

## 國際教練研討會在港揭幕展示運動教練之全球發展與趨勢 Global Development and Coaching Trends Revealed at an International Forum in Hong Kong

香港首次主辦的最大型國際教練論壇「第一屆國際教練培訓局亞洲地區教練研討會」已於廿五至廿七日在體育大樓舉行。教練培訓專家與逾140名教練及運動專業人員分享及暢談亞洲區運動教練發展的經驗。

研討會由香港教練培訓委員會及國際教練培訓局主辦，以「亞洲區運動教練之發展趨勢與挑戰」為題。

中國香港體育協會暨奧林匹克委員會(港協暨奧委會)會長霍震霆議員、香港體育學院(體院)主席許晉奎先生及國際教練培訓局主席薛爾化博士(譯音)主持研討會的開幕禮。

霍震霆議員就體育對社會的重要性有高度評價，他表示：「體育能夠推動一個城市的國際聲譽和人民素質，更能協助凝聚社會，帶動巨大的精神財富與動力。」他補充：「教練支援無論對於普及運動參與和精英培訓都極其重要。」

許晉奎主席在開幕禮上致辭時亦表示：「要追求卓越的體育成就，教練的角色至為重要。在大型賽事所贏取獎牌不但是運動員努力的回報，亦反映了教練在背後的支持、鼓勵及貢獻。教練的素質對運動員的訓練及比賽有著極大的影響；因此，教練的支援無疑是成功的關鍵。」

許主席續說：「是次研討會為來自世界各地的參加者提供了一個難得的機會，讓他們與各地的業界同儕互相切磋交流。」

薛爾化博士感謝香港教練培訓委員會協助籌辦是次研討會。他表示研討會以「亞洲區運動教練之發展趨勢與挑戰」為題十分合適。他說：「體育就是需要不斷面對新的挑戰與範疇。近年，亞洲運動員在大型及世界級比賽中已成為一股新勢力，在未來四年，他們在體壇的影響力必定與日俱增，期望能在2008北京奧運會締造佳績。」

為期三天的研討會共有18位主題演講嘉賓及特邀演講嘉賓出席，他們就運動訓練、運動生理學、心理學及管理等多個範疇發表演講。

研討會另安排了一場名為「奧運獎牌之成功背後」的分享環節，四位來自中國及香港的奧運獎牌教練，中國國家游泳隊張亞東副總教練、中國香港滑浪風帆代表隊艾培理總教練、中國香港乒乓球代表隊惠鈞總教練及陳江華教練，與參加者分享獲取奧運獎牌的成功經驗。

研討會的主辦機構香港教練培訓委員會於一九九一年七月成立，由港協暨奧委會與體院聯合組成，旨在制訂香港教練培訓發展藍本及推行級別評定計劃的策略；而國際教練培訓局則為國際非牟利的機構，旨在提升教練培訓的國際水平及專業認受性。



Hong Kong's first-ever and largest international coaching forum - the International Council for Coach Education Asian Regional Coaching Conference (ICCE-ARCC) was held between 25-27 February at Sports House. Coaching specialists in the development of sports coaching in Asia shared their views and experience with over 140 coaches and sports professionals.

The Conference, with the theme of "Development of Sports Coaching in Asia: Trend and Challenge", was jointly hosted by the Hong Kong Coaching Committee (HKCC) and the International Council for Coach Education (ICCE).

The opening ceremony was officiated by Hon Timothy Fok, President of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC); Victor Hui, Chairman of the Hong Kong Sports Institute (HKSII); and Dr Uri Schaefer, President of the ICCE.

Fok endorsed the value of sports to the community. "Sports can drive a city's profile and quality. It is also a community builder which brings immense spiritual wealth and momentum." "Coaching support, among others, plays a crucial role in grassroots participation and elite sports training," he added.

Hui shared the same view in his opening remarks, "The coach plays a significant role in the pursuit of sporting excellence. What is behind a medal is not only the hard work of the athletes, but also the support, encouragement and contribution from the coaches. The quality of coaching is of paramount importance to both training and competition. Coaching support is beyond all doubt the key to success."

"It [the Conference] aims to provide a forum where participants from different parts of the world can have the opportunity to exchange views and ideas with their international counterparts," Hui added.

Dr Uri Schaefer thanked the HKCC for organising the event. He also appreciated the timeliness of the event. "What is sport if not a wonderful challenge which sets time and again new horizons. Asia in this respect is a growing star whose impact over the ensuing years at major international and world class events will be felt especially over the next four years heading to Beijing for the 2008 Olympic Games."

The three-day event included 18 keynote presentations and invited lectures in the area of sports coaching, physiology, psychology and sports management.

There was also a sharing session on "Olympic Success: Behind the Scene". Four renowned coaches from China and Hong Kong spoke on their experience in leading athletes to achieve success in the Olympic Games. They were: Zhang Yadong of the National Swimming Team of China; Rene Appel of the Hong Kong China Windsurfing Team; and Hui Jun and Chan Kong-wah, both of the Hong Kong China Table Tennis Team.

The HKCC, established in July 1991, is a joint committee between the SF&OC and the HKSII. The HKCC aims to formulate short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong. The ICCE is a non-profit, international organisation with the mission of promoting coaching as an internationally accepted profession.

## 著名運動科學家在國際運動科學交流論壇上與眾分享經驗 Renowned Sports Scientists share their expertise at the International Sports Science Exchange Forum



兩位知名的運動科學家來臨香江，於二月廿四日在體院舉辦的國際運動科學交流論壇上，與眾分享研究經驗。

講者之一夏戴德教授(譯音)本身是一位運動心理

學家，現任於卡塔爾精英體育學院(卡塔爾，多哈)優質管理、教育及公共事務學系系主任。他介紹了影響運動員臨場表現的心理訓練的最新發展。

另一位講者是來自關柏林州立大學(美國，路易斯安那州)，任教於健康及體育學系的顧德妮教授(譯音)。她是研究運動技能學習理論和運動視力的專家。她跟教練們分享了運動技能形成的理論及其實踐心得。

Two renowned speakers shared their expertise at the International Sports Science Exchange Forum held at the HKSI on 24 February. Professor Dieter Hackfort, a sport and exercise psychologist and Dean of the Department for Quality Management, Education, and Social Affairs in the Academy for Sports Excellence in Doha, Qatar, shared the latest innovations in the field of mental training for maximizing athletic performance. Professor Darlene Kluka, Department of Health and Physical Education of the Grambling State University of Louisiana in the United States, shared her expertise on skill acquisition and provided practical strategies for coaches. Professor Kluka is an expert in motor learning and sports vision research.



## 蛙后羅雪娟與香港泳壇新秀交流 Olympic and World Swimming Champion Luo Xuejuan Visited HKSI

蛙后羅雪娟於二月二至四日到訪體院。期間，她與兩位香港泳壇新秀廖嘉莉及孫嘉兒一起練習，令她們獲益良多。

這位雅典奧運女子百米蛙泳金牌得主與體院有深厚的淵源，早在一九九八年透過體院與浙江省游泳隊的長期交流計劃，她便經常在體院住宿及練習。當時，她已對體院這個專注發掘、培訓及發展本港具體育潛能之運動員、協助他們追求卓越成就的機構，留下了深刻的印象；她並讚揚體院環境清幽、設施完善，加上給予運動員的全面支援，使經常面對比賽壓力的年輕運動員能放鬆心情，專心訓練。

羅雪娟曾多次與香港運動員一起受訓和比賽。她表示大部份香港運動員仍處於求學階段，只能利用課餘時間接受訓練，在學業與訓練兩者皆要兼顧的情況下，仍有高水平的成績，實屬難得。她認為本港年輕泳手的水準雖暫處亞洲中游之列，但他們潛質優厚，只要在整體制度上增加資源，給予他們理想的條件，全時間訓練，成績將會更美滿。她更勉勵香港的泳手，只要堅持對游泳的喜愛，全情投入訓練，不灰心，不氣餒，成績必定會有進一步的突破。

一個成功的運動員，除了靠本身的天份和努力外，其他的支援如教練、科研等都十分重要。對羅雪娟而言，張亞東教練是她成功的關鍵。從十三歲起，她便與張教練合作。八年的磨合除了讓兩人培養了良好的默契外，還使雙方的意念與方向趨於一致，在訓練及比賽時向著同一個目標奮鬥，以至在比賽中能發揮最佳的水準。張教練不單在訓練上給予她指導與幫助，亦很關心她的身心發展，每當她遇到困難，張教練也會給予意見，共同解決問題。她覺得張教練與她已不單是教練與運動員的關係，她視他為父、朋友與戰友。

張教練亦應邀出席於二月廿五至廿七日在香港舉行的第一屆國際教練培訓局亞洲地區教練研討會，與參加者分享奧運獎牌的成功經驗。



Luo Xue-juan, the Athens Olympics Women's 100m breaststroke gold medallist paid a visit to the HKSI between 2 and 4 February. During her stay, Luo trained with two junior swimmers, Liu Ka-lei and Suen Ka-yi. The session was an inspiring experience for them.

Luo has had a long and close relationship with the HKSI dating back to 1998 when she participated in an exchange programme between the Hong Kong and Zhejiang swimming teams. She commented that she has a very good impression of the HKSI playing a key role in the provision of high performance sport for talented athletes. She appreciates that the pleasant environment, comprehensive facilities and support provided by the HKSI can help athletes focus on training without pressure.

Luo has trained with, and competed against Hong Kong's athletes on many occasions. She understands that most athletes are also full-time students who can only train after school. She said that she is very impressed with their dedication to both study and training. Despite their average skill level compared to other Asian swimmers, Luo predicted better performance if more resources can be put in the elite training system so that they can participate in full-time quality training. She is confident that Hong Kong's athletes can break through with persistence, enthusiasm and determination.

Besides personal attributes and commitment, other aspects such as coaching support and scientific research are of equal importance to the success of an athlete. To Luo, her coach Zhang Yadong is the key to her success. Zhang has been her coach since she was 13. Luo said that this close relationship has not only built a tacit understanding between them, it has also improved their compatibility in preparing for competitions. Zhang has a genuine concern to help Luo develop both physically and mentally and is a good counsellor. Luo sees Zhang as a parent, her friend and comrade.

Zhang shared his successful experience at the 1st ICCE-ARCC held between 25 and 27 February 2005 in Hong Kong.

## 香港運動員在國際體壇上屢創佳績 Hong Kong's athletes achieve breakthroughs in the international sports arena



香港運動員不斷在國際比賽中有新的突破，年輕運動員進步尤其顯著。香港單車代表隊在二月份澳洲悉尼舉行的世界盃場地單車賽中取得驕人成績，共獲得在三月份美國洛杉磯舉行的世界錦標賽的七個參賽資格，這是香港隊在世界盃場地單車賽中獲得歷屆最好成績。

香港青年壁球代表隊在一月份印度千奈舉行的亞洲青少年壁球錦標賽亦取得突破。代表隊摘取了一面女團金牌及一面男團銅牌。此外，歐詠芝更奪得女單銀牌及最有潛質年輕運動員獎。相比在2003年，代表隊贏得三面銅牌及在1997年奪得一面金牌，他們有很大的進步。此外，王偉恆在二月份香港舉行的澎馬壁球挑戰盃男子組奪得冠軍，成為首位奪得此項殊榮的香港壁球男運動員。

體院在此祝賀各位運動員，希望各位繼續努力，不斷突破自我，創造佳績，為港爭光！

Hong Kong's athletes continue to achieve outstanding results and breakthroughs in international competitions, and those of young athletes are of particular significance. The Hong Kong cycling team excelled in the 2004 UCI Track Cycling World Cup Classics held in February in Sydney, Australia, and gained seven qualifications for the UCI World Track Championships to be held in March in Los Angeles. This is the best ever result achieved by Hong Kong cyclists.

The Hong Kong junior squash team also returned with breakthrough results from the Asian Junior Squash Championships held in January in Chennai, India. The team won one gold medal and one bronze medal in the women's and men's team events respectively. In addition, Au Wing-chi clinched one silver medal in the girls' individual event and was awarded the Hussan Musa Award – Most Promising Junior Girl. The team has improved remarkably as it won three bronze medals in 2003 following one gold medal in 1997. Finally, Wong Wai-hang made history by winning the Buler Squash Challenge Cup held in February in Hong Kong.

The HKSJ would like to congratulate all the winning athletes, we hope they will continue to achieve international sporting success for Hong Kong.



## 體育交流 Visits and Exchange



### 美國奧委會主管到訪體院

美國奧林匹克委員會負責運動表現的主管史提芬魯斯(譯音)，於二月一日到訪體院。他參觀各項體育及住宿設施，並與體院管理層交流心得，為日後美國代表隊備戰2008北京奧運到亞洲區集訓作好準備。

### United States Olympic Committee Visited HKSJ

Steven Roush, Chief of Sports Performance of the United States Olympic Committee paid a visit to the HKSJ on 1 February. He toured the sports and accommodation facilities at the HKSJ, and exchanged views with the HKSJ management on training the United States sports teams in the Asian region for the 2008 Beijing Olympics.

### 澳洲教練培訓專家到訪體院

兩位澳洲教練培訓專家，澳洲昆士蘭體育學院行政總監鮑文(譯音)及澳洲體育委員會運動策劃及支援經理博爾若(譯音)於三月一日到訪體院。除參觀各項設施外，他們並與管理層交流意見。

### Australian Coaching Specialists Visited HKSJ

Two Australian coaching specialists and ICCE-ARCC presenters Alex Baumann, Executive Director of the Queensland Academy of Sports and Phil Borgeaud, Manager, Sport Innovation & Best Practice, Australian Sports Commission, paid a visit to the HKSJ on 1 March. They toured the HKSJ facilities and exchanged views with the HKSJ Management.



### 香港特別行政區體育委員會委員到訪體院

體育委員會委員於三月一日到訪體院，參觀各項設施及與管理層了解精英培訓支援工作。體育委員會於一月由香港特別行政區政府正式成立，負責整體的發展及協調工作。

### HKSAR Sports Commission Visited HKSJ

The Sports Commission paid a visit to the HKSJ on 1 March. They toured the HKSJ facilities, and exchanged views with the HKSJ management in the area of elite athletes training and support. The Sports Commission is a central advisory body set up by the HKSAR government in January to provide coordination and overall direction in sports development in Hong Kong.



## 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>			
韓國公開賽 2005 Noonnoppi Korea Open 2005 (25/1/2005, 仁川市 Incheon City)	王晨 Wang Chen	女子單打 Women's Singles	2nd/ 44
	吳蔚 Ng Wei	男子單打 Men's Singles	5th/ 64
	廖國華 Liu Kwok-wa 楊禮豐 Njoto Albertus Susanto	男子雙打 Men's Doubles	5th/ 42
<b>壁球Squash</b>			
第12屆亞洲青少年壁球錦標賽 12th Asian Junior Squash Championships (20/1/2005, 千奈 Chennai)	歐詠芝 Au Wing-chi 陳浩鈴 Chan Ho-ling 趙家琦 Chiu Ka-kei	女子個人 Girl's Individual	2nd/ 32 5th/ 32 5th/ 32
	歐詠芝 Au Wing-chi 陳浩鈴 Chan Ho-ling 趙家琦 Chiu Ka-kei 梁善雅 Leung Shin-nga	女子團體 Girl's Team	1st/ 7
	歐鎮銘 Au Chan-ming 趙皓輝 Chiu Ho-fai 鄺于淳 Kwong Yu-shun 李浩賢 Lee Ho-yin	男子團體 Boy's Team	3rd/ 10
<b>游泳Swimming</b>			
澳洲青少年游泳錦標賽 Australian Youth Olympic Festival (21/1/2005, 悉尼 Sydney)	衛海娜 Wilson Hannah	女子 - 50 米自由泳 Girls - 50m Freestyle	1st/ 24
		女子 - 100米自由泳 Girls - 100m Freestyle	1st/ 27
	施幸余 Sze Hang-yu	女子 - 100 米蝶泳 Girls - 100m Butterfly	2nd/ 20
	馮詠欣 Fung Wing-yan 李亮葵 Lee Leong-kwai 施幸余 Sze Hang-yu 衛海娜 Wilson Hannah	女子 - 4 x 100米自由泳接力 Girls - 4 x 100 Freestyle Relay	3rd/ 8
<b>乒乓球 Table Tennis</b>			
國際乒聯巡迴賽-克羅地亞公開賽 ITTF Pro Tour Croatian Open (19/01/2005, 薩格勒布 Zagreb)	帖雅娜 Tie Yana 張瑞 Zhang Rui	女子單打 Women's Singles	1st/ 168 5th/ 168
	帖雅娜 Tie Yana 張瑞 Zhang Rui	女子雙打 Women's Doubles	1st/ 73
	柳絮飛 Lau Sui-fei 桑亞嬋 Song Ah-sim		2nd/ 73
	高禮澤 Ko Lai-chak 李靜 Li Ching	男子雙打 Men's Doubles	1st/ 111
	張鈺 Cheung Yuk 梁柱恩 Leung Chu-yan		3rd/ 111
<b>滑浪風帆Windsurfing</b>			
2005 墨爾本帆船賽 Sail Melbourne 2005 (15/01/2005, 墨爾本Melbourne)	陳慧琪 Chan Wai-kei 陳慧文 Chan Wai-man	女子奧運板 IMCO Women	2nd/ 5 1st/ 5
	陳敬然 Chan King-yin 鄭國輝 Cheng Kwok-fai 何智豪 Ho Chi-ho 馬國寶 Ma Kwok-po 茹詠豪 Yu Wing-ho	男子奧運板 IMCO Men	3rd/ 16 1st/ 16 2nd/ 16 5th/ 16 4th/ 16