

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。在二零零八/零九年度，體院繼續於總部及鄰近多個康樂及文化事務署的運動場地，為11項精英體育項目提供精英訓練設施，包括：

- 羽毛球：馬鞍山體育館
- 單車：火炭體院鑊型單車場
- 劍擊：烏溪沙青年新村
- 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
- 游泳：火炭體院游泳池（在奧運馬術比賽舉行期間，訓練場地轉移至顯田游泳池）
- 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
- 保齡球：多個商業保齡球場
- 三項鐵人：白石俱樂部
- 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

宿舍及膳食服務

設於烏溪沙青年新村的運動員宿舍最多可容納128名運動員，宿舍共分兩座，每座樓高三層，並另有兩座平房宿舍，提供二人、三人或四人房間的單位，房內設有浴室及茶水間。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。宿舍底層亦設有裝置了影音器材的休息廳、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，全面照顧職業運動員的個人發展需要，建立適合高訓練水平的生活方式。



Training Facilities

The HKSI headquarters has been based at Wu Kwai Sha Youth Village (WKSJV) since January 2007. In 2008/09, the elite training facilities for the 11 Elite Sports continued to be provided on site or at various Leisure and Cultural Services Department venues nearby:

- Badminton：Ma On Shan Sports Centre
- Cycling：HKSI Cycle Velodrome, Fo Tan
- Fencing：WKSJV
- Rowing：Rowing Centre, Sha Tin
- Squash：Cornwall Street Squash and Table Tennis Centre, Kowloon Tong
- Swimming：HKSI Swimming Pool, Fo Tan (Hin Tin Swimming Pool was also used during the period when the Fo Tan venue was hosting the Olympic Equestrian Events)
- Table tennis：Cornwall Street Squash and Table Tennis Centre, Kowloon Tong, and Tai Po Sports Centre
- Tenpin bowling: Various commercial venues
- Triathlon：Whitehead Club
- Windsurfing：Hong Kong Sea School at Stanley Main Beach and St Stephen's Beach Water Sports Centre
- Wushu：Ma On Shan Sports Centre

Accommodation and Catering

The Athletes' Hostel located at WKSJV accommodates up to 128 athletes. It comprises two three-storey blocks and two bungalows, and each unit contains twin, triple or quadruple bedrooms with a bathroom and pantry area. Athletes can access Internet services provided in each room to facilitate their online study. A common room with audio-visual facilities is also available on the ground floor, as well as a multi-media learning centre and meeting rooms. The Athletes' Hostel is not merely a place to live, but rather provides an opportunity to learn and interact with different athletes in order to fulfil the developmental needs of a professional athlete, and facilitate a high performance lifestyle.

To further enhance athletes' nutritional intake according to the specific competitive and training requirements of different Elite Sports, the HKSI's professional catering team has collaborated

為了讓運動員攝取更佳的營養，以應付不同精英體育項目的比賽及訓練需要，體院的專業膳食服務團隊與運動營養師緊密合作，在運動員餐單內推出逾80款新菜式。餐單更列出每款菜式的營養特點，讓運動員選擇最適合補充體力及應付每日訓練所需的食物。

with sports nutritionists to introduce over 80 new dishes in the athletes' menu. The nutritional characteristics of each dish are also included on the menu, thus enabling athletes to choose the most appropriate food to replenish their energy and cope with the demands of daily training.

教練發展 Coach Development

滙豐銀行慈善基金教練級別評定計劃

這項計劃分為三個級別，為本港教練提供培訓並予以認可資格。各級課程包括四個部份：甲部是運動通論，由香港教練培訓委員會之行政辦事處—體院教練培訓部推行；而乙、丙及丁部則分別圍繞運動專項內容，由教練培訓委員會資助各體育總會舉辦。

截至二零零九年三月，代表46個項目的45個體育總會已參加了滙豐銀行慈善基金教練級別評定計劃，共有超過1萬3,800位教練受惠。

The 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 is concerned with Sports-General Theory and is conducted by the HKSI Coach Education Department, the executive arm of the Hong Kong Coaching Committee (HKCC), while Parts B, C and D consist of Sports-Specific components conducted by NSAs with funding from the HKCC.

As at March 2009, 45 NSAs representing 46 disciplines participated in the programme and more than 13,800 coaches benefited from the Hongkong Bank Foundation Coach Accreditation Programme (CAP).

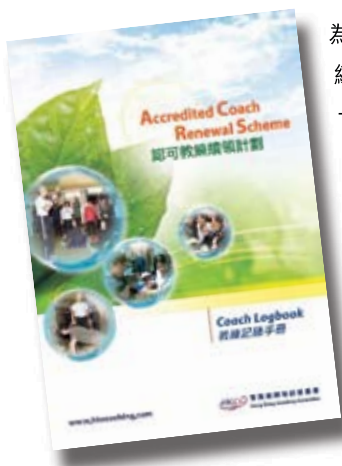
To further enhance the quality of coaches, the HKCC launched the Accredited Coach Renewal Scheme (ACRS) for CAP coaches on 1 September 2008 to encourage accredited coaches to actively participate in continuous coach education activities. The Scheme provides accredited coaches with a clear path to higher skill levels and helps to promote a culture of continuous education in sports coaching. To meet the accredited coach renewal requirement, participating coaches are required to accumulate sufficient hours of continuing coach education activities within a four-year period.

The response to the ACRS has been very positive, with around 800 applications received from CAP coaches as at March 2009.

The Hongkong Bank Foundation Coaching Directors Forum

More than 30 coaching directors and representatives from 20 NSAs attended the Coaching Directors Forum on 19 March 2009. Held under the theme of "Acquiring Sponsorship Support in

為進一步提升教練質素，香港教練培訓委員會於二零零八年九月一日推出認可教練續領計劃，鼓勵認可教練積極參與教練延續培訓活動。這項計劃為認可教練提供明確的途徑以提升水平，並協助業界推動持續進修的文化。為符合認可教練的續領要求，參與計劃的教練必須於四年內出席足夠的教練延續培訓活動時數。



認可教練續領計劃自推出後反應熱烈，截至二零零九年三月，共收到接近800份認可教練的申請。

滙豐銀行慈善基金教練總監論壇

逾30位來自20個體育總會的教練總監及代表出席於二零零九年三月十九日舉行的教練總監論壇。這次論壇的主題為「如何爭取外界支持香港壁球發展」及「香港羽毛球梯隊運動員培訓」，為教練總監提供了一個良好的機會，就教練培訓專項課題交流意見和心得。