

Support to Athletes

支援運動員

「運動員成功背後擁有一支龐大的

支援隊伍，協助他們全力備戰，

在比賽場上全面發揮。」

"A huge supporting team is

backing up the athletes helping

them gear up for the

international sports competitions."



Support to Athletes

支援運動員

精英運動員要在高水平的國際性體育競賽中表現出眾，奪取驕人成績，需要一系列有利的條件有系統地互相配合。這些條件中，除了運動員本身的天賦，以及後天的專業教練培訓外，還需要一套全面而集中的運動員支援系統。在香港，體院就是唯一能為香港運動員提供這套全面、國際認可、具成本效益及高效率支援系統的機構。體院除提供一站式的訓練環境外，並因應運動員的需求，設計完整、迅速及多元化的支援服務，協助他們在高水平的體育競賽中爭取佳績。

現時，香港精英運動員的支援系統內包括一系列的資助基金和獎勵計劃，以及集中於體院進行的精英培訓計劃。而其中精英培訓計劃則包含多項協助他們躋身國際體壇的專業服務，包括提供精英教練培訓、優質的訓練設施、膳食及宿舍、本地及海外訓練、運動科學及運動醫學服務、體適能訓練，以及教育及職業發展支援。

Individual success at the elite level in the international sports arena is a function of the complex interplay of multiple factors acting in systemic concert. Apart from individual talent, and expert coaching to facilitate that talent, a comprehensive and centralised athlete support system is extremely important. In Hong Kong, the HKSI is the sole provider of a comprehensive, internationally acknowledged, cost-effective and efficient support system. As well as providing a one-stop training environment, the HKSI also provides a range of comprehensive, prompt and diversified services, tailor made to assist athletes to compete successfully in international arena.

The current support system for Hong Kong elite athletes includes a range of funding and incentive programmes as well as the HKSI-based Elite Training Programme. Key components of the Elite Training Programme 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 and career counselling.

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了788萬港元，資助116名精英、56名青少年，以及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，至於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39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129萬港元，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不屬於精英體育項目，但已達到精英水平的運動員。在本年度，共有六名運動員受惠，總資助額達到69萬港元。

Sports Aid Foundation Fund and Sports Aid for the Disabled Fund

The Sports Aid Foundation Fund and the HKSI allocated a sum of HK\$7.88 million to 116 elite athletes, 56 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\$1.29 million to 39 elite disabled athletes 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 sport athletes who have already reached elite standard. A total of HK\$0.69 million was granted to six athletes.

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144萬港元，資助10名運動員直至二零零八至零九學年的學費開支。

獲資助運動員的名單詳載於附錄六。

恒生優秀運動員獎勵計劃

這項獎勵計劃由體院主辦、恒生銀行贊助，頒發合共79.4萬港元予第十屆全國運動會和第

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 a full list of recipients.

Disabled Sports Elite Training Programme

The HKSI contributed HK\$0.55 million to support the Disabled Sports Elite Training Programme, in 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\$1.44 million was approved to cover the tuition fees of 10 athletes up to the 2008/09 academic year.

Please see Annex 6 for a full list of recipients.

Hang Seng Athlete Incentive Awards Scheme

Organised by the HKSI and sponsored by Hang Seng Bank, the Scheme recognised Hong Kong athletes' achievements at



四屆東亞運動會獎牌運動員，獎金總額由體院及恒生銀行各支付一半。於江蘇舉行的全國運動會，為香港贏得獎牌的三位運動員共獲頒發48萬港元；而在澳門舉行的東亞運動會奪得獎牌的40位健兒，則獲頒共31.4萬港元的現金獎賞。

此計劃亦獲中國香港體育協會暨奧林匹克委員會、香港殘疾人奧委會暨傷殘人士體育協會及康樂及文化事務署全力支持。

the 10th National Games and the 4th East Asian Games by awarding a total of HK\$794,000 to medal winners. The cash incentive was contributed by the HKSI and Hang Seng Bank on a dollar-to-dollar basis. Of the total amount awarded, HK\$0.48 million went to three medallists at the National Games in Jiangsu and HK\$314,000 to 40 medal winners at the East Asian Games in Macau.

The Scheme was also supported by the Sports Federation & Olympic Committee of Hong Kong, China, the HKPC&SAPD, and the Leisure and Cultural Services Department.



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計劃和葛量洪獎學基金撥款900萬港元，提供現金獎勵予於二零零六年一月至二零零九年十二月期間在國際賽事中奪得獎牌，及獲得2008奧運會參賽資格的體院獎學金運動員。

Special Incentive Fund for HKSI Scholarship Athletes

A new Special Incentive Fund, established in January 2006 and administered by the HKSI with financial support of HK\$9 million from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund, provides cash incentives to HKSI Scholarship Athletes who can achieve medals at various levels of international competitions from January 2006 to December 2009 and in attaining the qualification to the 2008 Olympic Games.

精英發展 Elite Development



In this fiscal year, the HKSI allocated HK\$130.55 million to HKSI-based Elite Training Programme. The funds are 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 301 Scholarship Athletes (174 elite athletes and 127 junior athletes).

體院本年度撥款1億3,055萬港元用於以體院為基地的精英運動員培訓計劃。所有撥款均直接用於支援301名獎學金運動員（分別為174名精英運動員和127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賽事，提供了350天海外科研支援服務。

Sports Science

The Sports Science Department, consisting of sports biochemistry, biomechanics, nutrition, physiology and psychology operational units, provides a broad spectrum of expert scientific support for Scholarship Athletes. This includes scientific testing, technique evaluation and enhancement,



- 在四個國際會議上合共發表了五份研究報告，另有四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講座及研討會，其中包括於二零零六年二月二十四至二十五日舉辦、以「運動恢復的理論與實踐」為題的國際科學研討會(詳情刊於第53頁)。
- 來自中國內地、德國、澳洲、澳門及菲律賓的同業，在這一年的先後到訪體院，交流運動科研支援發展資訊。

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、運動處方，以及按摩等服務。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一些講座及工作坊和製作教育刊物，還會定期



training and recovery monitoring, sports nutrition consultation, psychological training and a comprehensive doping control and education programme. Major tasks in this fiscal year include:

- Providing coaches with more on-site support in preparing athletes for the Major Games. A total of 350 days of overseas scientific support services were provided.
- Presenting five research articles at four international conferences and publishing four papers in international, peer-reviewed sports science journals.
- Collaborating on several joint research projects with universities in Hong Kong and Mainland China.
- Organising seminars at local universities and providing internships to train and develop local sports science expertise.
- Organising seminars and symposia for local athletes, coaches and National Sports Associations (NSAs) including the International Scientific Symposium with the theme of "The Emerging Science and Practice of Recovery" on 24-25 February 2006 (please see P.53 for details).
- Receiving visiting sports professionals from Mainland China, Germany, Australia, Macau and the Philippines for the exchange of information on sports scientific support and services.

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, exercise prescription, sports massage services, etc. Various seminars and workshops are organised each year and a number of 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:

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班等。這一年的主要工作如下：

- 提供了942天海外及19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講座，並提供實習機會，協助培訓運動醫學專家。
- 運動醫學研究報告獲國際性運動醫學刊物承諾刊登。

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。



- Providing 942 days and 19 days of on-site support services for overseas and local training sessions and competitions respectively.
- Organising seminars and internships for local and overseas students to train them to become future sports medicine professionals.
- Preparing sports medicine research articles to be published in international sports medicine journals.

Strength and Conditioning

The Strength & Conditioning Department works closely with the Sports Science and Sports Medicine Departments to develop strength and conditioning programmes to optimise athletes' performances by improving their power, strength, speed, adaptability and mobility, thus, enabling athletes to perform to their fullest potential in general or in specific sports events. The programmes are tailor-made for elite and junior Scholarship Athletes according to the specific requirements of Head Coaches and specific sports.

教育及職業發展

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一系列的支援計劃。本年度共有78名運動員獲安排學業輔導，更透過運動員獎學金計劃，成功推薦35名運動員入讀本地大學及大專院校；亦為個別項目的運動員安排英語課程及應對傳媒技巧工作坊，同時又舉辦職業訓練工作坊，協助運動員及早為退役後重投社會作好準備。該部門亦積極與本地各有關體育機構和學校緊密交流和聯繫，以確保各項重要的支援計劃得以順利及成功地舉行。

Education and Careers

The Athlete Affairs Department is responsible for providing Scholarship Athletes with a series of supporting programmes related to education, career, social and personal development. In this fiscal year, 78 athletes received education guidance and 35 athletes were recommended to further their studies at local universities and tertiary institutions through Sports Scholarship Scheme. English courses and workshops on improving media handling skills were arranged for athletes of individual sports. Vocational training workshops were also organised to assist athletes to be well-prepared for life after retiring from active competition. The Department also worked closely with respective local sports organisations and schools to ensure the smooth and effective running of its key supporting programmes.



設施

體院在這年度進行了數項更新訓練設施工程，包括更改體能訓練中心旁一塊150平方米土地為運動員專用單車停泊處，於二零零五年九月投入服務；將龍騰館改裝為以乒乓球訓練為主的多用途體育場館，已於二零零五

Facilities

A number of upgrading works on training facilities were carried out in this fiscal year. These included the conversion of the 150-square-metre area adjacent to Fitness Training Centre into a bicycle parking area for athletes (completed in September 2005); the conversion of Challenge Gymnasium into a multi-



年十月竣工；為應付不斷增加的單車培訓活動，額外為單車部安裝了兩個訓練器材儲物貨櫃，工程亦於二零零六年一月完成。

由於體育旅舍進行裝修工程，用作高原訓練的低氧房於二零零五年十二月開始改設於運動員宿舍高層內。

purpose training base for table tennis (completed in October 2005); the installation of two containers for training equipment of the Cycling Department (completed in January 2006).

A Hypoxic Room for simulated high altitude training was relocated to the upper floor of the Athletes' Hostel in December 2005 due to the Sports Residence's renovation work.

宿舍及膳食服務

為了應付運動員對住宿設施日益增加的需求，特將體育旅舍部份地方改裝為女運動員宿舍，工程並於二零零五年九月完成；而原來為男女運動員提供住宿的運動員宿舍則改為男運動員宿舍，裝修工程亦已於同年十月完成。運動員宿舍改建工程完成後合共有44個房間，可供63名男子及50名女子運動員入住。由於住宿運動員數量不斷增加，體院亦將一個儲物室改裝為洗衣房，以應付需求。





Accommodation and Catering

Part of the Sports Residence was converted into a female Athletes' Hostel to meet the increasing demand for athlete residences. The renovation work was completed in September 2005. The original Athletes' Hostel for both male and female athletes was converted into hostel for male athletes. The conversion work was completed in October 2005. Housing a total of 44 rooms after renovation, the Athletes' Hostel has a maximum capacity for 63 male and 50 female athletes. A storeroom was also converted into a laundry area to support the increasing needs of athletes.

為配合不同專項運動精英運動員訓練的特別需要，體院內的專業膳食隊伍與運動營養主任合作無間，在體院餐廳的精英閣為他們提供一日三餐、營養均衡的中西美食，以確保運動員可攝取充足及適切的營養，應付緊密的訓練和比賽。

The professional catering team and the sports nutritionist work closely to provide elite athletes with a balanced diet of three meals a day with both Chinese and Western cuisine available at the Elite Corner at the HKSI. Athletes' nutritional needs and intake are carefully monitored to meet the specific requirements of training sessions and competitions.



培育新秀

Nurturing Young Athletes



體壇明日之星甄選計劃

這項計劃一直選擇一些有深厚體育文化及著意發展專項運動項目的學校作為夥伴學校。這年邀請學校之範圍由往年只是沙田及火車鐵路沿線的地區，伸延至港島及九龍區。計劃除了於學校舉辦科研測試外，更派出測試隊伍和教練到這些學校舉辦初步技術測試及運動體驗環節。

今年的計劃共邀請了800間中小學參加。於計劃進行期間，參與的精英體育項目所屬體育總會都積極參與，並協助挑選有潛質的學生，加以培訓，而一些精英運動員更參與於學校舉行的其他專項運動推廣活動。

Searching for New Sport Stars

The Searching for New Sport Stars programme, aims to identify partner-schools with established sports culture and enthusiasm in developing a specific kind of sport. This year, invitations were extended to schools on Hong Kong Island and in Kowloon in addition to the annual invitations to schools in Sha Tin and districts along the Kowloon Canton Railway route. The Programme reached out to schools by conducting scientific tests, initial assessments and trial sessions which were carried out by testing teams and coaches.

During the year, a total of 800 primary and secondary schools were invited to participate in the Programme, while the corresponding Elite Sports NSAs were actively involved in identifying and nurturing talented students with some elite athletes assisting in activities to promote specific sport in schools.



A.S. Watson Group/HKSI Outstanding Junior Athlete Awards

Aiming to recognise outstanding local junior athletes on a quarterly basis, the Awards 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.



屈臣氏集團/香港體育學院傑出青少年運動員選舉

是項選舉於一九九九年首辦，獲得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，每季都會選出成績優異的本地青少年運動員，予以表揚。

自二零零三年開始，屈臣氏集團成為是項選舉的冠名贊助商。二零零五年六月，「兩周年慶典暨二零零五年第一季選舉頒獎典禮」於體院舉行，立法會議員陳智思應邀擔任主禮嘉賓之一。二零零五年七月至翌年四月期間，並於沙田新城市廣場、慈雲山中心、天水圍頌富商場及將軍澳尚德商場舉行巡迴展覽，介紹各當選運動員。

年內，這項選舉共接獲57個提名，是歷年之冠。由於小將在年內表現非常出色，評審團特別在二零零五年第三季首次頒發獎項予隊際項目，並加設嘉許狀予其他表現優異的青少年運動員，因此這年獲獎的運動員有15位之多，另有九位運動員獲頒嘉許狀。

The A.S. Watson Group has been the title sponsor of the Awards since 2003. The 2nd Anniversary Celebration and Prize Presentation for the first quarter of 2005 was held in June 2005 at the HKSI where the Honourable Bernard Chan, HKSAR Legislative Councillor was one of the guests of honour. From July 2005 to April 2006, display panels introducing the recipients of the Awards were shown at New Town Plaza in Sha Tin, Tsz Wan Shan Shopping Centre, Chung Fu Shopping Centre in Tin Shui Wai and Sheung Tak Shopping Centre in Tseung Kwan O.

In this fiscal year, a record-breaking number of 57 nominations were received. In the 3rd quarter of 2005, due to superb performance of the up-and-coming athletes, nominations of Outstanding Junior Athlete Awards

were extended to team events, and Certificates of Merit were introduced for the first time. As a result, 15 athletes received awards and another nine athletes received Certificates of Merit.



得獎者 Recipients

二零零五年第二季
2nd Quarter 2005



葉嫻延 (羽毛球)
Yip Pui-yin (badminton)



馬國寶 (滑浪風帆)
Ma Kwok-po (windsurfing)

二零零五年第三季
3rd Quarter 2005



趙家琦、歐詠芝、陳浩鈴、梁善雅 (壁球)
Chiu Ka-kei, Au Wing-chi, Chan Ho-ling, Leung Shin-nga (squash)



施幸余 (游泳)
Sze Hang-yu (swimming)



郭海瑩 (硬地滾球)
Kwok Hoi-ying (boccia)



梁舒恆 (游泳 [智障組])
Leung Shu-hang (swimming, mentally handicapped)

嘉許狀 Certificate of Merit :
林倩盈、葉嫻延 (羽毛球) Lam Sin-ying, Yip Pui-yin (badminton)
鄭麗沙 (攀山) Cheng Lai-sho (mountaineering)
馬國寶 (滑浪風帆) Ma Kwok-po (windsurfing)
馮泳施、黎子駿 (武術) Fung Wing-see, Lai Tsz-tsun (wushu)

二零零五年第四季
4th Quarter 2005



李皓晴 (乒乓球) Lee Ho-ching (table tennis)



楊賜嘉 (乒乓球 [智障組])
Yeung Chi-ka (table tennis, mentally handicapped)

二零零六年第一季
1st Quarter 2006



陳祉嘉、蒙筠怡 (羽毛球)
Chan Tsz-ka, Mong Kwan-yi (badminton)



孫嘉兒 (游泳)
Suen Ka-yi (swimming)



廖梓苓 (壁球) Liu Tsz-ling (squash)

嘉許狀 Certificate of Merit :
謝旻樹 (游泳) Geoffrey Cheah (swimming)
陳以高、司徒兆殷 (三項鐵人)
Chan Ye-ko, Szeto Shiu-yan (triathlon)