

Sports 精英體育 Excellence



第十屆全國運動會、第四屆東亞運動會及第一屆亞洲室內運動會重溫

A Brief Overview of the 10th National Games, the 4th East Asian Games and the 1st Asian Indoor Games

白勵：為香港賽艇運動的發展全力以赴 Chris Perry: Making All-out Effort on Rowing Development in Hong Kong

賽艇壇上兩顆新星 Two Stars in the Rowing Arena

賽艇入門 A Guide to Rowing

跑馬拉松的營養準備 Nutrition Plan for Marathon

預防運動創傷的挑戰 (下) The Challenges of Sports Injury Prevention (Part II)

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編者的話



恭賀香港運動員!

我謹代表香港體育學院(體院)祝賀香港運動員，在江蘇省南京舉行的第十屆全國運動會、在澳門舉行的第四屆東亞運動會，以及在泰國曼谷舉行的第一屆亞洲室內運動會取得優異成績。

全國運動會是高水平、競爭激烈的大型運動會，全國各省市的頂尖運動員同場比試，競逐國內最高的體壇榮譽，加上今屆全國運動會被視作2008北京奧運會的前哨戰，各省市在精英培訓系統上投放更多資源，以期在今屆賽事中創出佳績。香港運動員在面對比上屆實力更強勁的對手的情況下，仍全力拼搏，取得一金三銅，並在多個比賽項目中晉身四至八名，實在不易，為了表揚今次全國運動會運動員的拼搏精神，我們挑選了三位獎牌得主作為本期雜誌的封面人物。當中包括參加了三屆全國運動會，並經常在困難重重的比賽中展示其驚人鬥志的黃金寶。王史提芬和鄧亦峻是體壇新秀，他們的傑出表現為年青運動員帶來莫大的鼓勵。

香港健兒在第四屆東亞運動會再一次展示他們全力以赴的精神，在九個參賽國家及地區中，香港取得兩金、兩銀及九銅，共十三枚獎牌，數目為歷屆之冠。

此外，在緊接著於曼谷舉行的第一屆亞洲室內運動會上亦取得12金九銀五銅的佳績。對部份要在短短兩個月內參加三個大型運動會的運動員來說，是一次前所未有的經歷。

香港運動員在上述大型運動會取得優異成績，是體育界共同努力的成果。而商界對精英體育的支持同樣重要，我們要特別感謝恒生銀行贊助體院的優秀運動員獎勵計劃，嘉許在第十屆全國運動會和第四屆東亞運動會，還有2008北京奧運會及傷殘人士奧運會取得獎牌的健兒。

今期的《精英體育》除了全面報導本港運動員在上述運動會的成績外，亦會邀請教練談談他們對這些大型賽事的經驗和感受。

隨著這三個大型運動會的結束，標誌著我們備戰下一個大型運動會的工作立即展開，這就是二零零六年十二月在多哈舉行的亞運會。體院將一如既往，在體院內設立一個亞運攻關小組，為運動員提供最全面的支援，協助他們在多哈亞運會上追求卓越，實踐目標。

運動員成功背後總離不開教練的默默耕耘，今次我們邀請了體院賽艇總教練白勵分享他的教練經驗和心得，同時亦請到兩位賽艇運動員羅曉鋒和李嘉文談談他們的訓練生活。此外，亦有專題介紹賽艇器材、服裝、基本技巧及賽事等資料。

為了注入大眾關注及感興趣的元素，今期找來體院的運動營養師鍾素珊為大家提供改善飲食健康的專業意見，希望讀者喜歡。

總編輯
鍾伯光博士



Editorial

Congratulations to Hong Kong Athletes!

On behalf of the Hong Kong Sports Institute (HKSI), I congratulate Hong Kong athletes on the excellent results achieved at the 10th National Games, the 4th East Asian Games and the 1st Asian Indoor Games held in Nanjing, Jiangsu Province, Macau and Bangkok, Thailand respectively.

The National Games is a high level and demanding competition where top athletes from provinces and cities all over China compete for the highest honours. The competition was particularly intense this year, especially given that these Games acted as an important lead-up to the 2008 Beijing Olympics, with every province investing more resources into its elite training programme in order to boost results at the Games. In the face of fierce competition, our athletes gave their all, coming away with one gold and three bronze medals, and achieving top eight positions in some events. In recognition of the never-give-up spirit of our athletes, we have featured the three medallists of the National Games on the cover of this magazine. Among the three medallists, experienced cyclist Wong Kam-po has participated in the National Games for the third times and has always demonstrated his overwhelming determination to win at a difficult situation. The other two are up-and-coming athletes, including cyclist Steven Wong and sprinter Tang Yik-chun. Their outstanding performances at the National Games have given great encouragement to young athletes.

At the 4th East Asian Games, Hong Kong athletes displayed their sportsmanship once again. Among the nine participating countries and regions, Hong Kong finished with two gold, two silver and nine bronze medals, a breakthrough in medal counts at these Games.

At the 1st Bangkok Asian Indoor Games held immediately after the above two Games, Hong Kong athletes continued to perform remarkably by grabbing 12 gold, nine silver and five bronze medals. To those athletes who were required to take part in three Major Games in two-month time, this was really an unforgettable experience.

These excellent results were the result of the combined efforts of the sporting community, as well as the business community. Our special thanks go to the Hang Seng Bank for sponsoring the HKSI's Athlete Incentive Awards Scheme as a gesture of recognising the outstanding performance of medallists at the 10th National Games, the 4th East Asian Games and the 2008 Beijing Olympic and Paralympic Games.

In addition to giving a full account of the performance of our athletes at the three Major Games, coaches will be invited to share their experience and views on the Games.

The completion of the Games represents the beginning of our preparations for the 2006 Asian Games to be held in December 2006 in Doha. The HKSI will set up a Task Force for Doha Asian Games to provide its usual comprehensive support to the athletes dedicated to their own pursuit of excellence.

Athletic success will not be made possible without the support of coaches who work behind the scene. In this issue, we have invited HKSI Head Rowing Coach Chris Perry to share with us his coaching philosophy and experience, while rowers Law Hiu-fung and Lee Ka-man will talk about their training life and there is an introduction to the rowing equipment, apparel, basic skills and competitions.

This issue also includes new elements which we hope will be of interest and benefit. The HKSI's sports nutritionist Susan will share with you her trademark health expertise. Hope you will enjoy reading this issue of Sports Excellence.

Dr Chung Pak-kwong
Editor-in-Chief



第十屆全國運動會、第四屆東亞運動會及第一屆亞洲室內運動會重溫

A Brief Overview of the 10th National Games, the 4th East Asian Games and the 1st Asian Indoor Games

分別在江蘇省南京、澳門及泰國曼谷舉行的第十屆全國運動會、第四屆東亞運動會及第一屆亞洲室內運動會已經圓滿結束。香港健兒在全國運動會參加了23個項目，與各省的精英同場競逐，取得一金三銅；在澳門舉行的東亞運動會，香港運動員奪得二金、二銀及九銅，共13面獎牌，數目為歷屆之冠；至於在曼谷舉行的第一屆亞洲室內運動會，香港共取得12金九銀五銅的佳績。

全國運動會

(二零零五年十月十二至廿三日)

國內運動員成績突飛猛進

為了令有實力問鼎獎牌的運動員能夠在全國運動會發揮最佳的表現，體院成立了攻關小組，制訂全面的計劃和集合各部門的資源，為運動員提供一切所需的支援。總結香港運動員在今屆全國運動會的成績，體院院長兼攻關小組組長鍾伯光博士認為雖然今次的獎牌數目低於過往兩屆，但香港運動員的整體成績其實已較四年前有了明顯的進步。他說：「在北京奧運的效應下，國內各省市均投放了大量資源在精英培訓系統和運動員身上，當中包括改善訓練場地和教練及科研等資源，同時為運動員和教練設立獎勵計劃，鼓勵他們爭取佳績。這些針對全國運動會的訓練為國內運動員創造了有利的條件，使他們的成績在四年間向前跨進一大步，其進步幅度比香港運動員的要大。」



男子4 x 100米接力隊蔣偉洪(左二)衝線一刻。
Chiang Wai-hung (second left) of Men's 4x100m Relay Team dashed to finish.

本地年青運動員嶄露頭角

鍾博士指出全國運動會是高水平的競賽，強敵當前，

香港運動員仍全力拼搏，在好些項目爭取到前八名的佳績，包括田徑、羽毛球、單車、劍擊、賽艇及滑浪風帆。他說：「在今屆比賽，很高興見到一班後起之秀在所屬項目造出令人鼓舞的結果，特別是單車的王史提芬、田徑的鄧亦峻和滑浪風帆的陳慧文。以他們的表現來看，他們在往後數年的成績應該會有更大的突破。」



王史提芬為港取得第十屆全運會首面金牌。
Steven Wong snatched the first gold medal for Hong Kong at the 10th National Games.

東亞運動會

(二零零五年十月廿九日至十一月六日)

成績令人滿意

香港健兒在今屆東亞運動會取得的獎牌總數突破以往三屆的成績，鍾博士表示香港運動員今屆能夠保持四年前的成績，在上屆取得獎牌的多個項目中，今屆亦能打入三甲位置。

他解釋：「今屆的比賽，其他國家及地區運動員的水



(左起)杜宇航、周定宇及陳少傑在東亞運取得一面金牌。
(From left) To Yu-hang, Chow Ting-yu and Chan Siu-kit clinched a gold medal at the East Asian Games.

平相當高，特別是中國內地、日本及南韓更派出一級的選手角逐。此外，東亞運動會與全國運動會的舉行日期十分接近，兩個賽事只相距六天，部份同時參與這兩個運動會的運動員的體能未全面恢復。儘管如此，每名香港運動員都是全力以赴，當中在田徑壇比拼多年的女子短跑運動員溫健儀的表現特別值得我們讚賞，她永不言敗的精神不單為她贏得200米的銅牌，更鼓舞了女子接力隊的士氣，令她們在4x100米中奪得第三名。

亞洲室內運動會

(二零零五年十一月十二日至十九日)

游泳成為獎牌大贏家

東亞運動會剛結束，緊接著又是另一個大型綜合運動會的開始。香港健兒可謂馬不停蹄，特別是游泳和田徑運動員，已先後在一個月內的時間參加了全國運動會和東亞運動會。我們這群香港運動精英，當中大部份是年青而充滿活力的小伙子，他們無懼頻繁的比賽，反而愈戰愈勇，盡顯他們平日辛苦訓練的成果，為香港從曼谷帶回了12枚金牌、九枚銀牌和五枚銅牌的優異成績。游泳成為今屆運動會香港隊金牌和獎牌的大贏家，共包辦了八金五銀三銅。當中施幸余更獨攬七金三銀一銅(其中四金二銀來自接力項目)，成為隊中表表者。



施幸余在亞洲室內運動會獨攬七金三銀一銅。
Sze Hang-yu snatched seven gold, three silver and one bronze medals at the Asian Indoor Games.

2006亞運會

亞洲區最重要的大型綜合運動會將於二零零六年十二月舉行。體院的攻關小組已全面展開籌劃工作，備戰亞運會這項大型比賽。鍾博士稱攻關小組會檢討全國運動會、東亞運動會及亞洲室內運動會的成绩，研究需要為運動員加強那方面的支援，以便增強運動員在亞運會的表现。體院的總教練與運動科學、運動醫學、體適能的專家，會聯同體院所有部門的專業人員一同努力，為有機會取得獎牌的運動員提供一切所需的支援。

The 10th National Games in Nanjing, Jiangsu Province, the 4th East Asian Games in Macau and the 1st Asian Indoor Games in Bangkok of Thailand concluded successfully. Competing with top athletes from all over the country, Hong Kong athletes took part in 23 events and won one gold and three bronze medals at the National Games. In Macau, our athletes took the largest number of East Asian Games medals, 13 in all, including two gold, two silver and nine bronze medals. They later joined the 1st Asian Indoor Games held in Bangkok and returned home with 12 gold, nine silver and five bronze medals.

National Games

(12 to 23 October 2005)

Mainland China's Athletes Made Marked Progress

To enable medal hopefuls to perform at their best at the Games, the HKSI set up a Task Force to formulate plans for pulling the necessary resources together and providing all necessary support to the athletes. Summing up the achievements of Hong Kong athletes at the National Games, Dr Chung Pak-kwong, the HKSI Chief Executive and the Chairman of the Task Force said that although the number of medals won at the National Games did not match achievements at previous Games, Hong Kong athletes had made big progress on the performances of four years ago. "Because of Beijing Olympics' effect, every province and city invested tremendous resources in the elite training system and the athletes, including improving the training venues, increasing the resources in the coaching and scientific support, as well as setting up incentive scheme for athletes and coaches so as to give them a boost in their quest for excellence. This training targeted at the National Games created the platform from which athletes in Mainland China have made marked headway in the last four years - their improvement has been far more significant than that of Hong Kong athletes," he said.



陳慧文出戰全運會並取得第四。
Chan Wai-man achieved fourth position at the windsurfing event of the 10th National Games.

Local Young Athletes Come to Prominence

Dr Chung added that the National Games was a high-level and demanding competition. Facing tough and competitive opponents, Hong Kong athletes were able to give a good account of themselves and reached top eight positions in some events, including athletics, badminton, cycling, fencing, rowing and windsurfing. "We are pleased to see a new generation of young athletes producing encouraging results in their respective events, in particular Steven Wong in cycling, Tang Yik-chun in athletics and Chan Wai-man in windsurfing. Given their performances, they should be able to make further breakthroughs in the next few years," he said.

East Asian Games

(29 October to 6 November 2005)

A Pleasing Outcome

At the East Asian Games, Hong Kong athletes produced some excellent performances. Dr Chung said that they had managed to maintain their competitiveness in most of the events at which they had performed well in previous Games.



王輝在東亞運取得一面射擊金牌。
Wong Fai snatched a gold medal in shooting at the East Asian Games.

"The standard of athletes from other countries and regions was very high, in particular Mainland China, Japan and the Republic of Korea who sent their top athletes to compete in the Games. Furthermore, the National Games and the East Asian Games were held in close proximity to each other, with an interval of just six days. Some of the athletes taking part in both Games simply did not have sufficient time for recovery between events. Nevertheless, all



東亞運其中一面銀牌是來自保齡球男子五人隊比賽。
A silver medal came from the Men Five Player Teams of tenpin bowling at the East Asian Games.

our athletes gave their best. Among them, female sprinter Wan Kin-ye who has been exerting herself for years deserves particular praise. Her never-say-die spirit not only helped her win a bronze medal in the 200m event, but also gave a big boost to the morale of the women's relay team who took third place in the 4x100m event," he elaborated.

Asian Indoor Games

(12 to 19 November 2005)

Swimming Team Gained a Victory

Hong Kong athletes set out again immediately after the 4th East Asian Games for the 1st Asian Indoor Games held in Bangkok, another major multi-sport Games. Many of the athletes, in particular the swimming and athletics athletes, had appeared before at the National Games and the East Asian Games in one-month time. Among them, the majority were energetic youngsters who gave their all in spite of the frequent competition schedule. They came away with 12 gold, nine silver and five bronze medals. The outstanding results were testimony to the success of their hard work and efforts. Swimming team won the largest number of gold medals as well as gained a victory in the medal counts by taking eight gold, five silver and three bronze medals. Among the swimmers, Sze Hang-yu performed remarkably and snatched seven gold, three silver and one bronze (in which four gold and two silver medals were from the relay events).



孫嘉兒繼東亞運勇奪銅牌後再於亞洲室內運動會勇創佳績。
Suen Ka-yi made breakthrough again at the Asian Indoor Games after clinching a bronze medal at the East Asian Games.

2006 Asian Games

In December 2006, the continent's most significant multi-sport Games will commence. The HKSI has set to work on the preparation for the Asian Games through the establishment of a multi-disciplinary Task Force. Dr Chung said that the Task Force would undertake a review of the National Games, the East Asian Games and the Asian Indoor Games, with a view to identifying and addressing those athlete support services so as to enhance their performance at the Asian Games. The Task Force, whose members comprise head coaches and specialists in sports science, sports medicine as well as fitness and conditioning, will work hard to give the medal hopefuls every possible support with assistance from all teams in the HKSI.

教練的意見

Comments from Coaches

香港單車隊在第十屆全國運動會取得一金、兩銅的成績，體院單車總教練沈金康表示雖然成績未如預期所想，但仍滿意獎牌數目。他說：「全國運動會的水平很高，由於各省市在訓練運動員及獎勵計劃投放了大量的資源，運動員之間的競爭更添激烈，香港運動員要在特殊的環境下比賽，難度大大增加，取得獎牌的機會遠較亞運會困難。」

沈教練認為香港在發展小輪車項目較早起步，較國內佔優。他為了讓車手王史提芬有充裕的時間適應比賽環境，特別安排他提早到南京練習。對於王史提芬首次參加全國運動會便能奪金而回，沈教練對他的表現十分滿意。

沈教練亦表示黃金寶在今屆比賽取得的兩枚銅牌，是付出極大的代價而換來的。他解釋：「鑑於黃金寶的名氣，他受到其他對手的圍攻。由於他要集中精神和力量應付對手，大大影響了他的體能，未能把戰術全面發揮出來。」



黃金寶突破對手的圍攻，在全運會取得兩面銅牌。
Despite frequent attack from opponents, Wong Kam-po won two bronze medals at the 10th National Games.

就香港運動員在上屆及今屆全國運動會的表現，沈教練認為香港單車隊有能力在2006亞運會問鼎獎牌，他說：「我們會在項目上作出調整，以期令有奪獎希望的運動員數目有所增加。從體壇明日之星甄選計劃發掘的年青運動員，他們的表現漸趨成熟，能夠分擔部分爭取獎牌的責任。」

香港田徑隊在今屆全國運動會表現優異，取得一枚銅牌及刷新一項香港紀錄。體院田徑總教練安奇雲表示：「這是田徑隊的共同努力，我在此衷心感謝運動員、教練以及體院的支援隊伍。面對競爭激烈的比賽，我們的運動員，特別是男子隊在整個賽事中維持高水平及穩定的表現。」

女子田徑隊在東亞運動會造出突破性的成績，經驗豐富的溫健儀及接力隊分別在200米及4x100米取得銅牌。安教練對她們的表現十分欣喜：「這個成績除了證明她們的實力和能力之外，更能推動她們繼續在將來的比賽再創佳績。」



女子4x100米接力隊在東亞運會奪得一面銅牌。
Women's 4x100m Relay Team won a bronze medal at the East Asian Games.

年僅19歲的短跑運動員鄧亦峻在全國運動會的表現一鳴驚人，奪得男子200米銅牌。安教練說：「他是一個具天賦的短跑運動員，他還有進步的空間，在將來會有更多的突破。為了協助他再創高峰，我們已為他設計了系統化的訓練計劃，特別加強精英培訓其他方面，包括運動科學、運動醫學及體適能的支援。」

他補充：「在本季結束前，我們又參加了首屆的亞洲室內運動會，潛質優厚的年青運動員鄧亦峻在男子60米以6.80秒奪金，另一位後起新秀劉宇亮亦全力拼搏，以6.90秒完成賽事。女子運動員方面，溫健儀力戰強勁的對手，取得第四名。我認為香港運動員在本季的賽事表現出色，並汲取了寶貴的比賽經驗。」

展望2006亞運會，安教練認為那將會是另一場硬仗。他說：「我們在亞運會的對手都是亞洲最優秀的運動員，尤其是來自中國內地、日本及中東的健兒，他們早已在國際比賽造出很好的成績。此外，我們亦要面對一些難題，那就是有很多具潛質的運動員在18、19歲時要為是否繼續接受日趨密集的訓練，抑或是專心讀書以至發展事業而作出抉擇。儘管如此，田徑隊全體成員會繼續共同努力，為目標奮力拼搏，我有信心我們在亞運會的成績必定會有所進步。」

The cycling team won one gold and two bronze medals at the 10th National Games. **HKSI Head Cycling Coach Shen Jinkang** was reasonably satisfied with the medal count, even though the results did not match expectations. "The Games is a really tough competition where all provinces and cities put a lot of resources into training programmes and incentive schemes. Hong Kong athletes had to compete in a situation where the degree of difficulty in getting a medal is far higher than that at the Asian Games," he said.

In BMX, Coach Shen said that Hong Kong has an advantage over Mainland China as it has made an

earlier start in the sport. To give BMX rider Steven Wong the best chance to acclimatise to the environment in Nanjing, Coach Shen arranged for him to arrive there in plenty of time for practice prior to the start of the Games. Participating in the Games for the first time, Coach Shen believes Steven Wong's performance was satisfactory.

The two bronze medals won by Wong Kam-po cost him a great deal. Coach Shen explained, "Because of his celebrity status, he came under frequent attack from his opponents. Under those circumstances, he could not bring his strategy into full play as he needed to concentrate his physical and mental efforts on dealing with his competitors, which badly affected his physical strength."

Based on performances at the 9th and 10th National Games, Coach Shen is of the view that the cycling team should be able to win medals at the 2006 Asian Games. "We will make some adjustments to the events to increase the number of medal hopefuls. Given the steady performance of young athletes identified through the Searching for New Sport Stars programme, they will be entrusted with important tasks at the Games," he said.



體院單車總教練沈金康 (左一) 滿意在全運會取得一金、兩銅的成績。
HKSI Head Coach Shen Jinkang (first left) satisfied with the medal count of one gold and two bronze medals at the 10th National Games.

Returning home with one bronze medal and one new Hong Kong record, the Hong Kong athletics team produced an excellent outcome at the National Games. **HKSI Head Athletics Coach Kevin Ankrom** said, "The achievements are the result of the team's concerted effort. Compliments should be paid to athletes, coaches and the support staff of the HKSI. In the face of fierce competition, Hong Kong athletes, in particular the men's team, were able to put in a performance of quality and consistency throughout the competition."

At the East Asian Games, the women's athletics team made great progress, winning two bronze medals in the 200m by veteran Wan Kin-ye and 4x100m relay events. Coach Ankrom is pleased



全運會男子200米銅牌得主龔亦峻 (右三)。
Tang Yik-chun (third right), 10th National Games Men's 200m bronze medalist.

that the achievements demonstrated their potential and ability, and will be a big motivation for them to do better in the future.

The 19-year-old up-and-coming sprinter Tang Yik-chun impressed the Hong Kong delegation at the National Games by claiming a bronze medal in the men's 200m event. "He is a sprinter of great talent. And there is room for him to achieve further success. To help him excel, we have designed a systematic training programme especially for him, with emphasis on service support of high performance elite coaching and training, including sports science, sports medicine and strength and conditioning," said Coach Ankrom.

"At the end of this very long season, we conclude with a gold medal performance from our young and talented sprinter Tang Yik-chun in the Men's 60m of time 6.80 seconds, at the first Asian Indoor Games. Tang performed very well and alongside him, another young upcoming sprinter Lau Yu-leong also did his best, and finished with a time of 6.90 seconds. On the women's side, Wan Kin-ye competed against the strong competitors. She did perform well enough to finish fourth place. I believe our athletes have competed very well in this season and gained good experience," he said.

Looking ahead to the 2006 Asian Games, Coach Ankrom said that it would be another tough competition. "At the Games, our opponents will be the best athletes from throughout Asia, in particular those from Mainland China, Japan and Middle East, who have already produced a number of remarkable performances in the international arena. We are also facing some tough issues for potential young athletes who are in a dilemma at the age of 18 to 19 as to whether to continue with intensive training in the sport or focus on their study and career development. Despite the difficulties, the Athletics team will continue to work together as a group. We will work hard towards our goal. I am confident that we can improve at the Games," he added.

獎牌榜 Medal Haul

第十屆全國運動會

10th National Games (一金三銅)



金Gold

王史提芬Wong Steven Patrick Marie Josee
(單車Cycling - 男子BMX小輪車賽Men's BMX Race)



銅Bronze

鄧亦峻Tang Yik-chun
(田徑Athletics - 男子200米Men's 200m)

黃金寶Wong Kam-po
(單車Cycling - 男子40公里場地記分賽Men's 40km Point Race)

黃金寶Wong Kam-po
(單車Cycling - 男子公路個人賽Men's Individual Road Race)

第四屆東亞運動會

4th East Asian Games (二金二銀九銅)



金Gold

王輝Wong Fai
(射擊Shooting - 男子25米標準手槍Men's 25m Standard Pistol)

陳少傑Chan Siu-kit/周定宇Chow Ting-yu/
杜宇航To Yu-hang
(武術Wushu - 套路 - 男子對練Taolu - Men's Dullian)



銀Silver

張振中Cheung Chun-chung/伍貫霆Ng Kwun-ting/
曾德軒Tseng Tak-hin/胡兆康Wu Siu-hong/
楊偉基Yeung Wai-ki/姚文友Yiu Man-yau
(保齡球Tenpin Bowling - 男子五人隊際賽Men Five Player Teams)

何珀姬Ho Pak-kei/羅琛賢Law Sum-yin/
王嫺兒Wong Wun-ye
(武術Wushu - 套路 - 女子對練Taolu - Women's Dullian)



銅Bronze

溫健兒Wan Kin-ye
(田徑Athletics - 女子200米Women's 200m)

陳皓怡Chan Ho-ye/梁淑華Leung Shuk-wa/
彭學敏Pang Hok-man/溫健儀Wan Kin-ye
(田徑Athletics - 女子4x100米接力Women's 4x100m Relay)

張敬順Chang King-shun/蔡世豪Choi Sai-ho/
朱國良Chu Kwok-leung/朱元鶴Chu Yuen-hok/

霍有發Fok Yau-fat/葉貴松Ip Kwai-chung/
葉文滔Ip Man-to/林志偉Lam Chi-wai/
李家滿Li Ka-moon/李潤權Li Yun-kuen/
武井清治Seiji Takei/謝建強Tse Kin-keung/
阮兆飛Yuen Siu-fei/翁萬輝Yung Mang-fai
(龍舟Dragon Boat - 男子250米小龍舟Men's 250m Small Dragon Boat)

陳勁文Chan King-man/李志傑Lee Chi-kit/
彭富華Pang Fu-wa
(空手道Karate-do - 男子隊際賽 - 型Men's Team Kata)

葉靜怡Yip Ching-ye
(空手道Karate-do - 女子個人賽 - 型Women's Individual Kata)

陳樹彭Chan Ka-man
(空手道Karate-do - 女子60公斤以下 - 組手Women's Under 60kg - Kumite)

翁嘉茵Yung Ka-yan/湯少文Tong Siu-man
(賽艇Rowing - 女子雙人單槳Women's Under 60kg(W2-))

孫嘉兒Suen Ka-yi
(游泳Swimming - 女子50米蛙泳Women's 50m Breaststroke)

曾思敏Angie Tsang
(武術Wushu - 套路 - 女子南刀及南棍全能Taolu - Women's Nandao & Nangun all-around)

第一屆亞洲室內運動會

1st Asian Indoor Games (12金九銀五銅)



金Gold

鄧亦峻Tang Yik-chun
(室內田徑Indoor Athletics - 男子60米Men's 60m)

余心怡Yu Sum-ye
(室內單車Indoor Cycling - 男子單人單車花式Artistic Men's Singles)

盧廷軒Lo Ting-hin/ 余心怡Yu Sum-ye
(室內單車Indoor Cycling - 男子雙人單車花式Artistic Men's Doubles)

盧慧敏Lo Wai-man/梅可怡Mui Ho-ye
(室內單車Indoor Cycling - 女子雙人單車花式Artistic Women's Doubles)

孫嘉兒Suen Ka-yi
(25米短池游泳25m Swimming Short Course - 女子50米蛙泳Women's 50m Breaststroke)

施幸余Sze Hang-yu
(25米短池游泳25m Swimming Short Course -
女子50米自由泳Women's 50m Freestyle)

施幸余Sze Hang-yu
(25米短池游泳25m Swimming Short Course -
女子50米蝶泳Women's 50m Butterfly)

施幸余Sze Hang-yu
(25米短池游泳25m Swimming Short Course -
女子100米個人混合Women's 100m Individual
Medley)

施幸余Sze Hang-yu/陳宇寧Chan Yu-ning/
孫嘉兒Suen Ka-yi/馮詠欣Fung Wing-yan
(25米短池游泳25m Swimming Short Course -
女子4x50米混合接力Women's 4x50m Medley
Relay)

施幸余Sze Hang-yu/陳宇寧Chan Yu-ning/
孫嘉兒Suen Ka-yi/馮詠欣Fung Wing-yan
(25米短池游泳25m Swimming Short Course -
女子4x25米混合接力Women's 4x25m Medley
Relay)

施幸余Sze Hang-yu/陳宇寧Chan Yu-ning/
黃曉嵐Wong Hiu-nam/馮詠欣Fung Wing-yan
(25米短池游泳25m Swimming Short Course -
女子4x50米自由泳Women's 4x50m Freestyle
Relay)

施幸余Sze Hang-yu/陳宇寧Chan Yu-ning/
黃曉嵐Wong Hiu-nam/馮詠欣Fung Wing-yan
(25米短池游泳25m Swimming Short Course -
女子4x25米自由泳Women's 4x25m Freestyle
Relay)



銀Silver
何永泰Ho Wing-tai/勞文輝Lo Man-fai
(室內單車Indoor Cycling - 單車球Cycle Ball)

曾如心Tsang Yu-sum
(室內單車Indoor Cycling - 女子單人單車花式
Artistic Women's Singles)

余博文Yu Pok-man/李子彥Li Tsz-yin
(室內單車Indoor Cycling - 男子雙人單車花式
Artistic Men's Doubles)

廖曉瑩Liu Hiu-ying
(極限運動 - 攀岩Extreme Sports - Sports Climbing
- 女子個人難度Individual Difficulty Women)

孫嘉兒Suen Ka-yi
(25米短池游泳25m Swimming Short Course -
女子100米蛙泳Women's 100m Breaststroke)

施幸余Sze Hang-yu
(25米短池游泳25m Swimming Short Course -
女子100米蝶泳Women's 100m Butterfly)

施幸余Sze Hang-yu/陳宇寧Chan Yu-ning/
孫嘉兒Suen Ka-yi/馮詠欣Fung Wing-yan
(25米短池游泳25m Swimming Short Course -
女子4x100米混合接力Women's 4x100m Medley
Relay)

施幸余Sze Hang-yu/黃曉嵐Wong Hiu-nam/
馮詠欣Fung Wing-yan/陳宇寧Chan Yu-ning
(25米短池游泳25m Swimming Short Course -
女子4x100米自由泳Women's 4x100m Freestyle
Relay)

黃曉嵐Wong Hiu-nam
(25米短池游泳25m Swimming Short Course -
女子200米蛙泳Women's 200m Breaststroke)



銅Bronze
梅可怡Mui Ho-ye
(室內單車Indoor Cycling - 女子單人單車花式
Artistic Women's Singles)

余博文Yu Pok-man
(室內單車Indoor Cycling - 男子單人單車花式
Artistic Men's Singles)

符泳Fu Wing
(25米短池游泳25m Swimming Short Course -
男子50米自由泳Men's 50m Freestyle)

施幸余Sze Hang-yu
(25米短池游泳25m Swimming Short Course -
女子100米自由泳Women's 100m Freestyle)

黃曉嵐Wong Hiu-nam
(25米短池游泳25m Swimming Short Course -
女子100米蛙泳Women's 100m Breaststroke)



體院祝願香港運動員
在2006亞運會再創高
峰!

The HKSI wishes Hong
Kong athletes to achieve
more breakthroughs at the
2006 Asian Games!



「恒生優秀運動員獎勵計劃」現金獎賞第十屆全運會及第四屆東亞運獎牌得主

Medallists Rewarded under Hang Seng Athlete Incentive Awards Scheme for Outstanding Performances at the 10th National Games and the 4th East Asian Games



主禮嘉賓體院主席李家祥博士、港協暨奧委會會長霍震霆議員及恒生銀行副董事長兼行政總裁柯清輝出席「恒生優秀運動員獎勵計劃」頒獎典禮，頒發合共港幣794,000元予第十屆全運會及第四屆東亞運中取得獎牌的運動員。

Officiating guests: Dr Eric Li, Chairman of the HKSI, the Hon Timothy Fok, President of the SF&OC and Raymond Or, Vice-Chairman and Chief Executive of Hang Seng Bank, attend the presentation ceremony of Hang Seng Athlete Incentive Awards Scheme and present cheques totalling HK\$794,000 to medallists of the 10th National Games and the 4th East Asian Games.

體院與恒生銀行頒發合共港幣794,000元予在江蘇舉行的第十屆全國運動會(全運會)及在澳門舉行的第四屆東亞運動會(東亞運)中取得獎牌的本地運動員，表揚他們為香港取得卓越成績。

於全運會為香港贏得一金三銅的獎牌運動員獲頒發共港幣480,000萬元；而在東亞運為香港在田徑、龍舟、空手道、賽艇、射擊、游泳、保齡球及武術項目中合共摘得兩金兩銀及九銅佳績的健兒，則獲頒共港幣314,000元的現金獎賞。

是項計劃旨在透過現金獎勵，嘉許在第十屆全運會、第四屆東亞運、2008奧運會及傷殘人士奧運會獲獎牌的香港運動員；並獲中國香港體育協會暨奧林匹克委員會(港協暨奧委會)、香港殘疾人奧委會暨傷殘人士體育協會及康樂及文化事務署全力支持。恒生銀行與體院以對額形式，頒發獎金予在該四項大型運動會獲取獎牌的運動員。

體院在一九九四年首度推出「優秀運動員獎勵計劃」，而自一九九六年起恒生銀行已贊助奧運會、傷殘人士奧運會及全運會的優秀運動員獎勵計劃，至今已頒發了超過港幣640萬元現金獎勵予81位獲獎牌的運動員。是項贊助今年更首次擴大至東亞運的得獎運動員。

頒獎典禮已於二零零五年十一月三十日舉行。主禮嘉賓包括恒生銀行副董事長兼行政總裁柯清輝、體院主席李家祥

博士及港協暨奧委會會長霍震霆議員，而其他出席頒獎典禮的嘉賓包括東亞運及全運會的香港代表團成員及體育總會代表等。

李家祥博士對香港運動員的表現極度讚揚，同時對於恒生銀行熱心推動體育發展，表示衷心致意，他指出：「本地運動員面對內地及多個國家芸芸高手仍然有超水準的出色表現，為港爭光，實在難能可貴。」

「隨著世界的運動水平不斷提升，要與頂尖運動員競逐，並取得獎牌實在不容易，我在此恭賀各位獎牌運動員，並感謝恒生銀行多年來對本港體育發展的支持，並透過贊助這項獎勵計劃，令運動員的努力和成就獲得更廣泛的認同。我期望在2008奧運會及傷殘人士奧運會中，有更多運動員可以透過這項獎勵計劃而受惠。」

柯清輝向本地運動員取得佳績致以賀忱，他表示：「各位運動員在兩個比賽之中，以頑強的鬥志和拼勁，去克服不同挑戰。恒生好榮幸能夠聯同體院，頒發現金獎勵表揚獲獎的運動員。這份獎勵不單肯定運動員在比賽場上取得的成就，更希望能夠鼓勵他們不斷突破自己，向更遠大的目標進發。」

兩項大型運動會的香港獎牌得主名單詳載於第9頁。

Presented by the HKSI and sponsored by Hang Seng Bank (the Bank), the Scheme awarded cheques totalling HK\$794,000 to medal winners in recognition of their accomplishments at the 10th National Games in Jiangsu and the 4th East Asian Games in Macau.

HK\$480,000 of the total amount awarded went to medallists at the National Games, at which Hong Kong won one gold and three bronze medals in cycling and athletics. The remaining HK\$314,000 was awarded to medal winners at the East Asian Games, from which Hong Kong athletes brought home two gold, two silver and nine bronze medals in athletics, dragon boat, karatedo, rowing, shooting, swimming, tenpin bowling and wushu.

Supported by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, and the Leisure and Cultural Services Department, the Scheme aims to recognise Hong Kong athletes' achievements at major Games, including the 10th National Games, the 4th East Asian Games and the 2008 Olympic Games and Paralympic Games to be held in Beijing. The Bank's sponsorship of the Scheme involves matching cash incentives offered by the HKSI on a dollar-for-dollar basis.

The Athlete Incentive Awards Scheme was introduced by the HKSI in 1994. The Bank has been sponsoring it for the Olympic, Paralympic and National Games since 1996. To date, over HK\$6.4 million has been awarded to 81 medallists. This year is the first time that the Scheme has included athletes competing at the East Asian Games.

The Awards Presentation Ceremony was held on 30 November 2005. Officiating guests were Raymond Or, Vice-Chairman and Chief Executive of Hang Seng Bank, Dr Eric Li, Chairman of the HKSI and The Hon Timothy Fok, President of the SF&OC. Attendees included members of the Hong Kong delegations of the two Games and representatives from national sports associations.

Despite facing tough competition at the two recent Games, Hong Kong athletes performed admirably. Dr Eric Li paid tribute to their hard work and efforts, and thanked Hang Seng for its support.

"The athletic standard at these Games continues to improve and it was not an easy task for Hong Kong athletes to win medals. I heartily congratulate the medal winners and all our other participating athletes

on their efforts. I would also like to express my gratitude to Hang Seng Bank for their keen encouragement of sports in Hong Kong. With the Bank's continued support over the years, Hong Kong athletes have been receiving the increased recognition that they deserve," said Dr Li.

"I look forward to the two important Games in 2008 and, with the support of Hang Seng, I hope more Hong Kong athletes will benefit from the Scheme."

Raymond Or said, "Our athletes faced stiff competition at the recent Games and put in strong performances. Hang Seng is very proud to be working with the HKSI to offer cash awards to Hong Kong medallists. These incentives recognise athletes' achievements and encourage them to continue to excel and pursue greater accomplishments."

A list of medallists at the two Games can be found on page 9.



獎牌得主(右起): 黃金寶(單車)、王輝(射擊)及陳少傑、周定宇、杜宇航(武術)感謝恒生銀行及體院對香港運動員的慷慨贊助,令本地運動員獲得莫大的支持和激勵。
Medallists (from right): Cyclist Wong Kam-po, shooting athlete Wong Fai and wushu experts Chan Siu-kit, Chow Ting-yu, To Yu-hang expressed their gratitude to Hang Seng Bank and the HKSI for launching the Scheme, which not only provides incentives to athletes but also recognises their achievements.

恒生優秀運動員獎勵計劃 Hang Seng Athlete Incentive Awards Scheme

頒贈予得獎運動員之金額(由體院與恒生平均頒發)如下:
Cash Awards for Athletes in Major Sporting Games (equally funded by the HKSI and Hang Seng Bank)

第十屆全國運動會 10 th NATIONAL GAMES		
	個人項目 (港幣\$) Individual athlete (HK\$)	隊際項目 (港幣\$) Team (HK\$)
金牌Gold	\$ 300,000	\$ 420,000
銀牌Silver	\$ 150,000	\$ 240,000
銅牌Bronze	\$ 60,000	\$ 120,000
第四屆東亞運動會 4 th EAST ASIAN GAMES		
金牌Gold	\$ 50,000	\$ 70,000
銀牌Silver	\$ 20,000	\$ 32,000
銅牌Bronze	\$ 10,000	\$ 20,000



白勵

Chris Perry

為香港賽艇運動的發展全力以赴

Making All-out Effort on Rowing Development in Hong Kong

體

院賽艇總教練白勵於一九八六年來港，19年來積極參與賽艇運動的發展。他是香港賽艇運動其中一位舉足輕重的人物，他戮力策劃及推動系統化的培訓計劃，從基礎訓練發展至精英培訓，更協助訓練港隊成為亞洲區內最佳賽艇隊之一。他會與大家分享其教練之道，並談談對香港運動員的觀感和精英體育的前景。

問：何時和如何展開在香港的教練生涯？

答：我於一九八六年三月踏足香港，協助香港賽艇隊備戰漢城亞運會。那時，香港的賽艇運動百多年來仍屬外國人參與的運動，本地人對這項運動較為陌生。一九八五年，當時的香港業餘划艇協會(於一九九七年易名為中國香港賽艇協會)沙田城門河開設一所新的賽艇中心，令我覺得培訓計劃有進一步擴展的潛力。香港隊在一九八六年舉行的亞運會取得男子八人艇第四名，這成績在當時十分理想，令人鼓舞。隨後，賽艇獲邀成為當時銀禧體育中心的精英體育項目。自此，賽艇隊的成績逐漸冒升，現已成為亞洲區首屈一指的隊伍之一，在輕量級別位列第三，僅次於中國和日本。

問：甚麼原因令你留港多年，擔任精英賽艇教練？

答：我想有四個主要原因令我留港多年：第一，建立賽艇培訓計劃的挑戰。我從基本的訓練開始著手，到今天制訂了完善的精英培訓計劃；第二，中國香港賽艇協會和體院給予我極大的支持；第三，我喜愛香港這個充滿活力，多姿多采的城市；還有，就是我的妻子何劍暉！雖然我的根在英國，但我已把香港視作我的家。

問：可否談談你的教練之道？你如何把它運用在教練工作之中？

- 答：我最初被邀請在香港制訂精英培訓計劃的時候，我訂下了一連串的指导原則，這些原則至今證明仍是正確的：
- 不應依賴一貫的普及參與或著重基層參與的金字塔式的選材方法，應該投放資源在依據體格及生理機能、直接發掘具潛質運動員的計劃上。
 - 發展一套可與其他國家競爭對手相匹敵、甚或更優勝的系統性訓練模式。我們不可能在減少訓練的情況下，仍期望運動員能取得更好的成績。
 - 專注於適合香港訓練環境的項目與賽艇級別，即輕量級別和小型賽艇項目。
 - 提供「永不妥協」的運動員支援與訓練基礎結構。現今精英體育的成功之道必須為精英運動員提供最佳的器材、設施、人才支援、財政支援，並以鉅細無遺的態度作出籌劃。
 - 以客觀和科學的態度監控及管理訓練計劃，以便從清晰及可證實的理論基礎訂下運動員的訓練內容。無論採用任何一種訓練方法，我們必須能夠解釋原因和實行方法。
 - 明白有效的訓練需要運動員與教練的互相合作。教練可以「觀察」訓練或比賽過程，而運動員則「感受」當中的過程。因此，教練必須比較自己的觀察所得與及運動員的感受，才能找出最適合運動員的訓練模式，從而提升運動表現。
 - 在隊伍內建立嚴謹的紀律與優良的傳統，當遇到問題或重大的挑戰時，紀律與傳統是精英訓練計劃的基本原則。
 - 以公平與誠實的态度對待運動員，需要作出批評時，不要逃避。作為總教練，我們不能取悅所有人！運動員未必會喜歡我們所說的每一句話，但他們必須相信最終必能獲益。



有效的訓練需要運動員與教練互相合作。
Effective training requires a partnership between athletes and coach.

問：在香港擔任教練有甚麼困難？

答：在任何國家擔任教練都會遇到挑戰與困難，香港的教練在多方面都較其他國家的教練幸運。體院作為負責統籌香港精英體育發展的機構，提供了全面的支援服務，協助教練提高培訓的成效，提升運動員的競技水平。很多國家都羨慕我們擁有多方面的優勢，因此我們更加要小心地保持這些有利條件。近年，我們的競爭對手為達致更佳的精英體育發展，不斷投放資源增加人才支援，而香港在這方面若不急起直追，便會落後於人。

問：優秀教練需要具備那些素質？

答：優秀教練需要具備多種素質。他要對所負責的運動項目的動作或技巧有深入的認識、對這運動的理論和實踐有深厚的基礎、關心運動員的需要、能夠判斷運動員的感受、擁有制訂新方法的創意與探究的精神、對這項運動的熱愛，還有就是要有幽默感！
每個教練都不一樣，他們的工作手法亦各有不同。著名的美式足球教練林巴迪（譯音）曾說，出色的教練都擁有共同的特點，就是堅強的「性格」與為人「誠實正直」。
「你不能够抄襲別人的獨有條件，必須按著自己的性格樹立個人風格和特點。」

問：香港運動員有甚麼優點與弱點？你如何幫助他們克服弱點？

答：除了對自己的能力略為缺乏自信外，我不察覺香港運動員的

優點與弱點有別於其他國家的運動員。我初到香港時，有人告訴我亞洲運動員在基因方面稍遜於其他國家的運動員，我絕不接受這個見解。過往出現的問題是亞洲運動員的訓練不如西方國家的運動員般高強度或系統化。不過，在過去10年這情況已徹底轉變，我相信亞洲運動員將會在北京舉行的2008奧運會中展示真正的實力。與以往相比，香港新一批年青運動員在國際比賽中都於各自的運動項目表現出色。這一代的體壇新秀沒有了自卑的情緒，並自信勝利在他們手中。若現在能好好栽培他們，將來可望達到卓越的體育成就。

問：你對香港運動員有何忠告？

答：我對香港運動員的忠告是他們要相信自己，要在任何一項運動取得成果，就一定要作出犧牲和接受艱苦的訓練！儘管運動科學、器材、技術知識和支援服務有了很大的進步，成功仍離不開長年累月的艱苦訓練。要在工作、學業或社交生活作出妥協依舊是很多運動員未能全面發揮潛能的共同原因。訓練及比賽經驗是成功的關鍵，有人說要經過一萬小時不間斷的訓練才開始有資格成為專家，那即是等於經過八年，每星期25小時，每年50個星期的訓練！

問：你在香港接近20年，對本港精英體育及其未來有甚麼看法？

答：我在這兒差不多20個年頭，目睹精英體育從早期銀禧體育中心的年代發展到今天的光景。隨著體院的成立，精英體育有了長足的發展，特別是運動員獎學金計劃的設立；另外就是增加青少年運動員在體院內得到的支援，以及推動發掘不同運動項目具潛質運動員的計劃。
儘管整個體育架構在過去幾年

經歷了很多變革，令現時對精英體育的前景與承擔顯得不明朗。我們在感謝香港政府持續資助精英體育的同時，亦要提醒負責精英體育的官員，雖然保持透明度和秉持問責的態度是使用公帑的重要原則，但政府不能藉此高度介入體育的管理。管理體育的工作必須由體育專才——體育總會和教練來處理。這些專才亦要時刻緊記自己的責任——不是控制參與體育的人士，而是為他們提供服務。參與體育的人士包括獻身於體育的運動員、教練和職員。體育必須由體育專才管理，為參與體育的人士服務。

問：在你的教練生涯中，有沒有難忘的片段？

答：在我擔任教練的日子裡，實在有很多令人難以忘懷的時刻。當中令我記憶猶新的包括何劍暉在一九九三年贏得香港首枚東亞運動會金牌、吳家樂在一九九八年的世界錦標賽成為首位晉身決賽的香港賽艇運動員，以及羅曉鋒在二零零三年世界錦標賽（23歲以下）取得銅牌。事實上，香港賽艇隊在過去20年的大型賽事，例如亞運會與東亞運動會中取得22枚獎牌，更在亞洲錦標賽贏得35枚獎牌，這些驕人的成績是由39名運動員共同締造的，他們的努力與成就令我引以為傲！



在白駒的指導下，羅曉鋒在二零零三年世界錦標賽(23歲以下)取得銅牌。
Under the guidance of Chris Perry, Law Hiu-fung won a bronze medal at the World Under-23 Championships in 2003.

Chris Perry, the HKSI's Head Rowing Coach, has been in Hong Kong since 1986. During the past 19 years, he has been actively involved in the development of the sport. Being one of the important figures who has helped build up a systematic development programme for the sport from scratch to the elite level as well as coaching the Hong Kong team to become one of the top rowing teams in Asia, he is going to share his coaching tips, his views on local athletes and the way ahead for elite sport.

Q: When and how did you start the coaching career in Hong Kong?

A: I first came to Hong Kong in March of 1986 to help prepare the Hong Kong Team for the Seoul Asian Games. At that time, although rowing had been practised by expatriates in the region for over 100 years, it was still relatively undeveloped amongst the local Chinese population. In 1985, however, the then Hong Kong Amateur Rowing Association (renamed as "Hong Kong, China Rowing Association" in 1997) opened a new rowing centre on the Shing Mun River in Sha Tin and I felt there was a great potential to expand the development programme. We took fourth place in the men's eight at the Asian Games in 1986, which was a very good result at the time, and rowing was invited to join the

programme of elite sports at the then Jubilee Sports Centre. Since then we have risen to become one of the top rowing teams in Asia - ranking third in the lightweight category behind China and Japan.

Q: What has kept you staying in Hong Kong as an elite rowing coach for so many years?

A: I guess there are four main reasons why I have ended up staying here for so many years - the challenge of building up a programme from scratch to the high level we have achieved today, the incredible support and backing given to me by the Hong Kong, China Rowing Association and the HKSI, the fact that I love Hong Kong as a vibrant, exciting city, and of course my wife Ho Kim-fai! Although my roots are in England, I now consider Hong Kong to be my home.

Q: What is your coaching philosophy? How has it been working with your coaching career over the past years?

A: When I was first asked to establish an elite training programme in Hong Kong, I set down a number of guiding principles and these still remain true today:-

- Identify young local athletes who have the correct anthropometric and physiological potential by investing in talent identification rather than relying on traditional mass participation or pyramid

models.

- Develop a systematic training model which matches, and preferably exceeds, those used by our opponents in other countries. We cannot train less and expect to perform better!
- Specialise in events and boat classes which are best suited to the Hong Kong training environment - namely lightweight category, small boat events.
- Provide a "no-compromise" athlete support and training infrastructure which offers the top athletes the best possible equipment, facilities, support personnel, financial backing and "attention to detail" in planning required for success in modern elite sport.
- Monitor and control the training programme in an objective and scientific manner so that there is a clear and demonstrable rationale for what we expect the athletes to do. We need to be able to



白勵與妻子何劍暉。
Chris Perry and his wife Fay Ho.

explain "why" as well as "how" each method is used. Understand that effective training requires a partnership between the athlete and the coach. The coach may "see" what is happening in training or a competition, but the athlete "feels" it. It is important to compare both sides of the story!

Establish a strong sense of team discipline and tradition because these are the foundations of the elite training programme when the going gets tough or major challenges have to be faced.

Try to be fair and honest to the athletes but don't shy away from being critical when it is needed. As a Head Coach we cannot hope to please everyone! Athletes don't have to like everything we say but they should have confidence in the final outcome.

Q: Any difficulties of being a coach in Hong Kong?

A: Coaches in any country will always face challenges and difficulties but in many ways we are very fortunate in Hong Kong. The HKSI provides a centralised delivery model for a wide range of support services which greatly assist the coaches and enhance the training and performance of our athletes. I think many coaches in other parts of the world would envy us in many ways but we need to be careful to keep this advantage. In recent years our opponents are

increasingly investing in professional support models for high-performance sport and it has to be said that we are starting to fall behind.

Q: What are the qualities for being a good coach?

A: There are many qualities required for being a good coach. One should have a great eye for the specific sports movement or skill, a solid background in sports theory and practice, an empathy for the needs of the athlete and the ability to judge how they are feeling, an innovative and enquiring mind to develop new approaches, a deep love of the sport and a good sense of humour!

All coaches are different and all approach their jobs in different ways. Vince Lombardi, the great American football coach, said that strong "character" and "integrity" are the most important factors common to all great coaches.

"You cannot copy someone else's unique qualifications, but must develop your own character qualifications according to your own personality."

Q: What are the strengths and weaknesses of Hong Kong athletes? How do you help them overcome their weaknesses?

A: I do not think that there are particular strengths and weaknesses which are unique to Hong Kong athletes - except perhaps a lack of confidence in their

own abilities. When I first came to Hong Kong, people told me that Asian athletes are somehow genetically weaker than those from other parts of the world. I absolutely reject this idea. The problem in the past was that Asian athletes simply didn't train as hard or as systematically as their counterparts in the West. Over the last decade, this has completely changed and by the time of the 2008 Olympic Games in Beijing I believe we will see the true strength of Asian athletes in the world arena. Here in Hong Kong, we have a new group of young athletes in many different sports who are performing better internationally than ever before. This generation does not have the same inferiority complex and believes that they can win. If we invest in these young talents now, we will see great results in the future.

Q: Any advice to the Hong Kong athletes?

A: My advice to Hong Kong athletes would be to believe in yourself and understand that, to achieve results in any sport, there is no substitute for sacrifice and incredibly hard training! Despite advances in sports science, new types of equipment, technical knowledge and support services, the final determinant of success is long years of extremely hard work. Making compromises for work, study or social life are still the most



白勵（後排左一）認為香港的年青運動員表現出色，若能好好地栽培他們，必定能達到卓越的成就。

Chris Perry (first left, back row) feels that Hong Kong young athletes are performing very well. If we invest in these young talents now, we will see great results in the future.

common reasons why many athletes never fulfill their full potential. The bottom line is still training, and competition experience. It is said that it takes at least 10,000 hours of solid training to begin to qualify as an expert. That's eight years training 25 hours per week and 50 weeks per year!

Q: Having stayed in Hong Kong for nearly 20 years, what are your views regarding Hong Kong elite sport and its future?

A: I have been in Hong Kong for almost 20 years and have seen the development of elite sport from the early days of the Jubilee Sports Centre to the situation we have today. Great advances in performance came about with the establishment of the HKSI and, in particular, the Sports Scholarship Scheme. Another important step was to increase the support for junior athletes at the HKSI and to encourage the development of talent identification programmes for various sports. In recent years however there have been many changes in the overall structure of sport and it has to be said that the vision

and commitment to elite sport at this point in time remains somewhat cloudy and unclear. Whilst the Hong Kong Government must be credited for its continuing commitment to funding elite sport, a word of caution should be sounded over increasing involvement by officials in its management. The concept of transparency and accountability is fully acknowledged when using public funds, but this should not be used as a reason for the Government to become too deeply involved in sports management itself. This task must be left to experts and professionals - the National Sports Associations and the coaches. These groups, in turn, must remember that they are there to serve - rather than to control - the end-user. By end-user, I mean the people who actually go out onto the field of play - the dedicated athletes, coaches, and officials. Sport should be run by sports people for sports people.

Q: Any unforgettable moment in your coaching life?

A: There are many

unforgettable moments in my coaching career. I especially remember Ho Kim-fai winning Hong Kong's first gold medal at the East Asian Games in 1993, Fenella Ng becoming the first Hong Kong rower to reach the final of the World Championships in 1998, and Law Hiu-fung winning a bronze medal at the World Under-23 Championships in 2003. In fact in the last 20 years, we have won 22 medals at major games, such as Asian Games and East Asian Games, and 35 medals at the Asian Championships. A total of 39 different athletes were involved in this success and I am very proud of them all!



在教練生涯中，白勵有很多難忘的片段，當中包括與家樂在一九九八年的世界錦標賽成為首位晉身決賽的香港賽艇運動員。

Chris Perry has many unforgettable moments in his coaching career, including Fenella Ng became the first Hong Kong rower to reach the final of the World Championships in 1998.

白勵的提示

學習賽艇有沒有最低的年齡限制？

學習賽艇可以從小開始。香港的學生一般在升讀中一後才接觸這項運動。中國香港賽艇協會透過到訪香港各區的中學，從中挑選一些對賽艇運動有興趣的學生，並邀請他們參加在沙田舉行的水上訓練課程。此外，協會或屬會亦會為學生及成人舉辦夏季賽艇課程。

年青人怎樣才可以成為精英賽艇運動員？

當然不是每位學生也能夠成為精英賽艇運動員，但是擁有高挑的身材、良好的爆發力及耐力的人，成功的機會較高。賽艇協會歡迎有興趣年青人到沙田賽艇中心(毗鄰體院)參觀，與教練面談；亦可瀏覽網頁<http://www.rowing.org.hk>，或致電2699 7271查詢各類訓練課程的詳情。

此外，如欲了解有關賽艇器材、服裝、基本技巧、賽事等等的資料，請閱讀第20至21頁“賽艇入門”一文。

Perry's Tips

What's the youngest age for starting to practise rowing?

It is possible to learn rowing from a very young age but usually Hong Kong students can begin when they reach Form One in secondary school. The Hong Kong, China Rowing Association makes visits to many secondary schools throughout Hong Kong and interested students can be selected to join on-water training courses at Sha Tin. There are also summer programmes for students and adults run by the Association or clubs.

What should the youngsters do if they want to be an elite rower?

Of course not every student can be an elite rower, but for those students who are tall and have good power and endurance there are great chances for success in rowing. We welcome all interested youngsters to visit the Shatin Rowing Centre (next to the HKSI) and to talk to the coaches if they are interested in learning the sport. They can also enquire about training courses by contacting the Association (<http://www.rowing.org.hk> or 2699 7271) direct.

For those who would like to know more about the rowing equipment, gear, basic techniques, competitions, etc, please refer to the article entitled "A Guide to Rowing" on pages 20-21.

歷史 History

在古時的埃及、希臘及羅馬，賽艇被用作為交通工具。到了十七及十八世紀初的英國維多利亞時代，賽艇開始成為一種運動。在十九世紀，賽艇在歐洲十分流行，並開始流傳到美國。當時，賽艇比賽的賭博十分普遍。競賽性質的賽艇比賽較多種奧運比賽項目更早出現，牛津、劍橋大學賽艇比賽於一八二八年首次舉行，而耶魯、哈佛大學賽艇比賽則於一八五二年舉行。一八九六年，賽艇首次被列為奧運比賽項目，但因浪大而未能舉行。女子賽艇於一九七六年被納入奧運會比賽項目。

Rowing was first used as a means of transport in the ancient cultures of Egypt, Greece and Rome. Rowing as a sport probably began in Victorian England in the 17th and early 18th centuries. By the 19th century, rowing was popular in Europe and had been exported to the United States. At that time, heavy betting on races was common. Competitive rowing precedes most of the other Olympic sports in its recorded modern history. The first Oxford-Cambridge race took place in 1828 and Yale and Harvard first rowed against each other in 1852. Rowing was included in the Olympics in 1896 but rough seas forced the cancellation of the events. Women rowers were first admitted to the Olympic programme in 1976.

賽艇類別 Boat Categories

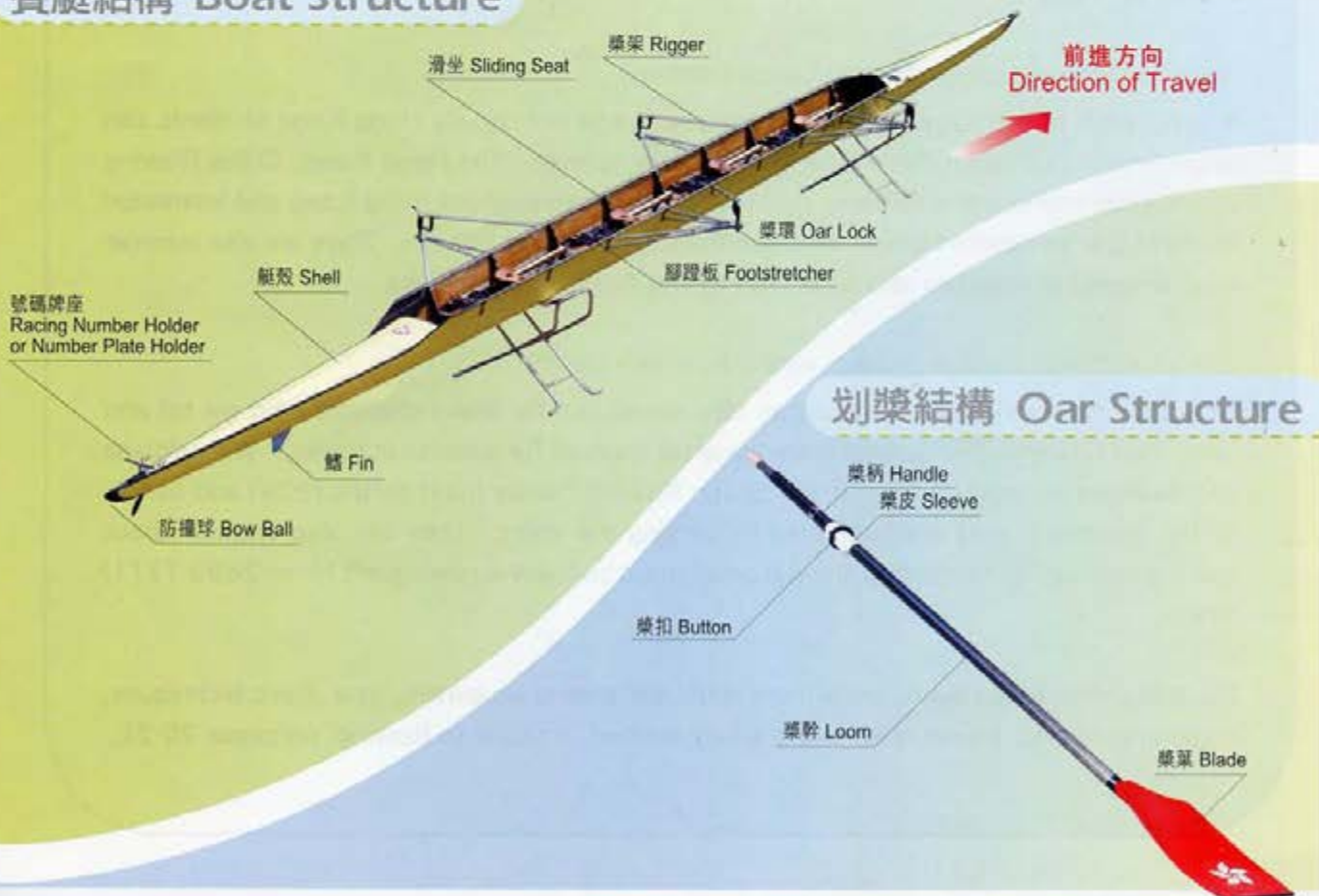
賽艇按乘坐人數，有舵手及無舵手，以及使用單槳或雙槳分成下列八種類別：

Boats fall into the following eight categories according to three criteria - number of rowers, with or without a coxswain and powered by oars (one for every team member) or sculls (two smaller oars per rower) :

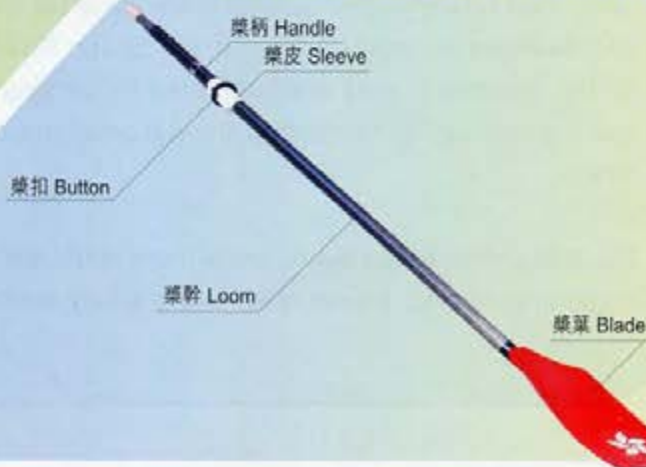


- 單人雙槳艇 Single sculls
- 雙人四槳艇 Double sculls
- 四人雙槳艇 Quadruple sculls
- 雙人單槳無舵手艇 Coxless Pair
- 雙人單槳有舵手艇 Coxed Pair
- 四人單槳無舵手艇 Coxless Four
- 四人單槳有舵手艇 Coxed Four
- 八人單槳有舵手艇 Eight

賽艇結構 Boat Structure



划槳結構 Oar Structure



裝備 Gear



太陽眼鏡 Sun-glasses

貼身衣服(上身可穿背心或T恤, 下身可穿單車褲, 以方便划槳動作, 避免手指在完成划槳動作時被衣服扣著)

Close-fitting outfit (A vest or T-shirt and cycling shorts are preferable, which would not restrict movement and prevent fingers from being caught around the finish)

水壺 Bottle

襪 Socks

基本動作 The Basics

賽艇包含四個組合的簡單循環動作 — 入水、划槳、離水、回槳, 再由這四個組合串連成下列一連串的动作:

The rowing stroke is a simple cyclic movement containing four major components - Catch, Drive, Release, Recovery. These are linked together in a continuous sequence listed as follows:



入水 Catch → 早段划槳 Early drive → 中段划槳 Mid drive → 中尾段划槳 Mid late drive → 尾段划槳 Late drive → 完成划槳 Finish → 離水 Release → 推手 Hands away → 早段回槳 Early recovery → 中段回槳 Mid recovery → 中尾段回槳 Late recovery → 完全回槳 Full reach

國際比賽 International Competition

國際比賽分輕量級與重量級兩類。女子輕量級個人項目的體重不可超過59公斤, 其他比賽項目的隊員平均體重不可多於57公斤; 男子輕量級個人項目的體重不可超過72.5公斤, 其他項目的隊員平均體重不可超過70公斤。比賽距離為2,000米。奧運會的賽艇比賽項目包括:

International races are divided into lightweight and heavyweight divisions. The weight limits for lightweight events are - female athlete of individual event must not weigh more than 59kg while the average crew weight should not exceed 57kg for team event; male athlete of individual event must not weigh more than 72.5kg and the average crew weight should not exceed 70kg for team event. The racing distance is 2,000m. The rowing events at the Olympic Games include the following:

男子雙人單槳無舵艇 coxless pair (2-) Men	男子輕量級雙人雙槳艇 lightweight double sculls (2x) Men
男子雙人雙槳艇 double sculls (2x) Men	女子輕量級雙人雙槳艇 lightweight double sculls (2x) Women
女子雙人雙槳艇 double sculls (2x) Women	女子雙人單槳無舵艇 coxless pair (2-) Women
男子八人單槳有舵艇 coxed eight (8+) Men	男子四人雙槳無舵艇 coxless quadruple sculls Men
女子八人單槳有舵艇 coxed eight (8+) Women	女子四人雙槳無舵艇 coxless quadruple sculls Women
男子四人單槳無舵艇 coxless four (4-) Men	男子單人雙槳艇 single sculls (1x) Men
男子輕量級四人單槳無舵艇 lightweight coxless four (4-) Men	女子單人雙槳艇 single sculls (1x) Women

* 被列為二零零六年亞運會賽艇項目 Events to be included at the 2006 Asian Games

資料來源 Sources:

中國香港賽艇協會 Hong Kong, China Rowing Association

國際奧林匹克委員會網頁 International Olympic Committee's website (www.olympic.org)

多哈亞運會籌委會網頁 Doha Asian Games Organising Committee's website (www.doha-2006.com)

賽艇壇上兩顆新星

羅曉鋒 Law Hiu-fung

出生日期Date of Birth: 13-11-1983

體重Weight: 74公斤kg

身高Height: 183厘米cm

現況Status: 體院獎學金運動員HKSI Scholarship Athlete

教練Coach: 白勵Chris Perry



重要獎項Major Achievements

2003年世界錦標賽(23歲以下) - 男子單人艇第三名

2004年奧運會亞洲區遴選賽 - 男子單人艇第二名

2005年國際賽艇聯會隊際盃 - 男子輕量級單人艇第四名

2003 World U-23 Rowing Championships - Third in Men's Single Scull

2004 Asian Olympic Qualification Regatta - Second in Men's Single Scull

2005 FISA Team Cup - Fourth in Men's Lightweight Single Scull

TWO STARS IN THE ROWING ARENA

李嘉文 Lee Ka-man

出生日期 Date of Birth: 28-11-1986

體重 Weight: 56公斤 kg

身高 Height: 168厘米 cm

現況 Status: 體院獎學金運動員 HKSI Scholarship Athlete

教練 Coaches: 白勵、黃志偉 Chris Perry, Sam Wong



重要獎項 Major Achievements

2003年第十屆亞洲賽艇錦標賽 - 女子輕量級單人艇第二名、女子輕量級四人艇第二名

2003年第九屆亞洲青少年賽艇錦標賽 - 女子單人艇第一名

2004年第十屆亞洲青少年賽艇錦標賽 - 女子單人艇第四名

2005年第四屆東亞運動會 - 女子輕量級雙人艇第四名

2003 - 10th Asian Rowing Championships - Second in Women's Lightweight Single Scull and Women's Lightweight Quad

2003 - 9th Asian Junior Rowing Championships - First in Women's Single Scull

2004 - 10th Asian Junior Rowing Championships - Fourth in Women's Single Scull

2005 - 4th East Asian Games - Fourth in Women's Lightweight Double Scull

賽艇壇上兩顆新星

TWO STARS IN THE ROWING ARENA



問：何時開始接受賽艇的訓練？

羅：我在15歲時開始接受賽艇的訓練。

李：我自二零零一年起練習賽艇。

羅及李：開始受訓時，我們仍是中學生。

Q: When did you start practising rowing?

Law: I joined the sport when I was 15.

Lee: I have been practising rowing since 2001.

Law & Lee: By that time, we were secondary school students.

問：甚麼原因驅使你參加賽艇這項運動？

羅及李：當時，中國香港賽艇協會到我們的學校進行推廣，經測試後我們獲挑選參加賽艇訓練課程。剛開始時，我們只是抱著嘗試的心態，但過了一段時間，由於我們有不俗的表現，因此有機會獲推薦參加比賽，大大增加了我們投入這項運動的決心。

Q: Why did you join the sport?

Law & Lee: The Hong Kong, China Rowing Association visited our secondary schools and we were selected to join the training course. At the very beginning, we tried the sport out. As time went by, we made significant improvement and were given the opportunity to take part in competition, thus making us decide to devote ourselves to the sport.

問：受訓初期有沒有遇到甚麼問題？

羅及李：最大的問題是分配時間。起初，我們不懂得如何適當地分配時間，我們花了很多時間和精神，才能掌握如何在學業和訓練兩者間取得平衡。

Q: Did you encounter any difficulties at the early stage of training?

Law & Lee: It goes without saying that time allocation is the main problem. At the very beginning, we did not know how to allocate the time properly and that we spent more time and effort to balance our study and training.

問：作為精英運動員要克服甚麼困難？

羅：訓練的生活一點也不容易，有時會令我感到身心俱疲。可幸是我的堅強性格和意志力使我可以把困難一一克服。

李：對我來說，每天早上五時半起床受訓頗為困難。幸好我住在體院的運動員宿舍，並與隊員住在同一房間，我們可以互相照應，喚醒大家起床。

Q: As an elite athlete, what do you need to overcome?

Law: Our training life is not easy. It sometimes makes me feel tired, both physically and mentally. I am glad that I am tough enough and have a strong will to overcome the difficulties.

Lee: Getting up at 5:30 am everyday for training is not an easy task for me. Fortunately, I share a room with teammates in the Athletes' Hostel at the HKSI. We wake each other up every morning.





問：可否說說你們的訓練時間表？

羅及李：我們逢星期一至五每天接受最少兩節訓練，第一節是水上訓練，由清晨六時至八時半在城門河進行；第二節為陸上訓練，安排在下午四時至六時，有時候也會在兩個訓練時段之間加插多一節訓練。完成上午的訓練後，我們會在上午十一時至下午一時接受物理治療；午飯後會稍事休息，然後進行特別設計的體能訓練。在星期六及日，每天也會進行最少一節賽艇訓練。

Q: How is your training schedule?

Law & Lee: We receive at least two sessions of training everyday from Monday to Friday. The first session is on-water training which takes place from 6:00am to 8:30am on the Shing Mun River while the second session is land training from 4:00pm to 6:00pm. An additional training session will be held in between the two sessions sometimes. From 11:00am to 1:00pm, we sometimes receive physiotherapy after on-water training. Having taken a rest after lunch, we attend the fitness training programme specially designed for us. On Saturday and Sunday, we are required to attend at least one training session.

問：在訓練以外的時間，你會做些甚麼讓自己鬆弛？

羅：我喜歡玩滑浪讓自己鬆弛，我喜歡等待大浪來臨的感覺，能使我平日緊張的情緒獲得舒緩。

李：我則喜歡睡覺，有時間的話，我亦喜歡焗蛋糕。近來，我喜愛和隊友，包括羅曉鋒一起出海釣魚。我們都覺得釣魚有助鍛煉我們的集中力。

Q: What do you usually do to relax yourself outside training hours?

Law: Surfing is my favourite activity for relaxation. I like the feeling of waiting for a wave to come, which makes me feel relaxed.

Lee: I like sleeping. I also like baking cakes when I have time. In recent times, I am fond of fishing with teammates, including Law Hiu-fung. We found that fishing is of great help in enhancing the power of concentrating our mind.

問：優秀的運動員需具備甚麼條件？

羅及李：要成為優秀的運動員需要有堅毅不屈的精神和堅強的意志，還要有永不言敗的精神。運動員想取得好成績，必須付出時間和努力。

Q: What are the qualities of a good athlete?

Law & Lee: One should be tough and have strong determination. He or she should possess the never-say-die spirit. If one wishes to attain good results, investment of time and effort is essential.

問：你們有甚麼目標？

羅：我現時正全力備戰2006亞運會，我不單希望可以保持上屆的成績，更會力求突破。此外，我另一目標是全力在世界錦標賽中爭取晉身前十名。

李：在2006亞運會爭取佳績是我其中一個目標，我希望能為香港取得獎牌。此外，我亦會竭盡全力希望能夠成為首位晉身世界錦標賽(23歲以下)決賽的香港女運動員。

羅及李：參加在北京舉行的2008奧運會也是我們的共同願望，希望我們能夠代表香港參加這個體壇盛事，並在賽事中創出佳績。

Q: What are your objectives?

Law: I'm now working hard to prepare for the 2006 Asian Games. I hope to maintain the progress made at the previous Games and am hopeful of a breakthrough. In addition, I am targeting the World Championships, where I hope to reach the top 10.

Lee: Striving for success at the 2006 Asian Games is one of my objectives. I hope to be able to get a medal for Hong Kong. Also, I will work hard with the aim of becoming the first Hong Kong female rowing athlete to reach the final at the World Under-23 Championships.

Law & Lee: Last but not the least, we are looking forward to participating in the 2008 Olympic Games in Beijing. We hope to be able to represent Hong Kong and achieve excellence at the Games.

四個項目共七名新秀勇奪傑出運動員殊榮 Seven Rising Stars from Four Sports Announced Recipients for Outstanding Junior Athlete Awards



四位頒獎嘉賓—屈臣氏集團集團公共關係總經理倪文玲(第二排左六)、港協暨奧委會副會長王華生(第二排左七)、體院院長鍾伯光博士(第二排右七)、體記協會執行委員會成員郭子龍(第二排右五)及一票嘉賓恭賀七位傑出青少年運動員選舉得主歐詠芝、陳浩鈴、趙家琦和梁善雅(壁球)、施幸余(游泳)、郭海瑩(硬地滾球)和梁舒恆(智障人士游泳項目)，以及四位獲頒表揚狀的候選運動員包括葉婉廷和林倩盈(羽毛球)、馬國寶(滑浪風帆)及馮泳施(武術)。

Malina Ngai, General Manager Corporate Communications, A.S. Watson Group (second row, sixth from left), Wong Wah-sang, Vice-President, SF&OC (second row, seventh from left), Dr Chung Pak-kwong, Chief Executive, HKSI (second row, seventh from right), and Kwok Tsz-lung, Executive Committee Member, HKSPA (second row, fifth from right) and the guests, congratulate the seven Awards recipients — Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga from squash, Sze Hang-yu from swimming, Kwok Hoi-ying from boccia, as well as Leung Shu-hang from swimming (mentally handicapped), and the four outstanding nominees who receive certificates of merit including Yip Pui-yin and Lam Sin-ying from badminton, Ma Kwok-po from windsurfing, as well as Fung Wing-see from wushu.

在芸芸21組候選運動員及隊伍中，歐詠芝、陳浩鈴、趙家琦和梁善雅(壁球)、施幸余(游泳)、郭海瑩(硬地滾球)，以及梁舒恆(智障人士游泳項目)憑著在大型國際賽事中的卓越成績，共同榮膺二零零五年第三季屈臣氏集團/香港體育學院傑出青少年運動員。

頒獎禮於二零零五年十一月廿四日在體院舉行，數十位來自主辦機構、贊助商、支持機構、體育總會的代表，以及得獎運動員的教練、家人、學校老師及朋友齊齊出席支持這項選舉和得獎者。

體院院長鍾伯光博士在頒獎禮上指出：「今季共有21組候選運動員及隊伍競逐，數目創出新高，競爭十分激烈。此外，有見本地年輕運動員在不同比賽項目所付出的心血和努力，我們因此在今季首次接納團體項目提名競逐是項殊榮，並且頒發四組得獎者，以及額外表揚六位候選人。」

各得獎運動員/隊伍從頒獎嘉賓包括體院、屈臣氏集團、中國香港體育協會暨奧林匹克委員會(港協暨奧委會)和香港體育記者協會(體記協會)代表手中接過現金獎港幣2,500元、價值港幣2,500元的運動用品禮券及獎狀。

由歐詠芝(16歲)、陳浩鈴(17歲)、趙家琦(17歲)及梁善雅(16歲)組成的香港青少年女子壁球隊，在七月於比利時舉行的世界青少年壁球錦標賽中表現出色，擊敗一眾頂級青少年球手，歷史性為香港取得首面世界青少年壁球隊際賽金牌。她們的優異成績得到評審團青睞，首次以隊際形式取得傑出青少年運動員殊榮。

四位小妮子對於今次能夠取得佳績，不約而同表示要感謝教練多年來循循善誘的教導和父母的無限支持，並說：「我們會不斷努力，希望於二零零七年在香港舉行的亞青賽和世青賽中能夠成功衛冕，再度為港爭光。」

年僅17歲的施幸余在八月於曼谷舉行的亞洲游泳分齡錦標賽中個人獨取四面金牌，包括50米自由泳、100自由泳、50米蝶泳和100米蝶泳。是項賽事雲集亞洲區內15個國家和城市的年輕游泳好手。

這名游泳英雄現擁有九個香港紀錄，包括三個長池和六個短泳項目。曾在上年第四季獲得這項殊榮的施幸余說：「能夠再次當選今季的傑出青少年運動員，固然高興。這個獎項不但可以增加個人信心，更進一步激勵自己打入世界前列位置的決心。」

19歲的郭海瑩在九月馬來西亞舉行的亞洲及南太平洋硬地滾球錦標賽中，從28名好手中勇奪BC2女單金牌，以及10組勁旅中取得BC1隊際金牌，亦因此而首奪傑出青少年運動員殊榮。

一九九九年才開始接受訓練的郭海瑩是首位獲得這個獎項的硬地滾球運動員，她在頒獎禮上表現得非常高興，並說：「其他候選運動員均在第三季取得不俗成績，所以沒有想過自己會獲獎，但真的感到十分開心。」

現年17歲的梁舒恆在九月捷克舉行的第四屆國際智障人士體育聯盟世界游泳錦標賽中，為香港奪得三金(200米蛙泳、200米混合泳及400米混合泳)三銀(50米蛙泳、100米蛙泳及200米背泳)的佳績。

梁舒恆去年曾取得第三季選舉的殊榮，對於自己能夠再度獲選，覺得十分高興。她說：「這個選舉給予年輕運動員一個互相欣賞和學習的機會。」這位年輕泳手矢志於二零零六年遠南運動會及二零零八年在北京舉行的傷殘人士奧運會為港爭光，她更說：「我會繼續努力練習，不斷自我挑戰，在任何一項比賽中都會全力以赴，務求取得佳績。」

由於今季候選運動員在國際賽事的表現十分突出，評審團經討論後一致決定額外頒發嘉許狀予六位成績優異的候選人，以示鼓勵。他們包括葉婉廷和林倩盈(羽毛球)、鄭麗沙(攀山)、馬國寶(滑浪風帆)，以及黎子駿和馮泳施(武術)。

傑出青少年運動員選舉由體院創辦，並得到屈臣氏集團贊助，港協暨奧委會和體記協會支持，以季度形式表揚優秀的本地青少年運動員。

Among the record high 21 entries, Au Wing-chi, Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga from squash, Sze Hang-yu from swimming, Kwok Hoi-ying from boccia, as well as Leung Shu-hang from swimming (mentally handicapped), who all performed brilliantly in the international sporting arena, shared the honour of the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards for the third quarter, 2005.

A prize presentation was held on 24 November 2005 at the HKSI where dozens of guests coming from the organiser, sponsor, supporting organisations, National Sports Associations, coaches, families, school teachers and friends attended as a gesture of support to the recipients and the Awards.

"The competition is keen in this quarter since we have received a total of 21 individuals/teams of nominations, a record-breaking number for the Awards," said Dr Chung Pak-kwong, Chief Executive of the HKSI. In appreciation to young athletes' hard work and efforts, we include a team event nomination for the Awards, grant four awards and six certificates of merit for the first time.

The winning athletes or team each was presented a cash prize of HK\$2,500, a sports gears voucher of HK\$2,500 and a certificate of merit by the representatives of the HKSI, the A.S. Watson Group, the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and the Hong Kong Sports Press Association (HKSPA).

The junior girls' team, comprising Au Wing-chi (16), Chan Ho-ling (17), Chiu Ka-kei (17) and Leung Shin-nga (16), outclassed top players from all over the world to win a gold medal at the Women's World Junior Team Championships held in Belgium in July, a historical world junior title for Hong Kong squash. Their excellent achievements have caught the eyes of selectors to win the Awards which was first presented to a team.

The team thanked their coaches and parents for guiding and supporting them to success in the sport. "We shall keep working hard and set sight at winning the honour again in the coming Asian Junior Championships and World Junior Championships to be held in Hong Kong in 2007," the four promising players said together at the presentation.

17-year-old Sze Hang-yu returned with four gold medals (50m freestyle, 100m freestyle, 50m butterfly and 100m butterfly) at the Asian Age Group Swimming Championships held in Bangkok in August. The event featured leading junior swimmers from 15 countries/cities in Asia.

"I'm glad to be one of the recipients again," said the swimmer, who first won the title in the 4th quarter of 2004. "It will definitely help boost my confidence and give me extra impetus to break into the world's elite," added Sze, a holder of nine Hong Kong swimming records (three in long course and six in short course).

19-year-old Kwok Hoi-ying earned her first outstanding junior athlete title after capturing a gold medal in BC2 singles in a pool of 28 promising athletes from the region and a gold medal in the team (out of 10) at the Asian & South Pacific Boccia Championships held in September in Malaysia.

"I haven't thought of winning the Award because other candidates also achieved excellent results during the period. It came a bit surprise but I'm really happy to have won the title," said a delighted Kwok, who started the sport in 1999 and became the first boccia player to win the junior Awards.

Leung Shu-hang, aged 17, bagged with three gold medals (200m breaststroke, 200m individual medley and 400m individual medley) and three silver medals (50m breaststroke, 100m breaststroke and 200m backstroke) at the INAS-FID World Swimming Championships held in Czech Republic in September.

"I was very happy to receive the Award again which offers junior athletes the chance to appreciate one another's achievements," said Leung, also a winner of the third quarter, 2004. She has set her sights of representing Hong Kong in the 2006 FESPIC Games and the 2008 Paralympic Games in Beijing. "I'll continue to improve my skills and strive for best performance at the Games," she added.

The judging panel has also made a decision of presenting certificates of merit to six outstanding nominees in recognition of their excellent performance in this quarter, including Yip Pui-yin and Lam Sin-ying from badminton, Cheng Lai-sho from mountaineering, Ma Kwok-po from windsurfing, as well as Lai Tsz-tsun and Fung Wing-see from wushu.

Presented by the HKSI with the sponsorship of the A.S. Watson Group as well as the support from the SF&OC and the HKSPA, the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards scheme aims to recognise the achievement of local junior athletes on a quarterly basis.



(後排左起) 趙家瑋(壁球)、梁善雅(壁球)、蘇卓余(游泳)、梁舒恆(智障人士游泳項目)、歐詠芝(壁球)、陳浩鈞(壁球)及(前排) 郭海堂(硬地滾球)共同榮膺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。
(Back row, from left) Chiu Ka-kei and Leung Shin-nga from squash, Sze Hang-yu from swimming, Leung Shu-hang from swimming (mentally handicapped), Au Wing-chi and Chan Ho-ling from squash, as well as (front row) Kwok Hoi-ying from boccia, share the honour of the A.S. Watson Group/Hong Kong Sports Institute Outstanding Junior Athlete Awards for the third quarter, 2005.



馬拉松賽事講求耐力，精英運動員大概要兩個多小時來完成42.195公里的賽事，有些業餘跑手可能要四個小時才跑畢全程。雖然馬拉松賽事鮮有在炎夏舉行，但運動時間愈長，出現問題的機會就愈大，例如抽筋、脫水、疲倦、低鈉血症等。做好營養準備可提高耐力及預防脫水，更可延遲出現“累”的感覺。

長跑運動員的身型瘦削及體脂低對長跑有利，因為他們需負著自己的重量完成賽事，體重輕自然負擔輕，沒那麼容易感到疲倦。在訓練期間，首先要注重攝取足夠的碳水化合物食物，例如：米飯、麵、麵包、水果等。進行長跑運動時身體主要消耗碳水化合物及脂肪作為能量，但我們並不需要刻意增加攝取脂肪，因為我們的身體通常有足夠的貯備；不過碳水化合物的貯備有限，所以要每天補充。日常飲食應以碳水化合物為主，即飯、粉麵等，而不是只吃一大件牛扒加薯條。五穀類食物含豐富碳水化合物，但宜選低脂肪的，如米飯、湯米粉、麥包等，而非炒河粉、油條、曲奇餅、牛角包等高脂肪的食物。

在比賽前三天可進行“醣原負荷”，即是每天按每公斤體重計算要攝取9-10克碳水化合物食物，碳水化合物又應達到每天總熱量攝取的65%(表一)，在進行醣原負荷的同時亦需減低運動量，使身體貯存足夠能量應付比賽。

此外，比賽前不可不吃早餐，但份量不宜太多，若有進行醣原負荷的話，肌肉已有足夠的能量貯備，不應單靠運動前的一餐才填滿肌醣。早餐的意義是預防比賽時有肚餓的感覺，所以只吃一大碗火腿通粉或一些麵包加果醬、花生醬，以及飲品已經足夠。緊記這份早餐必定要是平日吃慣的食物，避免吃不適應的食物，亦不應吃太油膩的食物，例如：油條、炒麵等。一份輕量的早餐應在比賽前一個半小時前食用，例如：比賽在早上七時開始，早餐應在早上五時半之前吃完。若來不及，可選用運動專用的能量棒及運動飲品，這些產品在運動專門店及超級市場有售，但千萬不要在比賽當天才首次食用這些產品，而應在平日訓練時嘗試食用，以便確定自己能夠適應此類食物。

還有，水份補充亦十分重要，若天氣不算太熱或沒有流汗，也需要按時補充水份，避免因脫水而引致疲累或更嚴重的中暑。所以對業餘運動員而言，若不感到口渴，也必須在每隔五公里的水站飲半杯飲品來預防脫水。因為口渴出現時，身體已經進入缺水狀態。運動飲品含有鈉、鉀等電解質，是長跑運動員首選的飲品。一般業餘跑手需要較長時間完成賽事，故此出現低鈉血症的機會比精英運動員高。當血清鈉每公升低於130毫摩爾時可能會形成低鈉血症，早期的徵象包

括噁心、嘔吐及頭痛。惡化性的腦水腫可引致其他更嚴重的徵象及症狀如：精神狀態產生變化、癲癇發作、呼吸窘迫、昏迷及死亡。大部份的低鈉血症病例由飲用過量水份引起，特別是飲用低滲的飲品，例如清水。低鈉血症和脫水一樣可構成生命危險。業餘運動員應在訓練時練習邊跑邊喝水。

跑完馬拉松之後，首要補充碳水化合物、水份及電解質，以恢復體力，並最好能在半個小時內補充碳水化合物以恢復肌肉失去的醣份(表二)。這做法還可以提高免疫力，預防大運動量後因免疫力下降而引致的疾病，適量的蛋白質對修補細胞亦十分重要。

運動後幫助補充水份的指引

1. 監控運動前後的體重變化，評估運動中補充水份的方法及運動後需要補充水份的份量。基本上每失去一公斤便等如失去一公升水份，因運動員在恢復期間仍會繼續從小便及汗液流失水份，所以這些汗液流失也需要填補。運動後的兩至四小時內需補充相等於150%體重差異的水份來達到水平衡，所以要確保有足夠的飲品。每失去一公斤體重就需補充1½公升(即150%)飲料來達到水平衡。
2. 可選甜的飲品，如果汁或運動飲品，而非清水，含碳水化合物的飲品有助肌醣的恢復。
3. 保持飲品在一個清涼的溫度也可增加攝取量。清涼的飲品(例如：攝氏5-15度)在大部份情況下均為人受落。凍的飲品(例如：攝氏0-5度)於熱環境或對運動員在酷熱的狀態下的心理有助，但其吸收比清涼的飲品慢。
4. 緊記還要補充失去的鈉(例如：飲用運動飲品)，因鈉有助鎖住身體的水份。
5. 含咖啡因的飲品及酒精飲品均不是合適的恢復飲品，因為它們會加速水份的流失。
6. 若有肌肉創傷或有傷患，應避免在運動後的24至36小時內飲用酒精飲品。酒精令血管擴張從而影響恢復及修補的過程。酒精飲品並非理想的恢復用飲品，更不是主要的碳水化合物來源。
7. 避免運動後再做加速流汗的活動，例如：熱浴、桑拿浴及陽光下曝曬等。

良好的飲食習慣不但能確保健康，還能協助你發揮潛力，在比賽中創出佳績。

Nutrition Plan for Marathon



Endurance is essential in marathon running. Elite runners need just over two hours to complete the 42.195km race while amateur runners may need four or more hours. Though marathons seldom take place in summer, the sheer length of the race can induce many problems such as cramps, dehydration, fatigue, hyponatremia, etc. A good nutrition plan can help enhance the level of endurance and prevent dehydration, as well as delaying the onset of tiredness.

Long distance runners are usually slim with low body fat, which gives them an advantage as their loadings are low and therefore they do not tire as easily while running. As an athlete, you, should first of all ensure an adequate intake of carbohydrate foods such as rice, noodles, bread and fruits during training as the body burns carbohydrate and fat while running. However, you do not need increased intakes of fat, as in most cases, we have plenty stored. Due to our limited storage of carbohydrate, however, you need to replenish it everyday. Cereal products rich in carbohydrate like rice and noodles rather than steak and fries should be the main food items in daily meals. Make sure you try those with low fat such as rice noodles with soup and wheat bread instead of those containing high-fat like fried noodles, fried donuts, cookies, croissants, etc.

"Carbohydrate loading" should be carried out three days before the race, i.e. a dietary intake of carbohydrate 9-10g/kg body weight per day. The intake of carbohydrate should reach 65% of the total energy intake per day (Table 1). At the same time, training needs to be decreased to lower energy expenditure in order to maximise stores.

Taking a light breakfast before the race is critical. If you have conducted carbohydrate loading, your muscles should have enough energy stored, so you do not need to rely on a meal before race to fill up the muscle glycogen. Breakfast is essential to prevent you from feeling hungry during the competition. A bowl of macaroni with ham or some bread with jam and peanut butter, added with drink, is ample. Remember to eat something for breakfast that your body is used to, and avoid fatty foods like fried donuts, fried noodles, etc. Take a light breakfast an hour and a half before the race. For example, if you run at 7:00 am, eat at or before 5:30 am. If you do not have enough time, take a pack of energy bar and sports drinks which are available at sports shops and supermarkets. Once again, however, do not try these products for the first time on race day - you should get used to them on training days.

Rehydration is vital. You should replenish with water regularly to prevent fatigue and heat stroke resulting from dehydration even if the weather is not hot and sweat is negligible. Amateur runners should consume a half cup of liquid at every 5km aid station even if they do not feel thirsty. Remember, when you feel thirsty, you are already dehydrated. A sports drink containing electrolytes such as sodium and potassium is desirable. Amateur runners require longer to finish the race, so they are more likely to suffer from hyponatremia than elite athletes. Hyponatremia may develop

when serum sodium falls below 130 mmol/L. Early signs of hyponatremia include nausea, vomiting and headache. More serious signs and symptoms can develop as a result of worsening cerebral edema, including altered mental status, seizures, respiratory distress, coma and death. The majority of hyponatremia cases are caused by an overconsumption of fluids, especially hypotonic fluids like water. Like dehydration, hyponatremia can be life threatening. While training, amateur athletes should practice drinking while running.

As soon as you finish the marathon, you should seek to recover by replenishing with carbohydrates, fluid and electrolytes, it is best to replenish with carbohydrates within 30 minutes after exercise to recover muscle glycogen loss (Table 2). This could also strengthen the immune system and prevent you from feeling ill after intensive exercise. The intake of an appropriate amount of protein is also important for repairing cells.

Guidelines for Promoting Post-exercise Rehydration

1. Monitor changes in body weight from pre to post exercise to evaluate hydration strategies during exercise and the fluid deficit that must be replaced after exercise. Basically, a loss of 1kg in weight equals a 1-L fluid deficit. An athlete will continue to lose fluid during recovery via urine losses and ongoing sweating and these losses must also be replaced. Typically a volume equal to 150% of post exercise weight loss will need to be consumed over the subsequent two to four hours to fully restore fluid balance. A 1kg loss in weight requires 1.5L of fluid (i.e. 150%) to restore the balance.
2. Try a sweetened drink, like juice or sports drink, rather than plain water when fluid needs are increased. Drinks containing carbohydrates are also useful in assisting with muscle glycogen recovery.
3. Keep drinks at a cool temperature to encourage intake because cool drinks (e.g. 5-15°C) are preferable in most situations. Very cold fluids (e.g. 0-5°C) may seem psychologically pleasing when the environment or the athlete is hot; however, these are absorbed more slowly than cool drinks.
4. Be sure to replace sodium losses to help maximise the retention of ingested fluids, e.g. sports drinks.
5. Beverages containing caffeine and alcohol are not suitable rehydration beverages since they increase fluid losses.
6. Avoid alcohol 24-36 hours after exercise that results in muscle damage or injury. Alcohol promotes vasodilation and may impair recovery and repair processes. Alcoholic drinks are not ideal rehydration beverages. Nor do they provide a significant source of carbohydrate.
7. Avoid engaging in post-exercise activities that exacerbate sweat losses, e.g. long exposure to hot spas, saunas or the sun.

Good eating habits are not only good for your health, but can help you achieve your best performance in the race.

表一Table 1

醣原負荷法示例Example of Carbohydrate Loading

(適合60公斤重的運動員使用 for an athlete weighing 60kg)

早餐Breakfast

- 脫脂奶Skimmed Milk	1杯cup
- 粟米片Corn flakes	1杯cup
- 香蕉Banana	1隻piece
- 方包Bread	2片slice
- 果醬Jam	2茶匙teaspoon

午餐Lunch

- 白飯Rice	2½碗bowl
- 雞脾Chicken Thigh	1隻pc
- 菜心Choy Sum	4安士oz
- 檸檬茶Lemon Tea	1杯cup

下午茶Afternoon Tea

- 橙汁Orange Juice	1杯cup
- 方包Bread	2片slice
- 果醬Jam	2茶匙teaspoon

晚餐Dinner

- 白飯Rice	2½碗bowl
- 蒸肉餅Steamed Chinese meat loaf	3安士oz
- 西蘭花Broccoli	4安士oz
- 蘋果汁Apple Juice	1杯cup

總熱量Total Energy : 3,400千卡kcal
 碳水化合物Carbohydrate : 567克g (66%)
 蛋白質Protein : 100克g (12%)
 脂肪Fat : 83克g (22%)

表二Table 2

運動後補充肌醣的食物選擇 Choice of Food for Muscle Glycogen Recovery

(每公斤體重一克1g per kg)

男運動員應在訓練或比賽後30分鐘內進食以下一份食物
Male athlete should take a serving from the following
30 minutes after training or competition
 (每份約含60-80克碳水化合物Each serving contains 60-80g carbohydrate)

- 運動飲品Sports Drink (750-1000毫升ml)
- 乳酪Yoghurt (200克g) + 果醬三文治Jam Sandwich (1份pc)
- 乳酪Yoghurt (200克g) + 麥條Cereal Bar (1條pc) + 果汁Juice (250毫升ml)
- 牛奶Milk (250毫升ml) + 麥條Cereal Bar (1條pc) + 香蕉Banana (1隻pc)
- 能量棒Energy Bar (1條pc) + 運動飲品Sports Drink (500毫升ml)

女運動員應在訓練或比賽後30分鐘內進食以下一份食物
Female athlete should take a serving from the following
30 minutes after training or competition
 (每份約含40-50克碳水化合物Each serving contains 40-50g carbohydrate)

- 運動飲品Sports Drink (750毫升ml)
- 乳酪Yoghurt (200克g) + 麥條Cereal Bar (1條pc)
- 乳酪Yoghurt (200克g) + 香蕉Banana (1隻pc)
- 能量棒Energy Bar (1條pc)
- 牛奶Milk (250毫升ml) + 麥條Cereal Bar (1條pc)
- 果醬三文治Jam Sandwich (1份pc) + 果汁Fruit Juice (250毫升ml)

預防運動創傷的挑戰(下)

The Challenges of Sports Injury Prevention (Part II)

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《精英體育》創刊號(第27至29頁)已介紹運動創傷的誘因及預防方法,現以下列兩個例子闡明為特定運動設計的預防創傷計劃:

球拍類運動(例如:網球、羽毛球)運動員的肩部問題

流行病學:據美國網球協會男子青少年網球錦標賽一份為期六年的傷患監察研究顯示,肩部傷患在上半部肢體傷患中排行第一(每1,000名運動員的5.7次受傷個案中兩次為肩部受傷),而在所有傷患中亦排行第四(每1,000名運動員的21.5次受傷個案中兩次為肩部受傷)。此外,體院負責的羽毛球創傷的流行病學研究亦顯示,肩部傷患在高級組精英運動員中排行第一(每1,000名運動員的2.7次受傷個案中0.33次為肩部受傷),而在青少年組精英運動員中排行第二(每1,000名運動員的3.36次受傷個案中0.5次為肩部受傷)。

原理:導致肩上擊球運動員肩部受傷的可能成因包括肩膊旋軸肌力量的不平衡、對疲勞的抵抗力或關節活動的幅度。在上手擊球或發球後的順勢動作過程中,肩部承受的重覆負荷亦可導致背部關節後囊膜變厚及攣縮;而攣縮更會逐漸改變關節活動的生物力學,形成肩部結構包括二頭肌筋腱和旋袖肌筋腱出現異常負荷。

預防措施:透過在比賽前對肩部運動幅度的測試、等力測試及其他特別的診斷,便可測試出活動能力及力量的缺陷,從而作出糾正,減低肩部受傷的機會。在一項為期兩年,調查男女青少年網球運動員參加柔韌性專項訓練計劃後在關節活動幅度改變的研究裡,調查人員發現肩部關節的活動幅度(與其他部份相比)有顯著的改善,並建議這訓練有助緩和導致肩部因微創和過度負荷而引致的傷患。



原理:有研究指出結構的排列是導致跑步時髖繩肌受傷的原因。髖繩肌屬於雙關節肌肉組織,可以使膝蓋屈曲和令髖部得以伸展。大部份的研究顯示,短跑擺動後半部階段可導致髖繩肌拉傷,其時髖繩肌正發揮減慢膝蓋伸展的功能;這時候,為減慢後半部擺動時膝蓋的伸展,肌肉的活動從離心變為向心,使之變為膺關節的活躍伸肌,這亦解釋了肌肉從離心迅速變為向心時較易受傷的原因。一項研究針對髖繩肌曾受傷及未有受傷的運動員,比較兩者的柔韌性及等力力量,結果顯示髖繩肌曾受傷的短跑運動員,其髖繩肌明顯較攣緊,而在等力測試中,他們的向心及離心最大扭矩力在低速時亦明顯較低。

預防措施:一群軍隊訓練生進行了特別的髖繩肌伸展計劃,發現測試組的柔韌性有了顯著的改善,而受傷率亦有明顯下降(受傷率為16.7%比29.1%)。一群北歐足球運動員曾參加為期10週的髖繩肌訓練計劃,其中一組使用北歐髖繩肌訓練器,而另一組則使用傳統腿屈曲訓練,結果顯示前者的離心扭轉力有了很大的改善。另一項測試北歐髖繩肌訓練計劃的研究亦反映了轉至較長肌肉長度產生扭轉力的最佳角度。根據我們對傷患成因的了解,最佳角度的改變證明可防止經常性髖繩肌傷患的出現。

鑑於制定結構性傷患計劃有迫切的需要,體院運動醫學部現已開始建立數據庫儲存、分析及追蹤某些運動的傷患問題。這做法有時被稱為傷患剖析,是建立預防創傷計劃其中重要的一步。然而,這些計劃成功與否實有賴精英培訓系統中各單位,包括教練、運動員、運動科學及醫學人員,以及行政人員的通力合作。

總結

不管我們對預防運動創傷的課題有何等程度的認識,仍然有很多未知的問題有待解答。但無論怎樣,運動醫學人員必須從運動創傷的根源入手,預防創傷的出現。此舉一方面可以降低因受傷而需要使用運動醫學的康復服務,另一方面亦可減低運動員在接受艱苦訓練時受傷的機會,從而對他們的運動成績起著正面的影響。由於運動創傷是因應不同運動項目的特性而產生,因此體院亦積極為所有精英體育項目進行廣泛的流行病學研究,然後從多方面制定完善的預防計劃。

短跑運動員的髖繩肌傷患

流行病學:髖繩肌(位於大腿後)拉傷據說是過去十年田徑運動中最常見的運動創傷,復發率更高達34%。



The risk factors in sports injuries and its preventive measures had been introduced in the inaugural issue of the "Sports Excellence"(P.27-29). Below are two examples illustrating the development of injury prevention programmes in specific sports:

Shoulder problem in racket sports (e.g. tennis, badminton) athletes

Epidemiology: In a 6-year injury surveillance study at the United States Tennis Association boy's tennis championship, shoulder injury was ranked number one among all upper extremity injuries (two out of 5.7 incidence per 1,000 athlete exposure) and fourth among all injuries (two out of 21.5 incidence per 1,000 athlete exposure). In epidemiology study on badminton injury conducted by the HKSI, shoulder injury was ranked number one among the badminton elite senior athletes (0.33 out of 2.7 incidence per 1,000 athlete exposure) and number two in the elite junior athletes (0.5 out of 3.36 incidence per 1,000 athlete exposure) in its incidence.

Mechanisms: Likely mechanisms of shoulder injury in the overhead athletes include rotator muscles imbalance in strength, fatigue resistance or range of motion (ROM). The repetitive loads that act on the shoulder during follow-through of overhead smash or serve may lead to the development of posterior capsular thickening and contracture. This contracture would in turn cause a change in the biomechanics of movement creating an abnormal loading on some of the shoulder structures, including the biceps tendon and rotator cuff muscle tendons.

Preventive measures: Through pre-participation screening examination of shoulder ROM, isokinetic strength testing and other specific clinical tests, the mobility and strength deficits could be detected and targeted for correction in order to minimise the chance of shoulder injury. In a study examining the changes in ROM in competitive male and female junior tennis players participating in a specific conditioning programme for flexibility over a two-year period, the investigators found that the shoulder joint ROM (among all others) had significantly improved and suggested to be important in modifying the risk factors in causing microtrauma overload injuries of the shoulder.

Hamstrings injury in sprinters

Epidemiology: Hamstrings muscle strains have been reported to be one of the most frequent sporting injuries in the past decade in athletics, and its rate of recurrence could be as high as 34%.

Mechanisms: It has been proposed that the vulnerability of hamstrings muscles to injury in running has been attributed to their anatomical arrangement. Being a biarticular muscle group, it flexes the knee and extends the hip. Most studies suggest

that hamstrings strains occur during the later part of the swing phase in sprinting when the hamstrings are working to decelerate knee extension at the time when the muscles must change from functioning eccentrically, to decelerate knee extension in the late swing, to concentrically, becoming an active extensor of the hip joint. It is therefore during this rapid change from eccentric to concentric function that the muscle is most susceptible to injury. In a study comparing flexibility and isokinetic strength between hamstrings-injured and uninjured sprinters, it was found that sprinters with a previous hamstring injury had significantly tighter hamstrings, and significantly lower concentric and eccentric peak torques at low velocities during isokinetic testing.

Preventive measures: Specific hamstrings stretching programme has been examined in military trainees with significant improvement in flexibility of the intervention group associated with significant decrease in injury incidence (incidence rate 16.7% vs 29.1%). Significant improvement in eccentric torque of the hamstrings has been reported in a group of Scandinavian soccer players after 10 weeks of specific hamstrings training programme using the Nordic hamstrings device compared to another group using the traditional leg curls. The Nordic hamstrings programme was also examined in another study, which found significant shift in the optimum angle for torque generation to longer muscle lengths. This shift in optimum angle provides evidence for its protective effect against recurrent hamstrings injury based on our understanding of the injury mechanism.

In view of the urgent need for structured injury programmes, the HKSI's Sports Medicine Department is currently starting to establish a database in tracking injuries for particular sports. This is sometimes called injury profiling and is an important first step in the injury prevention programme establishment. However, the success of such programmes can only be achieved with the support of all stakeholders in the elite training system, including the coaches, athletes, sports scientists and medicine practitioners, as well as the administrators.

Conclusion

Despite what we know on the topic of sports injury prevention, there are many unknown questions remain to be answered. Anyhow, it is essential for the sports medicine practitioners to target sports injury right at its roots and prevent its occurrence. This will not only cut down on the utilisation of sports medicine services for rehabilitation after injury, but also has a positive impact on sports performance as athletes will be able to train harder with lower injury rate. Due to the highly sport-specific nature of injuries in sports, the HKSI has been proactively carrying out extensive basic epidemiological investigations for all elite sports, followed by well-planned prevention programmes conducted in a multi-disciplinary manner.



奧運金牌教練於滙豐銀行慈善基金 精英教練員研討會分享追求卓越的心得

Olympic Gold Medal-Winning Coaches Give Coaching Tips
at the Hongkong Bank Foundation Elite Coaches Seminar



精英教練研討會是首個在全新落成的龍騰館舉行的大型活動。
The Elite Coaches Seminar is the first event to take place at the newly opened Challenge Hall.

香港教練培訓委員會主席傅浩堅教授(後排左四)、中華全國體育總會科教司副司長張天白(前排右三)、體院主席李家祥博士(後排右三)及董事局成員與一眾嘉賓歡迎三位著名的教練包括(後排左起)陳忠和、艾培理及孫海平在第十三屆滙豐銀行慈善基金精英教練員研討會中，與本地及海外教練分享他們訓練世界級運動員踏上奧運成功之路的故事。

Professor Frank Fu, Chairman of the Hong Kong Coaching Committee (back row, fourth from left), Zhang Tianbai, Vice General Director of Science and Education Department of the All-China Sports Federation (front row, third from right) and Dr Eric Li, Chairman of the HKSJ (back row, third from right) welcome the three renowned coaches including (back row, from left) Chen Zhonghe, Rene Appel and Sun Haiping for sharing at the 13th Hongkong Bank Foundation Elite Coaches Seminar their successful stories of coaching world-class athletes to victory in the Olympic Games.

13th Hongkong Bank Foundation Elite Coaches Seminar 第十三屆滙豐銀行慈善基金精英教練員研討會



第十三屆滙豐銀行慈善基金精英教練員研討會於二零零五年十二月二日至三日在改建後的體院龍騰館圓滿結束。四位著名的講者包括來自澳洲的白林格、中國的孫海平與陳忠和及香港的艾培理，他們與本地及海外教練分享了訓練世界級運動員踏上奧運成功之路的故事。

一連兩天的研討會更包括教練總監論壇，讓海外的專家互相交流教練培訓的新趨勢。論壇由中國國家體育總局乒乓球羽毛球管理中心主任郭仲熙詳細介紹中國乒乓球教練員的培訓情況；新加坡體育局體育管理與發展司教練指導計劃與技術發展副處長黎福發分析新加坡教練培訓發展新理念；菲律賓體育委員會技術顧問Jose Carpio論述菲律賓體育委員會在教

練培訓的角色。

這項每年一度的活動由香港教練培訓委員會及中華全國體育總會主辦，並得到滙豐銀行慈善基金資助；目的是促進香港與海外，特別是與中國內地，在教練培訓方面的交流與聯繫。

是次研討會亦是首個在改建後的龍騰館舉行的大型活動。為慶祝龍騰館重新開放，體院在十二月三日聯同第十三屆滙豐銀行慈善基金精英教練研討會舉行龍騰館開幕典禮，有關詳情可閱讀第38頁的文章。

The 13th Hongkong Bank Foundation Elite Coaches Seminar was successfully held on 2 and 3 December 2005 at the newly converted Challenge Hall at the HKSI. Four renowned speakers including Glenn Beringen from Australia, Sun Haiping and Chen Zhonghe from Mainland China, and Rene Appel from Hong Kong brought in their successful stories of coaching world-class athletes to victory in the Olympic Games.

Apart from the many quality presentations, the two-day event also featured a Coaching Directors' Forum. Guo Zhongxi, Officer of National Table Tennis & Badminton Centre of All-China Sports Federation, gave a detailed presentation on the development of table tennis coaches in China; Stevenson Lai, Assistant Director of Coaching Programmes & Technical Development, Sports Management & Development Group, Singapore Sports Council, analysed the latest coaching development in Singapore; Jose Carpio, Technical Consultant

of Philippine Sports Commission, introduced the role of Philippine Sports Commission in coaching development.

Jointly organised by the Hong Kong Coaching Committee and the All-China Sports Federation with the funding from the Hongkong Bank Foundation, the aim of the annual Seminar is to provide a platform for exchange of ideas and expertise between overseas and local coaching professionals, with particular emphasis on strengthening the linkage between Hong Kong and Mainland China.

The Seminar is also the first event to take place at the newly opened Challenge Hall. To mark the opening of the Challenge Hall, a ceremony was held in conjunction with the Opening Ceremony of the 13th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors' Forum on 3 December 2005. A separate article featuring the Opening Ceremony can be found on page 38.



從逆境游至高峰
From Adversity to Ecstasy
南澳洲游泳隊運動員訓練發展
統籌主任—白林格
Glenn Beringen, Performance
Development Coordinator,
Swimming SA, Australia

白林格在一九九二至二零零二年期間出任參加各游泳世界盃及錦標賽運動員的教練。在2004雅典奧運會，三位由白林格訓練的游泳運動員勇奪四金、兩銀的佳績，更打破兩項世界紀錄：當中名將湯瑪絲更個人獨取女子100米蝶泳冠軍及200米蝶泳亞軍兩項殊榮。白林格在研討會上分享他與湯瑪絲並肩作戰「從逆境游至高峰」，最後獲得奧運獎牌的成功故事。

Glenn Beringen coached many top swimmers for participating in World Cups or Championships between 1992 and 2002. Beringen had successfully led three swimmers to win a total of four gold, two silver and break two world records in the 2004 Athens Olympics. Among them, Petria Thomas won a gold medal in the women's 100m butterfly and silver medal in the 200m butterfly at the 2004 Athens Olympics. At the Seminar, Beringen detailed how he assisted Petria to overcome adversity and led her to success.



帶領精英揚帆爭標
Windsurfing with the Elites
中國香港滑浪風帆隊總教練—
艾培理
Rene Appel, National Coach, Hong
Kong, China Windsurfing Team,
Hong Kong

艾培理於一九八六年起開始其教練生涯，於一九八九年出任香港滑浪風帆隊總教練，期間訓練了不少出色的滑浪風帆選手，當中最為矚目的當然是1996亞特蘭大奧運金牌得主李麗珊。憑著其超卓的成就，艾培理先後九次取得滙豐銀行慈善基金優秀教練選舉全年最佳教練獎。以「帶領精英揚帆爭標」為題，艾培理揭示他帶領李麗珊奪取1996亞特蘭大奧運金牌的成功秘訣及備戰2008奧運會的計劃。

Rene Appel started coaching in 1986 and became the National Coach of the Hong Kong Windsurfing Team in 1989. Amongst the outstanding athletes he trained, Lee Lai-shan who captured a gold medal at the Atlanta Olympics was still a talking topic in town. The nine-time Hongkong Bank Foundation Coach of the Year Awards holder talked about "Windsurfing with the Elites" - the secrets to accomplish Lee Lai-shan with an Olympic gold medal in 1996 and the training plan for the 2008 Olympics.



跨越金牌之欄—創新是生命
Striving for Excellence
中國國家田徑隊副總教練—
孫海平
Sun Haiping, Deputy Chief Coach,
China National Athletics Team, China

孫海平擁有豐富的田徑教練經驗。自一九八二年起，在上海體育學院田徑系任教，期間訓練出不少出色的運動員，包括2002曼谷亞運會110米欄冠軍陳雁浩，以及2004雅典奧運會男子110米欄冠軍劉翔。以「跨越金牌之欄—創新是生命」為題，孫海平分享他帶領劉翔騰飛的歷程及訓練心得。

Sun Haiping started coaching at the Shanghai Institute of Physical Education. Over the past years, Sun had trained a number of outstanding athletes including Chen Yanhao, champion in 110m hurdles at the 2002 Bangkok Asian Games, and Liu Xiang who clinched a gold medal in 110m hurdles at the 2004 Olympics. Speaking on "Striving for Excellence", Sun shared Liu's path to victory and the training methodology for the success.



勇闖女排桂冠路
Volleying the Team Synergy
中國國家女子排球隊主教練—
陳忠和
Chen Zhonghe, Chief Coach, China
National Women's Volleyball Team,
China

陳忠和於二零零一年起出任中國國家女子排球隊主教練。於二零零三年陳忠和率領中國女排，以11戰不敗戰績獲得世界盃冠軍，更在2004雅典奧運會中勇奪失落了20年的金牌。陳忠和在研討會上分享如何灌輸中國女排的團隊精神及「勇闖女排桂冠路」的歷程。

Chen Zhonghe was appointed as the Chief Coach of the China National Women's Volleyball Team in 2001. Successfully led the Team to claim the 2003 World Champion as well as winning at the 2004 Athens Olympics, Chen shared his view on how he developed team cohesion with a topic on "Volleying the Team Synergy".

運動訓練教育學位課程開學典禮

The Bachelor of Education in Sports Training Programme First Assembly



體院董事局董事傅浩堅教授（前排左四）、北體大副校長鍾秉福教授（前排左五）及香港上海滙豐銀行有限公司社區關係經理邵亦敏（前排左六）於北體大運動訓練教育學士學位課程開學典禮上與新生合照。

Professor Frank Fu, Board of Director of the HKSI (fourth from left in the first row), Professor Zhong Bing-shu, Vice President of the BSU (fifth from left in the first row) and Winnie Shiu, Community Relations Manager of The Hongkong and Shanghai Banking Corporation Limited (sixth from left in the first row) with the freshmen of the Bachelor of Education in Sports Training Programme at the First Assembly.

香港運動員在國際體壇綻放異彩，除了運動員本身的技術、拼搏與努力外，教練在締造佳績上的貢獻更是不可或缺。因此，教練的指導成為追求運動卓越表現的重要一環。

為了進一步提升本地教練水平及為有志從事教練工作的人士提供一個專業的進修機會，北京體育大學（北體大）舉辦了運動訓練教育學士學位課程，並由體院負責行政工作。今年已是課程自一九九九年舉辦以來第三屆收生。

廿五位對體壇充滿熱忱的人士，當中包括教練及運動員，於十月十五日在體院舉行的開學典禮中，獲頒入學通知書，正式開展入讀運動訓練教育學士學位課程的生涯。

運動訓練課程屬於五年兼讀制，學員須全修二十五科，包括語言、運動心理學、運動營養學、運動生

Hong Kong athletes sparkle in the international sporting arena, yet the success is more than skill, commitment and hard work of the athletes, but also the contribution of coaches in achieving medal winning performance. Effective coaching is crucial to athletes' excellent performance.

With an aim to further upgrade the coaching standard in Hong Kong and to provide formal training to those who intend to pursue a career in coaching, a Sports Training Degree Programme, organised by the Beijing Sport University (BSU) and administered by the HKSI, was launched in 1999. The course is in its third intake this year.

A total of 25 sport enthusiasts, including coaches and athletes, were admitted to the Bachelor of Education in Sports Training Programme after receiving admission certificates at the Assembly on 15 October held at the HKSI.

The five-year, part-time degree programme consists of 25 modules including languages, sports psychology, sports nutrition, sports biochemistry, statistics in sports, education in sports, physical training and administration in sports training. In addition, students are required to choose a sport-specific elective, including theories and practicum.

物化學、體育統計學、教育學、體能訓練法、以及運動訓練管理等。另外，學員亦須接受專項訓練，包括理論及實習。

出席開學典禮並頒發入學通知書的嘉賓包括北京體育大學副校長鍾秉樞教授及體院董事局董事傅浩堅教授。傅教授非常感激北體大的支持和各有關體育總會的配合，使課程得以順利舉辦；亦感謝滙豐銀行慈善基金每年為成績優異的學生提供獎學金。鍾教授高度讚揚香港學生邊學習邊工作的精神，並相信新一屆的同學亦能秉承優良傳統，竭盡所能、堅持學習。

此外，在開學禮上亦宣佈「滙豐銀行慈善基金獎學金」獲獎名單，並由香港上海滙豐銀行有限公司社區關係經理邵亦敏頒發獎學金予六位成績優異的01級學生，金額合共港幣二萬元，以茲鼓勵。獲頒獎學金的學員包括王道梅（滙豐銀行慈善基金優秀教練選舉最佳教練培訓工作者獎（2002）及精英教練獎得主（2000））、吳嘉焯（滙豐銀行慈善基金優秀教練選舉精英教練獎得主（2001））、張浩賢、姜淑兒、吳國偉及王啟祥。

Officiating the First Assembly and presenting the certificate of admission to the students of the 2005 Class were Professor Frank Fu, Board of Director of the HKSI and Professor Zhong Bingshu, Vice-President of the BSU. Professor Fu appreciated the long-term partnership with BSU and the support of respective National Sports Associations, which were vital to the success of the Programme. He also thanked the Hongkong Bank Foundation for providing the scholarships to students with outstanding performance every year. Professor Zhong appraised Hong Kong students for working very hard to achieve success in both their sporting career and academic pursuit over the past years, and was confident that the freshmen would continue to demonstrate enthusiasm and commitment.

Winnie Shiu, Community Relations Manager of The Hongkong and Shanghai Banking Corporation Limited also presented the Hongkong Bank Foundation scholarships to six students of Class of 2001 for their outstanding performance in the last academic year. The scholarships totaled HK\$20,000. Among the scholarship recipients were Wong To-mui (recipient of the Coach Education Award [2002] and Coaching Excellence Award [2000] of the Hongkong Bank Foundation Coaching Awards), Ng Ka-wai (recipient of the Coaching Excellence Award [2001] of the Hongkong Bank Foundation Coaching Awards), Cheung Ho-yin, Keung Shuk-yi, Ng Kwok-wai and Wong Kai-cheung.



香港上海滙豐銀行有限公司社區關係經理邵亦敏（左三）頒發「滙豐銀行慈善基金獎學金」予六位優異成績的01級學生，以茲鼓勵。

Winnie Shiu, Community Relations Manager of The Hongkong and Shanghai Banking Corporation Limited (third from left) presented the Hongkong Bank Foundation scholarships to six students of Class of 2001 for their outstanding performance in the last academic year.

第一屆畢業生代表溫樹華(99級)（右二）及第二屆學生蔡芳裕(01級)（右一）與新生們分享讀書心得和經驗，並向05級新生代表，前單車精英運動員何兆麟（左二）及三項鐵人運動員劉政彥（左一）送上錦囊，以示支持和鼓勵。

Wan Shu-wah (second from right) and Choi Fong-yue (first from right), graduate of Class of 1999 and student of Class of 2001 respectively, shared their experiences in study and handed a blessing pouch to the representatives of Class of 2005, former elite cyclist Ho Siu-lun (second from left) and triathlete Lau Ching-yin (first from left), to show their support and encouragement to the freshmen.



新設施配合精英訓練的需要

New Facilities to Cater for the Needs of Elite Training

為進一步提高精英培訓計劃的質素，體院一直採用有效的模式來管理及提升設施的水平，以配合精英培訓的需求。

To further enhance the quality of the elite training programme, continuous effective mode is adopted in maintaining and upgrading the facilities to keep upbeat with the needs of elite training.

龍騰館 Challenge Hall

為支援乒乓球的精英訓練及體院其他精英項目的精英培訓計劃活動，龍騰館在二零零五年二月至十一月進行改裝工程。

翻新後的龍騰館主要用作乒乓球的精英訓練基地，館內設有14張乒乓球檯，地面採用具吸震設計的楓木地板，並鋪上預製乒乓球專用膠地蓆。在訓練以外的時間，龍騰館亦會用作其他精英體育訓練或舉辦體育會議及研討會。第十三屆滙豐銀行慈善基金精英教練員研討會暨教練總監論壇是首個在改建後的龍騰館舉行的國際性研討會。為慶祝龍騰館重新開放，體院在二零零五年十二月三日聯同研討會舉行了開幕典禮。為鼓勵香港運動員在國際體壇上再創高峰，體院主席李家祥博士、三位演講的奧運金牌教練及其他主禮嘉賓應邀在祝願板上簽名，以示支持。香港乒乓球隊教練更送上由奧運銀牌得主高禮澤及李靜親筆簽名的球拍，以感謝體院多年來為精英運動員提供的全面支援。有關精英教練員研討會的詳細內容可閱讀第34至35頁的文章。



中國香港乒乓球隊總教練惠鈞(右)及男子隊教練陳江華(左)送上由奧運銀牌得主高禮澤及李靜親筆簽名的球拍予體院主席李家祥博士，以感謝體院多年來為精英運動員提供的全面支援。

Hui Jun, National Coach of the Hong Kong, China Table Tennis Team (right) and Chan Kong-wah, Coach of the Hong Kong, China Men's Table Tennis Team (left) present two table tennis rackets autographed by Olympic silver medallists Ko Lai-chak and Li Ching to Dr Eric Li, Chairman of the HKSI, in appreciation of the comprehensive support provided by the HKSI for the elite training.



為鼓勵香港運動員在國際體壇上再創高峰，體院主席李家祥博士、三位奧運金牌教練及其他主禮嘉賓應邀在祝願板上簽名，以示支持。

Dr Eric Li, HKSI Chairman, the three Olympic gold medal coaches and other officiating guests sign on a display board as a gesture of support to Hong Kong athletes in pursuit of sporting excellence in international arena.



翻新後的龍騰館主要用作乒乓球的精英訓練。
The Challenge Hall becomes elite training base of table tennis.

To support the elite training of table tennis and activities benefited to the HKSI Elite Training Programme, a conversion project for the Challenge Gymnasium was carried out from February to November 2005. Upon completion, the venue was renamed as Challenge Hall.

As an elite training base of table tennis, the Challenge Hall houses 14 table tennis tables. The material of the floor is made of "Proaction Thrust" maple stripe wood with action floor system, covering with "Taraflex Sport Tennis De Table" rubber mat. During non-training hours, the Hall will also be used to stage other sports training or seminars and conferences. The first international seminar taken place there was the 13th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum which opening ceremony was held in conjunction with the opening of the Challenge Hall on 3 December 2005. Dr Eric Li, HKSI Chairman, the three Olympic gold medal coaches and other officiating guests were invited to sign on a display board as a gesture of support to Hong Kong athletes in pursuit of sporting excellence in international arena. Hong Kong Table Tennis Team coaches also donated two table tennis rackets autographed by Olympic silver medallists Ko Lai-chak and Li Ching in appreciation of the comprehensive support provided by the HKSI for their training. A separate article featuring the Elite Coaches Seminar can be found on pages 34-35.

運動員宿舍 Athletes' Hostel

體院提供的運動員宿舍，讓獎學金運動員不用浪費時間往返體院，得以全情投入各項訓練及比賽計劃。

為了應付運動員對住宿設施日益增加的需求及提升他們居住環境質素，體院將提供給外訪旅客的體育旅舍部份地方改裝為運動員宿舍。改裝工程於二零零五年三月至九月進行，包括翻新及提升運動員宿舍及體育旅舍的設施。工程竣工後，兩層的運動員宿舍可為最多64名男子運動員及48名女子運動員提供住宿。現時，接近500名體院獎學金運動員中，共有99名運動員於體院住宿，接受全時間訓練。

為配合運動員的需要，設於宿舍內的溫習室亦特別翻新，讓他們在安靜的環境專心進修和溫習。此外，每層宿舍均設有休息室，為運動員提供一個優閑舒適的地方，讓他們經過一天密集的訓練後，可以在這裡放鬆情緒。

The provision of the Athletes' Hostel ensures that Scholarship athletes can concentrate fully on the demands of their training programme and competition schedule, without having to spend time on travelling to and from the HKSI.

To cope with the increasing demand for accommodation service and to upgrade the living environment for the athletes, part of the Sports Residence was converted into rooms for athlete accommodation. The reconstruction project, which involves renovation and upgrading work for the Athletes' Hostel and the Sports Residence, was carried out from March to September 2005. After reconstruction, the two-level Athletes' Hostel can accommodate a maximum of 64 male and 48 female athletes. Currently, out of about 500 HKSI Scholarship athletes, a total of 99 athletes reside at the HKSI to undergo full-time training.

To cater for the needs of the athletes, the study room is renovated to provide a better reading and studying environment for them to catch up with their academic pursuit. In addition, common rooms are available on both levels, where the athletes can relax and mingle with other athletes after a day of intensive sports training.



體院院長鍾伯光博士(左三)與部分獎學金運動員一同慶祝設備完善的運動員宿舍重新開幕。
Dr Chung Pak-kwong, Chief Executive of the HKSI (third from left) and some scholarship athletes celebrating the re-opening of the upgraded Athletes' Hostel.



宿舍內提供不同類型的房間，供運動員住宿。
Rooms for athletes at the hostel.



宿舍內設有溫習室，提供寧靜的環境給運動員進修和溫習課本。
A quiet environment for studying is essential for assisting athletes in their academic pursuit.

香港精英運動員不斷在國際比賽中取得突破，體院謹此恭賀他們，並祝願所有運動員繼續努力，在未來的賽事續創佳績！

Recently, Hong Kong elite athletes made several breakthroughs in international competitions. The HKSI would like to congratulate them and wish all athletes will continue to excel themselves and bring more glory for Hong Kong at upcoming tournaments.

乒乓球 Table Tennis

乒乓球隊參加十二月在中國福州舉行的國際乒聯職業巡迴賽總決賽，李靜及高禮澤，以及帖雅娜分別在男子雙打及女子單打項目取得銅牌。

Table tennis team took part in the Volkswagen Pro Tour Grand Finals held in December in Fuzhou, China. Li Ching and Ko Lai-chak, and Tie Yana won a bronze medal in the men's doubles and the women's singles respectively.



體壇創高峰

武術 Wushu

武術隊於十二月在越南河內角逐第八屆世界武術錦標賽，曾思敏在南棍項目奪得其首枚世錦賽的金牌，她亦在南刀項目取得銀牌；此外，傷癒復出的鄭家豪亦在南棍項目中勇奪金牌。武術隊在今屆賽事共取得二金三銀的成績。

Wushu team participated in the 8th World Wushu Championships held in December in Hanoi, Vietnam. Angie Tsang won for herself the first ever world championship's gold medal in the women's nangun. She also took a silver medal in the women's nandao. Cheng Ka-ho clinched a gold medal at the men's nangun after recovery from leg injury. The wushu team returned home with a total of five medals, including two gold and three silver medals.



弱智人士體育 Sports for Mentally Handicapped

田徑 Athletics

田徑代表隊於九月底在澳洲坎培拉舉行的第五屆國際智障人士體育聯盟世界田徑錦標賽4x100米賽事，為香港贏得一枚金牌。這項錦標賽共有超過200名來自20多個國家的優秀運動員參加。



The athletics team won a gold medal in the 4x100m event at the 5th INAS-FID Athletics World Championships held in late September in Canberra, Australia. Over 200 world's best athletes, from more than 20 different countries competed at this world championship event for the intellectually disabled.

In Pursuit of Sports Excellence

乒乓球 Table Tennis

女子乒乓球隊於十月底在法國托爾斯舉行的第四屆國際智障人士體育聯盟世界乒乓球錦標賽，為香港贏得三枚金牌。女子乒乓球隊繼於二零零三年在墨西哥墨西哥城舉行的第三屆國際智障人士體育聯盟世界乒乓球錦標賽，分別在女單、女雙及女團項目再次取得金牌。

The women's table tennis team won three gold medals at the 4th INAS-FID World Table Tennis Championships held in late October in Thouars, France. The team won the medals in the women's singles, women's doubles and women's team events. These results matched their achievements at the previous 3rd INAS-FID World Table Tennis Championships held in 2003 in Mexico City, Mexico.



香港體育學院重置及重建進展

Reprovisioning and Redevelopment of the HKSI

今年七月初，國際奧林匹克委員會宣佈2008奧運會及傷殘人士奧運會的馬術項目將移師香港舉行。體院現址則成為馬術賽的其中一個主要比賽場地，故體院會租用烏溪沙青年新村部份設施作為臨時總部。

民政事務局聯同體院已經與各個精英體育總會召開了多次會議，商討有關體院搬遷及日後各訓練場地的安排。



民政事務局

局長何志平亦於七月廿二日宣佈成立重建香港體育學院聯席專責小組，負責擬定體院的重建計劃，以配合體院未來發展的需要。小組的聯合主席為李家祥博士（體院主席）和傅浩堅教授（精英體育事務委員會副主席）。聯合專責小組的其他八名成員，分別來自精英體育事務委員會及體院董事局。體院管理層已協助完成搜集體育總會對體院重建的諮詢工作，並遞交小組考慮，小組將於二零零六年一月向體育委員會提交體院重建計劃建議書。

In early July, the International Olympic Committee announced that the 2008 Olympics and Paralympics equestrian events would be held in Hong Kong. As the HKSI will become one of the core competition venues, the HKSI will rent part of the Wu Kwai Sha Youth Village where temporary headquarter will be established.

The Home Affairs Bureau and the HKSI have held a number of meetings with Elite Sports National Sports Associations (NSAs) on the temporary re-provisioning of HKSI training facilities.

Patrick Ho Chi-ping, Secretary for Home Affairs, announced the setting up of the Joint Task Force on the Redevelopment of Hong Kong Sports Institute

(JTF) on 22 July to propose the future redevelopment plan of the HKSI. The JTF, co-chaired by Dr Eric Li Ka-cheung (HKSI Chairman) and Professor Frank Fu Hoo-kin (Elite Sports Committee Vice Chairman), is composed of eight other members from the Elite Sports Committee and the HKSI Board. The HKSI Management has assisted in a consultation process with NSAs on the redevelopment of the HKSI and has submitted the opinions for JTF's consideration. The JTF would submit a redevelopment proposal for the HKSI to the Sports Commission in January 2006.

各位讀者：

根據個人資料(私隱)條例，體院將盡力確保適當使用閣下的個人資料。我們會繼續送上《精英體育》雜誌及其他體院刊物，若閣下不欲收到這些刊物，請以書面通知體院公眾事務及市場拓展部。

香港體育學院有限公司
二零零五年十二月

Dear reader,

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Hong Kong Sports Institute Limited
December 2005

祝 CONGRATULATIONS

賀

蘇樺偉獲選十大傑出青年 So Wa-wai Won the Title of The Ten Outstanding Young Persons

香港體育學院在此祝賀傷殘田徑運動員蘇樺偉獲選為「2005年十大傑出青年」。蘇樺偉憑著堅毅的鬥志、不屈不撓及排除萬難的體育精神，多年來在本地及國際體壇屢創佳績，並以「無懼艱辛，並可創佳績」為人生座右銘，鍥而不捨地為香港體壇作出貢獻。

過往已有很多位傑出運動員獲得十大傑出青年的榮譽，當中包括陳念慈(一九九五年)、李麗珊(一九九六年)、張偉良(一九九七年)、吳小清及倪文玲(二零零零年)、陳丹蕾(二零零四年)，這是社會各界對他們的卓越表現與社會作出貢獻的認同，藉此激勵年青人銳意進取，發揮無限的潛能，為社會建設更美好的將來。



The Hong Kong Sports Institute would like to congratulate So Wa-wai, disabled athletics athlete, for being selected as one of the awardees of "The Ten Outstanding Young Persons (TOYP) Selection 2005". Upholding the spirit of sports, So has for years excelled in the local and international sporting arena through his hard work, commitment and patience. His motto is: 'Be brave, and you will achieve success'.

Many athletes have won the title of TOYP before, including Chan Lim-chee, Amy (1995), Lee Lai-shan (1996), Cheung Wai-leung (1997), Ng Siu-ching and Ngai Man-lin, Malina (2000) and Chan Tan-lui, Danielle (2004). The honour is a recognition of their outstanding performance and significant contributions to the society. Their experience will inspire the promising young people to develop their unlimited potential and shape a better future for the society.



余翠怡榮膺最佳新秀運動員 Yu Chui-ye Awarded the Best Paralympic Games Debut

香港首席輪椅劍擊女將余翠怡獲國際殘疾人奧委會選為「最佳新秀運動員」，表揚她在2004雅典傷殘人士奧運會的傑出成績，香港體育學院在此對她獻上衷心的祝賀。

國際殘疾人奧委會設立「傷殘人士奧運體育獎」的目的是表揚運動員及工作人員在傷殘人士奧運會中有傑出成績及貢獻的人士。余翠怡在二零零四年首次參加傷殘人士奧運會，並分別在女子輪椅劍擊個人及

團體項目中奪得兩面金牌的驕人成績，使評審團對她另眼相看，選她為「最佳新秀運動員」，力壓其餘12位健兒奪得這項一生人只可能贏一次的榮譽。

對於今次得獎，余翠怡十分高興，她表示：「這是一個國際性獎項，是對我的努力及成績的認同。我要感謝香港殘疾人奧委會暨傷殘人士體育協會、教練、隊友及家人對我的支持。」

The Hong Kong Sports Institute would like to extend its congratulations to Hong Kong top female wheelchair fencer Yu Chui-ye, who is given a prestigious award, the Best Paralympic Games Debut by the International Paralympic Committee, in recognising her brilliant achievement for her first appearance in the Athens 2004 Paralympic Games.

The Paralympic Sport Awards honour top Paralympic athletes and officials in recognition of their achievements and contribution based on the previous Paralympic Games. Yu Chui-ye made an impressive debut at the Athens 2004 Paralympic Games as her excellent performance not only won her two gold medals in individual events but also helped her team capture two gold medals. She defeated another 12 opponents for this once-in-a-life-time award, "Best Paralympic Games Debut".

She was very delighted and honoured to be given the award. "It is a worldwide recognition of my hard work and achievements in sports. I would like to thank the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, my coach, teammates and my family for their tremendous support," she said.