

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。各級課程包括四部份：甲部是運動通論，由體院教練培訓部代表香港教練培訓委員會舉辦；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。

截至二零零八年三月，代表46個項目的45個體育總會已參加這項計劃，共有超過1萬3,400位教練報讀各級課程。

滙豐銀行慈善基金精英運動員資助計劃

這項計劃於二零零七年十二月開始，旨在協助精英運動員成為認可教練。此項試驗計劃主要包括甲部課程（運動通論）第二級的課程內容，並特別為配合精英運動員的訓練時間表而設計。

二零零七年十二月三至十八日期間，來自劍擊、賽艇、三項鐵人、武術及殘障人士體育項目共17名精英運動員，在其總教練的支持下，於體院參加此項計劃。所有參加者均成功考獲教練級別評定計劃第二級運動通論課程資格。



滙豐銀行慈善基金教練總監論壇

逾35位來自22個體育總會的教練總監及代表出席於二零零八年三月十七日在奧運大樓舉行的教練總監論壇，主題為「周密的領導模式 — 從教練的角度出發」。是次論壇旨在提供機會予教練總監，就教練培訓專項課題交流意見和心得。

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 general sports theory and is conducted by the HKSI Coach Education Department on behalf of the Hong Kong Coaching Committee (HKCC) while Parts B, C and D consist of sport-specific components conducted by NSAs with funding from the HKCC.

As at March 2008, 45 NSAs representing 46 disciplines participated in the programme and more than 13,400 coaches enrolled.

The Hongkong Bank Foundation Elite Athletes Support Scheme

Launched in December 2007, this Scheme aims to help elite athletes become accredited coaches. Under this pilot programme, a specially customised version of Part A (general sports theory) of the Coach

Accreditation Programme at Level 2 was offered to elite athletes tailored to fit in with their training schedules.

With the support of their Head Coaches, a total of 17 elite athletes from fencing, rowing, triathlon, wushu and disability sports took part in the Scheme between 3 and 18 December 2007 at the HKSI. All participants were successfully

accredited in Level 2 of the Sports-General Theory Course of the Coach Accreditation Programme.

The Hongkong Bank Foundation Coaching Directors Forum

More than 35 coaching directors and representatives from 22 NSAs attended the Coaching Directors Forum on 17 March 2008 at Olympic House. Held under the theme of "Contemplating Leadership — Coaches' Perspective", the Forum aimed to provide coaching directors with an opportunity to exchange views and expertise in the specialised field of coach training.

滙豐銀行慈善基金教練延續培訓計劃

於本年度，超過400位教練參與並受惠於此項計劃。這項計劃在二零零七年四月至二零零八年三月期間，舉辦了一系列講座及工作坊，題目包括：

- 運動員於炎熱環境下進行訓練/比賽策略
- 實踐運動營養學
- 核心肌肉穩定性訓練
- 運動員腰腿損傷的預防與手法治療



以「運動創傷」為主題的精英教練研討會，由香港教練培訓委員會及中華全國體育總會合辦，於二零零八年一月二十六日舉行。舉辦這個一年一度大型研討會的目的，是為了促進香港和中國內地在教練培訓方面的交流和聯繫。來自新加坡、中國內地和本港的四位教練培訓專家，跟與會人士分享他們在運動創傷方面的經驗（詳情參閱第43頁）。

滙豐銀行慈善基金教練培訓社區推廣計劃及滙豐銀行慈善基金教練入門課程

這兩項計劃於二零零四年推出，旨在提高公眾對教練培訓的認識，從而吸引更多有興趣人士投身運動教練行列。透過課堂及講座，參加者了解教練培訓的重要性，並對本港目前的教練培訓制度有概括的認識。截至二零零八年三月，這兩項計劃共吸引400多位學生、老師和家長參加。



The Hongkong Bank Foundation Continuing Coach Education Programme

During the fiscal year, more than 400 coaches benefited from participation in the programme. A series of seminars and workshops were organised between April 2007 and March 2008, namely:

- Preparing Athletes for Training/Competition in the Heat
- Sports Nutrition – Putting Theory into Practice
- Core Stability Training for Peak Performance
- Acupressure

An Elite Coaches Seminar themed “Sports Injuries” was also jointly held by the HKCC and the All-China Sports Federation on 26 January 2008. This annual event aims to facilitate exchanges and links between coach training in Hong Kong and Mainland China. Four coaching experts from Singapore, Mainland China and Hong Kong were invited to share their experiences and expertise in the area of sports injuries (please see page 43 for details).

The Hongkong Bank Foundation Community Education Programme and The Hongkong Bank Foundation Coach Orientation Programme

These two programmes, both launched in 2004, are intended to raise public awareness of sports coaching and attract members of the public to join the sports coaching profession. Through various lectures and talks, participants learn the importance of coaching and gain an overview of Hong Kong’s current coach education system. Some 400 participants including students, teachers and parents had taken part in the programmes as at March 2008.



滙豐銀行慈善基金學校教練培訓計劃

這項計劃包括學校教練評定計劃及學校教練延續培訓計劃，由香港教練培訓委員會與各體育總會攜手合作，於一九九八年首次開辦，旨在提高教師在學校擔任運動教練的水平，並透過評定計劃，為他們提供獲取「認可教練」資格的機會。至今已有超過700位中小學教師獲得認可學校教練資格。

本年度，在多個體育總會的支持下，在暑假及聖誕節學校假期間舉行七個運動項目課程，超過210名來自全港180間中小學的教師完成為期九日的教練課程，並於二零零七年七月三十日舉行的證書頒發儀式獲頒發出席證明書，以示鼓勵。

滙豐銀行慈善基金優秀教練選舉

一年一度的滙豐銀行慈善基金優秀教練選舉，是唯一向傑出教練致敬的全港性體壇盛事。二零零七年度的選舉，接獲各體育總會超過120項提名。

六個組別共有74位教練獲得殊榮，包括全年最佳教練獎（4名）、傑出貢獻獎（1名）、最佳教練培訓工作者獎（1名）、最佳隊際運動教練獎（1名）、精英教練獎（54名）及社區優秀教練獎（19名）。

單車教練沈金康榮膺全年最佳教練個人項目高級組獎，而乒乓球教練李惠芬則首次贏得全年最佳教練團體項目高級組獎。青少年組方面，個人項目及團體項目全年最佳教練獎，分別由壁球教練蔡玉坤及劍擊教練Geza Marffy奪得。

The Hongkong Bank Foundation School Coach Education Programme

Initiated by the HKCC, this programme has been jointly offered by NSAs since 1998. It comprises the School Coach Accreditation Programme (SCAP) and the School Coach Continuing Education Programme, both of which aim to raise the coaching standard of teachers and to provide them with opportunities to attain appropriate and relevant coaching qualifications. Over the years, more than 700 primary and secondary school teachers have been accredited under the SCAP.

With the support of various NSAs, courses in seven sports were held during the Summer and Christmas school holidays during the fiscal year. Over 210 school teachers from 180 primary and secondary schools benefited from these courses. They were presented with attendance certificates at the Certificate Presentation Ceremony on 30 July 2007 after completing a nine-day training course.



The Hongkong Bank Foundation Coaching Awards

The annual Hongkong Bank Foundation Coaching Awards is the only territory-wide programme paying tribute to the achievements of outstanding coaches in Hong Kong. In 2007, over 120 nominations were received from NSAs.

A total of 74 coaches were awarded under six categories, namely the Coach of the Year Awards (4 awards), Distinguished Services Award for Coaching (1 award), Coach Education Award (1 award), Best Team Sport Award (1 award), Coaching Excellence Awards (54 awards) and Community Coach Recognition Awards (19 awards).

Cycling coach Shen Jinkang won the Coach of the Year Award in the Senior Athletes, Individual Sport category, while table tennis coach Li Huifen won the Coach of the Year Award in the Senior Athletes,



在過去10多年來一直致力培育本地三項鐵人運動員的露芙肯特教練，則榮獲傑出貢獻獎。

榮獲最佳隊際運動教練獎的Rodney McIntosh，去年帶領香港欖球隊贏得IRB亞洲區欖球錦標賽2007七人欖球賽金牌；而長期致力於本地乒乓球教練培訓的余錦佳，則獲頒最佳教練培訓工作者獎。

資助體育總會

年度內，香港教練培訓委員會共撥出95萬港元予代表46個項目的45個體育總會，籌辦共81項教練培訓活動，當中包括21個海外及60個本地短期課程，讓超過2,100名教練受惠。

運動訓練教育學士學位課程

此項為期五年的運動訓練教育學士學位兼讀課程，由北京體育大學主辦，體院負責在港的行政工作，目的是透過提供正規訓練，為香港體壇培育高質素的教練。

為表揚二零零六至零七學年學業成績卓越的學生，零五級的六名學生於二零零七年十月十六日舉行的開學禮中，獲頒發滙豐銀行慈善基金獎學金合共2萬港元。

Team Event category for the first time. In the Junior Athletes categories, the Coach of the Year Awards for Individual Sport and Team Event went to squash coach Choi Yuk-kwan and fencing coach Geza Marffy respectively.

Ruth Hunt, who has devoted the past decade to developing local triathletes, was rewarded with the Distinguished Services Award for Coaching.

Rodney McIntosh won the Best Team Sport Award for steering the Hong Kong Rugby Team to a gold medal at the IRB Satellite Sevens-Asian 2007, while Yu Kam-kai's contribution to developing local table tennis coaches earned her the Coach Education Award.

Funding Support to NSAs

During the year, a total subvention of HK\$950,000 was provided by the HKCC to 45 NSAs representing 46 disciplines for the organisation of 81 coach education programmes. These included 21 overseas short-term courses and 60 local short-term courses collectively benefiting more than 2,100 coaches.

Undergraduate Course in Sports Training

Organised by Beijing Sport University and administered by the HKSI, the Bachelor of Education in Sports Training programme is a five-year part-time degree programme that aims to develop high quality coaches for Hong Kong sports by providing formal career training.

To recognise the outstanding academic performance of Beijing Sport University students during the 2006/07 academic year, six students from the Class of 2005 received Hongkong Bank Foundation Scholarships worth a total of HK\$20,000 at the First Assembly on 16 October 2007.