



支援運動員 Support to Athletes

精英運動員能否在高手林立的比賽中突圍而出，全賴多項不同的元素有系統地互相配合，才能達到美滿的成果。這些元素除了運動員本身的天賦，以及後天的專業教練培訓外，還包括一套完整及集中的運動員支援系統，而體院現正為香港運動員提供這套獲國際認同為最具成本效益及最有效的支援系統，透過一站式的訓練環境，因應他們的需求，提供完整、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卓越成績。

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，以及集中在體院進行的精英培訓計劃。而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、本地及海外訓練經費、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。

In the intensely demanding world of high performance sport, individual success at the elite level relies on harnessing the complex interplay of many factors into a single, coordinated, consistent delivery mechanism via the focal point of the service: the athlete. Apart from individual talent, and expert coaching to facilitate that talent, achieving and maintaining "an edge" over competitors requires an integrated, centralised athlete support infrastructure to maximise results. This centralised support model has been recognised internationally as the most cost-effective and efficient way of providing the necessary breadth and depth to elite athlete support services. Athletes can no longer do it alone - however talented. The cornerstone of this support model is the unique scope, scale and location of the HKSI facilities, allowing an integrated, immediate response, multi-disciplinary one-stop service delivery environment.

Hong Kong's elite athletes are supported currently through a range of Funds and Incentive Award Schemes, and through the centralised Elite Training Programme at the HKSI. Support provided directly to athletes through this programme includes core services required for success on the world stage, including high performance coaching, access to facilities, meals and accommodation, local and overseas training support, sports science and sports medicine services, strength and conditioning training, and career and education support.

體育資助

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二零零四年十月一日至二零零五年三月三十一日期間合共撥出了384萬港元，資助129名精英、50名青少年，以及12名隊際運動的運動員，提供訓練和比賽方面的支援。

在二零零四年十月一日至二零零五年三月三十一日期間，43名精英傷殘運動員獲得傷殘人士體育資助基金、體院及香港展能精英運動員基金合共64萬6千港元的撥款。

獲資助運動員的名單詳載於附錄二及附錄三。

個別精英運動員資助計劃及傷殘運動員精英培訓計劃

在二零零四年十月一日至二零零五年三月三十一日期間，共有11名運動員受惠於個別精英運動員資助計劃，得到合共56萬港元的撥款。體院亦撥出55萬港元，資助傷殘運動員精英培訓計劃，其中香港殘疾人奧委會暨傷殘人士體育協會獲得40萬港元的撥款，而香港弱智人士體育協會則獲得15萬港元的資助。

個別精英運動員資助計劃獲資助運動員的名單詳載於附錄四。

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。基金於二零零四年十月至二零零五年三月期間核准批出合共56萬港元，資助五名運動員直至二零零七至零八學年的學費開支。

獲資助運動員的名單詳載於附錄五。

Funding Support

Sports Aid Foundation Fund and Sports Aid for the Disabled Fund

129 elite athletes, 50 junior athletes and 12 athletes from Team-Only sports categories received HK\$3.84 million during the period from 1 October 2004 to 31 March 2005 from the Sports Aid Foundation Fund and the HKSI to assist with their training and competition requirements.

43 elite disabled athletes received HK\$0.646 million during the period from 1 October 2004 to 31 March 2005 from the Sports Aid for the Disabled Fund, the HKSI and the Hong Kong Paralympians Fund.

A full list of recipients can be found in Annexes 2 and 3.

Individual Athletes Support Scheme and Disabled Sports Elite Training Programme

11 athletes received HK\$0.56 million during the period from 1 October 2004 to 31 March 2005 from the Individual Athletes Support Scheme. HK\$0.55 million was allocated to the disabled sports elite training programme, of which HK\$0.4 million went to the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled and HK\$0.15 million to the Hong Kong Sports Association for the Mentally Handicapped.

A full list of recipients of Individual Athletes Support Scheme can be found in Annex 4.

Hong Kong Athletes Fund

Tuition fees for appropriate undergraduate education courses have been subsidised through the Hong Kong Athletes Fund since its establishment in 1997. During the period from October 2004 to March 2005, HK\$0.56 million was approved to cover the tuition fees of five athletes up to the 2007/08 academic year.

A list of recipients is provided in Annex 5.



精英發展

在二零零四年十月一日至二零零五年三月三十一日期間，用於精英運動員培訓計劃的支出達6千640萬港元。該計劃是以體院為基地，所有支出都是直接用於支援275名獎學金運動員，支付如聘請專業教練、訓練、膳食及住宿、運動科學及醫學、進修及就業輔導，以及提供訓練設施及後勤支援等各項開支。

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、訓練監控、運動營養諮詢、心理訓練，以及全面性的反違禁藥計劃。這半年的主要工作如下：



- 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136天海外技術支援服務。
- 在兩個國際會議上合共發表了10份研究報告，另有五份論文獲國際性的運動科研刊物刊登。
- 與本地大學合作，開展了數項研究計劃，加強彼此之間的聯繫。
- 在本地大學演講，並為學生提供實習機會，協助培訓本地科研人才。
- 來自中國、德國、卡塔爾、沙地亞拉伯及新加坡的同業，在這半年先後到訪體院，交流運動科研支援的新發展。

運動醫學

體院的運動醫學部透過提供普通科及骨科專科診治、護理、運動物理治療、中國手法治療及運動按摩等支援，致力保障運動員的健康，協助他們保持良好的狀態。所提供的服務以全面的中西醫藥綜合療法為基礎，應用範圍包括運動醫學、復康及恢復等。這半年的主要工作如下：



Elite Development

HK\$66.4 million was allocated to the HKSI's Elite Training Programme based at the HKSI from 1 October 2004 to 31 March 2005. A comprehensive range of support services including high performance coaching, squad training programmes, meals and accommodation, sports science and medicine, education and career support, and access to training facilities and logistics support was provided to 275 scholarship athletes.

Sports Science

The operational units of the Sports Science Department, including sports biochemistry, biomechanics, nutrition, physiology and psychology, continue to offer a broad spectrum of scientific support. These include scientific testing, technique evaluations and improvements, training monitoring, sports nutrition consultation, psychological training and a comprehensive doping control programme targeting scholarship athletes. Major activities include:

- More on-site support to coaches in their preparation of Hong Kong athletes for the competitions, with 136 days of overseas scientific support services provided.
- 10 research articles were presented at two international conferences and five papers were published in international, peer-reviewed sports science journals.
- Collaboration with local universities was enhanced through several joint research projects.
- Training programmes for local sports science professionals through the provision of lectures and placement opportunities to local universities.
- Exchanges by visiting professionals from China, Germany, Qatar, Saudi Arabia and Singapore on scientific support and services.

Sports Medicine

Sports medicine at the HKSI plays an important role in maintaining athletes' health and physical wellness by providing medical and orthopedic consultation, nursing services, sports physiotherapy, Chinese manual therapy and sports massage services. A comprehensive integration of east and west approaches in the practices of sports medicine, rehabilitation and recovery forms the foundation of the scope of services provided. Major activities include:

- 提供了共309天海外集訓和比賽的臨場支援服務。
- A total of 309 days of on-field support provided for overseas training and competitions.
- 在本地大學演講，並為學生提供實習機會，協助培訓本地運動醫學專家。
- Training programme for local sports medicine professionals through the provision of lectures and placement opportunities to local universities.

體適能訓練

體適能訓練與運動科學息息相關，體適能部專為運動員制訂和監控切合他們需要的體適能計劃，讓他們的力量、速度、耐力和靈活性可以得到充分發揮。在二零零五年一月，體適能部在體能訓練中心進行局部翻新工程，以便容納更多不同類型加強心血管訓練的器材，進一步提升運動員的心血管訓練。



Strength and Conditioning

Closely allied with the sports sciences, the Strength & Conditioning Department aims to develop and monitor strength and conditioning programmes to optimise athletes' strength, speed, endurance, and mobility. In order to improve the cardiovascular training of athletes, the Strength & Conditioning Department renovated the rear area of the Fitness Training Centre in January to accommodate a variety of cardiovascular training equipments.

教育及職業發展

運動員事務部負責協助精英運動員進修、就業、社交及個人發展。該部門因應運動員的個別需要，組織和安排各項支援計劃，在不影響運動員訓練和比賽的大前提下，協助他們做好準備，達成在個人發展、進修和事業方面的目標。年內運動員事務部安排了一連串工作坊及課程，內容包括應對傳媒技巧、公開演說技巧、電腦操作及普通話等，廣受運動員歡迎。運動員亦積極參與本地學校及社會組織舉辦的活動，例如應邀分享經驗和出席頒獎典禮等。

Education and Careers

Education, career, social and personal development of Hong Kong's elite athletes is the task of the Athlete Affairs area. Tailor-made support programmes which are substantively aligned and integrated with training and competition goals help athletes prepare for and achieve their personal, educational and vocational aspirations. In the past year, athletes were provided with a series of highly-rated workshops and courses on, for example, media skills, public speaking skills, computing, Putonghua and others. Athletes were actively involved in local schools and social organisations providing invited speech and prize presentations.





設施

為使精英培訓計劃使用的運動設施維持高的質素，體院一直採用有效的模式來管理及提升設施的水平，配合精英培訓的需求。

體院去年的大型維修及保養工程，包括重鋪六個網球場，裝設新的跳高保護軟墊、撐竿跳保護軟墊、武術比賽台、體能訓練中心的進出自動監控系統及網球場的金屬圍網，改裝兩個更衣室為運動員日間休息室，以及改善壁球場的空調系統。

將龍騰館改裝為以乒乓球訓練為主的多用途體育場館的工程在二零零五年二月展開，預期於二零零五年年底完成。



Facilities

To maintain the sports facilities standard at high level for elite training programme, proven means are adopted to maintain and upgrade the facilities to keep upbeat with the needs of elite training.

The major upgrading of facilities included the resurfacing of six tennis courts, installation of new high jump landing, pole-vault landing, wushu platform, user control system of the Fitness Training Centre and wire mesh of the tennis courts, and the conversion of two changing rooms into athletes day rest rooms and improvement of air conditioning system for the Squash Court.

The conversion project of the Challenge Gymnasium into a table tennis training base and multi-purpose hall started in February 2005 and was scheduled to be completed in late 2005.

宿舍及膳食服務

為運動員提供住宿是完善支援系統的其中一項服務，體院運動員宿舍現時供63名男子及女子獎學金運動員入住。為了應付運動員對住宿設施日益增加的需求及提升他們居住環境質素，對外開放的體育旅舍的部份地方將會改裝為運動員宿舍。改裝工程於二零零五年三月展開，預計於同年九月完成。屆時，連同原有的部份，運動員宿舍增加至40間房間，可供64名男子及48名女子運動員同時入住。



對外開放的體育旅舍年內提供46間房間供訪客入住。訪客在體院住宿期間，可享用完善的設施。而房間入住總日數為3,743天。

體院內的專業膳食隊伍與運動營養主任共同努力，配合精英運動員訓練的特別需要，在體院餐廳的精英閣為他們提供一日三餐、營養均衡的膳食，食物選擇多樣化，包括中菜與西餐。

此外，體院餐廳及「能源快遞」亦為運動員及訪客提供中式及快餐式的膳食服務。

Accommodation and Catering

Providing accommodation is an essential component of the comprehensive support system. The Athletes' Hostel currently provides accommodation for 63 male and female scholarship athletes. To cope with the increasing demand for accommodation service and to upgrade the living environment for the athletes, part of the Sports Residence would be converted into rooms for athlete accommodation. The conversion work started in March 2005 and was scheduled to be completed in September 2005. By then, there would be a total of 40 rooms with a maximum capacity to accommodate 64 male and 48 female athletes.

The Sports Residence offers 46 rooms for visitors, providing instant access to the comprehensive facilities during their stay at the HKSI. 3,743 room days were utilised from October 2004 to March 2005.

Working closely with the HKSI's sports nutritionist, the professional catering team supports elite athletes three meals a day with a variety of choices of tailor-made healthy, tasty Chinese and western dishes to cater for their special training needs in the Elite Corner at the HKSI restaurant.

The HKSI's restaurant and the "Refill Express" provide Chinese and fast food catering services to athletes and visitors.

培育新秀

體壇明日之星甄選計劃

體院在五年前展開的體壇明日之星甄選計劃，一直是發掘具潛質運動員的重要渠道。

年內，體壇明日之星甄選計劃換上新面貌，改變以往為所有精英體育項目舉行整天測試及甄選的做法，轉而採用一個比較專注於個別運動項目的模式；並由全港性改為以部份學校和地區的運動人才為甄選目標，因應不同的精英體育項目邀請積極推動該體育項目的學校作為甄選計劃的夥伴。獲邀參加計劃的學校已經由往年於沙田區和鐵路沿線，擴展至香港島和九龍區的學校。計劃內容包括在部份夥伴學校進行運動科學測試，以及派遣科研人員和教練到這些學校進行一些初步測試和運動體驗環節。



計劃進行期間，得到精英體育項目所屬體育總會的積極參與，協助發掘、支援及培育被甄選出來的具潛質運動員；此外，相關的精英運動員亦會出席部份在夥伴學校舉行的宣傳活動。

該計劃在半年內共發出資料和邀請信予863間學校。參與計劃的學生合共2,305人，其中599人參加了運動科學測試，1,341人參加了運動專項測試，當中約300人獲挑選接受第一或第二階段的訓練。最後，共有145名學生取得接受進一步訓練的資格，期間表現出色的學員將會獲邀成為體院獎學金運動員，接受長期及密集的訓練。



Nurturing Young Athletes

Searching for New Sport Stars

Introduced by the HKSI for five years, the Searching for New Sport Stars programme has been playing a major role in identifying talented young athletes.

This year, the programme took a new approach to target on certain schools and districts. Instead of having a major event for all elite sports in a one-day programme, it is geared towards a more sport-specific approach by identifying partner-schools with a sports culture for different elite sports. Invitations had been extended to schools in Hong Kong Island and in the Kowloon area, rather than being confined to Sha Tin and on the train route as in the previous years. The programme reached out to schools by conducting scientific tests in some partner-schools as well as sending testers and coaches to these schools to conduct some initial test and trial sessions.

During the course of the programme, Elite Sport National Sports Associations had taken an active role in identifying, supporting and nurturing these talented young athletes while their elite athletes had also taken part in some of the promotion activities in the partner-schools for their sports.

863 schools had received information and invitations about the programme. A total of 2,305 students had enrolled in the programme, in which 599 took part in the scientific tests, 1,341 in sport-specific tests, and around 300 were selected to either first phase or second phase training. 145 students were finally identified and selected for further training. Outstanding students would be invited to become HKSI scholarship athletes and undergo long-term and intensive training.



屈臣氏集團/香港體育學院青少年運動員選舉

是項選舉於一九九九年首次舉辦，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，屈臣氏集團成為這項選舉的冠名贊助商。年內，香港青少年運動員表現突出，在國際賽事屢獲殊榮；選舉在這半年共接獲20個提名，最終有五位運動員獲獎。

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

The Awards scheme, which aims to recognise outstanding local junior athletes on a quarterly basis, was introduced in 1999 with the support of the Sports Federation & Olympic Committee of Hong Kong, China and the Hong Kong Sports Press Association.

The A.S. Watson Group has been the title sponsor of the Awards since 2003. This was a successful year for Hong Kong sports especially for junior athletes who performed with great credit on the international stage. A total of 20 nominations were received and five junior athletes were ultimately chosen for the awards.

得獎者 Recipients

二零零四年第四季 4 th Quarter 2004	二零零五年第一季 1 st Quarter 2005
 <p>王偉康(羽毛球) Wong Wai-hong (badminton)</p>	 <p>王偉康(羽毛球) Wong Wai-hong (badminton)</p>
 <p>施幸余(游泳) Sze Hang-yu (swimming)</p>	 <p>葉嫻延(羽毛球) Yip Pui-yin (badminton)</p>
	 <p>歐詠芝(壁球) Au Wing-chi (squash)</p>