

Sports 精英體育 Excellence



香港運動員在國際體壇再創佳績

Hong Kong Athletes Excel in the International Sporting Arena

沈金康：致力發展香港精英單車運動
單車新星：張敬輝和黃蘊瑤

*Shen Jinkang: Devoted to Elite Cycling Training in Hong Kong
Sparkling Cyclists: Cheung King-wai & Wong Wan-yiu*

皮質醇：壓力荷爾蒙 ——
在精英運動員訓練中的應用

Cortisol: the Stress Hormone - Possible Applications on Elite Training

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香港運動員突破亞運會歷屆成績

香港運動員在第十五屆多哈亞運會和第九屆遠東及南太平洋區傷殘人士運動會(遠南傷殘人士運動會)取得驕人成績,共奪得108面獎牌,實在令人振奮,尤其在剛結束的第十五屆亞運會中,香港代表隊創下歷屆亞運會最佳成績,奪得6金12銀10銅共28面獎牌,這不但是教練、運動員及體院所有支援人員積極部署、辛勞耕耘的成果,同時顯示了香港體育學院(體院)的精英運動培訓系統愈趨成熟。除此以外,亦有賴各一起為香港體壇成就作出努力的體育總會、政府、中國香港體育協會暨奧林匹克委員會,以及各相關機構的支持和合作。今期《精英體育》亦以亞運會金牌運動員作封面人物。

為鼓勵這一群勇於承受艱苦訓練和面對各種挑戰,並取得驕人成就的運動員,體院會秉承自一九九四年設立的優秀運動員獎勵計劃,繼續頒發現金獎勵予在大型運動會表現出色的運動員。就是次2006亞運會和遠南傷殘人士運動會,體院已於十一月七日舉行了該計劃的開展儀式,而頒獎典禮亦將於一月下旬舉行。

今期教練與運動員一欄介紹單車,包括其起源及多項比賽類別等內容。體院單車總教練沈金康會分享他的教練之道,而兩位單車新晉運動員張敬煒和黃蘊瑤亦會暢談他們的訓練生活。

運動科學與醫學一欄的內容亦相當豐富,除了繼續報道「影響香港運動員在2002亞運會與2004奧運會比賽中運動表現的因素研究」外,還介紹量度精英運動員壓力荷爾蒙的方法,以及體院運動員及科研事務科定期舉辦精英運動訓練研討會的情況。

此外,第十四屆滙豐銀行慈善基金精英教練員研討會已於十月二十一日於體院圓滿舉行,四位來自中國、澳洲及加拿大的國際知名運動選材專家現身說法,以「運動選材及發展」為題,分享他們的寶貴意見及心得,令與會者獲益良多。

在新的一年各體育精英均要積極備戰2008奧運會及傷殘人士奧運會,而體院總部亦已遷往烏溪沙青年新村,在新的環境中,體院上下會繼續全力協助運動員在國際體壇勇創佳績。在此,我呼籲政府、商界、傳媒機構及市民大眾更加支持香港精英體育發展,積極與我們攜手栽培更多優秀的精英運動員和運動隊伍。

謹此祝賀各位新年進步、事事順利!

總編輯

鍾伯光博士





Hong Kong Athletes' Asian Games Breakthrough

Hong Kong athletes finished the 15th Doha Asian Games and the 9th Far East & South Pacific Games for the Disabled (FESPIC Games) with flying colours, capturing a total of 108 medals in both Games. The exceptional performances at the Asian Games, tallying 6 gold, 12 silver and 10 bronze medals, were particularly thrilling. Such fruitful results are a fitting reward for the hard work of our coaches, athletes and support staff, and also indicate the elite training system offered by the Hong Kong Sports Institute (HKSI) has grown to its maturity. And of course the outstanding performances at these two Games also reflect the support and close cooperation of all National Sports Associations, the Government and Sports Federation & Olympic Committee of Hong Kong, China as well as other related organisations; all of whom are committed to the cause of international sporting success for Hong Kong. We have chosen the Asian Games medallists to appear on the cover of this edition of "Sports Excellence".

To acknowledge the excellent performance of the athletes, and to reward and encourage their hard work, the HKSI established the Athlete Incentive Awards Scheme in 1994, to provide cash incentives for athletes who excel in major competitions. The Launch Ceremony of Athlete Incentive Awards Scheme for the Asian Games and the FESPIC Games was held on 7 November, and the Presentation Ceremony is scheduled for late January 2007.

In the Coach & Athlete section, we talk about cycling - its origins, and the various competition events that encompass the sport. HKSI Head Cycling Coach Shen Jinkang shares with us his rich and diverse coaching experience, while aspiring riders Cheung King-wai and Wong Wan-yiu elaborate on the rigours and rewards of their daily lives.

The Sports Science & Medicine section continues its in-depth look at "A Study of Factors Influencing Hong Kong Athletes' Performance in the 2002 Asian Games and the 2004 Olympic Games". Two articles on the impact of the stress hormone Cortisol on athlete training, and the Elite Training Seminars offered by HKSI Athlete & Scientific Services Division are also incorporated into this section.

The 14th Hongkong Bank Foundation Elite Coaches Seminar was staged successfully on 21 October. Four renowned speakers, coming from the Mainland China, Australia and Canada, shared with the audience their considerable expertise on "Sporting Talent Identification and Development".

As 2007 gets underway, all our elite athletes are busy preparing for the 2008 Olympic Games and Paralympic Games, and the HKSI has been temporarily relocated to Wu Kwai Sha Youth Village. Despite the move, all the HKSI staff will continue their hard work to support our athletes in every way possible to ensure they have the best possible platform for securing excellent results at major competitions. On behalf of the HKSI, I would like to urge the Government, business sector, media organisations and the community to continue to work with us every step of the way in our mission to produce successful Hong Kong athletes, and successful Hong Kong teams.

I wish you all a Happy and Prosperous New Year!

Dr Chung Pak-kwong
Editor-in-Chief

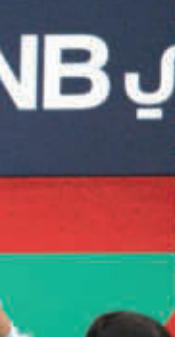


遠南傷殘人士運動會 獎牌運動員致敬

Games and Medallists

Owing to the limited space, only some of the medallists' photos are included. Part of the photos are provided by the courtesy of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, the Hong Kong Sports Association for the Mentally Handicapped and the Sports Desk of Sing Tao Daily.

因篇幅關係，只刊登部份獎牌運動員照片。部份相片由香港殘疾人奧委會暨傷殘人士體育協會、香港弱智人士體育協會及星島日報體育組提供，謹此致謝。



香港運動員在 國際體壇再創佳績

Hong Kong Athletes Excel in the International Sporting Arena

第十五屆亞運會於十二月一至十五日在卡塔爾多哈圓滿舉行，中國香港代表隊共派出281名運動員參加是次亞運會中的28個項目，以6金12銀10銅共28面獎牌突破歷屆成績，顯示香港在亞洲地區的體壇成就正不斷冒升。此外，在最後一屆舉辦的遠東及南太平洋區傷殘人士運動會中，香港殘障運動員亦有出色的表現，共奪得25金30銀25銅。今期《體育精英》將回顧是次比賽成績與賽果。

The 15th Asian Games held in Doha, Qatar from 1-15 December provided more concrete evidence of Hong Kong's emerging sporting status in the region. Hong Kong sent a team of 281 athletes to compete in 28 events and returned with a haul of 28 medals including 6 gold, 12 silver and 10 bronze, a best-ever result for the Hong Kong team at the Games. Hong Kong's disabled athletes backed up this outstanding performance at the recent Far East & South Pacific Games for the Disabled (FESPIC Games) by capturing 25 gold, 30 silver and 25 bronze medals. We will take a look at the overall results in this issue of Sports Excellence.

突破歷屆亞運會成績

單車項目在今屆亞運會表現超卓，運動員黃金寶率先在男子個人公路賽成功獲得一面金牌；隊友張敬煒首次參加亞運會即勇奪男子40公里場地記分賽冠軍，此乃香港單車隊在亞運會的單車場地賽首次取得的金牌獎項。

乒乓球項目亦突破上屆成績，共取得1金2銀2銅，乒乓球寶李靜、高禮澤在男子雙打項目摘下金牌外，帖雅娜和李靜分別在女子單打及男子單打項目各奪得一面銀牌和銅牌，而香港乒乓球隊亦在女子雙打及男子團體項目分別奪得一面銀牌和一面銅牌。

滑浪風帆項目同樣獲得歷屆最多獎項，共1金2銀。除陳敬然在男子輕量級奧運板取得冠軍外，何智豪和陳慧琪分別在男子重量級奧運板及女子奧運板獲得銀牌。

此外，香港羽毛球代表隊在今屆亞運會亦創下奇蹟，王晨與葉婉延雙雙躋身女子單打決賽而囊括金、銀牌，成績令人擊節拍掌。而最後一面金牌則落在健美運動員陳潤韜身上。（有關香港運動員在今屆亞運會傑出成績，見附表一。）

Asiad Breakthrough

The cycling team achieved another excellent result with Wong Kam-po winning a gold medal in the men's individual road race followed by Cheung King-wai, who participated in the Games for the first time, capturing a gold medal in the men's 40km points race. This was the first gold medal that Hong Kong has won in the Asian Games points race event.

The table tennis team snatched a total of 1 gold, 2 silver and 2 bronze medals in the Doha Asian Games, an even better result than they achieved in the Busan Asian Games four years ago. Ko Lai-chak paired with Li Ching to win a gold medal in the men's doubles. Tie Yana captured a silver medal in the women's singles while Li Ching took a bronze medal in the men's singles. The Hong Kong team also won a silver medal in the women's doubles and a bronze medal in the men's team event.

The windsurfing team also returned with the greatest number of medals from a single Asiad including 1 gold and 2 silver. Chan King-yin won gold medal in the men's lightweight mistral while Ho Chi-ho and Chan Wai-kei both captured a silver medal in the men's mistral heavy and women's mistral respectively.

While all these were going on, something extraordinary was happening to the Hong Kong badminton team in Doha. Wang Chen and Yip Pui-yin both won through to the women's singles final and consequently Hong Kong bagged both the gold and silver medals. The gold medal haul was completed by Chan Yun-to from bodybuilding. (For Outstanding Results of Hong Kong athletes at the 15th Asian Games, see Table 1.)



周全部署發揮作用

體院院長鍾伯光博士認為，香港運動員在今屆亞運會取得驕人成績，除了有賴政府、中國香港體育協會暨奧林匹克委員會及各體育總會的通力合作和全力支持外，也是過去體院周全部署下累積得來的成果，其中體院攻關小組在整體部署過程中亦發揮了重要的作用。體院今後會繼續致力與體育總會合作，協助運動員在國際賽事中創造佳績，為港爭光。

鍾博士指出，精英運動訓練除了需要運動員默默付出、專業教練領導有方外，科研人員、醫療和後勤的全面支援亦是成功的關鍵；唯有以團隊合作模式、不同的專才共同努力，方能培養出在國際體壇佔一席位的運動精英。

自2000悉尼奧運會後，體院便成立攻關小組協助運動員備戰大型運動會，藉此更有效地靈活運用資源。以今屆亞運會為例，攻關小組早於兩年前已開始部署。首先，體院不同運動項目的總教練會擬訂有機會取得金牌及獎牌的運動員名單，經審核後，總教練便開始替運動員度身設計訓練及比賽計劃，致力提升他們的運動水平；而體院亦會按運動員奪取獎牌的潛力動員科研、醫療等支援，全力協助運動員在比賽中「衝金」。鍾博士對香港運動員在亞運會所取得的成績感到十分滿意，並補充這都是在預期當中完成的目標。

Comprehensive Preparation Proves Effective

HKSI Chief Executive Dr Chung Pak-kwong believes that the outstanding performance of Hong Kong athletes at the Doha Asian Games was not only the result of the full support of and co-operation from the Government, the Sports Federation & Olympic Committee of Hong Kong, China and the National Sports Associations (NSAs), but also reflects the vital role played by HKSI's comprehensive preparations for the Games, including the important role played by the HKSI's Task Force. The HKSI will continue to work hard with the NSAs to ensure Hong Kong athletes have the maximum opportunity for international success.

Dr Chung has also pointed out that while elite training relies on the devotion of athletes and top quality professional coaching, another key to success is all-round support from the scientific and medical team as well as all those working behind the scenes. Total commitment from 'Team Hong Kong' at every level is a pre-requisite for nurturing top-ranking elite athletes in the international sporting arena.

After the 2000 Olympic Games, the HKSI set up a Task Force to assist athletes preparing for Major Games, and to ensure they have a more effective and flexible use of available resources. For the Doha Asian Games, for example, the Task Force started its preparation works for the Games two years ago. To begin, each HKSI Head Coach drafted a list of athletes with real medal prospects, especially gold medals, at the Games. After examination and agreement on the list, the Head Coach then tailor-made a training and competition schedule to optimise preparations for each individual athlete. In the meantime, the HKSI provided athletes with the scientific and medical support in line with their medal winning potential, and gave them maximum assistance in their quest, with all efforts, to win gold at the Games. Dr Chung is happy that the overall result achieved by Hong Kong athletes in the Doha Asian Games fitted well with the targets set.

年輕運動員不斷冒起

在卓越成就中值得一提的是獲獎運動員中不乏年輕的精英運動員，如金牌得主張敬煒(單車)、陳敬然(滑浪風帆)、銀牌得主葉珮延(羽毛球)、李嘉文(賽艇)、陳慧琪和何智豪(滑浪風帆)，以及銅牌得主周梓淇(劍擊)等，他們早於五至八年前已開始接受體院系統訓練，努力耕耘多年後，今天終於在國際體壇嶄露頭角。

鍾博士稱：「體院於二零零零年開始推行體壇明日之星甄選計劃，加強青少年運動員培訓工作，現在正是收成期。年輕運動員有機會在大型運動會中勇奪獎項，成績令人欣喜。他們都是全職運動員，願意暫時放下學業，專心投入訓練和全力比賽，實屬難得，我特別感謝家長們的信任，令訓練工作更順利。」

他續說，體院日後會更加致力加強青少年精英運動員的培訓工作，不斷吸納新血，為培育未來體壇接班人作好準備。

全力以赴迎戰奧運

鍾博士認為運動員的拼搏精神是年輕人的典範，值得他們學習，他呼籲社會大眾對運動員多加支持和認同。談及未來部署，鍾博士提醒教練和運動員在高興的同時絕對不能自滿，並且要盡快收拾心情，為2008北京奧運會做好最充分的準備，為香港在奧運會爭取突破成績。

Emerging Junior Stars

It is very heartening to see that a number of medallists are young elite athletes. They include gold medallists Cheung King-wai (Cycling) and Chan King-yin (Windsurfing), silver medallists Yip Pui-yin (Badminton), Lee Ka-man (Rowing), Chan Wai-kei and Ho Chi-ho (Windsurfing), as well as bronze medallist Chow Tsz-ki (Fencing). They all started formal training at the HKSI for more than five to eight years and eventually proved their talent in international competitions after several years' dedication and hard work.

Dr Chung said, "The HKSI launched the Searching for New Sport Stars programme in 2000 to strengthen the development of junior athletes and now is the time to get the results. Young athletes have been given the chance to win medals in the Major Games and their performance has been excellent. They undergo full-time training and we are pleased to see that they are willing to put aside their studies at this moment and concentrate on training and competition. Special thanks must be given to their parents whose trust made our planning and preparation run smoothly."

He continued that the HKSI would continue to devote itself to strengthening the development of young elite athletes.

Devoted to the Olympic Games

Dr Chung realises the importance for each athlete's spirit to strive hard for excellence and the value of this important lesson to the youngsters. He wants the public to give more support and recognition to our athletes. With a bright future beckoning, Dr Chung reminded all coaches and athletes to put aside the happy memories and successes brought back from Doha, and to have the best possible preparations for the 2008 Beijing Olympic Games so as to return with more success and breakthrough for Hong Kong.

遠東及南太平洋區傷殘人士運動會(遠南傷殘人士運動會)

隨着亞洲殘疾人奧委會正式成立，較早前於11月25日至12月1日在馬來西亞吉隆坡舉行的遠南傷殘人士運動會將是最後一屆。由香港殘疾人奧委會暨傷殘人士體育協會及香港弱智人士體育協會組成的中國香港代表團共派出135名運動員角逐14個比賽項目。

香港殘障運動員亦有出色的表現，共奪得25金30銀25銅。其中以運動員張志偉(田徑)、陳蕊莊(輪椅劍擊)、梁舒恆(游泳)所獲得的成績最佳，分別獲得3金2銀、3金1銀及3金1銅成績。(有關香港殘障運動員在今屆遠南傷殘人士運動會傑出成績，見附表二。)

在殘障運動方面，香港向來取得驕人成績，在面對實力不斷提升的對手，體院上下定當繼續努力，協助殘障運動員積極備戰2008傷殘人士奧運會。

Far East & South Pacific Games for the Disabled (FESPIC Games)

Following the establishment of the Asian Paralympic Committee, the last FESPIC Games were held in Kuala Lumpur, Malaysia from 25 November to 1 December. The China Hong Kong Delegation, comprising 135 athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled and the Hong Kong Sports Association for the Mentally Handicapped, participated in 14 events.

Hong Kong athletes with disability once again performed with distinction at the Games by winning 25 gold, 30 silver and 25 bronze medals. Among the medallists, Cheung Chi-wai (Athletics), Chan Yui-chong (Wheelchair Fencing) and Leung Shu-hang (Swimming) achieved the best results by clinching 3 gold/2 silver, 3 gold/1 silver, and 3 gold/1 bronze respectively. (Outstanding Results of Hong Kong athletes at the FESPIC Games, see Table 2)

Hong Kong has an excellent record and reputation in disability sport, and with the HKSI fully behind them, our Paralympians can look forward with confidence to the 2008 Paralympic Games.

表一：第15屆亞運會香港運動員傑出成績

Table 1: Outstanding Results of Hong Kong Athletes at the 15th Asian Games

金牌 Gold Medal		
運動員 Athlete	運動項目 Sport	比賽項目 Event
王晨 Wang Chen	羽毛球 Badminton	女子單打 Women's Singles
陳潤韜 Chan Yun-to	健美 Bodybuilding	男子75公斤 Men's 75kg
張敬煒 Cheung King-wai	單車 Cycling	男子40公里場地記分賽 Men's 40km Points Race
黃金寶 Wong Kam-po	單車 Cycling	男子個人公路賽 Men's Individual Road Race
高禮澤 Ko Lai-chak	乒乓球 Table Tennis	男子雙打 Men's Doubles
李靜 Li Ching		
陳敬然 Chan King-yin	滑浪風帆 Windsurfing	男子輕量級奧運板 Men's Lightweight Mistral
銀牌 Silver Medal		
運動員 Athlete	運動項目 Sport	比賽項目 Event
葉嫻延 Yip Pui-yin	羽毛球 Badminton	女子單打 Women's Singles
李嘉文 Lee Ka-man	賽艇 Rowing	女子輕量級單人 Women's Lightweight Single Scull
陳偉麒 Chan Wai-ki	桌球 Snooker	男子雙打 Men's Doubles
傅家俊 Fu Ka-chun		
陳偉麒 Chan Wai-ki	桌球 Snooker	男子團體 Men's Team
傅家俊 Fu Ka-chun		
馮國威 Fung Kwok-wai		
趙詠賢 Chiu Wing-yin	壁球 Squash	女子單打 Women's Singles
帖雅娜 Tie Yana	乒乓球 Table Tennis	女子單打 Women's Singles
帖雅娜 Tie Yana	乒乓球 Table Tennis	女子雙打 Women's Doubles
張瑞 Zhang Rui		
李致和 Lee Chi-wo	三項鐵人 Triathlon	男子個人 Men's Individual
陳慧琪 Chan Wai-kei	滑浪風帆 Windsurfing	女子奧運板 Women's Mistral
何智豪 Ho Chi-ho	滑浪風帆 Windsurfing	男子重量級奧運板 Men's Mistral Heavy
黑志宏 Hei Zhihong	武術 Wushu	男子太極拳類(兩項全能) Men's Taijiquan (Two Events Combined)
曾思敏 Angie Tsang	武術 Wushu	女子南拳類(三項全能) Women's Nanquan (Three Events Combined)
銅牌 Bronze Medal		
運動員 Athlete	運動項目 Sport	比賽項目 Event
周梓淇 Chow Tsz-ki	劍擊 Fencing	女子個人佩劍 Women's Individual Sabre
張啟東 Cheung Kai-tung	劍擊 Fencing	男子團體花劍 Men's Team Foil
劉國堅 Lau Kwok-kin		
顏冠一 Ngan Kwoon-yat		
黃金球 Wong Kam-kau		
鄭玉嫻 Cheng Yuk-han	劍擊 Fencing	女子團體重劍 Women's Team Epee
張依妮 Cheung Yi-nei		
呂慧妍 Sabrina Lui		
楊翠玲 Yeung Chui-ling		
歐陽慧心 Au Yeung Wai-sum	劍擊 Fencing	女子團體佩劍 Women's Team Sabre
周梓淇 Chow Tsz-ki		
鮑明慧 Pau Ming-wai		
徐韻怡 Tsui Wan-yi		
陳枷彰 Chan Ka-man	空手道 Karatedo	女子組手—60公斤 Women's Kumite - 60kg
麥珮軒 Mak Pui-hin	壁球 Squash	女子單打 Women's Singles
李亮葵 Lee Leong-kwai	游泳 Swimming	女子4 x 100米自由泳接力 Women's 4 x 100m Freestyle Relay
施幸余 Sze Hang-yu		
蔡曉慧 Tsai Hiu-wai		
韋漢娜 Hannah Wilson		
張鈺 Cheung Yuk	乒乓球 Table Tennis	男子團體 Men's Team
高禮澤 Ko Lai-chak		
梁柱恩 Leung Chu-yan		
李靜 Li Ching		
謝嘉俊 Tse Ka-chun		
李靜 Li Ching	乒乓球 Table Tennis	男子單打 Men's Singles
于偉麗 Yu Weili	舉重 Weightlifting	女子53公斤級 Women's 53kg

獎牌運動員按其運動項目及英文姓氏排列。

Medallists are presented in alphabetical order of their sport and surname.

表二：第九屆遠東及南太平洋區傷殘人士運動會香港運動員傑出成績
Table 2: Outstanding Results of Hong Kong Athletes at the 9th FESPIC Games

金牌 Gold Medal		
運動員 Athlete	運動項目 Sport	比賽項目 Event
陳碧君 Chan Pik-kwan	田徑 Athletics	女子跳遠 (F20級) Women's Long Jump (F20)
張志偉 Cheung Che-wai	田徑 Athletics	男子100米 (T20級) Men's 100m (T20)
張志偉 Cheung Che-wai	田徑 Athletics	男子200米 (T20級) Men's 200m (T20)
張志偉 Cheung Che-wai	田徑 Athletics	男子400米 (T20級) Men's 400m (T20)
蘇樺偉 So Wa-wai	田徑 Athletics	男子100米 (T36級) Men's 100m (T36)
蘇樺偉 So Wa-wai	田徑 Athletics	男子200米 (T36級) Men's 200m (T36)
黃美蘭 Wong Mei-lan	田徑 Athletics	女子鐵餅 (F56級) Women's Discus (F56)
馬凱君 Ma Hoi-kwan	羽毛球 Badminton	女子單打 (Lower 3級) Women's Singles (Lower 3)
張敏儀 Cheung Man-ye	硬地滾球 Boccia	個人 (BC4級) Singles (BC4)
郭海瑩 Kwok Hoi-ying	硬地滾球 Boccia	個人 (BC2級) Singles (BC2)
張敏儀 Cheung Man-ye	硬地滾球 Boccia	雙人 (BC4級) Pairs (BC4)
劉恩賜 Lau Yan-chi		
梁育榮 Leung Yuk-wing		
顏敦理 Carlos Magno Braga Antunes	草地滾球 Lawn Bowls	男子個人 (B2級) Men's Singles (B2)
趙仲堯 Chiu Chung-lun	草地滾球 Lawn Bowls	男子個人 (B8級) Men's Singles (B8)
李志明 Li Chi-ming	草地滾球 Lawn Bowls	男子個人 (B3級) Men's Singles (B3)
鄧順儀 Tang Shun-ye	草地滾球 Lawn Bowls	女子個人 (B3級) Women's Singles (B3)
周沅凝 Chow Yuen-ying	游泳 Swimming	女子100米自由泳 (S14級) Women's Freestyle 100m (S14)
梁舒恆 Leung Shu-hang	游泳 Swimming	女子50米背泳 (S14級) Women's Backstroke 50m (S14)
梁舒恆 Leung Shu-hang	游泳 Swimming	女子100米蛙泳 (SB14級) Women's Breaststroke 100m (SB14)
戴啟雄 Tan Kai-hung	游泳 Swimming	男子50米蝶泳 (S14級) Men's Butterfly 50m (S14)
鄧淑文 Tang Suk-man	游泳 Swimming	女子50米自由泳 (S14級) Women's Freestyle 50m (S14)
周沅凝 Chow Yuen-ying	游泳 Swimming	女子4 x 50米自由泳接力 (S14級)
梁舒恆 Leung Shu-hang		Women's 4 x 50m Freestyle Relay (S14)
鄧翠芬 Tang Chui-fan		
鄧淑文 Tang Suk-man		
陳蕊莊 Chan Yui-chong	輪椅劍擊 Wheelchair Fencing	女子個人重劍 (B組) Women's Individual Epee (Cat. B)
陳蕊莊 Chan Yui-chong	輪椅劍擊 Wheelchair Fencing	女子個人花劍 (B組) Women's Individual Foil (Cat. B)
余翠怡 Yu Chui-ye	輪椅劍擊 Wheelchair Fencing	女子個人花劍 (A組) Women's Individual Foil (Cat. A)
陳蕊莊 Chan Yui-chong	輪椅劍擊 Wheelchair Fencing	女子團體花劍 (公開) Women's Team Foil (Open)
范珮珊 Fan Pui-shan		
吳舒婷 Justine Charissa Ng		
余翠怡 Yu Chui-ye		
銀牌 Silver Medal		
運動員 Athlete	運動項目 Sport	比賽項目 Event
麥瓊方 Mak King-fong	田徑 Athletics	女子1,500米 (T20級) Women's 1,500m (T20)
麥瓊方 Mak King-fong	田徑 Athletics	女子5,000米 (T20級) Women's 5,000m (T20)
蘇樺偉 So Wa-wai	田徑 Athletics	男子400米 (T36級) Men's 400m (T36)
余春麗 Yu Chun-lai	田徑 Athletics	女子100米 (T36級) Women's 100m (T36)
余春麗 Yu Chun-lai	田徑 Athletics	女子200米 (T36級) Women's 200m (T36)
張志偉 Cheung Che-wai	田徑 Athletics	男子4 x 100米接力 (T20級) Men's 4 x 100m Relay (T20)
周招強 Chow Chiu-keung		
鄧卓文 Tang Cheuk-man		
黃茂坎 Wong Mau-hom		
張志偉 Cheung Che-wai	田徑 Athletics	男子4 x 400米接力 (T20級) Men's 4 x 400m Relay (T20)
周招強 Chow Chiu-keung		
鄧卓文 Tang Cheuk-man		
黃茂坎 Wong Mau-hom		
徐傑民 Zee Jeffrey Jamin	羽毛球 Badminton	男子單打 (Upper 4級) Men's Singles (Upper 4)
劉恩賜 Lau Yan-chi	硬地滾球 Boccia	個人 (BC4級) Singles (BC4)
許鴻彬 Hui Hung-pan	硬地滾球 Boccia	雙人 (BC3級) Pairs (BC3)
杜威 To Wai		
曾鈴茵 Tsang Ling-yan		
鄧翠雯 Tang Chui-man	柔道 Judo	女子63公斤級 Women's up to 63kg
李志明 Li Chi-ming	草地滾球 Lawn Bowls	混合雙人 (B3級) Mixed Pairs (B3)
鄧順儀 Tang Shun-ye		
劉紹光 Lau Siu-kwong	草地滾球 Lawn Bowls	男子個人 (B1級) Men's Singles (B1)
李應榮 Li Ying-wing	草地滾球 Lawn Bowls	男子個人 (B8級) Men's Singles (B8)

獎牌運動員按其運動項目及英文姓氏排列。

Medallists are presented in alphabetical order of their sport and surname.

銀牌 Silver Medal

運動員 Athlete	運動項目 Sport	比賽項目 Event
朱秀蓮 Chu Sau-lin	草地滾球 Lawn Bowls	女子個人 (B7級) Women's Singles (B7)
顏敦理 Carlos Magno Braga Antunes 鄧梅麗 Tang Mu-lai	草地滾球 Lawn Bowls	混合雙人 (B2級) Mixed Pairs (B2)
陳鳳群 Chan Fung-kwan	游泳 Swimming	女子100米蛙泳 (SB14級) Women's 100m Breaststroke (SB14)
周沅凝 Chow Yuen-ying	游泳 Swimming	女子50米自由泳 (S14級) Women's Freestyle 50m (S14)
周沅凝 Chow Yuen-ying	游泳 Swimming	女子200米自由泳 (S14級) Women's Freestyle 200m (S14)
黃健明 Wong Kin-ming	游泳 Swimming	男子100米蛙泳 (SB4級) Men's 100m Breaststroke (SB4)
鄧淑文 Tang Suk-man	游泳 Swimming	女子50米背泳 (S14級) Women's Backstroke 50m (S14)
鄧淑文 Tang Suk-man	游泳 Swimming	女子50米蝶泳 (S14級) Women's Butterfly 50m (S14)
李浚生 Lee Tsun-sang	游泳 Swimming	男子4 x 50米自由泳接力 Men's 4 x 50m Freestyle Relay (S14)
戴啟雄 Tan Kai-hung 黃嘉聰 Wong Ka-chung 楊志森 Yeung Chi-sum		
李浚生 Lee Tsun-sang 戴啟雄 Tan Kai-hung 黃嘉聰 Wong Ka-chung 楊志森 Yeung Chi-sum	游泳 Swimming	男子4 x 100米自由泳接力 (S14級) Men's 4 x 100m Freestyle Relay (S14)
陳小青 Chan Siu-ching 吳彩霞 Ng Choi-ha	乒乓球 Table Tennis	女子團體 (3級) Women's Team (Class 3)
許贊紅 Hui Charn-hung	輪椅劍擊 Wheelchair Fencing	男子個人花劍 (B組) Men's Individual Foil (Cat. B)
陳穎健 Chan Wing-kin	輪椅劍擊 Wheelchair Fencing	男子個人佩劍 (A組) Men's Individual Sabre (Cat. A)
余翠怡 Yu Chui-ye	輪椅劍擊 Wheelchair Fencing	女子個人重劍 (A組) Women's Individual Epee (Cat. A)
陳穎健 Chan Wing-kin 張明仔 Cheong Meng-chai 鍾定程 Chung Ting-ching 許贊紅 Hui Charn-hung	輪椅劍擊 Wheelchair Fencing	男子團體花劍 (公開) Men's Team Foil (Open)
陳蕊莊 Chan Yui-chong 范珮珊 Fan Pui-shan 王潔梅 Wong Kit-mui 余翠怡 Yu Chui-ye	輪椅劍擊 Wheelchair Fencing	女子團體重劍 (公開) Women's Epee Team (Open)

銅牌 Bronze Medal

運動員 Athlete	運動項目 Sport	比賽項目 Event
陳錦甜 Chan Kam-tim	田徑 Athletics	女子標鎗 (F55級) Women's Javelin (F55)
鄭恩強 Cheng Yan-keung	田徑 Athletics	男子五項全能 (P54-58級) Men's Pentathlon (P54-58)
麥瓊方 Mak King-fong	田徑 Athletics	女子800米 (T20級) Women's 800m (T20)
梁育榮 Leung Yuk-wing	硬地滾球 Boccia	個人 (BC4級) Singles (BC4)
鄧梅麗 Tang Mu-lai	草地滾球 Lawn Bowls	女子個人 (B2級) Women's Singles (B2)
張振維 Cheung Chun-wai	草地滾球 Lawn Bowls	男子雙人 (B6級) Men's Pairs (B6)
譚智明 Tam Chi-ming		
朱秀蓮 Chu Sau-lin	草地滾球 Lawn Bowls	女子雙人 (B7級) Women's Pairs (B7)
王心子 Wong Sum-tsz		
林艷紅 Lam Yim-hung	健力舉重 Powerlifting	女子40公斤級 Women's up to 40kg
李思薇 Lee Sze-mei	游泳 Swimming	女子50米蝶泳 (S14級) Women's 50m Butterfly (S14)
梁舒恆 Leung Shu-hang	游泳 Swimming	女子100米自由泳 (S14級) Women's 100m Freestyle (S14)
鄧淑文 Tang Suk-man	游泳 Swimming	女子200米自由泳 (S14級) Women's 200m Freestyle (S14)
黃健明 Wong Kin-ming	游泳 Swimming	男子50米自由泳 (S5級) Men's 50m Freestyle (S5)
黃健明 Wong Kin-ming	游泳 Swimming	男子100米自由泳 (S5級) Men's 100m Freestyle (S5)
黃健明 Wong Kin-ming	游泳 Swimming	男子200米自由泳 (S5級) Men's 200m Freestyle (S5)
楊志森 Yeung Chi-sum	游泳 Swimming	男子50米自由泳 (S14級) Men's 50m Freestyle (S14)
羅汝根 Lo Yue-kun	乒乓球 Table Tennis	男子單打 (6級) Men's Singles (Class 6)
陳小玲 Chan Siu-ling	乒乓球 Table Tennis	女子單打 (5級) Women's Singles (Class 5)
張炳貴 Cheung Ping-kwai 呂康寧 Lui Hong-ling	乒乓球 Table Tennis	男子團體 (9級) Men's Team (Class 9)
陳小玲 Chan Siu-ling 馮月華 Fung Yuet-wah 黃友蓮 Wong Yau-lin	乒乓球 Table Tennis	女子團體 (5級) Women's Team (Class 5)
張明仔 Cheong Meng-chai	輪椅劍擊 Wheelchair Fencing	男子個人花劍 (A級) Men's Foil Individual (Cat. A)
張明仔 Cheong Meng-chai	輪椅劍擊 Wheelchair Fencing	男子個人佩劍 (A級) Men's Sabre Individual (Cat. A)
鍾定程 Chung Ting-ching	輪椅劍擊 Wheelchair Fencing	男子個人重劍 (B級) Men's Epee Individual (Cat. B)
鍾定程 Chung Ting-ching	輪椅劍擊 Wheelchair Fencing	男子個人花劍 (B級) Men's Foil Individual (Cat. B)
范珮珊 Fan Pui-shan	輪椅劍擊 Wheelchair Fencing	女子個人重劍 (A級) Women's Epee Individual (Cat. A)
范珮珊 Fan Pui-shan	輪椅劍擊 Wheelchair Fencing	女子個人花劍 (A級) Women's Foil Individual (Cat. A)



2006亞運會及遠南傷殘人士運動會 香港體育學院優秀運動員獎勵計劃

The HKSI Athlete Incentive Awards Scheme for the Asian Games and the FESPIC Games 2006

香港運動員在第十五屆多哈亞運會和第九屆遠東及南太平洋區傷殘人士運動會(遠南傷殘人士運動會)取得驕人成績，共奪得108面獎牌，實在令人振奮。

為表揚香港運動員在國際大型賽事所付出的努力和成就，體院於一九九四年設立優秀運動員獎勵計劃，以現金獎勵在大型運動會表現出色的運動員。今年，體院亦繼續推出這項計劃，為在多哈亞運會和吉隆坡遠南傷殘人士運動會中獲取獎牌的運動員提供現金獎勵。

體院主席李家祥博士於十一月七日在體院舉行的2006亞運會及遠南傷殘人士運動會優秀運動員獎勵計劃開展儀式上表示：「很高興看見香港的運動水平在國際賽事中不斷提升，運動員屢創佳績，在國際體壇為港爭光。他們所付出的努力應該得到社會各界的肯定和認同，現金獎勵是其中一個實質的鼓勵方法。在早前發表的施政報告中，提到香港特區政府將增加撥款發展精英體育，正好給予即將參加亞運會和遠南傷殘人士運動會的運動員更大的鼓舞。」

這次香港派出由281名運動員組成的代表團出戰多哈亞運會，競逐28項賽事，是香港自一九五四年首次參加亞運會以來，陣容最強大的一次。在2006多哈亞運會奪得個人獎項的運動員，金牌運動員可獲25萬港元，銀牌及銅牌運動員則分別可獲得12萬5千及5萬港元，團體金牌的隊伍可獲35萬港元現金獎勵，銀牌及銅牌則分別獲得20萬及10萬港元。

至於在十一月二十五至十二月一日於吉隆坡舉行的遠南傷殘人士運動會，香港亦派出史上陣容最鼎盛的代表團，參賽運動員達135人。在遠南傷殘人士運動會的個人項目中取得金牌的運動員可獲1萬5千港元，而銀牌及銅牌則各得6千及3千港元的現金獎勵。在隊際項目方面，金、銀、銅牌的現金獎勵分別為2萬1千、9千6百及6千港元。

綜覽香港動員在這兩個大型運動會的傑出成績，體院將於二零零七年一月二十七日舉行的頒獎禮上頒發477萬1千港元予103位獲得獎項的精英運動員。

Hong Kong athletes have performed remarkably well at the 15th Doha Asian Games and the 9th Far East & South Pacific Games for the Disabled (FESPIC Games) by winning a total number of 108 medals.

To recognise the outstanding achievements of Hong Kong athletes at the Major Games, the HKSI has established the Athlete Incentive Awards Scheme since 1994. Medal winners at the two Major Games - Doha Asian Games and the FESPIC Games in Kuala Lumpur will also benefit from the Scheme.

At the Scheme's Launch Ceremony held at the HKSI on 7 November, HKSI Chairman Dr Eric Li said, "I am happy to see the standard of sports in Hong Kong is improving on the international stage. Athletes should be acknowledged for their hard work and effort. Providing them tangible rewards is one of the best ways. The HKSAR Government's Policy Address announced that additional resources would be allocated to elite athletes development. It just comes at the right time! It definitely gives athletes an extra boost before the Asian Games and the FESPIC Games."

The Hong Kong team has represented by its largest ever delegation at the Doha Asian Games with almost 281 athletes taking part in 28 disciplines. Gold medallists in the individual events at the 2006 Doha Asian Games, will be awarded HK\$250,000, while the silver and the bronze medallists will be awarded HK\$125,000 and HK\$50,000 respectively. A team gold medal will be rewarded HK\$350,000, followed by HK\$200,000 and HK\$100,000 for a silver and bronze medal respectively.

Hong Kong has sent its largest ever team of 135 athletes to the FESPIC Games in Kuala Lumpur held from 25 November to 1 December. Gold medallists in the individual events at the FESPIC Games, will be awarded HK\$15,000 while silver and bronze medals will be given HK\$6,000 and HK\$3,000 respectively. In team events, the incentives would be HK\$21,000 for gold, HK\$9,600 for silver and HK\$6,000 for bronze medals.

In view of the excellent results of Hong Kong athletes at the two Games, the HKSI will present a total of HK\$4.771million to 103 athletes at the Presentation Ceremony to be held on 27 January 2007.

2006亞運會及遠南傷殘人士運動會 體院優秀運動員獎勵計劃開展儀式剪影

Snapshots of the HKSI Athlete Incentive Awards Scheme for the Asian Games and the FESPIC Games 2006 Launch Ceremony

▶ [2006亞運會及遠南傷殘人士運動會體院優秀運動員獎勵計劃] 開展儀式的主禮嘉賓包括：(後排左起)體院主席李家祥博士、第十五屆多哈亞運會香港代表團團長馮劉掌珠及香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻，將祝願寫在《齊鼓掌支持香港運動員》的留言板上，以鼓勵代表香港出戰亞運會及遠南傷殘人士運動會的運動員。(前排右起)2002亞運壁球金牌得主趙詠賢、2002遠南傷殘人士運動會金牌得主余翠怡與2004奧運銀牌得主乒乓球實高禮澤及李靜代表一眾運動員接受祝福。

Officiating guests of the "Hong Kong Sports Institute Athlete Incentive Awards Scheme for the Asian Games and the FESPIC Games 2006" Launch Ceremony (rear row from left) Dr Eric Li, Chairman of the HKSI, Vivien Fung, Chef de Mission of the Hong Kong Delegation to the 15th Doha Asian Games, and Jenny Fung, Chairman of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled make wishes on a 'Support Hong Kong Athletes' display board as a gesture of support to the Hong Kong athletes who will participate in the upcoming Asian Games and the FESPIC Games. (Front row from right) The 2002 Asian Games squash gold medallist Rebecca Chiu, 2002 FESPIC Games gold medallist Yu Chui-ye, as well as 2004 Olympic table tennis silver medallists Ko Lai-chak and Li Ching represent other athletes to receive the display board.



▲ 體院優秀運動員獎勵計劃開展儀式上，首次參加亞運會的羽毛球運動員葉焯延(左)及田徑新秀梁巧詩，與眾嘉賓分享她們的備戰心聲，並期望香港運動員在亞運會及遠南傷殘人士運動會中取得佳績。

Debut at the Asian Games, shuttler Yip Pui-yin (left) and sprinter Leung Hau-sze share their preparation progress for the Games with guests at the HKSI Athlete Incentive Awards Scheme Launch Ceremony. They also hope Hong Kong athletes can win more medals for Hong Kong at the Asian Games and the FESPIC Games.



▲ 三位主禮嘉賓與體育各界人士，出席亞運會及遠南傷殘人士運動會體院優秀運動員獎勵計劃開展儀式，齊為即將出戰兩個運動會的香港運動員打氣。

Three officiating guests and guests from other sporting organisations cheer Hong Kong athletes at the Launch Ceremony of the HKSI Athlete Incentive Awards Scheme before their participation in the 2006 Asian Games and the FESPIC Games.

教

練與運動員
Coach & Athlete

致力發展 香港精英單車運動

Devoted to
Elite Cycling Training
in Hong Kong



體院單車總教練沈金康原本在中國國家單車隊任教達10年之久，一九九四年七月獲香港單車聯會邀請，來港半年協助香港單車隊備戰同年舉行的英聯邦運動會和亞運會。在沈教練協助下，香港單車隊不但首次在亞運會單車項目（個人公路賽）取得歷來最佳成績，排名第四，而沈教練亦決定留港引領香港單車運動走向國際體壇，至今香港單車代表隊已成為亞洲強隊。沈教練對教練之道有甚麼見解？

Hong Kong's Head Cycling Coach Shen Jinkang was formerly the coach of China's National cycling team for 10 years. In July 1994, Shen was invited by the Hong Kong Cycling Association to Hong Kong for six months to help the Hong Kong cycling team preparing for the Commonwealth Games and the Asian Games. Under his guidance, the Hong Kong team managed to grasp the fourth place in cycling's blue riband event (the Individual Road Race) - its best ever result at the Asian Games. Thrilled by this remarkable result, Shen decided to stay and raise the standard of the Hong Kong team to international level across the board. Since then, Hong Kong has become one of the best cycling teams in Asia. Let's share the coaching secrets of Shen.

帶領香港單車運動向前邁進

基於對單車運動的熱忱，以及深信香港單車運動具有優良的發展條件，沈金康留港12年以來，一直對單車運動默默付出，為香港單車運動發展帶來革新的局面。

Leading the Sport Ahead

Shen's passion for cycling and his belief in the potential of local athletes has ensured that he has worked restlessly in Hong Kong over the past 12 years, making a huge contribution to the rapid development of the sport in the territory.

沈金康
Shen Jinkang



◀ 沈金康教練與愛徒黃金寶在日本亞洲錦標賽獲獎後合照。

Shen with Wong Kam-po after his Asian Championships victory in Japan.

沈教練認為，香港的精英培訓工作充滿挑戰，尤其當年的單車運動訓練仍然停留在一個業餘水平，要將具潛質的運動員訓練至亞洲及國際級水平並非朝夕之事，他引用中國國家隊的訓練方法來訓練香港運動員，包括鍛煉他們的體質，強化心肺功能、心血管系統、身體吸氧量等，帶來了顯著的成效；沈教練深信運動員唯有經過嚴格、有系統的訓練，並且不畏艱苦、努力堅持，才有機會取得成功。

廣為人認識的單車運動員黃金寶在世界重要賽事如世界錦標賽、亞運會和亞洲錦標賽取得驕人成績，令單車運動備受港人關注。近年香港全職單車運動員人數逐漸增多，至今已達20多人，並且愈來愈多年輕運動員接受單車運動訓練，他們的年齡大約在12至18歲之間。此外，現在更有女性單車運動員參加比賽，打破了當年全男班的局面；而更為重要的是，香港單車運動員參與單車比賽項目的種類亦由原來的公路賽發展至單車場地賽事，這見證着香港單車運動在這10年間不斷的發展和突破。

強調單車運動團結精神

沈教練指出，現在新一輩運動員的體質較以往的運動員為佳，很快便能夠掌握到單車運動的竅門，但是當單車運動員發展達一定水平的時候，便需要靠精神和意志來求取突破。那種堅毅不屈的頑強精神，正是優秀單車運動員的特質，而沈教練眼中的黃金寶，經過10多年來默默訓練所累積的經驗已臻成熟之境，是年輕後輩的典範。

「訓練單車運動員時，首先我會教導他們的並不是甚麼運動竅門或比賽技巧，而是教曉他們做人的道理，要他們懂得關心和體貼別人，學會團結和合作精神，因為單車運動是一種講求團結力量的體育項目，在比賽的時候，這種合作精神自然會產生一種無窮的力量。」體院單車總教練沈金康說。

沈教練解釋，比賽時，主攻手負責奪取獎牌，其餘隊員便成為他的掩護，協助他在比賽中獲勝。換句話說，他們是犧牲了自己獲取獎牌的機會來成全他人，成就整個香港隊的成績，所以，在單車運動比賽中，團隊的力量便十分重要。

Hong Kong. He initiated a process of building up their physique, enhancing their cardio-respiratory system and cardiovascular system as well as oxygen consumption. Shen strongly believes that outstanding results can only be achieved through stringent and systematic training allied to the athletes' own persistence and enthusiasm.

Wong Kam-po, the most well-known local rider, has become a household name, thanks to a string of excellent results in the World Championships, Asian Games and Asian Championships. In recent years, there has also been a significant number of other local cycling athletes turning full-time. At present, there are some 20 full-time riders. On top of this, it is good to see that an increasing number of young participants between the ages of 12-18 are joining the sport. The change in the local cycling scene has also seen the welcome development of female athletes, which has broken the once traditional male domination in the sport. However, the most significant breakthrough in the past decade for local cycling has been in the diversification of events, with Hong Kong athletes becoming proficient in track as well as road racing.

Team Spirit Matters Most

Shen points out that the physiques of young cycling athletes are comparatively stronger than their predecessors, so it is easier for them to master the skills of the sport. However, he firmly believes that it is spirit and persistence that keeps pushing athletes to strive for ever better performance. These uncompromising qualities also distinguish an excellent athlete from the merely good ones. In the eyes of Shen, the endurance and persistence of Wong Kam-po and his cycling experiences accumulated over 10 years' time, set a great role model for young athletes.

“The first thing I teach athletes is not to do with the sport or competition, but about caring for and cooperating with one another. They have to understand that cycling requires an immensely high level of team-work and it is this cohesiveness that creates tremendous power and, ultimately, better individual as well as team performance,” said Shen.

Shen further elaborated on the absolute importance of cooperation in a cycling team. When one athlete is given responsibility to push for the gold medal, other team members act as “human shields” to help him achieve the target. In other words, the team members are sacrificing their winning chance for the benefit of a team mate, ensuring the best possible outcome for the Hong Kong team as a whole. Without this selfless commitment to the cause, the team will never achieve the success they seek.



◀ 第十屆全國運動會，香港單車代表隊取得1金2銅佳績。

Hong Kong cycling team won 1 gold and 2 bronze medals at the 10th National Games.

▶ 沈金康教練和充滿活力的香港單車代表隊部份成員。
Shen with some of the aspiring Hong Kong cycling team members

運動員超越自我 邁向成熟

「怎麼10多人在比賽場上，看起來卻好像只是一個人上陣的呢？我知道他們（單車運動員）都希望拿取獎牌，但這是不可能的；事實上，運動員的滿足感不應單以獎牌數目來衡量，在訓練和比賽的過程中，對個人意志和能力的磨煉更為可貴。」沈教練續說。

他指出，香港物質生活富裕，很多小朋友根本不懂得自我照顧，更不明白甚麼是艱苦、精神意志及人的力量有限的意義；然而透過單車訓練，他們徹底得到改變，既有克服困難的信心和勇氣，遇到問題時不會灰心喪志或埋怨他人。

未來的心願

談到訓練時的難處，沈教練說：「當一班運動員，長年累月跟隨你在地接受訓練，你不但要對他們的人身安全負上責任，視他們為自己的孩子般看待，同時還要訓練出成績來，那既是擔子，亦是挑戰。」

作為教練，沈金康除了希望香港運動員在奧運會取得獎項外，他亦顧及到運動員日後的發展，期望特區政府可以帶頭確認運動員的訓練資歷作為正規學歷課程資歷的一部份，好讓運動員退役後有進一步的發展。

Beyond Ego, Towards Maturity

“How come it looks like there is only one rider going round and round the track when there are more than 10 riders competing? I understand that all cyclists want to win races. But it is more important for them to understand their satisfaction should not be quantified simply by the number of medals they win. Instead, the athletes should also treasure the constant challenge of their self-determination to produce the best performance they can in all sorts of training and competition,” said Shen.

Shen added that Hong Kong is now such an affluent and materialistic society that many youngsters know neither how to take care of themselves nor the meaning of hardship. Nor do they understand their own limitations of determination and power. Through the demands of their training, however, a transformation takes place. They develop the confidence and determination to overcome obstacles and do not easily get frustrated or complain when problems arise.

Future Dreams

Talking about the difficulties he faces, Shen said, “After undergoing intensive overseas training together for a period of time, I treat the athletes as my own kids. I am not only responsible for their personal safety, but I also need to produce results. This is a burden but, at the same time, is an immense and stimulating challenge.”

Being a coach, Shen is concerned not only about winning medals at the Olympics, but also about the future development of athletes. He wants the SAR Government to recognise athlete training as part of their formal education qualifications, so as to pave the way for better development of athletes after their retirement.

沈金康教練的建議

沈教練傳授給同業的三大心得

- 教練是教育工作者，要引導運動員建立目標。
- 不斷探求新知，為運動員提供最佳指導，以提升他們的素質和條件。
- 與運動員保持互動關係，多聽取運動員的意見，不斷求變。

Coaching Tips

Coach Shen offers three tips for aspiring coaches

- The coach is an educator. He/she needs to guide the athletes to establish their goals.
- The coach should be constantly seeking to upgrade his/her own knowledge so as to pass on the best possible advice to the athletes.
- The coach should maintain an interactive relationship with the athletes, listen to them and adjust the training accordingly.

年輕人怎樣才可以成為精英運動員？

沈教練表示，單車運動對運動員身體條件的要求並不高，不同條件的人可以考慮參加不同的單車運動項目，例如耐力夠、心肺功能極佳的單車運動員可選擇公路賽，肌肉較發達的運動員則可選擇短距離賽事。無論如何，單車運動員最需要具備一種頑強的鬥志，表現勇敢和果斷。

體院每年都會為不同精英體育項目包括單車舉辦體壇明日之星甄選計劃，透過學校安排科學化的測試，從中選拔具潛質的運動員，成為體院獎學金運動員，接受長期及密集的訓練。此外，香港單車聯會每年皆會舉辦青苗單車培訓計劃，旨在發掘和培訓具潛質青少年接受系統性及循序漸進的訓練，表現優秀者可推薦成為香港青少年代表隊運動員，有機會參加國際賽事。詳情可瀏覽香港單車聯會網頁：www.cycling.org.hk或致電2504 8176查詢。

How can young people become elite athletes?

According to Shen, the physique requirement of cycling athletes is not high. Participation in different events can be gauged according to physical condition. For example, those who have a high endurance and good cardio-respiratory system may try road racing, while those who have a stronger muscular build can choose short distance races. In every case, though, the most important requirement is the participant's persistence and strong determination.

The HKSI organises the Searching for New Sport Stars programme every year to identify potential athletes in many sports, including cycling. Through the schools, students undergo a scientific test to be identified with their sports potential. Those selected will become HKSI scholarship athletes and receive long-term and intensive training. In addition, the Hong Kong Cycling Association has also launched the Young Athletes Cycling Training Scheme to identify and develop young potential athletes to undergo systematic and progressive training. Those who perform well will ultimately have a chance to be selected as one of the Hong Kong Junior cycling team members to compete in international races. For further information, please visit the website of Hong Kong Cycling Association: www.cycling.org.hk or call 2504 8176.

▼ 香港單車代表隊於二零零五年三月參加在澳洲舉行的世界場地盃。

Hong Kong cycling team participated the World Championships in March 2005 in Australia.



競賽單車一覽 A Guide to Competitive Cycling

HISTORY 歷史 

單車作為一種交通工具，約發明於一八一七年，不過由於舊式單車設計往前輪大後輪小，駕駛時不易操控，縱然曾被用作比賽，卻始終不能普及。直至一八八五年，當機械工程師的英國人斯塔利將舊式單車改裝成接近現今的模樣，既將前輪和後輪變成大小一樣，還加上了單車鏈條，才促使單車賽事興盛起來，並逐漸演變成一種運動，在歐美各地相當流行。

As a form of transportation, the bicycle were invented in 1817. Since the front wheel was much larger than the rear wheel in the earliest versions of the bicycle, it was difficult for the riders to control them. This meant that although they had been used in competitions, they still did not become popular for some time. This did not happen until 1885 when the British mechanical engineer, J.K. Starley, devised the more modern bike with a chain linking up two wheels of equal size. The new design helped stimulate the rapid development of cycle racing, which gradually became a sport particularly popular in Europe and the United States.

單車比賽類別

隨着單車設計不斷改良，並發明了新的單車配件，人們陸續發展出不同的單車運動玩意，如公路單車、場地單車、山地車、小輪車、攀爬單車及室內單車等，令單車運動更趨多樣化和刺激。以下簡介其中幾項香港有派隊參與國際比賽的單車項目，讓讀者對競賽單車運動有多點認識。

Cycling Race Categories

With cycle design constantly improving and new accessories being invented, different cycling disciplines such as road cycling, track cycling, mountain bike, bicycle motor cross (BMX), trials and indoor cycling, emerged, diversifying the sport and adding to its excitement. Here is a brief guide to each of the disciplines in which Hong Kong athletes have participated the international competitions over the years.

公路單車 Road Cycling

源溯：流行於19世紀中期，是單車運動中歷史最悠久的項目，並於一八九六年正式成為奧運會比賽項目。

Origin: Became popular in the mid 19th century, and an integral part of every modern Olympic Games since their re-introduction in 1896.

賽事特點：以馬拉松形式舉行，運動員須在公路上進行數小時比賽，考驗技術和耐力。賽事包括個人公路賽和個人計時賽。男女子組賽事距離分別逾239千米及120千米。

Feature: The race is held on a marathon course. Athletes must compete on the road for several hours to test their skills and endurance. Events include the individual road race and individual time trial. The distance for the men's and women's event is 239km and 120km respectively.

1. 個人公路賽——所有運動員於同一時間出發，以先到達終點者為勝方。

Individual Road Race - All the athletes start at the same time, the first across the finishing line is the winner.

2. 個人計時賽——每名運動員每相隔一分鐘出發，以最短時間完成同一距離的運動員為勝方。如運動員追上較早出發的對手，則規定須保持不少於兩米的距離，不能超越對方，避免運動員以其他對手作遮擋來減少風阻。

Individual Time Trial - Each athlete has to start a minute later than the other, all cover the same distance and the athlete with the quickest time is the winner. If an athlete catches up with those who began earlier, he/she must keep at least two metres away from them, so as to avoid taking advantage of the wind drag.

場地單車 Track Cycling

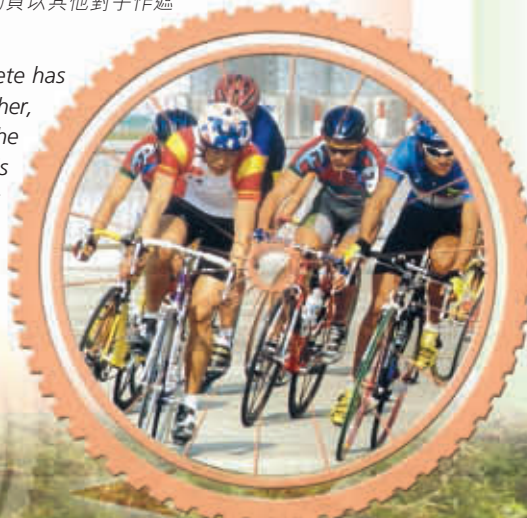
源溯：

始於19世紀末，而第一屆世界場地單車錦標賽於一八九五年舉行。

Origin: Started at the end of the 19th century, the 1st World Championships was held in 1895.

賽事特點：單車場地賽的所有賽事均在鑲形單車場內進行，分速度和耐力兩大項目，賽事考驗運動員的速度、爆發力、技術和戰術。場地單車的速度項目計有個人爭先賽、團體爭先賽、女子500米個人爭先賽及競輪；耐力項目則計有個人追逐賽、團體追逐賽、記分賽、麥迪遜賽及捕捉賽。

Feature: All track cycling events are held in a cycle velodrome. Sprint and endurance races are the two main categories. The races test athletes in terms of speed, power, skill and strategy. The sprint events include individual sprint, team sprint, 500m individual sprint for women and keirin; while the endurance events include individual pursuit, team pursuit, points race, Madison and scratch.



小輪車 BMX

源溯：始於上世紀60年代，在美國加州率先興起，其後流傳於歐洲。國際小輪車聯會於一九八一年成立，並於翌年舉行首屆世界錦標賽，而在2008北京奧運會更首次被列為單車競賽項目之一。

Origin: First started in the late 60's in California, U.S.A., then spread to Europe. The International BMX Federation was established in 1981, and the 1st World Championships were held in the following year. BMX will make its debut as an Olympic sport at the 2008 Beijing Olympic Games.

賽事特點：小輪車競速賽約在350米的賽道舉行。賽道除高低不平外，還設有彎道和障礙物，比賽期間運動員需要連人帶車進行跳躍動作，並以最快時間完成賽事。

Feature: BMX races are held on circuits of around 350 metres, including jumps, banked corners and other obstacles. Athletes have to surmount the jumps and obstacles, and finish the race in the shortest time.



山地車 Mountain Bike

源溯：山地車是由BMX演變出來，於上世紀80年代初在美國加州興起，一九九零年被國際單車聯盟承認為正式比賽項目，並舉辦了第一屆世界山地車錦標賽。到了一九九六年正式成為奧運會比賽項目。

Origin: Mountain bike evolved from BMX in California, U.S.A. in early 80's.

In 1990, mountain bike competition was officially recognised by the world governing body for cycling, Union Cycliste Internationale, the first World Championships was then held and the sport became an official Olympic event in 1996.

賽事特點：山地車比賽項目分別有越野賽、落山賽和技巧障礙賽，運動員往往要在山勢險要的自然環境中進行賽事，令賽事更為刺激。男子組賽事距離約為40至50千米，女子組賽事約為30至40千米。

Feature: Events on mountain bikes include cross-country, downhill and obstacles. Athletes have to compete in rugged natural terrain, making the competition very exciting. Distances for men's races are between 40 and 50km, while for women they are between 30 and 40km.



室內單車 Indoor Cycling

源溯：室內單車分別設有花式單車和單車球兩個項目。首屆室內花式單車世界錦標賽於一九五六年舉行，而首屆單車球世界錦標賽則於一九三零年舉行。

Origin: Indoor cycling has two events, artistic cycling and cycle-ball. The first Indoor Artistic Cycling World Championships was held in 1956. The first World Cycle-Ball Championships was held in 1930.

賽事特點：花式單車是一項充滿動感，考驗體能、訓練平衡及反應的單車運動，世界賽不設男、女子組，只分單人及雙人項目。單車球為一種單車球類運動，不但注重個人體力、耐力及反應，作賽時更須隊員高度合作和具備高水平的控車技巧。比賽時每隊派出兩位球員，全場比賽歷時14分鐘，只限男性參加。

Feature: Artistic cycling is a dynamic sport, testing the fitness, balance and response of the athletes. The competitions are for individuals or in pairs, and are not divided into separate categories for men and women. Cycle-ball is a ball game using the bicycle as the primary equipment. It puts emphasis on the individual's physical strength, endurance and response. High levels of team co-operation and skills in controlling the cycle are also key elements of competition. Each team has two players in the competition which lasts for 14 minutes. Indoor cycling competition is for men only.



單車裝備 Gear

- 1 頭盔 Helmet
- 2 手套 Gloves
- 3 單車褲 Pants
- 4 單車鞋 Shoes
- 5 單車 Bicycle

主要比賽

奧運會、世界單車錦標賽、世界單車盃、亞運會、亞洲單車錦標賽和亞洲單車盃都是單車運動的重要國際賽事。

Major Competitions

The Olympic Games, the World Cycling Championships, the World Cycling Cup, the Asian Games, the Asian Cycling Championships and the Asian Cycling Cup are the principal events on the international cycling calendar.

兩名體壇新秀

勇奪體院傑出青少年運動員殊榮

Two Rising Stars

Share HKSI Outstanding Junior Athletes Honour

滑浪風帆新星陳晞文及年輕武術運動員馮泳施憑着傑出的體壇成績，首次榮膺二零零六年第三季香港體育學院傑出青少年運動員。

頒獎典禮於十一月二十九日在體院舉行，兩位得獎者分別獲頒獎狀、現金獎2,500港元及價值2,500港元的運動用品禮券。

現年15歲的**陳晞文**憑着卓越表現，於八月在意大利舉行的2006世界青少年滑浪風帆錦標賽中，擊敗13名年輕好手，奪得女子青少年組金牌，令人刮目相看。

陳晞文在頒獎禮上指出：「能夠獲得傑出青少年運動員殊榮，我感到十分高興。這個獎項不但表揚本地年輕運動員努力的成果，得獎運動員更獲現金獎勵，驅使我們再接再厲，力創佳績。」

這名年輕運動員在二零零零年開始接受訓練，兩年後首次代表香港參加粵港澳城市少年巡迴賽，並且取得女子乙組第一名。二零零六年才正式加入香港滑浪風帆隊的陳晞文說：「感謝教練的悉心教導、家人的支持及隊友的鼓勵，我才能夠不斷進步，期望在未來的賽事可以取得更佳成績。」

就讀瑪利諾修院學校(中學部)中四級的陳晞文表示，她視奧運金牌得主李麗珊為奮鬥目標。她說：「李麗珊精湛的技術及對滑浪風帆運動的熱誠，令我深受感動，我希望像她一樣成功，終有一日可以在國際體壇上佔一席位。」

年僅13歲的武術少將**馮泳施**在八月於馬來西亞舉行的第一屆世界青少年武術錦標賽中，分別奪得女子劍術(乙組)金牌及女子槍術(乙組)銀牌，使她贏得首個傑出青少年運動員殊榮。

馮泳施在七年前初次接觸武術運動後，便對這個項目產生濃厚興趣，在二零零二年開始接受有系統訓練，並在二零零五年首次代表香港出賽，參加在新加坡舉行的亞洲青年武術賽，鋒芒初現，贏得長拳和槍術兩面金牌。

Windsurfer Chan Hei-man and wushu performer Fung Wing-see caught the eyes of judges to win, for the first time, the Hong Kong Sports Institute Outstanding Junior Athlete Awards for the third quarter of 2006 following their brilliant results achieved during the period.

A presentation ceremony was held on 29 November at the HKSI to present a cash prize of HK\$2,500, a sports gears voucher of HK\$2,500 and a certificate to the outstanding junior athletes.

15-year-old **Chan Hei-man** outclassed 13 promising windsurfers from all over the world to win a gold medal in the mistral junior girls' event at the 2006 Mistral Youth & Junior World Championships held in Italy in August.

"I am very happy to receive the Award which not only highlight achievements of local junior athletes but also bring us tangible rewards as recognition that drives us to train hard for better sporting performance," said Chan at the Ceremony.

The up-and-coming windsurfer started formal training in the sport in 2000 and first represented Hong Kong two years later in the Guangzhou-Hong Kong-Macau Youth Series where she came first in the girls' category (group B). "I would like to offer my sincere thanks to my parents, team mates and in particular my coach whose encouragement and support provide me stimulation to have made stable progress and hopefully achieve better results in the future," said the youngster who was invited to join the Hong Kong windsurfing team for further training in 2006.

"I hope I can be as successful as Lee Lai-shan whose skills, enthusiasm as well as her attitude towards the sport have influenced me a lot," said the fourth form student at the Maryknoll Convent School (Secondary Section).

Wushu performer **Fung Wing-see** at age 13 earned her first outstanding junior athlete title after capturing a gold medal in the girls' jianshu (group B) and a silver medal in the girls' qiangshu (group B) at the 1st World Junior Wushu Championships held in Malaysia in August.



▲ 頒獎嘉賓(後排左起)港協暨奧委會副會長江偉和體院院長鍾伯光博士與獲頒優異/嘉許證書的運動員,包括:(前排左起)香柏樂(滑浪風帆)、唐靜宜(馬術)、趙頌熙(乒乓球)、吳芷晴和潘駿傑(體操)、廖綺珊、關寧慧和袁家瑩(武術)在典禮上合照留念。

Presenters (from left, back row) A F M Conway, Vice President of the SF&OC and Dr Chung Pak-kwong, Chief Executive of the HKSI and athletes awarded certificate of appreciation/merit including:(from left, front row) Heung Pak-san (windsurfing), Magali Tong (equestrian), Chiu Chung-hei (table tennis), Ng Chi-ching and Poon Chun-kit (gymnastics), Liu Yee-shan, Kwan Ning-wai and Yuen Ka-yit (wushu) at the Ceremony.

這名武術英雄在頒獎禮上表現得十分高興，她說：「由於其他候選運動員在第三季均有不俗的成績，所以沒有想過自己會獲獎。這個獎項不但為她帶來驚喜，更加是鞭策自己的動力。」

馮泳施雖然年紀輕輕，卻目標遠大，矢志成為亞運代表隊成員，並且取得前列位置，為港爭光。她說：「我會繼續努力練習，不斷自我挑戰，並會全力以赴，直至在亞運會中取得佳績。」

由於今季有不少運動員都取得不俗的成績，因此評審團決定頒發優異及嘉許證書予其中15位運動員，以茲鼓勵。三名武術運動員包括袁家瑩、廖綺珊及關寧慧獲頒優異證書，以表揚她們在第一屆世界青少年武術錦標賽取得對練金牌的優秀成績；另外12名均具有出色表現的運動員則獲頒嘉許證書，包括黎振浩(田徑)、郭灝靈(單車)、賴倩敏和唐靜宜(馬術)、潘駿傑和吳芷晴(體操)、馬文心(空手道)、賴添偉和杜鈺婷(賽艇)、施幸余(游泳)、趙頌熙(乒乓球)及香柏樂(滑浪風帆)。

傑出青少年運動員選舉活動由體院主辦，並獲中國香港體育協會暨奧林匹克委員會(港協暨奧委會)及香港體育記者協會支持，以季度形式表揚優秀的本地青少年運動員。剛在2006亞運會奪得獎牌的運動員包括葉妮延(羽毛球)、李嘉文(賽艇)及施幸余(游泳)，以及在第九屆遠東及南太平洋區傷殘人士運動會為香港贏得3金1銅的運動員梁舒恆(智障游泳)，亦曾獲得此項殊榮。

Fung first picked up the sport of wushu seven years ago and received formal training in 2002. Her international debut came in the Asian Youth Wushu Championships in Singapore in 2005 where she won two gold medals in changquan and qiangshu.

"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," said a delighted Fung at the Ceremony.

Despite her age, Fung has set her sights of representing Hong Kong to gain success in the Asian Games. "Although I still have a long way to catch up with top athletes in the world, I believe I could accomplish the goal if I keep working hard," she added.

In addition, 15 athletes were presented certificates of merit and appreciation to recognise their outstanding performances from July to September 2006. Among them, wushu performers Yuen Ka-ying, Liu Yee-shan and Kwan Ning-wai each received a certificate of merit in recognition of the gold medal they have won in the dual event at the 1st World Junior Wushu Championships. Meanwhile, 12 athletes including Lai Chun-ho (Athletics), Kwok Ho-ting (Cycling), Lai Zin-man and Magali Tong (Equestrian), Poon Chun-kit and Ng Chi-ching (Gymnastics), Ma Man-sum (Karatedo), Lai Tim-wai and To Yuk-ting (Rowing), Sze Hang-yu (Swimming), Chiu Chung-hei (Table Tennis) and Heung Pak-san (Windsurfing) were each presented a certificate of appreciation.

Presented by the HKSI with the support from the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the Hong Kong Sports Press Association, the Awards scheme aims to recognise the achievement of local junior athletes on a quarterly basis. The medallists representing Hong Kong at the 2006 Asian Games including Yip Pui-yin (Badminton), Lee Ka-man (Rowing) and Sze Hang-yu (Swimming), and Leung Shu-hang (Swimming-mentally handicapped) who won 3 gold and 1 bronze medals for Hong Kong at the 9th Far East & South Pacific Games for the Disabled, had also been the recipients of the Awards.



▲ 獲獎的年輕運動員皆感到十分鼓舞。
The young athletes are happy with the awards.

單車新星 Sparkling Cyclists

張敬煒 Cheung King-wai

接受全職訓練 自我挑戰

單車運動員張敬煒是透過體院舉辦的體壇明日之星甄選計劃開始接受系統訓練。在未參加計劃前，他跟不少中學生一樣閒來喜歡打籃球、游泳；中四那年，媽媽還替他報名參加學校舉辦的小鐵人訓練班。接受體院訓練數個月後，其運動潛能進一步被發掘和肯定，通過體能測試後，便獲正式加入香港單車隊。二零零六年暑假，完成中五會考後，張敬煒更轉為全職運動員。

在香港當全職單車運動員經常要隨教練到外地接受訓練，在遠離人車的山野郊區練習，一年裏只有一、兩個月可以留在香港。張敬煒說不怕辛苦，只希望挑戰自己，並證明給父親知道自己是認真投入這項運動的。訓練不足一年，他已在二零零三年舉辦的第10屆亞洲青少年單車錦標賽中取得銀牌，令他十分鼓舞。

掌握基本功 成績大躍進

長期離鄉別井，張敬煒說也會掛念家人，然而香港單車隊一行10多人，每天都過着規律的訓練生活，日子也不算難熬。大清早起來，吃過早點，運動員便開始接受訓練，每次訓練長達三至九小時不等。憑着對單車運動的熱誠，張敬煒認為辛苦也是值得的，並覺得能夠做到自己喜歡的事情已經十分幸福，所以他不會計較成果，只管珍惜每一次的訓練機會。

不過，小伙子亦曾經歷挫敗。在二零零五年舉行的全國運動會前夕，因為連月來奔波勞碌，最後他病倒了，無法出賽掩護隊友。這件事令他十分難過，病後甚至因為體能大降而影響了自信心，總覺得跟隊友相比，自己的技術稍遜；幸好得到師兄黃金寶的鼓勵，想通了便不再退縮，勇敢地面對困難和挑戰，經過努力練習後，單車技術很快便有明顯進步。

「他（黃金寶）提醒我公路賽事才是單車運動員訓練的核心和基地，之後我明白到要掌握單車運動技術，一定要在公路賽的基本功方面下苦工，於是我便努力進行公路單車訓練，終於在今年舉辦的全國公路自行車錦標賽175公里個人公路賽中，我贏了冠軍，我感到十分興奮，那是我首次以成人資格參加的賽事。」談到未來，年紀輕輕的張敬煒只想一步步踏實地向前邁進，希望明年在亞洲地區舉辦的賽事中能取得更高的名次。接受訪問後不久，張已成功為香港在2006亞運會取得一面金牌，比他預期更快完成他的第一個目標。

Meeting the Challenge

Just like most of secondary students in Hong Kong, cyclist Cheung King-wai loved playing basketball and swimming before taking up cycling and then joining the Hong Kong cycling team. When he was a fourth former, his mother signed him up for the junior triathlon training class at school. Later, he got the chance to join the Searching for New Sport Stars programme organised by the HKSI, from where he first began systematic training for cycling. After months of training, his sports potential was recognised; Cheung was selected as a Hong Kong team member after passing his fitness test. He turned full-time in the summer of 2006 after finishing the Hong Kong Certificate of Education Examination.

As full-time cyclists in Hong Kong, the athletes often need to travel with the coach to remote areas overseas for training. Rarely do they get to stay in Hong Kong for more than one or two months in a year. Cheung, however, said he doesn't mind the hardship, all he wants is to challenge himself and prove to his father that he is serious about sport as a career. Cheung had an early taste of success when he won the silver medal at the 10th Asian Junior Cycling Championships held in 2003 in his first year of training.



Mastering the Fundamentals

Cheung certainly misses his family when he is away from home for such long periods. However he feels that the discipline of life within the 10-member cycling team, is not overly harsh. Team members get up early and start training immediately after breakfast every morning. The training normally lasts from three to nine hours. With his passion for cycling, Cheung thinks that all the hard work is eminently worthwhile. He feels he is fortunate to be able to do things that he loves, and treasures the opportunities his life in sport gives him.

Nevertheless, the youngster has also experienced setbacks. The harsh training regime and the busy travelling schedule caused Cheung to fall sick just before the National Games in 2005. He was really upset that he couldn't compete and support his team mates. Worse still he found his fitness dipped dramatically even after his recovery from the illness, which in turn affected his confidence and morale. Fortunately he was given great encouragement from his senior team mate Wong Kam-po, and with this help Cheung managed to turn things around and face the difficulties and challenges positively. After a period of hard training, he once again began to make impressive progress.

“He (Wong Kam-po) reminded me that the core and foundation of training should be focused on road racing. I therefore worked hard on the basic skills of road racing and managed to win the gold medal at the China National Road Championships 175km Individual Road Race held this year. Naturally I was very happy because that's the first time I have competed at senior level in the Games.” For the future, the youngster is determined to progress step by step and is looking to attain a higher ranking at those Games held in Asia over the next 12 months. Not long after the interview, Cheung won a gold medal for Hong Kong at the 2006 Asian Games; he has achieved his first target sooner than expected.

黃蘊瑤 Wong Wan-yiu

香港單車隊唯一女成員

黃蘊瑤於二零零二年加入香港單車隊。其實早於一年前，她已透過中國香港賽艇協會推行的學校推廣計劃成為香港賽艇隊隊員，後來從隊友得知有機會加入鮮有女性參加的香港單車隊，便在好奇心驅使下接受了體能測試，並順利獲得通過，正式轉隊。受訓四個月後，她毅然向教練自薦當全職運動員，希望經苦練下能夠在亞洲地區取得佳績。

不足一年，黃蘊瑤已在二零零三年舉辦的第10屆亞洲青少年單車錦標賽賽事中取得銅牌，令她的信心更堅定，更努力拼搏，希望爭取更好的成績。

從挫敗中學習站起來

縱然一鳴驚人，黃蘊瑤亦有挫敗的經歷。在二零零四年，黃蘊瑤滿以為自己最後一次以青年資格參賽能夠進軍三甲，在充滿信心、準備充足的情況之下，最後卻無功而還。經過兩個多月心理調整後，才忘記過去，重新積極投入訓練。及後，她在亞洲單車聯會亞洲盃場地賽取得銀牌，創出佳績，更成為該賽事首位獲獎的香港女單車運動員。

跟同輩比較起來，黃蘊瑤認為自己太幸運了。雖然在單車訓練過程中，運動員要飽受日曬雨淋之苦，但她相當享受，而長期在外地訓練及比賽，亦擴闊了閱歷，令自己在不知不覺中成長了。有一回，她與隊友遠赴印度比賽，當地氣候難以適應，日夜溫差很大，大部份運動員因過於舟車勞頓都患上感冒，黃蘊瑤亦沒有例外。雖然發着高熱（當時黃蘊瑤體溫達攝氏39.6度），但她仍然堅持作賽，從沒想過放棄。這都是從運動訓練培養出堅持到底、不屈不撓的精神。

單車訓練促使成長

黃蘊瑤覺得自己現在較以往剛強，勇於克服困難，亦學會刻苦耐勞、沈默冷靜，這些都是優秀運動員所應具備的條件。不過她亦補充，日復日，年復年，每天踏着車輪的日子偶爾也會感到枯燥，所以閒來她會上網、看影碟、打扮一番，平衡緊張的訓練生活，令自己保持心情輕鬆，作好準備，再次迎接新挑戰。

談到未來目標，她希望能夠參加2008北京奧運會，與世界各地高水平的選手切磋技術，並能為香港爭取最佳的成績。



單車運動員黃蘊瑤(左)與她的隊友。
Cyclist Wong Wan-yiu (left) and her team mate.

Only Female in the Hong Kong Cycling Team

Wong Wan-yiu joined the Hong Kong cycling team in 2002. A year ago, she was invited to become a member of the Hong Kong rowing team through a school programme organised by the Hong Kong, China Rowing Association. Some time later, she learned from a team mate that the cycling team seldom has a female member. Driven by curiosity, she took the physical test and was selected for the cycling team after passing the test. After a four-month training stint, she suggested to her coaches that she should become a full-time athlete, aiming to get an outstanding performance in the Asian region.

Within a year, Wong won the bronze medal at the 10th Asian Junior Cycling Championships held in 2003. This strengthened her confidence and she began to work even harder for success.

Learning from Failure

Though Wong had an excellent start to her career, she also appreciates what failure is all about. 2004 was the last year for Wong to compete as a junior. With great confidence and excellent preparation, Wong was convinced she could achieve a top three ranking, but she missed out. It took a full two months to forget the pain and start training again fully. Hardened by the experience and determined to succeed, she earned her reward with a silver medal at the Asian Cycling Confederation Track Asian Cup 2004. This excellent performance made her the first female cyclist to earn an award at this event for Hong Kong.

Compared with her peers, Wong thinks that she is very lucky. Although athletes often have to train in very harsh weather, she still enjoys cycling very much. The frequent overseas training and competitions have broadened her horizon and she has grown-up from the experience. Wong recalled a competition in India. Most of the team members, including Wong got influenza as they found it difficult to cope with the extreme weather where the temperature differs dramatically in the mornings and evenings. Despite a raging fever (she measured 39.6 °C), Wong insisted on participating in the competition - she had simply never thought of giving up. Her training regime and discipline had created the spirit of persistence and perseverance.

Training Enhances Growing

Wong thinks that she is now tougher than ever before. She has faced up to and overcome adversity, and learned to endure hardship. These are the qualities of a top athlete. Wong added that despite her love of cycling, she sometimes gets bored of the routine training. Whenever that happens, Wong relaxes by searching the internet, watching DVDs and dressing herself up.

Not surprisingly, Wong's next goal is to compete with the world's top world riders at the 2008 Beijing Olympic Games and achieve a good result for Hong Kong.

出生日期 Date of Birth :
3-9-1985

體重 Weight :
63公斤kg

身高 Height :
174厘米cm

現況 Status :
體院獎學金運動員
HKSI Scholarship Athlete

教練 Coach :
沈金庫 Shen Jinkang

張敬煒
CHEUNG KING-WAI

重要獎項 Major Achievements:

2005

全國場地錦標賽
China National Track Championships
男子20公里麥迪遜賽銀牌
Silver Medallist in Men's 20km Madison

2006

2006全國公路自行車錦標賽
China National Road Championships 2006
175公里個人公路賽金牌
Gold Medallist in 175km Individual Road Race

第26屆亞洲單車錦標賽
26th Asian Cycling Championships
男子50公里麥迪遜賽銀牌
Silver Medallist in Elite Men's 50km Madison
男子40公里記分賽銅牌
Bronze Medallist in Elite Men's 40km Points Race

第15屆亞運會
15th Asian Games
男子40公里記分賽金牌
Gold Medallist Men's 40km Points Race



黃蘊瑤

WONG WAN-YIU

重要獎項 Major Achievements:

2003

第10屆亞洲青少年單車錦標賽
10th Asian Junior Cycling Championships

女子青年14.4公里公路計時賽銅牌
Bronze Medallist in Junior Women's 14.4km
Road Time Trial

2004

2004亞洲盃場地賽
ACC Track Asia Cup 2004

女子個人追逐賽銀牌
Silver Medallist in Women's Individual Pursuit

2006

第26屆亞洲單車錦標賽
26th Asian Cycling Championships

女子24公里個人記分賽銅牌
Bronze Medallist in Elite Women's 24km Points Race

出生日期 Date of Birth :

4-11-1986

體重 Weight :

54公斤 kg

身高 Height :

163厘米 cm

現況 Status :

體院獎學金運動員
HKSI Scholarship Athlete

教練 Coach :

沈金康 Shen Jinkang



品
單車新星
SPARKLING CYCLISTS



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

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

前言

鑑於研究影響運動員在比賽中運動表現的因素有助運動員及教練制訂更理想的備戰計劃，本文提及的研究是針對2002亞運會及2004奧運會兩個大型運動會，向香港運動員和教練進行問卷調查，分別收集兩組研究對象的意見，以了解影響運動員在這兩次比賽中運動表現的因素。上一期我們介紹了有關運動員調查部份的研究內容及結果，今期我們繼續刊載有關教練調查部份的結果，並就兩組結果作出比較。

研究對象

亞運會——研究對象為曾經參加2002亞運會的14名香港隊教練(男教練13名，女教練一名)，其中一人年齡為30-39歲，六人年齡介乎40-49歲，另七人年齡屬50-59歲。所有研究對象執教該專項運動的年期介乎1-37年，平均年期為八年(中位數=8.29, 標準偏差=9.97)。

奧運會——研究對象為曾經參加2004奧運會的11名香港隊教練(男教練八名，女教練三名)。兩人年齡屬30-39歲組別，五人年齡介乎40-49歲，另四人年齡屬50-59歲。所有研究對象執教該專項運動的年期介乎3-30年，平均年期為12年(中位數 = 12.3, 標準偏差 = 9.59)。

研究方法

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

與運動員調查表比較，兩者結構大致相同，當中包括(i)研究對象的個人資料、(ii)亞／奧運比賽期間影響運動員表現的因素(教練調查部份設有26條問題；運動員調查部份設有76條問題)及(iii)亞／奧運比賽前90天內影響運動員表現的因素(教練調查部份設有16條問題；運動員調查部份設有21條問題)。

Introduction

Studying the factors that influence athletes' performance can help athletes and coaches develop better competition plans. This study focused on the 2002 Asian Games and the 2004 Olympic Games. Hong Kong athletes and coaches views were collected in order to study the factors influencing athletes' performance in the two Games. The results of the athletes' study was summarised in the last issue. In this issue, we report the coaches' study and compare the research results between the two participant groups.

Participants

The Asian Games —— Participants included a total of 14 Hong Kong coaches who had participated in the 2002 Asian Games (13 males, one female). Among them, one was in age-group 30-39, six were in 40-49 and the other seven were in 50-59. The years of coaching experience in their specialised sports ranged from one to 37 with average eight ($M = 8.29$, $SD = 9.97$).

The Olympic Games —— Participants included a total of 11 Hong Kong coaches who had participated in the 2004 Olympic Games (eight males, three females). Among them, two were in age-group 30-39, five were in 40-49 and the other four were in 50-59. The years of coaching experience in their specialised sports ranged from three to 30 with average 12 ($M = 12.3$, $SD = 9.59$).

Methodology

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

Comparing with the athletes' version, the structure of the two sets of the questionnaires for coaches and athletes were almost the same, including (i) personal data of the participants, (ii) factors affecting athletes' performance during the Asian Games and the Olympic Games (coaches questionnaire: 26 questions; athletes questionnaire: 76 questions) and (iii) factors affecting athletes' performance during the 90 days before the Games (coaches questionnaire: 16 questions; athletes questionnaire: 21 questions).

Participants were invited to answer "Yes" or "No" for each question, then to rate the level of influence of each identified factor using a seven-point Likert Scale (0, 1, 2, 3, 4, 5, 6 and 7) with zero indicating a very negative influence, three indicating no influence and six indicating a very positive influence. Examples of statements

研究對象首先以「是」或「否」來回答有關調查影響因素的問題，然後再回答其影響運動表現的程度，以利克特量表(Likert Scale) 7點記分方法(0、1、2、3、4、5、6、7)來記分——0表示非常負面的影響，3表示無影響，6表示非常正面的影響。在運動員調查部份，被提問的問題當中包括「我隊有很強的凝聚力」、「傳媒在不適當的時候對我隊進行採訪」等。而在教練調查部份，被提問的問題則包括「運動員能夠根據比賽中各種情況作出戰術性調整」、「運動員在這期間在讀書或工作方面出現問題」等。

其中影響程度的平均值在4.5及以下的因素被認為對運動表現有強烈的正面影響，影響程度的平均值在1.5及以下的因素被認為對運動表現有強烈的負面影響。

研究結果

(一) 比賽期間強烈影響運動員表現的因素

在亞運會與奧運會比賽期間，被教練評價為影響運動員在比賽中的運動表現的因素共有25項，全部因素可劃分為11大類，分別是：與比賽直接相關的因素、團體因素、傳媒因素、代表團職員因素、社會支援因素、時間因素、交通因素、環境因素、天氣因素、比賽器材因素，以及學習／工作因素。其中強烈影響運動員在亞運會與奧運會比賽中的運動表現的因素各有13項(見表一)。

invited from athletes included, "Our team had strong team cohesion", "We were interviewed by the media at an inappropriate time" etc. For the coaches questionnaire, statements included, for example, "The athletes could make strategic adjustments according to various situations at the Games", "Athletes had difficulties in their work or study during that period".

Factors with an average score of 4.5 and above were considered as having strong positive influences on athletes' performance. Factors with an average score of 1.5 and below were considered as having a strong negative influence on athletes' performance.



Results

1) Factors strongly influencing athletes' performance during the course of the Games

There were 25 factors considered by coaches as influencing athletes' performance during the Asian Games and the Olympic Games. All influential factors were grouped under 11 categories including factors directly related to competition, team, media, delegation staff, social support, time, transportation, environment, weather, competition equipment and study/work. There were 13 factors that had strongly influenced the athletes' performance at the Asian Games and the Olympic Games respectively (See Table 1).

表一：教練認為在亞運會和奧運會比賽期間強烈影響運動員表現的因素

Table 1: Coaches Perceptions of Factors strongly influencing athletes' performances during the Asian Games and the Olympic Games

強烈影響運動員表現的因素* Factors strongly influenced athletes' performance*	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
Factors Directly Related to the Competition				
運動員能夠根據比賽中各種情況作出戰術性調整 The athletes could make strategic adjustments according to various situations at the Games	+		+	
運動員在比賽中無法保持鎮靜 The athletes had been unable to stay calm during the Games		-		-
運動員對自己的能力有信心 The athletes were confident with their capabilities	+			
運動員有很強的參賽動機 The athletes had a strong motivation to compete in the Games	+		+	
運動員在比賽期間體能良好 The athletes were physically fit	+		+	
運動員在比賽期間身體狀況良好，沒有受到傷病的影響 The athletes were in good physical condition and were not affected by injury or illness	+		+	
團體因素 Team Factors				
我隊有很強的團隊凝聚力 We had team cohesion	+		+	
我隊教練與運動員之間關係融洽 The relationship between the coach and the team was harmonious	+		+	
傳媒因素 Media Factors				
傳媒在不適當的時候對我隊進行採訪 We were interviewed by the media at an inappropriate time		-		-
代表團職員因素 Delegation Staff Factors				
運動員在比賽期間能及時得到代表團的醫生或物理治療師的幫助 The athletes could get timely assistance from doctor or physiotherapist during competition	+		+	
運動員在比賽期間能及時得到代表團的心理學家的幫助 The athletes could get timely assistance from psychologist during competition	+		+	
代表團管理層有豐富的經驗，能妥善處理比賽期間出現的問題 The Management of the delegation was experienced and was able to tackle problems appropriately during competition	+			
社會支援因素 Social Support Factors				
運動員家人或朋友在比賽期間給予他們許多正面的支持 Families or friends provided the athletes with positive support during the Games			+	
政府重視亞/奧運比賽，對比賽投放足夠的資源 The Government valued the Games and allocated enough resources	+			
交通因素 Transportation Factors				
亞/奧運村離比賽場地太遠 The Games village was too far away from the competition location				-
環境因素 Environment Factors				
亞/奧運村的環境欠佳 The environment of the Games village was bad				-

*由於篇幅所限，本文在此只列出強烈影響運動員表現的因素。

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

(二) 比賽前90天內強烈影響運動員表現的因素

在亞運會與奧運會比賽前90天內，被教練評價為影響運動員表現的因素共有14項，其中強烈影響運動員在亞運會比賽前的運動表現的因素共有六項，強烈影響運動員在奧運會比賽前的運動表現的因素共有10項(見表二)。

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

There were 14 factors considered by coaches as influencing athletes' performance during the 90 days before the Asian Games and the Olympic Games. Six of the factors strongly influenced athletes' performance at the Asian Games. Ten of the factors strongly influenced athletes' performance at the Olympics (See Table 2).

表二：教練認為在比賽前90天內強烈影響運動員表現的因素

Table 2: Coaches Perceptions of Factors strongly influencing athletes' performance during the 90 days before the Games

強烈影響運動員表現的因素* Factors strongly influenced athletes' performance*	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
運動員在訓練期間受傷 Athletes were injured during training		-		
運動員在訓練期間可以隨時得到醫生或物理治療師的幫助 Assistance from doctor or physiotherapist could be obtained anytime during training			+	
運動員在訓練期間出現的疲勞可以很快恢復過來 Athletes could recover quickly from tiredness during training			+	
運動員在這期間很注意補充營養 Athletes paid attention to good nutrition in that period	+		+	
運動員在這期間很注意體能的儲備 Athletes paid attention to conserving energy in that period			+	
訓練資金不足 Lack of funding for training				-
海外訓練時間太少 Not enough time for overseas training				-
運動隊伍在這期間曾在亞/奧運比賽場地接受訓練或參賽 Athletes had training or competition at the Games venues in that period	+		+	
亞/奧運選拔的標準不公平 The selection criteria of the Games appeared not to be fair				-
運動員在這期間在讀書或工作方面出現問題 Athletes had difficulties in their work or study during that period.		-		
運動員將每天的訓練當作亞/奧運比賽般認真對待 Athletes treated training seriously just like competing at the Games	+		+	
運動隊伍在這期間進行多次模擬訓練 The team had many Games simulations in that period	+		+	

*由於篇幅所限，本文在此只列出強烈影響運動員表現的因素。

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

我們確認並綜合了教練與運動員共同認為強烈影響運動員在比賽中運動表現因素的研究結果。從表三列舉的資料顯示，教練和運動員共同認為強烈影響運動員在亞運會和奧運會比賽期間運動表現的因素分別有九項及八項，其中如「運動員有強烈的參賽動機」、「運動員的體能很好」、「運動員的身體狀況良好，沒有受到傷病影響」等項目，乃教練與運動員共同認為在比賽中帶來正面影響的因素，而「運動員無法在比賽中保持鎮靜」及「媒體在不適當的時候對運動隊伍進行採訪」等因素則分別在兩次比賽中帶來了負面影響。

We have synthesised the results of the perceptions of coaches and athletes on the factors affecting athletes' performance during competitions. From the data listed in Table 3, there are nine and eight common factors strongly influencing athletes' performance in the Asian Games and the Olympic Games respectively as perceived by coaches and athletes. Among them, factors like "the athletes had a strong motivation to compete in the Games", "the athletes were physically fit", "the athletes were in good physical condition and were not affected by injury or illness", had a positive impact on athletes' performance. Factors like "athletes had been unable to stay calm during the Games" and "athletes were interviewed by the media at an inappropriate time" had a negative impact.



至於表四所列結果顯示，在比賽前90天內，教練與運動員共同認為強烈影響運動員在奧運會中的運動表現的因素明顯地較亞運會多，前者有八項，後者則有四項。其中「運動員在這期間曾到亞／奧運比賽場地接受訓練或參賽」、「運動員把訓練當作亞／奧運比賽，一樣認真對待」及「運動隊伍在這期間曾多次進行亞／奧運比賽的模擬訓練」等項目，乃教練與運動員共同認為在比賽中帶來正面影響的因素，而「訓練資金不足，運動員無法維持正常的訓練」則在雅典奧運會中形成負面影響。這些發現令研究結果更為豐富（見表三及表四）。

For the result listed in Table 4, the number of common factors strongly influencing athletes' performance perceived by coaches and athletes during the 90 days before the Olympic Games were more than that of the number in the Asian Games. There were eight items in the former and four in the latter. Factors like "athletes had training or competition at the Games venues in that period", "athletes treated training seriously just like competing at the Games" and "the team had many Games simulations in that period", had a positive impact while factors like "Normal training could not be kept owing to the lack of funding for training" had a negative impact. The findings have given us more insights to this issue (See Table 3 & 4).

表三：教練與運動員認為在亞運會和奧運會強烈影響運動員表現的共同因素

Table 3: Coaches' and Athletes' Perceptions of Common Factors strongly influencing athletes' performance during the Asian Games and the Olympic Games

強烈影響運動員表現的因素 Factors strongly influenced athletes' performance	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
與比賽直接相關的因素 Factors Directly Related to Competition				
運動員能夠根據比賽中各種出現的情況而作出戰術性調整 The athletes could make strategic adjustments according to various situations at the Games			+	
運動員無法在比賽中保持鎮靜 The athletes had been unable to stay calm during the Games		-		
運動員對自己的能力有信心 The athletes were confident with their capabilities	+			
運動員有強烈的參賽動機 The athletes had a strong motivation to compete in the Games	+		+	
運動員的體能很好 The athletes were physically fit	+		+	
運動員的身體狀況良好，沒有受到傷病影響 The athletes were in good physical condition and were not affected by injury or illness	+		+	
團隊因素 Team Factors				
運動隊伍有很強的團隊凝聚力 We had team cohesion	+			
教練與團隊之間的關係融洽 The relationship between the coach and the team was harmonious	+			
傳媒因素 Media Factors				
媒體在不適當的時候對運動隊伍進行採訪 We were interviewed by the media at an inappropriate time				-
代表團因素 Delegation Staff Factors				
運動員能夠及時得到代表團醫生或物理治療師的幫助 The athletes could get timely assistance from doctor or physiotherapist during competition	+		+	
運動員能夠及時得到代表團心理學家的幫助 The athletes could get timely assistance from psychologist during competition			+	
社會支援因素 Social Support Factors				
運動員的家人或朋友在比賽期間給他們許多正面的支持 Families or friends provided the athletes with positive support during the Games			+	
香港政府重視亞／奧運比賽，對比賽投放足夠的資源 The Government valued the Games and allocated enough resources	+			

表四：教練與運動員認為在比賽前90天內強烈影響運動員表現的共同因素

Table 4: Coaches' and Athletes' Perceptions of Common Factors strongly influencing athletes' performance during the 90 days before the Games

強烈影響運動員表現的因素 Factors strongly influenced athletes' performance	2002釜山亞運會 2002 Busan Asian Games		2004雅典奧運會 2004 Athens Olympic Games	
	正面影響 +ve Influenced	負面影響 -ve Influenced	正面影響 +ve Influenced	負面影響 -ve Influenced
訓練期間可以隨時得到醫生或物理治療師的幫助 Assistance from doctor or physiotherapist could be obtained anytime during training			+	
運動員在訓練期間出現的疲勞可以很快恢復過來 Athletes could recover quickly from tiredness during training			+	
運動員在這期間很注重補充營養 Athletes paid attention to good nutrition in that period	+		+	
運動員在這期間很注重體能的儲備 Athletes paid attention to conserving energy in that period			+	
訓練資金不足，運動員無法維持正常的訓練 Normal training could not be kept owing to the lack of funding for training				-
運動員在這期間曾到亞／奧運比賽場地接受訓練或參賽 Athletes had training or competition at the Games venues in that period	+		+	
運動員把訓練當作亞／奧運比賽，一樣認真對待 Athletes treated training seriously just like competing at the Games	+		+	
運動隊伍在這期間曾多次進行亞／奧運比賽的模擬訓練 The team had many Games simulations in that period	+		+	

結論

比較兩次比賽(2002亞運會和2004奧運會)的研究結果，運動員認為在奧運會比賽中的運動表現比在亞運會比賽中的運動表現受到較多因素影響，這可能與奧運比賽較為矚目、賽程較複雜，以及奧運會特有的比賽氣氛等因素有關；與此同時，因運動員在這兩項比賽中的運動表現受許多相同因素影響，引伸出在一些近似級別的重大比賽裏，因比賽形式、比賽氣氛及比賽環境等各方面都有相似的地方，而這些影響運動員在比賽中運動表現的因素，同樣有可能在日後其他比賽中對運動員構成影響，故此值得運動員和教練高度重視。

對於會帶來正面影響的因素，要充份予以發揮；對於會帶來負面影響的因素，則可視為逆境，教練與運動員可選用合適的策略來應付各種逆境，將其負面影響程度減至最低。對於一些不受一己所控制的逆境，運動員可分別採用「阿Q式應對」(如在關鍵比賽時提醒自己「勝敗乃兵家常事」)、「集中處理情緒應對」(如在受傷、生病的情況下儘量保持心境愉快)，或是「迴避應對」(如避免在不適當的時候接受傳媒採訪)來處理；對於一些可控制的逆境，運動員可採用「集中解決問題應對」(如就比賽前與比賽期間可能遇到的逆境制訂一份行動計劃並按計劃執行)來處理(鍾伯光、姒剛彥、李慶珠及劉皓，2004)等等。對於那些被教練和運動員共同評價為強烈影響比賽中運動員表現的因素更應格外重視，確保運動員能發揮正常水準。

跟其他許多研究一樣，是次研究也有其不足之處，主要由於是次研究採用了回顧式的問卷調查方法，故此，不能排除研究對象在回答問題時會因記憶偏差而有所出入。尤其是有關亞運會方面的調查工作，因部份資料是在2002亞運會結束10個月後才收集的，這距離比賽日期已相隔了一段時間。雖然如此，藉此研究我們得知運動員可以對重大比賽作出更佳準備，不論教練、運動科研專業人員與管理人員均可以更佳的方法來支援運動員備戰類似的大賽，屆時這些資料便具重要的參考價值。

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Implications

By comparing the results of the studies of the two Games (the 2002 Busan Asian Games and the 2004 Athens Olympic Games), it was found that more factors were reported as influencing on the athletes' performance in the Olympic Games than the Asian Games in the athletes' point of view. This might be caused by the level of people's attention to the Olympic Games, the complexity of the competition process and the unique competition atmosphere of the Olympic Games etc. At the same time, it was found that there were many common factors influencing athletes' performance in the two Games. It might imply that the form of the competition, the atmosphere and the environment were similar in significant games. These factors identified as having influence on athletes' performance may also influence the athletes in other competitions and deserve attention from athletes and coaches.

Factors imposing positive impact on athletes' performance should be explored in its full scale, while factors imposing negative effect should be regarded as adversities. Coaches and athletes should identify the appropriate coping strategies to deal with the different kinds of adversities, so as to minimise the negative impact. For those uncontrollable adversities, athletes can handle with the "transcendence coping" (e.g. thinking in a way that winning or losing is normal in competitions in any crucial competitions), the "emotion focused coping" (e.g. keeping oneself in good mood in case of injury and sickness), and the "avoidance coping" (e.g. avoiding media interview at the inappropriate time). Then for those controllable adversities, athletes can handle with the "problem-solving coping" (e.g. formulating an action plan for all kinds of predictable adversities before and during competitions) (Chung Pak-kwong, Si Gangyan, Lee Hing-chu and Liu Hao, 2004). To ensure athletes perform their best, more attention should be paid to the common factors strongly influencing athletes' performance during competitions.

There were some limitations of this study. Since the survey was conducted after the Games, there might be discrepancies between the recalled situations and the actual situations. This issue was more obvious for the 2002 Asian Games study as some of the data was collected 10 months after the Games. However, the study reveals that athletes can better prepare themselves for significant competitions. Based on the findings of this study, coaches, sport scientists and management can provide more effective support to athletes for similar competitions.



皮質醇：壓力荷爾蒙 在精英運動員訓練中的應用

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Cortisol : The Stress Hormone Possible Applications on Elite Training

HKSI: Dr Yvonne Yuan, Sports Biochemist, Polina Cheng, Sports Psychology Officer



壓力已被公認為本世紀其中一個最重要的健康問題⁰¹，對於生活在現代城市的人們來說，這問題尤其值得關注。香港以生活步伐緊湊、社會環境充滿競爭見稱。最近一項調查發現，接近半數（百分之四十九）使用中文、年齡介乎18至64歲受訪的香港市民中，在接受訪問前一個月內，均表示覺得精神緊張或曾處於嚴重壓力狀態之下⁰²。

同樣地，精英運動員亦難免遇到生活上的壓力和挑戰，尤其是因精英運動訓練的資源主要來自政府，運動員便要回應市民對他們在國際體壇爭取獎牌的期望。對於精英運動員來說，經常要追求卓越的運動表現，以及在國際比賽中爭取佳績，並要在工作、讀書、參與精英訓練和比賽等不同角色中取得平衡；再加上訓練時身體經常要承受沈重的負荷，而運動員要在精英運動生涯中長期保持佳績，自然要額外背負無形的心理重擔。故此在精英運動的競技世界裏，運動員或許要面對着別人難以體會的壓力。

要協助運動員應付壓力，首要步驟便是要量度和監控他們的壓力水平。以自我記錄方式將有關壓力的徵狀及對壓力的意識記錄下來，是量度壓力較常沿用的方法。不過，這些主觀的量度方法或許不能提供足夠的數據以掌握長期或極度的壓力對運動員深遠的影響⁰³。量度壓力荷爾蒙如皮質醇能夠提供一種較為客觀的量度標準，而作為主要壓力反應系統的輸出物，皮質醇已被證實為對研究壓力極有幫助^{03, 04, 05}。

甚麼是皮質醇？

經由腎上腺素分泌出來的皮質醇亦被稱為「壓力荷爾蒙」，它在身體內部擔當着重要的角色，負責發放「作戰」或「逃亡」的反應。當身體感受一些來自外物或心理的威脅時，便會釋放出皮質醇，並且驅動身體產生「作戰」或「逃亡」的反應，包括心跳加速、呼吸加快、血糖上升、血管收縮，減少身體次要部份的血液供應等等，這一系列複雜的生理反應，正好準備身體的作戰或隨時逃離現場的狀態。

Stress has been identified as one of the leading health problems of the century⁰¹. The problem is certainly a concern for people living in a contemporary city like Hong Kong, renowned for its fast pace of life and highly competitive environment. In a recent survey, almost half (49%) of the Chinese speaking adult population of Hong Kong, aged 18-64 years reported feeling tense or under great pressure in the month prior to the survey⁰².

Elite athletes are not immune to the daily stresses and challenges of life. In addition, elite athletes are part of a system which takes seriously its fiscal responsibilities to public funding. The constant demand for sporting excellence and consistent achievements in international competition is a daily challenge for elite athletes who may also need to balance numerous roles between work, study and elite training and competition. Together with the intense physical loading imposed by training and the potential additional psychological stress of maintaining consistent achievements in the very public domain of elite sport, athletes may face unique pressures within the elite sports competitive environment.

The very first step in helping athletes to cope with stress is to be able to effectively measure and monitor stress levels. The use of self-report symptoms and perceived stress have long been used as measures of stress. However, these subjective measurements may not provide adequate data to fully understand the pervasive effects of chronic or overwhelming stress⁰³. The measurement of stress hormones such as cortisol can provide a more objective measure. Cortisol, as an output of the major stress response systems, has been proven to be very useful in investigations of stress^{03, 04, 05}.

What is Cortisol?

Secreted by the adrenal gland, cortisol is also known as 'the stress hormone' and plays a key role in the body's 'fight or flight' response. When the body perceives that a physical or psychological threat is imminent, cortisol is released and the 'fight or flight' response is activated. This involves increased heart rate, elevation of respiratory rate, release of blood sugar, and constriction of blood vessels that supply to the less vital areas. This complex set of responses prepares the body to fight, or run away from the threat.

從早到晚，皮質醇的分泌經常會出現變化，並呈現晝夜生理節奏。當中以每天清晨的濃度最高，而在午夜時分，其濃度則最低。故此，當分析皮質醇濃度時，便要將荷爾蒙晝夜生理節奏列在考慮範圍之內。

量度皮質醇

傳統來說，研究人員利用血清樣本來量度皮質醇。血清內的皮質醇水平是反映身體受壓狀況的一種指標，而心理壓力⁰⁶與外物引致的生理壓力⁰⁷均會令血清內的皮質醇水平上升；然而，抽取血液樣本的過程本身已是一種壓力，可能會引致皮質醇上升。幸好因為科技不斷進步，現在利用唾液樣本也可以量度皮質醇，這種無損傷性，且不會令人感到壓力的量度方法，在傳統抽取血液樣本的量度方法以外提供另一選擇。

在睡醒後首30分鐘，唾液內的皮質醇水平會上升百分之五十至七十⁰⁸，這個狀態被稱為「皮質醇喚醒反應」，量度這項反應指標已被廣泛採納，並且已被證實能測試下丘腦－垂體－腎上腺軸(HPA)對壓力的反應^{09,10}；此外，皮質醇上升亦被發現與各種不同形式的壓力狀態相關，包括長期疲勞徵狀⁰⁹、與工作有關的壓力^{09,10}、沮喪¹¹、筋疲力竭¹²及長期痛症¹³等。



▲ 抽取唾液樣本，從而測量皮質醇水平。
Collecting saliva sample for testing the cortisol level.

根據文獻記載，研究人員曾使用不同的方法來量度皮質醇喚醒反應，例如研究對象需要在正常睡醒之後提供二至六個唾液樣本。而在較早前的一些研究裏，研究對象需在剛睡醒還在床上時，提供首個唾液樣本，而在睡醒後一小時內、進食早點和刷牙前提供第二個唾液樣本；在其他的研究

裏，受試者需要在睡醒後一小時內定時提供多個唾液樣本。研究發現，承受着各種壓力人士的皮質醇喚醒反應會受到一定程度的破壞^{05,09-13}。

應用在精英運動員身上量度皮質醇的可行方法

過度訓練

在高水平的運動競賽領域裏，避免運動員過度訓練是十分重要的。因過量運動會引起運動能力下降、疲勞增加，以及出現多種壓力徵狀^{14,15}。因此，有效的危機管理策略必須包括正確並及時處理過度訓練的情況。過去研究人員曾嘗試使用多種量度手法來診斷及預防過度訓練，而量度皮質醇是最被大力推薦的方法之一。在過度訓練情況下，血清皮質醇水平會上升^{16,17}，為了增加診斷的準確性，應同時量度血清皮質醇及血清睾酮^{15,18}，而睾酮與皮質醇比率會被用作反映合成代謝－分解代謝之間平衡的指標。不過，由於此量度方法需要使用大量的血液樣本，故此並不適合精英運動員。

The secretion of cortisol varies throughout the day and thus results in a circadian hormonal profile with highest concentration in early morning and lowest concentration around midnight. It is therefore important to take the circadian pattern into consideration when interpreting cortisol measurement.

Measuring Cortisol

Traditionally, a serum sample was used for measuring cortisol. Serum cortisol level is an indicator of stress experienced by the body. Both psychological stress⁰⁶ and physical stress⁰⁷ can induce an increase in serum cortisol level. However, the procedure of obtaining blood samples is already a stress that can potentially induce an increase in cortisol level. Thanks to advances in technology, measurement of cortisol is now possible using saliva samples. This non-invasive and stress-free method provides an alternative to the traditional method of blood sampling.

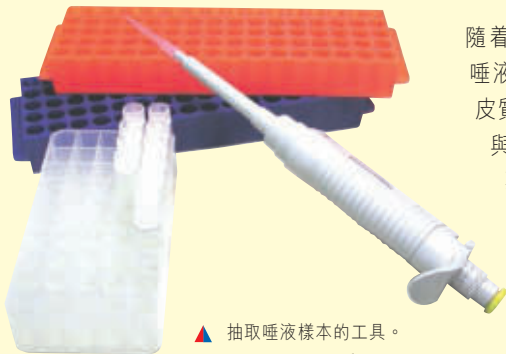
During the first 30 minutes after awakening, there is a 50% to 70% increase of cortisol levels in saliva⁰⁸. This is known as the “cortisol awakening response”. The measurement of the cortisol awakening response is widely accepted and has been proven to be a test of the hypothalamic-pituitary-adrenal (HPA) axis response to stress^{09,10}. It has also been found to be associated with various forms of stress, including chronic fatigue syndrome⁰⁹, work-related stress^{09,10}, depression¹¹, burnout¹², chronic pain¹³, etc.

According to the literature, various methods have been used to measure the cortisol awakening response. Participants were required to provide two to six saliva samples after their normal awakening. In some of the previous studies, the first sample was provided while the participant was still in bed, the next sample before having breakfast or brushing teeth during the first hour after awakening. In other studies, saliva samples were collected at regular intervals during the first hour of awakening. Studies found that people suffering from various kinds of stress will return with an impaired cortisol response to awakening^{05,09-13}.

Possible Applications of Cortisol Measurement in Elite Athletes

Overtraining

Prevention of overtraining has always been an important issue in high performance sport. Overtraining is characterised by impairment in exercise capacity, increase in fatigue and the presence of various symptoms of stress^{14,15}. Accurate and timely feedback is of ultimate importance for effective risk management strategies for overtraining. Numerous parameters have been suggested for



▲ 抽取唾液樣本的工具。
Apparatus used for collecting saliva samples.

隨着診斷科技的發展，現在從唾液樣本中也能偵察到睪酮、皮質醇等荷爾蒙。Kirschbaum與Hellhammer¹⁹發現，唾液裏的皮質醇水平與血清裏自由皮質醇水平有相互關連，而兩者上升的時間只差一、兩分鐘。另一研究則比較唾液和血清樣本中睪酮與皮質醇的比率，結果顯示唾液和血清的

睪酮與皮質醇比率呈強烈相關程度²⁰；此外，有證據顯示，由於唾液內皮質醇水平與血清內自由皮質醇水平呈相關關係，唾液中睪酮與皮質醇比率或許更有效反映合成代謝—分解代謝之間的平衡²⁰。使用唾液樣本最明顯的好處就是收集樣本的方法無損傷性，因此不會構成壓力，容許專業人員更頻密地向運動員抽取樣本，提供合時及更多數據，讓教練能就訓練計劃作出更適切、有效的調節安排。

壓力管理

運動員參與運動比賽，自然會產生壓力，壓力可算是運動比賽中必然包含的成份。此外，壓力亦可被視作一種複雜的心理及生理過程²¹，通常由運動員身體內部的情緒、認知及生理變化引致，為了更清楚明白壓力與運動表現的關係，過去亦有研究²²⁻²⁴探討運動員比賽期間及比賽前的心理、生理和生物化學反應。在一些重要的賽事中，部份運動員的表現不及練習時出色，而根據一些運動員在比賽前的壓力生化指標評估研究，比較比賽前及練習前唾液內皮質醇水平，前者呈較高水平^{24, 25}。有效監控心理壓力，掌握和認識有關方面的知識，可以為運動員提供有關壓力的反應信息，並幫助運動心理學家、運動員和他們的教練更有效地對症下藥。

本文曾提及，在精英運動的競賽世界裏，壓力是無可避免的事情。精英運動員在日常生活中要在工作／讀書及訓練之間取得平衡已經是一種相當沈重的壓力，要為運動員提供適當幫助的首要步驟便是找出一種有效的方法來量度運動員的壓力狀況，而量度皮質醇則為監控壓力的方法之一。



▲ 利用儀器化驗唾液內皮質醇荷爾蒙水平。
Apparatus used for testing cortisol hormone level in saliva.

diagnosis and possibly prevention of overtraining and cortisol is one of the mostly recommended measurements. Increased serum cortisol levels have been reported during overtraining^{16,17}. In order to increase diagnostic sensitivity, it is suggested that serum testosterone be measured together with serum cortisol^{15, 18}. The testosterone/cortisol (T/C) ratio can then be used as an indicator of anabolic-catabolic balance. However, due to the relatively large volume of blood sampling required for this measurement, it is not practical within the elite sports context.

Ongoing development of diagnostic technology has allowed the detection of testosterone and cortisol hormones in saliva. As reviewed by Kirschbaum and Hellhammer¹⁹, salivary cortisol levels correlate with plasma unbound cortisol levels and the time lag between an increase in plasma cortisol and salivary cortisol is only one to two minutes. Another study that compared the T/C ratio obtained from hormonal assays in saliva and serum concluded that salivary and serum values were highly correlated²⁰. Evidence also indicates that the saliva T/C ratio may be a better indicator of the body's anabolic-catabolic balance²⁰ since saliva hormones correlate with unbound versions in the plasma. The obvious advantage of saliva-based measurements is the non-invasive, stress-free method of sample collection. A much higher frequency of sampling becomes possible, which in turn allows more frequent and timely feedback to coaches for effective adjustment of training programmes.

Stress management

Stress is an inherent aspect of sport competition. It can be regarded as a complex psychophysiological process²¹ often resulting in emotional, cognitive and physiological changes to the internal milieu of the sports person. In order to better understand the relation between stress and performance in sport, athletes' psychological, physiological and biochemical response during and prior to competitions have been studied^{22,24}. In important competitions, some athletes do not perform as well as that during practice. Preliminary studies on the biochemical assessment of pre-competition stress found that saliva cortisol level was elevated prior to competition when compared to that prior to practice^{24, 25}. Being able to monitor psychological stress and understand it better will provide feedback to athletes and help sport psychologists, athletes, and their coaches to tackle the problem more effectively.

As pointed out above, stress may be considered an inherent aspect of the elite level sports environment. Elite athletes are under intense pressure to balance their life between work/study and training. Having an effective means to measure stress of athletes would be the first step to provide athlete with appropriate assistance and cortisol measurement can be used to monitor stress levels.

結論

有關量度皮質醇的可行方法仍在研究發展中，要有效協助運動員處理壓力問題，相信首要步驟是尋找一種用以量度和監控運動員面對不同壓力的方法。鑑於收集唾液樣本的方法既簡單亦無損傷性，因此以唾液內荷爾蒙水平監控過度訓練和壓力將會被廣泛採用。此外，使用唾液樣本較血清樣本更佳，因為前者只帶有活躍的荷爾蒙分子，故此更能有效反映運動員體內新陳代謝情況。

Conclusion

The possible application of cortisol measurement is still under development. It is believed that having a means to measure or monitor various kinds of stress experienced by our athletes is a very first step in helping them to cope effectively. In view of the ease and non-invasive nature of collecting saliva, the future of using saliva cortisol levels to monitor overtraining and stress is promising. The additional benefit of saliva over serum is that the former only contains the active component of the hormone and would therefore better reflect the true metabolic make-up of the athlete.

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精英運動訓練研討會 促進精英運動的科研支援發展

Elite Training Seminars to Facilitate Developments in Scientific Support



在競技體育裏，近年有一個明顯現象，就是個別運動員取得傑出成就，往往是綜合多種因素相互影響及協調下的成果。除了運動員本身的天資及專業教練的培訓外，如要在芸芸競爭對手手中保持優勢，減低失敗的風險，則極需要完善的支援系統作後盾，在現今精英運動世界裏，不管運動員的天賦有多高，如缺乏此系統，致勝機會亦會驟降。

香港精英運動員現時透過體院的精英運動員培訓計劃取得支援，而運動員及科研事務科則負責為教練和運動員提供核心的科研支援服務，協助他們提升運動訓練和恢復的成效，以至更理想的運動表現。運動員及科研事務科轄下五個部門及組別：運動科學部、運動醫學部、體適能部、運動員事務部及體育研究及資訊組，為精英運動提供一系列多元化的支援服務，以「生物、心理及社會」的運作模式，將不同的服務聯繫，以支持及促進精英運動發展。「生物、心理及社會」的支援系統乃指生物、心理及社會因素的相互影響，在個人的整體發展過程中是密不可分的。以培育高水平運動員為目標的精英運動領域裏，特別是與促進此發展有關的支援系統中，以綜合「生物、心理及社會」的運作模式的支援系統，確保精英運動發展別具效益、有成果，並善用公帑。

在不斷講求突破表現及刷新紀錄的壓力訴求下，精英運動和教練必須不斷探求有助精英培訓最新的科研知識和技術。一直以運動員和教練為本的體院，其科研支援服務的方向當然是要配合他們的需要，因此，運動員及科研事務科定期舉辦精英運動訓練研討會，促進最新科研資訊的交流，並邀請體院負責科研工作的專業人士、教練，以至本地及海外專家分享，歡迎教練、運動員、本地及海外專家、運動科學及醫學專業人員、體育總會工作人員、體育行政人員、教育工作者及學生參加，有興趣人士可留意體院網頁 www.hksi.org.hk 內運動員及科研事務科——精英運動訓練研討會資料。

In the world of high performance sport, it has become increasingly clear in recent years that individual success at the elite level is a function of the complex interplay of multiple factors acting in systemic concert. Apart from individual talent, and expert coaching to facilitate that talent, achieving and maintaining “an edge” over competitors requires a comprehensive support infrastructure to minimise risk and maximise results. Without that system, no matter how talented the athlete is, chances for success are significantly reduced in today’s elite sport world.

Hong Kong’s elite athletes are currently supported through the centralised Elite Training Programme at the HKSI. Within this system, the Athlete & Scientific Services Division provides the core scientific support infrastructure for coaches and athletes to assist in maximising training and recovery, and ultimately, performance. The Division provides a wide range of support to elite sports through its five departments/section: Sports Science, Sports Medicine, Strength & Conditioning, Athlete Affairs, and Research & Sports Information. Uniting the various services is the biopsychosocial model of operation providing a state-of-the-art, multi-disciplinary infrastructure to support and facilitate elite sport performance. The biopsychosocial model views the interaction between, biological, psychological and social factors as inextricably intertwined in the overall development of any individual. Within the elite sport sector whose objective is to develop high performance athletes, and specifically within the servicing infrastructure which facilitates such development, the biopsychosocial model provides the necessary integration to ensure a system of support for sports excellence which is cost-effective, outcome oriented, and accountable to public funding.

With the constant pressure to produce breakthrough performances and set new records, access to the latest scientific and technological advances in high performance sport is a key issue for athletes and coaches at the elite level. At the HKSI, the scientific service model is explicitly client centered with athletes and coaches as the key stakeholders whose needs drive the service direction and approach. One channel for ensuring all stakeholders have a formal platform for the multi-disciplinary sharing of new developments and the generation of new directions to support high performance is through the Elite Training Seminars organised regularly by the Division. The HKSI scientific staff, coaches, local and overseas experts are invited to share their expertise on the different requirements and latest scientific developments in high performance training and support issues. Coaches, athletes, professionals on sports science and sports medicine, staff of sports associations and sports administrators, educators and students are welcome to attend. Interested parties may visit the HKSI’s website www.hksi.org.hk and search for the section on Athlete & Scientific Services - Elite Training Seminars.

與會者意見 Opinions from Participants

劉德弼(香港馬術聯會秘書)

Soenke Lauterbach (Secretary, The Hong Kong Equestrian Federation)

「因準備亞運會馬術項目關係，所以我希望多知道有關反違禁藥物的處理及當中注意事項，雖然我們對馬匹檢驗工作具有豐富經驗，但有關運動員方面的反違禁藥物處理所知不多，透過是次講座，我有關工作有了初步的認識。」

“In order to prepare for the equestrian event for the Asian Games, I hope to learn more about the methods and things to pay attention to about anti-doping. Though we have sound experience on horse examination, we know little about the doping control on athletes. Through the seminar, I got a basic understanding on the topic.”



歐俊廷(香港中文大學醫療科學研究院二年級)

Au Chun-ting (a year-two Master student in Medical Sciences at the Chinese University of Hong Kong)

「因為我對運動醫學這門學問感興趣，所以參加這類與運動科學研究有關的講座，增加這方面的知識。我覺得講座內容詳盡，對於我這類門外漢來說是一個很好的入門參考，若時間配合，我會繼續參加類似的研討活動。」

“Since I have interest in Sports Medicine, therefore I join this sports science-related seminars to enrich myself. I think the talk itself is informative, which is a good reference for beginners like me. I would keep on joining such kind of seminars.”

溫樹華(體院三項鐵人教練)

Wan Shu-wah (Triathlon coach, HKSI)

「精英運動訓練研討會一般在平日的午膳時間舉行，切合周六、日忙於訓練工作的教練和運動員，而講題亦配合運動員的訓練需要，從中可取得最新的重點資訊。例如某次有關單車運動中的功率和踏蹬力問題的題目，研究人員利用特別儀器測量不同距離比賽中運動員真實的踏蹬力量並討論其特徵，有關數據可反映不同距離的單車項目對運動員雙腳力量的要求，有助三項鐵人運動訓練。」

“The Elite Training Seminars are usually held during lunch hour on weekdays which fits well the timetable of the coaches and the athletes. The topics tie in with the training needs of the athletes, from which one can acquire the latest key information. For example, a topic on power output and pedalling force of cycling was discussed at the Seminar. Researchers use special equipment to measure the actual pedalling force of the athletes on different distances during competitions. Data collected reflect the requirements upon the power output of the athletes on both legs for different racing distances of cycling. The findings are beneficial to the triathlon training.”

林培基(中國香港體育協會暨奧林匹克委員會高級體育幹事)

Leo P.K. Lam (Senior Sports Executive, Sports Federation & Olympic Committee of Hong Kong, China)

「因工作關係需要多了解有關反違禁藥計劃的課題，故此出席了研討會活動。講座內容全面、資料充足，講者解說清晰，從中清楚得知香港反違禁藥計劃的來龍去脈及運作，相當受用。」

“Since I need to know more about the issue of anti-doping for my work, so I attended the Seminar on this topic. The talk was comprehensive and informative. The speaker explained the topic precisely and I've got a clearer picture on the problem of anti-doping and its operation in Hong Kong. The Seminar is very useful to us.”



陳香婷(體院教練培訓經理)

Avia Chan (Coach Education Manager, HKSI)

「研討會主講嘉賓均是精英運動業內人士，他們寶貴的經驗與分享對體院的運動員、教練來說，以至其他精英培訓工作者都是獨一無二的。此外，透過研討會，參與者能從不同層面透徹認識精英培訓工作的困難，相當適合關心香港精英體育發展的體育團體行政人員和教練積極參加。」

“All the guest speakers are experts from the elite sports sector, their invaluable experiences and sharing are unique to the HKSI's athletes, coaches, and other people working in the elite training field. Besides, participants can get a thorough understanding on the problems of elite training in different dimensions at the Seminars. The Seminars match the expectations of sports administrators and coaches who care about the development of Hong Kong elite sports.”

何君龍(退役田徑運動員，現修讀香港大學運動科學及康樂管理學系三年級)

Ho Kwan-lung (retired athletics athlete, a year-three student in Sports Science and Leisure Management at the University of Hong Kong)

「講者均是來自本地及世界各地的運動科研專家，讓與會者有機會聽取有關方面更多更新的資訊，內容實用、有趣。例如某次來自澳洲的運動科研專家提到昆士蘭體育學院在2004年成立應用運動科學研究中心的情況，從而得知其他國家的運動科研發展；另外，以往當運動員的時候都會得知一些運動技巧及比賽竅門，現在透過專家解說，更深入了解箇中原因，對於我現時的學習有莫大的裨益。」

“The speakers, both local or from all over the world, are all experts on sports science research. They share with participants the latest information on respective sports science areas, which is practical and interesting. For example, an Australian sports science expert talks about the establishment of the Centre of Excellence for Applied Sport Science Research in 2004 at the Queensland Sports Institute, from which I know more about the development of the sports science research in other countries. In addition, I managed to brush up my skills on sports and competitions that I gained when I was an athlete, through the thorough explanation from the experts. The Seminars help my current study greatly.”



香港體育學院重建進展 成立體院重建計劃工程督導委員會

Progress of the HKSI Redevelopment Formation of the HKSI Redevelopment Project Steering Committee

繼特首於二零零六年十月十一日發表的施政報告中指出，政府會預留撥款給體院的重建工作，體院隨後立即配合民政事務局的計劃，特別成立一個以體院主席李家祥博士為首的體院重建計劃工程督導委員會，專責推行及落實有關重建計劃，重建體院旨在為精英運動員提供更現代化及符合世界水平的訓練設施及環境，滿足健全及殘障運動員不同的訓練需要，同時進一步推行特區政府的整體發展規劃，凝聚社會各界，上下一心，攜手將香港發展為一個「運動之都」。

委員會主要由體院董事局董事、體院管理層及政府代表組成，成員包括：體院董事局主席李家祥博士、董事傅浩堅教授、馮劉掌珠女士及廖長江先生；民政事務局代表黃展翹女士；康樂及文化事務署代表陳若藹女士；建築署代表陳榮德先生；沙田民政事務署代表黎志華先生，以及體院院長鍾伯光博士。而教練、運動員及建築和測量界的專業代表亦會被邀請為委員會提供意見。

這個專責籌劃體院重建計劃，並監察其推行情況的委員會已於二零零六年十一月二十二日舉行了首次會議，預計於二零零七年第一季內完成有關重建計劃規模及進展的文件。在這期間，委員會會向有關團體及人士徵詢意見，並於二零零七年內向立法會提交重建計劃書細節及申請撥款，以期達到重建工程於二零零八年底、奧運會及傷殘人士奧運會馬術比賽結束後開始施工的目標。

背景資料

民政事務局長何志平局長於二零零五年七月成立了一個專責小組，由精英體育事務委員會及體院代表為首，負責檢討體院的訓練設施及配套，並就體院重建計劃作出建議。經過半年的時間，專責小組廣泛向相關人士及團體進行諮詢，以及挑選專業顧問草擬體院重建計劃書，並於二零零六年三月二十八日將重建計劃書提交民政事務局作進一步審議。至於剛成立的體院重建計劃工程督導委員會將會負責下一階段的籌劃及推行工作，為香港精英運動員提供世界級的訓練設施及環境。

Following the announcement made by the Chief Executive of HKSAR on 11 October 2006 that the Government has earmarked funding to embark on the redevelopment of the HKSI, a Hong Kong Sports Institute Redevelopment Project Steering Committee (the Committee), chaired by the HKSI Chairman Dr Eric Li Ka-cheung, has been formed under the direction of the Home Affairs Bureau. The Committee is tasked with actualising the Chief Executive's vision of providing a modern, world-class training environment for elite athletes in Hong Kong, so as to cater specifically for the training needs of athletes with disabilities as well as able-bodied athletes. This initiative is part of the Government's strategic plan to unite all sectors of the community towards developing Hong Kong as a "Sports City".

The Committee comprises mainly members of the HKSI Board, the HKSI management and the Government including: Dr Eric Li, HKSI Chairman, Professor Frank Fu, Mrs Vivien Fung and Mr Martin Liao of the HKSI Board of Directors; Ms Janet Wong of Home Affairs Bureau; Ms Olivia Chan of Leisure and Cultural Services Department; Mr Chan Wing-tak of Architectural Services Department and Mr Andrew Lai of Shatin District Office; and Dr Chung Pak-kwong, Chief Executive of the HKSI. Coaches, athletes and representatives with building, architectural and surveying expertise will also be invited to assist the Committee in due course.

The Committee, which will oversee the implementation of the redevelopment project of the HKSI, had its first meeting on 22 November 2006 with a view completing the necessary proposal documentation defining the scope of the project and the required footprint of the HKSI, within the first quarter of 2007. The Committee will work in consultation with key stakeholders to detail the necessary design proposals for approval of funding by the Legislative Council within 2007. The construction work is expected to commence in late 2008 after the Olympic and Paralympic equestrian events.

Background

In July 2005, the Secretary for Home Affairs (SHA) Dr Patrick Ho set up a Joint Task Force (JTF), co-chaired by the Elite Sports Commission and the HKSI to undertake a review of the provision of facilities at the HKSI and elsewhere, and to recommend a Redevelopment Plan for the HKSI. Throughout the six-month period of its operation, the JTF directed and monitored an extensive series of consultative processes with key stakeholders and the appointment of the necessary professional Consultants to draft the HKSI Redevelopment Plan. The results of the process, having successfully passed key stakeholder scrutiny were submitted to the SHA on 28 March 2006. The newly established Hong Kong Sports Institute Redevelopment Project Steering Committee will now take up the next phase of planning and implementation of the work to provide a world-class training environment for local elite athletes.



運動選材專家雲集 現身說法分享心得 「滙豐銀行慈善基金精英教練員研討會」

Talent Identification Experts Share Coaching Tips at the Hongkong Bank Foundation Elite Coaches Seminar

隨着香港特區政府宣布將投放更多資源推動本地精英體育發展，體育工作者特別是教練有需要更深入了解怎樣發掘更多具有運動潛能的運動員，以配合香港體壇未來整體的發展。

第十四屆滙豐銀行慈善基金精英教練員研討會已於十月二十一日在體院圓滿結束，四位來自中國、澳洲及加拿大的國際知名運動選材專家現身說法，以「運動選材及發展」為題，分享他們的寶貴意見及心得。講者包括中國上海市體育科學研究所副所長沈勳章、全國運動員選材專家組組長邢文華教授、澳洲體育委員會高級地區統籌德寶拉杜夫博士及加拿大卡加利運動中心運動生理及策略總監斯蒂芬羅維斯博士。研討會吸引逾100名本地及海外教練參加。

With more public resources to be invested in elite sports development as announced by the HKSAR Government, there is a pressing need for the sports professionals, especially coaches to understand more on how to identify talented athletes for the future of Hong Kong.

The 14th Hongkong Bank Foundation Elite Coaches Seminar was successfully held on 21 October at the HKSI. Four renowned experts from the Mainland China, Australia and Canada shared their invaluable experiences and opinions in “Sporting Talent Identification and Development” with over 100 participants. Speakers include Shen Xunzhang, Director of the Research Center of Talent Selection, Shanghai Research Institute of Sports Science; Professor Xing Wenhua, Leader of the China’s Talent and Identification (TID) Expert Team; Dr Deborah Latouf, Senior Regional Coordinator, Australian Sports Commission and Dr Stephen Norris, Director of Sport Physiology and Strategic Planning, Canadian Sport Center at Calgary.

▶ 香港教練培訓委員會委員范錦平(左七)與中華全國體育總會代表團團長尹飛飛(左六)主持第十四屆滙豐銀行慈善基金精英教練員研討會開幕典禮，並歡迎各主講嘉賓及中華全國體育總會代表團成員。

John Fan, member of the HKCC (seventh from left) and Yin Feifei, Head of the All-China Sports Federation delegation (sixth from left) officiate at the Opening Ceremony for the 14th Hongkong Bank Foundation Elite Coaches Seminar and welcome the renowned speakers as well as members of All-China Sports Federation delegation.



這個一年一度的研討會由香港教練培訓委員會及中華全國體育總會主辦，並得到滙豐銀行慈善基金資助；目的是促進香港與海外，特別是與中國內地，在教練培訓方面的交流與聯繫。

香港教練培訓委員會委員范錦平在開幕典禮上說：「每年一度的滙豐銀行慈善基金精英教練員研討會，除了為來自海外和本地的教練提供一個交流的平台外，更能夠加強本地與中國內地的聯繫，我們相信一套有系統及周詳的選材計劃對發展任何一個體育項目也有很大的幫助。」

Co-organised by Hong Kong Coaching Committee (HKCC) and All-China Sports Federation, and funded by the Hongkong Bank Foundation, the annual Seminar aims to provide a platform for the exchange of ideas and expertise among overseas and local coaching professionals, with particular emphasis on strengthening the linkage between Hong Kong and the Mainland China.

John Fan, member of the HKCC, said at the Opening Ceremony of the Seminar, “The annual Hongkong Bank Foundation Elite Coaches Seminar provides a platform for exchanging ideas among overseas and local coaching professionals, particularly the linkage between Hong Kong and the Mainland China. We all understand that a well-planned and organised talent identification and development programme is essential to the successful development of every sport.”

中華全國體育總會科教司教育處副處長尹飛飛亦於會後表示：「自一九九三年開始，研討會已逐步成為亞洲地區深受重視的國際性教練交流活動，為來自各地的體育專業人員及精英教練提供一個難得的切磋及交流機會，藉此提高亞洲地區教練員的整體素質。」

尹處長亦讚揚香港教練培訓委員會與國際教練培訓局於二零零五年首次在香港舉辦的第一屆國際教練培訓局亞洲地區教練研討會圓滿成功，而香港教練培訓委員會獲委派擔任研討會秘書處，負責亞洲地區的支援及交流工作。下一屆的國際教練培訓委員會全球教練大會將於二零零七年八月三十一日至九月三日在北京舉行，深入探討教練培訓的全球化趨勢，以及教練培訓研究新進展等課題，屆時香港教練培訓委員會亦會作出相應配合。

Yin Feifei, Deputy Director of Education Division, Sports Science and Education Department, All-China Sports Federation of China, said after the Seminar, "The Seminar, launched in 1993, provides an international forum for sports professionals and elite coaches to exchange views and insights on enhancing the quality of sports training in Asia and has become a highlight event of sports field, promoting coach training in the Asian region."

Director Yin also complimented the success of the 1st International Council for Coach Education Asian Region Coaching Conference, jointly organised by the HKCC and the International Council for Coach Education in 2005. The HKCC was also appointed to be the liaison office to provide support and exchange within the Asian region. The next Global Coach Conference will be held in Beijing from 31 August to 3 September 2007 with focus upon the globalisation trend of coaching and coach education as well as their new research and development. The HKCC will also provide support to the Conference.



沈勳章
(中國上海市體育科學研究所副所長)
Shen Xunzhang
(Director, Research Center of Talent Selection, Shanghai Research Institute of Sports Science, China)

沈勳章是資深的運動選材研究專家，他與大家分享的講題為「運動員選材的測試與評價」。他提及運動選材的概念、測試程序、評價及分析等內容，並強調運動選材的重要性，以及對具潛質運動員的跟進工作。

Shen is a dedicated researcher on Talent Identification. He delivered speech on "Testing and Measurement of Talent Identification". Shen presented the details about TID concepts, testing procedures, evaluation and analysis, with emphasis on the significance of TID and the follow up work with potential athletes.



德寶拉杜夫博士
(澳洲體育委員會高級地區統籌)
Dr Deborah Latouf
(Senior Regional Coordinator, Australian Sports Commission, Australia)

德寶拉杜夫博士在多個有關運動選材及發展的國際體育組織擔任要職。她在研討會上談到「運動選材及發展的近況」，並從國際宏觀角度，以具體的運動資訊分享她的看法。

Dr Latouf has been in key positions with a variety of international sports organisations on TID programmes. She talked about "Current Issues in Talent Identification and Development", and expressed her views from a global perspective with sport-specific information.

邢文華教授
(全國運動員選材專家組組長)
Professor Xing Wenhua
(Leader of the China's TID Expert Team)



邢文華教授是「全國運動員選材專家組」組長，亦是北京體育大學中國運動員科學選材研究領域創始人之一。邢教授向大家闡述有關「運動員科學選材研究進展」，並分享了他的最新研究結果，環繞運動選材及發展研究的目標、基本理論、原則及研究歷史等範疇，從而甄選中國一級的奧運選手。

Professor Xing is the leader of the "China's TID Expert Team" and he is one of the pioneers at the Beijing Sport University to start the scientific research of TID on Chinese athletes. He presented a speech on "The Evolution of Scientific Research on Talent Identification". Professor Xing has shared his recent research findings on identifying China's top Olympic athletes in connection with objectives, basic theories, principles and research history of TID.

斯蒂芬羅維斯博士
(加拿大卡加利運動中心運動生理及策略總監)
Dr Stephen Norris
(Director, Sport Physiology and Strategic Planning, Canadian Sport Center at Calgary, Canada)



斯蒂芬羅維斯博士在加拿大擔任多個國家體育組織的顧問，積極參與運動員發展及教練培訓工作。他以「運動員／球員的發展戰略」為題，集中討論個人成長、發展、成熟與長期高水平運動表現與訓練的互動關係。

Dr Norris acts as consultant to several Canadian national sports teams, with heavy involvement in athlete development and coach education. He shared his expertise on "Athlete/Player Development Strategies". Dr Norris focused on the interaction between human growth, development, maturation and programming for long-term athletic high performance.



▶ 研討會為體育專業人員提供一個平台，分享有關運動選材的發展和趨勢。

The Seminar provides a golden opportunity for sports professionals to exchange views on the topic of sports talent identification and development with counterparts from other regions.

香港運動員基金 支援運動員個人發展

Hong Kong Athletes Fund Giving Our Athletes the Best Chance

行政長官曾蔭權在施政報告中指出，在二零零七至零八年年度開始，政府將每年增撥四千萬元，為精英運動發展制訂更有系統及全面的支援策略，並在各主要範疇提供資助，包括教育、職業發展、財政支援、運動員培訓等，有關細節將陸續公布。

作為精英運動員主要的培訓基地，體院除關注運動員的訓練安排和比賽成績外，亦為運動員提供學業支援，如學校轉介、升學指引、學業輔導服務等，協助有潛質的年輕在學運動員於運動和學習方面取得平衡。

繼滑浪風帆運動員李麗珊在1996奧運會為香港取得首面金牌後，香港政府成立了香港運動員基金，由體院負責管理，旨在為現役及退役運動員提供教育進修經費，並為退役運動員提供在學的生活資助。計劃既為運動員日後的生活提供多一份保障，而運動員在取得經費和資助下進修，自然減少了家庭和其他方面的負擔，專心致志地投入訓練，爭取更佳成績。

過去10年，體院從香港運動員基金共撥款約450萬港元資助74名香港精英運動員進修，至今仍在修讀課程的運動員共19人。今期《體育精英》訪問了三位現役及退役運動員，了解他們如何在此基金資助下開展進修大計，為退役後的生活作好準備。

The Chief Executive, Mr Donald Tsang Yam-kuen, announced in his policy address that from the fiscal year of 2007/08 onwards, the Government will allocate an additional HK\$40 million annually to set up a more systematic and comprehensive support strategy for the development of elite sport. The Government will also provide subsidies in key areas, including education, career development, financial support and sports training. The details will be released later.

As the territory's primary training base for elite athletes, the HKSI not only concerns itself with the athletes' training arrangements and their results in competition, but also provides academic support such as school referral, information for further study and study counselling, to assist potential young athletes in striking a balance between sports and study.

The Hong Kong Athletes Fund (HKAF) was set up by the Hong Kong Government in 1996, following the success of windsurfer Lee Lai-shan in winning Hong Kong's first ever Olympic gold medal at the 1996 Games in Atlanta. Managed by the HKSI, the scheme aims to provide financial support for current and retired athletes to pursue further study, lightening the burden for their families, and enhancing their sense of security for having chosen to pursue a career as an athlete.

Over the past decade, the HKSI has allotted HK\$4.5 million to subsidise the further studies of 74 local elite athletes. At present, there are 19 athletes who are still studying with the Fund's support. To understand how the athletes have undertaken their studies with the help of the Fund and how they prepared for their retirement, three current and retired athletes have been interviewed.

個案一 Case 1

鄭家豪 Cheng Ka-ho

26歲years old

現役武術運動員 Current wushu athlete

簡歷：鄭家豪出身自武術世家，九歲開始參加武術兒童分齡賽，中學畢業後，接受體院全職訓練。家豪擅長南棍、南拳及南槍，他分別在一九九九年及二零零三年奪得世界武術錦標賽南拳賽事金牌。

進修情況：在基金撥款下，家豪已於二零零四年完成由體院及北京體育大學（北體大）合辦的運動訓練教育學士學位課程，並繼續自費修讀中國社會科學院研究生院中國現當代文學課程，現為二年級學生，他希望自己文武兼備，日後能宏揚武術，承傳文化。

Profile: Cheng Ka-ho was born into a wushu family and joined the Children Age Group Wushu Competition at the age of nine. Ka-ho underwent full-time wushu training at the HKSI after graduation from secondary school. He excels at nangun, nanquan and nanqiang, and has won two gold medals in nanquan events at the 1999 and 2003 World Wushu Championships.

Education: With the Fund's support, Ka-ho has completed a degree course in Sport Training and Education, which was jointly organised by the HKSI and the Beijing Sport University (BSU) in 2004. He continued his Master's degree study in Modern and Contemporary Chinese Literature on a self-financed base at the Chinese Academy of Social Sciences and is now a year-two student. He hopes these studies will leave him well-equipped with the civil and the military skills to promote and nurture wushu and its culture.



「在香港運動員基金資助下，免卻了我對家庭和其他方面的經濟負擔，使我能夠全心全意地投入於讀書和訓練，朝着目標邁進。我原本打算趁年輕考驗自己的實力，專心比賽，暫且放下讀書一事，不過，適逢體院及北體大在一九九九年合辦課程，實在難得，我便把握機會報讀。畢竟在港生活，讀書進修是十分重要的，這樣有助我日後從事武術教練方面的工作。」

「為期五年的兼讀課程也不是容易分配時間的，我每天上下午要應付練習，晚上上課，周末亦要溫習，差不多沒有空閒時間；雖然運動員慣常接受刻苦訓練，而在比賽場上亦經常面對困難和逆境，但是一下子要靜下來上課溫習也需要心理調節。幸好課程安排頗靈活，可以遷就運動員的訓練和比賽需要，有時候我們要到外地比賽，不能上課，學校亦會安排補課，可謂照顧周到。努力了五年，最終得以順利畢業，在戴上四方帽的一刻，我和家人也感到欣慰。」

“Thanks to the HKAF, I pose no economic burden for my family, so I can concentrate all my efforts on study and training to pursue my dream. Initially, I planned to challenge myself by focusing on competitive sport while I was still young. However, when I knew the HKSI and the BSU would co-organise a degree course, I grabbed this invaluable opportunity to apply for the course. As a matter of fact, it is quite important to obtain academic recognition while you are living in Hong Kong. This recognition will definitely help my future development as a wushu coach.”

“It was hard to allocate time between training and study. Mornings and afternoons were for training while evenings were for school work. The weekends were also reserved for study, I barely had any leisure time. Although athletes should get used to hard training and confronting difficulties and adversities, we still need time to re-adjust psychologically between training and study. Thanks to the flexible curriculum, lessons can be arranged with consideration for our training and competition needs. When we had to compete overseas, the teachers would then arrange remedial classes for us. After five hard years, I managed finally to complete the course. By the time I wore the graduation gown, my family and I were exceptionally happy about the way it all turned out.”



余翠怡 Yu Chui-ye

22歲 years old

現役輪椅劍擊運動員 Current wheelchair fencing athlete

簡歷：余翠怡於二零零二年開始接受輪椅劍擊訓練，同年已在第八屆遠東及南太平洋區傷殘人士運動會奪得輪椅劍擊個人及團體項目四面金牌，而在2004雅典傷殘人士奧運會亦是四面金牌得主，現為世界輪椅劍擊冠軍。

進修情況：二零零五年循聯招途徑升讀香港中文大學地理與資源管理學系，現為二年級學生。

「完成高中課程後，我考獲3C1D1E的高考成績，於是順利入讀大學，邊接受運動訓練邊讀書，實行雙線發展。雖然現階段我還不知道日後會循哪一個方向發展，但是我喜歡到野外及大自然考察，於是從興趣出發，選讀了地理學系。」

「為期三年的課程，需要花上10多萬元學費，得知體院設有基金資助運動員讀書，我便申請了，最後獲批每年四萬元的資助，這樣的確減輕了我和家人的負擔。」

「當然邊當運動員邊讀書會有辛苦的時候，例如要到外地比賽數星期，又要兼顧考試、交功課，實在不容易應付，真要靠高度自律和堅強的信念去克服，不過當中也是不無好處的，因為運動員經常操練，精神容易集中，使上課和溫習功課更有效率，再加上我的同學和老師都十分體恤自己的情況，同學會幫忙抄寫筆記，老師會替我補課；故此總的來說，學習生活相當愉快，令我相當享受。」



Profile: Yu Chui-ye took up serious wheelchair fencing training in 2002. She clinched four gold medals in the individual and team events at the 8th Far East & South Pacific Games for the Disabled and was the gold medallist in four events at the 2004 Athens Paralympic Games. She is now the wheelchair fencing world champion.

Education: She was accepted into the Chinese University of Hong Kong (CUHK) under the Joint University Programmes Admissions System in 2005, studying Geography and Resources Management. She is now a year-two student.

“I was accepted by the CUHK after attaining a result of 3C/1D/1E in the Hong Kong Advanced Level Examination. I decided to pursue my study and training hand-in-hand. Although I am not sure at this stage what I will do in the future, I am happy studying Geography as I like nature and the field trips.”

“The tuition fee for this three-year course is more than HK\$100,000. I applied for the Fund, and eventually I was offered a grant of HK\$40,000 each year. This sum of money has really helped take away the “financial pressures on my family”.

“Of course it is hard to be an athlete and study full-time at the same time. For instance, it is not easy staying weeks overseas for competitions while trying to take care of examinations and homework at the same time. This really needs a tremendous amount of self-discipline and belief. However, being an athlete-student also has its upside. We learn to concentrate better, making our study time more efficient and effective. In addition, I get bags of help from my classmates who help me copy the notes and the teachers who give me remedial lessons. They have incredible understanding of my situation. All in all, I really enjoy my school life.”

個案三 Case 3

王晶 Wong Ching

26歲years old

退役乒乓球運動員Retired table tennis athlete



簡歷：王晶於五歲便開始接受乒乓球訓練，其後成為北京代表隊隊員，於一九九六年來港，至二零零三年退役，曾獲1997亞洲乒乓球錦標賽女子團體銀牌及1998亞運會女子團體銅牌。

進修情況：二零零三年開始修讀香港專業教育學院開辦的三年制運動管理及訓練學高級文憑課程，現已修畢該課程，並計劃繼續進修，希望能取得學士資歷，日後擔任體育行政工作。

「自參與2002亞運會後，我便開始考慮退役進修，畢竟我已當了10多年乒乓球運動員，希望日後有別的發展，更渴望留港生活。好不容易選定課程，並獲得取錄，於是我便暫時離開全職運動員行列，專心讀書。由於我放下書包已有六、七年，也沒有參加過香港中學會考這些公開考試，故此要重拾課本，難免感到吃力，尤其是我們這些來自中國的運動員，學習英語起步較香港學生遲，便要花更多時間讀書和溫習，好像一切都要從頭開始。

「因為大部份課本和參考材料都是以英語為主，別人只花一兩小時完成的習作，我得花上兩、三倍時間去完成，不斷翻查字典，反覆背誦，在開始進修的第一年，每晚差不多溫習至兩、三點才睡。當時如果沒有運動員基金的津貼及資助，我便要花時間當兼職來賺取生活費，所以，我十分感激體院對運動員在學業及進修方面的支持，但退役以後，起居生活便不像從前那樣全部由體院妥善安排，我要學習照顧自己，打點一切衣、食、住、行的事，漸漸適應新的生活。

「對於運動員來說，大概習慣了刻苦的訓練生活，再難熬的日子也能捱得過，現在回想起來，也覺甘甜，校園生活相當充實，不但有機會學習到不同的運動理論和知識，亦認識了不少同學。此外，我亦感到欣慰，除了好幾個與運動有關的科目取得甲等成績外，英文科亦考獲及格水平。

「現在我正計劃在原校修讀學士學位課程，但是我亦擔心自己應付不來，所以在現階段我會先作好準備，既在英語方面再下苦功，亦會暫時充當兼職教練，多賺點錢，到了正式修讀課程的時候，我便可以全力應付學習，務求得到更滿意的成績。」

Profile: Wong Ching started her table tennis training at the age of five and became a Beijing table tennis team member. She came to Hong Kong in 1996 and retired in 2003, having won the silver medal in the women's group event at the 1997 Asian Table Tennis Championships and the bronze medal at the women's team event at the 1998 Asian Games.

Education: Attempted the three-year Higher Diploma on Sports Management and Training Science at the Hong Kong Institute of Vocational Education in 2003, and has completed the course. Wong plans to pursue a degree qualification and take up sports administration work in the future.

"After the 2002 Asian Games, I started to think about retirement and study. After all, I had been a table tennis athlete for more than 10 years. I wanted to develop my career in other areas and to carry on living in Hong Kong. After some hard work in choosing the right course, then getting an interview, I was admitted to study. So for a while I quit the full-time athlete role and concentrated on my studies. Since I left school early and I had never taken the Hong Kong Certificate Education Examination, and so it was rather hard for me to take up study again. This is especially true for those athletes coming from China, we learn English much later than Hong Kong students, so we have to spend more time on studying. It seemed that I had to start everything from the beginning."

"Since most of the books and reference materials are in English, while others only need one or two hours to complete the work, I needed to double or triple the time to accomplish the same task. I had to use the dictionary all the time, to recite the materials again and again. During the first year of study, I stayed up until two or three o'clock in the morning for revision. Without the HKSI's stipend and other financial support through the Fund, I might have to spend time on earning a living. I really appreciated the support of the HKSI. After retirement, I could no longer enjoy the service provided by the HKSI and I needed to learn how to take care of myself and adapt to a new life."

"Athletes are used to tough training and we have a greater capability to beat the odds. My campus life was packed with great memories, I not only learned about sports theories and knowledge, I also became friendly with many classmates. In the end, I was delighted to get an A-grade score on some of the sports related subjects and I also managed to get a pass in English."

"I am now planning to attempt the degree course at the same school. I still worry about my English proficiency, so I will prepare myself for this as well as I can. I will also take up more part-time coaching jobs to earn money, then by the time I start my study, I can better focus on it in order to get good results."

* 如欲得知更多有關香港運動員基金的詳情，請瀏覽體院網頁 www.hksi.org.hk「運動員支援」部份。

For more information on Hong Kong Athletes Fund, please visit the HKSI's website at www.hksi.org.hk on the part of "Support to Athletes".

體壇創高峰

In Pursuit of Sports Excellence

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

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



單車 Cycling

香港單車代表隊及香港青少年單車代表隊於九月在馬來西亞吉隆坡舉行的第二十六屆亞洲單車錦標賽及第十三屆亞洲青年單車錦標賽，分別奪得1銀4銅及1銀2銅，為香港創下歷屆賽事獲獎最多紀錄。

The Hong Kong cycling team and the Hong Kong junior cycling team won 1 silver, 4 bronze medals and 1 silver, 2 bronze medals respectively at the 26th Asian Cycling Championships and the 13th Asian Junior Cycling Championships held in Kuala Lumpur, Malaysia in September. This was a best-ever result for the teams in either of the competitions.



保齡球 Tenpin Bowling

保齡球運動員胡兆康於十月在奧地利維也納舉行的維也納公開賽男子個人賽奪得一面金牌，成為首位贏得歐洲錦標賽的香港保齡球運動員。

Wu Siu-hong won a gold medal in the men's individual event at the Vienna Open held in Vienna, Austria in August, becoming the first Hong Kong tenpin bowling athlete to win this title on the European Bowling Tour.

滑浪風帆 Windsurfing

滑浪風帆運動員鄭國輝於十月在中國深圳舉行的世界米氏板錦標賽，首次為香港男子米氏板賽事摘冠，而香港滑浪風帆隊在今次賽事共贏得1金1銀的佳績。

Windsurfing athlete Cheng Kwok-fai won the mistral men's event at the IMCO World Championships held in Shenzhen, China in October, becoming the first Hong Kong windsurfer to win this title. The Hong Kong windsurfing team won 1 gold and 1 silver medals in the competition.



▲ 鄭國輝 (右)
Cheng Kwok-fai (Right)

「毅力12愛心跑」元旦圓滿舉行 Run With Your Heart Successfully Held on the Eve of 2007

香港精英運動員協會於十二月三十一日在體院田徑場主辦「毅力12愛心跑」慈善籌款活動，約二千名跑手、金牌運動員及義工在這個香港精英運動員培訓基地一起度過搬遷前的最後一夜，所籌得款項將悉數捐贈再生會及香港精英運動員慈善基金。香港特別行政區行政長官曾蔭權伉儷在活動當日擔任開幕禮之主禮嘉賓，中國香港體育協會暨奧林匹克委員會會長霍震霆議員、體院副主席譚學林和一群香港精英運動員如李麗珊、黃金寶等均出席支持這次活動，參加者濟濟一堂，極具意義。



The President of the Sports Federation & Olympic Committee of Hong Kong, China Hon Timothy Fok, HKSIA's Vice-chairman Tam Hok-lam, together with a group of Hong Kong elite athletes, including Lee Lai-shan and Wong Kam-po, all showed their support for an unforgettable night of reflection and excitement.



On the eve of the HKSIA's temporary relocation, the Hong Kong Elite Athletes Association organised a charity run on 31 December at the HKSIA's Athletics Track. Around 2,000 runners, gold medallists and volunteers came together to farewell this pivotal training centre for Hong Kong elite athletes on its last night. The funds raised will be donated to the Regeneration Society and the Elite Athlete Charitable Trust. The HKSAR Chief Executive, Mr Donald Tsang Yam-kuen and Mrs Tsang were the guests of honour at the event.

「香港精英運動大檢閱」在無綫收費電視播放 Hong Kong Elite Sport Focus Broadcast on TVB Pay TV

繼早前體院與路訊通合作推出全港首個精英運動資訊節目——「香港精英運動大檢閱」後，讓數百萬香港市民可以更深入認識香港精英體育及運動員，該節目一連42集亦於十二月開始在無綫收費電視SUPER998台播放。

In collaboration with RoadShow, the first-ever info-programme on elite sport "Hong Kong Elite Sport Focus" has been launched, allowing millions of citizens to understand more about Hong Kong's elite sports and athletes. The 42-episode programme began in December on the SUPER998 Channel of TVB Pay Vision Limited.





三項鐵人運動員李致和喜事重重 Happy Moments for Triathlete Daniel Lee Chi-wo

三項鐵人運動員李致和於十二月份喜事重重。繼在第十五屆亞運會三項鐵人項目勇奪銀牌，他亦於於十二月二十三日結婚，展開人生新的一頁。體院衷心祝賀一對新人婚姻美滿愉快。

Triathlete Daniel Lee Chi-wo enjoyed a great month in December. Not only did he win a silver medal at the 15th Asian Games, but he also embarked on a new life, having got married on 23 December. The HKSI would like to congratulate Lee Chi-wo and his wife and wish them both a long and happy marriage.

體院獎學金運動員獲大學頒發獎學金

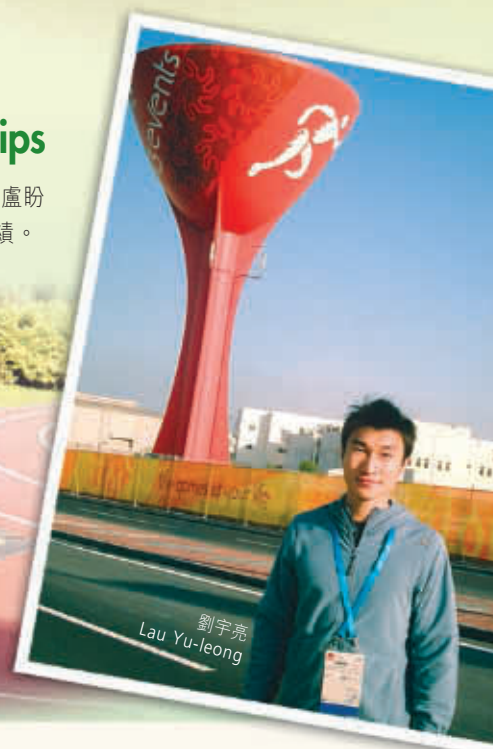
HKSI Scholarship Athletes Granted University Scholarships

現正就讀香港城市大學的體院獎學金運動員劉宇亮和梁淑華(田徑)，以及就讀香港理工大學的盧盼盼(劍擊)和蔡振宇(游泳)，分別獲大學頒發獎學金，藉此獎勵他們學業及運動皆取得優異成績。

HKSI Scholarship Athletes Lau Yu-leong and Leung Shuk-wa (Athletics) who are studying at the Hong Kong City University, together with Lo Pan-pan (Fencing) and Tsai Chun-yu (Swimming) who are studying at the Hong Kong Polytechnic University, have each been granted university scholarships to reward them for their excellent performance in both the academic and sports arenas.



梁淑華
Leung Shuk-wa



劉宇亮
Lau Yu-leong

遷址通告 Removal notice

由二零零七年一月一日開始，體院總部新地址如下：

香港新界沙田馬鞍山
鞍駿街2號
香港體育學院
(電話、圖文傳真、網址及電郵保持不變)

New address of the Hong Kong Sports Institute effective from 1 January 2007 is as follows:

Hong Kong Sports Institute
2 On Chun Street
Ma On Shan
Sha Tin, N.T.
Hong Kong
(Phone no., fax no., URL and email address remain unchanged)

各位讀者：

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

香港體育學院有限公司
二零零六年十二月

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
December 2006