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Sports 精英體育 Excellence

世界冠軍黃金寶
Wong Kam-po
World Champion

體院臨時總部啟用 標誌精英體育發展新里程

Opening of Temporary HKSI Headquarters Marks an Important Milestone for Elite Sports Development in Hong Kong

艾培理：放眼未來

Rene Appel: Focus on the Future

滑浪風帆新星：陳敬然和陳慧琪

Windsurfing Stars: Chan King-yin & Chan Wai-kei

如何培訓世界級網球雙打冠軍？

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中國手法治療在運動訓練比賽中的應用

The Application of Chinese Manual Therapy in Sports Training and Competitions

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編者的話

Editorial



2007 年精英體育新里程

經過18個月的籌備和各方面的努力配合，體院遷往烏溪沙青年新村作臨時總部的搬遷工作於一月一日順利完成。各項為精英運動員提供的支援，包括運動科學、運動醫學、體適能訓練、運動員宿舍和餐廳、體育資訊中心等亦相繼投入服務。各精英項目的訓練場地和配套設施亦陸續啟用，確保所有精英訓練進度不受影響。我們特意在體院臨時總部安排了一次參觀活動，讓關心精英運動員的傳媒朋友親身了解這個新環境及運動員在這裏的起居飲食和訓練情況。此外，體院亦舉辦了喬遷聚會，邀請了民政事務局何志平局長出席主禮。今期《精英體育》會為大家介紹這個體院臨時總部和各訓練場地的面貌。

當各運動員正在適應新環境的同時，他們在去年亞運會及遠東及南太平洋區傷殘人士運動會的成就亦相繼獲得認同。由體院舉辦的優秀運動員獎勵計劃頒獎典禮已於一月二十七日舉行，共頒發477萬港元現金獎勵予103位兩個運動會的獎牌得主。

而於三月二十日舉行的2006香港傑出運動員選舉頒獎典禮中獲得殊榮的逾30位運動員當中，共有22位是體院獎學金運動員，包括14位在上述兩個運動會中奪取獎項的運動員，其中單車運動員黃金寶更實至名歸，榮膺「中銀香港星中之星香港傑出運動員」，成為今期《精英體育》的封面人物。最近他更在西班牙舉行的世界場地錦標賽男子15公里捕捉賽中奪魁，成為世界冠軍，實在可喜可賀。

另外，144位體院獎學金運動員於二零零六年七月至十二月期間在國際賽事取得優異成績，成為「香港體育學院獎學金運動員特別獎勵基金」第二批受惠運動員，故此，這個獎勵基金於去年便頒發合共超過226萬港元予表現傑出的體院獎學金運動員。體院在此衷心祝賀各位得獎運動員，希望他們繼續努力，為港爭光。

今期教練與運動員一欄專題介紹滑浪風帆，包括其起源、操控技巧及比賽類別。體院滑浪風帆總教練艾培理會分享他的教練之道，而兩位滑浪風帆運動員陳敬然和陳慧琪會談及他們的訓練生活。

運動科學與醫學一欄，體院運動物理治療師陸家美及卓蕙玲撰文闡述如何運用運動包裝技術為運動員預防創傷、診症和舒緩痛楚；而體院中醫藥統籌主任許錚鏗亦會講解中國手法治療的基本手法及應用，以幫助運動員在運動訓練中加速消除疲勞，提高訓練水平和預防運動創傷。

此外，《精英體育》亦在中國國家女子網球隊主教練蔣宏偉早前出席「滙豐銀行慈善基金精英教練員研討會」時邀請他進行獨家專訪，為讀者揭示他訓練世界級網球選手的心得。

今期《精英體育》內容豐富，希望各位讀者細心閱讀，亦歡迎隨時提供寶貴意見。

總編輯
鍾伯光博士



A New Milestone of Elite Sports in 2007

After 18 months of preparation and the collaboration of many parties, the temporary relocation of the HKSI headquarters to Wu Kwai Sha Youth Village was completed successfully on 1 January. A host of support services and facilities for elite athletes, including sports science, sports medicine, strength & conditioning, Athletes' Hostel and canteen, as well as the Sports Information Centre are in operation already. The elite training venues and facilities are in use too to ensure the intensive elite training schedule is not affected. To keep the media and public in the picture, a media tour was organised to explain more about the new environment, daily life and training of elite athletes at the temporary HKSI headquarters. A house warming party was also held with the presence of Dr Patrick Ho, Secretary for Home Affairs as an officiating guest. Readers will be able to see and hear about the temporary HKSI headquarters and the different training venues in this issue of "Sports Excellence".

When the athletes are working hard to adapt the new environment, their achievements made at the Asian Games and the Far East & South Pacific Games for the Disabled last year were highly regarded by the public. Presented by the HKSI, the Athlete Incentive Awards Scheme at its Presentation Luncheon Ceremony on 27 January granted a total of HK\$4.77 million cash incentives to the 103 medallists at the two Major Games.

More than 30 athletes were honoured at the Hong Kong Sports Stars Awards 2006 presentation held on 20 March. Among the recipients, 22 HKSI Scholarship Athletes including the 14 medallists at the two Major Games mentioned above were recognised. Cyclist Wong Kam-po won the coveted "Bank of China (Hong Kong) Best of the Best Hong Kong Sports Star Award". Wong recently became the world champion after winning the UCI Track Cycling World Championships - 15 Kilometres Scratch Race held in Spain. We are grateful for his success and happy to have him feature on the cover of this issue.

In addition, 144 HKSI Scholarship Athletes formed the second batch of recipients of the HKSI Scholarship Athletes Special Incentive Fund (Fund) for their outstanding results achieved during the period from July to December 2006. Set up last year, the Fund has already granted more than HK\$2.26 million to HKSI Scholarship Athletes. The HKSI congratulates all award winners, and hopes they will continue to work hard for the glory of Hong Kong.

The Coach & Athlete section talks about windsurfing, including its origins, techniques and competition categories. HKSI Head Windsurfing Coach, Rene Appel, shares with us his coaching philosophy, while windsurfers, Chan King-yin and Chan Wai-kei talk about their training life.

In the Sports Science & Medicine section, Debbie Look and Phoebe Cheuk, the Sport Physiotherapists of the HKSI, explain how taping helps athletes in the prevention of injury, diagnostic processes and pain relief. In addition, Xu Zheng Zheng, the HKSI Chinese Medicine Coordinator elaborates on the basic technique and application of Chinese manual therapy in helping athletes relieve fatigue quickly, so they can maintain their training effectiveness and prevent injury during training.

In another article we have an exclusive interview with Jiang Hongwei, Chief Coach of China National Women's Tennis Team, conducted when he attended the Hongkong Bank Foundation Elite Coaches Seminar recently. He reveals for us his approach to training world-class tennis players.

This issue of "Sports Excellence" is extremely attractive, I hope you will find something of interest in all the articles. And of course we welcome your views, anytime.

Dr Chung Pak-kwong

Editor-in-Chief



體院臨時總部啟用

標誌精英體育發展新里程

Opening of Temporary HKSI Headquarters

Marks an Important Milestone for Elite Sports Development in Hong Kong



為配合香港協辦 2008 北京奧運會及傷殘人士奧運會馬術賽事，體院總部已於一月一日暫時遷往馬鞍山烏溪沙青年新村（青年新村），標誌精英體育發展進入新的階段。作為精英運動員的培訓基地，體院於臨時總部設立後，除了為不同運動項目的精英運動員妥善安排不同的訓練場地，保持高水平的訓練外，臨時總部亦為精英運動員提供住宿、膳食，以及完善的科研支援服務，如運動科學、運動醫學等配套設施及體適能訓練場地，矢志為精英及具潛質運動員提供一個舒適、完備的環境，讓他們專注訓練。

體院臨時總部設立至今，已先後舉辦不同性質的活動，並透過傳媒，讓公眾有機會認識精英運動員的訓練環境和生活。這些活動包括在一月十五日舉行的精英運動員宿舍啟用儀式、在一月二十三日舉行的傳媒開放日，以及在二月五日舉行的香港體育學院喬遷聚會。今期《精英體育》將帶領大家參觀一下這個體院臨時總部及其他精英訓練場地。

In order to make way for construction of facilities to host the Equestrian Events for the Beijing Olympics in 2008, the HKSI headquarters relocated to YMCA Wu Kwai Sha Youth Village (WKSJV) in Ma On Shan on 1 January. This marked an important milestone for elite sports development. As the training base for elite athletes, the HKSI will offer professional training by arranging alternative training facilities for various sports after the relocation. The temporary headquarters also provides the athletes with accommodation and meals, as well as comprehensive scientific support services such as sports science, sports medicine related facilities and fitness training facilities. It aims to provide a pleasant and fully-equipped training environment to the elite athletes; enabling them to concentrate on their training and minimise the problems caused by this change.

Since the establishment of the temporary headquarters, the HKSI has organised various events to let the general public have a chance to look at the training environment and daily lives of elite athletes through the media. These events included the Opening Ceremony of the new Athletes' Hostel on 15 January, the Media Tour on 23 January and the Housewarming Party for the temporary HKSI headquarters on 5 February. In this issue of "Sports Excellence", we look at the temporary HKSI headquarters and other elite training venues.



臨時總部設備完善訓練配套一應俱全

體院臨時總部位於馬鞍山烏溪沙青年新村，環境清幽，佔地約五萬多平方米。秉承培訓精英運動員的宗旨，體院遷入新址後，繼續致力為運動員和教練提供全面而完善的支援系統及訓練配套設施，而與運動員息息相關的運動科學(包括運動心理、運動營養、運動生理、運動生化和運動生物力學)、運動醫學、體適能、運動員宿舍、餐廳及體育資訊中心等設施，則分佈於臨時總部內，為運動員提供高質素的支援服務。

這些服務的安排大致與以往相若，值得一提的是臨時總部的運動員宿舍。兩座以三層平房式設計、為100多名運動員提供住宿服務的宿舍，每個房間內不但設有獨立浴室、廚房及廚具，還有新增設的互聯網服務，讓運動員可以在應付繁忙的訓練之餘，隨時上網擴闊視野及研習功課。此外，宿舍底層亦設有影音器材的文娛廳、多媒體學習中心及輔導室，照顧運動員訓練後的閒暇需要。

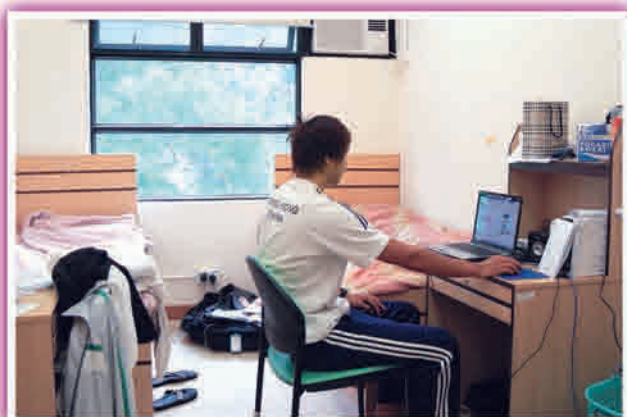
為香港贏得2006亞運會乒乓球女子雙打銀牌的張瑞說：「新運動員宿舍四周滿佈樹木，環境更勝從前，而房間亦較前寬敞，設備齊全，感覺很舒服。」而滑浪風帆運動員陳敬然及鄭國輝均對「新居」感滿意，並且分別表示：「新宿舍較以前大，房間內更設有獨立洗手間和廚房，最高興的是我們可以在房間內上網，進修、學習的配套更為完善。」

Comprehensive Training Facilities

The temporary HKSI headquarters is located at the tranquil WKSJV in Ma On Shan and sits on over 50,000 square metres. Despite the relocation, the HKSI has maintained its focus on training elite athletes and will continue to provide athletes and coaches with complete and comprehensive support systems and training-related facilities. Apart from training facilities for some elite sports, the HKSI also provides quality athlete-oriented support facilities in the temporary headquarters covering sports science (including sports psychology, sports nutrition, sports physiology, sports biochemistry and sports bio-mechanics), sports medicine, strength & conditioning, Athletes' Hostel, canteen and Sports Information Centre.

The arrangement of these services and facilities stay much the same, while the Athletes' Hostel at the temporary headquarters is a little different. It comprises two three-storey blocks to accommodate over 100 athletes. Each unit has a bathroom, a kitchen area and kitchen utensils. To maximise the utilisation of athletes' time after training, an internet service is also provided so that athletes can study online or know more about the outside environment at any time convenient to them. In addition, a common room with audio visual facilities, a multi-media learning centre and meeting rooms are also available on the ground floor of the blocks.

Zhang Rui, table tennis women's doubles silver medallist at the Asian Games 2006 said, "I feel very comfortable in the new environment as the new Athletes' Hostel is surrounded by trees, and the rooms are more spacious and equipped with excellent, up to date facilities." Windsurfers Chan King-yin and Cheng Kwok-fai are satisfied with their "new home", saying, "The new hostel is bigger. Each unit has a bathroom and kitchen. We are delighted to have more comprehensive study facilities through the internet service in our room."



不同精英訓練場地維持高水平訓練

訓練場地方面，在臨時總部新設了劍擊館和六個網球場，另外還設有游泳池及田徑場為運動員提供健身訓練場地。為照顧不同運動項目的訓練需要，以及維持高水平的訓練，體院臨時總部還為部份精英體育項目和殘障人士體育項目另行安排不同的訓練場地（有關精英體育項目主要訓練場地，見第七頁）。

體院為個別運動項目如賽艇、羽毛球、武術、乒乓球、網球和滑浪風帆，安排接駁巴士服務，方便運動員前赴訓練場地，至於其他未設有接駁巴士服務的運動項目，體院已為運動員提供額外交通津貼。幾位接受訪問的運動員對新訓練場地有以下意見：

賽艇運動員羅曉鋒說：「臨時總部內的訓練場地雖然不像以往那樣集中，但使用一段時間後，已慢慢適應過來，亦比想像中好，例如體能訓練中心便增設了幾部划艇機，而運動員亦可以使用穿梭巴士往來訓練場地，十分方便。」

武術運動員杜宇航稱：「新訓練場館比以前大，照明系統亦較佳，再加上場館新簇簇的，訓練起來人也較為起勁，一切都挺好。」

在亞運會取得女子個人佩劍銅牌的劍擊運動員周梓淇表示：「新劍擊場共有13條劍道，增添了五條，館內更衣室更增設了按摩池和桑拿房，讓運動員於訓練後舒緩疲勞，盡快恢復體能。」

體院得以順利喬遷，全賴體院上下於過去兩年極盡心思、同心協力與政府及烏溪沙青年新村攜手安排符合國際標準的新訓練環境，好讓不同精英運動項目的運動員和教練能夠在最完備的設施下繼續接受訓練，以最佳狀態備戰各項大型國際賽事。現階段運動員與教練已收拾亞運會凱旋而歸的心情，並積極進入備戰狀態，以期爭取北京奧運會的入圍資格，繼續為香港體壇創下不朽傳奇。

Elite Training Facilities Maintain High Quality Training

At the temporary headquarters, a new Fencing Hall and six tennis courts have been established, and a swimming pool and the track & field facilities will be used for athletes to enhance their fitness. Catering for the training requirements of different sports and maintaining high quality training, the HKSI has arranged different training venues for some Elite Sports and Disabled Sports after the relocation. Main training venues for Elite Sports are detailed in P.7.

The HKSI provides shuttle bus services between the Athletes' Hostel and training venues for rowing, badminton, wushu, table tennis, tennis and windsurfing athletes. Additional travelling allowances are provided for athletes of other sports who do not have access to this service. Several athletes commented on the new training venues.

Rower Law Hiu-fung said, "Not all training venues are located in the temporary HKSI headquarters now. We will adapt to it gradually over a period of time. The venues are better than expected. For example, more rowing machines are available in the Fitness Training Centre. And the shuttle bus service makes it easy to travel between training venues and hostels."

Wushu player To Yu-hang said, "The new training hall is bigger with better lighting. Athletes are motivated in this all-new environment. Everything is pretty good."

The Asian Games fencing women's individual sabre bronze medallist Chow Tsz-ki said, "Five more pistes, 13 totally, in the new Fencing Hall are already available. The additional Jacuzzi and sauna room are also a real help after training."

Thanks to the hard work and cooperation of the HKSI staff with the Government and WKSJV, the relocation exercise has been smooth and successful. The new training environment, complying with international standards, allows athletes and coaches of different Elite Sports to continue the training using the most comprehensive facilities, and to be confident that they can go to major international competitions in their best condition. At present, athletes and coaches are back to their busy schedule in preparing for competitions after celebrating a hugely successful Asian Games. They are focused on qualification for the Beijing Olympics 2008 and performing well for Hong Kong.



精英體育項目主要訓練場地 Main Training Venues for Elite Sports

武術 Wushu

馬鞍山體育館
Ma On Shan Sports Centre



劍擊 Fencing

烏溪沙青年新村
Wu Kwai Sha Youth Village



滑浪風帆 Windsurfing

赤柱戶外活動中心(聖士提反灣)及滑浪風帆訓練中心(赤柱正灘)
Stanley Outdoor Activities Centre (St. Stephen's Beach) and
Windsurfing Training Centre (Stanley Main Beach)

乒乓球 Table Tennis

九龍塘歌和老街壁球及乒乓球體育館及大埔體育館
Cornwall Street Squash and Table Tennis Centre, Kowloon Tong, and Tai Po Sports Centre



壁球 Squash

九龍塘歌和老街壁球及乒乓球體育館
Cornwall Street Squash and Table Tennis Centre, Kowloon Tong

保齡球

Tenpin Bowling

美孚繽紛保齡及黃埔雷霆保齡
Super Fun Bowl, Mei Foo and Thunder Bowl, Whampoa



三項鐵人 Triathlon

白石會俱樂部、體院游泳池、沙田賽馬會游泳池及顯田游泳池
Whitehead Club, HKSI Swimming Pool, Sha Tin Jockey Club Swimming Pool and Hin Tin Swimming Pool



網球 Tennis

烏溪沙青年新村、體院網球場及粉嶺和興體育館
Wu Kwai Sha Youth Village, HKSI Tennis Courts and Wo Hing Sports Centre, Fanling

田徑 Athletics

馬鞍山運動場
Ma On Shan Sports Ground



羽毛球 Badminton

馬鞍山體育館
Ma On Shan Sports Centre



單車 Cycling

體院鑲型單車場
HKSI Cycle Velodrome



游泳 Swimming

體院游泳池、沙田賽馬會游泳池及顯田游泳池
HKSI Swimming Pool, Sha Tin Jockey Club Swimming Pool and Hin Tin Swimming Pool



賽艇 Rowing

沙田賽艇中心 Sha Tin Rowing Centre



體院臨時總部活動花絮 Highlight on Opening of Temporary HKSI Headquarters

運動員宿舍啟用儀式 (15.1.2007)

體院精英運動員宿舍於一月十五日已正式投入服務，約100名運動員及教練一同出席啟用儀式，十分熱鬧。體院副主席譚學林主持運動員宿舍啟用儀式時表示：「運動員平日馬不停蹄在本地及海外接受訓練和參加比賽，實在需要一個安靜的環境休息，紓緩壓力。新落成的運動員宿舍，環境清幽，房間亦比以往寬敞，設備亦更齊全，希望可以為運動員提供一個舒適的居住環境，讓他們專心接受訓練。」

為隆重其事，體院還安排了切燒豬儀式，以示慶賀，大家在輕鬆的氣氛下度過一個愉快的下午，運動員亦順利入住新宿舍。



Opening Ceremony of Athletes' Hostel (15.1.2007)

The HKSI Athletes' Hostel opened on 15 January, with about 100 athletes and coaches attending the Opening Ceremony. HKSI Vice-Chairman Tommy Tam said at the Athletes' Hostel Opening Ceremony, "Our athletes are fully committed in both local and overseas training and competition. A tranquil environment is vital for athletes to take a break after intensive training sessions. The new Athletes' Hostel, with bigger rooms as well as extra built-in equipments and facilities, definitely provides a better living environment for them; enabling them to concentrate on their training."

Everyone has an enjoyable afternoon, with the athletes moving into the new Hostel after the roast pig-cutting ceremony.



▲ 武術運動員示範運動生物力學如何輔助運動員進行動作與技術的分析和診斷。
Wushu performer demonstrates how sports biomechanics assist in analysing and diagnosing movements and skills.

▶ 體院院長鍾伯光博士介紹體能訓練中心設施。
HKSI Chief Executive Dr Chung Pak-kwong introduces the facilities in the new Fitness Training Centre.



◀ 體院副主席陳啟明教授介紹運動醫學部設施，並替運動員檢查傷患。
HKSI Vice-chairman Professor Chan Kai-ming introduces facilities in the Sports Medicine Department and helps athletes with a check-up.

傳媒開放日 (23.1.2007)

為使公眾認識體院臨時總部和精英運動員的生活環境，體院安排本地傳媒記者參觀體院臨時總部。活動舉行當天，由體院副主席陳啟明教授及院長鍾伯光博士親自負責領隊，約20個傳媒機構共50名記者踴躍出席。由於過去體院甚少開放予傳媒參觀內部設施，所以在活動舉辦當天，一眾記者們便抓緊提問、攝影的機會，亦細心聆聽現場解說。

他們先後到訪運動科學部、運動醫學部、運動資訊中心、體能訓練中心和運動員宿舍等多個為運動員提供專業服務的設施，體院在不同設施內還安排運動員現場示範，讓參觀的記者更清楚認識各項服務的運作。由於記者積極提問和拍攝，參觀活動歷時逾兩小時才結束。

Media Tour (23.1.2007)

To enhance the public understanding of the temporary HKSI headquarters and the living environment of elite athletes, the HKSI arranged a tour for local media at the temporary headquarters. The Institute's Vice-chairman Professor Chan Kai-ming and Chief Executive Dr Chung Pak-kwong led the tour comprising 50 reporters from 20 media organisations. This unusual "behind the scenes" tour allowed reporters a rare glimpse of the facilities, and they grasped every opportunity to ask questions, take photos and listen carefully.

They visited different departments providing support services to athletes; namely Sports Science, Sports Medicine, Sports Information Centre, Fitness Training Centre and Athletes' Hostel. The HKSI also arranged on-site demonstrations by athletes at different facilities to help the reporters have a better understanding of the different support services. The tour lasted for more than two hours, thanks to the considerable interest of the reporters.



▲ 各嘉賓於會場內的「體院烏溪沙臨時總部啟用儀式」紀念板上簽名留念。
Attending guests sign a commemorative display board to mark the opening of the temporary HKSI headquarters at WKSYYV.



▲ 左起：戴麟趾爵士康樂基金主席吳守基、體院主席李家祥博士、民政事務局何志平局長及香港中華基督教青年會會長鄭漢鈞博士主持室內體育館（體院劍擊館及體能訓練中心）揭幕儀式。
From left: Mr Wilfred Ng, Chairman of Sir David Trench Fund, Dr Eric Li, Chairman of the HKSI, Dr Patrick Ho, Secretary for Home Affairs and Dr Cheng Hon-kwan, President of the Chinese YMCA of Hong Kong officiate at the Unveiling Ceremony of Sports Hall (HKSI Fencing Hall and Fitness Training Centre).

體院喬遷聚會 (5.2.2007)

當體院臨時總部內的設施和服務相繼投入服務後，體院於二月五日舉行喬遷聚會，並邀請了體院主席李家祥博士、民政事務局何志平局長、沙田區議會主席韋國洪、香港中華基督教青年會會長鄭漢鈞博士主禮，其他嘉賓包括民政事務局常任秘書長林鄭月娥、精英事務委員會主席許晉奎、戴麟趾爵士康樂基金主席吳守基、第29屆奧林匹克運動會馬術比賽(香港)有限公司行政總裁林煥光、政府官員、體育界及社會各界人士；各嘉賓先後於會場內的「體院烏溪沙臨時總部啟用儀式」紀念板上簽名留念，並於儀式後在體院院長鍾伯光博士帶領下參觀臨時總部的各項設施。

體院主席李家祥博士對體院搬遷過程順利感到欣慰，並表示體院將繼續與政府、各體育機構及團體緊密合作，一起致力推動本地精英體育發展。李博士稱：「體院總部雖然已遷往新址，然而我們對發展精英體育的決心仍堅定不移。無論體院總部設於青年新村或是火炭，體院協助運動員的角色始終如一，我們將繼續致力發展精英體育，發掘及培育更多優秀運動員，為港爭光。」

民政事務局何志平局長表示：「多謝有關機構及單位的緊密合作，順利完成體院的搬遷工作。希望精英運動員在未來的日子能繼續努力為香港在本地及國際體壇爭取更好的成績。」

Housewarming Party of the Temporary HKSI Headquarters (5.2.2007)

On 5 February, a housewarming party took place to celebrate the successful relocation of the HKSI. Dr Eric Li, Chairman of the HKSI, Dr Patrick Ho, Secretary for Home Affairs, Wai Kwok-hung, Chairman of the Sha Tin District Council and Dr Cheng Hon-kwan, President of the Chinese YMCA of Hong Kong, were invited to be the officiating guests. Other invited guests included Carrie Lam, Permanent Secretary for Home Affairs, Victor Hui, Chairman of the Elite Sports Committee, Lam Woon-kwong, Chief Executive Officer of Equestrian Events (Hong Kong) of the Games of the XXIX Olympiad Company Limited, as well as representatives from the Government, sports sectors and local community who also attended the event. All guests were invited to sign a commemorative display board to mark the opening of the temporary HKSI headquarters at WKSYYV. The HKSI Chief Executive Dr Chung Pak-kwong led guests and dignitaries on a tour of the new facilities.

Dr Eric Li, Chairman of the HKSI, has been pleased with the smooth transition and he stressed the HKSI would continue to work closely with sporting organisations and associations for the betterment of sports excellence. "Even though the HKSI has been relocated to a temporary headquarters, our goal remains the same. The new headquarters at the WKSYYV will no doubt play an integral part in the athletes' lives just like Fo Tan did. We will continue to develop elite sports, while identifying and nurturing potential athletes so they can do Hong Kong proud in the international arena." said Dr Li.

Dr Patrick Ho, Secretary for Home Affairs said, "I would like to extend my thanks to all relevant departments and organisations for the successful completion of the Institute's relocation exercise. I hope our Hong Kong athletes will continue to show their commitment in achieving even better results in the local and international sporting arena."



▲ 體院主席李家祥博士(前排左四)、民政事務局何志平局長(前排中)、沙田區議會主席韋國洪(前排左三)、香港中華基督教青年會會長鄭漢鈞博士(前排右四)、民政事務局常任秘書長林鄭月娥(前排右三)、及教練和運動員代表主持體院臨時總部啟用儀式。

Dr Eric Li, Chairman of the HKSI (fourth from left, front row), Dr Patrick Ho, Secretary for Home Affairs, (middle, front row), Wai Kwok-hung, Chairman of the Sha Tin District Council (third from left, front row), Dr Cheng Hon-kwan, President of the Chinese YMCA of Hong Kong (fourth from right, front row), Mrs Carrie Lam, Permanent Secretary for Home Affairs (third from right, front row), as well as coaches and athlete representatives officiate at the Opening Ceremony of the temporary HKSI headquarters.



▲ 體育界舉杯祝賀香港運動員在二零零六年取得優異成績。
Members of the sports community toast success of Hong Kong athletes in 2006.

22名體院 獎學金運動員獲 2006香港傑出 運動員選舉嘉許

22 HKSI Scholarship Athletes Honoured by Hong Kong Sports Stars Awards 2006

二零零六年度香港傑出運動員選舉頒獎典禮已於二零零七年三月十二日假香港會議展覽中心舉行，共22名體院獎學金運動員在六個項目中取得殊榮，當中包括14名在多哈亞運會和遠東及南太平洋區傷殘人士運動會中獲獎的運動員，而第10次獲得傑出運動員獎項的單車運動員黃金寶更奪得最高榮譽——「中銀香港星中之星傑出運動員」獎。

是項選舉由中國香港體育協會暨奧林匹克委員會主辦。今屆選舉共收到來自31個體育總會共148個提名，能夠在芸芸候選運動員當中脫穎而出，絕對是實至名歸，這不但是對運動員的努力和表現的認同，亦是對體院積極訓練體壇精英所作貢獻的一種肯定。體院會繼續努力與各體育總會和體育團體合作，期望香港精英運動員在未來國際體壇再創高峰。體院謹此衷心祝賀各位得獎運動員。

The Hong Kong Sports Stars Awards 2006 Presentation was held at the Hong Kong Convention and Exhibition Centre in Wanchai on 12 March 2007. 22 HKSI Scholarship Athletes, including 14 medallists from the Doha Asian Games and the Far East & South Pacific Games for the Disabled, received awards in six categories. With cycling star Wong Kam-po, – who has received the highest award on no less than 10 occasions – taking out the “Bank of China (Hong Kong) Best of the Best Hong Kong Sports Star Award”.

Organised by the Sports Federation & Olympic Committee of Hong Kong, China, a total of 148 nominations were received from 31 National Sports Associations for this year's Awards. With their effort and dedication to strive for excellence, those athletes deserved their honour. The award was not only fitting recognition for their hard work and performance, but also a real encouragement for the work of the HKSI. The HKSI will continue to cooperate with all the sports associations and bodies, ensuring that Hong Kong elite athletes will continue to seek sports excellence. The HKSI gives the warmest congratulations to all the winning athletes.



▶ 黃金寶(單車)實至名歸，榮膺「中銀香港星中之星傑出運動員」，最近他更在西班牙舉行的世界場地錦標賽男子15公里捕捉賽中奪魁，成為世界冠軍。

Wong Kam-po (cycling) deservedly takes out the "Bank of China (Hong Kong) Best of the Best Hong Kong Sports Star Award". He recently became the world champion after winning the UCI Track Cycling World Championships – 15 Kilometres Scratch Race held in Spain.

▼ 左起：陳晞文(滑浪風帆)、鄭仲恆(武術)、趙頌熙(乒乓球)及周沅凝(智障游泳)獲選為香港傑出青少年運動員。

(From left): Chan Hei-man (windsurfing), Cheng Chung-hang (wushu), Chiu Chung-hei (table tennis), Chow Yuen-ying (swimming, mentally disabled) receive the Hong Kong Junior Sports Stars Awards.

▼ (後排左起)：藍家汶(游泳)、楊彥驥(武術)、鄧淑文(智障游泳)，以及張敏儀(傷殘硬地滾球)(圖中)獲選為最具潛質運動員。

(From left, back row): Nam Ka-man (swimming), Yeung Yin-kei (wushu), Tang Suk-man (swimming, mentally disabled) and Cheung Man-ye (boccia, physically disabled) (middle) are selected as the Hong Kong Potential Sports Stars Awards' recipients.



▶ 李靜、高禮澤(乒乓球)獲頒發香港最佳運動組合獎，高禮澤上台接受獎項。

Li Ching and Ko Lai-chak (table tennis) are honoured with the Hong Kong Sports Stars Award in the Team Event category. Ko Lai-chak received the award on stage.



▶ 左起：蘇樺偉(傷殘田徑)、曾思敏(武術)、黃金寶(單車)、陳潤韶(健美)和陳敬然(滑浪風帆)榮膺2006香港傑出運動員。王晨與葉嫻延(羽毛球)及張敬煒(單車)未克出席頒獎活動。

(From left): So Wa-wai (athletics, physically disabled), Angie Tsang (wushu), Wong Kam-po (cycling), Chan Yun-to (bodybuilding) and Chan King-yin (windsurfing) are honoured with the Hong Kong Sports Stars Awards. Wang Chen and Yip Pui-yin (badminton) and Cheung King-wai (cycling) were unable to attend the Presentation.



獲香港最具體育精神運動員的余翠怡(輪椅劍擊)，未克出席活動。

Yu Chui-ye (wheelchair fencing), is honoured with the Hong Kong Sportsmanship Sports Star Award, but unfortunately could not attend the Presentation.



教

練與運動員
Coach & Athlete

放眼未來 重視香港滑浪風帆
精英運動長遠發展

Focus on the Future
Long-term Development of
Windsurfing as an Elite Sport
in Hong Kong

體院滑浪風帆總教練艾培理一直致力在港發展滑浪風帆精英運動。他一手栽培香港首位奧運金牌選手李麗珊的驕人成就已是不在話下，而香港滑浪風帆隊在他的帶領下接續在世界及亞洲地區賽事中也有出色的表現，新一代滑浪風帆選手如陳敬然、何智豪和陳慧琪在國際賽事中已嶄露頭角，香港滑浪風帆運動精英輩出，艾培理在過去10多年的努力可謂舉足輕重。今期《精英體育》，他將與讀者分享他的教練心得。

HKSI Head Windsurfing Coach Rene Appel is fully committed to the development of windsurfing as one of Hong Kong's elite sports. Without doubt, his role in overseeing the emergence of Lee Lai-shan as Hong Kong's first gold Olympic medallist was the defining moment in his career, but the growing recognition of a new generation of windsurfers such as Chan King-yin, Ho Chi-ho and Chan Wai-kei, has also been a brilliant success, and a further milestone in the development of windsurfing in Hong Kong. Appel shares with our readers his coaching tips in this issue of "Sports Excellence".

艾培理
Rene Appel



◀ 艾培理與愛將李麗珊及幾位香港滑浪風帆隊隊員參與2000悉尼奧運會。體院院長鍾伯光博士當時亦到場打氣。

Rene Appel and athlete Lee Lai-shan, together with some Hong Kong windsurfing team members, from the Sydney Olympic Games in 2000. Dr Chung Pak-kwong, HKSI Chief Executive also attended the Games to cheer for Hong Kong teams.

立志奪取奧運金牌

來自荷蘭的艾培理自小熱愛運動，12歲已開始接觸滑浪風帆運動，過去亦曾接受滑浪風帆訓練。一九八六年來港時，他原本在一家滑浪風帆用品公司負責研究及改良滑浪板的性能，同時兼任管理和訓練公司的滑浪風帆隊，不過，當公司要求他專注市場推廣職務時，他便辭去工作；適逢當時香港滑浪風帆會正籌備成立香港隊，需要一位有經驗的教練協助發展風帆隊，遂邀請當時還只是20多歲的年輕人艾培理擔任教練一職。接受任命後，艾培理帶領滑浪風帆運動踏上新的里程，成績有目共睹，轉眼已18個年頭。

當時身邊的人都說在香港發展運動項目沒有前途，但是艾培理卻要證明自己的選擇正確無誤，更大膽地訂下長遠目標——奪取奧運金牌。「在大學時期，我修讀運動學科，對運動專業，我會十分認真看待，而我本身較重視長遠計劃，喜歡向更高的目標進發。」艾培理說。

扶助李麗珊成世界冠軍

經過多年努力，他終於在一九九六年達致理想。他深信自己能夠訓練香港運動員奪取奧運金牌，本身已是膽識過人，而皇天不負有心人，伯樂遇上他的千里馬——香港滑浪風帆運動員李麗珊。當年李麗珊還只是個10多歲的女孩，卻已胸懷大志，希望成為「世界冠軍」；憑藉李麗珊刻苦的個性和精湛的技術，以及艾培理背後無限量的支持，最後「珊珊」全身投入訓練，把自己由一名寂寂無名的香港運動員發展成為奧運金牌選手，令本港及世界各地人士為之矚目，至今成為艾培理教練生涯中最難忘的一

Will for Success - Clinching Gold Medal at the Olympic Games

Appel, who hails from the Netherlands, has been a sports lover for as long as he can remember, taking up windsurfing at the age of 12. When he came to Hong Kong in 1986, he worked for a windsurfing equipment company, responsible for analysing and improving the functional capacity of windsurfers, as well as supervising the company's windsurfing team. When the company assigned him to focus on marketing, he resigned, but by a happy coincidence this came at the very time when the Windsurfing Association of Hong Kong (WAHK) needed an experienced coach to help set up the Hong Kong team. Still a young man in his mid-twenties, Appel jumped at the offer to take on this new role; a task he has now performed with great distinction for the past 18 years.

People at that time told him there was no future for sports development in Hong Kong, but Appel was keen to prove them wrong and immediately set himself what seemed like an audacious long-term goal — clinching a gold medal at the Olympic Games. "I studied sport at university and I take my profession very seriously. I value long-term planning and relish the challenge of setting goals," said Appel.

Working with Lee Lai-shan

After years of hard work, he achieved his ultimate goal in 1996. He dared to believe that he could help Hong Kong athletes to win gold at the Olympic Games. And his wish was answered - thanks to the extraordinary talent of Lee Lai-shan. Lee Lai-shan at that time was still just a teenage girl with a desire to become the "best in the world". Thanks to the persistence and skill of Lee Lai-shan, backed up by the relentless support of Appel's coaching, "San San" went from being "just another Hong Kong athlete" to Olympic champion through a dedicated and tough training regime. Her success captivated the attention of people in Hong Kong and around the globe; the



頁。從他身上，我們充份體會到一位優秀教練應有的特質——有領導才能、具備專業知識、有勇有謀、愛護團隊，難怪他已九度獲得滙豐銀行慈善基金優秀教練選舉全年最佳教練獎。

運用專業知識增勝算

雖然獲得體院及香港滑浪風帆會全力支持，但艾教練猶記得當時工作毫不容易，尤其當時訓練設施不盡完善，令訓練工作倍添困難，不過，他卻充份運用自己對滑浪風帆的專業知識，並引用科研知識和得到運動心理學家的輔助，大大提升運動員的表現，策略非常成功。就是因為他早著先機，所以當國際帆板組織在一九九二年對搖帆技術進行重大改革，滑浪風帆運動員在比賽時由原來單純靠風力揚帆改為引入人力輔助，他和香港滑浪風帆隊隊員對新規則已相當熟悉，到了李麗珊參加1996阿特蘭大奧運會時，她對新技術已掌握純熟，勝算大增。

艾培理認為，出色的訓練始自完善的計劃，所以他每天都會進行檢討、分析，配合精英運動的迅速發展，不斷為遇到的問題尋求更佳的方法。

培育新秀邁向成功

在這位具備遠大目光的教練眼中，能夠再次在未來的奧運會和亞運會中取得獎牌，將會是教練生涯中一個又一個完不了的挑戰。他說，優秀的滑浪風帆運動員最基本要有出色的應變能力，而興趣、耐性、體力和對方向的掌握等要素都是缺一不可；此外，運動員要建立卓越成就便先要對自己有信心，並且下定決心，為應付一切問題和攔阻作好準備，還要釐定長遠的發展目標。

艾教練指出，唯有運動員本身有爭勝的動機，才能增加勝算，他亦經常思考如何協助他們達致成功，新一代滑浪風帆運動員如陳敬然、何智豪、陳慧琪、鄭國輝和陳慧文等，都是可造之材，艾教練希望他們能夠把握機會，不但為自己締造佳績，亦藉此為港爭光。他喜見前三位年輕運動員已在2006亞運會取得1金2銀的歷史性佳績。

▼ 艾培理致力在港培訓滑浪風帆運動員，屢獲殊榮。
Rene Appel's dedication and expertise has won him many coaching awards in Hong Kong.

most memorable moment in Appel's coaching career thus far. He brings to his work the core qualities of a top class coach: leadership, professional knowledge, courage, wisdom and caring for the team. His outstanding skills have ensured that he has been recognised Coach of the Year Awards at the Hongkong Bank Foundation Coaching Awards for ninth time.

Professional Knowledge Creates Winning Chances

Despite terrific support from the HKSI and the WAHK, Coach Appel remembers well that the task was not easy, and was compounded by the limited training facilities available at that time. However, he utilised every ounce of his expertise and also called on the best scientific knowledge and sports psychologists to maximise the athletes' performance. His strategy was supremely successful. Thanks to his vision he was well prepared for the international federation's rule changes introduced in 1992, allowing windsurfing athletes in competitions to use manual control to propel the rig instead of using wind alone. The team was well versed beforehand in the new regulations so that, when Lee Lai-shan competed at the Atlanta Olympic Games 1996, she was already comfortable with the changes; a great platform for her eventual success.

Appel believes that good planning is the starting point for good coaching. Everyday he evaluates and analyses his work in a constant search to find better solutions to the demands of the constantly evolving world of high performance sport.

A New Generation – Nurturing Success

More success at the Olympic Games and the Asian Games will be a continuing challenge for this coach. Appel says that excellent windsurfers should be highly adaptable, other essential qualities include interest, patience, body fitness and mastering directions. In addition, athletes must have the self-confidence to pursue excellence. They must be determined, well prepared for problems and difficulties, and set goals for long-term development.

The constant challenge he sets himself is a simple one: if the athletes have the drive to win, can he enhance their chance of winning? The new generation of windsurfers like Chan King-yin, Ho Chi-ho, Chan Wai-kei, Cheng Kwok-fai and Chan Wai-man have immense potential. He hopes they can seize the chance to strive for good results not only for themselves but also for the glory of Hong Kong. Coach Appel was thrilled to see these emerging athletes win 1 gold and 2 silver medals at the Asian Games 2006, a historic breakthrough.

▼ 艾培理與香港滑浪風帆隊成員打成一片，慶祝於剛過去的亞運會取得突破佳績。
Special times: Rene Appel shares a happy moment with the Hong Kong windsurfing team at the celebration party following the record-breaking success at the Asian Games.



長遠運動發展政策

艾教練認為極少香港運動員在年輕時便願意為自己的理想和目標負上責任，這點或許與運動員認為社會對他們的認同和重視程度不足有關，他期望政府能制定長遠的運動發展政策，使不同運動項目可以在港發展得更為蓬勃。至於對滑浪風帆運動在港的發展，他大致感到滿意，而青少年培訓工作亦進展良好。

提及未來目標，現時艾培理正專心致志地為2008北京奧運會做好準備。由於下屆奧運會滑浪風帆賽事將改用RS:X板，與向來沿用的米氏板有別，而舉行賽事的地點中國青島風力較弱，以至賽期亦會稍作延長，在種種不可知的情況下，對教練和運動員來說，都是一項重大挑戰，所以，大家只有全力備戰，迎接萬眾期待的北京奧運會。

年輕人怎樣才可以成為精英運動員？

艾培理教練稱，滑浪風帆運動在港已日漸普及，現時康樂及文化事務署及香港滑浪風帆會均設有滑浪風帆培訓課程，供普羅大眾參加，從中學習和掌握基本技巧。而對滑浪風帆有興趣、有志考驗自己身手的年輕人，更可報名參加香港滑浪風帆會每年於暑假期間舉辦的暑期兒童及青少年訓練計劃，考取不同級別證書。具潛質者，將獲教練推薦加入青少年培訓隊或參加聯校訓練，成績理想者將有機會成為香港隊青少年隊成員。詳情請致電2504 8255或瀏覽香港滑浪風帆會網頁www.windsurfing.org.hk。

Long-term Sports Development Policy

He comments that Hong Kong athletes are often reluctant to set goals and work towards them from an early age. This may be due to the perceived lack of social recognition and respect for athletes. He hopes the Government will formulate a long-term sports development policy to help boost the development of different sports in Hong Kong. In the case of windsurfing, Appel feels satisfied with the sports development, and the work on youth training is clearly progressing well.

For the future, Appel is focusing exclusively on the Beijing Olympic Games 2008 at this stage. Since the board used in the coming Olympics has changed from Mistral One Design to the RS:X, and the competition will be taken place in a light wind area in Qingdao, China, an extended racing schedule will be adopted as well. With all the possible scenarios, coaches and athletes alike must look on them as a challenge, and be prepared for a full-on battle at the long-awaited Beijing Olympic Games.

How can young people become elite athletes?

According to Appel, windsurfing is becoming more and more popular in Hong Kong. Both the Leisure and Cultural Services Department and the WAKH organise training classes for the public to learn and master the basic skills. For those who have an interest in windsurfing and want to seek a challenge for themselves, and to attain certificates at different levels, they can apply for the Junior & Youth Summer Training Programme during summer vacations. Those with potential will be recommended by the coach to join the youth training team or joint-school training course. The outstanding candidates will have the chance to become members of the Hong Kong Junior Team. For further information, you can call 2504 8255 or visit the website of WAKH: www.windsurfing.org.hk.



◀ 艾培理與體院滑浪風帆教練張國斌(左一)及新一代滑浪風帆運動員(左二起)何智豪、陳慧琪和陳敬然。

Rene Appel and the HKS windsurfing coach, Cheung Kwok-bun (first from left) with young athletes (second from left) Ho Chi-ho, Chan Wai-kei and Chan King-yin.

艾培理教練的建議

艾培理傳授給同業的三大心得

- 訂立遠大目標，全力部署，盡力完成。
- 有耐性，因為訓練一名運動員動輒花上五至十年時間。
- 認識你的運動員，他們都是獨特的個體，要明白他們的長處與短處，盡量使他們發揮所長。

Coaching Tips

Coach Appel offers three tips for aspiring coaches

- Set high goals, plan thoroughly, and then give it everything you have got.
- Be patient, the training of an athlete can take five to 10 years.
- Know your athletes well. They are unique individuals. Understand their strengths and weaknesses and make full use of them.



如何培訓世界級網球雙打冠軍？ How to Train World-class Tennis Doubles Champions?

訪中國國家女子網球隊主教練蔣宏偉

Interview with Chief Coach of
China National Women's Tennis Team, Jiang Hongwei

中國國家女子網球隊主教練蔣宏偉：「以『雙打作優，單打作強』，是我們訓練的基本思想。」
"Targeting doubles, then strengthening singles" is our mission statement", said Jiang Hongwei,
Chief Coach of China National Women's Tennis Team.

繼中國女子網球運動員李婷、孫甜甜在2004雅典奧運會取得首面女子網球雙打項目金牌後，中國女子網球雙打組合鄭潔和晏紫於二零零六年分別在澳大利亞網球公開賽和溫布頓網球公開賽奪得女雙冠軍，締造中國網球界在四大滿貫賽成年組雙打比賽中第二個大滿貫冠軍佳績。中國網球運動員於短短兩、三年間在國際體壇冒起，成績令人矚目，今期《精英體育》訪問了中國國家女子網球隊主教練蔣宏偉，暢談培訓世界級選手的心得。

找出突破口

「國際網球界一直以單打為主，女子高手參加雙打的不多，於是我們看準這個空隙，重點發展雙打項目，作為突破口，藉此在國際網球界取得佳績，之後再以『女雙作優，單打作強』，將發展的重心轉移到網球單打項目，將中國國家網球隊的整體實力提高。從過去兩年中國女子網球雙打在雅典奧運會和兩屆大滿貫取得冠軍的成績來說，我們的策略是成功的，鄭潔和晏紫更首次於二零零六年年底入圍馬德里網球公開賽總決賽，標誌着中國女子網球選手的技術已達致國際水平。

「單打方面，現時世界排名前100名的網球運動員當中，中國佔了六位，包括鄭潔、晏紫、李婷、李娜、彭帥和孫甜甜，這都是中國網球運動在近兩、三年取得的突破，亦是中國女子網球運動走向職業化多年以來的成果。」中國國家女子網球隊主教練蔣宏偉較早前出席由香港教練培訓委員會及中華全國體育總會主辦的「滙豐銀行慈善基金精英教練員研討會」時提到。

以比賽帶動訓練

蔣教練所說的「職業化」，乃指透過比賽來帶動訓練，讓運動員有機會透過比賽與外國的運動員觀摩、切磋，從而提高他們的技術水平和排名，藉此進一步參加更多世界級網球賽事。他解釋：「網球是一項國際性比賽項目，單靠在家裏培訓是不足夠的，中國網球運動員的訓練過去都是以量為主，然

Chinese women's tennis players, Zheng Jie and Yan Zi, have created history in capturing China's first-ever women's doubles Grand Slam crowns at the Australian Open Tennis Championships and Wimbledon Championships, following on from the success of another formidable Chinese women's tennis duo, Li Ting and Sun Tiantian, who won the first-ever women's tennis doubles gold medal at the Athens Olympic Games 2004. In the past couple of years, China's emerging tennis players have produced ever-more impressive results in the international arena. In this issue of "Sports Excellence", Jiang Hongwei, Chief Coach of China National Women's Tennis Team, shares with us his experience in training world-class athletes.

Breaking Through

"The spotlight is always on singles players in the international tennis arena, and there are not many elite female players who participate in doubles events. So, we decided to focus on developing doubles players as a way to achieve a breakthrough in the sport internationally, and this was the niche we identified. Then, we raised the overall strength of China National Tennis Team by shifting the focus from doubles to singles, following our mission statement 'Targeting doubles, then strengthening singles'. The results of the Chinese women's tennis doubles players in the Athens Olympics and two Grand Slam tournaments proved our strategy is a successful one. At the end of 2006, Zheng Jie and Yan Zi entered for the first time the semifinals of the WTA Tour Championships held in Madrid. It showed conclusively that Chinese women tennis players have what it takes at the highest levels of the sport."

"In singles, six Chinese players – Zheng Jie, Yan Zi, Li Ting, Li Na, Peng Shuai and Sun Tiantian – have now made it to the top 100 tennis players in the world in the past couple of years. This is a great result for all the hard work that has gone into developing full-time female tennis players for many years," said Jiang Hongwei, Chief Coach of China National Women's Tennis Team, at the Hongkong Bank Foundation Elite Coaches Seminar organised by the Hong Kong Coaching Committee and the All-China Sports Federation.

Competition-driven Training

In coach Jiang's mind, "professionalisation" refers to the competition-driven training which allows athletes to have opportunities to observe and learn from athletes around the world in the course of competitions. This has led to significant increases in the level of skills and rankings of the Chinese tennis players, and even more world-class tennis competition opportunities are expected. He explained, "Tennis is a highly competitive sport internationally. Training alone in

而他們的球技始終跟國際水平有距離，透過參加世界性網球比賽，中國運動員有機會碰到不同的球路，技術水平自然大大提高。」

蔣教練補充，這種將比賽和訓練結合的職業化過程是帶有中國特色的。「職業化本身是個人的，是自由的，但是中國網球運動員都是經由國家訓練，把最優秀的人才集中在一起培訓，並投放龐大的人力和財力，所以跟職業化看起來像有點矛盾，不過唯有透過這個培訓模式，運動員才有機會和條件到處參加國際比賽，畢竟網球運動沒有必勝之道，運動員不能單靠個人力量達致這麼突破性的成績。」

鞏固根基 向外學習

蔣續說，中國優秀的網球運動員都是自小從各個省市選拔出來的，經過專業隊伍訓練，再獲提拔加入國家隊，所以訓練的基礎十分鞏固。現時中國國家隊約有10多名網球教練，均屬於頂尖級人馬，而全國約有100名專業網球教練，此外，還有不少業餘網球教練遍佈各省市；國家每年都會舉辦網球教練培訓班，藉此進一步鞏固網球運動訓練的知識和技巧，部份參加者是從前線退下來的網球運動員，部份則是來自各省市的網球教練。為了增加運動員的視野，提升球技水平，他們還會從國外邀請教練到內地任教，讓運動員透徹認識網球運動的理念和訓練方法。

備戰 2008 北京奧運會策略

為了迎戰2008北京奧運會，蔣教練將會繼續以賽為主，盡量爭取運動員取得更高的世界排名，這樣奪取獎牌的機會便會大增。隨着中國經濟近年迅速發展，國家經濟實力日見強盛，網球運動在中國的發展亦漸見普遍，例如網球場地建設迅速，關心和支持網球運動發展的人亦愈來愈多。這些條件加上運動員的國際成就，令網球運動在中國內地的發展前景一片光明，蔣教練深信日後會有更多具天賦的運動員代表中國出戰世界級網球賽事。

China is simply not enough. In the past, the performance of Chinese tennis players always fell short of international standards despite intensive training at home. Now, Chinese players have the opportunity to encounter different styles of top players through our international competition programme. Skill levels have now improved dramatically as a result."

Coach Jiang added that the combination of competition and training in the process of professionalisation has unique Chinese characteristics. "Professionalisation is a personal and free choice in itself. However, sports training has been organised by the Chinese Government in a systematic and centralised way which gathers outstanding young talents from different provinces from time to time. A lot of manpower and financial resources are then invested in the players. China's situation may look a little contradictory to the term 'professionalisation'. But, it is the only way to prepare and equip athletes to participate in international competitions around the world. After all, there is no guarantee of success. An individual's effort is simply not enough, on its own, for achieving all these record-breaking results."

Consolidate the Foundation Learn from Other Countries

Jiang commented that the foundation of training in China is very strong, as outstanding tennis players are selected at a very young age from different provinces and municipalities. Only the best of the best are then selected to join the national team. There, they are trained by top coaching professionals. The China National Team enjoys the services of over 10 of the world's best coaches, while the number of professional tennis coaches across the country is around 100. In addition, there are numerous amateur tennis coaches throughout the provinces and municipalities. Tennis coach training courses are organised every year in order to further strengthen their knowledge and skills. Some of the participants are retired tennis players while some of the others are tennis coaches from various provinces and municipalities. Coaches from overseas are also invited to train on the Mainland in order to widen the vision and enhance the playing skills of the athletes. This allows athletes to have a thorough understanding of the concepts and training methods of tennis.

Strategy in Preparing for 2008 Beijing Olympic Games

Getting ready for the Olympic Games 2008 in Beijing, Jiang will continue to focus on competition opportunities. He works ceaselessly to help athletes achieve higher world rankings to further enhance the chances of winning medals. With the rapid development of China's economy in recent years, tennis in China is becoming more and more popular. This can be seen from the rapid construction of tennis courts as well as the increasing focus on and support for the development of tennis. All of the above conditions, together with the international success of athletes, give promise of a bright future for the development of tennis in China." Jiang believes that there will be more gifted athletes to represent China in world-class tennis competitions in the future.

訓練女子網球雙打運動員的心得 A Recipe for Success

「網球雙打運動員先要掌握單打技術，並要達致一定水平，才可以互相配合，爭取佳績，整個過程講求運動員的高度默契。」~中國國家女子網球隊主教練蔣宏偉

"Tennis doubles players must first grasp the singles playing skills and reach a high level of competence before they can complement each other to achieve excellent results. Success relies on perfect communication between players." ~ Jiang Hongwei, Chief Coach of China National Women's Tennis Team

孫甜甜 Sun Tiantian

李婷 Li Ting

李娜 Li Na

彭帥 Peng Shuai



源溯

滑浪風帆是一種介乎帆船和衝浪運動之間的水上運動，它起源於二十世紀六十年代末世界衝浪勝地夏威夷群島。當時社會上有不少人爭相表示自己是滑浪風帆運動的發明人，但是對這項發明申請了專利的就只有美國加州的Hoyle Schweitzer與James Drake。他們在一九六八年將帆船和滑浪兩項運動的特點結合，在滑浪板上裝起簡單的帆，使之擁有衝浪的功能，又可以藉着風力推動，在海面上飛馳。滑浪風帆運動風行歐美及世界各地，首屆世界滑浪風帆錦標賽於一九七四年舉行。一九八四年，此運動正式成為奧運會比賽項目，女子滑浪風帆運動則於一九九二年被納入為奧運會比賽項目。

Origins

Windsurfing is a form of surface water sports combining the best of sailing and surfing. The sport started in the late 1960s in the Islands of Hawaii, the world's most famous surfing spot. A number of people at that time claimed themselves to be the inventor of windsurfing as a sport, but only Hoyle Schweitzer and James Drake in California, U.S.A. applied a patent. In 1968, they combined the main features of the two sports, sailing and surfing, by setting up a sail on a surfboard, thus making it able to surf and to steer on the water with the wind. Since then, windsurfing has become a hugely popular sport in Europe, the United States, and around the world. The first World Windsurfing Championships was held in 1974. In 1984, windsurfing was officially recognised as one of the Olympic Games competition events, with the female event being incorporated into the Olympic Games in 1992.

滑浪風帆結構和裝備

滑浪風帆的主要組成部份：板體(board)和帆體(rig)。

板體(Board)：因應容量、重量、長度及材料的不同而分為長板(long board)、翻波板(fun board)、比賽板(race board)和短板(short board)。不同板體的滑浪風帆是不能混合一起比賽的。

帆體(Rig)：由桅桿(mast)、操縱桿(boom)及帆(sail)所組成。一般而言，滑浪風帆運動員會因應不同的風速、海面環境、個人能力及喜好來選擇適用的帆。不同種類的帆大致可分為競賽型(race)、繞圈型(slalom)、花式型(freestyle)和衝浪型(wave)。

衣着方面，沒有特別的規定。一般來說，採用遇水後不會變得過重的物料製成，輕便貼身而又防曬保暖的衣服，是最適宜的。

Structure and Gear

Major components of a windsurfer: board and rig

Board: Long board, fun board, race board and short board varying in its capacity, weight, length and material. Only one kind of board can be used in the same competition.

Rig: Formed by a mast, a boom and a sail. Generally speaking, windsurfers use different sails depending on wind velocities, sea conditions, personal skill level and preferences. Sails are categorised into race, slalom, freestyle and wave.

There are no strict regulations on the gear worn by windsurfers. Generally speaking, light and close-fitting wetsuits which help protect the body from the sun and keep the body warm are desirable. The material used should be lightweight even after being soaked into the water.

連接器 Universal Joint



圖一 Fig.1



滑浪風帆的操控原理

如何在海上取得平衡？

不少初接觸滑浪風帆的人，都會覺得站在大海裏的板體上並不容易取得平衡，但其實只要按部就班，反覆練習，便可以克服困難。練習方法如下：

在板體中央位置坐着，將左右兩腳分開，跨過板體，以感應和熟習板體在海上移動的情況。當熟習以後，再改以跪坐方法來練習(圖一)，取得平衡後，才慢慢試着站起來，熟習站在板體上的感覺(圖二)。

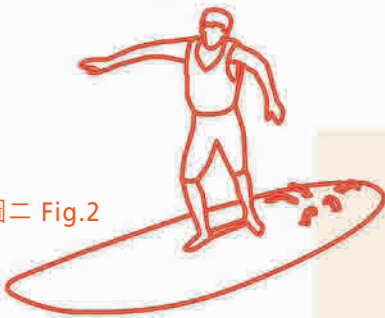
Basic Techniques in Controlling the Windsurfer

How to balance on the board at sea?

Most beginners find it difficult to balance when standing on the board at sea. Just practise step by step repeatedly, you will soon get used to it. The basic steps are as follows:-

Sit astride the centre of the board. Just take your time in getting used to the feeling of the board moving on the water. Next, try to balance in a kneeling position (Fig. 1). After you get used to it, you can stand on the board slowly and start to become familiar with the feeling of standing on the board (Fig. 2).

圖二 Fig.2



如何在海上前進？

引用槓桿原理，運動員便可以將滑浪風帆加以操控。運動員的手臂與操縱桿的接觸點和帆形成了槓桿，在受風的情況下，形成張力，推動風帆前進。此外，風力、風向和海浪，都會影響滑浪風帆前進的速度，運動員參加比賽前必須做足準備，了解比賽地點的天氣變化，甚至實地考察及試賽，以增加取勝機會。

How to steer at sea?

Athletes control the windsurfer using the levering principle. The contact point of the athletes' arm and the boom, together with the sail, form the lever. When the wind pushes the sail, creating a tension, the windsurfer steers. Factors like force and direction of wind as well as the waves affect the speed of steering. Windsurfers need to be well-informed in advance about the weather they would expect to experience at the competition venue. Site visits and trial competitions can be a desirable element to enhance the chances of success.

比賽類別

滑浪風帆運動競賽設有不同類別。在奧運會舉行的滑浪風帆項目，滑浪風帆運動員在同一賽道上展現不同的姿勢，如不同的滑行角度，順風、逆風及橫風。奧運會中使用的帆板曾數度易轉，包括Windglider (1984), Lechner (1988), Mistral / IMCO Class (1996, 2000, 2004) 及 RS:X Class (2008)(參看相片)。滑浪風帆運動員均會努力備戰，以最佳體能及心理狀態作賽，而他們亦會為了適應新的規則和規例而習慣使用新的器材。

其餘滑浪風帆競賽類別如方程式滑浪風帆板組、繞圈、障礙、速度賽、花式與衝浪，均設有不同的賽事要求，運動員會因應賽事規定作賽，以速度、不同花式及動作較量，有時候他們需要進行一些跳躍動作，而賽事中甚至設有障礙物。這些滑浪風帆競賽運動亦可屬於消閒性質。

Competition Categories

There are different categories in windsurfing competitions. In the Olympic Windsurfing Class, windsurfers simultaneously race around the course which incorporates a variety of different sailing angles, upwind, downwind and reaching. The official boards used have changed over time, including Windglider (1984), Lechner (1988), Mistral/IMCO Class (1996, 2000, 2004) and RS:X Class (2008)(see photos). To prepare for competition, windsurfers are well trained physiologically and psychologically, and are well-equipped with any new rules and regulations, and try to get used to the new equipment.

Formula Windsurfing Class, Slalom, Super X, Speed Racing, Freestyle and Wave are the other types of competitive or recreational windsurfing, offering different competitive requirements. For instance, athletes may compete in terms of speed, different styles and actions, sometimes with jumping actions or even with obstacles, according to the rules of competition.

主要賽事

四年一度舉行的奧運會和亞運會都是重要的滑浪風帆運動賽事，而每年舉辦的世界和亞洲區錦標賽，都是滑浪風帆運動員重視的賽事。

Major Competitions

The Olympic Games and the Asian Games, staged every four years, are the focal point for major windsurfing competitions. The annual World Championships and Asian Championships are also crucial events to windsurfing athletes.



米氏板組
IMCO Class

RS:X 板組
RS:X Class

資料來源

體院滑浪風帆總教練艾培理

香港滑浪風帆會
國際奧林匹克委員會網址
國際滑浪風帆協會網址

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楊賜嘉

榮膺二零零六年第四季
體院傑出青少年運動員

Promising Yeung

Captures HKSI Outstanding Junior Athlete Title for 4th Quarter 2006

來自香港弱智人士體育協會的乒乓球新秀楊賜嘉憑着超卓表現，成為唯一當選的二零零六年第四季「香港體育學院傑出青少年運動員」。

頒獎禮於二月二十八日在體院臨時總部舉行，楊賜嘉獲頒現金獎2,500港元、價值2,500港元的運動用品禮券及獎狀。頒獎嘉賓包括體院院長鍾伯光博士及香港體育記者協會（體記協會）執行委員會成員潘志南。

18歲的楊賜嘉於去年十二月在葡萄牙舉行的第三屆國際智障人士體育聯盟歐洲乒乓球錦標賽中表現出色，在分組賽中首次擊敗世界排名第二的波蘭選手，並且協助香港隊奪得女子隊際金牌。楊賜嘉十分滿意在這項賽事的整體表現和成績，對自己當時有如此良好的發揮感到有點意外，整項比賽是一次難忘的經歷。

楊賜嘉繼二零零五年第四季首次獲得這項殊榮後，今季再下一城，再度成為傑出青少年運動員。她在頒獎禮上表示：「能夠再次獲選為傑出青少年運動員，感到意外又高興，自己即將踏入19歲，很快便不合乎這個選舉的提名資格，因此我十分珍惜這個獎項，並會好好把握日後的時間，積極爭取更多殊榮。」

楊賜嘉於二零零二年開始參加學校球隊，由於表現出色，隨即接受正式訓練，並於翌年首次代表香港參加第一屆遠東及南太平洋區青少年傷殘人士運動會，並且奪得女單亞軍。這名前途無限的乒乓球好手矢志於未來賽事締造更佳成績，她說：「一月份開始，我們在新的訓練場地進行練習，那裏的環境和設施都不俗，各球員都感到非常滿意；因此我會更加努力，期望於今年在日本舉行的世界錦標賽中能取得更好成績，為港爭光。」

此外，三名具有出色表現的運動員亦獲頒優異證書，以茲鼓勵，他們分別是游泳運動員藍家汶及帆船運動員謝柏欣和Isamu Sakai。

傑出青少年運動員選舉活動由體院主辦，並獲中國香港體育協會暨奧林匹克委員會及體記協會支持，以季度形式表揚19歲以下的本地優秀青少年運動員。

The outstanding achievement of table tennis player **Yeung Chi-ka** made her the only winner for the HKSI Outstanding Junior Athlete Awards for the fourth quarter of 2006.

At a prize presentation held at the temporary HKSI headquarters on 28 February, Yeung received a cash prize of HK\$2,500, sports gears voucher worth HK\$2,500 and a certificate amid the applause from the presenters including Dr Chung Pak-kwong, Chief Executive of the HKSI and Poon Chi-nam, Executive Committee Member of the Hong Kong Sports Press Association (HKSPA).

體院院長鍾伯光博士(右二)及體記協會執行委員會成員潘志南(左二)頒發獎項予唯一當選二零零六年第四季「體院傑出青少年運動員」的楊賜嘉(中)。教練(右一)與母親(左一)出席支持。

Dr Chung Pak-kwong (second from right), Chief Executive of the HKSI and Poon Chi-nam (second from left), Executive Committee Member of the HKSPA present prizes to Yeung Chi-ka (middle), the only winner for the HKSI Outstanding Junior Athlete Awards for the fourth quarter of 2006. Her coach (first from right) and mother (first from left) attend the Ceremony as a gesture of support.



Nominated by the Hong Kong Sports Association for the Mentally Handicapped, 18-year-old Yeung defeated the world number two Polish player in the preliminary round for the first time and further helped the women's team to win a gold medal at the 3rd INAS-FID European Table Tennis Championships held in Portugal last December. Yeung was satisfied with her performance at the competition. It has become one of the most memorable events in her sporting career and her extraordinary performance was slightly out of her expectation.

This has been the second time Yeung got the Award since the final quarter of 2005. "I am a bit surprised but pleased to have won the Award again. I will not be eligible for the nomination since I'm going to be 19. I do treasure this award title and will waste no time in winning more honours in the future," said Yeung at the presentation.

The rising star started formal training in table tennis in 2002 right after her outstanding performance at school team level. Yeung made her international debut at the 1st Far East & South Pacific Games for the Disabled Youth Games in 2003 where she ranked second in the girls' singles. "We have undergone training in a new venue starting from January and all players are satisfied with the environment and facilities. I'll continue to work hard and wish to do well at the coming World Championships in Japan so as to bring home pride and glory," added Yeung.

In addition, three athletes including swimmer Carman Nam and sailors Tse Pak-yun and Isamu Sakai were each presented a certificate of merit to recognise their outstanding performances.

Presented by the HKSI with the support from the Sports Federation & Olympic Committee of Hong Kong, China and the HKSPA, the Awards scheme aims to recognise the achievement of local junior athletes under the age of 19 on a quarterly basis.

乒乓球運動員楊賜嘉(中)榮膺二零零六年第四季「體院傑出青少年運動員」，而帆船運動員謝柏欣(右)和Isamu Sakai(左)則獲頒優異證書。

Table tennis player Yeung Chi-ka (middle) is honoured the HKSI Outstanding Junior Athlete Awards for the fourth quarter of 2006 while sailors Tse Pak-yun (right) and Isamu Sakai (left) are each presented a certificate of merit.

香港體育學院傑出青少年運動員
Hong Sports Institute Outstanding Junior Athlete Awards



陳敬然 Chan King-yin

成績漸見 確認目標

第十五屆亞運會金牌得主、滑浪風帆運動員陳敬然，於一九九五年開始參加滑浪風帆暑期興趣課程後，獲選拔加入香港滑浪風帆會舉辦的青少年培訓隊伍接受訓練，至今已累積逾10年經驗。他說最初兩年接受訓練時，他的成績只是一般，不過，經過多次比賽和訓練後，他便慢慢開竅，進步漸見，而他參與滑浪風帆運動的態度亦變得愈來愈認真。

一九九八年，陳敬然正式加入香港滑浪風帆代表隊，翌年，他決定再以一年時間考驗自己的實力，希望能夠在世界級賽事中取得佳績。二零零一年年初，他首先在世界青年滑浪風帆錦標賽中取得銅牌，同年年底，他再在世界青少年滑浪風帆錦標賽中奪得金牌，令他確定路向，決定用心練習，希望日後能夠在成人組賽事創出成績，進一步朝更高目標邁進。

克服困難 勇創佳績

不少滑浪風帆愛好者都會認為這項運動易學難精，但是陳敬然卻另有體會，他指最初開始接受滑浪風帆運動訓練時，因為要學習不同的操控技巧，容易令人疲倦，因而感到吃力；此外，當運動員對滑浪風帆的操控技巧純熟後，又容易覺得訓練生活刻板，這都是運動員要面對和克服的困難，至於比賽時所面對的壓力更是不在話下。

他猶記得一次難忘的比賽經驗，就是在二零零一年於泰國舉行的世界青少年滑浪風帆錦標賽中，他要面對非常沈重的壓力，因為在比賽初期稍為落後，故須在三日內逐日追回落後的成績，幸得教練支持，最終得以奪標，贏得金牌。他說過程實在很不容易，這是我過去參與各場比賽中最難忘的一役。

心理質素 致勝之道

陳敬然認為，優秀的滑浪風帆運動員除了需要良好的體能外，心理質素尤為重要，因為滑浪風帆運動比賽以累積分數計算，且賽期往往持續數天，而每天成績都會有起伏，故此維持良好的心理質素乃致勝之道。此外，運動員還要有良好的品格，具備體育精神，勇於接受失敗，懂得自我檢討。

陳敬然自言本身只是一名中五畢業生，向來怕事，又不善辭令，過去從沒想過人生目標是甚麼，但滑浪風帆運動卻將他帶到一個新境地，在訓練和比賽的過程中，他學會獨立生活、自理，並會經常自我反省，懂得為人生訂下遠大的目標。他現在最大的目標是爭取入圍2008北京奧運會。

Setting Goals

Chan King-yin, windsurfing gold medallist at the 15th Asian Games, has more than 10 years experience in the sport. He took up windsurfing with a summer course in 1995, from where he was selected to join the youth training team of the Windsurfing Association of Hong Kong. He frankly admits that his results were not outstanding during his first two years of training. However his results gradually improved after participating in numerous competitions and training sessions, and his attitude towards the sport also became much more serious.

In 1998, Chan joined the Hong Kong windsurfing team. Over the next year, he set himself the daunting challenge of achieving top positions in world-class competitions within a year. After winning the ISAF Youth World Championships bronze medal in early 2001 and the IMCO Youth Junior World Championship gold medal at the end of that year, he decided to fully commit to the sport and set an even higher target for himself. Having even better results in senior competition is another step forward in making his dream comes true.

Meeting Challenges Head On

Many windsurfers find it easy to learn the basic skills but difficult to step up to the next level. Chan had different views. He said, in learning windsurfing, one has to take some time to grasp different skills and technique which may make one feel tired and exhausted. After the early stages of grappling with the skills, the routine and long-term training may make athletes feel bored. But a windsurfer has to face and overcome all of these on top of the stress during competition if he is to win through.

Chan vividly recalls his most memorable competitive moment. At the IMCO Youth Junior World Championships in Thailand in 2001, he faced intense pressure as his score fell behind other windsurfers in the early stages. He simply had to score as many points as possible in the final three days. Thanks to the support of his coach, he came good and eventually won the gold medal. The challenge had to be met and overcome to secure ultimate success.

Good Psychological Condition - Road to Success

Chan believes that an outstanding windsurfer should have good physique as well as mental toughness. The cumulative scoring system and long periods of competition over several days can create fluctuating scores on a daily basis. Being psychologically well-equipped to face these ups and downs is the key to success. Integrity, the true spirit of sport, the courage to accept and learn from failure and the ability to critically assess personal performance are all essential elements of an athlete.

Chan King-yin, a Form 5 graduate, describes himself as a bit shy and usually avoids trying new things. In the past, he never thought about his ambition in life – until he took up windsurfing. In the course of training and competition, he learned how to be independent and how to always review his own performance. He knows how to set ambitious goals in life. Now, his biggest ambition is to qualify for the 2008 Beijing Olympic Games.



陳慧琪 Chan Wai-kei

家人支持 體學兼備

香港滑浪風帆精英運動員陳慧琪是繼奧運金牌得主李麗珊後，另一極具潛質的後起之秀，她已多次在大型國際比賽中取得金牌。於一九九五年升讀中三那年暑假，她在媽媽建議下參加了由香港滑浪風帆會舉辦的暑期班，憑出眾表現，被挑選進入青少年培訓隊伍，並接受長期訓練。

由於媽媽也是滑浪風帆愛好者，對於女兒受訓一年後即加入滑浪風帆代表隊接受訓練，以及在中學畢業後成為全職運動員均沒有異議，而陳慧琪亦不負所望，運動與學業均兼顧得宜，經常出外比賽，取得理想運動成績之餘，更在香港大學完成土木工程課程，其毅力與勤奮程度令人敬佩。

熱愛運動 乘風破浪

陳慧琪對滑浪風帆的堅持源自她對這項運動的熱愛，她分享道：「這項運動十分好玩和刺激，可以在大海裏乘風破浪，尤其那種飛快的速度感，令人感到既舒暢又興奮，有時候還可以在海裏看到成群的海洋生物，如企鵝、海豹，實在很有趣。」陳慧琪家住赤柱，自小已與大海結緣，十分喜愛參與與海有關的活動，碰上滑浪風帆運動後更是愛不釋手。

她說，剛開始接受訓練時當然會有困難，例如滑浪風帆所使用的帆板和帆有一定重量，所以在初期操控方面會有難度，不過，由於帆板和風帆均設有不同大小型號，運動員可因應技術和能力去選用合適的裝備，再加上用心學習，不要灰心，漸漸必能操控自如。

凡事盡力 也要順風



此外，由於滑浪風帆運動需要配合風力、海面情況等自然因素來操作，所以縱使運動員努力苦練技術，但比賽結果仍得配合天時，例如陳慧琪曾在比賽中途遇到風向轉變，將她原本領先的賽果完全改變過來，故此陳慧琪在漫長的訓練過程中體會到「凡事盡力，也要順其自然」的道理。

陳慧琪認為，出色的滑浪風帆運動員需要有風感（對風的敏感度高），更重要的是要有毅力，不怕辛苦。她續稱，滑浪風帆運動比賽往往持續六、七日，對運動員來說是一種體能、耐力和技術的考驗，而且每場賽事均以累積分數來計算總成績，所以運動員在較後的比賽承受更大的壓力，幸好一班隊友都是年輕人，經常分享心得，互相扶持。在2008北京奧運會臨近之際，陳慧琪與其他運動員一樣，都是一心希望有機會取得奧運會入圍資格，力求創造佳績。

Family Support is Crucial

Chan Wai-kei, a Hong Kong windsurfing elite athlete following in the footsteps of Olympic gold medallist Lee Lai-shan, is a gifted rising star with a couple of international competition gold medals already in her hands. Her windsurfing career began in the summer of 1995 when she was awaiting her Form 3 semester. At her mother's suggestion she attended the summer course organised by the Windsurfing Association of Hong Kong. Soon after she was selected to join the Junior Training Team for long-term training, thanks to her outstanding performance on the summer course.

Chan's mother, a windsurfing enthusiast herself, had no objection to her daughter's decision to join the windsurfing team after a year of training, before moving on to full-time training after graduating from secondary school. Chan lived up to her mother's expectations by performing well both as an athlete and a student. Though she travelled a lot for competitions and got her taste for success, she still managed to complete her studies in civil engineering at The University of Hong Kong. Her perseverance and hard working attitude have been the platform for this progress in sport and in life.

Passion for Sport – a Powerful Motivator

Chan Wai-kei's persistence all stems from her passion for windsurfing. She shares with us, "The sport is fun and exciting. It allows us to skim over the sea between the waves. The sensation of speed in particular makes me feel relaxed and excited. Sometimes, we can see flocks of marine life, such as penguins and seals. It is really interesting!" Chan lives in Stanley, so she has loved water activities since she was a little girl. Windsurfing, it seems, is in her blood.

She thinks that beginners may find it difficult to master the heavy board and rig in the very early stages of training. Nevertheless, athletes can choose the perfect combination of equipment from amongst the different sizes of board and rig, depending on their skill level and competence. After a period of hard work and continuous training, the skills of board control become second nature.

Try your Best – Accept the Uncontrollable Factors

Despite the athletes' skill and training, competition results are always affected by natural conditions. Windsurfing requires the perfect combination of natural conditions such as wind movement and sea conditions. Chan has experienced the frustration that comes from changing wind direction and its impact on performance. Her rigorous training has taught Chan the philosophy of "do your best and accept the uncontrollable factors".

Chan Wai-kei believes outstanding windsurfers should have an innate sense of wind (high sensitivity to wind). Perseverance and willingness to work hard are even more important. She added that windsurfing competitions often last six or seven days, so it is a test of athletes' strength and endurance as well as skill. The cumulative scoring system creates a high degree of stress for athletes especially as the competition reaches its climax. Fortunately, the Hong Kong team comprises a group of young people who share ideas and provide mutual support. With the 2008 Beijing Olympic Games looming, Chan Wai-kei shares the same ambition of other elite athletes everywhere: keep working hard for the Olympic Games and do everything possible to achieve good performance.



陳慧琪

CHAN WAI-KEI

出生日期 Date of Birth :
19-3-1981

體重 Weight :
58公斤 kg

身高 Height :
170厘米 cm

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

教練 Coach :
艾培理 Rene Appel

滑浪風帆新星
Windsurfing Stars



重要獎項 Major Achievements:

2004

第二屆世界大學帆船錦標賽
2nd World University Sailing Championships
女子米氏板青年組金牌
Gold Medallist in Women's Mistral One Design

2005

亞洲滑浪風帆錦標賽
Mistral Asian Continental Championships
女子IMCO板金牌
Gold Medallist in Women's IMCO

德國帆船賽
Kieler Woche 2005

女子IMCO板金牌
Gold Medallist in Women's IMCO

2006

二零零六歐洲滑浪風帆米氏板錦標賽
Mistral Open European Championship 2006
女子IMCO板金牌
Gold Medallist in Women's IMCO

RS:X 歐洲錦標賽
RS:X European Championships
女子RS:X 板第五名
Fifth in Women's RS:X

第十五屆亞運會
15th Asian Games

女子米氏板銀牌
Silver Medallist in Women's Mistral

出生日期 Date of Birth :
13-12-1982

體重 Weight :
64公斤kg

身高 Height :
174厘米cm

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

教練 Coach :
艾培理 Rene Appel

陳敬然
CHAN KING-YIN

重要獎項 Major Achievements:

2001

世界青少年滑浪風帆錦標賽
IMCO Youth & Junior World Championships

男子IMCO板青年組金牌
Gold Medallist in Men's Youth IMCO

2002

第十四屆亞運會
14th Asian Games

男子輕量級平底板銅牌
Bronze Medallist in Men's Lightweight Raceboard

2005

亞洲滑浪風帆錦標賽
Mistral Asian Continental Championships

男子IMCO板金牌
Gold Medallist in Men's IMCO

2006

二零零六世界風帆國際米氏板錦標賽
Mistral World Championships 2006

男子IMCO板銀牌
Silver Medallist in Men's IMCO

第十五屆亞運會
15th Asian Games

男子輕量級米氏板金牌
Gold Medallist in Men's Lightweight Mistral

運動物理治療中運動包紮的應用

體院：運動物理治療師陸家美MMPT, MSPT, PDPT及
卓蕙玲MSPT, BScPT

Use of Taping in Physiotherapeutic Management

HKSI: Debbie Look, MMPT, MSPT, PDPT and Phoebe Cheuk, MSPT, BScPT, Sports Physiotherapists

在運動物理治療中，包紮是運動物理治療師用來預防創傷及在創傷後不同的復原階段所使用的主要治療方法。本文將引用有關文獻，並列舉體院運動醫學部現時應用的運動包紮技術來說明如何達致預防創傷、診症和紓緩痛楚等三大目的。

Taping is an essential part of a sports physiotherapist's treatment in the prevention of injury and also in the various stages of rehabilitation after injury. In this article, we review the literature and the current practice in the HKSI Sports Medicine Department regarding the use of taping for three purposes, including prevention of injury, diagnostic process and pain relief.

圖一：足踝急性扭傷的包紮情況。
Fig. 1: Acute sprain ankle bandaging



預防創傷

在物理治療中，以運動包紮來預防創傷是相當普遍的做法。由於足踝這個部位較易受創，需要經常使用包紮技術，本文會以足踝為例，加以討論。足踝包紮的主要目的為消腫、減低機械性的不穩定、限制足踝移動的幅度及減低功能性的不穩定。

當足踝韌帶急性扭傷，一般都會用具有壓縮力的捆紮法來消腫，使足踝盡快得以恢復活動功能(圖一)。近期研究^{1,2}所得證據顯示，與靜止不動的情況比較，運動包紮使足踝的活動能力在短期內得以改善，並且能較迅速地回復活動功能。

足踝包紮(圖二，見下頁)其中最明顯的作用就是防止足踝在受傷後作極大幅度的活動，以及減低足踝不正常的移動情況。足踝內翻扭傷引起韌帶外側撕裂是相當普遍的，而包紮足踝能有效地限制足踝移動的幅度，有助韌帶癒合。不論是在受傷後立即加以包紮或是包紮過後所進行的研究顯示，足踝內翻移動的幅度會下降百分之二十六~百分之四十六^{3,4,5}。儘管有證據顯示運動包紮能改善足踝機械性的穩定，有一點值得注意的是，當運動一段時間後，繃帶會鬆開，其限制活動幅度的功能亦會減低。舉例說，有研究顯示，當跑步20分鐘後，繃帶的效用會下降百分之二十⁶；進行排球訓練20分鐘後，繃帶因鬆開而其限制移動幅度的功能會降低百分之三十七⁴，而開始運動後30分鐘，繃帶限制足踝內翻動作的功能會下降百分之十四⁷。

Prevention of Injury

Taping for injury prevention is a very common practice in sports physiotherapy. In this article we discuss the ankle as an example, as it is a common site of application and generally has a high rate of injury. Ankle taping is primarily for controlling swelling, decreasing mechanical instability, limiting extreme ankle range of motion and decreasing functional instability.

After an acute ligament sprain of the ankle, compressive strapping is often applied to control swelling and allow early mobilisation (Fig.1). Evidence from recent studies^{1,2} points to short-term improved function and a quicker return to function compared with immobilisation.

Preventing extreme range of movement and reducing the abnormal movement of the ankle is the most obvious role of ankle taping (Fig. 2, see next page). Inversion injuries causing torn lateral ligaments are common and ankle taping can restrict the range of motion significantly to assist ligament healing. Inversion range of motion decreased 26% - 46% in various studies immediately on taping or after taping^{3,4,5}. While evidence does show taping to improve mechanical stability, it is also important to note that after periods of exercise, the tape will loosen and the restricting effect is decreased. For example some studies have shown a 20% decrease after 20 minutes of stop/start running⁶, a 37% loosening in total passive range of motion after 20 minutes of volleyball training⁴, and a 14% of loss of inversion restriction after 30 minutes of exercise⁷.



圖二：足踝關節位置的預防性包紮法。
Fig. 2: Prophylactic taping for the ankle joint

「功能性不穩定」乃指運動員雙腳經常傾向要「拗柴」的情況。過去，此問題經常被忽視，然而，近期有較多研究支持足踝功能性不穩定這概念，以及運動包紮能減輕這種不穩定情況的作用。研究顯示，運動包紮可以刺激皮膚的感應器，並透過神經肌肉機制來促進肌肉的反應⁸。在一項肌電圖測試研究中，研究者卡遜及安尊亞辛⁹利用電流來量度肌肉的活動情況，藉此研究運動包紮在本體感覺裏所扮演的保護角色——有關長期受創足踝關節的狀況、位置和定位的感應能力。在模擬扭傷的足踝上，他們運用肌電圖來量度腓骨頸長肌、短肌的反應時間，即由足踝模擬扭傷一刻開始，以至腓骨部位肌肉出現首個反應的時差，並將穩定的和不穩定的足踝位置出現此反應的時間加以比較，同時亦測試包紮前和包紮後的情況。結果顯示，穩定的足踝量度出來的腓骨頸長肌、短肌反應時間明顯地較不穩定的足踝來得快。當不穩定的足踝包紮妥善後，其反應時間明顯縮短，不過始終不是處於正常水平，由此得以結論，運動包紮改善了足踝本體感覺的控制。此外，研究顯示，運動包紮不能取代創傷後的運動治療，而要腓骨部位的反射活動回復正常，亦不能單靠運動包紮方法。

診症

除了預防創傷外，運動包紮還被物理治療師廣泛應用於診斷過程中，較常見的是用於評估矯正鞋墊處方的合宜性。不正常的下肢生物力學往往與下肢肌肉骨骼損傷及受傷有關，在治療過程中，矯正鞋墊經常被建議使用。然而，它在臨床方面的效用欠缺可信的證據，而生物力學和治療效果不一的情況^{10、11、12}，都使物理治療師難以從一個可信及有效的臨床角度就矯正處方達成一致意見。維森辛奴¹³勾劃出一個協助解決這問題的程序，當中包括以足部的外旋包紮法（圖三，見下頁）來評估預期的結果（即引起痛楚的主因，也是尋找治療的原因）。若痛楚立即或逐漸減輕，或者活動的能力有所改善，都被視為引用外旋矯正鞋墊可用性較高的指標（圖四，見下頁）。另外，此包紮方法亦可應用於因過度使用而造成的軟組織損傷，協助正確診斷治療師所觀察到的生物力學問題和患處的關係，以確定物理治療的處方（如矯正治療），並可提高運動員對診治的信心和與治療師合作的態度。

“Functional instability” is a term used to designate the disability to which athletes refer when they say that their foot tends to “give way”. Previously, this kind of complaint was often ignored, but there has recently been more research to support the concept of functional instability of the ankle and the role of taping to alleviate it. Research shows that taping can stimulate the skin receptors and facilitate muscular response through neuromuscular mechanisms⁸. In an electromyography (EMG) study, whereby electrical currents associated with muscle activity are measured, Karlsson and Andreasson⁹ investigated the protective role of taping on the proprioception – the ability to sense the position, location and orientation of the chronically injured ankle joint. They measured the reaction time of the peroneus longus and brevis muscles (lateral lower limb muscles) using EMG on the simulated sprained ankle. The time difference between the start of a simulated ankle sprain to the first response of peroneal muscles was measured and this peroneal reflex activity was compared between the stable and the subsequently unstable ankle, and also before and after taping. Results showed that the peroneal reflex in the stable ankle had a significantly shorter reaction time than the unstable ankle. After taping the unstable ankle, the reaction time was significantly decreased but still not at normal levels. The proprioceptive control of the ankle was concluded to be improved by taping. Additionally, this study showed that taping cannot substitute post injury treatment and rehabilitation as the peroneal reflex activity was not normalised by taping method alone.

Diagnostic Process

Apart from prevention of injury, taping is also widely used by physiotherapists in the diagnostic process and one of its common uses is to assess the suitability of orthotic prescription. Abnormal lower limb biomechanics are often associated with lower limb musculoskeletal conditions and the use of orthotics is frequently advocated in their treatment. However, the lack of sound evidence on the clinical efficacy of orthotic therapy, and inconsistent or negative findings of biomechanical changes engendered by orthotics^{10, 11, 12}, makes it difficult for practitioners to agree on a reliable and valid clinical approach on orthotic prescription. Vicenzino¹³ outlines a procedure to assist in overcoming this dilemma, which involves anti-pronation taping (Fig. 3, see next page) to evaluate its effect on the elected outcome measure (i.e the main pain-provoking factor which is often the reason for seeking help). An immediate and substantial reduction in pain and improved ability to perform the previously painful provocative activity is seen as an indicator of a high probability of success with anti-pronation orthotics (Fig. 4, see next page). Anti-pronation taping can also be applied to overuse injuries to assist in confirming a relationship between observed abnormal biomechanics and reported pain as a means of ascertaining the proposed plan for treatment (e.g. orthotic therapy), enhancing confidence and athlete's compliance.





圖三：外旋包紮法的幾個重要步驟。

Fig. 3: Images of some key steps of the anti-pronation tape for excessive or prolonged pronator patterns of foot motion



紓緩痛楚

到運動醫學部求診的運動員最經常面對的問題是痛楚。然而，痛楚不只是嚴重受創後出現的後果，也可與人體活動系統失衡而引起的長期毛病有關。妥善的處理方法包括減輕發炎紅腫的軟組織負擔，以停止「痛楚加劇、活動下降」的惡性循環現象，這樣物理治療師才可以針對運動員動力控制方面的不足來作出改善。利用運動包紮技術可將軟組織提起，藉此減輕痛楚部位的負擔的做法是由麥康耐¹⁴提出的。這種包紮技術可減低這些發炎的軟組織在進行治療和復康訓練期間出現疼痛拉緊的機會。另一種機制，以包紮方法來緩和大腦對疼痛的反應(疼痛感應神經)的處理方法，乃透過皮膚的表面感應器(表面機械性感應器)所產生的神經生理影響而成。運動包紮對應用部份的皮膚產生張力及壓縮感，因而改變皮膚表面感應器張力的接收；改變的感覺可能會改善從皮膚的感應接收器傳入(輸入)的信息，

Taping for Pain Relief

Pain is the most frequent complaint of athletes presenting for treatment at the Sports Medicine Department. However, pain is not just the result of an acute injury but can also be due to habitual imbalances in the movement system, which over time cause chronic problems. Successful management involves unloading the inflamed soft tissues to break the endless cycle of increased pain and decreased activity. This then allows the physiotherapist to address the athlete's poor dynamic control. The taping technique involving lifting the soft tissue to unload the painful structure was proposed by McConnell¹⁴. This taping technique unloads the underlying soft tissues, minimising their exposure to painful stretch during treatment and rehabilitation programme. One possible mechanism by which deloading taping modulates nociceptive (pain sensor) processing is through its neurophysiological effect on cutaneous mechanoreceptors (surface mechanical sensor). The application of taping produces mechanical tensile and compressive forces to the skin, altering skin tension over a region containing cutaneous sensory receptors. Altering skin tension may modify

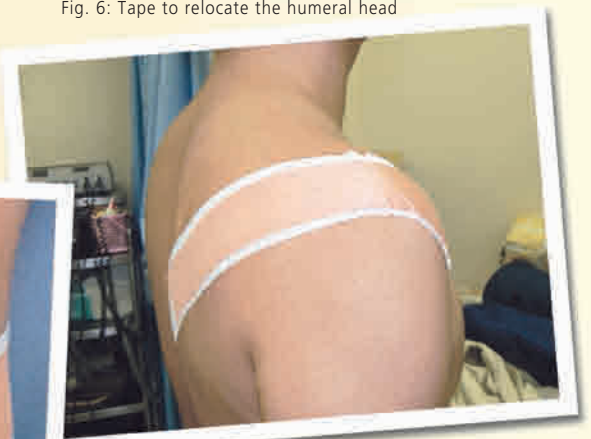
圖四：體院為獎學金運動員提供矯正鞋墊服務時所使用的配件，這些都是常用來處理不正常的內旋情況。

Fig. 4: Examples of off the shelf orthotics and their accessories that are frequently used for conditions associated with abnormal pronation, which are available for HKSI Scholarship Athletes.



圖六：將肱骨頂部重新定位的包紮法。

Fig. 6: Tape to relocate the humeral head



圖五：用作減輕膝蓋脂肪墊負荷的包紮法。

Fig. 5: Tape to deload the fat pad



從而改變皮膚組織受外力施壓所引起的感覺。換句話說，運動包紮可以改變皮膚對刺激的反應，從而影響對壓力痛楚的承受能力。

以此證據為基礎，體院的運動物理治療師會利用運動包紮技術來減輕疼痛結構的負荷，改善不正常生物力學，以及相關的肌肉神經變化。例如圖五顯示如何應用運動包紮來減輕於膝蓋最易感到疼痛的脂肪墊的負荷，這對於需要經常進行跳躍動作的運動員來說尤為有用，因為最初的病變根源可能是來自脂肪墊，而不是蹠骨。從圖六所見，運動包紮將肱骨頭頂前面的位置提起及移後，以增加肩峰與肱骨之間的空間。在肩峰以下相對較細的位置，相信是需要以球拍來進行運動的運動員和游泳運動員感到肩膊疼痛的潛在成因。

結論

不同的臨床研究顯示，在物理治療的範疇中，運動包紮是相當有用的。配合其他物理治療方法，運動包紮容許我們的運動員在減低病徵的情況下得以繼續接受訓練和比賽。正確運用運動包紮已成為一種有用及有效的方法來幫助我們的運動員徹底康復和痊癒。體院的運動物理治療師對運動包紮具備廣泛的經驗，並已善加利用此優勢來幫助香港運動員進行訓練、預備比賽和康復。

afferent (input) information from cutaneous mechanoreceptors and so alter the perception of an applied external pressure over cutaneous tissues. In other words, taping can change the skin's response to stimuli to exert an influence on pressure pain tolerance.

Based on this evidence, sports physiotherapists at the HKSI will use taping to unload painful structures, improve faulty biomechanics and related neuromuscular changes. For example, Fig. 5 shows how to apply taping to unload the fat pad, which is one of the most pain-sensitive structures in the knee. For athletes whose sport involve significant jumping activity, this is particularly useful as it appears that the fat pad, rather than the patellar tendon, may be the source of the primary pathology. In Fig. 6, the aim of the taping is to lift the anterior aspect of humeral head up and back which increases the space between the acromion and the elevating humerus. The relative smaller space underneath of acromion is suggested to be one of potential causes of shoulder pain in racket sport athletes and swimmers.

Conclusion

Various clinical studies have shown that taping is useful in physiotherapeutic management. Taping, coupled with other physiotherapy techniques, has allowed our athletes to continue training and competing with reduced adverse symptoms. Correct application of taping has been a useful and efficient adjunct in helping our athletes as part of their rehabilitation to full recovery. Sports physiotherapists at the HKSI have extensive experience in taping techniques and have taken advantage of this to help Hong Kong's athletes in their training and competition preparation, as well as in rehabilitation.

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中國手法治療在運動訓練比賽中的應用

The Application of Chinese Manual Therapy in Sports Training and Competitions

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HKSI: Chinese Medicine Coordinator, Xu Zheng Zheng

定義 Definition

手法治療是通過治療師的手或其他可用力部位(即施力點)對患者身體某部位作出機械性的物理刺激，促使人體對該等刺激產生局部或全身生理、生化的反應而達到治療的目的，屬於一種自然療法。手法治療對人體產生局部或全身的治療效果主要是由於它刺激體液(血液、淋巴及關節液)循環、改善人體新陳代謝、加速創傷癒合和疾病康復；此外，在運動訓練中還可以加速消除疲勞和預防運動創傷，以提高訓練成效。

Manual therapy is a form of therapy based on the theory that the body responds physiologically and bio-chemically to forceful physical stimulation of specific parts of the body by the therapist. It is a kind of natural therapy. The major medical benefit of manual therapy is to improve metabolism, and facilitate recovery from physical trauma and illness through boosting body fluid (blood, lymph and joint fluid) circulation. When applied in sports training, manual therapy can quickly relieve fatigue and help prevent sports injury, thus enhancing training effectiveness.

手法治療的作用

舒筋活絡：《靈樞·經脈》指出，「經脈者，所以決生死，處百病，調虛實，不可不通。」、「通則不痛，痛則不通。」說明疼痛即經絡不通。手法治療就是根據此原理，推經絡、按穴位，使經絡暢通，消除疼痛，達到治療目的。

現代競技體育訓練往往負荷過度，運動員身體出現長期的慢性勞損乃十分普遍的現象，往往表現為經絡不通的徵象，所以手法治療在世界各地都受到運動員歡迎。

理筋整復：通常指骨折、關節脫位的整復處理，也包括所謂「筋跳槽」，即肌腱、肌肉、神經和筋膜等組織位置異常。

活血化癥：在急性損傷中，組織會出現出血、水腫、滲出等情況，手法治療可以加速腫脹消退，促進血液循環，有效清理局部代謝廢物，提高局部營養供應，加速受傷組織修復再生，減少粘連和疤痕形成。

消除疲勞：保持運動後肌肉、肌腱和韌帶等組織的血液供應，加速排除乳酸等引起疲勞的代謝廢物，增加合成蛋白、糖原合成物質供應。

Functions of Manual Therapy

Relaxing Muscles and Tendons and Activating Collaterals: According to the classic text of Chinese medicine "Lingshu (The Vital Axis)", meridians are for diagnosis and evaluating outcome. They also function to restore balance which has been disrupted by disease. Chinese medicine holds that pains and aches are mainly due to meridian blockages. Manual therapy applies different manual techniques to acupoints to promote the flow of circulation, decrease blockage and stagnation in the meridian system, and thus reduce pain.

Modern high performance competitive sports training, requires frequent overloading of the body and chronic straining can become a common problem for athletes resulting in clogged flow of circulation. Manual therapy is therefore popular among athletes all over the world who share the common symptoms associated with meridian blockages.

Massaging Soft Tissue and Promoting Healing: Manual therapy can restore normal alignments of muscles, tendons or fractured bones and reduce joint dislocation or subluxation (partial dislocation).

Promoting Blood Circulation by Removing Stasis: Manual therapy when appropriately applied can decrease swelling, improve blood and lymph circulation, and effectively remove partial metabolic wastes. By improving nutrient supply to certain body parts, manual therapy can boost the healing process of injured tissue, and reduce tissue adhesion and scar formation.

Relieving Fatigue: Manual therapy improves post-exercise blood circulation in tissues like muscles, tendons and ligaments. It enhances the removal of metabolic wastes, such as lactic acid, and increases the supply of synthesised protein and glycogen compound.

Basic Elements of Manual Therapy

Different schools, styles, techniques and procedures of manual therapy have been developed worldwide. In China, over 460 kinds of manual techniques from different schools are recorded in "The Complete Guide of Manual Therapy in China". There is now general consensus that force, frequency and the direction of the applied force are the three basic elements of manual therapy regardless of which technique is adapted. Manual therapy essentially involves the manipulation of different combinations of these three basic elements.

Force: The amount of pressure applied to the patient's body part(s) by the therapist includes both absolute force and force per unit area (i.e. intensity of pressure). The latter is more significant in determining the intensity of force. Thus, the size of the area of the force applied on the body determines the intensity of pressure. Being the foremost essential element of the manual therapy, appropriate force is the key to successful treatment. Intensity of the force applied varies among different individuals, conditions and according to the specific nature of the injured tissue. Gentle force must be applied when working with the elderly, children, patients

手法治療的基本要素

手法治療在世界各地使用過程中，形成許多不同的流派和風格、五花八門的手法技巧和操作。《中國手法大全》一書便記載了460餘種中國各地各派手法。儘管如此，通過研究，我們發現不論使用甚麼手法，手法治療都離不開力度、頻率和用力方向這三個基本要素，只要掌握這三種要素的不同編配和組合，自然能夠在治療實踐中得心應手。

力度：治療師施力點於患者受治處的力量大小。力度大小包括絕對力量和單位面積壓力（即壓強），後者意義更大，而施力點的大小決定壓強強弱。作為手法治療的第一要素，合適的力度很大程度決定了治療的效果。力度需因人而異、因症而異、因受傷組織而異。對待老年、年幼、體質虛弱及急性傷患或診斷未明者，一定要以輕柔力度；對身體強健、慢性傷患和診斷明確者，則可施以強力刺激。大塊的肌肉採用大面積的力量作用，肌腱、韌帶和骨膜則要壓強大而面積小的點刺激。

頻率：完成一個單一動作所需要的時間，或每分鐘能完成治療動作的次數。按照中醫理論，緩慢為補，急促為瀉；以現代生理學研究的說法，快速的短暫刺激可以使人興奮，舒緩性質的長時間按摩有抑制作用。在日常治療中需要特別注意分辨不同疾病或創傷的部位、急慢性質；在運動員保健中，我們還要根據訓練、比賽前後、大運動量集訓和調整恢復期等不同情況採取不同的手法治療。

用力方向：治療師施力於患者身體上的用力指向或與身體、組織和器官產生位移的運動方向。力度大小一樣，但由於用力指向各異，便會產生截然不同的效果。例如垂直指向的壓法有放鬆效果，切線作用的刮法可以消炎；此外，與身體、組織軸向不同位移方式亦會產生兩種完全不同效果的治療手法，順沿身體、組織長軸的推法舒緩溫和，達至極佳的放鬆效果；橫過身體、組織長軸的彈撥法容易引起刺激，常用作處理嚴重的慢性損傷。

合適的力度配合不同的頻率，在一定用力方向進行規律性的按摩動作，因而演繹出各種不同的手法及流派，從中體現了中醫治療理論和哲學，也是形成不同治療效果的關鍵。故此，選用恰當的手法處理不同年齡、性別，不同組織、部位，不同受傷性質和程度的病人是十分重要的。

中國手法治療應用於運動員的情況

競技運動員在訓練和比賽過程中所承受的負荷往往達到人體極限，而在有身體接觸的運動項目、危險性器械項目中還會有更高的意外風險，所以運動員出現傷病的可能性和嚴重性較一般人高。此外，在訓練和比賽中，治療師必須配合教練的計劃，受到許多方面的制約和限制，這樣對運動手法治療的要求便更高。我們在長期服務運動員的過程中，總結出一套簡潔、明瞭、實效的運動手法治療方法，本文將加以介紹。

with acute injury or unknown diagnosis. On the contrary, strong stimulation can be applied to patients with strong physique, chronic conditions and a clear diagnosis. Force can be applied on a larger area for large muscle or on a smaller area with greater pressure for tendons, ligaments and the periosteum (the thick fibrous membrane of connective tissue covering the entire surface of a bone except for its articular cartilage, which serves as an attachment for muscles and tendons.)

Frequency: Frequency refers to the time required to complete a single movement, or the number of movements that completed per minute. In traditional Chinese medicine, manual therapy can produce tonifying and purging effects on the meridian system. Generally speaking, tonifying techniques refer to low frequency, long duration, light force applied along the route of meridians, which stimulates and strengthens the human body. On the contrary, high frequency, short duration, high force stimulation applied in the opposite direction to the meridians is known as purging technique, which restrains and tranquilises the body. In the modern study of physiology, high frequency and short duration stimulation induces excitement while low frequency and long duration stimulation induces suppression. In regular treatments, the therapist must pay special attention to identify different conditions and injured body parts, and differentiate acute from chronic conditions. In fostering athletes health, we must adopt different approaches to cater for their different needs in various situations like training, pre- and post-competitions, high intensity training, recovery, training adaptation period, etc.

Direction of force: This refers to the direction of force applied on the patient's body or the direction of movement applied against the body, tissues and organs. Using the same amount of force but towards different directions produces different effects. For examples, vertical pressure relaxes the body while horizontal scraping reduces inflammation. In addition, different directions of movements against the body or tissues induce completely different effects. Pushing along the axis of the body or tissues produces an optimum relaxation effect. Plucking and yanking across the axis of the body or tissues stimulates the body which is effective for serious chronic injury.

According to Chinese medicine theory and philosophy, the combination of varied force, frequency and direction of force produces different effects on the body. All these elements are crucial in determining the effectiveness of the treatment. In conclusion, it is extremely important to choose the appropriate manual therapy technique to deal with patients of different ages and gender. The technique chosen will also depend on the specific tissue, body parts, and the nature and level of the injury.

Chinese Manual Therapy for Athletes

Athletes participating in competitive events often push their bodies to the human limit during the course of training and competition. Those participating in contact sports and events using equipment have an even higher risk of accidents. Therefore, the likelihood and severity of injuries among athletes may be much higher than among common ordinary people. Besides the therapists are facing numerous restrictions and limitations as they have to adjust their treatment with regard to coaches' plan amid training and competitions, thus posing demand for higher standard of manual therapy. Based on our years of experience in treating elite athletes, we summarise briefly in this article a set of effective methods of sports manual therapy.

運動手法治療的基本手法

(1) 診斷性手法：摸法

治療師用指端、指腹、全指(多用拇指)、掌根、全手掌面、肘、足和足根等部位，在患處及其周圍作由淺入深、由輕至重，先仔細地摸動，找出損傷的真實迹象，判斷損傷的程度和性質，再選用適當的治療手法。治療師在不同身體部位應用摸法的情況如下：

- 皮膚及皮下：溫度、彈性(張力)、破損、腫脹和腫物。
- 肌肉(肌腱)及韌帶：溫度、彈性(張力)、痙攣、萎縮、部份斷裂的腫脹、全部斷裂的凹陷、條索、節結、疼痛、彈響和脫位。
- 骨及關節：溫度、活動範圍(受限、過伸)、腫脹(出血、積液)、骨折和脫位。

摸法的作用

- ◆ 判斷損傷的中心部位的深淺、範圍的大小及損傷的性質。結合其他檢查最後確診損傷在皮膚、肌肉、肌腱、韌帶、關節囊、骨膜、骨折和脫位等。
- ◆ 依據損傷判斷選擇合適的治療方法，如急性者只能點壓，肌肉可揉、捏、推、壓，肌腱、韌帶可用捏、掐、刮等。
- ◆ 通過治療前後的變化，判斷治療效果，調整治療方法。

Basic Techniques of Sports Manual Therapy

(1) Manual diagnostic techniques: Palpation

The therapist touches the injured and surrounding area carefully with his/her fingertip, finger pad, the whole finger (mostly thumb), pisiform (the small round bone on the outer edge of the wrist), the whole palm, elbow, foot and heel. Force is applied from the surface deep into the skin, from gentle to strong, which enables the therapist to identify the real signs of injury and to judge the level and nature of injury. Then, appropriate treatment techniques are chosen. The therapist seeks to evaluate the following elements using palpation:

- In skin and subcutaneous tissue: temperature, flexibility (tension), disrepair, swelling and tumors.
- In muscles (tendons) and ligaments: temperature, flexibility (tension), spasm, atrophy, swelling from partial tear, separation from complete tear, cord-like tissue, nodules, pain, noisy joint and dislocation.
- In bones and joints: temperature, range of motion (hypomobile, hypermobile, accessory movement), swelling (bleeding, effusion), fracture, subluxation and dislocation.

Functions of Palpation

- ◆ Determines the depth, size and nature of the injury. In combination with other tests to determine the location of the injury, whether it's on the skin, muscles, tendons, ligaments, joint space, periosteum, fracture, subluxation and dislocation, etc.
- ◆ Choose the appropriate treatment methods based on the diagnosis. Press with finger on patients with acute injury. Kneading, pinching, pushing and pressing can be applied on muscles while other techniques like pinching; fingertip pressing and scraping can be applied on tendons and ligaments.
- ◆ Evaluate the treatment response and adjust it accordingly.

(2) 定位作功手法 Fixed-point manual techniques

指施力點相對固定在身體某一部位，不發生位移的按摩手法，如揉法、壓法、掐法和捏法。

Pressure is applied on a relatively fixed-point of the skin and there is no movement between the contact areas. Examples are kneading, pressing, fingertip pressing and pinching.

揉法：治療師用施力點(如拇指、掌根、全手等)在所醫治的組織部位上作規律的環形揉動。適用於皮膚、皮下和肌肉。

Kneading: Rhythmic circular movement (using therapist's thumb, pisiform and the whole palm, etc.) is suitable for skin, subcutaneous tissue and muscles.



壓法：治療師用施力點(如拇指、掌根、拳、肘、膝、足等)在所醫治的組織部位上垂直用力，可重複操作。適用於深層肌肉、韌帶和肌腱。

Pressing: Repetitive vertical force (using therapist's thumb, pisiform, fist, elbow, knee and foot, etc.) is applied on deep muscles, ligaments and tendons.



掐法：治療師用一個或兩個施力點(通常用手指指尖)對所醫治的組織作重複的點刺激。適用於肌腱、韌帶和骨、骨膜，特別是肌腱和骨的接合部位，即末端。

Fingertip pressing: Repeated pointing stimulations (usually using fingertip) applied on one or two points of the injured body part is suitable for tendons, ligaments, bones, periosteum and the insertion point of the tendon in particular.



捏法：治療師用兩個施力點(拇指對食指、拇指對其他四指，兩手相對等)，在所醫治的組織上作規律的相對捏動。適用於皮下、肌肉和肌腱。

Pinching: Rhythmic alternate pinching (using therapist's thumb and index finger, thumb and the other four fingers as well as left and right palms) on two points is suitable for subcutaneous tissue, muscles and tendons.



定位作功手法的作用

- ◆ 軟化皮膚、肌肉，增強肌肉、韌帶的柔軟性和彈性。
- ◆ 散瘀血，解痙攣 (包括瘀血塊和肌肉、肌腱、韌帶的硬結)。
- ◆ 減緩疲勞、消除肌肉痠痛、無力。
- ◆ 白復位，斷骨對位。

定位作功手法的注意事項

- ◆ 治療師施力點和患者受力處之間不可移動，否則容易傷害皮膚，輕則疼痛，重至破損。
- ◆ 用力應適當，宜柔中帶剛；用力過大或過猛都容易令患者身體受傷。
- ◆ 急性損傷並帶有出血、腫脹等症狀者禁用此法，因容易再次引致出血，促使腫脹加劇。
- ◆ 揉法和掐法在某局部位置過久時，容易引起腫脹、出血。
- ◆ 用力要均勻。

Functions of fixed-point manual techniques

- ◆ Enhance the flexibility and tensile strength of muscles and ligaments.
- ◆ Reduce bruising; decrease spasm (including blood stasis, induration (hardening) of muscles, tendons and ligaments).
- ◆ Relieve fatigue; eliminate muscle soreness and weakness.
- ◆ Restore joint dislocation and align fractured bones.

Notes to fixed-point manual techniques

- ◆ Make good contact with the skin and do not slide over it, excess friction will cause skin breakdown.
- ◆ Force should be firm but gentle, abrupt or strong force may cause body injury.
- ◆ Should not be applied on acute injuries with bleeding or highly swollen tissues as it may cause bleeding and aggregate the swelling.
- ◆ Kneading and fingertip pressing on a position for too long leads to swelling and bleeding easily.
- ◆ Force should be applied evenly.

(3) 位移作功手法 Moving-point manual techniques

指施力點作用時，沿特定方向在身體某一區域移動的按摩手法，如推法、刮法、彈法和撥法。

Massage methods, such as pushing, scraping, plucking and yanking, where force is applied onto a certain area of the body towards a specific direction are known as moving-point manual techniques.

推法：治療師用施力點 (如拇指、掌根、拳、手、肘、足等) 在所醫治的組織部位上，向所需要的方向有規律地推動。適用於皮下、肌肉、韌帶和肌腱。

Pushing: Rhythmic pushing towards the direction required (using therapist's thumb, pisiform, fist, palm, elbow or foot, etc.), which is suitable for injured body parts like subcutaneous tissue, muscle, ligaments and tendons.



刮法：治療師用施力點 (如拇指指甲、指端、錢幣或其他刮具等) 在所醫治的組織部位上，向所需要的方向 (通常順着汗毛) 有規律地刮動。適用於皮膚、皮下、肌腱、韌帶、骨和骨膜，特別是肌腱和骨的接合部位，即末端。

Scraping: Rhythmically scrape the injured area in a specific direction (usually along body hair orientation, by using thumb-nail, fingertip, coin or other scraping tools). This is suitable for injured body parts like skin, subcutaneous tissue, tendons, ligaments, bones, periosteum and the insertion point of the tendon.



彈法：治療師用施力點 (如拇指和肘尖等) 適當用力，把被彈的肌肉、肌腱快速地提、拉、彈開原來位置後，再放開，讓彈出的組織迅速地回復原位，如撥動琴弦。適用於深層肌肉、韌帶和肌腱。

Plucking: Plucking can be used for deep muscle, ligament and tendon. The treating muscle and tendon are being picked, pulled and plucked quickly, and then released to spring back to original position, which resembles the action of plucking string on an instrument.



撥法：治療師用施力點 (如拇指和肘尖等) 在所醫治的組織部位上，用力達到所需要的深度，並以特定的方向把病變組織 (通常是橫向的) 撥動離開原來位置，再往返撥動。適用於粘連的肌肉、韌帶、肌腱和疤痕部位。

Yanking: Yanking is suitable for body parts like, muscle, ligaments and tendon adhesion and scars. Apply pressure (with thumb or olecranon of elbow) to reach the required tissue level, and rub it back and forth (usually transverse to the soft tissue fibers) in order to break the adhesion and thickening.

位移作功手法的作用

- ◆ 分散肌肉、肌腱僵硬的結塊、條索，撥開粘連的組織。
- ◆ 消除局部疲勞(向心方向)、祛癢止痛。
- ◆ 刺激局部，解除麻木(患皮神經損傷者)。
- ◆ 推法有整形復位、骨折對合之效。
- ◆ 全身推可解熱(離心方向)、鎮靜。

位移作功手法的注意事項

- ◆ 據患者體質、傷病的性質、程度和受傷部位大小，及患者對此手法的適應能力來決定選用哪一種手法，其力度應由小逐漸加大，確保患者不會出現不良反應。
- ◆ 治療時，施力點與患者的皮膚應盡量避免摩擦，以防止患者於治療後感到皮膚疼痛或受到擦傷。
- ◆ 避免指甲或器具傷害患者。

(4) 輔助作用手法

如搖抖法、敲打法和牽拉法均對主要治療手法起輔助作用，如治療前的牽拉可以增加組織的彈性、關節的活動範圍。採用抖動、敲打等輔助作用手法猶如運動訓練的準備和整理活動，有助鬆弛組織、關節及全身。

運動按摩手法診斷

運動按摩手法治療是結合中醫推拿和西醫非手術治療的長處發展而來的。對於運動創傷的診斷一直以來都是以影像學(如X射線檢查、電腦掃描、磁力共振、放射和超聲波映像等)、化驗、機能評定，以及生物力學分析等等先進醫療技術為主。然而手法治療在不能觀察的情況下便要盡量靠手摸方法處理。好的治療效果必須配合準確的手法診斷，即以摸法來判斷，手感是當中的靈魂，治療師除了要具備天份外，還要長期細心體驗及作個案比較。肌肉、肌腱、韌帶筋膜、神經，甚至關節，具有一定的張力和均勻度，優秀運動員的軟組織手感呈以下特性：

軟組織的正常手感

- 肌肉** : 飽滿而富有彈性、健壯而綿軟、質地均勻和邊界清晰。
- 肌腱** : 堅韌有力、纖維均勻和邊界明顯。
- 韌帶筋膜** : 緊密結實、平整纖薄，以不能觸及為佳。
- 關節** : 外形清秀、不腫不腫和活動自如。

軟組織的疲勞手感

- 肌肉** : 肌肉張力增加，彈性下降是肌肉疲勞常見表現，並且出現明顯痠痛跡象；慢性疲勞會出現肌肉張力下降，壓痛不明顯，需要與外周神經損傷鑑別。

Functions of moving-point manual techniques

- ◆ Break down the nodules, fibrotic and calcified tissue along the muscle and tendon. Softens adhesion and scarring.
- ◆ Eliminate localised fatigue (apply force towards the heart), and relieve soreness and pain.
- ◆ Localised stimulation relieves numbness and paraesthesia (abnormal skin sensations with peripheral nerve damage).
- ◆ Pushing has positive effect on realignment of joints; it can also help in closed reduction of fractures.
- ◆ Whole body pushing (the application of force away from the heart) has a cooling down and calming effect.

Notes to moving-point manual techniques

- ◆ The choice of manual techniques is based on the patient's physique and general health, the nature and severity of injury, the size of the injured area and how well the patient responds to the technique applied. Gradually increase the force applied to ensure no adverse reaction.
- ◆ Avoid friction between the operating hand and patient's skin during the course of massage to prevent skin breakdown.
- ◆ Avoid hurting the patient with fingernails and tools.

(4) Auxiliary manual techniques

Shaking, tapping and pulling techniques play a supporting role in manual therapy. Pre-treatment pulling increases the elasticity of soft tissue and range of motion of joints. Auxiliary techniques like shaking and tapping have a warming up effect to help relax the tissues, joints and the whole body.

Diagnosis using Manual Therapy Techniques

Sports manual therapy is developed from the combination of naprapathy (the branch of manual medicine that focuses on the evaluation and treatment of neuro-musculoskeletal conditions) of Chinese medicine and the strengths of non-invasive therapy of Western medicine. Diagnostic imaging (such as X-ray, CT scan and MRI, radiological and ultrasound imaging, etc.), laboratory tests, functional evaluation and biomechanical analyses, etc. are the major state-of-the-art medical technologies applied in sports injury diagnosis. However, manual therapists rely on the information felt through their hands, and on observation for diagnosis when diagnostic imaging is not available. Effective treatment depends on accurate diagnosis, thus palpation plays a significant role in manual therapy. Muscles, tendons, ligament fascia, nerves and even joints have a certain degree of tension and evenness or smoothness. Based on extensive experience with successful elite athletes, a therapist can expect that soft tissues under palpation will be perceived as follows:

Palpable signs of normal soft tissue

- Muscles** : Plump and resilient, robust and soft, with a smooth, even texture with a clear border.
- Tendons** : Tenacious and strong, fine and even with apparent border.
- Ligament fascia** : Compact and firm, smooth and thin. It is better not to touch ligament fascia.
- Joints** : Well shaped appearance, not swollen, full range of motion.

Palpable signs of fatigued soft tissue

- Muscles** : Increased muscle tension, decreased muscle elasticity and apparent signs of dull pain. Decreased muscle tension without pain on palpation is a common sign of chronic fatigue. However the therapist needs to carefully assess and differentiate peripheral nerve injury from chronic fatigue.

肌腱：常在肌肉疲勞後期出現，腱體變粗，均勻度受損，呈梭形變，與腱圍筋膜粘連，明顯壓痛。

韌帶筋膜：鬆軟變厚，與所附着部位有分離感，可以觸及，有壓痛。

關節：外形改變，有腫脹感，活動緊澀。

軟組織的損傷手感

肌肉：肌肉部分斷裂損傷，肌肉包膜完整，張力增加，彈性消失，劇痛；完全斷裂損傷，肌肉包膜破損，出現外周腫脹、中央塌陷、疼痛；慢性或陳舊損傷可觸及硬結、條索或疤痕等，有壓痛。

肌腱、韌帶：慢性或陳舊損傷主要是疤痕產生粗糙感，有結節、條塊等。

關節：由軟組織(包括軟骨)勞損引起關節疼痛是常見的運動損傷，對運動員影響很大，不少運動員因此退役，故此早期診斷和治療非常重要。關節活動自由度的手感判斷可以察覺關節細小損傷和判別位置，以及檢驗治療效果，比測量關節活動範圍意義更大。

◆ **關節震盪試驗**：在完全放鬆的情況下，快速作出關節被動地自由伸曲，達到極限，感受到關節阻力位和產生疼痛的角度，常用於膝關節、髖關節。

◆ **關節搖擺試驗**：在完全放鬆的情況下，輕力牽拉關節，作出被動的搖擺，感受關節阻力位和疼痛角度，常用於肩關節和肘關節。

骨折的手感

骨折後軟組織有腫脹壓痛，骨折有位移可觸及骨折端和位移畸形，活動肢體有摩擦感或聽到骨擦聲；骨折合併血管損傷，可觸及患處正常血管脈搏減弱或異常搏動；無骨折位移的不全骨折會有局部腫脹和壓痛。

關節脫位的手感

大關節脫位或明顯的小關節脫位憑脫位畸形容易判斷；關節半脫位或關節紊亂時，會出現局部壓痛腫脹，在手法修復時的手感和復位後症狀消失可以應證。

Tendons：Thickened tendons, damaged uniformity, olive-shaped, adhesion of fascia and ligaments, and apparent feeling of pain and tenderness are common signs after the stage of muscle fatigue.

Ligament fascia：Thickened and fluffy, apparent laxity presented, touchable and tender on palpation.

Joints：Deformed, swelling, decreased range of motion.

Palpable sign of the injured soft tissue

Muscles: For partial muscle tears: intact muscle involucre, increased tension, decreased elasticity, excruciating pain. For complete muscle tears: damaged muscle involucre, swollen peripheral tissue, and obvious depression at rupture site, pain. For chronic injury or unrecovered injury: palpable hard nodule, cord-like tissue and scarring, with tenderness.

Tendons and ligaments: For chronic injury or unrecovered injury: palpable nodule, cord-like lump and rough scarring.

Joints: Torn and worn soft tissue and cartilage is a common cause of sports injury, which affects athletes to a large extent. As a matter of fact, many athletes retire because of this reason. Therefore, early diagnosis and treatment is extremely important. Manual assessment of joint flexibility can detect and locate minor injury and subluxation of joint, so as to evaluate the treatment effectiveness. It is much more meaningful than only examining the range of motion.

◆ **Joint shocking test**: When the athlete is completely relaxed, move the joint passively and quickly in all physiological directions to available range. Pay attention to the smoothness of the movements, and where the resistance is and at what range the pain appears. It is commonly used in assessing knee and hip joints.

◆ **Joint swinging test**: When the athlete is completely relaxed, gently pull and swing the joint passively to find where the resistance is and at what range the pain appears. It is commonly applied on shoulder and elbow joints.

Palpable sign of the fractured bone

The soft tissue will be swollen and a pressing pain will be resulted around the fracture site. It is also very tender on palpation. For a minor fracture (crack fracture), there is no displacement and obvious deformities can be observed or palpated. For fractures with displacement or comminuted fractures (in which the separated parts are splintered or fragmented), there are visual deformities and the fracture site can be located by palpation. A sense of friction and noisy bone rubbing can be heard when moving the involved limbs. For fractures associated with vascular injury, weakening pulse on the touchable injured body parts and abnormal pulse will be detected.

Palpable sign of the dislocated joint

It is easy to diagnose big joint dislocation and apparent small joint dislocation by observing the dislocated deformity. For subluxation, there will be localised swelling and it is painful on palpation. The feeling during manual restoration and the decrease in symptoms after restoration justify the effectiveness of the treatment.

運動手法治療的適應與禁忌

運動手法治療適用於一切急性、慢性損傷，以及疲勞消除和體力恢復。施行手法治療，必須結合不同運動項目特點，依據具體的受傷機制對受傷部位、組織和程度做出判斷，並且結合現代醫療手段(X射線檢查、超聲波映像或磁力共振等)，在明確診斷後進行。治療時除了需要依照患者年齡、性別和體質，受傷的嚴重程度區別處理外，還要特別參考訓練計劃和比賽的日程安排來選擇適合的治療。對於嚴重的關節損傷、肌肉肌腱和韌帶斷裂，施行手法治療時便要格外慎重，應採取配合手術治療為主。在有感染發炎、骨質受損破壞(如骨結核、腫瘤)、急性創傷不明診斷，以及神志不清或精神異常的情況下，則要禁止使用手法治療。

Applications and Precautions of Sports Manual Therapy

Sports manual therapy is applicable to all acute and chronic injuries, so as to relieve fatigue and to restore physical strength. In order to make the best diagnosis of injury, it is important to understand the characteristics of different sports. Based on the specific injury mechanism, injury site, involved tissue, intensity of injury, and with the confirmation of modern medical technologies (X-ray, ultrasound imaging or MRI, etc.), the therapist confirms diagnosis and applies the most appropriate manual therapy for the patient. Different treatments for patients of different age, gender, physique and level of injury should be chosen carefully. It is also particularly important to take training programmes and competition schedules into account. For serious joint injuries, muscle, tendon and ligament ruptures, special attention should be paid in applying manual therapy and focus should be placed in conjunction with surgical treatment. For patients with infection, bone loss (such as bone tuberculosis and tumor), acute unknown traumatic diagnosis, unconsciousness or mental illness, application of manual therapy is contraindicated.



援與發展

Support & Development

體院優秀運動員獎勵計劃頒獎典禮 表揚103位獎牌運動員

103 Medallists were Honoured at the HKSI Athlete Incentive Awards Scheme Presentation



▲ 「2006亞運會及遠南傷殘人士運動會體院優秀運動員獎勵計劃」頒獎典禮主禮嘉賓：體院主席李家祥博士（第二排中間）、民政事務局常任秘書長林鄭月娥（第二排右九）及香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻（第二排左五），頒發合共477萬1千港元現金獎勵予這兩項運動會的得獎運動員。

Officiating guests of the "HKSI Athlete Incentive Awards Scheme for the Asian Games & FESPIC Games 2006" Presentation: Dr Eric Li (second row, middle), Chairman of the HKSI, Carrie Lam (second row, ninth from right), Permanent Secretary for Home Affairs, and Jenny Fung (second row, fifth from left), Chairman of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled present a total of HK\$4,771,000 cash incentives to the medallists of these two Major Games.

香港運動員去年在第十五屆亞運會和第九屆遠東及南太平洋區傷殘人士運動會（遠南傷殘人士運動會）取得驕人成績，分別奪得6金12銀10銅及25金30銀25銅共108面獎牌，而他們在今屆亞運會所取得的金牌及獎牌數目更是歷屆之冠，成績令人鼓舞。

為表揚在兩項賽事中獲獎的運動員，體院舉辦優秀運動員獎勵計劃，以現金獎勵他們的傑出表現，頒獎典禮及午宴已於一月二十七日舉行。

Hong Kong athletes achieved many outstanding results at the 15th Asian Games and the 9th Far East & South Pacific Games for the Disabled (FESPIC Games) last year, winning a haul of 108 medals including 6 gold, 12 silver and 10 bronze, and 25 gold, 30 silver and 25 bronze respectively. The number of medals and, in particular, gold medals captured at the Asian Games was the best-ever performance by the Hong Kong team. And quite rightly, those successes have now been duly rewarded.

The HKSI organises the Athlete Incentive Awards Scheme to encourage and recognise athletes' achievement by providing cash awards to medal winners at the two Major Games. The Presentation Luncheon was held on 27 January.



在頒獎典禮上，體院共頒發477萬1千港元現金獎勵予103名成績超卓的香港運動員，包括42名亞運會和61名遠南傷殘人士運動會獎牌得主。主禮嘉賓包括體院主席李家祥博士、民政事務局常任秘書長林鄭月娥、中國香港體育協會暨奧林匹克委員會會長霍震霆議員及香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻；另有200多位運動員、教練、體育總會代表及政府官員出席，一起分享運動員所取得的榮譽和喜悅。

香港運動員所獲得的讚許不單是他們在兩個大型運動會所取得的獎牌突破，而年輕運動員的出色表現更令人驚喜，成為一時佳話。他們的卓越表現廣泛被大眾媒體報道，市民對香港運動員的體育精神和努力都留下深刻印象。

體院主席李家祥博士於頒獎典禮上讚揚香港運動員一直以來為本地體壇所作出的貢獻。他說：「我們的運動員付出了無比的努力和犧牲，令香港能躋身亞洲兩大主要運動會的獎牌榜上，值得受到認同和嘉許。他們成功背後全賴教練們專業和用心的訓練計劃，使運動員得以在最佳狀態下比賽，故此我們也要向勞苦功高的教練致敬。現在距離北京奧運會和傷殘人士奧運會僅20個月，我絕對相信我們的運動員會竭盡全力、全情投入地備戰，並在比賽場上發揮崇高的體育精神和拼勁。」

在頒獎典禮上，體院特地致送紀念品予各體育項目的教練和支援人員，以答謝他們為運動員及體壇所作的貢獻，當中包括一套兩冊、印製精美的獎牌精英集，展現了運動員在這兩次比賽場上的運動照片，別具紀念價值。

The HKSI granted a total of HK\$4,771,000 to the 103 medallists, of whom 42 won at the Asian Games and 61 at the FESPIC Games. Officiating guests at the Presentation included Dr Eric Li, Chairman of the HKSI, Carrie Lam, Permanent Secretary for Home Affairs, the Hon Timothy Fok, President of the Sports Federation & Olympic Committee of Hong Kong, China, and Jenny Fung, Chairman of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled. About 200 athletes, coaches, representatives from National Sports Associations, as well as Government officials attended the Ceremony to honour our athletes.

It wasn't just the medals won at the two Major Games which attracted so much praise, but also the outstanding performance of many young athletes. Their excellent performances were widely broadcast in the media, and the public have clearly been impressed by their sporting spirit and their hard work.

At the Ceremony, Dr Eric Li, Chairman of the HKSI, paid tribute to Hong Kong's athletes for their continued commitment towards sporting excellence. "It is fitting that we should recognise and reward our athletes for all their hard work, and the sacrifices they have made to put Hong Kong on the sporting map at these two Major Games in Asia. Special mention should also go to our coaches who have worked tirelessly, and played a pivotal role in getting our elite athletes in their best physical condition for these two Major Games. With the Beijing Olympics and Paralympics only 20 months away, I am certain our athletes will continue to perform to the very best of their abilities, displaying their true spirit, commitment and passion," he said.

At the Ceremony, the HKSI thanked all coaches and support staff who contributed to the major successes at these two Major Games by presenting each sport with a souvenir. Two commemorative brochures displaying photos of our athletes at the two Major Games were also distributed as mementoes to every guest at the Ceremony.

▼ 運動員與教練及體育各界代表聚首一堂，出席體院優秀運動員獎勵計劃頒獎典禮及午宴。

Athletes, coaches and representatives from sports arenas attend the HKSI Athlete Incentive Awards Scheme Presentation Luncheon.



得獎運動員心聲

葉焯延：「在賽事中取得亞軍獎項真的感到意外，亦覺興奮，感謝教練的協助和指導，我會繼續努力，爭取入圍2008北京奧運會。」

Yip Pui-yin, "I was surprised and excited to have clinched the silver medal at the Games. I am so grateful for the help and guidance from the coach. I will continue to work hard, and can't wait to compete at the 2008 Beijing Olympic Games."

王晨：「能夠得償所願，在亞運會取得金牌，我感到光榮和興奮，多謝教練悉心的指導，讓以最佳狀態上陣，全面發揮水準。」

Wang Chen, "I am honoured and thrilled to have won a gold medal at the Asian Games. My dream has come true. A big thanks to my coach who gave me the best possible preparation to perform at my best."

梁舒恒：「得獎很開心。」

Leung Shu-hang, "I am really happy to win the medals."

張敬煒：「賽前完全沒有想過自己可取得金牌或獎項，有點做夢的感覺，真是十分興奮！」

Cheung King-wai, "I never dreamed before the Games that I might win the gold medal. I feel tremendously happy and excited."

陳潤韜：「對我來說，比賽獲獎是一種肯定，希望今年繼續努力，爭取好成績。」

Chan Yun-to, "The award was a recognition for me. I hope I can continue to work hard, and to strive for good results."

黃金寶：「在亞運會再次獲獎，我感到十分高興，但最值得興奮的是，看到隊友獲獎。」

Wong Kam-po, "I am delighted to be an award winner once again at the Asian Games. But the happiest memory for me was my team mate's success."

陳敬然：「因為備戰充足，所以臨場發揮相當好，而運動心理學家的輔助亦十分奏效。」

Chan King-yin, "Thanks to my excellent preparation, I performed well throughout the Games. And the assistance of the sports psychologist helped a lot, too."

李嘉文：「比賽獲獎與否須配合很多因素，更要克服比賽時沈重的心理壓力，我期望繼續爭取機會，超越自己的成績。」

Lee Ka-man, "Many factors determine how successful you can be in a competition. And the athlete also has to overcome considerable stress during the Games. I hope I can do even better in the future."

余翠怡：「很高興可以得到好成績，希望自己繼續努力，在大型比賽中創出更好成績。」

Yu Chui-ye, "I am so pleased with the results, I hope I can strive for even better results in other sports events."

周梓淇：「港隊成績較以往好，令人欣喜。」

Chow Tsz-ki, "It is terrific that we made progress compared to last year."

黑志宏：「比賽獲獎，表現受認同，感到十分開心，教練針對性的指導使我揚長補短，技術得以充份發揮，我會再接再厲，希望成績更上層樓。」

Hei Zhihong, "I feel happy that this award has recognised my performance at the Games. The tailor-made training programme designed by the coach let me perform well at the Games. I want to do even better in the future."

李致和：「能夠為香港爭取殊榮，我感到十分開心。」

Lee Chi-wo, "It makes me so happy to achieve glory for Hong Kong."

陳蕊莊：「我會繼續努力，絕不鬆懈。」

Chan Yui-chong, "I will continue to work hard all the time."

張志偉：「很開心可以獲獎，多謝教練悉心指導。」

Cheung Chi-wai, "I am most grateful for the awards. Thanks to my coach."



Sharing from the Coaches

教練心聲

體院羽毛球總教練陳智才：「葉婉廷和王晨在今次賽事都有超水準發揮，可以用『輕裝上陣、創造奇蹟』來形容兩人在今屆亞運會表現。我們檢討賽果，再研究如何加強球隊整體實力。」

Chan Chi-choi, HKSI Head Badminton Coach, "Yip Pui-yin and Wang Chen performed brilliantly at the Games, we can describe it as 'playing without fear and that created the miracle'. We will now evaluate all the results and work out how we can further strengthen the Hong Kong badminton team."

體院滑浪風帆總教練艾培理：「三位運動員都全情投入，積極備戰，每天接受艱苦訓練，最後得到理想成績，令我十分感動。對我來說，當然希望他們能夠延續這種積極投入的態度，以應付日後的大型賽事。」

Rene Appel, HKSI Head Windsurfing Coach, "Our three athletes impressed me most with their total dedication and commitment to their preparations for the event. They trained very hard every day, and made excellent progress as a result. I am of course hoping that this dedication will continue as we look forward to the upcoming Major Games."

體院單車總教練沈金康：「黃金寶和張敬煒分別在賽事中獲勝，證明香港單車運動後繼有人，新人潛質優厚，希望政府日後能分配更多資源協助發展單車運動。」

Shen Jinkang, HKSI Head Cycling Coach, "Both Wong Kam-po and Cheung King-wai won at the Games, proving that there is much potential in the Hong Kong team. I hope the Government will back up our efforts and capabilities by setting aside more resources for the development of cycling."

體院乒乓球總教練惠鈞：「港隊表現理想，賽前全面的準備功夫是關鍵所在，尤其李靜，臨場發揮有大將風範。」

Hui Jun, HKSI Head Table Tennis Coach, "The Hong Kong team performed well at the Games. Comprehensive preparations have been the key to this success. And Li Ching also performed brilliantly during the competitions."



「2006亞運會及遠南傷殘人士運動會體院優秀運動員獎勵計劃」頒獎盛況
Prize presentation of "HKSI Athlete Incentive Awards Scheme for the Asian Games & FESPIC Games 2006"



本地體育精英獲「特別獎勵基金」資助近90萬港元

Special Incentive Fund Granted nearly HK\$0.9 Million to HKSI Scholarship Athletes

144位體院獎學金運動員在二零零六年七月至十二月期間在國際賽事取得優異成績，成為「香港體育學院獎學金運動員特別獎勵基金」(「特別獎勵基金」)第二批受惠運動員，共獲頒89萬8千7百港元現金獎勵。

「特別獎勵基金」去年由特區政府轄下弘民基金計劃和葛量洪獎學基金撥款成立，並由體院負責管理，除提供現金獎勵予國際賽事的獎牌得主外，亦會惠及獲得2008奧運會參賽資格的本地精英運動員。

至於這144位來自18個不同項目的運動員中，以劍擊、乒乓球和單車項目獲得最多資助，分別獲頒14萬4千港元、9萬9千2百港元及9萬7千9百港元現金獎勵。受惠運動員包括多哈亞運會及其他國際賽事的獎牌得主，包括羽毛球運動員陳仁傑、王晨和葉焯延、單車運動員張敬煒和黃金寶、劍擊運動員周梓淇、賽艇運動員何銘祥、李嘉文、梁俊碩及駱坤海、壁球運動員趙詠賢、游泳運動員施幸余、乒乓球運動員高禮澤和李靜、三項鐵人李致和、滑浪風帆運動員陳敬然、武術運動員黑志宏、梁家瑋及袁家瑩、健美運動員陳潤韜，以及桌球運動員傅家俊。

剛在2006亞運會奪得一面賽艇銀牌的年輕好手李嘉文高興地表示：「這個基金對運動員來說非常重要，它不只是一種實質的鼓勵及認同，更為我們注入強心針，繼續為本港體壇努力，爭取更好成績。」

現年19歲的葉焯延在數年前決定成為全職運動員，她表示：「該基金為運動員提供現金獎勵和資助，可以減輕我們部份負擔，令我們能夠更全情投入訓練，為日後賽事作好準備。」

「特別獎勵基金」為體院超過700位獎學金運動員而設。這些運動員來自13個精英體育項目、個別精英運動員資助計劃、香港殘疾人奧委會暨傷殘人士體育協會及香港弱智人士體育協會。

體院會根據運動員於二零零六年至二零零九年期間所舉行的國際賽事，包括邀請賽、世界錦標賽及各重要賽事所取得的成績而加以獎勵，預計在四年間發放共900萬港元。

除了剛結束的2006亞運會和遠東及南太平洋區傷殘人士運動會外，亦希望透過此基金協助本地運動員備戰各項即將舉行的重大賽事，包括2007亞洲室內運動會、2008北京奧運會及傷殘人士奧運會、2009全國運動會，以及2009香港東亞運動會。計算第一批受惠運動員在內，此基金在二零零六年度共發放超過226萬港元予體院獎學金運動員。



A total of HK\$898,700, the second payment batch of the HKSI Scholarship Athletes Special Incentive Fund (Fund), has been granted to 144 athletes who returned with excellent results during the period from July to December 2006.

The Fund, administered by the HKSI with financial support from the Government's Facility and Programme Donations Scheme and the Grantham Scholarships Fund, was launched last year with an aim to provide cash incentives to athletes who win medals at various levels of international competitions and attain the qualification for the 2008 Olympic Games.

Of the 144 recipients from 18 sports, athletes from fencing, table tennis and cycling received the highest cash incentives amounting to HK\$144,000, HK\$99,200 and HK\$97,900 respectively. Recipients included medallists of Doha Asian Games and other international sporting competitions such as badminton players Chan Yan-kit, Wang Chen and Yip Pui-yin, cyclists Cheung King-wai and Wong Kam-po, fencer Chow Tsz-ki, rowers Ho Ming-cheung, Lee Ka-man, Leung Chun-shek and Lok Kwan-hoi, squash player Chiu Wing-yin, swimmer Sze Hang-yu, table tennis players Ko Lai-chak and Li Ching, triathlete Lee Chi-wo, windsurfer Chan King-yin, wushu performers Hei Zhihong, Leung Ka-wai and Yuen Ka-ying, bodybuilder Chan Yun-to and snooker player Fu Ka-chun.

Rower Lee Ka-man, who won a silver medal at the 2006 Asian Games, appreciated the additional financial support, saying, "It is not only a recognition of my efforts but also a great morale booster in my quest for excellence in the sporting field."

19-year-old Yip Pui-yin, who decided to train as a full-time athlete a few years ago, said, "It is important that the Fund has eased some of our financial burden, allowing us to concentrate on training and prepare for future competitions."

Athletes under the HKSI's Sports Scholarship Scheme will be benefited from the Fund. It covers more than 700 athletes from 13 elite sports and Individual Athletes Support Scheme, as well as the athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled and the Hong Kong Sports Association for the Mentally Handicapped.

Cash incentives will be disbursed to recipients according to results achieved at international competitions, ranging from invitational events to world championships and Major Games. It provides the athletes a total funding support of HK\$9 million from 2006 to 2009.

Other than the just concluded 2006 Asian Games and the Far East & South Pacific Games for the Disabled, it is also hoped that the Fund can help local athletes better prepare for the coming Major Games including 2007 Asian Indoor Games, 2008 Beijing Olympic Games and Paralympic Games, 2009 National Games and 2009 East Asian Games in Hong Kong. A substantial sum of over HK\$2.26 million has been given out to the HKSI Scholarship Athletes under this Fund in 2006.

115份提名競逐二零零六 滙豐銀行慈善基金 優秀教練選舉殊榮

115 Nominations Received for 2006 Hongkong Bank Foundation Coaching Awards

過去一年，是香港體壇豐收的一年。香港精英運動員在本地及國際體壇屢創佳績，在亞運會的驕人成績更為人津津樂道，而社會近年亦積極推廣社區運動，令愈來愈多人關注運動的重要性。香港纍纍的體壇成就除有賴運動員的努力拼搏，以及各方配合外，背後一群默默耕耘、孜孜不倦的教練更是功不可沒的幕後功臣。

為表揚教練對體壇所作出的貢獻，肯定他們的努力，香港教練培訓委員會自一九九三年開始便每年舉辦滙豐銀行慈善基金優秀教練選舉。今年選舉反應熱烈，並已完成提名階段。主辦機構共接獲來自30個體育項目共115份提名，競逐六組獎項。選舉結果將於二零零七年五月十三日假香港君悅酒店舉行的頒獎禮上公布。

2006 proved to be an excellent sporting harvest for Hong Kong, with our elite athletes achieving excellent results both in Hong Kong and in the international sporting arena. The record-breaking results at the Asian Games became the talk of the town. Coupled with the fact that community sport has been actively promoted in recent years, more and more people are now aware of the importance of regular exercise. All these successful sporting performances rely very much on the commitment and talent of the athletes, and the support of many stakeholders. Nonetheless, they would not be possible without the hard work and dedication of the coaches behind the scenes.

The Hong Kong Coaching Committee has honoured these coaches for their efforts and contribution to sport every year since 1993 through the Hongkong Bank Foundation Coaching Awards. This year, the Awards has received an overwhelming response with 115 nominations in six categories coming from 30 Sports. Results of the Awards will be announced at the Presentation Ceremony to be held on 13 May 2007 at the Grand Hyatt Hong Kong.



二零零六滙豐銀行慈善基金優秀教練選舉 – 候選教練名單
2006 Hongkong Bank Foundation Coaching Awards – List of Nominees

全年最佳教練獎 Coach of the Year Awards	體育項目 Sport
個人項目高級組 Senior athletes, individual sport	
陳沛 Genis Chan	智障人士田徑 Athletics for the Mentally Handicapped
霍連珠 Fok Lin-chu	智障人士田徑 Athletics for the Mentally Handicapped
葉啟德 Yap Kai-tak	智障人士田徑 Athletics for the Mentally Handicapped
潘健侶 Poon Kin-lui	傷殘人士田徑 Athletics for the Physically Disabled
何一鳴 He Yiming	羽毛球 Badminton
李世琛 Li Sai-sum	健美 Bodybuilding
沈金康 Shen Jinkang	單車 Cycling
白勵 Chris Perry	賽艇 Rowing
蔡玉坤 Choi Yuk-kwan	壁球 Squash
崔小燕 Cui Xiaoyan	智障人士乒乓球 Table Tennis for the Mentally Handicapped
露芙肯特 Ruth Hunt	三項鐵人 Triathlon
艾培理 Rene Appel	滑浪風帆 Windsurfing
團體項目高級組 Senior athletes, team event	
何一鳴 He Yiming	羽毛球 Badminton
王銳基 Wang Ruiji	劍擊 Fencing
蔡玉坤 Choi Yuk-kwan	壁球 Squash
惠鈞 Hui Jun	乒乓球 Table Tennis
崔小燕 Cui Xiaoyan	智障人士乒乓球 Table Tennis for the Mentally Handicapped
鄭兆康 Zheng Kangzhao	輪椅劍擊 Wheelchair Fencing
個人項目青少年組 Junior athletes, individual sport	
王銳基 Wang Ruiji	劍擊 Fencing
蔣潤權 Chiang Yun-kuen	賽艇 Rowing
盧允基 Lo Wan-kei	賽艇 Rowing
甄自強 Yan Tsz-keung	壁球 Squash
張國斌 Cheung Kwok-bun	滑浪風帆 Windsurfing
于立光 Yu Liguang	武術 Wushu
團體項目青少年組 Junior athletes, team event	
王銳基 Wang Ruiji	劍擊 Fencing
于立光 Yu Liguang	武術 Wushu
最佳隊際運動教練獎 Best Team Sport Award	體育項目 Sport
Robin Singh	木球 Cricket
區幼學 Au Yau-hok	手球 Handball
鄭富慈 Cheng Fu-chi	室內單車 Indoor Cycling
Rodney McIntosh	欖球 Rugby
傑出貢獻獎 Distinguished Services Award for Coaching	體育項目 Sport
周昇豪 Lal Jayasinghe	木球 Cricket
楊華照 Yeung Wah-chiu	手球 Handball
黃志偉 Wong Chi-wai	賽艇 Rowing
陳志文 Chan Chi-man	跆拳道 Taekwondo
露芙肯特 Ruth Hunt	三項鐵人 Triathlon
于立光 Yu Liguang	武術 Wushu
最佳教練培訓工作者獎 Coach Education Award	體育項目 Sport
周昇豪 Lal Jayasinghe	木球 Cricket
何淑婷 Ho Shuk-ting	手球 Handball
朱兆光 Chu Siu-kwong	拯溺 Life Saving
曾浚庭 Tsang Chun-ting	拯溺 Life Saving
盧允基 Lo Wan-kei	賽艇 Rowing
黎厚盛 Lai Hau-shing	跆拳道 Taekwondo
溫樹華 Wan Shu-wah	三項鐵人 Triathlon
蘇森友 So Sum-yau	滑浪風帆 Windsurfing
羅健強 Law Kin-keung	武術 Wushu
精英教練獎 Coaching Excellence Awards	體育項目 Sport
陳沛 Genis Chan	智障人士田徑 Athletics for the Mentally Handicapped
霍連珠 Fok Lin-chu	智障人士田徑 Athletics for the Mentally Handicapped
葉啟德 Yap Kai-tak	智障人士田徑 Athletics for the Mentally Handicapped
蔡喜達 Choi Hei-fung	傷殘人士田徑 Athletics for the Physically Disabled
潘健侶 Poon Kin-lui	傷殘人士田徑 Athletics for the Physically Disabled

陳智才 Chan Chi-choi	羽毛球 Badminton
陳守信 Chan Sau-shun	羽毛球 Badminton
何一鳴 He Yiming	羽毛球 Badminton
劉志恆 Liu Zhiheng	羽毛球 Badminton
鄭昱閏 Zheng Yumin	羽毛球 Badminton
馬子為 Ma Chi-wai	傷殘人士羽毛球 Badminton for the Physically Disabled
郭克榮 Kwok Hart-wing	硬地滾球 Boccia
梁艷芬 Leung Yim-fan	硬地滾球 Boccia
潘俊傑 Poon Chun-kit	硬地滾球 Boccia
李世琛 Li Sai-sum	健美 Bodybuilding
Robin Singh	木球 Cricket
沈金康 Shen Jinkang	單車 Cycling
Andras Decsi	劍擊 Fencing
Tahir Kamil Hakimov	劍擊 Fencing
何泰順 He Taishun	劍擊 Fencing
徐文琛 Tsui Man-sum	劍擊 Fencing
汪昌永 Wang Changyong	劍擊 Fencing
王銳基 Wang Ruiji	劍擊 Fencing
楊和平 Yang Heping	劍擊 Fencing
廖學明 Liu Hok-ming	空手道 Karatedo
馬志堅 Adem Osman	傷殘人士草地滾球 Lawn Bowls for the Physically Disabled
楊靜 Yeung Ching	傷殘人士草地滾球 Lawn Bowls for the Physically Disabled
鄭宛琦 Cheng Yuen-ki	野外定向 Orienteering
張蔚淇 Cheung Wei-ki	野外定向 Orienteering
高文峰 Ko Man-fung	野外定向 Orienteering
李文威 Lee Man-wai	野外定向 Orienteering
蔣潤權 Chiang Yun-kuen	賽艇 Rowing
盧允基 Lo Wan-kei	賽艇 Rowing
白勵 Chris Perry	賽艇 Rowing
陳玉蘭 Chan Yuk-lan	運動攀登 Sport Climbing
駱志偉 Lok Chi-wai	運動攀登 Sport Climbing
蘇國祥 So Kwok-cheung	運動攀登 Sport Climbing
蔡玉坤 Choi Yuk-kwan	壁球 Squash
簡化謙 Faheem Khan	壁球 Squash
梁勤輝 Leung Kan-fai	壁球 Squash
甄自強 Yan Tsz-keung	壁球 Squash
董倫 Dong Lun	乒乓球 Table Tennis
管建華 Guan Jianhua	乒乓球 Table Tennis
惠鈞 Hui Jun	乒乓球 Table Tennis
崔小燕 Cui Xiaoyan	智障人士乒乓球 Table Tennis for the Mentally Handicapped 傷殘人士乒乓球 Table Tennis for the Physically Disabled
露芙肯特 Ruth Hunt	三項鐵人 Triathlon
溫樹華 Wan Shu-wah	三項鐵人 Triathlon
劉軾 Lau Sik	輪椅劍擊 Wheelchair Fencing
鄭兆康 Zheng Kangzhao	輪椅劍擊 Wheelchair Fencing
艾培理 Rene Appel	滑浪風帆 Windsurfing
陳凱旋 Chan Hoi-suen	滑浪風帆 Windsurfing
張國斌 Cheung Kwok-bun	滑浪風帆 Windsurfing
高聳 Gao Song	武術 Wushu
于立光 Yu Liguang	武術 Wushu
社區優秀教練獎 Community Coach Recognition Awards	體育項目 Sport
李劍明 Lee Kim-ming	籃球 Basketball
吳繼武 Ng Kai-mo	籃球 Basketball
黃秀華 Wong Sau-wah	硬地滾球 Boccia
Ghulam Saqlain	木球 Cricket
姚基斯 Yiu Kei-sze	足球 Football
楊榮基 Yeung Wing-kee	手球 Handball
陳鴻翔 Chan Hung-cheung	拯溺 Life Saving
練子恒 Lin Chi-heng	拯溺 Life Saving
蔡文俊 Tsoi Man-chun	賽艇 Rowing
張鳳儀 Cheung Fung-yee	壁球 Squash
周達志 Chow Tat-chi	壁球 Squash
陳志豪 Chan Chi-ho	三項鐵人 Triathlon
溫天立 Wan Tin-lap	三項鐵人 Triathlon
胡志雄 Wu Chi-hung	排球 Volleyball
陳文駒 Chan Man-kui	武術 Wushu

體壇創高峰

In Pursuit of Sports Excellence

近期香港體壇的突破離不開於去年十二月一日至十五日在卡塔爾多哈舉行的第十五屆亞運會，香港精英運動員在這個大型運動會勇奪6金12銀10銅共28面獎牌，不論在金牌或總獎牌數目都突破歷屆紀錄，本文特別重溫部份體育項目締造的突破成績及運動員剪影，體院謹此恭祝他們，並祝願所有運動員，在未來的賽事續創佳績！

Hong Kong's breakthrough at the 15th Asian Games in Doha, Qatar from 1-15 December last year has been the talk of the town. Hong Kong athletes returned with a haul of 28 medals including 6 gold, 12 silver and 10 bronze medals. Both the number of golds and total medals captured represent the best-ever result for the Hong Kong team at the Games. Some of these breakthroughs have been highlighted in this section. The HKSIA would like to congratulate them and wish all athletes continuous success at upcoming events.

羽 毛球 BADMINTON

王晨與葉嫻延雙雙躋身女子單打決賽，囊括金、銀牌，創下香港體壇傳奇。

Wang Chen and Yip Pui-yin both won through to the women's singles final and snatched the gold and silver medals, creating instant legendary status for Hong Kong sport.



葉嫻延
Yip Pui-yin

王晨
Wang Chen

健美 BODYBUILDING

陳潤韜在75公斤項目奪得金牌佳績，這是香港首次在這項目取得的金牌獎項。

Chan Yun-to captured the gold medal in the men's 75kg event. This was the first gold medal for Hong Kong in this event.



陳潤韜
Chan Yun-to

單車 CYCLING

黃金寶在男子個人公路賽取得金牌，這是他第二度在亞運會奪取的金牌獎項，而隊友張敬煒首次參賽即勇奪男子40公里場地記分賽冠軍，更是香港首次在亞運會單車場地賽取得的金牌獎項。

Wong Kam-po won a gold medal in the men's individual road race, his second gold medal winning performance at the Asian Games. His teammate Cheung King-wai, who participated in the Games for the first time, clinched the gold medal in the men's 40km points race. This was the first gold medal that Hong Kong has won in this event at the Asian Games.

張敬煒
Cheung
King-wai

黃金寶
Wong
Kam-po

乒乓球 TABLE TENNIS

香港乒乓球隊共取得1金2銀2銅佳績，突破歷屆獎牌數目。除了乒乓孖寶李靜、高禮澤在男子雙打項目摘冠外，帖雅娜和李靜分別在女子單打及男子單打項目各奪得1銀1銅，而香港乒乓球隊亦在女子雙打及男子團體項目分別奪得1銀1銅。

The Hong Kong team snatched 1 gold, 2 silver and 2 bronze medals, its best ever result at the Games. Li Ching paired with Ko Lai-chak to win a gold medal in the men's doubles, Tie Yana captured a silver medal in the women's singles while Li Ching took a bronze in the men's singles. The Hong Kong team also won a silver medal in the women's doubles and a bronze medal in the men's team event.



張鈺
Cheung Yuk

高禮澤
Ko Lai-chak

梁柱恩
Leung Chu-yan

李靜
Li Ching

謝嘉俊
Tse Ka-chun

帖雅娜
Tie Yana

張瑞
Zhang Rui

滑浪風帆 WINDSURFING

陳敬然在男子輕量級米氏板取得冠軍，首次為香港贏得亞運會滑浪風帆男子項目金牌，而隊友何智豪與陳慧琪則分別在男子重量級米氏板及女子米氏板獲得銀牌，是歷屆獲獎最多的一次。

Chan King-yin captured a gold medal in the men's lightweight mistral. This was the first gold medal for Hong Kong in this event. Teammate Ho Chi-ho and Chan Wai-kei both captured a silver medal in the men's mistral heavy and women's mistral respectively. This was the highest number of medals won by the team at a single Asiad.



陳敬然
Chan King-yin

何智豪
Ho Chi-ho

陳慧琪
Chan Wai-kei

多家商業機構積極支持本地精英體育發展

Businesses Get Behind the Development of Local Elite Sports

香港精英運動員自第十五屆亞運會凱旋歸來後，他們超卓的表現得到廣泛市民支持，社會對運動員的認同感日漸提升；與此同時，運動員正面的形象亦獲商界垂青，希望藉此提高企業形象，協助推廣宣傳產品及服務。作為精英及具潛質運動員的培訓基地，體院歡迎商業機構對體院的精英培訓計劃及獎學金運動員提供贊助，以促進本地運動事業的發展，而體院亦會扮演中介人角色，協助運動員處理贊助事宜。

The superb performance of Hong Kong's elite athletes at the 15th Asian Games has deservedly generated strong support and increasing recognition from the general public. Businesses also recognised that the athletes' positive image can help enhance their corporate image and promote their products and services. As the training base for Hong Kong's elite and potential athletes, the HKSI welcomes corporations who want to play a part in fostering the development of local sport by sponsoring the HKSI elite training programmes and Scholarship Athletes. The HKSI is pleased to have been acting as the intermediary in helping a number of athletes to secure sponsorship support.

黃金寶獲多家贊助商垂青

Wong Kam-po finds business partners

單車運動員黃金寶默默耕耘、不屈不撓的精神，為香港在多個國際大型比賽中取得獎項，例如在今屆亞運會，他便第二度在單車項目摘金，其正面形象深受社會大眾支持，不少機構也希望邀請他協助宣傳。

適逢香港打吡大賽創辦130周年，較早前，黃金寶答允香港賽馬會的邀請，擔任本年度「Mercedes-Benz香港打吡」大使，相信能夠吸引更多旅客訪港並且到馬場參觀賽馬。此外，黃金寶亦應邀為新鴻基地產公司旗下建築——「豪匯」和「名匯」的住客提供單車健身課程指導，讓更多忙碌的香港人享受單車運動的樂趣。與此同時，黃金寶亦為香港駕駛學院攝製旗下新一輯的電視廣告及一系列宣傳廣告，以凸顯其優越、專業的形象，相信更多市民會因而認識為港爭光的運動員。

香港賽馬會行政總裁應家柏(右)、公司發展事務執行總監麥建華(左)及「Mercedes-Benz香港打吡」大使黃金寶合照。

Winfried Engelbrecht-Bresges, Chief Executive Officer of HKJC (right), Kim Mak, Executive Director, Corporate Development of HKJC (left) and Wong Kam-po, Mercedes-Benz Hong Kong Derby Ambassador

Cyclist Wong Kam-po is recognised for his sporting spirit, relentless work ethic and perseverance. He has over the years consistently put Hong Kong on the international sporting map by winning awards in numerous major international competitions, including clinching his second Asiad gold medal at the recent Asian Games. His positive image is strongly appreciated and admired by the general public. Not surprisingly, then, many corporations have invited Wong to help them promote their product campaigns.

As The Hong Kong Jockey Club (HKJC) celebrates the 130th anniversary of the Hong Kong Derby competition, Wong Kam-po has been invited to be the Mercedes-Benz Hong Kong Derby Ambassador to attract more tourists to Hong Kong and watch the horse racing. In addition, Wong Kam-po will act as the guest instructor of the cycling fitness training course for the residents of Harbour Green "Luxury" and "Renowned" constructed by the Sun Hung Kai Properties Limited. This is designed to allow more people to enjoy the fun of cycling away from their busy work schedule. Meanwhile, he is also helping the Hong Kong School of Motoring to promote its professional image by starring in their new series of TV commercials and advertisements. The mass broadcast of this advertising will help people in Hong Kong know more about those athletes who have brought success to Hong Kong.



新鴻基地產代理執行董事周國賢(左)、市場總監楊祖賜(右)及單車運動員黃金寶合照。

Photo of Eric Chow (left), Executive Director, Edgar Yang (right), Marketing Director, Sun Hung Kai Real Estate Agency Ltd, and cyclist Wong Kam-po



黃金寶與香港駕駛學院導師。

Wong Kam-po and the tutors of the Hong Kong School of Motoring



體院巴士車身廣告 推廣本地精英運動

Bus advertising campaign of the HKSI promotes local elite sports

最近，大家乘搭219X（麗港城循環線）及296D（尚德至佐敦）路線巴士時，請留意印有體院「全力支持香港運動員在國際體壇爭取佳績」及「發掘培訓精英運動員為港爭光」標語的車身廣告。這些製作精美的車身廣告還配上精英運動員的比賽相片，全面展現精英運動員的活力和拼勁。體院巴士車身廣告由九龍巴士（一九三三）有限公司贊助，以支持本港精英運動。

Thanks to the sponsorship of The Kowloon Motor Bus Company (1933) Limited, when you have been travelling by bus recently, you may have seen the HKSI bus body advertisement with the slogans "Full support to Hong Kong athletes striving for the best in the international sporting arena" and "Identifying and nurturing talented athletes to win glory for Hong Kong". They are shown on the 219X (Laguna City circular route) and 296D (Sheung Tak to Jordan) bus routes. Backed by elite athletes' photos taken in competitions, these advertisements depict athletes' vitality and energy.



2008奧運會快將來臨，運動員亦正積極備戰，若 貴機構有興趣與「精英體育」的形象掛鉤，歡迎致電2681 6375與體院公眾事務及市務拓展部聯絡，商談配合 貴機構形象的贊助活動安排。

As the Olympic Games 2008 approaches, athletes are busy preparing for the challenge. If your organisation is interested in linking with the "elite sports" image, you are cordially invited to contact the HKSI Public Affairs & Marketing Department on 2681 6375 to discuss how we can help with sponsorship arrangements tailor for your corporate image.



黃金寶、葉佩延榮膺「香港體育記者協會 — 2006 年香港最佳男女運動員」 Wong Kam-po and Yip Pui-yin are honoured with the "Hong Kong Sports Press Association — Top Male and Female Athletes of 2006"

單車運動員黃金寶和羽毛球運動員葉佩延在國際比賽中展示全力以赴、不屈不撓的體育精神，較早前，分別獲香港體育記者協會頒發最佳男女運動員選舉獎項。是次選舉乃香港體育記者協會首次舉辦，經由100多名會員，以其專業眼光投票選出他們心目中的2006年香港最佳男女運動員。體院謹此祝賀，希望他們繼續努力，為港爭光。

Cyclist Wong Kam-po and the badminton player Yip Pui-yin have been crowned as the Top Male and Female Athletes of 2006 respectively to honour their efforts and indomitable sporting spirit in international competitions. The award was organised by the Hong Kong Sports Press Association for the first time. More than 100 of the Association's members voted for the award recipients selected from 14 nominated athletes. The HKSI would like to congratulate the athletes and encourage them to maintain their commitment to sport and to Hong Kong.



體院多元化運動訓練課程 協助推動香港體育發展

HKSI offers diversified sports training courses to promote Hong Kong sports development

體院向來舉辦不同的運動課程，藉此培養普羅大眾對運動的興趣，亦為精英體育發展開源，增加運動員培訓經費。體院多元化的運動課程包括游泳、羽毛球、網球、乒乓球、足球、壁球、籃球、柔道、跆拳道及太極等項目，全部課程內容均由專業教練設計，照顧不同水平的運動愛好者，並有助參加者改進體育技術，適合不同年齡及能力人士參加。訓練班更設有不同單元，讓學員循序漸進，掌握基本運動技巧。如有查詢，請致電 2681 6888 或登入網址 www.hksi.org.hk (體育訓練課程部份)。

The HKSI has been organising sports training courses over many years to cultivate the general public's interest in sports. At the same time, it also helps generate additional funding for elite sports development and athletes' training. The HKSI's diversified courses include swimming, badminton, tennis, table tennis, football, squash, basketball, judo, taekwondo and taiji, etc. All courses are organised by professional coaches to cater for different levels of sports enthusiasts and to help participants acquire and improve sports skills which are suitable for people of all ages and all skill levels. These modular training courses allow students to master basic sports skills gradually. For inquiries, please call 2681 6888 or browse the website at www.hksi.org.hk (Sports Training Courses section).



祝賀滑浪風帆運動員 陳慧琪、何智豪新婚之喜 Congratulations to newly-wed windsurfers Chan Wai-kei and Ho Chi-ho

滑浪風帆運動員陳慧琪和何智豪繼去年在亞運會分別奪得女子米氏板和男子重量級米氏板銀牌獎項後，這對因滑浪風帆而相識13載的愛侶終於在今年三月十四日共偕連理，展開人生新一頁。體院祝賀一雙璧人白頭到老，永結同心。

Following Chan Wai-kei and Ho Chi-ho's silver medal winning performances in the women's mistral and men's mistral heavy events respectively at the Asian Games last year, the windsurfing couple started a new chapter on their lives on 14 March when they got married. Their 13 years romance was sparkled by windsurfing, and the HKSI would like to congratulate them and wish the couple every future happiness.

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
二零零七年三月

Dear reader,

With reference to the Personal Data (Privacy) Ordinance, the HKSI will ensure that your personal information is used appropriately. We will continue to send you "Sports Excellence" and other HKSI publications in the future. If you do not wish to receive these publications, please inform the Public Affairs & Marketing Department of the HKSI in writing.

Hong Kong Sports Institute Limited
March 2007