



奧林匹克主義體驗營讓運動員學習奧林匹克主義及其背後包含的重要價值。
An Olympics-themed camp helped athletes understand the values on which the modern Olympics were founded.



另外，32名來自11個精英體育項目的運動員參加了於二零一三年二月二十日至二十二日在長洲舉行的2013奧林匹克主義體驗營。這項活動由港協暨奧委會及體院合辦，旨在讓運動員透過課堂、早操、團隊遊戲及比賽活動，學習奧林匹克主義及其背後包含的重要價值。

A total of 32 athletes from 11 Elite Sports participated in the Olympism Camp 2013 from 20 to 22 March 2013 in Cheung Chau. Jointly organised by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the HKSI, the objective of the event was to help athletes understand the importance of Olympism and Olympic values through lectures, morning exercises, team-building activities and competitions.

運動員事務部在年度內繼續推行精英教練工作體驗計劃，為準備在兩年內退役的精英運動員提供機會，以兼職形式參與精英培訓的工作，汲取工作經驗。計劃自二零零八/零九年度推出以來，共有16名運動員參與。

The Elite Coaching Apprenticeship Programme, launched in 2008/09, continued to provide eligible elite athletes who expect to retire from sport in the next two years with tailor-made, part-time work experience in the field of elite coaching. Since its launch, 16 athletes have participated in the programme.

年度內，部門與本港的體育機構、院校及社會各界緊密聯繫，確保各項重要的支援計劃得以順利及成功舉行；此外，亦與多個主要教學團體探討不同方案，為在學運動員提供具彈性的優質教育服務，以便他們接受全職訓練。

Throughout the fiscal year, the Department also worked closely with local sports organisations, educational institutions and community agents to ensure the smooth and effective operation of its key support programmes. Options for providing quality, flexible education services which would facilitate the full-time training of student athletes were explored with key education bodies.

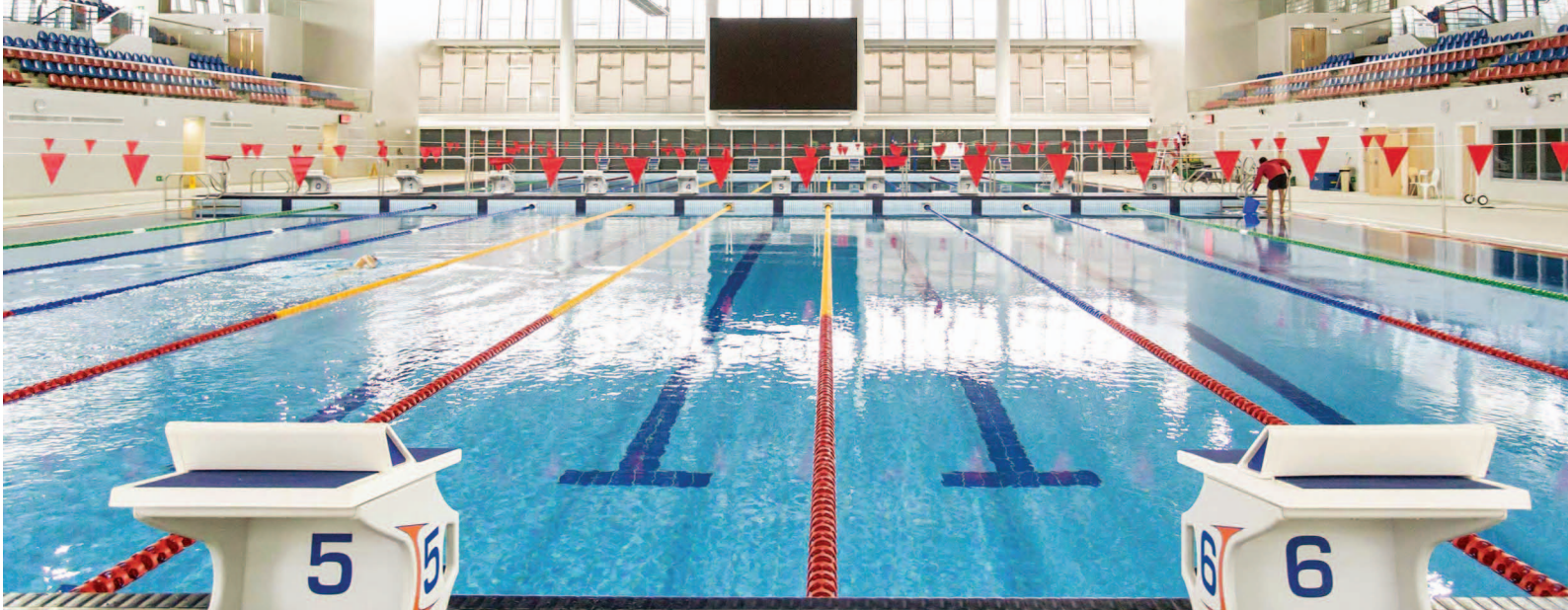
設施 Amenities

訓練場地

由政府撥款18億港元支持體院進行的重新發展計劃，在二零一二/一三年度踏入新里程。隨著計劃下所有新建體育設施落成，體院具備了更多世界級訓練場地，包括游泳館、賽艇中心，以及備有12條球道保齡球中心、武術館及三個雙打壁球場的體育館新翼，為精英運動員提供更理想的訓練環境。

Training Facilities

The HK\$1.8 billion Government-funded HKSI Redevelopment Project reached another significant milestone in 2012/13. With the completion of all the new sports facilities under the Project, more world-class training venues, including the Swimming Complex, Rowing Centre, and Sports Complex Annex that houses a 12-lane bowling centre, a venue for wushu training, and three doubles squash courts, are available at the HKSI to provide athletes with the optimum elite training environment.



符合國際標準的全新游泳館
The new international standard Swimming Complex

截至二零一三年三月，體院於其火炭總部為10個精英體育項目提供訓練場地，包括田徑、羽毛球、劍擊、空手道、賽艇、壁球、游泳、乒乓球、保齡球及武術；此外，亦按照其他精英體育項目的特定需要，在總部以外提供訓練場地，包括桌球、單車、體操、賽艇、保齡球、三項鐵人及滑浪風帆。

宿舍及膳食服務

截至二零一三年三月三十一日，運動員宿舍共有117名運動員入住，年度內亦為43名運動員提供日宿服務。

宿舍內每個房間均提供電腦上網服務，方便運動員於網上研習進修，並設有配備影音器材的休息室，以及多個課室。此外，宿舍內還設有「運動員學習閣」，以提供一個配備先進資訊科技設備的學習環境，為運動員進行教學活動。運動員宿舍不僅是運動員的住所，更為他們提供學習和與不同體育項目的運動員交往的機會，全面照顧專業運動員的個人發展需要，讓他們建立適合高訓練水平的生活方式。

體院的專業膳食團隊與運動營養師合作無間，為運動員餐廳構思新菜式和更新餐廳內展示的營養卡，讓運動員選擇最合適的食物，以應付每日訓練的需要。年度內，體院為運動員提供了超過11萬6,000頓膳食，較上一年度增加7%。

As at March 2013, elite training facilities are provided at the HKSI headquarters in Fo Tan for 10 Elite Sports: athletics, badminton, fencing, karatedo, rowing, squash, swimming, table tennis, tenpin bowling and wushu. Off-site training facilities are provided for billiard sports, cycling, gymnastics, rowing, tenpin bowling, triathlon and windsurfing to cater for the specific training needs of each sport.

Accommodation and Catering

The Athlete Hostel accommodated a total of 117 athletes as at 31 March 2013 and provided 43 athletes with day-rest support during the year.

Internet service is provided in each room to facilitate the athletes' online studies. There is a common room with audio-visual facilities, as well as rooms for conducting tutorials. An Athlete Learning Space is also available to provide an enhanced IT-supported learning environment that can support teaching and learning activities for athletes. The Athlete Hostel is not merely a place to live; it also provides an opportunity for athletes to learn from, and interact with, athletes in different sports, in order to fulfil the developmental needs of professional athletes and facilitate a high performance lifestyle.

Through the joint efforts of the HKSI's professional catering team and sport nutritionists, new dishes were introduced and the nutrition cards were updated at the Elite Corner for athletes to choose the most appropriate food to cope with the demands of their daily training. Over 116,000 meals, 7% more than last year, were served to athletes during the year.