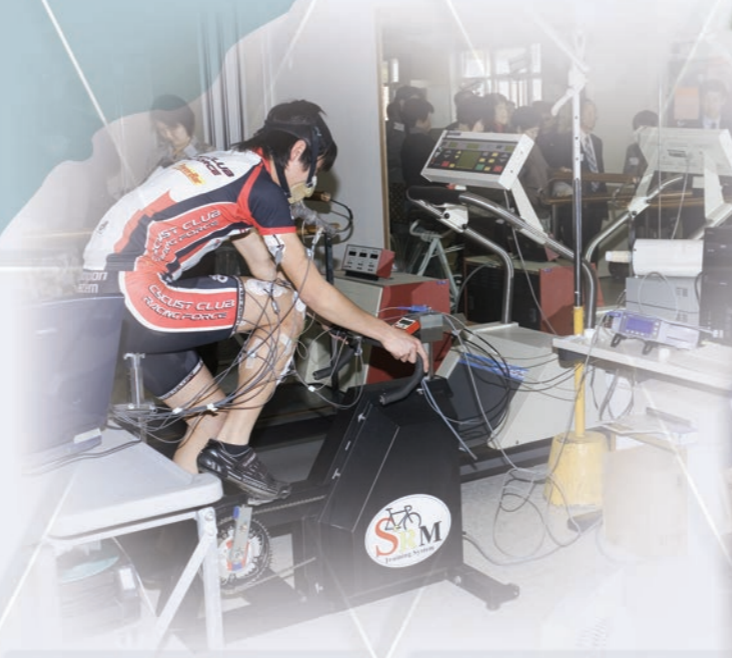


# 支援 Support to 運動員 Athletes



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**運**動員要超越比賽對手，贏取和保持優勢，除了運動員本身的天賦，以及後天的專業教練培訓外，還需要一套全面支援的系統協助，以減低受傷風險及提高訓練成效。體院的精英培訓建基在一個結合了生物學、心理學和社會學等因素的模式，從多方面促進精英運動員發展。因此，體院的精英培訓計劃是綜合了多種重要元素，包括精英教練培訓、優質的訓練設施、膳食及住宿、本地及海外訓練支援、運動科學及運動醫學服務、體適能訓練，以及教育、個人及社交支援等。此外，體院亦提供一系列的資助基金和獎勵計劃，當中包括新設立的特別獎勵基金（為備戰二零零六年至零九年期間舉行的大型運動會而設），以鼓勵體院獎學金運動員積極備戰國際比賽。

體院自二零零七年一月將總部暫時遷往烏溪沙青年新村後，為能夠繼續提供高水平的訓練成效，特別為受影響的運動項目安排其他的訓練設施。此外，為了切合特別訓練的需要，體院亦調配運動醫學專家到這些衛星訓練場地，例如歌和老街壁球及乒乓球中心，提供臨場服務。同樣地，體適能部在體院搬遷後亦維持運作其主要及新加設的體能訓練中心。

**A**part from individual talent, and expert coaching to facilitate that talent, achieving and maintaining “an edge” over competitors requires a comprehensive support infrastructure to minimise risk and maximise results. The HKSI service delivery model of elite training support is underpinned by a biopsychosocial paradigm which views elite athlete development from a multi-disciplinary perspective within which physical, psychological and social factors have to be taken into account. As such, key components of the integrated Elite Training Programme at the HKSI include high performance coaching, access to quality training facilities, meals and accommodation, local and overseas training support, sports science and sports medicine services, strength and conditioning as well as education support, personal and social development. A range of funding and incentive programmes, including the newly established Special Incentive Fund (targeting preparations for Major Games between 2006-09), aim to provide further incentives to HKSI Scholarship Athletes in preparing for upcoming important international competitions.

Subsequent to its relocation to the current temporary headquarters at Wu Kwai Sha Youth Village (WKSJV) in January 2007, the HKSI has continued to provide high performance training by arranging alternative training facilities for various sports affected by the temporary relocation. Sports medicine professionals are also designated at satellite training venues such as Cornwall Street Squash and Table Tennis Centre, to provide on-site services to meet specific training needs. The Strength & Conditioning Department has similarly maintained the operation of its core Fitness Training Centres as well as additional satellite centres after the relocation.

## 體育資助 Funding Support

### 體育資助基金及傷殘人士體育資助基金

體育資助基金及體院在年內合共撥出903萬港元，資助141名精英、64名青少年和11名隊際項目的運動員。精英運動員每人每年的最高資助額為九萬港元，青少年及隊際項目組別的受惠運動員，每人每年最多可獲三萬港元。

本年度，有35名精英傷殘運動員獲得傷殘人士體育資助基金及體院資助，他們合共獲撥款114萬港元，每名運動員最高可獲五萬港元。

受惠運動員的名單詳載於附錄三及附錄四。

### 個別精英運動員資助計劃

這項計劃旨在支援一些屬於非精英資助體育項目、但已達到精英水平的運動員。在本年度，共有17名運動員受惠，總資助額達到156萬港元。

他們享有獎學金運動員的待遇，可以使用體院提供的科研支援服務和各項設施，並獲資助訓練開支。每人每年的最高資助額為15萬港元。

受惠運動員的名單詳載於附錄五。

### 傷殘運動員精英培訓計劃

體院本年度撥出55萬港元，分別資助香港殘疾人奧委會暨傷殘人士體育協會40萬港元及香港弱智人士體育協會15萬港元。

### 香港運動員基金

香港運動員基金於一九九七年成立，旨在資助運動員修讀專上院校課程。在本年度，基金核准批出合共48萬港元，資助七名運動員直至二零零九至一零學年的學費開支。

獲資助運動員的名單詳載於附錄六。

### Sports Aid Foundation Fund and Sports Aid for the Disabled Fund

The Sports Aid Foundation Fund and the HKSI allocated a sum of HK\$9.03 million to 141 elite athletes, 64 junior athletes and 11 athletes from team-only sports in this fiscal year. A maximum of HK\$90,000 was granted to each elite athlete and HK\$30,000 to each junior athlete and to each athlete from the team-only sport category.

The Sports Aid for the Disabled Fund and the HKSI granted HK\$1.14 million to 35 elite athletes with disabilities at a maximum of HK\$50,000 per athlete.

Please see Annexes 3 & 4 for the full lists of recipients.

### Individual Athletes Support Scheme

This Scheme aims to assist non-Elite Vote-supported sports athletes who have already reached elite standard. A total of HK\$1.56 million was granted to 17 athletes.

Athletes supported under this Scheme are entitled to the same benefits as the Scholarship Athletes which include scientific support, access to HKSI facilities and a training expenses subsidy. A maximum of HK\$0.15 million was granted to each athlete in this fiscal year.

Please see Annex 5 for the full list of recipients.

### Disability Sports Elite Training Programme

The HKSI contributed HK\$0.55 million to support the Disability Sports Elite Training Programme, from which HK\$0.4 million was allocated to the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD). A further HK\$0.15 million was allocated to the Hong Kong Sports Association for the Mentally Handicapped.

### Hong Kong Athletes Fund

Subsidies on tuition fees for undergraduate studies have been granted to athletes since the inception of the Fund in 1997. In this fiscal year, HK\$0.48 million was approved to cover the tuition fees of seven athletes up to the 2009/10 academic year.

Please see Annex 6 for the full list of recipients.



## 2006 亞運會及遠南傷殘人士運動會 體院優秀運動員獎勵計劃

這項獎勵計劃由體院於一九九四年主辦，在年內表揚了在第十五屆亞運會和第九屆遠東及南太平洋區傷殘人士運動會（遠南傷殘人士運動會）有超卓表現的香港運動員。於卡塔爾舉行的多哈亞運會，為香港贏得獎牌的43名運動員共獲頒發412.5萬港元；而在馬來西亞吉隆坡舉行的遠南傷殘人士運動會奪得獎牌的61名健兒，則獲頒共69.6萬港元。有關的開展及頒獎儀式分別於二零零六年十一月七日及二零零七年一月二十七日舉行。

## 香港體育學院獎學金運動員特別獎勵基金

這項新設的獎勵基金於二零零六年一月成立，由體院負責管理，獲特區政府轄下的弘民基金和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，鼓勵他們備戰及參加在二零零六至零九年期間舉行的大型運動會。開展儀式及第一期頒獎禮於二零零六年八月二十八日舉行，向在二零零六年一月至十二月舉行的國際賽事中取得優異成績的316名運動員，頒發合共226萬3百港元的現金獎勵。

## HKSI Athlete Incentive Awards Scheme for the 2006 Asian Games and Far East & South Pacific Games for the Disabled

Established by the HKSI in 1994, the Scheme recognised Hong Kong athletes' achievements at the 15<sup>th</sup> Asian Games and the 9<sup>th</sup> Far East & South Pacific Games for the Disabled (FESPIC Games) by awarding a total of HK\$4.821 million to medal winners. Of the total amount awarded, HK\$4.125 million went to 43 medallists at the Asian Games in Doha, Qatar and HK\$0.696 million to 61 medal winners at the FESPIC Games in Kuala Lumpur, Malaysia. The launch and presentation ceremonies were held on 7 November 2006 and 27 January 2007 respectively.



## Special Incentive Fund for HKSI Scholarship Athletes

Administered by the HKSI, the new Special Incentive Fund was established in January 2006 with financial support of HK\$9 million from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund. It provides cash incentives to HKSI Scholarship Athletes on a biannual basis to encourage the pursuit of excellence in training for, and participation in, different Major Games during the period from 2006 to 2009. The launch ceremony and first presentation ceremony was held on 28 August 2006. A total of HK\$2,260,300 was granted to 316 athletes who returned with criterion results during the period from January to December 2006.



## 精英發展 Elite Development

體院本年度撥款1億4,599萬港元用於體院的精英運動員培訓計劃。所有撥款均直接用於支援353名獎學金運動員(分別為196名精英運動員及157名青少年運動員)，其中包括支付聘請專業教練、訓練、膳食及住宿、運動科學及醫學、進修及就業輔導，以及提供訓練設施等各項開支。

### 運動科學

運動科學部設有五個功能單位，分別為運動生化、生物力學、營養、生理及心理組，為獎學金運動員提供多方面的科研支援，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、心理諮詢、心理控制的技巧訓練，以及全面性的反違禁藥及推廣計劃。這年度的主要工作如下：

- 為教練提供更多臨場支援，全力協助運動員備戰大型運動會，提供了272天海外科研支援服務。
- 在七個國際會議上合共發表了五份研究報告，另有兩份論文獲國際性的運動科研刊物刊登。
- 與本地及中國內地大學緊密合作，已開展數項研究計劃。
- 到本地大學舉行了16次講座，並為準畢業生提供實習機會，協助培訓本地運動科研人才。
- 為本地運動員、教練及體育總會舉辦了25次講座及研討會。
- 與到訪的中國內地、意大利、澳洲及澳門同業，交流運動科研支援與服務方面的發展資訊。



In this fiscal year, the HKSI allocated HK\$145.99 million to the HKSI-based Elite Training Programme. The funds have been fully utilised to cover the expenses of hiring professional coaches, training, catering and accommodation, sports science and medicine support, education and career guidance as well as providing training facilities for 353 Scholarship Athletes (196 elite athletes and 157 junior athletes).

### Sports Science

The Sports Science Department, which consists of five functional units including sports biochemistry, biomechanics, nutrition, physiology and psychology units, 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, psychological consultation, mental skills training and a comprehensive doping control and education programme. Major tasks in this fiscal year include:



- Providing coaches with increased on-site support in preparing athletes for Major Games. A total of 272 staff days of overseas scientific support services were provided.
- Presentation of five research articles at seven international conferences and the publication of two papers in international, peer-reviewed sports science journals.
- Collaboration on several joint research projects with universities in Hong Kong and Mainland China.
- Organisation of 16 seminars at local universities and provision of internships to train and develop local sports science expertise.
- Organisation of 25 seminars and symposia for local athletes, coaches and National Sports Associations (NSAs).
- Exchange of information on sports scientific support and services with visiting sports professionals from Mainland China, Italy, Australia and Macau.

## 運動醫學

運動醫學部為獎學金運動員提供醫療支援，包括體格檢查、西醫、中醫及骨科診治、物理治療、康復訓練及按摩服務。為向運動員灌輸預防運動創傷及實用的運動醫學常識，運動醫學部每年均舉辦多個講座及工作坊，以及為運動員製作教育刊物；此外，還會定期向運動員提供肌肉骨骼檢定及生物力學評估，並舉辦柔韌性、肩部及腰背穩定運動訓練班等。這一年的主要工作如下：

- 提供了1,238天海外及59天本地集訓和比賽的臨場支援服務。
- 為本地及海外準畢業生舉行了三次講座，並提供實習機會，協助培訓運動醫學專家。
- 發表了兩份刊登於國際性運動醫學刊物的運動醫學研究報告。



## 體適能訓練

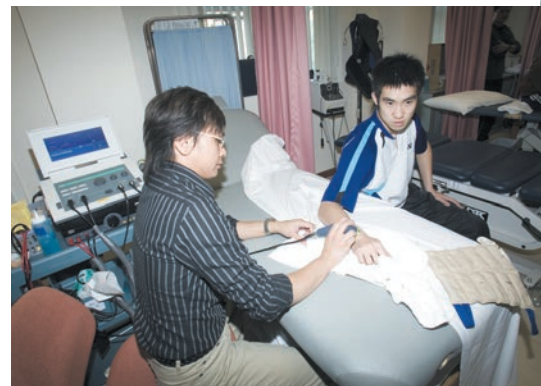
體適能訓練與運動科學及醫學的工作息息相關、互相緊扣。體適能部主力制訂及執行體適能訓練計劃，改善運動員在爆發力、肌肉力量、速度、靈活應變和機動能力方面的表現，令運動員無論於一般或是專項運動上都能充份發揮。

有關計劃是專為精英和青少年級別的獎學金運動員而設，並會根據總教練的要求及專項運動的需求而制訂。體能訓練中心全年的每月平均使用率為1,676次。

體適能部經常舉辦課堂及工作坊，向運動員及教練講解與體適能有關的不同課題，舉行地點包括演講室及訓練場地。

## Sports Medicine

The Sports Medicine Department provides Scholarship Athletes with medical support services including physical examinations, conventional medicine, Chinese medicine and orthopaedic consultation, physiotherapy, rehabilitative training and sports massage services. Various seminars and workshops are organised each year and a number of athlete-centred publications produced to educate athletes on the prevention of sports-related injury and to increase their knowledge on practical sports medicine. Musculo-skeletal evaluation, biomechanical assessment, as well as training sessions on flexibility, shoulder and core stability are regularly provided to athletes. Major tasks in this fiscal year include:



- Provision of 1,238 staff days and 59 staff days of on-site support services for overseas and local training sessions and competitions respectively.
- Organisation of three seminars and internships for local and overseas students to train them to become future sports medicine professionals.
- Preparation of two sports medicine research articles for publication in international sports medicine journals.

## Strength and Conditioning

The Strength & Conditioning Department works closely with the Sports Science and Sports Medicine Departments to develop and implement strength and conditioning programmes designed to optimise athletes' performances by improving their power, strength, speed, adaptability and mobility, enabling them to perform to their fullest potential.





年內的主要工作包括：

- 為精英運動員、教練及體育總會舉辦了四次體適能研討會/工作坊。
- 在國際會議上發表了兩份研究論文。
- 在四個衛星訓練中心為精英運動員提供臨場支援。

## 運動員事務

運動員事務部負責為獎學金運動員組織及安排與進修、就業、社交及個人發展有關的一系列支援計劃。本年度共有120名運動員獲提供學業資料及輔導，另外有14名運動員透過運動員獎學金計劃，成功獲推薦入讀本地大學；此外，部門亦為個別體育項目的運動員安排了25項職業計劃，協助他們為退役後重投社會做好準備。部門亦積極與本地各有關體育機構、學校及社會各界緊密聯繫，確保各項重要的支援計劃得以順利及成功地舉行。



The programmes are designed for elite and junior Scholarship Athletes based on the specific requirements of the Head Coaches and specific sports. The average monthly usage of the Fitness Training Centre was 1,676 throughout the year.

The Department provided lectures and workshops to both athletes and coaches on topics relating to the field of strength and conditioning. Education takes place both in the lecture room and on the training grounds.

Major tasks for this year include:

- Organisation of four strength and conditioning seminars/workshops for elite athletes, coaches and NSAs.
- Presentation of two research papers at international conferences.
- Provision of on-site coaching support for elite athletes at the four satellite-training centres.

## Athlete Affairs

The Athlete Affairs Department is responsible for providing Scholarship Athletes with a series of supporting programmes related to education, vocational, social and personal development. In this fiscal year, 120 athletes received educational information and guidance and 14 athletes were recommended for further studies at

local universities through the Sports Scholarship Scheme. Twenty-five vocational programmes were arranged for athletes of individual sports to assist them in preparing for life after active competition. The Department also worked closely with respective local sports organisations, educational institutions and community agents to ensure the smooth and effective running of its key supporting programmes.



## 設施

體院總部於二零零七年一月一日暫時遷往烏溪沙青年新村。臨時總部內設有體能訓練中心、劍擊館及六個網球場；而其餘11項精英訓練設施則安排在鄰近烏溪沙青年新村的康樂及文化事務署(康文署)轄下的多個運動訓練場地，分別為：



## Facilities

The HKSI headquarters was relocated to WKSIV on 1 January 2007. A new Fitness Training Centre, Fencing Hall and six tennis courts were provided at the WKSIV. Apart from these new facilities, other facilities for elite training were provided in various Leisure and Cultural Services Department (LCSD) venues nearby for the other 11 elite sports. They are:



<p>田徑 Athletics</p>	<p>馬鞍山運動場 Ma On Shan Sports Ground</p> 	<p>單車 Cycling</p>	<p>火炭體院鑲型單車場 (與以往一樣) HKSI Cycle Velodrome in Fo Tan venue (as before)</p> 
<p>羽毛球 Badminton</p>	<p>馬鞍山體育館 Ma On Shan Sports Centre</p> 	<p>賽艇 Rowing</p>	<p>沙田賽艇中心 (與以往一樣) Rowing Centre in Sha Tin (as before)</p> 



<p>壁球 Squash</p>	<p>九龍塘歌和老街壁球及乒乓球體育館 Cornwall Street Squash and Table Tennis Centre in Kowloon Tong</p> 	<p>三項鐵人 Triathlon</p>	<p>白石俱樂部 Whitehead Club</p> 
<p>游泳 Swimming</p>	<p>火炭體院游泳池及顯田游泳池(於火炭院址舉行馬術測試比賽期間使用) HKSI Swimming Pool in Fo Tan venue and Hin Tin Swimming Pool (during the period when the Fo Tan venue will be holding the Olympic Equestrian Test Events)</p> 	<p>滑浪風帆 Windsurfing</p>	<p>赤柱正灘香港航海學校及聖士提反灣水上活動中心(與以往一樣,但設有已改善的訓練設施) Hong Kong Sea School at Stanley Main Beach and St Stephen's Beach Water Sports Centre (as before but with enhanced facilities)</p> 
<p>乒乓球 Table Tennis</p>	<p>九龍塘歌和老街壁球及乒乓球體育館及大埔體育館 Cornwall Street Squash and Table Tennis Centre in Kowloon Tong and Tai Po Sports Centre</p> 	<p>武術 Wushu</p>	<p>馬鞍山體育館 Ma On Shan Sports Centre</p> 
<p>保齡球 Tenpin Bowling</p>	<p>多個商業保齡球場(與以往一樣) various commercial venues (as before)</p> 	<p>體院總部在搬遷後繼續管理及使用以下位於火炭體院院址內的設施： After relocation, the HKSI continued to manage and use the following facilities retained at Fo Tan:</p> <ul style="list-style-type: none"> <li>• 鑊型單車場 Cycle Velodrome</li> <li>• 25米游泳池 25m Swimming Pool</li> <li>• 體能訓練中心 Fitness Training Centre</li> </ul>	

## 宿舍及膳食服務

設於火炭總部的運動員宿舍於二零零五年完成翻新工程後，宿位數目大大提高，由以往可供64名運動員住宿增加至113名，供63名男子及50名女子運動員入住。

烏溪沙臨時總部設有新落成的運動員宿舍，提供58間房間，共128個床位，較位於火炭總部的運動員宿舍增加14%的宿位，提供更寬敞的房間。宿舍共分兩座，每座樓高三層，提供二人、三人及四人房間的單位，房內設有浴室及廚房。每間房間更提供電腦上網服務，方便運動員在訓練後利用上網學習和研習進修。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。新運動員宿舍啟用儀式於二零零七年一月十五日舉行，約有100名運動員、教練及體院管理人員出席。

## Accommodation and Catering

Following the successful renovation work of the Athletes' Hostel at the Fo Tan Headquarters in 2005, the residential capacity has increased from 64 athletes to 113, providing accommodation for 63 male and 50 female athletes.

The newly furnished Athletes' Hostel was re-provided at the WKSJV temporary headquarters with 58 rooms providing 128 beds.

The new hostel has bigger rooms and accommodates 14% more athletes than the hostel at the Fo Tan headquarters. It comprises two three-storey blocks. Each unit contains twin, triple and quadruple bedrooms, with a bathroom and a kitchen area. Internet service is also provided in each room so that athletes can study online at any time convenient to them after training. A common room with audio-visual facilities, a multi-media learning centre and meeting rooms are also available on the ground floor. An opening ceremony for the new hostel was held on 15 January 2007, with some 100 athletes, coaches and HKSI management in attendance.

A new Athletes' Canteen was established at WKSJV. The service hours have been extended in order to cope with the new elite training schedules after relocation. The professional catering team and the sports nutritionist work closely to further enhance athletes' nutritional intake according to the specific competitive and training requirements of different elite sports.



烏溪沙青年新村內設有新的運動員餐廳，為配合搬遷後的新精英訓練時間表，餐廳營業時間亦相應延長。體院的專業膳食隊伍與運動營養主任緊密合作，按不同精英體育項目的新訓練安排，為運動員提供更佳的營養美食，應付緊密的訓練。



## 培育新秀 Nurturing Young Athletes

### 體壇明日之星甄選計劃

這項計劃繼續成為體院培訓系統中發掘具潛質青少年的有效途徑。精英體育項目，包括單車、網球、三項鐵人及武術亦透過這項計劃選拔青少年運動人才。



為了加強與鄰近社區的聯繫，沙田及馬鞍山區的學校獲邀參加這一年的科研測試及運動專項測試。教練根據收集到的科研數據，挑選具潛質的學生進行第一階段的訓練，潛質優厚的學生最後會獲邀參加精英培訓計劃的訓練。



在計劃進行期間，精英體育項目的體育總會擔當了重要的角色，協助甄選、支援及培訓具潛質的青少年運動員。精英運動員亦參與由夥伴學校舉辦所屬體育項目的推廣活動，向學生介紹成為精英運動員的心路歷程、即席示範及一展身手。

### Searching for New Sport Stars

The Searching for New Sport Stars programme continues to be a valuable means for identifying talented youngsters for the HKSI feeder system. Elite sports including cycling, tennis, triathlon and wushu took advantage of the programme during the year to strengthen their feeder squads.



To enhance relationships with the local community, schools in the Sha Tin and Ma On Shan areas were invited to attend scientific tests and sport-specific tests in this fiscal year. Based on the scientific data gathered, coaches then selected potential talents for the first phase of training. Talented students would eventually be channelled to the main stream elite training programmes.

During the course of the programme, elite sport NSAs took an active role in identifying, supporting and nurturing these young talented athletes. Elite athletes also participated in some of the promotional activities in the partner-schools for their sports, inspiring the school children with their experiences as elite athletes, and with their high-performance demonstrations and performances.

## 香港體育學院傑出青少年運動員選舉

是項選舉由體院於一九九九年首辦，並得到中國香港體育協會暨奧林匹克委員會及香港體育記者協會的支持，以季度形式表揚本地優秀青少年運動員。年內，這項選舉共接獲52個提名，其中七名運動員榮膺傑出青少年運動員，33名運動員獲頒發嘉許狀。

二零零五年的選舉周年慶祝活動於二零零六年五月舉行，體院更為一眾青少年運動員安排了「理財活學•活用」工作坊。

## HKSI Outstanding Junior Athlete Awards

To recognise outstanding local junior athletes on a quarterly basis, the HKSI Outstanding Junior Athlete Awards (OJAA) scheme was introduced in 1999 and has been supported by the Sports Federation & Olympic Committee of Hong Kong, China and Hong Kong Sports Press Association since then. In this fiscal year, a record 52 nominations were received. Seven athletes were recipients of the awards recognising their outstanding performance and 33 Certificates of Merit and Appreciation were issued.



An annual celebration for the year 2005 was held in May 2006 at the HKSI in conjunction with a workshop on “Financial Management – Theories & Application”.

### 傑出青少年運動員選舉得獎者 OJAA Recipients

二零零六年第二季  
2<sup>nd</sup> Quarter 2006

王史提芬(單車)  
Steven Wong (Cycling)



李皓晴(乒乓球)  
Lee Ho-ching (Table Tennis)



### 嘉許狀及優異證書 Certificate of Merit and Appreciation

陳彥文(劍擊) Chan Yin-man (Fencing)  
 劉曦雯(劍擊) Lau Hei-man (Fencing)  
 劉曉雯(劍擊) Lau Hiu-man (Fencing)  
 呂靜妍(劍擊) Lui Ching-yin (Fencing)  
 梁永輝(劍擊) Leung Wing-fai (Fencing)  
 歐鎮銘(壁球) Au Chun-ming (Squash)  
 李浩賢(壁球) Lee Ho-yin (Squash)  
 趙頌熙(乒乓球) Chiu Chung-hei (Table Tennis)  
 陳詠悠(網球) Chan Wing-yau (Tennis)  
 曾柏期(保齡球) Tsang Pak-kei (Tenpin Bowling)

傑出青少年運動員選舉得獎者 OJAA Recipients

二零零六年第三季  
3<sup>rd</sup> Quarter 2006

陳晞文(滑浪風帆) Chan Hei-man (Windsurfing)



馮泳施(武術) Fung Wing-see (Wushu)



嘉許狀及優異證書 Certificate of Merit and Appreciation

黎振浩(田徑) Lai Chun-ho (Athletics)  
郭灝霆(單車) Kwok Ho-ting (Cycling)  
賴倩敏(馬術) Lai Zin-man (Equestrian)  
唐靜宜(馬術) Magali Tong (Equestrian)  
吳芷晴(體操) Ng Chi-ching (Gymnastics)  
潘駿傑(體操) Poon Chun-kit (Gymnastics)  
馬文心(空手道) Ma Man-sum (Karatedo)  
賴添偉(賽艇) Lai Tim-wai (Rowing)

杜鈺婷(賽艇) To Yuk-ting (Rowing)  
施幸余(游泳) Sze Hang-yu (Swimming)  
趙頌熙(乒乓球) Chiu Chung-hei (Table Tennis)  
香柏樂(滑浪風帆) Heung Pak-san (Windsurfing)  
袁家鑾(武術) Yuen Ka-ying (Wushu)  
關寧慧(武術) Kwan Ning-wai (Wushu)  
廖綺珊(武術) Liu Yee-shan (Wushu)

二零零六年第四季  
4<sup>th</sup> Quarter 2006

楊賜嘉(乒乓球 — 智障組) Yeung Chi-ka (Table Tennis, mentally handicapped)



嘉許狀及優異證書 Certificate of Merit and Appreciation

謝柏欣(帆船) Tse Pak-yun (Sailing)  
Isamu Sakai (帆船) Sailing)

藍家汶(游泳) Carman Nam (Swimming)

二零零七年第一季  
1<sup>st</sup> Quarter 2007

歐詠芝(壁球) Au Wing-chi (Squash)



張玲(網球) Zhang Ling (Tennis)



嘉許狀及優異證書 Certificate of Merit and Appreciation

陳虹蓉(羽毛球) Chan Hung-yung (Badminton)  
謝影雪(羽毛球) Tse Ying-suet (Badminton)  
陳浩鈴(壁球) Chan Ho-ling (Squash)

許煒森(三項鐵人) Hui Wai-sum (Triathlon)  
勞証顯(三項鐵人) Lo Ching-hin (Triathlon)