



體育資助 Funding Support

對運動員的直接財政資助

多年來，體院一直為香港精英運動員提供全面的支援，協助他們在體壇上再創高峰，當中財政資助對運動員爭取佳績起著重要作用。

於二零一零/一一年度，政府繼續向體院投放額外資源，協助其執行本地精英體育培訓的工作，對運動員培訓及支援服務的撥款亦持續增加，總額達4,878萬港元，為運動員提供全面的精英訓練支援，包括惠及兩個隊際運動項目——足球及欖球。

體院透過四項資助計劃發放資助予下列運動員：

- 精英體育項目及個別精英運動員資助計劃下之體育項目的550名運動員
- 其他體育項目的92名運動員
- 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的57名運動員

政府的持續撥款為精英運動員提供穩定的經濟環境，讓他們專心受訓，在國際體壇為港爭光。

• 精英訓練資助

精英訓練資助為精英體育項目的體院獎學金運動員及個別精英運動員資助計劃下之體育項目的精英運動員而設。在二零一零/一一年度內，精英訓練資助計劃撥出約3,687萬港元，資助550名運動員（303名成年及247名青少年運動員）。每名成年及青少年運動員的最高資助額分別為30萬及7萬8,000港元。受惠運動員的名單，請參閱附錄三。

• 體育訓練資助

體育訓練資助為沒有受惠於精英訓練資助或個別精英運動員資助計劃之體育項目的精英運動員，以及精英體育項目內的非體院獎學金運動員而設，直接提供經濟上的資助。在二零一零/一一年度內，體育訓練資助計劃撥出286萬港元予92名運動員（53名成年、33名青少年及6名隊際項目運動員）。每名成年及青少年運動員的最高資助額分別為15萬及3萬9,000港元，而隊際項目所屬的體育總會則最高可獲4萬2,000港元的資助。受惠運動員的名單，請參閱附錄四。

Direct Financial Support to Athletes

Over the years, the HKSI has been providing all-round support to Hong Kong elite athletes to help them strive for sporting excellence, and funding support has played a pivotal role in their success.

In 2010/11, the Government again underscored its ongoing support for elite athletes through the HKSI as its elite sport delivery agent. Funding for athlete training and support services continued to increase, with over HK\$48.78 million allocated for comprehensive elite training support for athletes, including two team sports – football and rugby.

The funding was allocated under four funding schemes to the following:

- 550 athletes from Elite Sports and sports supported under the Individual Athletes Support Scheme (IASS);
- 92 athletes from other sports; and
- 57 athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, and the Hong Kong Sports Association for the Mentally Handicapped.

This ongoing funding provides elite athletes with a financially stable environment, facilitating an uninterrupted focus on training and competitions in the international sporting arena.

• Elite Training Grant

The Elite Training Grant (ETG) is provided to HKSI Scholarship Athletes of Elite Sports and elite athletes of sports supported under the IASS. In 2010/11, the ETG scheme allocated some HK\$36.87 million to 550 athletes (303 Senior, 247 Junior). A maximum of HK\$300,000 was granted to each Senior Athlete and HK\$78,000 to each Junior Athlete. For the recipient list, please refer to Annex 3.

• Sports Aid Grant

The Sports Aid Grant (SAG) provides direct financial assistance to elite athletes of sports not under the ETG or IASS, as well as elite athletes of Elite Sports not under the HKSI Sports Scholarship Scheme. In 2010/11, the SAG scheme allocated HK\$2.86 million to 92 athletes (53 Senior, 33 Junior and 6 from Team-only Sports). A maximum of HK\$150,000 was granted to each Senior Athlete, HK\$39,000 to each Junior Athlete and HK\$42,000 to the National Sports Association (NSA) of each athlete from Team-only Sports. For the recipient list, please refer to Annex 4.

- 殘疾人士體育訓練資助

殘疾人士體育訓練資助為具有國際水準及發展潛質，並在國際體壇取得理想成績的運動員直接提供經濟上的資助。在二零一零/一一年度內，殘疾人士體育訓練資助計劃撥出282萬港元予57名精英運動員，每名運動員的最高資助額為6萬5,000港元。受惠運動員的名單，請參閱附錄五。

- 個別精英運動員資助計劃

非精英體育項目的精英運動員，可透過所屬總會獲得活動經費資助，以加強支援個別精英培訓的需要。在二零一零/一一年度內，個別精英運動員資助計劃撥出623萬港元，資助75名運動員（61名成年及14名青少年運動員）。每名成年及青少年運動員的最高資助額分別為13萬5,000及9萬港元。受惠運動員的名單，請參閱附錄六。

重點精英體育項目

政府於二零一零/一一年度撥款660萬港元予四個重點精英體育項目，包括羽毛球、單車、乒乓球及滑浪風帆，以協助該四個項目制訂更有效的奧運備戰計劃，增加運動員在2012奧運會取得獎牌的機會。



- Sports Aid Grant for Athletes with Disabilities

The Sports Aid Grant for Athletes with Disabilities (SAGD) provides direct financial assistance to Hong Kong athletes who have demonstrated the potential to achieve success in the international sports arena. In 2010/11, the SAGD scheme allocated HK\$2.82 million to 57 elite athletes, with a maximum of HK\$65,000 per athlete. For the recipient list, please refer to Annex 5.

- Individual Athletes Support Scheme

Apart from Elite Sports, programme funding is granted to elite athletes through their respective NSAs to further support their individual elite training needs. In 2010/11, the IASS allocated HK\$6.23 million to 75 athletes (61 Senior, 14 Junior). A maximum of HK\$135,000 was granted to each Senior Athlete and a maximum of HK\$90,000 to each Junior Athlete. For the recipient list, please refer to Annex 6.

Priority Target Sports

The four priority target sports badminton, cycling, table tennis and windsurfing were allocated HK6.6 million in 2010/11 to help them plan a more effective Olympic campaign to better position themselves to make a final push for the podium at the 2012 Olympic Games.

羽毛球、單車、乒乓球及滑浪風帆自二零零九年起獲額外資源備戰2012奧運會。

Badminton, cycling, table tennis and windsurfing have been given additional funding since 2009 to prepare for the 2012 Olympic Games.



殘障精英運動員培訓

在二零一零/一一年度內，體院共撥出150萬港元資助傷殘運動員精英培訓計劃，其中110萬港元撥給香港殘疾人奧委會暨傷殘人士體育協會，其餘40萬港元則給予香港弱智人士體育協會。

恒生優秀運動員獎勵計劃

為鼓勵香港運動員在2010亞洲運動會（亞運會）及亞洲殘疾人運動會（亞殘運會）上爭取佳績，體院與恒生銀行首次把該兩個運動會納入恒生優秀運動員獎勵計劃，為獎牌得主提供現金獎勵。

在2010亞運會踏入倒數150天前夕，體院與恒生銀行宣佈，亞運會及亞殘運會獎牌得主可獲接近雙倍的現金獎勵。最終香港亞運代表團勇奪40面獎牌，包括8面金牌，創出歷史佳績，而亞殘運健兒亦於2010亞殘運會摘下28面獎牌，包括5面金牌。於二零一零年十二月十五日及二零一一年一月十八日舉行的頒獎典禮上，恒生優秀運動員獎勵計劃向亞運會的82名獎牌得主及亞殘運會的25名獎牌得主合共頒發1,089萬港元獎金，是歷來發放予大型運動會獎牌得主的最高總額。

體院於一九九四年推出優秀運動員獎勵計劃，旨在向大型運動會的本地獎牌運動員提供現金獎勵。計劃自一九九六年起獲恒生銀行贊助，向在奧運會、殘疾人奧運會及全國運動會中表現傑出的香港運動員發放額外獎金，於二零零五年首次把計劃推廣至東亞運動會，然後於二零一零年擴展至亞運會及亞殘運會，進一步支持本地體育的發展。自一九九六年起，計劃發放予優秀運動員的獎金總額逾2,660萬港元。

Sports for Athletes with Disabilities

The HKSI distributed HK\$1.5 million during the reporting period to support the Elite Training Programme of sports for athletes with disabilities. Of this amount, HK\$1.1 million was allocated to the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled. A further HK\$400,000 was allocated to the Hong Kong Sports Association for the Mentally Handicapped.

Hang Seng Athlete Incentive Awards Scheme

To encourage Hong Kong athletes striving to achieve excellence at the 2010 Asian Games and Asian Para Games, the HKSI partnered with Hang Seng Bank to offer cash incentives to medallists under the Hang Seng Athlete Incentive Awards Scheme. This was the first time that the two Games were included in the Scheme.

The cash awards for the Asian Games and Asian Para Games medallists, announced on the eve of the 150-day countdown to the 2010 Asian Games, were close to double those offered in previous Games. The Hong Kong Asian Games delegation achieved a record haul of 40 medals, including 8 gold, while the athletes at the Asian Para Games brought home a total of 28 medals including 5 gold. At ceremonies held on 15 December 2010 and 18 January 2011, a record HK\$10.89 million was awarded to 82 athletes for the Asian Games and 25 athletes for the Asian Para Games.

Organised by the HKSI since 1994, the Scheme provides cash awards to medal winners at Major Games. Hang Seng Bank began sponsoring the Scheme in 1996, providing additional cash incentives to local athletes who achieve outstanding performances at the Olympic Games, the Paralympic Games and the National Games, as well as the 2005 and 2009 East Asian Games. In 2010, the Bank extended its cash incentives to medallists at the Asian Games and the Asian Para Games to further support the development of local sports. The total amount given to outstanding athletes under the Scheme since 1996 is over HK\$26.6 million.

亞運會及亞殘運會首次被納入恒生優秀運動員獎勵計劃。

The Asian Games and Asian Para Games were included for the first time in the Hang Seng Athlete Incentive Awards Scheme.





青年運動員獎學金頒獎典禮
The Youth Athletes Scholarship Award Presentation Ceremony

青年運動員獎學金

在二零零九/一零年度，由體院管理的香港運動員基金設立青年運動員獎學金，向在亞洲青年運動會、青少年殘亞運動會及青年奧運會中取得獎牌的本港運動員頒發獎學金。

體院於二零一零年九月十六日舉行頒獎典禮，向在2010青年奧運會勇奪銀牌的馬術運動員賴倩敏及滑浪風帆選手鄭俊樑，頒發合共2萬5,600港元的青年運動員獎學金，以示嘉許。

香港體育學院獎學金運動員特別獎勵基金

特別獎勵基金於二零零六年一月成立，由體院負責管理。基金獲政府轄下的弘民基金及葛量洪獎學基金撥款900萬港元，每年兩次向體院獎學金運動員提供現金獎勵，鼓勵他們於二零零六至零九年期間舉行的國際賽事中努力爭取佳績，後來更擴展至二零一零年的亞運會，為本地運動員提供更多支援。在二零一零年一月至十二月期間，共有389名運動員達到基金的撥款標準，獲頒發合共232萬港元的現金獎勵。

香港賽馬會精英運動員基金

香港賽馬會精英運動員基金（信託基金）於二零零四年成立，以支援香港的精英運動員。在二零一零/一一年度內，信託基金除撥出900萬港元予體院，為運動員提供直接財政資助外，更額外撥出629萬港元向參加大型運動會的運動員提供現金獎勵。有關信託基金的詳情，請參閱第91至第101頁的財務報告。

Youth Athletes Scholarship Award

The Youth Athletes Scholarship Award was established in 2009/10 under the Hong Kong Athletes Fund to provide scholarships to local athletes who win medals in the Asian Youth Games, the Asian Youth Para Games and the Youth Olympic Games.

In a presentation ceremony held at the HKSI on 16 September 2010, equestrian rider Lai Zin-man and windsurfer Cheng Chun-leung, both silver medallists at the 2010 Youth Olympic Games, received a total of HK\$25,600 under the Youth Athletes Scholarship Awards in recognition of their achievements.

Special Incentive Fund for HKSI Scholarship Athletes

The Special Incentive Fund was established in January 2006 with a grant of HK\$9 million from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund. Administered by the HKSI, it provided cash incentives to HKSI Scholarship Athletes on a biannual basis between 2006 and 2009 to encourage the pursuit of excellence in international sporting competitions, and was later extended to the Asian Games in 2010 to provide more support to local athletes. In the period from January to December 2010, a total of HK\$2.32 million was granted to 389 athletes who achieved criterion results.

The Hong Kong Jockey Club Elite Athletes Fund

The Hong Kong Jockey Club Elite Athletes Fund (the Trust Fund) was established in 2004 to support elite athletes in Hong Kong. In 2010/11, the Trust Fund contributed HK\$9.0 million to the HKSI for its Direct Financial Support to athletes, as well as a further HK\$6.29 million as incentive payments for participation in Major Games. For more details of the Trust Fund, please refer to the financial statements on pages 91 to 101.

香港運動員基金

體院由一九九七年起負責管理香港運動員基金，為修讀專上院校課程的運動員提供學費資助。在二零一零/一一年度內，基金共批出逾93萬6,900港元，資助10名運動員直至二零一三/一四學年的學費開支。獲資助的運動員包括：

- 黎振浩 (田徑)
- 梁俊偉 (田徑)
- 許偉浩 (羽毛球)
- 黃健忠 (單車)
- 歐倩瑩 (劍擊)
- 吳翹充 (體操)
- 施幸余 (游泳)
- 黃錯威 (游泳)
- 范珮珊 (輪椅劍擊 — 香港殘疾人奧委會暨傷殘人士體育協會)
- 譚焜琛 (輪椅劍擊 — 香港殘疾人奧委會暨傷殘人士體育協會)

Hong Kong Athletes Fund

Tuition fee subsidies for undergraduate studies have been granted to athletes since the inception of the Hong Kong Athletes Fund in 1997. In 2010/11, HK\$936,900 was approved to cover the tuition fees of 10 athletes up to the 2013/14 academic year. The recipients were as follows:

- Lai Chun-ho (Athletics)
- Leung Chun-wai (Athletics)
- Hui Wai-ho (Badminton)
- Wong Kin-chung (Cycling)
- Au Sin-ying (Fencing)
- Ng Kiu-chung (Gymnastics)
- Sze Hang-yu (Swimming)
- Wong Kai-wai David (Swimming)
- Fan Pui-shan (Wheelchair Fencing – Hong Kong Paralympic Committee & Sports Association for the Physically Disabled)
- Tam Chik-sum (Wheelchair Fencing – Hong Kong Paralympic Committee & Sports Association for the Physically Disabled)

科研支援 Scientific Support

體院採用生物、生理、社會學三者結合的跨學科模式來制訂支援策略，提供以科學為本、運動員為中心的精英培訓支援服務。運動科學、運動醫學及體適能部透過緊密的團隊合作，識別不同的訓練問題，然後與相關教練研究可行的解決方案，並會進行持續監控、討論和以最新研究數據作基準分析，定期修訂各項科研支援服務的程序。

運動科學

體院的運動科學部負責一切有關運動生化、生物力學、營養、生理及心理的事宜，為獎學金運動員提供多方面的專業科研支援，包括科學測試、技術分析及改良、訓練及恢復監控、運動營養諮詢，以及心理控制的技巧訓練和諮詢。

年度內，部門開發了一套全新的運動營養系統，讓營養師透過全面的數據庫，收集和保存運動員的完整營養檔案及飲食紀錄。此外，部門亦為武術隊開發全新視像分析系統，透過提供專業的實時多頻道視像捕捉、錄影、逐格對比及視像索引，協助提升精英訓練的水平。

In order to provide science-based, athlete-centred support for elite training, the HKSI uses the multi-disciplinary biopsychosocial model to formulate the support strategy. The Sports Science, Sports Medicine, and Strength & Conditioning Departments work as a team to identify the various training problems and concerns, and explore possible solutions with the relevant coaches. The support procedures are regularly updated through continuous monitoring, discussion and benchmarking against latest research data.

Sports Science

The HKSI Sports Science Department, which is responsible for all matters related to sports biochemistry, biomechanics, nutrition, physiology and psychology, provides a broad spectrum of expert scientific support for Scholarship Athletes. This includes scientific testing, technique evaluation and enhancement, training and recovery monitoring, sports nutrition consultation, and psychological training and consultation.

During the year, a new Sports Nutrition System was developed to provide a comprehensive database for nutritionists to collect and maintain a complete nutritional profile and dietary record for each athlete. A new video-analysis system was also developed for wushu to enhance elite training by providing professional, real time multi-channel video capture, recording, frame-to-frame comparison and video indexing.