

## 學校教練透過評定計劃進一步提升訓練技術 Accreditation Programme Helps Enhance Teachers' Coaching Skills



「2005/06滙豐銀行慈善基金學校教練評定計劃」證書頒發儀式於七月廿二日在香港體育學院(體院)舉行。今年,超過100間學校共116名教師完成為期八日的緊湊課程及工作坊。

The certificate presentation ceremony for the 2005/06 Hongkong Bank Foundation School Coach Accreditation Programme was held on 22 July at the Hong Kong Sports Institute(HKSI) during which 116 school coaches from over 100 schools were presented attendance certificates after completing an eight-day workshop.

Presented by Winnie Shiu, Community Relations Manager, Group Public Affairs of The Hongkong and Shanghai Banking Corporation Limited, Cheung Kwok-wai was awarded the Best in Sports General Theory Award while four teachers: Chow Bing-sun, Wong Yuk-ngor, Ho Hung and Li Lok-tsang earned the Best Performance Awards in their respective sports for their outstanding performances during the course.

其中張國偉老師的成績為眾人之冠,因而獲頒「運動通論課成績優異獎」;另外四名在其運動專項課表現突出的學員亦獲頒「最佳表現獎」,分別是周炳燊、黃玉娥、何雄及李洛增老師,並由香港上海滙豐銀行有限公司集團公共事務部社區關係經理邵亦敏頒發獎項。

Professor Frank Fu, Chairman of the Hong Kong Coaching Committee (HKCC) said, "Since its inception in 1998, the School Coach Accreditation Programme has offered training courses in seven different sports: athletics, badminton, basketball, gymnastics, handball, table tennis and volleyball. More than 440 teachers have been accredited. The HKCC is grateful for the Hongkong Bank Foundation (HBF)'s enormous support to the Programme. The Committee will continue to provide school teachers with quality training in various sports to obtain school coach accreditation, and train more qualified coaches for school sports development."

香港教練培訓委員會主席傅浩堅教授在儀式上指出:「自該計劃於一九九八年推出以來,曾舉辦的運動課程共有七個項目,包括田徑、羽毛球、籃球、健美體操、手球、乒乓球和排球,並且有超過四百四十位老師獲得認可學校教練資格。今年,我們很高興繼續得到滙豐銀行慈善基金的資助,而香港教練培訓委員會將更積極為未來的需要作出配合,繼續為老師提供一個在職培訓機會,培訓更多『認可學校教練』,幫助學校孕育更多優秀運動人才。」

At the ceremony, all participants also completed an eight-piece puzzle, symbolising the growing number of schools which have benefited from the Programme over the past eight years.

儀式當日,一眾出席老師更合力完成一幅八塊的大型砌圖,象徵著這個評定計劃在過去八年來已經深入香港每一角落,為不同地區培訓了不少學校教練。

The Programme, one of the four major components of the Hong Kong Coach Education Programme funded by the HBF, was initiated by the HKCC in 1998 and offered in partnership with the National Sports Associations. It aims to enhance the quality of school coaches working in primary and secondary schools and provide them with a chance to receive formal training and accreditation.



## 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

恭賀羽毛球運動員葉嫻延及滑浪風帆運動員馬國寶獲選為二零零五年第二季屈臣氏集團/香港體育學院傑出青少年運動員。葉嫻延於二零零三年七月被挑選為香港代表隊成員,其後多次代表香港出戰國際賽事。在五月舉行的蘇迪曼盃中,葉嫻延協助港隊取得第六名。馬國寶於二零零零年開始接觸滑浪風帆,經過一年的訓練後旋即獲派出戰世界青少年錦標賽。他於四月舉行的亞洲滑浪風帆錦標賽中,與包括日本、韓國及泰國等國家的強勁對手作賽。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。

每位運動員各獲頒獎狀、現金獎港幣二千五百元及運動用品禮券價值港幣二千五百元。頒獎典禮已於七月廿六日在體院舉行。



Congratulations to badminton athlete Yip Pui-yin and windsurfing athlete Ma Kwok-po for winning the A.S. Watson Group/ HKSI Outstanding Junior Athlete Awards in the second quarter of 2005. Yip was selected as a member of Hong Kong squad in July 2003 and has competed in major competitions since then. She was awarded for her outstanding performance at the Sudirman Cup held in May where she assisted the Hong Kong team to achieve the sixth position in the event. Ma first represented Hong Kong in the IMCO Youth World Championships in 2001, just one year after he started playing the sport. In April, Ma won a gold medal in the Mistral Asian Windsurfing Championships featuring leading windsurfers from Japan, Korea and Thailand.

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 26 July at the HKSI.

## 香港體育學院優秀運動員獎勵計劃 - 2005世界大學生運動會 HKSI Athlete Incentive Awards Scheme for the World University Games

體院宣佈將透過「優秀運動員獎勵計劃 - 2005世界大學生運動會」頒發現金獎勵，以表揚運動員的傑出成就。

透過是項獎勵計劃，贏得個人項目金牌的運動員將可獲港幣二十五萬元現金獎勵，而銀牌和銅牌得主則分別可得獎勵港幣十二萬五千元及五萬元。另外，隊際項目的金、銀及銅牌將分別獲港幣三十五萬元、二十萬元及十萬元獎勵。

體院院長鍾伯光博士出席於八月二日舉行的第廿三屆世界大學生運動會授旗禮作為特別嘉賓，並感謝香港大專體育協會多年來的努力，自1985年起組織香港代表隊參加世界大學生運動會。他表示：「香港大專體育協會每屆均派出水準甚高的代表參加世界大學生運動會，他們大部份都在體院接受專業訓練及科研支援；再加上這個激勵運動員追求卓越的獎勵計劃，我有信心他們今屆能突破佳績，為港爭光。」



體院自1995年起設立優秀運動員獎勵計劃，頒發現金獎勵予世界大學生運動會的獎牌運動員，藉以鼓勵和表揚運動員的傑出成就。

The HKSI is pleased to announce a cash incentive scheme for the 2005 World University Games, in recognition of the achievements of Hong Kong's athletes at the Games.



An individual athlete winning a gold medal at the Games will receive HK\$250,000, a silver medalist HK\$125,000 and a bronze medalist HK\$50,000. There are also strong incentive awards for team events — HK\$350,000 for gold, HK\$200,000 for silver and HK\$100,000 for bronze.

Dr Chung Pak-kwong, HKSI Chief Executive, attended the Flag Presentation Ceremony for the Hong Kong Delegation of the 23rd World University Games as a special guest on 2 August. He appreciated the effort of the Hong Kong Post-Secondary Colleges Athletic Association in organising Hong Kong's participation in the World University Games since 1985, and said "Many of the athletes participating in the Games are at the highest competitive level and have been training under the professional coaching and scientific support services of the HKSI. Coupled with the cash incentive which serves as an extra boost to the athletes in their quest of sporting excellence, I am confident that the strongest-ever Delegation for the 2005 Games would bring home historic results and gain glory for Hong Kong".

The HKSI has been offering cash incentive to medal winners of the World University Games since 1995 through the Athlete Incentive Awards Scheme, aiming to encourage and recognise athletes' outstanding achievements at the Games.

## 二十名運動員獲大學取錄 高考整體成績令人鼓舞 Twenty Athletes Admitted to Universities with Overall Satisfactory Results

今年共有二十名運動員透過體院與本地大學及大專院校所設立的「運動員獎學金計劃」成功獲得本地大學取錄，當中透過大學聯招計劃的共有十一位，而非聯招的有九位。這二十名準大學生來自劍擊、輪椅劍擊、羽毛球、三項鐵人、滑浪風帆、游泳、壁球、保齡球、田徑及網球項目。在二十位運動員當中，有八位將會進入香港理工大學、四位進入香港大學、四位進入香港中文大學、三位進入香港城市大學及一位進入香港浸會大學。



部分獲大學取錄運動員 - 左起：趙崇禧、許偉浩、蕭靜雯、鄭沅沂、余翠怡、蘇紫蕾、盧立峻及陳嘉富  
Some of the athletes admitted to universities - From left: Chiu Shung-hei, Hui Wai-ho, Siu Ching-man, Cheng Yuen-ye, Yu Chui-ye, So Tsz-lui, Wan Lap-tsun and Chan Ka-fu

體院運動員事務經理陳念慈讚揚年輕運動員的堅持和毅力，她說：「運動員在接受艱苦訓練之餘，仍要兼顧繁重學業，能夠取得這樣的成績，令人欣喜，他們實在是本地年輕一輩的典範。我期望香港特區政府、本地各大專院校及有關機構都能繼續支持香港運動員，讓他們無論在運動或學術方面都可以一展所長，開拓豐盛人生。」

### 體院出版新季刊及電子月刊

## HKSI to Publish a New Quarterly Magazine and E-Sports Bulletin

體院將於九月份出版新季刊《精英體育》。這份季刊將向讀者報導香港精英體育及有關活動的最新發展，特別是關於體院所提供的多項支援，包括精英培訓、運動科學、運動醫學、學業及職業輔導等，協助運動員在「精英體育」的路途上創造佳績。屆時，本刊物將會透過體院網頁發放：

[http://www.hksi.org.hk/sportsbulletin\\_c.htm](http://www.hksi.org.hk/sportsbulletin_c.htm)

讓讀者可更迅速獲得體院的最新資訊。《體訊》電子月刊亦每月免費傳送到訂戶的電子郵箱。如欲訂閱《體訊》電子月刊，請透過體院網頁登記：

[http://www.hksi.org.hk/subscription\\_c.htm](http://www.hksi.org.hk/subscription_c.htm)

Twenty athletes from fencing, wheelchair fencing, badminton, triathlon, windsurfing, swimming, squash, tenpin bowling, athletics and tennis have been offered university places this year under the Sport Scholarship Scheme set up by the HKSI and various local academic institutions. Eleven of them have been accepted through the Joint University Programmes Admissions System (JUPAS) while nine are non-JUPAS candidates. Overall, eight athletes have been admitted to the Hong Kong Polytechnic University, four to the University of Hong Kong, four to the Chinese University of Hong Kong, three to the City University of Hong Kong, and one to the Hong Kong Baptist University.

Amy Chan, HKSI Athlete Affairs Manager, appraised the effort of the juniors. "Athletes have to put in extra effort in order to achieve good results in examination. They only have limited amount of time to study and most study is done after long hours of intensive training. In fact, they are role models for local juniors. I do hope the HKSAR Government, local universities and tertiary institutions, as well as all related organisations will continue to support our athletes, offering more opportunities to local athletes in the quest for sporting and academic excellence."

The HKSI will publish a new quarterly magazine, "Sports Excellence", this September. This official magazine will offer insights into the very latest elite sports development and activities in Hong Kong, in particular how the HKSI supports elite athletes to pursue sports excellence through coaching and provision of various scientific services. By that time, this "Sports Bulletin" will become a web-based publication starting in September 2005, accessible from the HKSI website:

<http://www.hksi.org.hk/sportsbulletin.htm>

The "Sports Bulletin" aims to provide readers with a more convenient and efficient source of information about the latest activities at HKSI. It will also be delivered to subscribers by e-mail on a monthly basis free of charge. To subscribe, please visit:

<http://www.hksi.org.hk/subscription.htm>

## 香港運動員在國際體壇屢創佳績 Breakthroughs of Hong Kong's Athletes in the International Sports Arena

香港運動員不斷在國際比賽中取得突破，近期分別在武術、賽艇、羽毛球、保齡球、及壁球國際賽事中屢創佳績。  
Hong Kong's athletes continue to achieve breakthroughs in international competitions. Significant achievements have recently been achieved in wushu, rowing, badminton, tenpin bowling, and squash.

體院對各位獎學金運動員取得的卓越成績甚感欣慰，並期望他們繼續努力，不斷突破自我，在即將來臨的全運會及東亞運動創造佳績，為港爭光！  
The HKSI is very pleased to see the breakthroughs made by all the HKSI scholarship athletes and would like to wish them continued success at upcoming tournaments and major games, particularly the National Games and East Asian Games.

壁球代表隊於七月下旬在比利時赫恩塔爾舉行的世界女子青少年壁球錦標賽贏得團體賽冠軍，是香港歷來首面壁球世青賽獎牌。  
The squash team won Hong Kong's first ever Women's World Junior Team Championships held in late July in Herentals, Belgium.

左起：陳浩鈴、歐詠芝、趙家琦、梁善雅  
From left: Chan Ho-ling, Au Wng-chi, Chiu Ka-kei, Leung Shin-nga



壁球運動員趙詠賢擊敗世界排名十三位的對手，奪得於七月中在香港舉行的鱷魚恤壁球挑戰盃冠軍。這是趙詠賢歷來擊敗的對手中排名最高的一位。

Squash player Chiu Wing-yin won the Crocodile Squash Challenge Cup, a ranking competition held in mid-July in Hong Kong. Chiu played against the 13th world ranked player, who was the highest ranked player she had ever beaten.



香港武術代表隊成員  
Members of the Hong Kong wushu team

武術代表隊於七月下旬在新加坡舉行的亞洲青少年武術賽中取得五金五銀八銅。所有香港運動員都能進入前三名，並取得了獎牌。

The wushu team won five gold, five silver and eight bronze medals in the Asian Junior Championships held in late July in Singapore, and all team members were medal winners.



左起：賴添偉、朱嘉銘、梁仲銘、區皓然、葉柱鳳、何美琪  
From left: Lai Tim-wai, Chu Ka-ming, Leung Chung-ming, Au Ho-yin, Ip Kwai-fung, Ho Mei-ki

賽艇代表隊於七月中旬在韓國首爾舉行的亞洲青少年賽艇錦標賽中取得三面銅牌。賽艇代表隊已是連續第五年在是項賽事中取得獎牌。

The rowing team won three bronze medals in both men's and women's events at the Asian Junior Champions held in mid-July in Seoul, Korea. The rowing results add to the record of winning medals at the competition every year for the last five years.

羽毛球代表隊於七月中旬在印尼耶加達舉行的亞洲青少年羽毛球錦賽奪得一面女單銅牌及一面女雙銅牌，是香港參加羽毛球亞青賽歷來最佳成績。

The badminton team returned with breakthrough results from the Asian Junior Championships held in mid-July in Jakarta, Indonesia. The team made history by winning one bronze medal in the girls' singles and one bronze medal in the girls' doubles.



左起：葉佩延、林倩盈  
From left: Yip Pui-yin, Lam Sin-ying

保齡球運動員馮雪儀於七月下旬在德國杜易斯堡舉行的2005世界運動會中取得女子個人賽第四名，是保齡球運動員在世界運動會中取得的最佳成績。  
Tenpin bowler Fung Suet-ye finished fourth in women's singles at the 2005 World Games held in mid-July in Duisburg, Germany, and this is the best-ever results obtained by Hong Kong bowlers in the World Games.



## 運動精英2005南京考察團 Elite Athletes 2005 Nanjing Tour

由體院主辦中聯辦全力協助一行三十名運動員的香港運動精英2005考察團，於七月十四至十八日前往南京進行一連五天的交流活動。



Organised by the HKSI, with the support of the Central People's Government Liaison Office in Hong Kong, 30 Hong Kong elite athletes went on an exchange tour to Nanjing, China, the competition venue of the 2005 National Games from 14-18 July.

運動精英2005考察團的目的是通過與內地體育專材交流，進一步了解國家省市的歷史文化及運動體制。考察團參觀了第十屆全運會各個主要場館、南京體育學院及蘇州體育中心，讓精英運動員對內地省市精英培訓環境及如何推動全民參與健體作深入的了解。

The Tour aimed to promote cultural exchange between Hong Kong's elite athletes and sporting professionals in Mainland China. It was very successful in enhancing the knowledge of our elite athletes about the history, culture, and sports systems in China. During the five-day tour, the Delegation visited the main stadia and venues of the 2005 National Games, as well as the Nanjing Sports Institute and Suzhou Sports Complex to gain an in-depth understanding of the provincial elite athletes' training environment and how the provincial sports-for-all is organised.

## 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>		
新加坡公開賽 Singapore Open 2005 (27/6/2005, 新加坡 Singapore)	王晨 Wang Chen 女子單打 Women's Singles	5th/ 44
亞洲青少年錦標賽 Asian Junior Championships (11/7/2005, 雅加達 Jakarta)	葉佩延 Yip Pui-yin 女子單打 Girls' Singles	3rd/ 67
	林倩盈 Lam Sin-ying 葉佩延 Yip Pui-yin 女子雙打 Girls' Doubles	3rd/ 36
<b>單車 Cycling</b>		
全國公路自行車錦標賽 China National Road Championships (29/6/2005, 長春 Changchun)	黃金寶 Wong Kam-po 男子180公里個人賽 Men 180km Individual	1st/ 149
	黃毅程 Wong Ngai-ching 黃毅程 Wong Ngai-ching 胡健樂 Wu Kin-san 男子80公里城市繞圈賽 Men 80km Individual Circuit	2nd/ 149 1st/ 95 3rd/ 95
<b>壁球 Squash</b>		
德國青少年公開賽 Pioneer Cup 2005 (8/7/2005, 科隆 Koln)	鄺于淳 Kwong Yu-shun 男子19歲以下 Boys under 19	2nd/ 61
荷蘭青少年公開賽 Dutch Junior Open 2005 (14/7/2005, 阿姆斯特丹 Amsterdam)	歐鎮銘 Au Chun-ming 男子17歲以下 Boys under 17	2nd/ 32
	鄺于淳 Kwong Yu-shun 男子19歲以下 Boys under 19	3rd/ 32
<b>乒乓球 Table Tennis</b>		
國際乒聯巡迴賽-中華台北公開賽 ITTF Pro Tour TMS International Chinese Taipei Open (16/6/2005, 台北 Taipei)	張瑞 Zhang Rui 女子單打 Women's Singles	3rd/ 62
	帖雅娜 Tie Yana 張瑞 Zhang Rui 女子雙打 Women's Doubles	3rd/ 16
國際乒聯巡迴賽-智利公開賽 ITTF Pro Tour TMS Chile Open (29/6/2005, 聖地牙哥 Santiago)	高禮澤 Ko Lai-chak 李靜 Li Ching 男子雙打 Men's Doubles	1st/ 71
	帖雅娜 Tie Yana 張瑞 Zhang Rui 女子雙打 Women's Doubles	1st/ 32
國際乒聯巡迴賽-美國公開賽 ITTF Pro Tour Liebherr U.S. Open (7/7/2005, 佛羅里達州 Florida)	柳絮飛 Lau Sui-fei 帖雅娜 Tie Yana 女子單打 Women's Singles	3rd/ 65 2nd/ 65
	帖雅娜 Tie Yana 張瑞 Zhang Rui 女子雙打 Women's Doubles	1st/ 36
<b>保齡球 Tenpin Bowling</b>		
歐洲保齡球巡迴賽 European Bowling Tour 2005 (6/7/2005, 巴塞隆納 Barcelona)	馮雪儀 Fung Suet-ye 女子個人 Women's Singles	4th/ 200
第七屆世界運動會 The 7th World Games 2005 (15/7/2005, 杜易斯堡 Duisburg)	馮雪儀 Fung Suet-ye 女子個人 Women's Singles	4th/ 22
<b>三項鐵人 Triathlon</b>		
2005 亞洲錦標賽 OSIM Singapore Asian Triathlon Championships 2005 (2/7/2005, 新加坡 Singapore)	許焯森 Hui Wai-sum 雷泳琦 Bailey Christine Anne 少年女子10-12歲 Kid - Girls 10-12 Years 女子精英23歲以下 Elite Women U23	1st/ 48 6th/ 20
<b>滑浪風帆 Windsurfing</b>		
德國帆船賽 Kieler Woche 2005 (26/6/2005, 基爾 Kiel)	陳慧琪 Chan Wai-kei 陳慧文 Chan Wai-man 女子奧運板 IMCO Women	1st/ 26 3rd/ 26
	何智豪 Ho Chi-ho 男子奧運板 IMCO Men	1st/ 32