

設施 Amenities

訓練場地

體院重新發展計劃第一階段工程竣工後，體院總部於二零一零年三月遷回火炭院址，為運動員提供多項經過翻新和擴充的設施。在二零一零/一一年度，體院於其總部為七個精英體育項目提供精英訓練設施，包括田徑、羽毛球、劍擊、壁球、游泳、乒乓球及武術。此外，體院亦按照其他精英體育項目的特定訓練需要，在總部以外的多個地點提供訓練場地，包括桌球、單車、空手道、賽艇、保齡球、三項鐵人及滑浪風帆。重新發展計劃餘下工程完成後，體院總部將配備更多世界級的訓練設施，為運動員營造最佳的精英訓練環境。

Training Facilities

With the completion of the first phase of the HKSI Redevelopment Project, the HKSI headquarters moved back to the Fo Tan premises in March 2010, providing athletes with expanded and upgraded facilities. In 2010/11, elite training facilities were being provided on the premises for seven Elite Sports: athletics, badminton, fencing, squash, swimming, table tennis and wushu. Training facilities for the other Elite Sports – billiard sports, cycling, karatedo, rowing, tenpin bowling, triathlon and windsurfing – were provided at various off-site venues, according to the specific training needs in each sport. With the completion of the rest of the Redevelopment Project, more world-class training facilities will be available at the HKSI headquarters to provide our athletes with the optimum environment for elite training.



白石鑲型單車場
Cycle Veldrome at Whitehead



沙田賽艇中心
Sha Tin Rowing Centre



香港航海學校
Hong Kong Sea School



火炭體院游泳池
HKSI Swimming Pool at Fo Tan

宿舍及膳食服務

截至二零一一年三月三十一日，運動員宿舍共有110名運動員入住，年度內亦為39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。宿舍於二零一零年五月增設「運動員學習閣」，以提供一個設有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。

另外，體院的專業膳食團隊與運動營養師合作無間，在運動員餐廳內展示約400張營養卡，詳列各項營養資料，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共9萬4,219頓膳食。



運動員學習閣
Athlete Learning Space

Accommodation and Catering

The Athlete Hostel accommodated a total of 110 athletes as of 31 March 2011 and provided 39 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 was also set up in May 2010 to provide an enhanced IT-supported learning environment that could support teaching and learning activities for athletes. The Athlete Hostel is not merely a place to live; it also provides an opportunity to learn and interact with different athletes, 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 sports nutritionists, around 400 nutrition cards with nutritional information were displayed at the Elite Corner for athletes to choose the most appropriate food to cope with the demands of their daily training. A total of 94,219 meals were served to athletes during the year.



運動員宿舍為運動員提供學習和
互相交往的機會。
The Athlete Hostel provides athletes
with an opportunity to learn from and
interact with one another.



運動員餐廳提供配合運動員營養需要的食物，以應付高水平的訓練。
The Elite Corner caters for athletes' high performance nutritional needs.