

## 九鐵首次頒贈終生免費車票予傑出獎牌運動員 KCRC Presents First Life-long Free Pass to Outstanding Medallist

為鼓勵及嘉許本港精英運動員在雅典奧運會及傷殘人士奧運會中取得輝煌成績，九廣鐵路公司(九鐵)於十一月廿九日頒贈終生免費乘車票予十四位獎牌得主，他們將可終生免費乘搭東鐵、西鐵及輕鐵。

In recognition of Hong Kong's elite athletes for their remarkable achievements in Athens, the Kowloon-Canton Railway Corporation (KCRC) presented life-long free passes to 14 medallists at a presentation ceremony held on 29 November. The tickets allow them to travel free on East Rail, West Rail and Light Rail systems.

頒獎嘉賓九鐵公司事務總經理林黃碧霞表示：「九鐵非常欣賞本地運動員堅毅不屈的意志，他們不但於今屆奧運會及傷殘人士奧運會取得超卓表現，更為我們樹立了一個極佳的榜樣。」

香港運動員首次在奧運會乒乓球賽取得一面銀牌，並在傷殘人士奧運會取得十九面獎牌(包括十一面金牌、七面銀牌及一面銅牌)，表現卓越。



Grace Lam, General Manager, Corporate Affairs of the KCRC said, "We applaud the perseverance and unfailing spirit demonstrated by Hong Kong's athletes. Their outstanding achievements at the world's most prestigious sporting events have not only resulted in a record number of medals, but have also set a good example."

With outstanding performances from the athletes, Hong Kong won its first table tennis medal in Olympics, and a record high 19 medals (11 golds, 7 silvers and 1 bronze) at the Athens Paralympics.

香港體育學院(體院)董事局副主席譚學林稱：「衷心感謝九鐵對精英運動員的支持，體院十分榮幸能為這次贊助擔當協調的角色。運動員逐漸獲得更多商業機構及社會各界的支持和認同，能夠更安心和專心地接受全職訓練，為港爭光。我們希望九鐵和其他商業機構繼續支持精英運動員及本地體育的發展。」

Tommy Tam, Vice Chairman of the Hong Kong Sports Institute (HKSI) said, "We appreciate the support provided by the KCRC to our athletes and are very pleased to facilitate this sponsorship. With greater support from the commercial sector and the community, athletes can concentrate more on full-time training so as to pursue excellence in sports and bring glory to Hong Kong. We hope that the KCRC as well as other commercial organisations will continue to support the development of Hong Kong's elite athletes and sports in general."

十四位運動員分別為乒乓球運動員高禮澤、李靜，田徑運動員蘇樺偉，硬地滾球運動員劉恩賜、梁育榮，輪椅劍擊運動員陳錦來、陳蕊莊、范珮珊、馮英騏、許贊紅、戴恩潤、鄭偉業、王潔梅及余翠怡。

The 14 recipients included athletes in table tennis, Ko Lai-chak and Li Ching; athletics, So Wa-wai; boccia, Lau Yan-chi and Leung Yuk-wing; wheelchair fencing, Chan Kam-loi, Chan Yui-chong, Fan Pui-shan, Fung Ying-ki, Hui Charn-hung, Tai Yan-yun, Kwong Wai-ip, Wong Kit-mui and Yu Chui-ye.

## 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。為期三天的研討會，包括超過四十個主題演講、邀請演講及海報發表。主題演講題目如下：

The 1st International Council for Coach Education Asian Regional Coaching Conference, jointly organised by the Hong Kong Coaching Committee (HKCC) and the International Council for Coach Education (ICCE), will be held between 25 and 27 February 2005 in Hong Kong. The three-day event will include over 40 keynote speeches, invited lectures and poster exhibitions. Keynote speeches include:

- ❖ 全球的教練培訓趨勢
- ❖ 教練員 - 中國體育騰飛的關鍵
- ❖ 邁向運動之國：教練指導原則
- ❖ 亞洲國家如何借鑒歐洲的教練培訓經驗
- ❖ 蓄勢待發 - 如何協助運動員備戰2006亞洲運動會
- ❖ 運動訓練中的醫學問題
- ❖ 從香港經驗看教練面對的挑戰
- ❖ 2004雅典奧運金牌教練經驗暢談

- ❖ Development of Coaches Training - Global Trends
- ❖ The Coach - China's Key to Sports Success
- ❖ Towards a Sporting Nation - Coaching Perspectives
- ❖ Implications of Coaches Training in European Perspectives to Asian Countries
- ❖ Preparing Athletes for the 2006 Asian Games
- ❖ Medical Issues in Sports Training
- ❖ Challenges for Coaching Profession, Hong Kong Examples
- ❖ 2004 Olympic Games Medallists Coach - Experience Sharing

研討會現正接受報名。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 Conference is now open for registration. Please contact the Conference Secretariat at (852) 2681 6289 or [ICCE-ARCC@hksi.org.hk](mailto:ICCE-ARCC@hksi.org.hk) or visit <http://www.hkcoaching.com/ICCE-ARCC> for details.



## 屈臣氏集團 / 香港體育學院傑出青少年運動員揭曉 A.S. Watson Group / HKSI Outstanding Junior Athletes Announced

恭賀游泳運動員戴啟雄、梁舒恆及劍擊運動員陳彥文，獲選為二零零四年第三季屈臣氏集團/體院傑出青少年運動員。戴啟雄及梁舒恆在瑞典舉行的國際智障人士體育聯盟 - 環球運動會分別奪得200米蝶泳季軍及200米胸泳冠軍。陳彥文則在台灣舉行的亞洲青少年劍擊錦標賽中獲得個人佩劍冠軍。每位運動員各獲得現金獎港幣2,500元、運動用品禮券價值港幣2,500元及獎狀。頒獎典禮已於二零零五年一月十三日在體院舉行。



Congratulations to swimmers Tan Kai-hung, Leung Shu-hang and fencer Chan Yin-man for winning the A.S. Watson Group/ HKSI Outstanding Junior Athlete Awards 3rd Quarter 2004. Tan won a bronze medal in the 200m butterfly and Leung, a gold medal in the 200m breaststroke at the International Sports Federation for Persons with an Intellectual Disability Global Games held in Sweden. Chan was crowned champion in the individual sabre at the Asian Fencing Youth Championships held in Taiwan. Each Award winner received a HK\$2,500 cash incentive, a sports gear voucher valued at HK\$2,500 and a certificate. The prize presentation ceremony was held on 13 January 2005 at the HKSI.

## 二零零四年體壇明日之星甄選計劃 Searching for New Sport Stars 2004

二零零四年體壇明日之星甄選計劃已於十一月展開，並將於二零零五年二月完成。

今年是體院第五年主辦體壇明日之星甄選計劃，目的是讓青少年在其所長的運動項目中發揮天賦潛能，藉此促進本地競技運動水平，提升香港在國際體壇的地位。在過去四年間，已有三百多名運動員透過此計劃被挑選加入不同運動隊伍作專業培訓。

區內學校的學生首先接受體能及專項測試以作初步甄選。有潛質的學生會被挑選進入專項培訓。待技術成熟後，再經教練推薦接受進深培訓。成績傑出者可成為體院獎學金運動員，得到更全面的支援，當中包括專業的教練培訓、到海外接受訓練及參加比賽、以及在運動科學、運動醫學、體適能訓練、教育及職業輔導等其他方面的支援。

劍擊、賽艇、壁球及三項鐵人項目的甄選活動已於十一月及十二月完成。內容包括學校講座、體能及專項測試。田徑、羽毛球、單車、滑浪風帆及武術項目的甄選活動則於二零零五年一月展開。

The Searching for New Sports Stars 2004 programme commenced in November and will continue until February 2005.

The programme, currently in its fifth year, aims to identify talented young people to strengthen the feeder system, which is necessary to ensure Hong Kong's continued success at major international events. During the past four years, the programme has identified over 300 young athletes who have been provided with systematic training in various sports.



Students from local schools undergo scientific screening and sport specific tests and those who demonstrate potential will be recruited to take part in a wide range of sport specific training at a later stage. Once they have developed basic skills, they will, on coaches' recommendation, receive advanced training. Those who show exceptional sporting ability may become scholarship athletes at the HKSI. This enables them to access comprehensive support including high-performance coaching, with opportunities for overseas training and competition. Other support includes sports science, sports medicine, strength and conditioning training, education and career guidance.

The recent selection process for fencing, rowing, squash, and triathlon included school presentations, scientific screening, and sport specific tests. These were conducted in November and December. The selection process for athletics, badminton, cycling, windsurfing, and wushu commenced in January 2005.



## 香港長跑好手經驗分享 Hong Kong Elite Distance Runner Shares Experience

香港業餘田徑總會於十一月廿七日正式成立香港長跑集訓隊。香港長跑好手陳敏儀及其教練沈柏卓(譯音)專程由美國來港擔任長跑集訓隊首次訓練的客席講者，與運動員分享她於長跑生涯中的心得。集訓隊在專業訓練及場地方面得到體院的全力支援。

香港長跑集訓隊的成立旨在為有潛質的運動員提供專業的指導及培訓，希望他們經過訓練後，有機會於二零零五年及二零零九年東亞運動會中取得佳績。

在兩日的訓練營中，陳敏儀不但與運動員分享她於長跑生涯中的心得，更聯同沈教練一同帶領學員進行理論及實習課。陳敏儀說：「近年參與長跑運動的人士愈來愈多，希望沈教練和我的經驗及知識有助隊員突破自己，逐步締造更佳成績。」

為使香港長跑集訓隊更為專業，所有隊員必先通過體院運動科學部全面的運動科學測試。此外，集訓隊每月均會安排一次專題研討會或集訓，希望能有效地提升隊員在長跑方面的專業知識，並為港爭光。



The Hong Kong Distance Running Squad was officially established on 27 November by the Hong Kong Amateur Athletic Association. Maggie Chan, an elite distance runner, and her coach, Patrick Shane, were invited to come to Hong Kong from the United States as the guest speakers for the occasion. The HKSI fully supports the Squad through the provision of professional training and facilities.

The objective of the establishment of the Squad is to provide professional guidance and knowledge for potential elite athletes in distance running and to assist them to strive for good results for Hong Kong in the 2005 and 2009 East Asian Games.

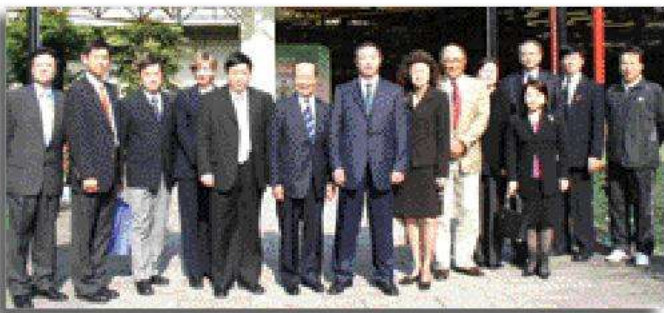
During the two-day training camp, Maggie shared her experiences and led the theory and practical sessions with Patrick to widen the international horizons of squad members. Said Maggie, "Recently, the number of distance runners has been continually growing. Patrick and I hope that our experience will help members to go beyond their limits and reach international standards."

All Squad members are required to undergo a comprehensive series of sports science tests. A monthly seminar or a training camp will be organised to enhance their members' professional knowledge and to assist them to perform well in high level competitions.

## 體育交流 Visits and Exchange

### 國家體育總局代表團到訪體院

國家體育總局一行三人，包括副局長于再清及兩位高層人員，於十二月十五日到訪體院。代表團參觀體院各項設施，並與體院董事局成員及管理層交流心得。



### State Sport General Administration of China Representatives Visited HKSI

A three-member delegation from the State Sport General Administration of China, including Vice Minister Yu Zai-qing and two senior officials, paid a visit to the HKSI on 15 December.



They toured the HKSI facilities and exchanged views with the HKSI Board and Management.

## 體育資訊中心新書介紹 New Reference at Sports Information Centre (SIC)

### 乒乓球中文書籍

乒乓球運動員高禮澤及李靜在雅典奧運會取得一面銀牌後，掀起一陣乒乓球熱潮。《乒乓球競賽FAQ》以問答形式解釋乒乓球比賽進行時的裁判方法及如何組織及編排競賽的工作；另一本書《乒乓球》則由淺入深教授初學者乒乓球技巧及一些戰術。

### Chinese Books on Table Tennis

Playing table tennis has become a hot topic after the table tennis athletes Ko Lai-chak and Li Ching won a silver medal at the Athens Olympics. "Table Tennis Rules and Officiating FAQ" lists questions and answers on rules, officiating, and tournament organisation. The second book, "Table Tennis: Matters for Teaching" is written for beginners and provides useful strategies from beginner to advanced level.



## 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
<b>羽毛球 Badminton</b> 2004 印尼公開賽 Indonesia Open 2004 (13/12/2004, 雅加達 Jakarta)	王晨 Wang Chen	女子單打 Women's Singles	前 Top 8/ 48
	廖國華 Liu Kwok-wa	男子雙打 Men's Doubles	前 Top 8/ 48
	楊禮豐 Njpto Albertus Susanto		
<b>單車 Cycling</b> 亞洲單車聯會亞洲盃場地賽泰國站 ACC Track Asia Cup 2004 - Thailand (7/12/2004, 曼谷 Bangkok)	黃蕙瑤 Wong Wan-yiu	女子個人追逐賽 Individual Pursuit, Women	2nd/ 6
	黃金寶 Wong Kam-po	男子記分賽 Points Race, Men	1st/ 16
	黃金寶 Wong Kam-po 胡健榮 Wu Kin-san	男子麥迪遜賽 Madison, Men	3rd/ 6
<b>游泳 Swimming</b> 世界盃短池游泳賽 - 墨爾本站 2004 FINA Swimming World Cup - Melbourne Station (28/11/2004, 墨爾本 Melbourne)	施幸余 Sze Hang-yu	女子 - 100 米個人四式 Women - 100m Individual Medley	8th/ 28
	施幸余 Sze Hang-yu	女子 - 50 米蝶泳 Women - 50m Butterfly	6th/ 19
	施幸余 Sze Hang-yu	女子 - 100 米自由泳 Women - 100m Freestyle	6th/ 28
	鍾國樑 Chung Kwok-leung	男子 - 200 米自由泳 Men - 200m Freestyle	8th/ 19
	鍾國樑 Chung Kwok-leung	男子 - 1500 米自由泳 Men - 1500m Freestyle	5th/ 10
<b>乒乓球 Table Tennis</b> 國際乒聯巡迴賽 - 奧地利公開賽 ITTF Pro Tour Volkswagen Open - Austria (17/11/2004, 維爾斯 Wels)	桑亞嬋 Song Ah-sim 帖雅娜 Tie Yana	女子雙打 Women's Doubles	前 Top 8/ 57
	高禮澤 Ko Lai-chak 梁柱恩 Leung Chu-yan	男子單打 Men's Singles	3rd/ 132 前 Top 8/ 132
	高禮澤 Ko Lai-chak 李靜 Li-ching	男子雙打 Men's Doubles	1st/ 101
	張鈺 Cheung Yuk	男子單打 Men's Singles	1st/ 16
	桑亞嬋 Song Ah-sim 帖雅娜 Tie Yana 張瑞 Zhang Rui	女子單打 Women's Singles	3rd/ 77 1st/ 77 3rd/ 77
	桑亞嬋 Song Ah-sim 帖雅娜 Tie Yana	女子雙打 Women's Doubles	1st/ 29
	張瑞 Zhang Rui		
<b>武術 Wushu</b> 第六屆亞洲武術錦標賽 6th Asian Wushu Championships (24/11/2004, 緬甸 Myanmar)	王媛兒 Wong Wun-ye	女子刀術 Women's Daoshu	3rd/ 10
	杜宇航 To Yu-hang	男子刀術 Men's Daoshu	4th/ 23
	鄭家豪 Cheng Ka-ho	男子南刀 Men's Nandao	3rd/ 27
	何柏姬 Ho Pak-kei 羅琛賢 Law Sum-yin 王媛兒 Wong Wun-ye	女子對練 Women's Dual Events	3rd/ 4
	陳少傑 Chan Siu-kit 周定宇 Chow Ting-yu 杜宇航 To Yu-hang	男子對練 Men's Dual Events	2nd/ 6
	曾思敏 Angie Tsang	女子南棍 Women's Nangun	4th/ 13
	鄭家豪 Cheng Ka-ho	男子南棍 Men's Nangun	8th/ 30
	杜宇航 To Yu-hang	男子棍術 Men's Gunshu	2nd/ 26
	周定宇 Chow Ting-yu	男子劍術 Men's Jianshu	8th/ 16
	曾思敏 Angie Tsang	女子南拳 Women's Nanquan	6th/ 14
	鄭家豪 Cheng Ka-ho	男子南拳 Men's Nanquan	6th/ 30
	王媛兒 Wong Wun-ye	女子長拳 Women's Changquan	5th/ 17
	曾思敏 Angie Tsang	女子南拳全能 Women's Nanquan Combine	5th/ 15
	鄭家豪 Cheng Ka-ho	男子南拳全能 Men's Nanquan Combine	4th/ 30
	王媛兒 Wong Wun-ye	女子長拳全能 Women's Changquan Combine	5th/ 22
	杜宇航 To Yu-hang	男子長拳全能 Men's Changquan Combine	5th/ 40