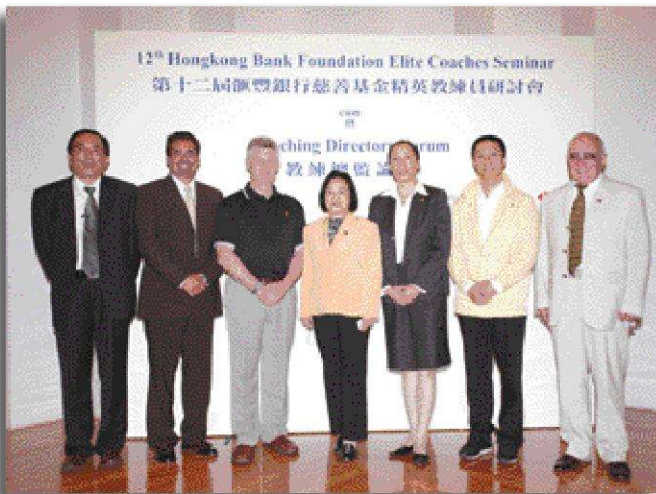


運動心理學家出席精英教練員研討會交流經驗 Sports Psychologists Share Experience at Elite Coaches Seminar

第十二屆滙豐銀行慈善基金精英教練員研討會暨教練總監論壇已於十月廿九至三十日在體育大樓舉行。講者包括多位來自澳洲、中國及香港的運動心理學家，並與逾一百名內地及本港的體育總會教練總監、本港教練及精英運動員分享經驗。



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全力支持，目的是促進香港與內地在教練培訓方面的交流與聯繫。

香港教練培訓委員會前主席郭志樑主持研討會開幕典禮時歡迎出席的海外及本地運動心理學家。他說：「今年大會以運動心理學為題，因為運動心理學對運動員及教練備戰比賽極為重要。相信講者在會上提出的運動心理學的經驗和心得，定能令教練獲益良多，並協助運動員在面對極大心理壓力下仍能發揮無限的潛能。」

香港體育學院(體院)運動心理主任姒剛彥博士與參加者分享「高水平運動中的逆境應對」。姒博士一直為本港精英運動員，包括雅典奧運乒乓球雙打銀牌運動員高禮澤及李靜等，提供心理訓練。

中國代表團的成員包括團長中國國家體育總局科教司教育處副處長尹飛飛，中國北京市體育科學研究所副所長任未多教授，及中國國家體育總局科學研究所研究員丁雪琴教授等。

克拉克培利(譯音)博士與參加者分享「青少年運動員耗竭的處理」。他為現任澳洲奧運游泳代表隊運動心理主任，並曾出席四屆奧運會。

此外，海外的專家藉著教練總監論壇互相交流培訓精英運動員的新趨勢；論壇最後由東道主體院運動員及科研事務科總監李翠莎博士簡介香港精英培訓的科研支援工作。

The 12th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum was held on 29 and 30 October at Sports House. Sports psychologists from Australia, China and Hong Kong shared their experience with more than 100 guests including coaching directors of the National Sports Associations in Hong Kong and Mainland China, local coaches and elite athletes.

Jointly organised by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation, and fully supported by the Hongkong Bank Foundation, this annual event aims to strengthen linkages between Hong Kong and Mainland China through the exchange of ideas and knowledge about the professional development and training of coaches.

Karl Kwok, former Chairman of the HKCC welcomed local and overseas experts at the opening ceremony. "The theme of this year's seminar is sports psychology, a topic of utmost importance to coaches and athletes. Renowned speakers from different regions will share their expertise and views in this area. I am confident that this international seminar can provide insights for coaches to assist athletes to gain a mental edge."

Dr Si Gang-yan, Sport Psychologist at the Hong Kong Sports Institute (HKSII), spoke on "Adversity Coping in High Athletic Performance". Dr Si has worked with many of Hong Kong's elite athletes, including Athens Olympic table tennis silver medallists Ko Lai-chak and Li Ching.

Participants from China included a delegation headed by Yin Fei-fei, Deputy Director of the Sports Science and Education Department of the All-China Sports Federation. Professor Ren Wei-duo, Vice Director of the Beijing Research Institute of Sports Science, Professor Ding Xue-qin, Researcher at the China Institute of Sports Science also participated as invited speakers.



Dr Clark Perry, discussed "Dealing with Burnout in Young Athletes - A Guiding Practice". He is the psychologist to the Australian Olympic Swim Team and has attended four Olympic Games.

The two-day event also featured a Coaching Directors Forum where overseas experts shared their experience in the latest developments in coaching. Dr Trisha Leahy, Head, Athlete & Scientific Services Division of the HKSII concluded the Forum with an introduction to the scientific support provided to elite training in Hong Kong.

滙豐銀行慈善基金頒發獎學金予運動訓練學位課程優秀學員 Hongkong Bank Foundation Presents Scholarships to Outstanding Students of Sports Training Degree Course

體院與滙豐銀行慈善基金於十一月十七日在體院舉行「滙豐銀行慈善基金獎學金」頒贈儀式，獎勵於上學年在運動訓練教育學士學位課程中取得優異成績的學員。

頒獎嘉賓香港上海滙豐銀行有限公司社區關係副經理邵亦敏及體院署理院長鍾伯光博士在儀式上共頒贈獎學金予六位優秀學員，金額共港幣二萬元。獲得獎學金的學員分別為孔志超（資深游泳教練）、王道梅（二零零二年滙豐銀行慈善基金優秀教練選舉最佳教練培訓工作者獎得主）、吳嘉煒、姜淑兒、王泳筠及林慶祥。

為期五年兼讀制的「運動訓練教育學士學位課程」於一九九九年港首辦，由北京體育大學主辦，體院負責在港行政工作，目的是為教練及運動員提供獲取專業學術資歷的機會，使他們日後能在體育界有更大發展空間。



The Bachelor of Education in Sports Training Programme for 2004/5 academic year commenced in October and a presentation ceremony of the Hongkong Bank Foundation Scholarships was held on 17 November at the HKSI in Sha Tin.

Winnie Shiu, Assistant Manager Community Relations of The Hongkong and Shanghai Banking Corporation Limited and Dr Chung Pak-kwong, Acting Chief Executive of the HKSI, presented scholarships to the

six outstanding students of the previous year. The scholarships totaled HK\$20,000. Among the scholarship recipients were well-known swimming coach, Hung Chi-chiu, and the 2002 Hongkong Bank Foundation Coaching Awards Coach Education Award recipient, Wong To-mui. The other four recipients were Ng Ka-wai, Keung Shuk-yi, Wong Wing-kwan and Lam Hing-cheung.

The five-year part-time degree programme is organised by the Beijing Sport University and has been administrated by the HKSI since its inception in 1999. It aims to provide coaches and athletes with an opportunity to extend their professional development in sport.

拜耳“海曉月”與香港精英運動員劍擊交流工作坊 Bayer's Fencing Exchange Workshop Featuring Ms Britta Heidemann with Hong Kong Elite Athletes

體院與拜耳中國於十一月十三日在體院舉行一項名為「拜耳“海曉月”與香港精英運動員劍擊交流工作坊」，並獲得香港傷殘人士體育協會及香港業餘劍擊總會的全力支持。



2004年雅典奧運會重劍銀牌得主海曉月（Britta Heidemann）與香港精英運動員包括雅典傷殘人士奧運會輪椅劍擊金牌得主余翠怡及其隊友，在數十名年輕運動員面前進行劍擊示範及友誼賽。交流工作坊旨在推廣本地劍擊運動的發展，而本地運動員從中亦獲益良多。海曉月表示：「我很高興今天能參與是項活動，推廣劍擊運動。香港有不少具潛質的運動員，相信只要配合適當的訓練，他們必能在體壇爭取佳績。」

體院署理院長鍾伯光博士十分感謝拜耳中國對香港體育運動發展的慷慨支持，他表示：「透過拜耳中國的鼎力支持，有助提升香港運動員的競技水平，同時亦可增加市民及企業對香港體育發展的認知和關注。」

The Fencing Exchange Workshop was successfully held on 13 November at the HKSI. It was jointly organised by the HKSI and Bayer China, and fully supported by the Hong Kong Sports Association for the Physically Disabled and the Hong Kong Amateur Fencing Association.

Britta Heidemann, the Athens Olympic fencing silver medallist, conducted demonstrations and friendly matches with Hong Kong's elite athletes including Yu Chui-ye, the Athens Paralympic fencing gold medallist. The Workshop, aimed at promoting fencing to young people, was an inspiring experience for the many young people who attended. Said Heidemann, "I am happy to be here promoting fencing. I believe that Hong Kong has many talented athletes. With time and proper training, I think they can perform well on an international level."

Dr Chung Pak-kwong, Acting Chief Executive of the HKSI paid tribute to Bayer China for their generous support and encouragement of the sporting community. "With Bayer China's generous support, we will be able to enhance the playing standard of elite athletes at the HKSI. At the same time, we are able to increase awareness and hopefully that will spur other corporations to help our cause."



體育交流 Visits and Exchange

武漢體育學院代表團到訪體院

武漢體育學院的五人代表團，包括院長楊鵬飛教授，於十月廿五日到訪體院。代表團參觀各項設施，並與體院管理層交流精英訓練及支援心得。

Wuhan Institute of Physical Education Visited HKSI

A five-member delegation, including Professor Yang Peng-fei, Chief Executive of the Institute paid a visit to the HKSI on 25 October. They toured the HKSI facilities and exchanged views with the HKSI management in the area of elite training and support.



國立台灣大學代表團到訪體院

國立台灣大學的八人代表團，包括學術及高層管理人員，於十一月一日到訪體院。除參觀各項設施外，代表團並與管理層探討商務運作模式及精英培訓支援。

National Taiwan University Visited HKSI

An eight-member delegation, comprising academics and senior administrative staff, paid a visit to the HKSI on 1 November. They toured the HKSI facilities and exchanged views with the HKSI management in the area of commercial operations and elite athletes training and support.

精英運動員工作坊 Workshops for Elite Athletes

運動員外展計劃 - 公開演講工作坊

因應運動員參與社會活動日益增加，體院與香港精英運動員協會合辦的公開演講工作坊於十一月廿五日舉行，吸引逾三十位運動員出席。工作坊的內容包括由專人分享心得、與資深運動員分組討論及實習。

Athlete Outreach Programme - Public Speaking Workshop

In view of the increasing involvement in community activities and public visibility, a public speaking workshop, jointly organised by the HKSI and the Hong Kong Elite Athletes Association, was held on 25 November. A total of 30 athletes participated in the workshop where they learned tips and techniques, put them into practice at drilling sessions, and shared their ideas with experienced athletes.



為運動員報考大學作好準備

體院於十一月至十二月大學聯合招生(JUPAS)申請期間，舉辦一連串大學入學工作坊，內容包括大學課程介紹、體院運動員獎學金計劃簡介、升學指導等。工作坊旨在協助運動員選擇最適合自己的課程，為報考大學作好準備。

Workshops for Student-Athletes Seeking Admission to Local Universities

A series of Guidance and Consultation Workshops on topics such as introduction to tertiary programmes and courses, introduction to the HKSI Sports Scholarship Scheme, and academic advice, is being held during the Joint University Programmes Admissions System (JUPAS) application period from November to December. The workshops aim to help student-athletes on making their career choices, and to equip them well for gaining entrance to local universities.

第一屆國際教練培訓局亞洲地區教練研討會 Inaugural International Council for Coach Education Asian Regional Coaching Conference

由香港教練培訓委員會及國際教練培訓局合辦，第一屆國際教練培訓局亞洲地區教練研討會將於二零零五年二月廿五至廿七日在香港舉行。研討會的主題為「亞洲區運動教練之發展趨勢與挑戰」，並將邀請享負盛名的專家出席會議，分享及暢談經驗。研討會其他內容包括主題演講、邀請演講及海報發表。

研討會現已開始接受報名。有關詳情，請與研討會秘書處聯絡，電話：(852) 2681 6289、電郵：ICCE-ARCC@hksi.org.hk，或瀏覽香港教練培訓委員會網頁<http://www.hkcoaching.com/ICCE-ARCC>。

The 1st International Council for Coach Education Asian Regional Coaching Conference will be held between 25 and 27 February 2005 in Hong Kong. The Conference is jointly organised by the Hong Kong Coaching Committee (HKCC) and the International Council for Coach Education (ICCE). With the theme of "Development of Sports Coaching in Asia: Trend and Challenge", renowned specialists will be invited to share their experience in the area of sports coaching. The three-day event will also include keynote speeches, invited lectures and poster presentations.

The Conference is now open for registration. Please contact Conference Secretariat at (852) 2681 6289 or ICCE-ARCC@hksi.org.hk or visit <http://www.hkcoaching.com/ICCE-ARCC> for details.

體育資訊中心新資訊介紹
New Reference at Sports Information Centre (SIC)

Let's Move系列

Let's Move系列環繞三個主題，包括「小朋友大遊戲」、「戶外活動樂繽紛」及「冬日遊戲樂」。此系列的三本書籍由海狄蓮娜(譯音)主編、美亞出版社出版，旨在幫助老師及活動導師，如何透過有趣的活動和工具、歌曲、故事及音樂，籌劃適合三至七歲小朋友參與的活動及遊戲。

Let's Move Series

The series includes "Great games for small children", "Off we go outside" and "Wintertime". Edited by Heidi Lindner and published by Meyer & Meyer Sport (UK) Ltd. in 2002, the books aim to help teachers and exercise leaders to organise exercises and games for children between the ages of 3 and 7 through fun activities, interesting apparatus, songs, stories and music.

精英運動員的傑出成績 Outstanding Achievements of Elite Athletes

	姓名 Name	項目 Event	名次/參賽人數 Position/No. of Entry
羽毛球 Badminton 2004中國公開賽 China Open 2004 (9/11/2004, 廣州 Guangzhou)	王晨 Wang Chen	女子單打 Women's Singles	2nd/ 42
健體 Bodybuilding 第21屆亞洲女子健體錦標賽 21 st Asian Women's Bodybuilding Championships (22/10/2004, 泰國 Thailand)	王君萍 Wong Kwan-ping	女子49公斤 Women's 49kg	1st/ 3
乒乓球 Table Tennis 國際乒聯巡迴賽-丹麥公開賽 ITTF Pro Tour Volkswagon Open - Danish (21/10/2004, 阿爾胡斯 Aarhus)	柳絮飛 Lau Sui-fei 桑亞嬋 Song Ah-sim	女子單打 Women's Singles	前 Top 8 / 63 前 Top 8 / 63
	柳絮飛 Lau Sui-fei 桑亞嬋 Song Ah-sim	女子雙打 Women's Doubles	3rd/ 31
	梁柱恩 Leung Chu-yan	男子單打 Men's Singles	2nd/ 156
		男子雙打 Men's Doubles	1st/ 80
2004世界盃乒乓球賽 2004 World Cup (27/10/2004, 杭州 Hangzhou)	柳絮飛 Lau Sui-fei 帖雅娜 Tie Yana	女子單打 Women's Singles	5th/ 18 3rd/ 18
國際乒聯巡迴賽-德國公開賽 ITTF Pro Tour Volkswagon Open - German (11/11/2004, 萊比錫 Leipzig)	柳絮飛 Lau Sui-fei 桑亞嬋 Song Ah-sim 帖雅娜 Tie Yana	女子單打 Women's Singles	前 Top 8/ 64
	桑亞嬋 Song Ah-sim 帖雅娜 Tie Yana	女子雙打 Women's Doubles	前 Top 8/ 55
	高禮澤 Ko Lai-chak 李靜 Li Ching	男子雙打 Men's Doubles	2nd/ 82
	張鈺 Cheung Yuk 梁柱恩 Leung Chu-yan		前 Top 8/ 82
滑浪風帆 Windsurfing 2004 年全國帆板錦標賽 China National Championships 2004 (17/10/2004, 江蘇 Jiangsu)	何智豪 Ho Chi-ho	男子奧運板 IMCO Men	5th/ 60



香港體育學院祝大家聖誕快樂及新年進步!
The Hong Kong Sports Institute would like to wish you a
Merry Christmas & Prosperous New Year!

