in best-of-three games.



專家意見Advice

羽毛球運動員要求有全面的技術，包括：敏捷、靈活、力量、速度、步法、耐力、反應等等。體院羽毛球總教練陳智才對業餘羽毛球運動員有以下建議，以減低在運動時產生危險及受傷的機會：

- 運動前一晚要有充足的睡眠
- 練習或比賽前要做充足熱身運動
- 運動量循序漸進，適可而止
- 保持恆常的訓練模式(每星期打二至三次羽毛球，每次一至兩小時至為理想)

Badminton players are required to demonstrate all-round skills, including agility, flexibility, strength, speed, footwork, endurance, reaction, etc. For those amateur players, Chan Chi-choi, HKSI's Head Badminton Coach has given the following suggestions to minimise danger and injury:

- sleep well the night before the game
- do sufficient warm up exercise before the game
- take appropriate level of training intensity and progress gradually
- maintain a regular training pattern (it is ideal to play badminton two to three times a week, with each session lasting for one to two hours)



主要賽事Major Events



奧運會Olympic Games

1972慕尼黑奧運會及1988漢城奧運會，羽毛球比賽成為表演項目，並於1992巴塞隆納奧運會被列為正式奧運比賽項目，設男子單打、雙打、女子單打、雙打，以及混合雙打五個項目。

Badminton was included as a demonstration sport in Munich in 1972 and in Seoul in 1988. Its Olympic debut as a full-medal sport came in 1992 in Barcelona. Olympic badminton consists of five events - men's singles and doubles, women's singles and doubles, and mixed doubles.

優霸盃Uber Cup

世界最高榮譽女子羽毛球團體錦標賽，每兩年舉辦一次，由英國著名羽毛球運動員貝蒂·優夫人於一九五六年創辦。The Uber Cup is the Women's World Team Championship, first presented by British badminton player Mrs Betty Uber in 1956. The event is staged every two years.

蘇迪曼盃Sudirman Cup

蘇迪曼盃每兩年舉辦一次，是世界羽毛球混合團體比賽。蘇迪曼(一九二二至八六年)是印尼羽毛球協會始創人之一，對發展印尼羽毛球事業作出很大貢獻。

Staged every two years, the Sudirman Cup is the World Mixed Team Championship. The competition is named in recognition of Sudirman (1922 - 86), one of the founders of the Indonesian Badminton Association, for his contribution to the development of badminton in Indonesia.

湯姆斯盃Thomas Cup

世界最高榮譽男子羽毛球團體錦標賽，每兩年舉辦一次，由英國著名羽毛球運動員喬治·湯姆斯爵士於一九四八年創辦。

The Men's World Team Championship, the Thomas Cup was first presented by British badminton player Sir George Thomas Bart in 1948 and is held every even year.

世界羽毛球錦標賽World Championships

世界羽毛球錦標賽是國際羽毛球聯合會主辦的最高水平羽毛球單項賽事，每兩年舉辦一次。

Organised by the International Badminton Federation every two years, the World Championships provides individual championships.

格蘭披治公開賽Grand Prix Tournament

全世界有超過25個國家舉辦這賽事，並設有獎金，計算世界排名。

A tournament with cash prizes and world-standing ranking, the Grand Prix Tournament incorporates a series of tournaments staged in more than 25 countries.

亞運會Asian Games

亞運羽毛球項目設有男、女團體及五個單項賽事。

The Asian Games' badminton competition consists of five events, namely men's singles and doubles, women's singles and doubles, and mixed doubles.



羽壇上再創佳績：王晨和葉妮延

In Pursuit of Excellence : Wong Chen & Yip Pui-Yin

於二零零二年取得世界排名第一的王晨
Wang Chen, ranked World Number One in
2002

打羽毛球的原因

「我自10歲起便練習羽毛球。我小時候體質較弱，希望藉著運動鍛鍊體能。由於我個性好動，老師認為我適合打羽毛球，果然這是一個很好的建議！」

快樂的訓練日子

「我不覺得訓練的日子很辛苦，訓練時可與其他人一起練習，我覺得十分開心，我十分享受訓練的時間。」

訓練時間表

「我們的訓練時間表很緊密。訓練時間安排在星期一至五早上十時至十二時和下午三時至五時，星期六早上也要訓練。訓練以外的時間，亦需要接受體能訓練和物理治療。運動按摩對於像我到達這個年紀的運動員尤其重要，可以幫助放鬆肌肉，使身體盡快恢復狀態。」

成功的原因

「我好強的個性和紮實的基本功是我成功的因素。」

比賽前

「我會不說話，靜靜地看書，聽音樂，這樣可以使我的腦筋清醒一點，把對手的戰術再細想一遍。」

閒暇時間

「我喜歡留在家。由於我喜歡吃東西，閒時便會下廚，這已經成為我的嗜好！我的丈夫和朋友不時可以嚐到我精心泡製的燴菜，他們的讚賞會給我帶來很大的滿足感。」

二零零六年的目標

「我期望在2006亞運會達致最佳狀態，並有好的發揮，爭取理想成績。」



Reason for playing badminton

"I have been playing badminton since I was ten. Because I was rather weak when I was a girl, I needed to take up a sport that would build up my strength. With my active personality, I was advised that badminton would be ideal for me — obviously good advice!"

Happy training days

"I don't find training difficult. In fact I quite enjoy it and get a lot of fun out of training - it helps to have such great team mates."

Training schedule

"We have a tight, rigorous training schedule. We train from 10:00 am to 12:00 noon and then from 3:00 pm to 5:00 pm, from Monday to Friday as well as on Saturday mornings. After practising on court, we have fitness training and physiotherapy. Sports massage therapy is particularly important to athletes at my age, it helps relax muscles and maintain physical wellness."

Reasons for success

"There are two key factors which make me the player I am — my strong personality and solid basic skills."

Prior to match

"I like to stay quiet, reading books and listening to music. This helps me keep a cool head and think about the strategy of my opponent."

In leisure time

"I like staying at home. I enjoy cooking in my spare time because eating is one of my favourite hobbies! I sometimes cook for my husband and friends. Seeing them enjoy the food I cook gives me a lot of satisfaction."

Goal for 2006

"I really want to produce my best performance at the 2006 Asian Games."

二零零五年第一及第二季傑出青少年運動員葉熾延

Yip Pui-yan, crowned Outstanding Junior Athlete Awards in the first and second quarter of 2005

起點

「是我姑母使我認識羽毛球這種運動。我在小四開始打羽毛球，那時我常常在放學後到社區中心補習，那兒有個羽毛球場，下課後我喜歡與朋友在那裏打羽毛球。自此以後，我便愛上了這個運動。」

起初的訓練日子

「我在中一開始到體院接受正規的訓練。起初，我不太認真練習，教練為此訓誨我一番。當我看見比我還年輕的隊友勤奮練習，表現比我好，我便下定決心投入訓練，誓要造出一點成績。」

成功秘訣

「我很刻苦練習，時刻竭盡所能。為了改善技術，我每天比別人花更多時間練習，鞭策自己努力向上。」

難忘的時刻

「在二零零五年的世界錦標賽，我擊敗了1998亞運金牌得主米倉加奈子，並與世界排名第一的張寧對賽時贏得一局，我真的不相信自己有這麼好表現，還以為是個夢。這次世界錦標賽增強了我日後比賽的信心，讓我相信自己日後有能力戰勝世界級高手。」

二零零六年的目標

「香港隊現正預備二零零六優霸杯的預賽，我希望我們能夠出線，爭取佳績。此外，我亦期望自己在亞洲錦標賽晉身16強或達致更高名次。」

比賽前

「我喜歡聽勵志及強勁節拍的歌曲，它們能助我準備作賽，激勵我奮力向前。」

嗜好

「由於我大部份時間都放在練習上，所以空閒時我喜歡留在家中休息，看攝影影碟、閱讀偵探小說和喜劇故事書，也會透過ICQ與朋友聊天。」



Starting-point

"It was my aunt who first introduced me to badminton. I started playing the sport when I was studying in primary Four. At that time, I usually went to a community centre for tuition after school. There is a badminton court in the centre where I loved to play badminton with friends after class. I have been in love with the sport ever since".

Early high performance training days

"I started formal training at the HKSI in Form One. At first, I was not very serious about training. My coach used to tell me off for being lazy. When I found that other teammates who were younger than me worked harder and performed better than me, I determined that to do well in the sport I was going to have to work hard too. I have never looked back since."

Secret of success

"I am tough and I work hard all the time. To improve my technique and skill, I used to practise much more than others, and I still drive myself as hard as I can every day."

An unforgettable moment

"I defeated Kanako Yonekura, gold medallist at the 1998 Asian Games and won a set against world number one Zhang Ning at the World Championships in 2005. I could not believe I had played so well and thought that it was a dream. The matches strengthened my confidence, and gave me belief in my ability to beat the top players in the future."

Goal for 2006

"The team is now preparing for the Uber Cup Preliminaries 2006. I hope we will be able to qualify for the next round. For the upcoming Asian Championships, I hope to be able to make the last 16 or even better."

Prior to competition

"I like listening to songs with a heavy beat and inspiring lyrics, I find that helps to prepare and motivate me."

Hobbies

"Because I devote so much time to training, I like resting at home in my spare time, watching DVDs, reading detective and comic stories, and playing ICQ."



羽壇上再創佳績

王晨 Wang Chen

出生年份 Year of Birth: 1976

體重 Weight: 60公斤 kg

身高 Height: 170厘米 cm

現況 Status: 體院獎學金運動員

HKSI Scholarship Athlete

教練 Coaches:

陳智才

Chan Chi-choi

何一鳴 He Yi-ming

重要獎項 Major Achievements

- 2003 亞洲羽毛球錦標賽 Asian Badminton Championships — 女子單打金牌 Gold Medallist in Women's Singles
- Yonex 日本公開賽 Yonex Japan Open — 女子單打銅牌 Bronze Medallist in Women's Singles
- 印尼公開賽 Indonesia Open — 女子單打銀牌 Silver Medallist in Women's Singles
- 中國公開賽 China Open — 女子單打銅牌 Bronze Medallist in Women's Singles
- 2004 亞洲錦標賽 Asian Championships — 女子單打銀牌 Silver Medallist in Women's Singles
- 中國公開賽 China Open — 女子單打銀牌 Silver Medallist in Women's Singles
- 2005 亞洲羽毛球錦標賽 Asian Badminton Championships — 女子單打金牌 Gold Medallist in Women's Singles
- Yonex 日本公開賽 Yonex Japan Open — 女子單打銅牌 Bronze Medallist in Women's Singles
- 2006 亞洲羽毛球錦標賽 Asian Badminton Championships — 女子單打金牌 Gold Medallist in Women's Singles

In Pursuit Of Excellence

葉嫻延 Yip Pui-yin

出生年份 Year of Birth: 1987

體重 Weight: 73公斤 kg

身高 Height: 165厘米 cm

現況 Status: 體院獎學金運動員

HKSI Scholarship Athlete

教練 Coaches: 陳智才

Chan Chi-choi、

何一鳴 He Yi-ming

重要獎項 Major Achievements

- 2003 第四屆亞洲中學生羽毛球錦標賽 4th Asian Schools Badminton Championships** —
女子單打銅牌 Bronze Medallist in Women's Singles
- 2004 世界青少年羽毛球錦標賽 World Junior Badminton Championships** —
混合團體賽第九名 9th in Mixed Team Event
- 荷蘭青少年公開賽 Dutch Junior Open** —
女子單打銅牌 Bronze Medallist in Women's Singles
- 中華台北公開賽 Chinese Taipei Open** —
女子單打銅牌 Bronze Medallist in Women's Singles
- 2005 荷蘭青少年賽 Dutch Junior International** —
女子單打及混雙銅牌 Bronze Medallists in Women's Singles & Mixed Doubles
- 亞洲青少年錦標賽 Asian Junior Championships** —
女子單打及女子雙打銅牌 Bronze Medallists in Girls' Singles & Girls' Doubles

國際科學研討會 - 運動恢復的理論與實踐 INTERNATIONAL SCIENTIFIC SYMPOSIUM - THE EMERGING SCIENCE AND PRACTICE OF RECOVERY

逾一百二十一名來自五個國家/城市的代表參與二月廿五至廿六日於體院舉行的國際科學研討會。這個為期兩天的研討會由體院主辦，並得到國際運動醫學聯合會、香港中文大學世界衛生組織運動醫學暨促進健康中心及香港運動醫學及科學學會的鼎力支持。研討會以「運動恢復的科學理論與實踐」為題，旨在探討在亞太地區如何策劃及協調一些有系統的運動恢復項目，以切合教練及運動員的需要。六位著名的運動恢復專家應邀出席主題演講及專家論壇，與會者可藉此難得機會了解及交流運動恢復的最新發展。

體院院長鍾伯光博士表示：「亞太地區運動員在國際體壇愈見舉足輕重，然而要做到精益求精，便需依賴有系統的運動恢復知識才能幫助提升運動員的表現，爭取佳績。是次研討會起了牽頭作用，並提供了理想的交流平台，讓同業互相交流最新資訊，讓教練及運動員有所得益。」

國際運動醫學聯合會主席陳啟明教授說：「有關運動恢復的實踐目前仍主要集中在精英運動員身上，但在市民大眾日益注重運動和健康的大趨勢下，相信應用對象將會逐步伸延至廣大的運動愛好者，令康體及運動環境得到進一步的改善。」

除了上述多個高水平的演講及專家論壇外，大會更安排了兩個工作坊，包括由骨科專科林國基醫生主講的「運動恢復的要點：骨科角度」、心臟科專科麥耀光醫生主講的「運動恢復期間：鬆弛的時候或是容易受損傷的一刻？心臟科醫生的意見」。此外，於二月廿六日亦分別安排了兩節工作坊，讓與會者可進行更深入的討論。工作坊包括由法國蒙特培里大學Jean Jacques Rivet博士主講的「受傷後的運動恢復」以及體院許錚錚主講的「中國手法治療在運動恢復的應用」。

Over 120 delegates from five countries/cities participated in the International Scientific Symposium, which was staged on 24 and 25 February 2006 at the HKSI. Organised by the HKSI and supported by the International Federation of Sports Medicine, the CUHK-WHO Collaborating Centre for Sports Medicine and Health Promotion, and the Hong Kong Association of Sports Medicine & Sports Science, the Symposium focuses on the planning and integration of systematic recovery programming, targeting the needs of athletes and coaches within the Asia-Pacific region. Under the theme of "The Emerging Science and Practice of Recovery", the Symposium provided an opportunity for participants to exchange views with experts in the field and access up-to-date knowledge about recovery issues. Eight renowned speakers in the field were invited to share their expertise through keynote presentations and an expert panel discussion.

"Athletes from the Asia-Pacific are playing a more and more pivotal role on the international sporting stage, but if we are to further improve our results, we need to develop systematic knowledge on the practice of recovery, we hope the Symposium can take the initiative by providing an ideal platform for the exchange of expertise in this area so as to benefit athletes and coaches," said Dr Chung Pak-kwong, Chief Executive of the HKSI.

Professor Chan Kai-ming, President of the International Federation of Sports Medicine added, "This practice primarily on the elite athletes will gradually be spilled over to the recreational athletes as we are now witnessing an enormous trend of exercise for health in the general public. This would only induce a much better exercise and sporting environment."

In addition to the quality keynote presentations and expert panel discussion, the event also featured two workshops. Dr James Lam presented on the topic of "Recovery period concerns: orthopedic perspective" and Dr Gary Mak presented on "Recovery period: time for relaxing, or rather, one critically vulnerable moment? - Comments from a cardiologist". Two post-symposium workshops were conducted respectively by Dr Jean Jacques Rivet on "Quick recovery from injury" and Xu Zheng-zheng on "Application of Chinese manual therapy in recovery" on 26 February.



三位主禮嘉賓國際運動醫學聯合會主席陳啟明教授(左五)、香港運動醫學及科學學會副會長李國基教授(左六)及體院院長鍾伯光博士(左七)歡迎多位國際知名的專家出席在體院舉行的國際科學研討會，包括：澳洲體育局澳洲運動科學及運動醫學科Shona Halson博士(左一)、中國國家體育總局運動醫學研究所體育醫院高雷醫生(左二)、澳洲維多利亞大學人體活動、康樂及運動表演學系Mark Andersen教授(左三)、中國國家體育總局體育科學研究所田野教授(左四)以及體院李慶偉博士(右三)、鍾素鴻(右二)及鄭金枝(右一)。

Three official guests Professor Chan Kai-ming, President of International Federation of Sports Medicine (3rd from left), Professor Gabriel Ng, Vice President of Hong Kong Association of Sports Medicine & Sports Science (6th from left) and Dr Chung Pak-kwong, Chief Executive of the HKSI (7th from left) welcome top class experts to share at the International Scientific Symposium held at the Institute. They include Dr Shona Halson, Australian Institute of Sport, Sports Science and Sports Medicine, Australian Sports Commission, Australia (1st from left), Dr Ma Yun, National Sports Hospital, National Research Institute of Sports Medicine of the State Sport General Administration of China (2nd from left), Professor Mark Andersen, School of Human Movement, Recreation and Performance, Victoria University, Australia (3rd from left), Professor Tian Ye, General Administration of Sport Sci-tech Research Unit of China (4th from left), as well as Dr Lee Hing-chu (3rd from right), Susan Chung (2nd from right) and Polina Cheng (1st from right) of the HKSI.

主講嘉賓及演講題目

生物心理社會醫學模式在運動恢復的應用：恢復作為一個統一協調的過程

澳洲維多利亞大學人體活動、康樂及運動表現學系副教授
Mark Andersen教授

Mark Andersen教授是一位註冊心理學家及澳洲維多利亞大學人體活動、康樂及運動表現學系副教授。他曾於一九九四年獲Association for the Advancement of Applied Sport Psychology頒發Dorothy V. Harris Memorial Award，以表揚他在應用心理學的傑出成就。Andersen教授曾為多個體育協會及學院擔任顧問，亦為多份有影響力的體育期刊擔任客座評審員和委員。他曾編輯三本書，其中包括Elsevier Science出版的Psychology in the Physical and Manual Therapies。Andersen教授的演講題目為「生物心理社會醫學模式在運動恢復的應用：恢復作為一個統一協調的過程」。

加強精英運動員的恢復能力

澳洲體育局澳洲體育學院運動疲勞及恢復科研專家

Shona Halson博士

Shona Halson博士現職澳洲體育學院的運動疲勞及恢復科研專家，主要負責科學研究及為精英運動員提供專業支援。Halson博士在澳洲昆士蘭科技大學及英國伯明翰大學取得博士學位。Halson博士曾榮獲American College of Sports Medicine及European Journal of Sport Science頒發的Young Investigator Awards。Halson博士主講的題目是「加強精英運動員的恢復能力」。

競技運動員運動性貧血的診斷與恢復

中國國家體育總局體育科學研究所所長田野教授

田野教授是現任中國國家體育總局體育科學研究所所長、中國體育科學學會副理事長兼秘書長、中國備戰奧運會科技專家組組長、中國國家國民體質監測中心主任、中國體質學會主任委員。他主編《體育科學》及《中國體育科技》。田教授曾於一九九三年及一九九七年獲中國國家體育委員會頒發體育科技成果二等獎，及於二零零四年獲中國體育科學學會頒發首屆科學技術二等獎。田教授演講的題目為「競技運動員運動性貧血的診斷與恢復」。

Keynote Speakers and Topics of Presentation

Implementing the Biopsychosocial Model: Recovery as a Collaborative Process

Professor Mark Andersen, Associate Professor, School of Human Movement, Recreation and Performance, Victoria University, Australia

Professor Mark Andersen, a registered psychologist, is an associate professor in the School of Human Movement, Recreation and Performance at Victoria University in Australia. In 1994, Dr Andersen received the Dorothy V. Harris Memorial Award for excellence as a young scholar/practitioner in applied sport psychology from the Association for the Advancement of Applied Sport Psychology. He was a consultant to many sports associations and sports institutes; and has been a guest reviewer and board member for a number of prestigious sports journals. He is the editor of three books including Psychology in the Physical and Manual Therapies (Elsevier Science). Professor Andersen's presentation was entitled "Implementing the biopsychosocial model: recovery as a collaborative process".

Enhancing Recovery in Elite Athletes

Dr Shona Halson, Fatigue and Recovery Scientist, AIS Sports Science and Sports Medicine, Australian Sports Commission, Australia

Dr Shona Halson is a Fatigue and Recovery Scientist at the Australian Institute of Sport, where her role is both as a research scientist and a service provider to elite athletes. Dr Halson completed her PhD at the Queensland University of Technology in Australia and the University of Birmingham in the UK. She has been awarded both the American College of Sports Medicine and European Journal of Sport Science Young Investigator Awards. Dr Halson presented "Enhancing recovery in elite athletes" at the Symposium.

Diagnose and Recovery from Sports Anemia in Athletes

Professor Tian Ye, President, National Research Institute of Sports Science, State Sport General Administration of China, China

Professor Tian Ye is the President of the National Research Institute of Sports Science of the State Sport General Administration of China, Vice-President and Secretary General of the China Sport Science Society, Leader of the China Olympic Preparation Technology Team, Head of the State Physical Fitness and Health Monitoring of China and Chairman of the China Physical Fitness and Health Society. He is also the Chief Editor of the Sport Science and the Chinese Sport Technology. Professor Tian was awarded for his research achievement by the State Sport Commission of China in 1993 and 1997; and by the China Sport Science Society in 2004. Professor Tian presented on "Diagnose and recovery from sports anemia in athletes".

競技體育中非創傷疾病的防治與恢復

中國國家體育總局運動醫學研究所體育醫院主任醫師及體育醫院副院長馬雲醫生

馬雲醫生是現任中國國家體育總局運動醫學研究所體育醫院主任醫師及體育醫院副院長。曾於2000悉尼奧運會及2004雅典奧運會負責統籌醫務監督工作。馬醫生曾於一九九八年獲中國國家體育運動委員會頒發第26屆奧運會科研攻關與科技服務二等獎，及於二千年獲頒發第27屆奧運會科研攻關與科技服務一等獎。馬醫生在研討會上發表了有關「競技體育中非創傷疾病的防治與恢復」的演說。

幫助運動員恢復的運動心理學服務

香港體育學院運動心理主任姒剛彥博士

姒剛彥博士於一九九二年在德國比勒菲爾德大學獲得博士學位，並為國際運動心理學會理事會委員、亞洲及太平洋地區運動心理學會副主席；一九九九年就任為體院運動心理主任至今。他在過去20年中為許多中國內地大陸與香港精英運動員提供心理學服務。

香港體育學院高級運動心理副主任李慶珠博士

李慶珠博士於一九八三年在美國南達科他大學獲得博士學位，其後在美國維吉尼亞大學實習一年後返港，於香港中文大學和香港大學教授心理學課程。她於二千年加入體院運動心理學組，現為高級運動心理副主任。主要為三項鐵人、賽艇和劍擊隊提供心理諮詢服務，同時也為羽毛球、壁球、滑浪風帆和空手道運動員提供個別諮詢服務。

香港體育學院運動心理學副主任鄭金枝

鄭金枝為香港註冊心理學家，先後在美國獲得文學學士學位及香港大學哲學碩士；於一九九五年擔任體院運動心理副主任至今。她主要為香港隊的精英運動員及教練員提供個別與團體的諮詢服務與心理訓練。

他們共同發表了「幫助運動員恢復的運動心理學服務」，簡介體院所提供的有關服務。

運動後恢復的營養策略

香港體育學院運動營養主任鍾素珊

鍾素珊是一位註冊營養師(加拿大卑詩省)及註冊中醫師(香港)，現職體院運動營養主任，為精英運動員在訓練、比賽及恢復疲勞上提供營養補充策略。她亦是香港中文大學體育運動科學系名譽專業顧問、香港大學專業進修學院及香港中文大學校外進修學院兼職講師。鍾氏曾撰寫超過十本有關營養的書籍。她在會上分享了「運動後恢復的營養策略」。

Prevention and Recovery of Non-traumatic Injury and Disease in Competitive Sports

Dr Ma Yun, Associate Chief Executive and Chief Medical Officer, National Sports Hospital, National Research Institute of Sports Medicine of the State Sport General Administration of China, China

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Sport Psychology Service to Athletes' Recovery at HKSI

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Polina Cheng is a Hong Kong Registered Psychologist and currently working as a Sport Psychology Officer at the HKSI since 1995. She earned her Bachelors of Art degree in Psychology at Cornell College in Mt. Vernon, Iowa, and her Master of Philosophy degree at the University of Hong Kong. She provides individual and group counseling to Hong Kong Elite athletes of the targeted sports.

Dr Si, Dr Lee and Cheng jointly presented a topic on "Sport psychology service to athletes' recovery at HKSI".

Nutritional Strategies for Recovery after Exercise

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Susan Chung is a registered Dietitian (British Columbia, Canada) and a registered Chinese Medicine Practitioner (Hong Kong). She is the Sport Nutritionist at the HKSI and advises elite athletes on nutritional strategies for training, competition and recovery. She also acts as a Professional Consultant for the Department of Sports Science and Physical Education at the Chinese University of Hong Kong and contributes as a guest lecturer to the Hong Kong University, School of Professional and Continuing Education and at the Chinese University of Hong Kong, School of Continuing Studies. Chung has written over 10 books on nutrition. She presented a study on "Nutritional strategies for recovery after exercise".

近十年來，打擊使用違禁藥物行動得到了世界體壇廣泛的支持。直至現在，全球共590個體育組織已確認接受世界反禁藥條例。這篇文章旨在報導反禁藥工作的新趨勢，藉此喚醒有關人士遵守並協助反禁藥運動。

管治組織

反禁藥運動起初是體育界的事，早於一九二八年，國際田徑總會已禁止使用違禁藥物；但及至一九六七年，國際奧林匹克委員會成立醫學委員會，以及發表了首份違禁藥物清單，反禁藥運動才正式掀起。

一九九八年環法單車賽中，法國警方在一次搜捕行動中，發現了大量違禁藥品，這次醜聞亦觸發了統一各方反禁藥力量及成立一個獨立的法定組織的需要。自此加上其他的誘因便促使世界反興奮劑機構於翌年成立。

世界反興奮劑機構旨在推行及聯繫各有關組織，打擊國際間違禁藥品的使用。世界反興奮劑機構由各體育組織及政府代表組成，自該局成立以後，反禁藥的事宜已不再局限於體育界了。而事實上，在過去幾個世紀，各國都強調政府必須參予打擊禁藥活動，多國政府被邀請簽訂哥本哈根反禁藥運動宣言及支持聯合國教科文組織制定有關在體育運動中使用興奮劑的國際公約，以行動向世界表示支持、合作及協助反禁藥運動的推行，以防止及打擊體育界使用違禁藥物。

反禁藥條例的協調與實行

世界反興奮劑機構成立後，首要的任務是制定一套協調及統一的反禁藥條例。世界反禁藥條例更首次統一各個體育項目的反禁藥條例和守則。如上文所述，現時已有590個組織簽訂了這規章，這反映了世界反興奮劑機構正邁向正確的方向，它的工作亦得到體育界的支持。

反禁藥條例“旨在協調一些需要絕對統一的事宜，並具體列明細則，以確保各國皆同意其內容，同時亦能兼顧多方面的需要，在反禁藥的原則下，提供彈性的實施方案”(World Anti-Doping Code, 2003)。不同的技術和操作層面的文件都是基於這規章而擬訂的，目的是確定不同的反禁藥組織能互相協調，切實執行世界反禁藥計劃。

以下輯錄了有關文章的重點，藉此提醒各運動員、教練、支援人員及體育行政人員須注意的事項。

治療性使用豁免

治療性使用豁免的國際標準於二零零五年一月一日生效。根據世界反禁藥條例，業界必須遵守這國際標準的。

國際級運動員必須通過其項目的國際體育總會申請

香港體育學院運動生化主任袁慧儀博士

Dr Yvonne Yuan, Sport Biochemist, Hong Kong Sports Institute

這項豁免。同時，國家反禁藥組織亦負責處理其他屬於其管轄的非國際級運動員的申請。

有關文件訂明豁免申請是必須在比賽前不少於廿一天提出。然而在醫療緊急或嚴重性治療的情況下，這些申請可追溯至病發當日而作批准，但這並非為普遍的處理方法。所有申請必須連同詳細病歷及其他證明文件送交反禁藥組織審查。經審查後，反禁藥組織會作出決定並以書面通知運動員，另一方面，反禁藥組織亦須向世界反興奮劑機構提交所有治療性使用豁免的申請及其他證明文件。根據這些資料，世界反興奮劑機構亦有權駁回反禁藥組織的批准。

運動員行蹤訊息

世界反興奮劑機構剛發表了最新的運動員行蹤訊息守則，相信文件中的大部份建議將會被採納及成為常規法。

根據該守則訂明，各國際體育總會及國家反禁藥組織須訂立一個運動員的註冊檢查庫，當中包括所有需要接受比賽以外藥物檢查的運動員。註冊檢查庫必須包括國家/該項目的頂級運動員，而這些運動員必須向反禁藥組織提供準確及最新的行蹤訊息。而反禁藥組織亦須即時向世界反興奮劑機構提交這些行蹤訊息。反禁藥管理系統是一個由世界反興奮劑機構管理的中央資料處理庫，可處理治療性使用豁免、運動員行蹤訊息、比賽成績報告、檢驗結果，有助聯繫全球的藥物檢查資料。根據建議，各反禁藥組織、運動員及其他有關組織都應採用此系統，以方便互通資訊。

據運動員行蹤訊息指引訂明，最基本的資料包括：

- 運動員姓名
- 所屬運動項目/專項
- 通訊地址
- 住址及運動員一般在家停留的時間
- 工作地點及時間
- 聯絡電話及電郵
- 訓練時間及地址
- 訓練營及地點
- 行程計劃
- 臨時住所，包括地址(例如酒店)
- 比賽計劃
- 殘疾情況(如適用)，包括在通知藥物檢查時是否需第三者到場
- 運動員可提供適合作藥物檢查的時間及地點

運動員最少每季向反禁藥組織提交以上資料，並在計劃有變更的時候，事前向有關組織提供最新資料。如未能提交行蹤訊息或所提交的資料不齊全，運動員或會被裁定違反反禁藥條例。

國家反禁藥組織

根據國家反禁藥組織的最佳實施模式，每一個國家都有

成立國家反禁藥組織的基本需要，而且其決策及行動必須獨立於體育組織。為確保公正的原則，國家反禁藥組織必須正視精英運動員發展與反禁藥工作的獨立性。此外，亦建議負責反禁藥工作的行政組織必須與制裁組織分割。

國家反禁藥組織的職能包括：

- 計劃、協調、實施、監控及提倡改善反禁藥的方案
- 與有關國家組織及其他反禁藥組織合作
- 鼓勵國家反禁藥組織之間進行互換測試
- 促進反禁藥的研究工作
- 計劃、實施及監控資訊及推廣計劃

反禁藥條例和守則不斷更新，而且漸趨複雜化，香港及其體育界必須嚴守這些規條，與世界同步；並且與各國及各體育組織攜手合作，以保護運動員利益為前提，讓運動員在無禁藥環境下締造佳績。

Updates on Anti-doping Movement

The fight against doping has been one of the most widely supported movements within the international sporting arena within the last decade. To date, the World Anti-Doping Code (WADC) has been ratified by 590 sports organisations globally. In this article, I will review the recent trends in the international anti-doping arena and highlight the increased need for cooperation among all stakeholders to effectively contribute to this anti-doping movement.

Governing Bodies

The fight against doping began as a movement within sporting circles. As early as 1928, the International Amateur Athletic Federation had banned the use of doping. However, it was not until 1967 that the International Olympic Committee set up its Medical Commission and the first list of prohibited substances was published.

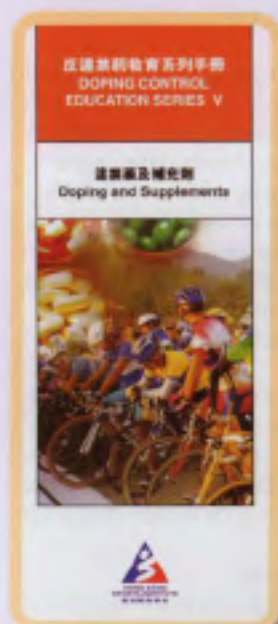
The need for unified efforts and the importance of an independent governing body was finally recognised after the Tour de France scandal in 1998. In that year, the French police discovered a large number of prohibited substances in a raid. This and many other reasons led to the establishment of World Anti-Doping Agency (WADA) in the following year.

It is the aim of WADA to promote and coordinate the fight against doping in sport internationally. WADA is equally represented by sporting organisations and governments, and since its establishment anti-doping is no longer limited within the sporting circle. In fact, the need to involve governments in the fight against doping has been one of the emphases in the past few decades. Governments are expected to support the anti-doping movement by signing the Copenhagen Declaration on Anti-Doping in Sports and ratifying the United Nations Educational, Scientific and Cultural Organization International Convention against Doping in Sport. By doing so, governments clearly indicate to the rest of the world that they support, cooperate and contribute to the anti-doping movement in the prevention of, and the fight against, doping in sport.

Harmonisation of Anti-Doping Regulations and Practice

On its establishment, one of the immediate missions of WADA was to develop a harmonised universal anti-doping code. The WADC allows, for the first time, the rules and regulations governing anti-doping to be uniform across all sports. As mentioned earlier, 590 sports organisations have already signed the Code indicating that WADA is moving in the right direction and gaining support from the sports community.

The WADC is intended to be specific enough to achieve complete harmonisation on issues where uniformity is required, yet general enough in other areas to permit flexibility on how agreed upon anti-doping principles are



implemented" (World Anti-Doping Code, 2003). Based on the Code, documents on different technical and operational areas are developed to ensure that the World Anti-Doping Program can be implemented by various anti-doping organisations (ADOs) in a harmonised manner.

The following paragraphs highlight contents of some of the selected documents that may need special attention by athletes, coaches, supporting personnel and sports administrators.

Therapeutic Use Exemptions

The International Standards for Therapeutic Use Exemptions (TUE) come into force on 1st January 2005. Adherence to the International Standards is mandatory for compliance with the Code.

International-level athletes should apply for TUE through the relevant International Federation (IF). At the same time, the National Anti-Doping Organization (NADO) is responsible for processing TUE applications for all athletes within its jurisdiction who are not international-level competitors.

Submission of an application for TUE cannot be less than 21 days before participating in an event. Medical emergencies or acute medical situations may be considered for retroactive approval, but are considered to be uncommon. All applications must be accompanied by comprehensive medical history and other supportive documents. The relevant ADO should make an appropriate decision and convey it in writing to the athlete. ADOs are also required to provide WADA with all TUEs and supporting documentation. Based on the information received, WADA has the right to reverse the approval.

Athlete Whereabouts Information

Updated guidelines on Athlete Whereabouts Information have been recently released by WADA for comment. It is believed that most of the suggestions provided in the document will be accepted and become the practice norm.

According to the guidelines, the IF and NADO should each identify a Registered Testing Pool (RTP) of athletes who are subject to out-of-competition testing. The RTP must include at a minimum the top ranked athletes in the sport/country. Athletes included in the RTP are required to provide accurate, current whereabouts information to the relevant ADO. The ADO must promptly submit the whereabouts information to WADA's Anti-Doping Administrative Management Systems (ADAMS) which is a central database managed by WADA to assist with worldwide testing coordination includes: TUE, athlete whereabouts information, results reporting and laboratory reporting. It is also recommended that ADAMS be used by all ADOs, athletes and relevant parties to facilitate the sharing of information.

Minimum information required in accordance with the Athletes Whereabouts Information Guideline:

- Athlete name
- Sport/discipline
- Mailing address

- Home address and times that athlete is usually at home
- Work location and times
- Contact phone numbers and e-mail
- Training times and venues
- Training camps, with address
- Travel plans
- Temporary residence, including address (e.g. hotel)
- Competition schedule
- Disability if applicable, including any requirement for third party involvement in notification
- Athletes may indicate times and locations they are more likely available for testing

Athletes are expected to submit this information at minimum, on a quarterly basis. Should an athlete plans change from those originally submitted, the athlete must, in advance, provide updates to the relevant ADO. Failure to submit whereabouts information or providing insufficient whereabouts information may be subject to sanction for an anti-doping rule violation.

National Anti-Doping Organisations

According to the Models of Best Practice for NADO, it is intended that there should be a primary NADO in each country, and that the NADO should be independent in decision making and actions from the sports organisations. To ensure the integrity of the anti-doping work, the independence from elite athlete development is of ultimate importance. It is also recommended that the administrative body responsible for anti-doping in that nation is distinct from the sanctioning body. The responsibility of the NADO includes:

- Planning, coordinating, implementing, monitoring and advocating improvements in the Doping Control
- Cooperating with other relevant national organisations and other Anti-Doping Organisations
- Encouraging reciprocal Testing between National Anti-Doping Organisations
- Promoting anti-doping research
- Planning, implementing and monitoring information and education programmes

Rules and regulations in doping control are being updated constantly and are becoming increasingly sophisticated. Hong Kong and its sports community need to act and respond according to the norms and expectations from the rest of the world, and to join hands with other countries and sport organisations in protecting the right of athletes to compete in a drug-free environment.

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青少年運動員的力量訓練 Strength Training for Youth Athletes

我們對運動存有很多謬誤，其中一個時常聽見的謬誤是青春前期的(青少年)運動員不應進行重量訓練，原因是重量訓練會妨礙他們的發育。然而，情況絕非如此，體院的體適能部一直提倡青少年進行阻力訓練(關鍵是訓練計劃需要特別設計，並在適當時間正確地進行)。事實上，只要大家留意兒童玩耍，他們的身體在跑步和跳躍時持續受壓，而所承受的壓力與重量訓練的相似。青少年重量訓練的難題是這類訓練需要在監督下進行，確保訓練正確和安全。

身為教練，青少年運動員需要我們照顧和給予適當的指引。因此，教練需要對重量訓練和訓練計劃的設計有良好的認識，對兒童發展具基本的知識，留意安全守則，知道何時是進行正規重量訓練計劃的合適時間，以及明白青少年運動員不應盲目仿效得獎選手的訓練計劃。我希望這篇文章能幫助教練與青少年運動員認識如何安全和有效地進行有關的訓練。我會在文章內交替使用阻力訓練、重量訓練和力量訓練三組名詞，雖然它們的意思有點分別，但阻力訓練對青少年較為適合，因為它包括重量訓練、力量訓練、身體重量健身操訓練，或任何與活動肌肉阻力有關的練習。

參與運動的兒童需要有良好的身體訓練。首先應增強他們心血管的功能、柔韌度、運動技巧和力量。一般來說，運動技巧的發展由年幼時開始最為理想，而且多種運動的技巧最理想是在10歲前紮下根基。只靠體力和持久力的青少年運動員與同年齡組別但體力較差的運動員比較，前者的表現或許較佳；但當體力差而技術較好的運動員強壯起來後，他們大多能夠超越前者之中技術較差的一群。

由於很多青少年運動員仍處於求學階段，他們的時間有限，因此大部份的時間都以訓練運動技術為主，再嘗試透過當中的訓練來增強他們的體能。雖然青春前期的運動員可以進行重量訓練，但時間成本與效益兩者的關係並不是很強；反而他們進行沒有重量(只是以他們本身的身體重量)的阻力訓練會有更大的得益，這種訓練不但節省時間，還可以教導青少年運動員利用動作控制身體重量，這一點在運動中是十分重要的。因此，青少年運動員如果有時間進行重量訓練，訓練中應盡量減少使用器械(一般為成人而設計)。

兒童不是年青的成年人

教練很多時要青少年進行負重及技巧訓練，但對他們這個年紀的經驗或發展而言，進行這種訓練並不適合。研究顯示青少年運動員與成年人比較，前者在較低強度的訓練下力量增長會較佳，這是因為力量的增長主要來自神經肌肉的改變而不是肌肉增大。事實上，研究亦反映兒童進行高強度的負重訓練對力量的增長會適得其反，更有機會令他們受傷。因此，為兒童設計力量訓練計劃時，切記不可以把他們當作成年人般看待，他們的訓練計劃必須要配合他們的身體和情緒水平。

個人阻力訓練計劃

為青少年設計阻力訓練計劃時，要嘗試從“整個身體”的練習出發，即訓練身體的所有主要肌肉組織及關節，每個練習環節應包括熱身、整理活動及伸展運動。此外，肌肉平衡和穩定的練習也很重要。青少年大多喜歡側重身體“一邊”的運動，例如網球或羽毛球，這會令他們一邊的身體較另一邊強壯。注意肌肉平衡不單有助青少年運動員有較佳的移動能力，還可以減低勞損出現的機會。還要注意這年紀的男子或女子的阻力訓練沒有太大分別，當決定負重練習的重量時，寧可謹慎，千萬不要嘗試最大的重量，並採用次數高的練習模式，即每組重覆12-20次，切記正確的技巧較訓練強度重要。

身體重量練習

很多教練喜歡讓青少年進入健身房嘗試器械訓練，認為這樣對運動員好，這想法在某程度上有其道理。進行器械訓練的運動員由於力量增強，他們在某段時間會較沒有接受器械訓練的運動員佔優；但是，接受器械訓練的青少年運動員不太懂得身體及肌肉的控制。從阻力訓練入手的最佳形式是身體重量練習，雖然這種練習被視作不及正規重量訓練般注重技巧。以個人身體重量進行的阻力訓練是訓練主要肌肉組織的最佳方法，並可以改善青少年運動員的動覺意識與能力。簡單的練習，例如掌上壓、仰臥起坐、單腳蹲起、引體上升蹲跳、蹲後伸腿和藥球練習都是簡單而有效的。其主要的優點包括：

- 可以在任何時候進行
- 練習很安全，需要較少的監督
- 可以在不同練習中做出多種變化，令練習變得有趣
- 運動員不需要花時間參加技巧課，也可以鍛鍊強健的體魄

雖然這些練習較為簡單，仍必須正確地進行，以確保安全和有效。很多教練容許運動員不正確地進行練習，大部份青少年甚至沒有被教導該如何正確地進行掌上壓。要正確地進行練習是需要付出努力的，如果在年幼時便能夠正確地進行練習，他們在較年長時進行重量練習會較易入手，這是因為他們有較佳的力量和協調基礎。

何時進行重量練習

現時很多有關如何安全及有效地進行重量訓練的指引，包括為一些非針對運動訓練而設計的重量訓練指引。我認為兒童可隨時進行監督性的重量訓練，並應以最低的負重開始，負重量應隨著年齡的增加、訓練技巧和力量增強的進度循序漸進。另外，我會對青少年運動員採用另一套指引。然而，大家不應硬性跟從指引，必須按運動員的情況作出調校。我個人認為青少年運動員在開始進行正確的重量力量訓練前，必須能夠懂得控制自己的身體重量。我建議青少年運動員在進行正規的重量訓練計劃前，要做到以下練習的要求(要保持良好的技巧)：

- 掌上壓：男子(20次)；女子(10次)
- 原地蹲起：男子及女子(60次)
- 仰臥起坐：男子(每分鐘45次)；女子(每分鐘38次)
- 單腳蹲起，屈膝至90度角：男子及女子(左右每邊20次)

以上的簡單練習可作為決定運動員是否可以進行重量訓練的準則。

總結

毫無疑問，有系統的體適能訓練計劃對青少年運動員有良好的效果，而隨著年齡增長，成效更為明顯。現時，差不多每項運動的運動員都要接受某程度的體能訓練。愈早進行訓練，對他們的體能和心理有更多好處。當然，個別運動員必須假以時日和努力才可開始進行額外形式的重量練習，從而輔助其在所屬運動項目的發展，但是他們花在阻力訓練和力量訓練的時間是絕對值得的；而且，與那些忽略訓練重要性的運動員比較，他們在往後的運動員生涯會減少因為受傷及疲倦而失去的訓練時間。



抬腿及伸腿
Leg raise and thrust



健身球腹部練習
Swiss ball Ab exercise



垂直抬腿
Vertical leg raise



背部伸背
Back extension

軀幹肌肉練習對青少年運動員十分重要，以上的練習只需要很少器材，甚至在不需任何器材的情況下也可進行。

Training of the trunk muscles is very important for young athletes. Above are some exercises that can be done with minimal equipment, or without any.



雙槓屈伸
Dips



輔助性的雙槓屈伸
Assisted dips



引體上升
Chin ups

雙槓屈伸與引體上升是幫助青少年運動員學習控制及強化身體的極佳練習。一些特別的器械可協助減輕運動員的部分體重，直至他們可以自己控制身體重量。

Dips and Chin ups are also excellent exercises to help the young athlete learn how to control and strengthen their bodies. Special machines are also available to unload some of an athlete's bodyweight until they are able to handle it on their own.

There are many myths in sport and one of the most commonly heard is that preadolescent (junior) athletes should not do weight training because it will stunt their growth. This is by no means the case and at the HKSJ the Strength & Conditioning Department has always advocated resistance training for juniors (the key is that programmes need to be designed and run properly and at the right time). In fact, if you look around at children playing you might notice that their bodies are continually undergoing stresses from running and jumping, stresses which are similar to those encountered in weight training. The main challenge with weight training for juniors is that this type of training requires supervision in order to be done properly, and safely.

As coaches, the young athletes we work with are under our care and they rely on us for proper guidance. That means that coaches need to have a good background in weight training and programme design, understand the basics of childhood development, be aware of safety guidelines, know when it's the best time to start a formal weight training programme, and acknowledge that young athletes should not follow the same training programmes as senior champions. I hope this article will assist coaches and junior athletes on how to safely and effectively pursue this aspect of their training. In this article I use the term resistance training, weight training, and strength training more or less interchangeably. Although there are some differences, it is better to refer here to the term resistance training for youngsters, as this term could encompass weight training, strength training, bodyweight callisthenic training, or any other form of exercise where resistance is applied to the working muscles.

Children participating in sport require good physical preparation. Initially this means developing their cardiovascular fitness, flexibility, and motor skills as well as strength. Generally motor skill development is optimally trained at a young age, and for many sports the technique foundation is best laid down before 10 years old. Young athletes who rely only on physical strength and stamina may do well against others in the same age group who may not be as physically developed, but when the weaker, skilled athletes get stronger, they are usually able to surpass those with worse technique.

Because many young athletes have limited time due to schoolwork, the majority of their time spent in training should be sports technical in nature with an attempt to develop the physical capacities through sport training. Although weight training could be introduced to preadolescent athletes, the time cost-to-benefit ratio would not be so strong. On the other hand, the benefits they would reap from doing resistance training without weights (such as with their own bodyweights) would be better, because not only will this save time, but bodyweight training also teaches young athletes how to handle their own bodyweight in motion, which is so important in sport. If time is available and a weight-training programme is done at a young age, use of machine equipment (which is usually designed to suit adults) should be limited.

Children are not Young Adults

Too often coaches apply loading and techniques to young children, which are not suitable for their level of experience or development. Research has shown that younger

athletes can make good strength gains with relatively low intensities in comparison to adults, as most of the improvements are from neuromuscular changes as opposed to muscle hypertrophy. In fact, training with very high intensity loading on children has been shown to be counterproductive to strength gains and may cause injuries. It is important to remember when planning strength training programmes for children that they should not be treated in the same way as adults and that their exercise programme should match both their physical and emotional levels.

Individualised Resistance Training Programmes

When designing resistance training programmes for juniors, try to think in terms of 'whole body' exercises that train all the major muscle groups and joints of the body.

Warm-up, cool-down, and flexibility exercises should be a part of each session. Furthermore, exercises for muscle balance and stability are very important. Too often youngsters take up "one-sided" sports such as tennis or badminton and they become strong on one side of the body and weaker on the other. Making considerations for muscle balance will not only help the young athlete move better, but will reduce the potential for overuse injuries. Furthermore, it should be noted that there are no major differences between the resistance training programme of boys or girls at this age. When deciding how heavy to load exercises it is best to err on the side of caution by not using maximal loads and keeping the repetition range relatively high to about 12-20 repetitions per set of exercise. Technique should take priority over intensity.

Bodyweight Exercises

Many coaches like to get their kids into the weight room and on some machines thinking that this will make their athletes better. To some degree this holds a bite of truth. The athlete that does machine training will probably have an advantage over those that don't for a while because of increased strength. But with machine exercises the junior athlete learns very little about his/her body and muscle control. The best form of resistance training to start with, although often considered not as technical as formal weight training, is bodyweight exercises. Resistance training with one's own body weight is an excellent way to condition the major muscle groups and at the same time improve the young athletes kinesthetic awareness and ability. Simple exercises like push ups, sit ups, one legged squats, chin ups, squat jumps, squat thrusts, and medicine ball exercises are all simple and effective exercises. The main advantages are:

- They can be done at any time
- They are safe and require less supervision
- Many variations can be made from different exercises to make it fun
- The athlete can get stronger without taking time from technique sessions

While these exercises are simple in nature, it is imperative that they are done properly so as to be safe and most effective. There are too many coaches allowing their athletes to do these exercises improperly and the majority of children are not even taught to do a push up properly. Doing an exercise properly requires more effort, but if



投擲藥球
Medicine ball throw



持藥球踏步
Medicine ball stepping



長擲爆發力包
Explosive power bag throw

如適當使用藥球及爆發力包，對青少年運動員的力量訓練有很大的幫助。
When used correctly, medicine balls and power bags are also very useful in safely developing power in young athletes.



短擲爆發力包
Explosive power bag throw



爆發力包深蹲
Power bag squats



爆發力包背部練習
Power bag back exercise

done correctly at a young age it will be much easier to teach weight training later because the strength and coordination foundation will be better.

- One leg squats to knee at 90 degree angle; boys and girls (20 repetitions right and left)

When to Introduce Weight Training

There are many guidelines on how to do weight training safely and effectively and for the general child, who is not training in a sport, I would say that he/she could start supervised weight training at anytime, initially with very minimal loads and then building up as he/she ages and progresses in technique and strength. For the young athlete, however, I use another guideline. These are just guidelines and are not written in stone. But I prefer the young athlete to be able to have control of their own bodyweight before starting a proper weights strength-training programme. Below are some exercise requirements (keeping good technique) that I recommend before having young athletes take part in a formal weight-training programme:

- Push ups: boys (20 repetitions); girls (10 repetitions)
- Squat in place: boys and girls (60 repetitions)
- Sit ups: boys (45 repetitions/min); girls (38 repetitions/min)

These are just some simple exercises which could be used as a guideline to determine readiness for commencing weight training

In Conclusion

Junior athletes can certainly benefit from well-planned strength and conditioning programmes, and will continue to reap the benefits as they progress in age. Nowadays athletes from almost every sport must engage in strength training at some point and having an early introduction will give the athlete both physical and psychological advantages. It does take time, and more so, dedication to embark in additional forms of exercising to support your sport development, but time spent doing resistance training and strength training is time well spent. It is safe to say that it will, over an athlete's career save many hours of training down-time due to injury and fatigue in comparison to those athletes who choose to ignore this important aspect of training.



利用撐竿示範正確的掌上壓技巧
Using boomstick to show correct push up technique



身體不夠強壯以致無法做出正確的掌上壓技巧
Body not strong enough to produce correct push up technique



運動員在進行臥臥推舉之前應先進行身體控制練習
Athlete could benefit from learning correct body control before progressing to bench press

很多青少年運動員在能夠正確進行掌上壓之前便可以練習臥臥推舉，透過同時間涉及多個肌群的身體重量練習可以改善軀幹肌肉力量的不足。
Many young athletes are progressed to the bench press before they can correctly do push ups. Weakness of the trunk muscles can also be improved by doing bodyweight exercises, which incorporate many muscle groups at the same time.

教練級別評定計劃：與時共進 培育優秀教練人才 Coach Accreditation Programme: Preparing for the Future

教練級別評定計劃屬滙豐銀行慈善基金教練培訓計劃其中重要的一環。此培訓計劃由香港教練培訓委員會主辦、體院負責行政工作，並獲滙豐銀行慈善基金資助，至今已推行逾十年。迄今，超過12,000人次的教練參加了劃分三個級別的教練級別評定計劃。該計劃在近期完成了全面的檢討，以確保課程內容與時並進，為體育總會與社區培訓優秀的教練人才，讓他們具應有的專業知識和技巧去帶領不同水平的運動員。

香港教練培訓委員會由中國香港體育協會暨奧林匹克委員會與體院聯合組成，為香港的教練培訓及級別評定計劃制定短期和長遠發展策略。除了教練級別評定計劃外，滙豐銀行慈善基金教練培訓計劃還包括教練延續培訓計劃、學校教練延續評定計劃、學校教練培訓計劃，以及教練獎勵計劃，例如一年一度的優秀教練選舉。自一九九二年起，教練培訓計劃獲滙豐銀行慈善基金不斷撥款資助；直至現時為止，資助金額已超過1,600萬港元。

計劃內容

教練級別評定計劃主要分為三個級別，旨在培訓本港教練並予以評級。第一級別的課程於一九九一年七月開辦，第二及第三級別課程則分別於一九九二年一月及一九九四年一月推出。各級課程均包括四個部分——甲、乙、丙及丁部。甲部是運動通論課程，由體院教練培訓部代表香港教練培訓委員會負責執行；乙、丙及丁部則包括運動專項理論及實習，由香港教練培訓委員會資助各體育總會舉辦。

The Coach Accreditation Programme (CAP), one of the major components of the Hongkong Bank Foundation Coach Education Programme organised by the Hong Kong Coaching Committee (HKCC) and administrated by the HKSI and funded by the Hongkong Bank Foundation (HBF), has now been running for more than a decade. To date, over 12,000 coaches have participated in the three-level courses of the CAP. The scheme has been thoroughly reviewed recently to ensure that its content remains relevant and stimulating for the development of quality coaches capable of providing the necessary levels of knowledge and expertise for the National Sports Associations (NSAs) and the community.

The HKCC is a joint committee of the Sports Federation & Olympic Committee of Hong Kong, China and the HKSI, aiming to formulate both short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong. Apart from the CAP, programmes under the Hongkong Bank Foundation Coach Education Programme include the Continuing Coach Education Programme, School Coach Accreditation Programme, School Coach Continuing Education Programme and Coach Recognition Programme such as the annual Coaching Awards, which has received funding of more than HK\$16 million from the Foundation on a continuous basis since 1992.

The Programme

CAP is concerned with the development and accreditation of coaches in Hong Kong and operates at three levels. The Level 1 courses were first introduced in July 1991, while Level 2 and 3 courses were first offered in January 1992 and January 1994 respectively. Each level comprises four parts — Part A, B, C and D. Part A covers with Sports-General Theory, and is conducted by the HKSI's Coach Education Department on behalf of the HKCC. Parts B, C and D consist of Sports-Specific components which are conducted by NSAs with funding provided by the HKCC.



教練級別評定計劃為體育總會及社區培訓優秀的教練人才。
CAP aims to nurture quality coaches for NSAs and the community.



課程檢討

為協助教練與時並進，掌握最新的運動訓練的知識，香港教練培訓委員會於二零零五年進行教練級別評定計劃課程檢討。課程檢討小組由資深課程導師及體育專業人士組成，就課程大綱、上課時數、評估模式與課程收費等範疇進行全面的檢討及分析。小組並根據檢討結果更新計劃內容，以提升整個計劃的質素。新課程將於二零零六年四月推出。

The Review

To keep abreast of the latest developments in sports coaching, the HKCC conducted a comprehensive review of the CAP in 2005. A CAP Curriculum Review Team comprising the tutors of the existing modules and other sports professionals was established to carry out a thorough review and analysis of the programme embracing syllabus, lecturing hours, assessment mode, course fees, etc. As a consequence of the review, the programme has been revised and updated by incorporating new topics into the syllabus designed to enhance the quality of the programme. New arrangements on the CAP will be implemented in April 2006.

滙豐銀行慈善基金教練級別評定計劃

Hongkong Bank Foundation Coach Accreditation Programme

運動通論(甲部) Part A - Sports-General Theory (生效日期effective from 1.4.2006)

課程大綱Curriculum

學科Module	上課時數 Number of Lecturing Hours		
	第一級 Level 1	第二級 Level 2	第三級 Level 3
運動科學Sports Science	15	20	26
1. 體適能之概念Concepts of Fitness			
2. 運動生理學Sports Physiology			
3. 運動心理學Sports Psychology			
4. 運動生物力學Sports Biomechanics			
5. 運動營養學Sports Nutrition			
6. 肌能控制與學習Motor Control & Learning			
7. 運動選材Talent Identification			
運動教練Sports Coaching	6	7	7
8. 訓練計劃編寫Planning the Programme			
9. 教練法The Practice of Coaching			
10. 傷殘及弱智人士運動Adapted Sports			
教練管理	2	2	4
11. 教練管理技巧Managing Skills for Coaches			
12. 教練之法律責任Legal Aspect in Sports Coaching			
運動醫學Sports Medicine	4	4	8
13. 運動創傷的預防及處理Safety, Injury Prevention & Rehabilitation			
14. 運動與違禁藥管制Doping and Sport			
總時數Total	27	33	45

所有運動專項課程(乙至丁部)之收費，請向有關體育總會查詢。
For the course fee of Sports-Specific (Parts B to D) components, please check with respective NSAs.

經濟援助計劃

- 計劃旨在資助因經濟困難而未能投身運動教練行業的參加者而設，對象是參加第一級運動通論(甲部)課程的人士。
- 申請者須符合下列所有要求方可獲發回全數學費：
 - i. 現為「綜合社會保障援助計劃」受惠者；及
 - ii. 成功完成運動通論(甲部)課程並考試合格

獎學金計劃

- 計劃旨在獎勵教練於各級別的運動通論(甲部)課程中有突出表現。
- 每年將根據運動通論(甲部)課程的考核成績，選出三位在各級別中獲得最優異成績之教練。
- 教練須於考試評核中獲得超過百分之九十的分數方可被考慮。
- 得獎者會獲頒發優異證書及書券以示鼓勵。

有關新課程的詳情及2006-2007年度課程時間表，請瀏覽香港教練培訓委員會網頁(www.hkcoaching.com)，或致電2681 6289 或2681 6129向體院教練培訓部查詢。

推行模式及課程收費Delivery Mode and Course Fee

認可級別 Accreditation Levels	時數Duration (小時Hours)	課程收費Course Fee (港元HK\$)
第一級	27	900
第二級	33	1,300
第三級	45	2,100

Financial Assistance Scheme

- The Financial Assistance Scheme aims to provide subsidies for CAP Sports-General Theory (Part A) Level 1 participants who have financial hardship in gaining entry to the sports coaching industry.
- Course fee will be refunded in full if the applicants fulfill the following requirements:
 - i. Current beneficiary of the "Comprehensive Social Security Assistance" (CSSA) granted by the HKSAR; and
 - ii. Successfully completed the CAP Sports-General Theory (Part A) course and passed in the examination.

Scholarship Scheme

- The aim of the Scholarship Scheme is to encourage and recognise the outstanding performance of participants at the Sports-General Theory (Part A) courses at all three levels.
- A maximum of three participants at each level of courses who have got the highest score on examination will be awarded each year.
- To be eligible for the scholarship, participants should score at least 90% of the total marks in order to be considered as a recipient.
- A certificate of merit together with book coupons will be awarded.

Details on the new CAP arrangements and 2006-2007 course schedule can be found on the HKCC's website at (www.hkcoaching.com). If you have any queries, please contact the HKSI's Coach Education Department at 2681 6289 or 2681 6129.



香港武術隊
Hong Kong Wushu Team



荷蘭武術隊
The Netherlands Wushu Team



加拿大武術隊
Canada Wushu Team

加拿大及荷蘭武術隊蒞臨體院作交流訓練 Canada and Netherlands Wushu Teams Conducted a One-week Training Stint at the HKSI

兩支分別來自加拿大及荷蘭的武術代表隊共15人於二零零五年十二月一日到訪體院，與港隊進行了為期七天的交流訓練，藉此備戰隨即於十二月八日至十五日在越南舉行的第八屆世界武術錦標賽。

香港武術隊總教練于立光對兩支外隊大為讚賞，認為港隊在今次交流中獲益良多。他說：「加拿大及荷蘭代表隊的運動員各有所長，前者年青有活力，前途無限；後者則經驗豐富，並曾經取得不少大賽獎項。透過今次難得的機會，與世界各地的代表隊交流，不但提高了港隊的技術水平，本地運動員亦可從中汲取經驗，彼此學習，進一步提升個人技術。」

由運動員轉職為教練的加拿大武術隊教練鄧詠山在過去曾經多次蒞臨體院，今次是他首次以教練身份帶領加拿大隊參加世界錦標賽。隊中各運動員均十分年輕，大部份只有15至16歲，雖然較港隊和荷蘭隊參加大型比賽的經驗為少，不過鄧教練表示，各運動員一定會竭盡所能，爭取佳績。他又指出，今次能夠在體院與港隊及荷蘭隊一同訓練，提高了年輕隊員的運動競賽水平，讓他們能夠更快投入世界賽的激烈氣氛中。

一行七人的荷蘭武術隊由李偉教練帶領。原屬江蘇隊的李教練在武術方面的造詣甚高，早在一九八六年已經在

Canada and Netherlands Wushu Teams, comprising a total of 15 coaches and athletes, arrived at the HKSI on 1 December 2005 to undergo a seven-day training stint with Hong Kong's elite wushu athletes, in preparation for the 8th World Wushu Championships held from 8 to 15 December 2005 in Vietnam.

Yu Liguang, Head Coach of the Hong Kong Wushu Team, greatly appreciated the two overseas teams and acknowledged that Hong Kong athletes would benefit from the exchange. "The Canadian Team is young and energetic and their potential is unlimited while the very experienced Netherlands team, who have won numerous medals in international competitions, are outstanding athletes. The exchange offers a good opportunity for local elite athletes to share experience with the overseas teams and further lift our performance level. It also helps promote the development of the sport in Hong Kong and overseas countries," Yu said.

Former athlete, Coach Tang Wing-shan, who previously visited the HKSI several times, was leading the first Canadian Team to participate in the world championships. Most of the team members, aged only 15 to 16, were very young and had less experience in competing at the world class events than the other two teams. However, their coach believed that the athletes would try their every best to strive for good results. Coach Tang also stated that the young athletes could use this opportunity at the HKSI to improve their skill and technique through training with the Hong Kong and Netherlands teams, enabling them to achieve competition form.



香港體育學院



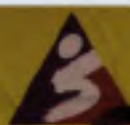
國內比賽中奪得對練項目冠軍，今次率領荷蘭隊參加世界賽，則會集中在個人項目，包括南拳、刀和棍，希望憑著各運動員的實力、經驗和信心，可以在比賽中取得滿意成績。李教練雖然是首次到訪體院，卻對體院的印象極佳，他指出體院的訓練設施十分完善，是一所理想的精英運動員培訓中心；他又認為香港運動員的訓練態度非常認真，值得嘉許和學習。

三位教練都異口同聲地表示，短短一星期的交流訓練有助提高三地的武術項目發展，特別是對運動員更起著互惠互勵的作用，他們期望未來日子可以有更多同類的交流活動，藉此增進各地關係，提升運動水平。



Coach Li Wei, leading the six-member Netherlands Team to Hong Kong, was previously the coach of China's Jiangsu Team. Li was also previously an elite wushu athlete and the 1986 China duilian champion. In preparation for the world championships, the Netherlands Team were concentrating on individual events including nanquan, dao and guan, and Coach Li hoped that all the athletes would achieve satisfactory results in the competition with their matured skill, experience and confidence. Li, who was visiting the HKSII for the first time, was impressed by the positive attitude of local athletes as well as the pleasant environment and comprehensive facilities at the Institute, making it an ideal training centre for athletes.

The three wushu coaches agreed that this one-week training camp would really help to promote the development of the sport in their respective countries. They also proposed that more exchange programmes be organised in the future to enhance relationships and sporting standards in different countries.



香港體育學院



(左起)荷蘭武術隊教練李偉、香港武術隊總教練于立光及加拿大武術隊教練鄧詠山均認為是次交流訓練令運動員獲益良多。

(From left) Li Wei, coach of the Netherlands Wushu Team, Yu Liguang, Head Coach of the Hong Kong Wushu Team and Tang Wing-shan, coach of the Canadian Wushu Team highly valued the recent exchange.



二零零五滙豐銀行慈善基金優秀教練選舉結果即將公佈 2005 Hongkong Bank Foundation Coaching Awards Result to be Announced



二零零五滙豐銀行慈善基金優秀教練選舉的全年最佳教練獎得主(左起)陳江華、黃德森、何一鳴及(右一)鄭兆康與卓錫成(特別獎得獎者卓鈞(右二))。(From left) Chan Kong-wah, Wong Tak-sum, He Yi-ming and Zheng Kang-zhao (1st right), recipients of the Coach of the Year Awards, together with Hui Jun (2nd right), recipient of the Special Recognition Award of the 2004 Hongkong Bank Foundation Coaching Awards.

香港運動員去年在國際體壇屢創佳績，青少年運動員人才輩出，實有賴教練在背後默默耕耘。自一九九三年起，香港教練培訓委員會透過一年一度的滙豐銀行慈善基金優秀教練選舉，表揚教練對體壇所作的努力及貢獻。二零零五年度選舉的反應十分熱烈，共接獲來自32個體育總會及社區體育會的104份提名，經過選舉評審團的篩選後，共94人合符候選資格，競逐五組獎項。選舉結果將於二零零六年四月廿三日假君悅酒店舉行的頒獎禮上公佈。

Hong Kong athletes achieved outstanding sporting results last year and there was a growing number of junior talents. The sporting successes and development were not made possible without the commitment of coaches who deserve recognition from the community. Since 1993, the Hong Kong Coaching Committee honours top and community coaches for their effort and contribution to sport every year through the Hongkong Bank Foundation Coaching Awards. The 2005 Awards has received overwhelming responses with 104 nominations in five categories coming from 32 National Sports Associations and community sports clubs, with 94 nominations short-listed by the Awards Sub-Committee. Result of the Awards will be announced at the presentation ceremony to be held on 23 April 2006 at the Grand Hyatt Hong Kong.

候選教練名單 List of Nominees

全年最佳教練獎 Coach of the Year Awards		體育項目 Sport	
個人項目高級組 Senior athletes, individual sport			
高智恆 Ko Chi-hang	田徑 Athletics		
潘健侶 Poon Kin-lui	傷殘人士田徑 Athletics for the Physically Disabled		
何一鳴 He Yiming	羽毛球 Badminton		
沈金康 Shen Jinkang	單車 Cycling		
成秀萍 Shing Sau-ping, Semeul	室內單車 Indoor Cycling		
李惠芬 Li Huifen	乒乓球 Table Tennis		
崔小燕 Cui Xiaoyan	智障人士乒乓球 Table Tennis for the Mentally Handicapped		
艾培理 Rene Appel	滑浪風帆 Windsurfing		
于立光 Yu Liguang	武術 Wushu		
團體項目高級組 Senior athletes, team event			
劉志恆 Liu Zhiheng	羽毛球 Badminton		
王銳基 Wang Ruiji	劍擊 Fencing		
崔小燕 Cui Xiaoyan	智障人士乒乓球 Table Tennis for the Mentally Handicapped		
鄭兆康 Zheng Kangzhao	輪椅劍擊 Wheelchair Fencing		
于立光 Yu Liguang	武術 Wushu		
個人項目青少年組 Junior athletes, individual sport			
陳智才 Chan Chi-choi	羽毛球 Badminton		
王進芬 Wong Chun-fun	羽毛球 Badminton		
梁勤輝 Leung Kan-fai, Dick	壁球 Squash		
黃德森 Wong Tak-sum	滑浪風帆 Windsurfing		
于立光 Yu Liguang	武術 Wushu		
團體項目青少年組 Junior athletes, team event			
陳守信 Chan Sau-shun	羽毛球 Badminton		
梁艷芬 Leung Yim-fan, Cannie	硬地滾球 Boccia		
蔡玉坤 Choi Yuk-kwan, Tony	壁球 Squash		
傑出貢獻獎 Distinguished Services Award for Coaching		體育項目 Sport	
黃恆 Wong Hang	田徑 Athletics		
周昇豪 Lal Jaysinghe	木球 Cricket		
王銳基 Wang Ruiji	劍擊 Fencing		
陳百祥 Chan Pak-cheung	室內單車 Indoor Cycling		
黃志偉 Wong Chi-wai, Sam	賽艇 Rowing		
蔡玉坤 Choi Yuk-kwan, Tony	壁球 Squash		
陳志文 Chan Chi-man	跆拳道 Taekwondo		
溫樹華 Wan Shu-wah	三項鐵人 Triathlon		
于立光 Yu Liguang	武術 Wushu		

最佳教練培訓工作者獎 Coach Education Award		體育項目 Sport	
楊偉文	Yeung Wai-man	拯溺	Life Saving
盧允基	Lo Wan-kei, Alex	賽艇	Rowing
鄭正豪	Jung Ho Jung	橄欖球	Rugby
黎厚盛	Lai Hau-shing	跆拳道	Taekwondo
羅健強	Law Kin-keung	武術	Wushu
精英教練獎 Coaching Excellence Awards		體育項目 Sport	
高智恆	Ko Chi-hang	田徑	Athletics
潘健侶	Poon Kin-lui	傷殘人士田徑	Athletics for the Physically Disabled
陳智才	Chan Chi-choi	羽毛球	Badminton
陳守信	Chan Sau-shun	羽毛球	Badminton
何一鳴	He Yiming	羽毛球	Badminton
劉志恆	Liu Zhiheng	羽毛球	Badminton
王進芬	Wong Chun-fun	羽毛球	Badminton
鄭昱閻	Zheng Yumin	羽毛球	Badminton
馬智江	Ma Che-kong, Edwin	傷殘人士羽毛球	Badminton for the Physically Disabled
郭克榮	Kwok Hart-wing	硬地滾球	Boccia
梁麗芬	Leung Yim-fan, Carnie	硬地滾球	Boccia
胡雲樓	Wu Wan-lau	健美	Bodybuilding
保坂晴稔	Harutoshi Hosaka	單車	Cycling
沈金康	Shen Jinkang	單車	Cycling
Tahir Kamil Hakimov		劍擊	Fencing
王銳基	Wang Ruiji	劍擊	Fencing
楊和平	Yang Heping	劍擊	Fencing
成秀萍	Shing Sau-ping, Semeul	室內單車	Indoor Cycling
楊靜	Yeung Ching, Lena	傷殘人士草地滾球	Lawn Bowls for the Physically Disabled
陳玉蘭	Chan Yuk-lan	運動攀登	Sport Climbing
張希文	Cheung Hei-man	運動攀登	Sport Climbing
駱志偉	Lok Chi-wai, Rocky	運動攀登	Sport Climbing
蘇國祥	So Kwok-cheung	運動攀登	Sport Climbing
蔡玉坤	Choi Yuk-kwan, Tony	壁球	Squash
簡化謙	Khan Faheem	壁球	Squash
梁勤輝	Leung Kan-fai, Dick	壁球	Squash
甄白強	Yan Tsz-keung, Tim	壁球	Squash
董倫	Dong Lun	乒乓球	Table Tennis
惠鈞	Hui Jun	乒乓球	Table Tennis
李惠芬	Li Hui-fen	乒乓球	Table Tennis
崔小燕	Cui Xiaoyan	智障人士乒乓球	Table Tennis for the Mentally Handicapped
		傷殘人士乒乓球	Table Tennis for the Physically Disabled
簡偉文	Ray Kelly	網球	Tennis
田村赤榮	Stan Tamura	網球	Tennis
露芙肯特	Ruth Hunt	三項鐵人	Triathlon
溫樹華	Wan Shu-wah	三項鐵人	Triathlon
劉斌	Lau Sik	輪椅劍擊	Wheelchair Fencing
鄭兆康	Zheng Kangzhao	輪椅劍擊	Wheelchair Fencing
艾培理	Rene Appel	滑浪風帆	Windsurfing
張國斌	Cheung Kwok-bun	滑浪風帆	Windsurfing
黃德森	Wong Tak-sum	滑浪風帆	Windsurfing
于立光	Yu Liguang	武術	Wushu
社區優秀教練獎 Community Coach Recognition Awards		體育項目 Sport	
黎振雄	Lai Chun-hung, Benny	田徑	Athletics
李耀強	Li Shing-keung	智障人士羽毛球	Badminton for the Mentally Handicapped
謝國權	Tse Kwok-kuen	棒球	Baseball
何中二	Ho Chung-yee	籃球	Basketball
潘俊傑	Poon Chun-kit	硬地滾球	Boccia
Tabarak Dar		木球	Cricket
陳偉程	Chan Wai-ching, Jason	劍擊	Fencing
李志堅	Lee Chi-kin	足球	Football
黃永業	Wong Wing-yip, Trevor	手球	Handball
曾柏威	Tsang Pak-wai	室內單車	Indoor Cycling
熊錦盛	Hung Kam-sing	拯溺	Life Saving
李兆剛	Lee Siu-kong	野外定向	Orienteering
郭大明	Kwok Tai-ming	賽艇	Rowing
郭啟業	Kwok Kai-yip	三項鐵人	Triathlon
梁承楷	Leung Sing-kai	三項鐵人	Triathlon
林抗貴	Lam Hong-kwai	武術	Wushu

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

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

單車 Cycling

單車隊於十二月舉行的第十屆環南中國海單車賽中，胡健榮奪得大中華最佳單車手(藍色戰衣)及23歲以下最佳單車手兩項殊榮，並奪得個人總冠軍(黃色戰衣)。曾奪得四屆環南中國海單車賽個人總冠軍的黃金寶，則贏得「衝刺王」(橙色戰衣)殊榮。此外，港隊亦首次在全部八站比賽勝出及奪得隊際總冠軍。

另外，李慧詩亦於十二月在印度旁遮普邦舉行的第十二屆亞洲青少年單車錦標賽中奪得女子青少年六公里捕捉賽銀牌。



The cycling team participated in the 10th Tour of South China Sea held in December. Wu Kin-sun won the Greater China Rider (Blue Jersey) Award and the Best Young Rider Award. He also came first in the general individual classification (Yellow Jersey). Wong Kam-po, a four-time champion, was awarded the Best Sprinter (Orange Jersey). The Hong Kong team won all eight stages for the first time and captured their first-ever overall team champion of the Tour.

Lee Wai-sze won a silver medal in the junior women scratch race 6km at the 12th Asian Junior Cycling Championships held in December in Ludhiana, India.

體壇創高峰

游泳 Swimming

游泳隊於三月在新加坡舉行的第七屆亞洲游泳錦標賽，共取得兩金兩銅的成績。偉漢娜勇奪女子50米及100米自由泳金牌，孫嘉兒取得女子50米蛙泳銅牌；而男子接力隊則奪得4x100米自由泳接力銅牌。

另香港女子游泳接力隊亦於四月在上海舉行的第八屆世界游泳錦標賽首次晉身決賽，並刷新香港紀錄 (3'46.92")。

Swimming team won two gold and two bronze medals in the 7th Asian Swimming Championships held in March in Singapore. Hannah Wilson captured two gold medals in the women's 50m and 100m freestyle events while Suen Ka-yi took a bronze medal in the women's 50m breaststroke event. Men's team also won a bronze medal in the men's 400m freestyle relay event.

The Hong Kong Women Swimming Relay Team made a breakthrough by entering the final and achieved a new Hong Kong record (3'46.92") at the 8th World Swimming Championships held in April in Shanghai.





乒乓球

Table Tennis

乒乓球隊於二零零五年十二月參加在印度新德里舉行第十八屆亞洲盃。李靜、帖雅娜及張瑞分別在男、女子單打項目取得銅牌。

Table tennis team participated in the 18th Asian Cup held in December in New Delhi, India where Li Ching, Tie Yana and Zhang Rui won bronze medals in men's singles and women's singles respectively.

In Pursuit of Sports Excellence



保齡球

Tenpin Bowling

保齡球隊於二月在澳洲柏斯舉行的第十三屆亞洲青少年保齡球錦標賽，張振中夥拍胡兆康勇奪男子青少年長油賽冠軍。

Tenpin bowling team took part in the 13th Asian Youth Tenpin Bowling Championships held in February in Perth, Australia. Cheung Chun-chung and Wu Siu-hong become the champion in the boys' doubles (long oil).

體院新春午宴 HKSI Spring Lunch

體院於二零零六年二月二十日在體院銀禧廳舉行新春午宴，宴請13個精英體育及兩個殘障人士體育總會。出席午宴的人士逾50位，包括體育總會委員、體院董事局董事、管理層及總教練。體院主席李家祥博士在席上恭祝各人新年快樂，萬事勝意。此外，他亦讚揚運動員在過往一年的體育成就，全賴各體育總會與體院合作無間，並藉此機會感謝體育總會委員、體院董事局董事、管理人員及精英教練在過去一年默默耕耘，協助運動員追求卓越，在國際體壇爭取佳績。



The HKSI hosted a Spring Lunch on 20 February 2006 at the Jubilee Room of the HKSI for National Sports Associations (NSAs) of the 13 elite sports and the two sports associations for athletes with disabilities. Over 50 NSA officials, the HKSI Board of Directors, the HKSI Management and Head Coaches attended the function. Dr Eric Li, Chairman of the HKSI, wished all guests a happy and prosperous Year of the Dog and appraised the outstanding achievements of athletes which heavily relied on the cooperation of the NSAs and the HKSI. He therefore took the opportunity to thank the NSA officials, HKSI Board of Directors, HKSI Management and elite coaches for their hard work in the past year to help athletes achieve excellence in the international sporting arena.



運動員聖誕派對 Christmas Party for Athletes

逾140名運動員及其父母、教練和體院職員出席於二零零五年十二月十九日在體院大堂舉行的聖誕派對，一起歡度佳節。當中多名運動員更協助佈置場地及豎立一棵三尺高的白色聖誕樹，令會場增添節日的色彩。

運動員及嘉賓除了品嚐聖誕美食之外，還參加有趣刺激的遊戲、抽獎、話劇及配合派對主題「牛仔之夜」的最突出造型比賽，並為十二月份生日的運動員慶祝一番。



運動員與父母、教練及體院職員一起歡度聖誕節。
Athletes and their parents, together with coaches and HKSI staff celebrated the festive season.

Over 140 athletes, their parents, coaches and HKSI staff attended the Christmas party to celebrate the joyful festival on 19 December 2005 at the Main Lobby Function Area of the HKSI, with some athletes helping to design the venue and set up a three-metre high "snow-capped" Christmas tree.

At the party, the participants enjoyed dinner and shared a lot of fun out of games, lucky draw, drama and Outstanding Costume Awards competition which echoed the theme of the party "Cowboy Night". The party also served as celebration for December birthday stars.



精英運動員關心社會 Elite Athletes Care for Society

一群精英運動員出席第三十屆女童軍名人慈善競技，為香港女童軍總會籌募經費，並參加由香港精英運動員協會籌辦的「新春愛心送暖」活動，向長者獻上關懷。

A group of elite athletes participated in the 30th Girl Guides Celebrity Challenge 2006 to raise fund for the Hong Kong Girl Guides Association, and showed their care for the elderly by joining the Chinese New Year Care for the Elderly Campaign organised by the Hong Kong Elite Athletes Association.



體院精英隊成員。
Members of the HKSI Elite Team.

女童軍名人慈善競技 Girl Guides Celebrity Challenge 2006

由陳詠雪、鄭家豪、高禮澤、劉國堅、羅曉鋒、李嘉文、李靜及蘇秀華八名精英運動員組成的體院精英隊，參加了於二零零六年一月十六日在香港仔運動場舉行的第三十屆女童軍名人慈善競技。體院精英隊由體院院長鍾伯光博士擔任領隊，運動員事務經理陳念慈出任隊長，與其他界別的名人隊伍激戰一番後，取得全場最高得分獎亞軍。

為響應今屆活動的主題「名人精英迎奧運，青年攜手獻社群」，大會邀請了奧運金牌得主李麗珊出任名譽大使，並委任奧運銀牌得主高禮澤與李靜，以及世界武術錦標賽金牌得主鄭家豪為青年大使。

Eight elite athletes including Chan Wing-suet, Cheng Ka-ho, Ko Lai-chak, Lau Kwok-kin, Law Hiu-fung, Lee Ka-man, Li Ching and So Sau-wah formed the HKSI Elite Team. Led by Dr Chung Pak-kwong, Chief Executive of the HKSI, and with Amy Chan, Athlete Affairs Manager of the HKSI as captain, the team competed with the celebrities of various sectors in the 30th Girl Guides Celebrity Challenge 2006 on 15 January 2006 at the Aberdeen Sports Ground and placed second overall in the Highest Score Category.

Lai-chak, Lau Kwok-kin, Law Hiu-fung, Lee Ka-man, Li Ching and So Sau-wah formed the HKSI Elite Team. Led by Dr Chung Pak-kwong, Chief Executive of the HKSI, and with Amy Chan, Athlete Affairs Manager of the HKSI as captain, the team competed with the celebrities of various sectors in the 30th Girl Guides Celebrity Challenge 2006 on 15 January 2006 at the Aberdeen Sports Ground and placed second overall in the Highest Score Category.

To tie in with the theme of the function in welcoming the 2008 Olympics and urging Hong Kong's youth to serve society, Olympic gold medallist Lee Lai-shan was invited to be the Honorary Ambassador while Olympic silver medallists Ko Lai-chak and Li Ching, as well as the World Wushu Championships' gold medallist Cheng Ka-ho were appointed Youth Ambassadors.



體院精英隊奪得全場最高得分獎亞軍。
The HKSI Elite Team was the first runner-up of the Highest Score Category.

(左二)李麗珊與多位嘉賓探訪獨居長者，送上愛心福袋。
(Second left) Lee Lai-shan and the guests visited single elderly people and brought them caring gift bags.



「新春愛心送暖」活動 Chinese New Year Care for the Elderly Campaign

在二零零六年二月十二日，多名精英運動員包括李麗珊、余翠怡、鄭家豪、周定宇、施幸余、葉芷華、孫嘉兒等等，聯同1,000名義工參加香港精英運動員協會的「新春愛心送暖」活動，帶同愛心福袋探訪1,500戶獨居長者，向他們送上關心。政制事務局局長林瑞麟、多位立法會議員、體院主席李家祥博士及管理層等多位嘉賓出席了在體院舉行的「暖意匯聚」出發儀式，表達他們對這項饒富意義的活動的支持。

是次探訪活動獲體院、社會福利署、香港青年協會、屈臣氏集團及精英運動員慈善基金的支持，推動不同界別參與義工行列，服務社群；參加的運動員希望透過活動推動社區共融、互相關懷的精神。

Elite athletes including Lee Lai-shan, Yu Chui-yee, Cheng Ka-ho, Chow Ting-yu, Sze Hang-yu, Yip Tsz-wah, Suen Ka-yi, etc participated in the Chinese New Year Care for the Elderly Campaign organised by the Hong Kong Elite Athletes Association (HKEAA) on 12 February 2006. The athletes, together with 1,000 volunteers showed their concern and care to 1,500 single elderly people by visiting them and bringing them caring gift bags. A kick-off ceremony was held before the visit at the HKSI with guests including Stephen S L Lam, Secretary for Constitutional Affairs, members of the Legislative Council, Dr Eric Li, Chairman of the HKSI, HKSI Management etc, showing their support for this meaningful activity.

Supported by the HKSI, Social Welfare Department, Hong Kong Federation of Youth Groups, A.S. Watson Group and the Elite Athlete Charitable Trust, the activity aimed to encourage volunteerism and the spirit of servicing the needy in the community. Participating athletes hoped that the effort would generate a caring atmosphere and build a harmonious society in Hong Kong.



(左六)體院院長鍾伯光博士、精英運動員李麗珊、立法會議員余翠怡及鄭家豪、政制事務局長林瑞麟，以及香港精英運動員協會名譽會長及精英運動員慈善基金主席許晉堂出席「暖意匯聚」出發儀式。
(From left) Dr Chung Pak-kwong (HKSI Chief Executive), Lee Lai-shan (elite athlete), Choy So-yuk and Andrew Cheng Kar-to (members of the Legislative Council), Stephen S L Lam (Secretary for Constitutional Affairs) and Victor Hui Chun-ha (Hon. President of HKEAA and Elite Athlete Charitable Trust) attended the kick-off ceremony.

恭賀 Congratulations



Tony Choi receiving the "Coach of the Year" Award
蔡玉坤教練接受「全年最佳教練」

香港體育學院在此祝賀體院壁球總教練蔡玉坤及女子青少年壁球代表隊，成員包括歐詠芝、陳浩鈴、趙家琦及梁善雅，獲亞洲壁球協會分別選為「全年最佳教練」及「全年最佳隊伍」，以表揚他們傑出的貢獻和優秀的表現。

蔡教練是繼二零零三年再度當選全年最佳教練，而這亦是香港首次有青年軍獲得亞洲壁球協會全年最佳隊伍的榮譽。

Girls squash team, comprising (from left) Chiu Ka-kei, Au Wing-chi, Chan Ho-ling and Leung Shin-nga.
女子青少年壁球代表隊，成員包括(左起)趙家琦、歐詠芝、陳浩鈴及梁善雅。



The Hong Kong Sports Institute would like to extend its congratulations to HKSI Head Squash Coach Tony Choi and the girls' squash team, comprising Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga, who have recently been awarded the prestigious "Coach of the Year" and the "Outstanding Team Award" respectively by the Asian Squash Federation in recognition of their contribution and outstanding performance.

This is the second time for Coach Choi to be awarded the honour after 2003, while it is the first Asian recognition for the junior team.



輪椅劍擊運動員余翠怡獲選為由星島新聞集團舉辦的「2005年傑出領袖選舉」中體育/演藝/文化界別的得獎者，體院在此衷心恭喜她。

現年21歲的余翠怡於四年前加入香港輪椅劍擊隊，並且在2004雅典傷殘人士奧運會個人及團體項目中奪得四面金牌。她對於這個獎項，覺得非常珍貴，並說：「作為一位運動員，在體育界得獎已經覺得非常高興，而今次更獲得社會大眾認同，意義更大。我會繼續努力，希望在2008傷殘人士奧運會中再次為港爭光。」

義更大。我會繼續努力，希望在2008傷殘人士奧運會中再次為港爭光。」

The Hong Kong Sports Institute would like to congratulate wheelchair fencer Yu Chui-ye for being selected as the winner of the 2005 Leader of the Year Award in the Sports/Culture/Performing Arts category, which is organised by the Sing Tao News Corporation Limited.

21-year-old Yu joined the Hong Kong Wheelchair Fencing team four years ago and won four gold medals in the individual and team events at the 2004 Paralympic Games in Athens. She treasured the Award much, saying, "As an athlete, I'm so glad to be honoured by the sports community, but without doubt, it's more meaningful to be recognised by the society. I'll keep my hard work and hope to win more medals for Hong Kong at the 2008 Beijing Paralympics."



武術運動員曾思敏於二零零五年的聖誕節前展開人生新的一頁，這位第八屆世界武術錦標賽女子南刀金牌得主於二零零五年十二月中結婚。體院衷心祝賀一對新人婚姻美滿愉快。

Wushu athlete Angie Tsang embarked on a new life before Christmas in 2005. The gold medallist of the women's nandao at the 8th

World Wushu Championships got married in mid December 2005. The HKSI would like to congratulate Angie and her husband and wish them a happy marriage.

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

香港體育學院有限公司
二零零六年三月

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
March 2006

體壇創高峰

In Pursuit of Sports Excellence

香港體育學院於二零零四年十月一日重新成立為法人團體，其宗旨是為具體有天賦的運動員提供有利甄選、培養和發展的完善環境，並協助他們追求卓越，在國際體壇爭取佳績。

The Hong Kong Sports Institute was reconstituted as incorporated body on 1 October 2004. It aims to provide a conducive environment in which sports talent can be identified, nurtured and developed to pursue excellence in international sporting arena.

