

年度內，共有四個精英體育項目進行了優材甄選，包括單車、劍擊、賽艇及武術，吸引了123間學校的192名學生參加，當中93名參加者獲挑選進行長期訓練。

保齡球、空手道及武術三個精英體育項目則進行了優材篩選，共有161名青少年運動員參加了一連串的科學測試，所得結果用以分析他們進一步發展的潛質。

During the year, Talent Search programmes were held for four Elite Sports, namely cycling, fencing, rowing and wushu, with a total of 192 students from 123 schools participating in the programmes and 93 of the participants selected for long-term training.

Talent Screen programmes were conducted for tenpin bowling, karatedo and wushu, with a total of 161 young athletes undergoing a series of scientific tests. The test results were used to analyse their potential for further development.

設施 Amenities

訓練場地

體院總部自二零零七年一月起設於烏溪沙青年新村，並於二零一零年第一季遷回火炭原址。在二零零九/一零年度，體院繼續於其總部及多個康樂及文化事務署的運動場地，為14個精英體育項目提供精英訓練設施，包括：

- 田徑* : 馬鞍山運動場 (由二零一零年一月起在火炭院址恢復訓練)
- 羽毛球 : 馬鞍山體育館 (由二零一零年三月起在火炭院址恢復訓練)
- 桌球* : 多個商業桌球會
- 單車 : 火炭體院鑲型單車場 (由於進行體院重新發展計劃關係，火炭單車場於年度內被拆卸，用以興建九層高多用途大樓，期間訓練場地轉移至於白石興建的臨時鑲型單車場，作為過渡安排。)
- 劍擊 : 烏溪沙青年新村 (由二零一零年三月起在火炭院址恢復訓練)
- 空手道* : 位於觀塘的訓練場館 (由二零零九年七月起)
- 賽艇 : 沙田賽艇中心
- 壁球 : 九龍塘歌和老街壁球及乒乓球體育館 (由二零一零年二月起在火炭院址恢復訓練)
- 游泳 : 火炭體院游泳池
- 乒乓球 : 九龍塘歌和老街壁球及乒乓球體育館及大埔體育館 (由二零一零年三月起在火炭院址恢復訓練)
- 保齡球 : 多個商業保齡球場
- 三項鐵人 : 白石俱樂部

Training Facilities

The HKSI headquarters, after being based at Wu Kwai Sha Youth Village (WKSJV) from January 2007, were moved back to the Fo Tan premises starting in the first quarter of 2010. In 2009/10, the elite training facilities for the 14 Elite Sports were provided on site or at various Leisure and Cultural Services Department venues, as follows:

- Athletics* : Ma On Shan Sports Ground (Training resumed at the Fo Tan site in January 2010)
- Badminton : Ma On Shan Sports Centre (Training resumed at the Fo Tan site in March 2010)
- Billiard Sports* : Various commercial venues
- Cycling : HKSI Cycle Velodrome, Fo Tan (A temporary velodrome was built at Whitehead as a transitional arrangement for athletes' training while the one in Fo Tan was demolished to make way for the construction of the nine-storey multi-purpose building under the HKSI Redevelopment Project.)
- Fencing : WKSJV (Training resumed at the Fo Tan site in March 2010)
- Karatedo* : a training venue in Kwun Tong (from July 2009)
- Rowing : Rowing Centre, Sha Tin
- Squash : Cornwall Street Squash and Table Tennis Centre, Kowloon Tong (Training resumed at the Fo Tan site in February 2010)
- Swimming : HKSI Swimming Pool, Fo Tan
- Table tennis : Cornwall Street Squash and Table Tennis Centre, Kowloon Tong, and Tai Po Sports Centre (Training resumed at the Fo Tan site in March 2010)
- Tenpin bowling : Various commercial venues
- Triathlon : Whitehead Club

- 滑浪風帆：赤柱正灘香港航海學校及聖士提反灣水上活動中心
- 武術：馬鞍山體育館 (由二零一零年三月起在火炭院址恢復訓練)

- Windsurfing：Hong Kong Sea School at Stanley Main Beach and St Stephen's Beach Water Sports Centre
- Wushu：Ma On Shan Sports Centre (Training resumed at the Fo Tan site in March 2010)

* 於二零零九年七月納入體院精英培訓計劃內

* Joined the HKSI Elite Training System in July 2009



田徑場
Athletic Field



壁球場
Squash Courts



羽毛球及武術館
Badminton & Wushu Hall



劍擊館
Fencing Hall



乒乓球館
Table Tennis Hall

宿舍及膳食服務

設於烏溪沙青年新村的運動員宿舍運作至二零一零年二月，並於同年三月遷回火炭原址。截至二零一零年三月三十一日，運動員宿舍共有115名運動員入住。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廳、多媒體學習中心及會議室。運動員宿舍不僅是運動員的住所，更為他們提供了一個學習和與不同運動員交往的機會，全面照顧全職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，為精英運動員提供標準餐單，確保他們能攝取最適當的能量。在運動員餐廳內，每款自助餐菜式均備有一張營養卡，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。在二零零九/一零年度內，體院為運動員提供了共58,318頓膳食。

Accommodation and Catering

The Athletes' Hostel, located at WKS YV until February 2010 and at Fo Tan from March 2010, accommodated 115 athletes as of 31 March 2010. 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 a multi-media learning centre and meeting rooms. The Athletes' 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 our professional catering team and sports nutritionists, standardised elite athlete recipes are provided to optimise appropriate energy intake for elite athletes. In the athletes' dining area, each dish in the buffet has a nutrition card providing the athletes with the nutritional information they need to choose the most appropriate food to cope with the demands of their daily training. A total of 58,318 meals were served to athletes in 2009/10.

教練發展 Coach Development

滙豐銀行慈善基金教練級別評定計劃

這項計劃為本港教練提供培訓並予以認可資格。課程分為三個級別，每級包括四個部份，當中甲部教授運動通論，由香港教練培訓委員會的行政辦事處——體院教練培訓部推行，而乙、丙及丁部則圍繞運動專項內容，由香港教練培訓委員會資助各體育總會舉辦。

截至二零一零年三月，代表46個項目的45個體育總會曾經參加計劃，共有超過14,000位教練受惠。

香港教練培訓委員會於二零零九年十月二十九日舉行頒獎儀式，表揚在二零零八/零九年度滙豐銀行慈善基金教練級別評定計劃運動通論課程取得優異成績的七名教練。另外，又於二零一零年二月五日舉行優秀教學獎頒獎禮，嘉許五位由計劃參加者投票選出的教練導師，表揚他們於二零零九年的傑出教學表現。

Hongkong Bank Foundation Coach Accreditation Programme

This three-level programme provides accreditation to, and development opportunities for, coaches in Hong Kong. Each level comprises four parts. Part A provides Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC). Parts B, C and D consist of Sports-Specific components conducted by NSAs, with funding from the HKCC.

As at March 2010, 45 NSAs representing 46 disciplines had participated in the programme, and more than 14,000 coaches had benefited from the Hongkong Bank Foundation Coach Accreditation Programme (CAP).

A total of seven coaches who achieved outstanding results at the 2008/09 CAP Sports-General Theory courses were recognised in a ceremony on 29 October 2009. In the Quality Teaching Awards Presentation Ceremony, held on 5 February 2010, five coaches were presented with awards based on a vote by CAP participants for their teaching excellence in the programme in 2009.