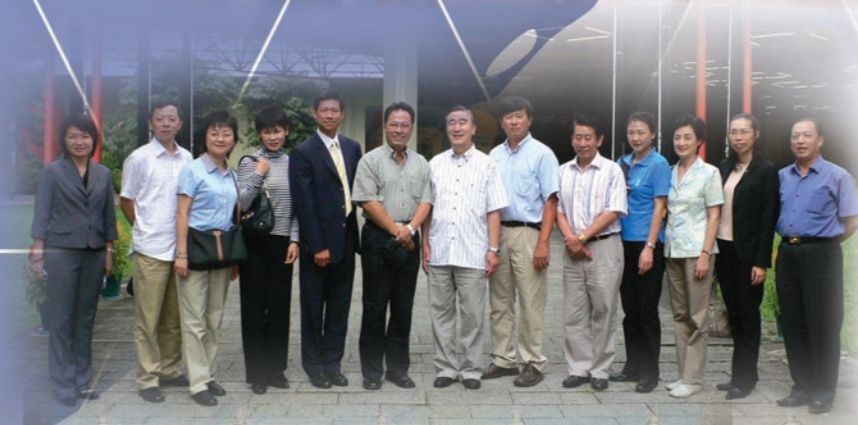


# 支持 Corporate Support to 精英體育 Elite Sport



## Hongkong Bank Foundation Elite Coaches Seminar 滙豐銀行慈善基金精英教練員研討會

Organiser: Hong Kong Coaching Committee  
主辦機構: 香港教練員研委會  
ATI-China Sports Federation  
中華全國體育總會

Sponsor: The Hongkong Bank Foundation  
資助機構: 滙豐銀行慈善基金



# 支持 Corporate Support to 精英體育 Elite Sport

為了預備騰出體院位於火炭的院址作為 2008 年奧運馬術賽事的其中一個主要場地，一連串為體院提供臨時設施的工作便在這年度密鑼緊鼓地進行。除了單車及游泳設施保留在火炭院址外，體院總部內包括辦公室、運動員宿舍、運動科學、運動醫學、體能訓練、劍擊及網球等設施，皆暫時遷往位於馬鞍山的香港中華基督教青年會烏溪沙青年新村。此外，在臨時總部內未能提供的一些訓練設施，例如羽毛球、壁球、乒乓球、三項鐵人、滑浪風帆及武術，則安排在康樂及文化事務署(康文署)轄下的訓練場地，以及其他機構如馬鞍山白石俱樂部和聖士提反灣水上活動中心。在慎密的籌劃及有效的安排下，所有工作按預期於二零零六年十二月中至二零零七年一月初完成。

至於精英體育的支援工作方面，體院則推出了多項新措施，以配合以上的轉變及維持高水準的服務。

To facilitate the preparation of the Fo Tan HKSI site as one of the core venues for the 2008 Olympic Equestrian Events, a series of actions were initiated to provide temporary HKSI facilities. While retaining the cycling and swimming facilities on the Fo Tan HKSI site, the HKSI headquarters – including offices, athletes' hostel, sports science, sports medicine, fitness training, fencing and tennis facilities – have been re-located to the Young Men's Christian Association (YMCA) Wu Kwai Sha Youth Village campus (WKSIV) in Ma On Shan. In addition, temporary training facilities which could not be accommodated at WKSIV such as badminton, squash, table-tennis, triathlon, windsurfing and wushu have been provided at various Leisure and Cultural Services Department (LCSD) venues and at other organisations such as Whitehead Club in Ma On Shan and St Stephen's Beach Water Sports Centre. Thanks to careful planning and effective actions, all works were completed within the targeted period from mid December 2006 to early January 2007.

For elite sports, the HKSI has identified and implemented a range of new approaches designed to facilitate and maintain its high standard of service.

## 體院重置計劃 HKSI Reprovisioning

為配合體院臨時總部的運作需求，香港中華基督教青年會在民政事務局的支持下，於烏溪沙青年新村進行設施改善工程。整項計劃於二零零六年年初展開，主要的工程包括：

- 將四座旅舍改建為辦公室及另外兩座旅舍改作運動員宿舍。
- 將烏溪沙青年新村餐廳的部份地方改建為設備完善的運動員餐廳，當中包括獨立廚房。
- 將10間課室和禮堂及六座房舍翻新成為運動科學測試室、運動醫學部、單車及三項鐵人用具倉、體育資訊中心、講授室、活動室和職員休息室等。

In order to match the high level requirements appropriate to the headquarters for the HKSI, the Chinese YMCA of Hong Kong, with support from the Home Affairs Bureau (HAB), conducted an improvement project for their facilities at WKSIV. The project began in early 2006 and the major works included:

- Converting four accommodation blocks to offices and two accommodation blocks to the athletes' hostel.
- Converting part of the WKSIV canteen to an athletes' canteen with a fully equipped kitchen.
- Renovating 10 classrooms and halls and six bungalows for sports science laboratories, the sports medicine clinic, cycling and triathlon stores, the Sports Information Centre, lecture rooms, function rooms and staff rest rooms.

- 興建一間劍擊館兼體能訓練中心、六個室外網球場、接待處、滑浪風帆倉、60個汽車停泊處(其中20個設有上蓋)，以及設有上蓋的120個單車停泊處。
- 興建戶外游泳池上蓋。
- 安裝六個貨倉。

為確保重置計劃得以順利進行，烏溪沙青年新村改善工程督導委員會於二零零五年年底成立，負責監察工程的進行情況。改善工程於二零零六年十二月中完成，而整項搬遷體院總部的工作則於二零零七年一月第一個星期內完成。

為慶祝體院臨時總部投入運作，一眾本地精英運動員、教練、政府官員及來自不同界別的嘉賓應邀出席於二零零七年二月五日舉行的喬遷聚會，並參觀臨時總部內的各項新設施。



## 體院重建計劃 HKSI Redevelopment

在進行重置工作的同時，配合現時及將來精英體育發展需要的體院重建計劃亦正式開始。香港特區行政長官在二零零六年十月十一日宣讀的二零零六至零七年施政報告中，公布了一系列推動香港體育發展的措施，其中包括政府已預留14億港元的撥款用作重建體院，為本地運動員提供世界級的訓練設施。此外，施政報告亦提及政府每年額外增加



- Constructing a new fencing hall and fitness training centre, six outdoor tennis courts, a front desk booth, a windsurfing store, 60 car park spaces (including 20 under cover) and 120 covered cycle parking slots.
- Constructing a cover for the open air swimming pool.
- Installing six container stores.

To ensure the smooth running of the project, a Steering Committee for Wu Kwai Sha Youth Village Improvement Project was formed in late 2005 to monitor the works progress. The Improvement Project was completed by mid December 2006. The whole removal exercise was completed in the first week of January 2007.

Hong Kong's top athletes, coaches, Government officials and guests helped commemorate the opening of the HKSI's new headquarters at WKSIV in a housewarming party on 5 February 2007, followed by a tour of the new facilities.

While the reprovisioning was in progress the HKSI redevelopment plan, which addresses both current and future needs of elite sports, was beginning to materialise. In his 2006/07 Policy Address delivered on 11 October 2006, the Chief Executive announced, amongst other initiatives to promote sports development in Hong Kong, that the Government had earmarked a sum of HK\$1.4 billion to embark on the redevelopment of the HKSI facilities to provide world-class training facilities for local athletes.



4,000萬港元的經常性撥款予精英運動員，讓正在積極備戰大型運動會的運動員的士氣大大提高。

以體院主席李家祥博士為首的體院重建計劃工程督導委員會(委員會)於二零零六年十一月成立，負責準備體院的重建計劃，以尋求立法會財務委員會批准撥款，確保計劃得以在奧運馬術賽事完成後立即展開。委員會的成員包括體院成員、政府有關當局或部門的代表，以及個別專業人士。

委員會於二零零六年十一月二十二日召開了首次會議，而闡明計劃規模的工程規限綱領則於二零零七年二月十六日獲民政事務局簽署認可。諮詢工作於二零零七年三月二十九日進行。各相關團體均支持重建計劃，並且同意採取兩期重建計劃方案：第一期為改善或翻新現有設施及進行地基工程，第二期為興建新設施工程。

An additional HK\$40 million in recurrent funds for elite athletes was also signalled in the Policy Address, a move which has significantly boosted athletes' morale as they prepare for the upcoming Major Games.

The HKSI Redevelopment Project Steering Committee (PSC) under the chairmanship of Dr Eric Li was set up in November 2006 to take forward the planning of the redevelopment project, with a view to gaining funding approval from the Legislative Council Finance Committee to commence works on site immediately after the Olympic Equestrian Events. The PSC comprises members from the HKSI, relevant government bureaux or departments and individual professional members.

The PSC had its first meeting on 22 November 2006. The Project Definition Statement, which justifies and defines the scope of the project, was signed off by the HAB on 16 February 2007. A consultation was held on 29 March 2007. All stakeholders expressed support for the redevelopment project and agreed to proceed with the project based on a two-phase redevelopment programme comprising upgrading or refurbishment works to existing facilities and foundation works in the first phase, followed by the construction of new facilities in the second phase.



## 國際交流 International Exchanges

體院與中國內地及海外同業一直保持緊密交流，以緊貼世界體壇在體育發展、運動員培訓及體育管理方面的最新趨勢。年內到訪體院的人士及組織包括

The HKSI maintains frequent exchanges with sports professionals in Mainland China and overseas in order to stay at the forefront of global developments in the fast-changing world of sports development,



菲律賓議員 Abdullah Dimaporo、北愛爾蘭體育局副主席 Gerry Carson、國家體育總局科教司司長蔣志學、福建師範大學訪問團、菲律賓體育總局代表團、全國政協教科文衛體委員會副主任張發強、上海體育學院院長姚頌平及國際交流處處長劉志民教授、上海市體育局及澳門體育發展局訪問團。



athlete training and sports management. Overseas visitors included Philippines Congressman, Abdullah Dimaporo; the Vice-Chairman of the Sports Council for Northern Ireland, Gerry Carson; the Director General, Science and Education Department, General Administration of Sport of China, Jiang Zhixue; the Fujian Normal University; the Philippine Sports Commission; the Vice-Chairman of the Committee of Education, Science, Culture, Health and Sports, Chinese People's Political Consultative Conference National Committee, Zhang Faqiang; President and Head of International Affairs Office of the Shanghai University of Sport, Yao Songping and Professor Liu Zhimin respectively; the Shanghai Sports Bureau; and a Macau Sport Development Board delegation.

### 奧運金牌運動員邢慧娜長跑工作坊

二零零六年六月十七日，雅典奧運女子10,000米金牌得主邢慧娜到訪體院，並出席由康文署主辦、體院協辦的工作坊，與本港約60名精英田徑運動員、教練、香港業餘田徑總會的運動員，以及本地中、小學的青少年田徑運動員分享訓練及比賽經驗，提高香港長跑運動水平，並就中國內地和本港田徑運動進行更深入的交流。

### Olympic Gold Medallist Xing Huina's Workshop at HKSI

Athens Olympic Women's 10,000m gold medallist Xing Huina paid a visit to the HKSI on 17 June 2006 and shared her training and competition experience with around 60 Hong Kong elite athletics athletes, coaches and athletes from the Hong Kong Amateur Athletics Association as well as young athletics athletes from local primary and secondary schools. Hosted by the LCSD with the assistance of the HKSI, the workshop aimed at enhancing the standard of long distance running in Hong Kong as well as promoting an in-depth exchange of experience between Mainland China and Hong Kong.



## 國際科學研討會

由體院主辦，為期兩天的國際科學研討會於二零零六年九月九日至十日舉行。是次研討會主題名為「以力量訓練發展爆發力、耐力及穩定力的科學理論」，探討的題目涵蓋多個元素，從發展運動員的基本訓練，以至有利於個人及隊伍體育項目最高水平的力量及速度訓練等課題都有涉及。是次研討會邀請了多名業內翹楚擔任主講嘉賓，與參加者分享力量訓練的心得，包括曾擔任世界知名中長距離跑手Sebastian Coe的訓練顧問的英國教練George Gandy、加拿大的John Gray、日本的長谷川裕、來自美國及曾訓練多位奧運獎牌選手的Randy Huntington、澳洲的Dr Robert Newton及Dr Mike McGuigan、美國的Anthony Peterson，以及本地普拉提專家Annemarie Munk。研討會吸引了170位教練、運動員、培訓人員、體育總會成員、本地熱衷體育的人士以及相關行業的專業人員出席。

會上所探討的一系列與力量訓練科學技術有關的課題，包括「力量、速度與耐力——論英聯邦運動會1500米跑金牌得主如何備戰」及「核心穩定性訓練新領域：如何改善精英運動員的表現及預防運動創傷」等。此外，研討會設有多個實習與示範環節，例如「量化核心穩定性：評估運動員患上腰背創傷的工具及技術」等，鼓勵參加者與演講嘉賓交流意見。



## International Scientific Symposium

A symposium on “Strength Training Science for Power, Endurance, and Stability Development” was organised by the HKSI on 9 and 10 September 2006. It addressed various components of the topic, from developing base level training for all athletes to the highest level of power and speed development for individual and team sports alike. Renowned speakers in the field were invited to share their expertise in strength training science including George Gandy, the UK’s coach/adviser to middle distance running legend Sebastian Coe; John Gray of Canada; Hiroshi Hasegawa of Japan; Randy Huntington of the USA, coach to many Olympic champions; Dr Robert Newton and Dr Mike McGuigan of Australia; Anthony Peterson of the USA and local pilates expert Annemarie Munk. A total of 170 coaches, athletes, trainers, NSA officials and local sports enthusiasts attended, as well as experts in related fields.

A number of key topics in strength training science were presented at the symposium including “Strength, Speed, and Endurance: the preparation of a Commonwealth Games 1500 metre gold medalist” and “Beyond core stability: improving injury prevention and athletic performance in elite athletes”. In addition, participants were given a chance to interact with the speakers during the practical and demonstration sessions such as “Quantifying core stability: tools and techniques for assessing low back injury risk in athletes”.

# Bank Foundation Elite Coaches Seminar 銀行慈善基金精英教練員研討會

Organiser: Hong Kong Coaching Committee  
主辦機構 香港教練培訓委員會  
All-China Sports Federation  
中華全國體育總會

Sponsor: The Hongkong Bank Foundation  
資助機構 滙豐銀行慈善基金



## 14<sup>th</sup> Hongkong Bank Foundation Elite Coaches Seminar

Jointly organised by the Hong Kong Coaching Committee and

### 第十四屆滙豐銀行慈善基金精英教練員研討會

這項每年一度的活動由香港教練培訓委員會及中華全國體育總會主辦，並得到滙豐銀行慈善基金資助，目的是促進香港與海外，特別是與中國內地，在教練培訓方面的交流與聯繫。為期一天的研討會在二零零六年十月二十一日舉行，主題為「運動選材及發展」。

研討會的主講嘉賓共有四位，包括來自中國上海市體育科學研究所副所長沈勳章及全國運動員選材專家組組長邢文華教授。沈副所長多年來專注研究運動選材，發表的學術論文與科研報告多達80篇。在研討會上，沈副所長以「運動員選材的測試與評價」為題，與參加者分享其見解；而北京體育大學中國運動員科學選材研究領域創始人之一的邢教授，則就「運動員科學選材研究進展」此課題分享其經驗。

另外兩位講者為澳洲體育委員會高級地區統籌德寶拉杜夫博士及加拿大卡加利運動中心運動生理及策略總監斯蒂芬羅維斯博士。拉杜夫博士與羅維斯博士發表的題目分別為「運動選材及發展的近況」及「運動員/球員的發展戰略」，向參加者分享個人心得。

是次到訪的中國個別體育行政中心代表團成員，還包括羽毛球、足球、柔道、乒乓球、網球、舉重及摔跤等項目的專家。

the All-China Sports Federation with funding from the Hongkong Bank Foundation, the aim of the annual Seminar is to provide a platform for exchanging ideas and expertise among overseas and local coaching professionals. Particular emphasis is placed on strengthening the linkages between Hong Kong and Mainland China. With the theme “Sporting Talent Identification and Development”, the one-day Seminar was held on 21 October 2006.

Four renowned speakers presented at the Seminar including two Mainland experts, Shen Xunzhang who is the Director of the Shanghai Research Institute of Sports Science and Professor Xing Wenhua, Leader of China’s Talent Identification Expert Team. Shen, who has published some 80 related dissertations and research reports, spoke on the topic “Testing and Measurement of Talent Identification” while Professor Xing, one of the pioneers at the Beijing Sport University in the scientific research of talent identification on Chinese athletes, discussed “The Evolution of Scientific Research on Talent Identification”.

The other two speakers were Dr Deborah Latouf from the Australian Sports Commission and Dr Stephen Norris from the Canadian Sport Centre, who spoke on “Current Issues in Talent Identification and Development” and “Athlete/Player Development Strategies” respectively.

Delegates from a number of individual sports administration centres in China such as badminton, football, judo, table tennis, tennis, weightlifting and wrestling also attended the seminar.

## 推廣及傳媒關係 Promotion & Media Awareness

體院與路訊通攜手合作，推出全港首個精英運動資訊節目——「香港精英運動大檢閱」。這個節目除了向市民介紹體院13個精英體育項目及殘障人士運動項目外，還有精英運動員和教練的真情剖白，以及簡

The HKSI, in collaboration with RoadShow, launched an info-programme entitled “Hong Kong Elite Sport Focus”. This first-ever Programme in Hong Kong introduced the HKSI’s 13 elite sports and disability sports to the community, and also shared with the public the experience of elite

介體院為本地精英運動員提供專業教練、培訓、設施方面的支援。節目的啟播儀式於二零零六年七月十九日舉行，主辦機構路訊通更於暑假期間在體院的火炭總部舉行展覽活動，向公眾介紹香港精英運動項目、運動員以及體院擔當的角色。



一連42集的「香港精英運動大檢閱」，由二零零六年七月下旬至十二月在全港九巴轄下的公共巴士及部份公共小巴上播放。而在二零零六年十二月至二零零七年一月期間，該節目亦在無綫收費電視 SUPER998台播放。

athletes and their coaches, as well as elite coaching, training and facilities provided by the HKSI in support of elite athletes. A launch ceremony was held on 19 July 2006. To complement this initiative, RoadShow also staged an exhibition introducing elite sports, elite athletes and the role of the HKSI at the HKSI's Fo Tan headquarters during summer.

The 42-episode programme was broadcast in the first instance on all buses of the Kowloon Motor Bus Company (1933) Limited and also some mini-buses from late July to December 2006. It was then broadcast on the SUPER998 Channel of TVB Pay Vision Limited from December 2006 to January 2007.

A total of 28 Olympic equestrian event-related visits were recorded within the period from September 2006 to March 2007. Visitors included representatives of the Beijing Organizing Committee for the Games of the XXIX Olympiad, various National Olympic Committees, the Equestrian Events (Hong Kong) of the Games of the XXIX Olympiad Company Limited, national embassies, Government departments, the HAB, sponsors and contractors of Beijing Olympics.

In order to provide local media with a full picture of the HKSI's temporary headquarters and the elite athletes' living environment at the WKSIV, a media tour of the HKSI facilities at the site was organised on 23 January 2007. This unusual "behind the scenes" tour provided 50 journalists from 20 media organisations with a rare glimpse





在二零零六年九月至二零零七年三月期間，因籌備2008奧運馬術項目而到訪體院的參觀共28次，到訪的機構包括第29屆奧林匹克運動會組織委員會、多個國家的奧林匹克委員會、第29屆奧林匹克運動會馬術比賽(香港)有限公司、多個國家的領使、政府部門、民政事務局、贊助商及北京奧運會的承辦商等等。

為了讓傳媒了解體院臨時總部的運作以及精英運動員在烏溪沙青年新村的生活環境，體院於二零零七年一月二十三日安排本地傳媒記者參觀體院臨時總部的設施。來自20間傳媒機構的50名記者把握這次難得的機會，深入了解各項訓練設施、運動科學測試室、運動醫學部、運動員宿舍，以及其他配套設施。

體院出版了兩本分別名為《奮進》及《飛躍》的紀念特刊，記錄了香港運動員在2006亞運會及遠東及南太平洋區傷殘人士運動會上的光輝時刻。在二零零七年一月二十七日舉行的體院優秀運動員獎勵計劃頒獎典禮上，嘉賓及獎牌得主均獲贈這兩本紀念特刊。此外，體院亦將這兩本特刊贈送予逾1,000間商業及體育機構作為農曆新年禮物，讓他們認識香港運動員所展現的體育精神，並喚起他們對贊助運動員的興趣。

年內，體院共發放40份新聞稿和安排了100次傳媒採訪，剪存多達3,400份有關運動員和體院的新聞報導。



of the training facilities, sports science laboratory, sports medicine department, athletes' hostel and various ancillary facilities.

Two commemorative brochures, *Forging Ahead* and *Leaping Ahead*, capturing many glorious moments at the 2006 Asian Games and the Far East & South Pacific Games for the Disabled respectively, were presented to the guests and medallists of the two Games at the HKSI Athlete Incentive Awards Scheme Presentation on 27 January 2007. The brochures were also sent as a Chinese New Year gift to over 1,000 business and sports organisations to inspire them with the sporting spirit of Hong Kong athletes and to stimulate their interest in sponsoring athletes.

A total of 40 media releases were issued and 100 interviews were arranged during the year. Almost 3,400 newspaper clippings on athletes and the HKSI were recorded.



## 商務收入 Commercial Income

年內，體院的總商務收入共有2,010萬港元，相等於體院經常開支的12.3%（不包括獲藝術及體育發展基金資助的開支）。由於體院於二零零七年初由火炭搬遷到烏溪沙青年新村的



臨時總部，令年度內最後一季的商務收入下降，部份運動課程是以租用其他場地並加大限制參加人數的方式繼續進行。而因游泳池在體院總部遷址後仍然保留在火炭院址，所以出租游泳池及舉辦游泳課程便能維持部份的商務收入。



During the year, a total of HK\$20.1 million commercial income was generated, representing 12.3% total HKSI expenditure (excluding Arts and Sport Development Fund expenditure and re-provisioning expenditure). As the HKSI relocated from Fo Tan site to its temporary headquarters at the WKSJV in early 2007, a drop in the commercial income occurred in the final quarter of the financial year. Some sports courses were able to be continued in a limited capacity at outside venues at a rental cost. However, rental revenue from the swimming pool and the continuation of the HKSI Swimming Courses in the retained facilities at the Fo Tan site continued to contribute some commercial income after the relocation.

## 商業贊助 Sponsorships

這年度為體院活動、獎學金運動員及體育總會籌得的現金及商業贊助、捐款和廣告收益，總值達到620萬港元。



A total of HK\$6.2 million, consisting of cash and in-kind sponsorships, donations and advertising, was secured during the fiscal year. This support was allocated directly to the HKSI programmes, HKSI Scholarship Athletes and NSAs.





## 體育研究及資訊 Research and Sports Information

體育研究及資訊組支援體院各項研究計劃及體育資訊的行政及發布工作，並負責管理香港體育資訊中心(中心)。中心收藏了中英文書籍、參考書、期刊、影音材料，以及關於運動、體育、康樂、教練培訓、運動科學及運動醫學的電子資料，包括光碟和互聯網等多媒體資訊，供教練、運動員、體育界人士、學術機構及公眾使用。中心更設有閱覽室，並提供影印服務、書刊借閱，以及全面的參考諮詢服務。

為提升電子化服務，中心現時設有兩個數據資料庫，分別為EBSCOhost運動數據庫及萬方數據。EBSCOhost運動數據庫收錄超過65萬份與運動題目有關的引文及摘要；而萬方數據資料庫內設有兩個數據庫可供檢索，分別是“中國學位論文全文數據庫”和“中國數字化期刊”，提供摘要或PDF格式的中文文章全文。

Supporting the HKSI's scientific endeavours is the Research & Sports Information Section. This Section facilitates the administration and dissemination of the HKSI research and sports information. Additionally, the Hong Kong Sports Information Centre (SIC) provides a centralised clearing house of up-to-date sports information and materials not only to coaches, athletes and the sports community, but also to academic institutions, schools and the general public. The SIC houses a substantial collection of Chinese and English books, reference books, journals, audio-visual materials and electronic resources on sports, physical education, recreation, coaching, sports science and sports medicine, including access to multimedia information on CD-ROMs and Internet resources. It also provides reading areas, photocopying, borrowing and comprehensive reference services.

To enhance its electronic services, two databases are now available in the SIC: EBSCOhost's SPORTDiscus which covers over 650,000 citations and abstracts on all aspects of sports subjects; and Wanfang Data which has two databases entitled "China Academic Dissertations Full-Text Database" and "China Digitized Journals", providing abstracts or full-text Chinese articles in PDF format.

