

## 香港體育學院委任新董事局成員 HKSI Board of Directors Appointed



李家祥博士獲香港特別行政區政府委任為香港體育學院有限公司(體院)主席。

李博士是一名會計師及前立法會議員。他一直積極參與青年及社區事務。自一九九一年起曾任青年事務委員會主席達十二年之久，並自一九九五年出任香港弱智人士體育協會會長。李博士過往出任多項公營機構公職，當中所累積的經驗，定能在體院的工作上發揮出色的領導。

另四名新成員獲委任加入體院董事局。體院董事局兩名副主席和所有董事皆獲再度委任。有關委任由二零零五年四月一日起生效，直至二零零七年三月三十一日，為期兩年。

### 主席 Chairman

李家祥博士 GBS OBE JP  
Dr Eric Li Ka-cheung GBS OBE JP

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Professor Chan Kai-ming JP

譚學林先生 JP  
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Mr Lowell Chang Ur-way

張維醫生 \*  
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Mr Carlson Tong\*

錢恩培先生  
Mr Tsin Yan-pui

胡偉民先生 BBS JP  
Mr Johnny Woo Wai-man BBS JP

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Mrs Vivien Fung Lau Chiang-chu JP  
(中國香港體育協會暨奧林匹克委員會代表)  
(representative of the Sports Federation & Olympic Committee of Hong Kong, China)

趙婉珠女士 JP  
Ms Lolly Chiu Yuen-chu JP

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Mr Alan Siu Yu-bun JP

潘太平先生  
Mr Eddie Poon Tai-ping

陳若藹女士  
Miss Olivia Chan Yeuk-oi

\*新董事局成員 New appointments.

## 香港體育學院委任新院長 HKSI Chief Executive Appointed



鍾伯光博士獲委任為體院院長，由四月一日起生效。

曾出任浸會大學體育系副教授的鍾博士，於一九九八年加入前香港康體發展局(康體局)為精英培訓總監。於去年七月出任前康體局署理總裁，並自去年十月體院成立時出任署理院長。

鍾博士熟悉精英教練及精英運動員的發展，亦是一位本地廣為熱識的運動心理及體適能專家。

鍾博士對今次獲委任感到高興，並表示體院將會繼續擔任培訓精英運動員的角色，為運動員提供全面的支援，包括聘請專業教練、運動科研、及運動員個人發展服務等，以協助他們在體育方面追求卓越的同時，並兼顧個人的發展。體院亦保持與民政事務局、中國香港體育協會暨奧林匹克委員會、體育總會、康樂及文化事務署、以及本地和海外體育機構緊密合作，攜手致力推動香港精英體育發展。

Dr Chung Pak-kwong has been appointed as the new Chief Executive of the HKSI, with effect from 1 April.

Dr Chung was an associate professor at the Hong Kong Baptist University before joining the then Hong Kong Sports Development Board (HKSDDB) in 1998 as the Director of Elite Training. He was appointed as Acting Executive Director of the HKSDDB in July last year and as Acting Chief Executive of the HKSI since the establishment of the HKSI in October last year. Dr Chung has profound knowledge and experience in high performance coaching and elite athlete development; and is a well-known figure in the sports psychology and fitness fields.

Dr Chung said that he was delighted to have been appointed to the post. He affirmed that the HKSI would continue to perform its role in nurturing Hong Kong's elite athletes by providing comprehensive support in coaching, scientific services and social aspects to assist them in the pursuit of sports excellence and all-round personal growth. The Institute would maintain a close working relationship with the Home Affairs Bureau, the Sports Federation & Olympic Committee of Hong Kong, China, all National Sports Associations, the Leisure and Cultural Services Department and other stakeholders in Hong Kong and overseas.

## 高淑英親臨體院作交流示範 China's top Pole Vaulter Demonstrates Skills at the HKSI



亞洲撐杆跳高皇后高淑英於三月廿二日應邀出席在體院舉行的體壇明日之星甄選計劃作現場技術示範。除了讓參與計劃的學生有機會一睹世界級運動員的風采外，亦為本地運動員提供一個與精英好手技

術交流的機會，有助推廣女子撐杆跳高項目在本地的發展。同行的還有國家級教練史美創，兩人與體院田徑部進行了共七天的訓練交流，尤其著重在力量方面的鍛煉。

這位亞洲紀錄保持者表示特別喜歡體院優美的環境，她說院內訓練設施非常完善，是一所理想的精英運動員訓練中心。她又認為香港運動員的訓練態度非常認真，不但細心聆聽教練的說話，之後亦會依循指示拼勁地練習。雖然亞洲運動員相比歐美選手在體質和高度方面較為遜色，但認為只要本地運動員在體質方面加強訓練，成績定能更上一層樓。

高淑英於一九九四年在上海體育學院競校開始專業訓練，正式跟隨史美創教練訓練，其後於一九九七年進入上海市田徑隊，繼而在二零零零年入選國家隊。在二零零零年，高淑英以4米35的成績打破亞洲紀錄。在二零零一年短短四十多天內就以4米42、4米50和4米52三破自己保持的亞洲紀錄，成績可謂一支獨秀。

能夠獲得如此佳績，高淑英認為史教練居功至偉。她表示，史教練是一位極出色的教練，能夠把她的優點包括個子高、手臂長和靈活性盡量發揮出來。她又認為，史教練可謂亦師亦友，在日常生活上他們無所不談，而在運動場上大家亦是向著同一目標，奮發向前。「一分耕耘一分收穫」就是高淑英的座右銘。她矢志會不斷努力，希望在短期內可以再破自己的亞洲紀錄，並以挑戰世界紀錄為個人最終目標。

Gao Shuying, the Asian women's pole vault record holder, was invited by the HKSI to give a demonstration on 22 March. The demonstration was part of the Searching for New Sports Stars programme which aims to identify talented young athletes for further training. The event provided an opportunity for programme participants to learn skills and for local athletes to share experience with Gao. The event also helped promote the development of pole vaulting in Hong Kong. In addition, Gao and her coach, Shi Meichuang, trained with the HKSI Athletics Department for one week, with particular emphasis on her power training.



She expressed her appreciation with the pleasant environment and comprehensive facilities that make the HKSI an ideal training centre for athletes. She was impressed by the attitude of local athletes who earnestly studied and practiced what the coach had taught them. Despite the tendency for Asians to have limitations in physique and height when compared to European and American athletes, Gao predicted better performance if local athletes could devote more time and effort to physical training.

Gao started her formal training at the Shanghai Sports Institute in 1994 under Coach Shi. She joined the Shanghai Athletics Team in 1997 and was selected to the National Team three years later. In 2000, Gao set the Asian record for women's pole vault at 4.35m. A year later, she broke the record numerous times with 4.42m, 4.50m and 4.52m, all within a 40-day stretch.

Gao feels the main key to her success is her coach. She said that Coach Shi was able to exploit her natural gifts and talents such as her height, arm length, and agility to its maximum capacity. Gao also sees Coach Shi as a friend with whom she has been able to not only share things about her daily life, but who has also helped her work toward her goals. "No pain, no gain" is her motto. Gao said she would continue to persevere in breaking the Asian record as her short-term goal, with the eventual goal being the world record.

## 香港運動員在國際體壇上的突破 Hong Kong's Athletes Achieve Breakthroughs in the International Sports Arena

繼保齡球手胡兆康於一月十三日至十六日在印尼舉行的亞洲保齡球巡迴賽總決賽男子組決賽歷史性為香港贏得賽事的冠軍後，保齡球手馮雪儀，亦於二月下旬至三月初在科威特舉行的第二屆科威特國際保齡球公開賽中，取得她首個優秀賽錦標。



Following the tenpin bowler Wu Siu-hong becoming Hong Kong's first-ever champion at the ABF Tour Tournament of Champion held between 13-16 January, Fung Suet-yeung recorded her first master tournament victory at the 2nd Kuwait International Open Bowling Tournament held between 28 February - 19 March in Kuwait.

其他精英運動員亦有極佳的表現。乒乓球手帖雅娜於三月中旬在日本福岡舉辦的第17屆女子亞洲盃中，擊敗多名好手，在女子單打項目為港首次贏得獎項。精英劍擊運動員周梓淇於三月十八日，在上海舉行的全國擊劍冠軍賽系列賽第二站，歷史性地在女子佩劍項目勝出。



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！

Other elite athletes also returned with breakthrough results. Table Tennis player Tie Yana won the 17th Women's Asian Cup held between 12-13 March in Fukuoka, Japan. This is the first time Hong Kong table tennis has won this title. Fencer Chow Tsz-ki made history by winning the women's sabre at the All China Fencing Champions Meet Series 2 held on 18 March in Shanghai, China.



The HKSI would like to congratulate all winning athletes. We hope they will continue to achieve success for Hong Kong at upcoming tournaments.

## 高水平運動的肌肉訓練，恢復與傷患防治研討會 Symposium on Muscle Training, Recovery, and Injury Prevention in High Performance Sport

四位分別來自運動肌肉訓練、恢復與傷患預防範疇的專家於三月十八至十九日體院所舉辦的研討會中，與超過70名健身教練、運動員、運動教練、物理治療師及運動科學專業人員分享專業知識。



Four experts in muscle training, recovery, and injury prevention in high performance sport shared their expertise with over 70 fitness trainers, athletes, sports coaches, physiotherapists and sports science professionals at the Symposium on Muscle Training, Recovery, and Injury Prevention in High Performance Sport held between 18-19 March at the HKSI.

芬勒博士(譯音)是國際知名的重量訓練及無氧訓練權威。他在首場演講中分享設計重量訓練計劃的最新改革，尤其是對波動週期設計模式作出針對性的講解。在另一場演講中，他就青少年的體能訓練向教練們提供安全而有效的訓練指引。除此之外，矯形外科及創傷學專家林國基醫生聯同資深物理治療師蔡嫻，向與會者展示現今肌肉創傷診治的最新發展。而在實習環節上，肌肉治療師華傑士(譯音)則分享了應用隔離式動態伸展法來預防運動創傷和幫助運動員恢復的經驗。

Dr Steven Fleck, an internationally known authority in the area of weight and anaerobic training, shared the latest innovations in the design of weight training programs, with particular emphasis on undulating periodisation. In another presentation, Dr Fleck also provided some safe and effective guidelines for coaches to use when training young athletes. Dr James Lam, a specialist in orthopaedics and traumatology, and Sierra Choi, a physiotherapist, presented current advances in muscle injury diagnosis and treatment. Chris Watts, a neuromuscular therapist, shared his experiences with Active Isolated Stretching for injury prevention and recovery in a practical session.

## 精英運動員禮儀工作坊 Etiquette Workshop for Scholarship Athletes

體院於三月八日為精英運動員舉辦了一個禮儀工作坊，並邀請梁玳寧(飲食界知名人士及撰稿人，1982年十大傑出青年及1984世界傑出青年得獎者)為主講嘉賓。工作坊吸引逾46位運動員出席，他們學習一般社交禮儀、世界飲食文化及餐桌禮儀。梁玳寧亦鼓勵運動員在社交場合多開放自己，並主動以友善的態度與人溝通。



An etiquette workshop was held on 8 March at the HKSI. Doreen Leung Dor-ling (distinguished cuisine personality and columnist, 1982 Ten Outstanding Young Persons and 1984 World Outstanding Young Persons Award winner) was invited as the guest speaker for the workshop. A total of 46 scholarship athletes participated in the workshop where they learned social etiquette, dietary culture and table manners practiced in other countries. Leung also encouraged the athletes to strive towards cultivating

a cordial manner at social functions and learning to create effective contacts with others.

## 2004滙豐銀行慈善基金優秀教練選舉 2004 Hongkong Bank Foundation Coaching Awards

由32個體育總會及社區體育會推薦，共92位活躍於30個體育項目的運動教練，獲提名角逐「2004滙豐銀行慈善基金優秀教練選舉」。此獎勵計劃旨在嘉獎教練在體育工作上的努力和貢獻。這項由香港教練培訓委員會主辦，並得到滙豐銀行慈善基金全力支持的獎勵計劃，自一九九三年起已成為體育界每年一度的盛事。本年度選舉共設以下六個獎項：全年最佳教練獎、精英教練獎、最佳隊際運動教練獎、傑出貢獻獎、最佳教練培訓工作者獎及社區優秀教練獎。頒獎禮將於年四月廿四日舉行。有關候選教練名單及獎勵計劃的詳情，請瀏覽

香港教練培訓委員會網頁：[www.hkcoaching.com](http://www.hkcoaching.com) 或  
體院網頁：[www.hksi.org.hk](http://www.hksi.org.hk)。

A total of 92 coaches from 30 sports have been nominated by 32 NSAs and Community Sports Clubs for the 2004 Hongkong Bank Foundation Coaching Awards, the premier scheme to honour coaches throughout Hong Kong. The scheme, organised by the Hong Kong Coaching Committee (HKCC) and sponsored by the Hongkong Bank Foundation, has established its reputation as a major event in the sports calendar since its commencement in 1993. There are six categories of awards: Coach of the Year Awards, Coaching Excellence Awards, Best Team Sport Award, Distinguished Services Award for Coaching, Coach Education Award and Community Coach Recognition Awards. The presentation ceremony will be held on 24 April. For short-listed nominees and Awards details, please visit the HKCC website: [www.hkcoaching.com](http://www.hkcoaching.com) or the HKSI website: [www.hksi.org.hk](http://www.hksi.org.hk)

## 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

恭賀游泳運動員施幸余及羽毛球運動員王偉康獲選成為二零零四年第四季屈臣氏集團/香港體育學院傑出青少年運動員。施幸余在世界盃短池游泳賽中表現出色，先在去年十一月墨爾本站女子100米混合泳中名列第八，繼而在十二月韓國站50米蝶泳賽事取得第六名。王偉康去年十月在加拿大舉行的2004世界青少年羽毛球錦標賽，與128名來自29個地區的年輕好手比賽，取得男單第九名的成績。兩位運動員藉出色的表現贏得這項傑出青少年運動員殊榮。



Congratulations to swimmer Sze Hang-yu and badminton player Wong Wai-hong for winning A.S. Watson Group/HKSI Outstanding Junior Athlete Awards in the fourth quarter of 2004. Sze ranked eighth in the women's 100m medley and sixth in the 50m butterfly at the FINA Swimming World Cup Series in November 2004 in Melbourne and in December 2004 in Korea respectively. Competing against 128 top juniors from 29 countries, Wong finished ninth in the men's singles at the World Junior Badminton Championships in October 2004 in Canada. The two athletes were awarded for their outstanding performance at these tournaments.

每位運動員各獲頒獎狀一張、現金獎港幣2,500元及運動用品禮券價值港幣2,500元。頒獎典禮已於三月廿二日在體院舉行。

Each Award winner received a certificate of recognition along with a HK\$2,500 cash incentive and a HK\$2,500 sports gear voucher. The prize presentation ceremony was held on 22 March at the HKSI.

### 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>			
荷蘭青少年賽 2005 Dutch Junior International 2005 (16/2/2005, 荷蘭 Netherlands)	葉嫻延 Yip Pui-yin	女子單打 Women's Singles	3rd/ 106
	王偉康 Wong Wai-hong	男子單打 Men's Singles	3rd/ 108
	王偉康 Wong Wai-hong 葉嫻延 Yip Pui-yin	混雙 Mixed Doubles	3rd/ 64
<b>劍擊 Fencing</b>			
全國擊劍冠軍賽系列賽第二站 All China Fencing Champions Meet Series 2 (12/3/2005, 上海 Shanghai)	周梓淇 Chow Tsz-ki	女子佩劍 Women's Individual Sabre	1st/ 67
<b>划艇 Rowing</b>			
國際賽艇協會隊際盃 FISA Team Cup (19/2/2005, 塞維利亞 Seville)	盧廷威 Lo Ting-wai 蘇秀華 So Sau-wah	男子輕量級雙人組 Lightweight Men's Doubles	2nd/ 12
	西班牙錦標賽 Spanish Sprint Championships (20/2/2005, 塞維利亞 Seville)	盧廷威 Lo Ting-wai 蘇秀華 So Sau-wah	男子輕量級雙人組 Lightweight Men's Doubles
第五屆亞洲室內賽艇錦標賽 5th Asian Machine Rowing Championships (5/3/2005, 香港 Hong Kong)	李嘉文 Lee Ka-man	女子輕量級單人 Women Lightweight Individual	2nd/ 5
	羅曉鋒 Law Hiu-fung	男子輕量級單人 Men Lightweight Individual	1st/ 5
	湯少文 Tong Siu-man 葉君幼 Yip Kwan-yau	女子輕量級雙人組 Women Lightweight Pair	2nd/ 3
	羅曉鋒 Law Hiu-fung 蘇秀華 So Sau-wah	男子輕量級雙人組 Men Lightweight Pair	1st/ 4
	何銘祥 Ho Ming-cheung 李嘉文 Lee Ka-man 蘇秀華 So Sau-wah 湯少文 Tong Siu-man	輕量級混合四人組 Lightweight Mixed Four	2nd/ 4
<b>乒乓球 Table Tennis</b>			
國際乒聯巡迴賽-卡塔爾公開賽 ITTF Pro Tour Qatar Open (21/2/2005, 多哈 Doha)	梁柱恩 Leung Chu-yan	男子雙打 Men's Doubles	3rd/ 55
女子亞洲盃2004 Women's Asian Cup 2004 (12/3/2005, 福岡 Kitakyushu)	柳絮飛 Lau Sui-fei	女子單打 Women's Singles	4th/ 16
	帖雅娜 Tie Yana	Women's Singles	1st/ 16