

滙豐銀行慈善基金優秀教練選舉頒獎禮向本地傑出教練致敬 Tribute Paid To Coaches at Annual Hongkong Bank Foundation Coaching Awards Presentation

共54位本地教練於四月廿四日舉行的「滙豐銀行慈善基金優秀教練選舉」頒獎禮上獲表揚，以嘉許他們為香港體壇所作出的努力與貢獻。頒獎禮吸引逾200位體育界人士參加。

「滙豐銀行慈善基金優秀教練選舉」由香港教練培訓委員會主辦、滙豐銀行慈善基金贊助，是本地唯一表揚全港優秀教練的選舉。

滙豐銀行慈善基金亦在同一場合內宣佈繼續在二零零五至二零零七年贊助香港教練培訓計劃，而「滙豐銀行慈善基金優秀教練選舉」是其中主要一個贊助項目。

香港教練培訓委員會主席傅浩堅教授指出，香港運動員於去年所締造的佳績，有賴幕後一班教練的努力。傅教授說：「我衷心祝賀所有教練；更特別感謝體育總會一直與香港教練培訓委員會緊密合作，提高本港教練培訓的水平及教練的地位。」

「在此，我更感謝滙豐銀行慈善基金多年以來超過1,600萬元的贊助，並對於基金將在未來兩年繼續支持香港教練培訓計劃感到欣喜；我相信在雙方的合作下，培訓計劃將會有更好的成績。」

滙豐銀行慈善基金委員會委員兼滙豐體育會主席薛關燕萍感謝本地教練為香港體壇所付出的努力，並認為教練的重要角色不容忽視，應該得到大眾的認同。

她說：「滙豐銀行慈善基金自九零年初已開始贊助香港教練培訓計劃及優秀教練選舉。教練在不同體育項目、努力不懈地指導及啟發不同水平的香港運動員，所作出的貢獻，令我們引以為傲。」

大會今年合共頒發了62個獎項：

全年最佳教練獎	得獎教練	Coach of the Years Awards	Awards winners
個人項目 - 高級組別	何一鳴 (羽毛球)	Senior athletes, individual sport	Tim He (Badminton)
團體項目 - 高級組別	鄭兆康 (輪椅劍擊)	Senior athletes, team sport	Zheng Kang-zhao (Wheelchair Fencing)
個人項目 - 青少年組別	陳江華 (乒乓球)	Junior athletes, individual sport	Chan Kong-wah (Table Tennis)
卓越成就獎	鄭兆康 (輪椅劍擊)	Special Recognition Award	Zheng Kang-zhao (Wheelchair Fencing)
最佳隊際運動教練獎	黃德森 (滑浪風帆)	Best Team Award	Sam Wong Tak-sum (Windsurfing)
傑出貢獻獎	惠鈞 (乒乓球)	Distinguished Services Award	Hui Jun (Badminton)
最佳教練培訓工作者獎	陶志雲 (欖球)	Coach Education Award	Ivan Torpey (Rugby)
	梁艷芬 (硬地滾球)		Leung Yim-fan (Boccia)
	周日光 (羽毛球)		Chau Yat-kwong (Badminton)

此外，38位教練獲頒發精英教練獎，嘉許他們帶領運動員或運動隊伍，在國際大型運動會中奪取驕人成績；15位教練獲頒社區優秀教練獎，表揚他們在社區層面對運動員及教練培訓的貢獻。

評審委員會特別頒發卓越成就獎予香港乒乓球總教練惠鈞，表揚他對香港乒壇所付出的努力，在培訓青少年及精英運動員貢獻良多。



A total of 54 coaches were honoured at the 2004 Hongkong Bank Foundation Coaching Awards Presentation Ceremony held on 24 April. More than 200 guests from the local sports community attended the annual event.

Presented by the Hong Kong Coaching Committee (HKCC) with the support of the Hongkong Bank Foundation (HBF),

the Awards scheme is the only territory-wide programme that pays tribute to the achievements of outstanding coaches in Hong Kong.

The HBF also announced at the occasion that it would continue to support the Hong Kong Coach Education Programme from 2005 to 2007, of which the Hongkong Bank Foundation Coaching Awards is one of its major components.

Professor Frank Fu, Chairman of the HKCC, said Hong Kong athletes achieved remarkable results last year and this could not have happened without the quality work of coaches behind the scenes. "I would like to extend my heartfelt congratulations to all coaches. Special thanks should go to the National Sports Associations, who have worked closely with the HKCC to raise the level of coach education and the profile of coaches in Hong Kong."

"We are most grateful to have the HBF as our sponsor and delighted that the Foundation will continue to support the Hong Kong Coach Education Programme for the next two years, bringing the total funding to more than HK\$16 million. Our partnership will certainly bring the Programme to new heights," said Fu.

Dorothy Sit, member of the HBF Advisory Committee and Chairperson of Wayfoong Sports Club, showed her appreciation to the hard work of local coaches. "Every day, coaches instruct and inspire Hong Kong's athletes at various levels and in various sports. The HBF has been funding the Coach Education Programme and the Awards since the early 1990s to acknowledge the importance of coaches in developing athletes," said Sit.

This year, a total of 62 awards were presented:

Thirty-eight coaches were recognised with Coaching Excellence Awards for their contributions in leading athletes or sports teams to international success, while 15 coaches were recognised with Community Coach Recognition Awards for their contribution to the development of athletes and coaches within the community.

The "Special Recognition Award" was presented to Table Tennis Hong Kong team head coach Hui Jun for his outstanding contribution to the sport from junior to elite level.

菲律賓阿羅約先生到訪香港體育學院

「菲律賓第一先生」阿羅約先生於四月十一日到訪香港體育學院（體院），此行為了解香港精英體育項目的支援系統，作為菲律賓提升國際體育成績的參考。阿羅約先生及訪問團一行九人，當中包括國會議員、菲律賓體育委員會及菲律賓駐香港領事館行政人員等，在體院副主席譚學林及管理層陪同下，參觀體院各項體育設施，並就精英運動員支援進行交流。



Management, toured the sports facilities and exchanged views on the support and services provided to elite athletes in Hong Kong.

Atty. Jose Miguel T. Arroyo, First Gentleman of the Philippines Visited HKSI

Atty. Jose Miguel T. Arroyo, First Gentleman of the Philippines, paid a visit to the HKSI on 11 April, as part of the Philippines' evaluation of successful elite sporting systems in the region. Atty. Arroyo was accompanied by a member of Parliament as well as officials from the Philippine Sports Commission and the Consulate General of the Philippines. The 9-member delegation, received by the Vice-Chairman Tommy Tam Hok-lam and the



Management, toured the sports facilities and exchanged views on the support and services provided to elite athletes in Hong Kong.

參觀沙田林大輝中學

由體院不同部門的代表、教練、學生運動員及家長組成的廿二人訪問團，於四月十三日參觀沙田林大輝中學。該校設有運動科學及康體管理課程，不少在學運動員都有興趣報讀。此行不但讓運動員和家長對該校的環境、課程設計及運動設施有更深入認識；體院代表亦有機會與該校代表在未來合作、學生表現和體育發展等方面交流意見。



A Visit to Lam Tai Fai College

A 22-member delegation comprising representatives from different HKSI departments, coaches, student-athletes and parents, paid a visit to the Lam Tai Fai College on 13 April. The College offers a programme in sports science and recreational management which has a wide appeal to many student-athletes. The visit allowed student-athletes and parents to learn more about the environment, course curriculum and sports facilities of the College; and the HKSI representatives to exchange ideas and views with the College representatives on areas of future collaboration, student performance and sports development.

奧地利乒乓球隊在體院交流成果豐碩

Austrian Table Tennis Team Has a Fruitful Exchange at the HKSI

奧地利乒乓球隊於四月下旬到訪體院，成員包括二零零三年世界乒乓球錦標賽男單冠軍施拉格。奧地利隊與香港乒乓球隊認識已久，與香港的球手及教練的關係密切。逗留體院期間，奧地利隊更與香港隊進行交流練習。球隊對體院優美的環境及完善的支援服務留下了深刻的印象。

奧地利乒乓球隊教練卡薩（譯音）認為這次的交流是一個很好的機會，為備戰即將舉行的第四十八屆世界乒乓球錦標賽作熱身，這對球隊是十分重要。他稱：「與香港隊練習可讓我們學習亞洲球手的打法。這次的交流計劃讓隊員得益不少。」

現時世界排名第六的施拉格首次到訪體院，表示很高興能在這裏練習。他稱：「我會在逗留體院期間備戰世界錦標賽，由於剛完成四月初的歐洲錦標賽，我會集中恢復體能，穩定身體的狀況，在這裏進行的訓練計劃以質量為主。」

施拉格認為完善及周詳的訓練系統是培育優秀運動員的關鍵，這也是中國乒乓球手從小開始接受有系統的培訓，以至無論在體能或技巧較歐洲球員優勝的原因。

對於香港乒乓球隊的表現，他覺得：「香港球手在過去兩年半進步神速，當中以高禮澤及李靜的表現尤為突出，我很高興可以與他們一起練習。」當上世界冠軍後，施拉格心感要承擔的責任多了。他說：「一直以來，我竭盡所能，要成為成功的乒乓球運動員沒有捷徑，你必須努力練習，鍛煉出個人獨有的風格與技巧。」



The Austrian Table Tennis Team including Werner Schlager, 2003 World Men's Singles Champion, visited the HKSI in late April. The Austrian Team has known the Hong Kong Team for a long time and has established a close relationship with them. The team conducted an exchange programme with the Hong Kong Team during their stay. They were deeply impressed by the pleasant environment of the HKSI and its comprehensive support.

Ferenc Karsai, the coach of the Austrian Team, commented that the exchange programme provided an important opportunity for the team, as a warm up for the 48th World Table Tennis Championships to be held in Shanghai. He said, "Practising with Hong Kong Team allows us to get used to the technique of Asian players. The exchange programme has been very effective for us."

Visiting the HKSI for the first time, Schlager, the world number six table tennis player, was pleased to practise at the HKSI. "I can take this opportunity to better prepare for the World Championships. After finishing the European Championships in early April, a recovery programme which helps stabilise my physical condition has the highest priority. The training programme I do here places great emphasis on quality rather than quantity," told Schlager.

He is of the view that well-planned and comprehensive training system is very important in nurturing sports talent. He believes that the reason table tennis players in China have advantages on both physical quality and technique over European players is because they receive coaching at young age.

On the performance of the Hong Kong team, he said, "Hong Kong players have improved a lot in the last two and a half years, in particular Ko Lai-chak and Li Ching. I really enjoy practising with them." As a world champion, Schlager give his advice to young players. "I always try to do my best. There is no shortcut to becoming a successful table tennis player. What you need is to practise more and find your unique style and technique."

滙豐銀行慈善基金教練培訓社區推廣計劃 Hongkong Bank Foundation Community Education Programme

香港教練培訓委員會在四月份推出教練培訓社區推廣計劃，旨在提高公眾對運動教練的認識及讓他們了解香港教練培訓制度。首個教練培訓社區推廣計劃講座已於四月四日在體院舉行，約二十位酷愛賽艇的人士出席。

The Hong Kong Coaching Committee introduces the Community Education Programme (ComEd) in April with the aims of enhancing public awareness of sports coaching and the coaching system in Hong Kong. The first ComEd presentation was held on 4 April at the HKSI for 20 sports enthusiasts in rowing.



運動員及體育專家在空中暢談經驗 Athletes and Sporting Professionals Share Experience On Air

香港運動員近年不斷在本地及國際比賽中有新的突破，年輕運動員進步尤其顯著。他們的成就有賴體院提供全面及完善的支援，當中包括教練與運動科研及醫學人員。

為了讓香港市民對運動員的運動生涯，以及運動科研人員如何支援運動員力爭國際體壇殊榮有更深入的了解，體院運動員、教練及專業支援人員會出席兩個電台清談節目，暢談經驗。有興趣的人士可按照下列時段收聽：

雷霆881商業一台「體育精神」(由四月十七日起逢星期日下午四時至五時)

運動員(包括屈臣氏集團/香港體育學院傑出青少年運動員選舉得主)會在節目內分享他們如何堅持目標達至成功；體院教練會分享如何發掘及發揮運動員的潛質，並談及本地不同運動項目的發展。

香港電台第一台「精靈一點」(由四月廿一日起逢星期四下午二時至三時)

節目內除會訪問體院運動員及教練外，體院的專家會介紹運動科學及運動醫學方面的知識及在培訓青少年及精英運動員中的應用。

Hong Kong's athletes have been achieving outstanding results and breakthroughs in local and international competitions in recent years, and those of young athletes are of particular significance. Their achievements are facilitated through a wide range of support offered by the HKSI including the coaching and scientific services.

To enable the public to learn more about athletes' live in and after sport, as well as the significance of scientific support to athletes' pursuit of sports excellence, HKSI athletes, coaches and professional support staff have been participating in live talk-back radio. Should you be interested to share their experience, please tune in:

CR1 (FM 881) every Sunday 4pm-5pm from 17 April

Athletes, some of whom have won the A.S. Watson Group/ HKSI Outstanding Junior Athlete Awards, share how they have devoted themselves to the pursuit of athletic goals; HKSI coaches explain how they realise athletes' talent and potential and touch on the local development of various sports.

RTHK Radio 1 every Thursday 2pm-3pm from 21 April

In addition to interviews with the HKSI athletes and coaches, HKSI sports professionals introduce various aspects of sport science and sports medicine and their applications to young athletes and elite training.

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

Sport nutrition : an introduction to energy production and performance quantity

本書介紹運動營養學的基本知識、背景和指引之餘，亦提及生化、生物、化學、生理等專科的入門概念，並輔以圖文解釋這些概念和當中的研究成果。

Written by Asker Jeukendrup and Michael Gleeson and published by Human Kinetics in 2004, the book introduces the background, general principles and guidelines about sport nutrition. It also describes fundamental concepts in biochemistry, biology, chemistry, and physiology.

Fuel for young athletes : essential foods and fluids for future champions

本書提供與運動營養相關的資訊，包括營養的基本概念、補充劑、營養攝取指引、體重控制和耐力訓練與營養的關係、進食計劃、冠軍運動員的餐單等等，特別適合培育青少年運動員的教練和家長閱讀。

Written by Ann Litt and published by Human Kinetics in 2004, the book is particularly useful to coaches and parents of young athletes. It contains information on sport nutrition such as basic nutrients, supplements, dietary guidelines, relationships between nutrition, weight management and endurance training, meal planning, and championship-winning recipes.

Food, nutrition and sports performance II : the International Olympic Committee Consensus on sports nutrition

本書匯集了一個由國際奧委會於二零零三年舉行，討論運動營養學的會議的討論成果。共30位世界知名的運動及營養學專家於會中討論現今運動營養學的最新發展，並為運動員和教練制定賽前營養計劃，幫助提升運動員的表現。

Edited by Ron J. Maughan, Louise M. Burke and Edward F. Coyle and published by Routledge, UK in 2004, the book collects papers discussed at an IOC meeting held in 2003 on sports nutrition. The meeting, attended by 30 world's leading researchers in sport and exercise nutrition, reviewed current developments in sports nutrition and drew up new guidelines for athletes and coaches.

227名運動員獲得體育資助基金支持 227 Athletes Are Supported By Sports Aid Funds

體院已核准在二零零五至零六年度分別撥備港幣 8 1 7 萬 5 千元及港幣 1 2 9 萬元，資助 1 8 8 名「體育資助基金」及 3 9 名「傷殘人士體育資助基金」的受惠運動員。百分之 2 5 的首期資助金會於今年五月發放，餘下三期款項則會於七月、十月及明年一月發放。

The HKSI has approved the support of 227 athletes through the Sports Aid Foundation Fund (SAFF, 188 athletes) and the Sports Aid for the Disabled Fund (SADF, 39 athletes) in 2005-06, with total grants of HK\$8.17 million and HK\$1.29 million for SAFF and SADF respectively. The first payment, 25% of the grant amount, will be released in May while the remaining three payments will be disbursed in July, October and January of the following year.

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			
瑞士公開賽 Swiss Open 2005 (15/3/2005, 巴塞爾 Bazel)	王晨 Wang Chen	女子單打 Women's Singles	3rd/ 32
日本公開賽 Yonex Open Japan 2005 (5/4/2005, 東京 Tokyo)	王晨 Wang Chen	女子單打 Women's Singles	3rd/ 56
單車 Cycling			
全國場地自行車冠軍賽 China National Track Race Series (6/4/2005, 上海 Shanghai)	黃健忠 Wong Kin-chung	男子爭先賽 Men's Sprint	1st/ 49
全國場地自行車冠軍賽 China National Track Race Series (6/4/2005, 秦皇島 Qinghuadao)	王偉康 Wong Wai-hong	男子凱林賽 Men's Keirin	2nd/ 47
保齡 Tenpin Bowling			
第二十八屆馬來西亞國際公開錦標賽 28th Malaysian International Open Bowling Championship 2005 (21/3/2005, 吉隆坡 Kuala Lumpur)	胡兆康 Wu Siu-hong	男子公開優秀賽 Men's Open Masters	1st/ 41
亞洲保齡球巡迴賽 - 馬來西亞站 ABF Tour - Malaysia (21/3/2005, 吉隆坡 Kuala Lumpur)	胡兆康 Wu Siu-hong	男子組 Men's Event	3rd/ 18
三項鐵人 Triathlon			
2005統一盃鐵人三項國際邀請賽 (亞洲盃巡迴賽) Taiwan Asian Cup Series (27/3/2005, 高雄 Kaohsiung)	雷泳琦 Bailey Christine Anne	女子組 Women	1st/ 36
	Wright Andrew James	男子精英組 Elite Men	1st/ 26
滑浪風帆 Windsurfing			
2005年全國帆板錦標賽 China National Championships (23/3/2005, 海口 Haikao)	陳慧琪 Chan Wai-kei	女子奧運板 IMCO Women	3rd/ 41
亞洲錦標賽 Mistral Asian Continental Championships (9/4/2005, 名古屋 Aichi)	陳慧琪 Chan Wai-kei	女子奧運板 IMCO Women	1st/ 8
	陳慧文 Chan Wai-man	IMCO Women	2nd/ 8
	梁灝雋 Leung Ho-tsun	男子奧運板(少年組) IMCO Men (junior)	3rd/ 8
	陳炎威 Chan Yim-wai	男子奧運板(青年組) IMCO Men (youth)	2nd/ 7
	馬國寶 Ma Kwok-po	IMCO Men (youth)	1st/ 7
	馬翊球 Ma Yik-kau	IMCO Men (youth)	3rd/ 7
	陳敬然 Chan King-yin	男子奧運板 IMCO Men	1st/ 37
	鄭國輝 Cheng Kwok-fai	IMCO Men	3rd/ 37
	何智豪 Ho Chi-ho	IMCO Men	2nd/ 37