

Sports 精英體育 Excellence



國家主席胡錦濤到訪體院 勉勵香港運動員
體院院長鍾伯光博士回顧過去九年
精英體育發展

露芙肯特：全力培育本地三項鐵人
運動員成才

三項鐵人之星：李致和及麥素寧

高強度體能訓練中的心理學

本地傑出教練於滙豐銀行慈善基金優秀教練
選舉頒獎典禮獲高度表揚

President Hu Jintao Visits HKSI to Encourage Hong Kong Athletes
HKSI Chief Executive Dr Chung Pak-kwong Reviews Elite
Sports Development over the Past Nine Years

Ruth Hunt: Devoted to Develop Local Triathletes from
the Beginning

Shining Triathletes: Lee Chi-wo & Mak So-ning

The Psychology behind High-intensity Training

Local Outstanding Coaches Recognised at Hongkong Bank Foundation
Coaching Awards Presentation Ceremony

Sports 精英體育 Excellence

二零零七年六月 第八期
June 2007 Issue No. 8

總編輯 Editor-in-Chief
鍾伯光博士 Dr Chung Pak-kwong

編輯委員會 Editorial Board
鍾伯光博士 Dr Chung Pak-kwong
馮志深 Godwin Fung
李翠莎博士 Dr Trisha Leahy
白勵 Chris Perry
蕭宛華 Margaret Siu

編輯 Editor
葉碧玲 Rainnie Ip

副編輯 Sub Editor
郭淑賢 Fanny Kwok
阮玉娟 Miranda Yuen

設計及製作 Design & Production
卓念設計 Twins Design

香港灣仔駱克道194-200號
東新商業中心8樓
8th Floor, Tung Sun Commercial Centre
194-200 Lockhart Road, Wanchai
Hong Kong
電話 Tel : (852) 2891 7110
傳真 Fax : (852) 2893 9088

定價 Price: HK\$30

垂詢請致函：

香港新界沙田馬鞍山鞍駿街2號
香港體育學院
公眾事務及市場拓展部

Enquiries should be addressed to:
Public Affairs & Marketing Department
Hong Kong Sports Institute
2 On Chun Street, Ma On Shan, Sha Tin
New Territories, Hong Kong

電話 Tel : (852) 2681 6888
傳真 Fax : (852) 2697 3765
電郵 E-mail : webmaster@hksi.org.hk
網址 URL : http://www.hksi.org.hk

© 香港體育學院有限公司
版權所有，未經同意，請勿轉載。

© Hong Kong Sports Institute Limited
Reproduction of material(s) requires
prior written approval.



目錄 CONTENTS

02 - 03 編者的話 EDITORIAL

體壇焦點 SPORTS FOCUS

04 - 07 國家主席胡錦濤到訪體院 勉勵香港運動員
President Hu Jintao visits HKSI to encourage Hong Kong athletes

08 - 13 體院院長鍾伯光博士回顧過去九年精英體育發展
HKSI Chief Executive Dr Chung Pak-kwong Reviews Elite Sports Development
over the Past Nine Years

教練與運動員 COACH & ATHLETE

14 - 17 露芙肯特：全力培育本地三項鐵人運動員成才
Ruth Hunt: Devoted to Develop Local Triathletes from the Beginning

18 - 19 三項鐵人競賽運動一覽
A Guide to Competitive Triathlon

20 - 23 三項鐵人之星：李致和及麥素寧
Shining Triathletes: Lee Chi-wo & Mak So-ning

24 - 25 歐詠芝、張玲齊奪傑出青少年運動員殊榮
Au and Zhang Honoured Outstanding Junior Athletes

運動科學與醫學 SPORTS SCIENCE & MEDICINE

26 - 29 高強度體能訓練中的心理學
The Psychology behind High-intensity Training

30 - 33 運動員生理支援邁向個人化
Physiological Support to Athletes becoming Individualised

支援與發展 SUPPORT & DEVELOPMENT

34 - 37 本地傑出教練於滙豐銀行慈善基金優秀教練選舉頒獎典禮獲高度表揚
Local Outstanding Coaches Recognised at Hongkong Bank Foundation
Coaching Awards Presentation Ceremony

38 - 39 滙豐銀行慈善基金繼續支持香港教練培訓計劃
Hongkong Bank Foundation Renews Support for Hong Kong
Coach Education Programme

體壇突破 BREAKTHROUGHS

40 - 41 體壇創高峰 In Pursuit of Sports Excellence

體壇點滴 SPORTS DIGEST

43 - 44 體院新董事局成員名單
Appointments to the New HKSI Board of Directors
25名體育界人士及運動員獲授勳銜及嘉獎
25 Sports Officials and Athletes were Commended on 2007 Honours List
健美項目運動員林文勝為港增添一面亞運銅牌
Bodybuilder Lam Man-shing Wins Hong Kong another Bronze Medal
at the Doha Asian Games

編者的話 Editorial

國家主席到訪 運動員士氣高昂

適逢香港特區回歸10周年，香港精英運動員備戰2008奧運會亦如箭在弦，國家主席胡錦濤於六月二十九日蒞臨香港，第一站便到體院探訪本港的精英運動員。胡主席參觀運動員受訓情況之餘，不忘為各精英運動員打氣，稱讚剛奪世界賽冠軍的單車運動員黃金寶是「比黃金還珍貴的寶貝」，此情此景便成為了今期雜誌的封面。胡主席又即席與13歲球手趙頌熙切磋乒乓球技，場面溫馨又熱鬧。胡主席並送贈「銀色疾風」雕塑予體院，寓意運動員繼續努力，創造佳績。本港運動員及體院上下對胡主席的關心激勵，以及其對本港體育發展的重視感到十分鼓舞。

香港精英體育得到各大商業機構支持，才能更進一步發展，以滙豐銀行慈善基金為例，10多年來一直鼎力支持，資助香港的教練培訓計劃，為本地教練提供進修和級別評定機會，累積受惠教練人數已超過20,000名。於四月三十日，此基金宣布再撥款500萬港元，繼續資助2007至2010年度的教練培訓計劃，令更多教練受惠。此外，為表揚本地傑出教練的「2006滙豐銀行慈善基金優秀教練選舉」頒獎典禮亦已於五月十三日舉行，200多位嘉賓及一眾精英運動員出席支持各獲獎教練。

今期教練與運動員一欄專題介紹三項鐵人，包括其起源、不同賽程和賽事。體院三項鐵人總教練露芙肯特會分享她的教練心得，而兩位三項鐵人運動員李致和與麥素寧會暢談他們的訓練生活。

運動科學與醫學一欄，體院運動心理主任姒剛彥博士以心理學角度，詳細講解如何幫助運動員在高強度體能訓練中提高身體承受痛楚與疲勞的能力；此外，體院高級運動科學副主任謝婉媚會詳細介紹個人化生理支援對幫助精英運動員預備世界級賽事的作用。

本人與體院共度了九個年頭，臨別在即，不捨的心情難以言喻。亦藉另一篇主題文章，與大家分享自己在這階段中如何與香港精英體育一起成長，還有個人對精英體育發展前景的看法。我對香港運動員和體院各位同事充滿信心，相信大家定必繼續齊心合力，把香港精英體育推進到更高的水平。

希望日後我能在另一個平台與大家合作推動香港的體育事業！

謹祝香港體運興隆；市民安康！

總編輯
鍾伯光博士





President Hu's Morale-Boosting Visit to HKSI

While celebrating the 10th anniversary of Hong Kong's sovereignty return to China, Hong Kong athletes received a real boost to their preparations for the 2008 Olympic Games when President Hu Jintao made his long-awaited first visit to the HKSI on 29 June. Hu was able to see first hand the strenuous training of local elite athletes and took the opportunity to urge them to work even harder. Hu also lavished praise on cyclist Wong Kam-po who he described as being "more precious than a piece of gold" following his world cycling champion title, a remarkable feat captured on this issue's front cover. Besides meeting Wong, President Hu also enjoyed a game of table tennis with 13-year-old Chiu Chung-hei. To mark his approval of the work of the HKSI and the achievement of its athletes, President Hu presented a silver cyclist statue to the HKSI encouraging all athletes to strive to be the best that they can be. All local athletes and the HKSI express their gratitude for Hu's care and appreciation for his concern for sports development in Hong Kong.

Local elite sports development cannot progress smoothly without the support of the corporate sector. The Hongkong Bank Foundation (HBF) as an excellent example of what can be achieved, having rendered financial support for the past decade for the development of coach education programmes offering continuous training and accreditation opportunities that have involved more than 20,000 coaches. On 30 April, the HBF announced its renewed support of HK\$5 million for the Coach Education Programme from 2007-2010; a terrific testimony to their commitment to Hong Kong sport. The 2006 HBF Coaching Awards presentation ceremony was held successfully on 13 May, with over 200 guests and elite athletes present to recognise the commitment and hard work of the awarded coaches.

The Coach & Athlete section of this issue explores the background to the sport of triathlon, and covers its origin, different distances and types of race. HKSI Head Triathlon Coach Ruth Hunt shares her coaching philosophy and triathletes Lee Chi-wo and Mak So-ning also talk about their training lives.

In the Sports Science & Medicine section, Dr Si Gangyan, the HKSI Sports Psychologist, illustrates how to enhance the ability of athletes in high-intensity training from a psychological perspective. The HKSI Senior Sports Science Officer, Tse Yuen-mei, talks in depth about the effect of individualised physiological support services for elite athletes during their preparation for world-class competitions.

From a personal perspective, I have enjoyed enormously my role in helping to move elite sports development forward over the past nine years. I have taken the opportunity to reflect in this issue on some local elite sports development milestones, and share my views on its future before I leave the Institute soon. I leave with many happy memories, and with great trust in all my colleagues and Hong Kong athletes to continue the good work and reputation of the HKSI. I am confident that they will continue to work relentlessly for the betterment of elite training in Hong Kong, taking sport here to new heights.

Last but not the least, I look forward to continuing to support in any way I can the development of all facets of our growing local sports industry. Every good wish,

Dr Chung Pak-kwong

Editor-in-Chief





國家主席胡錦濤到訪體院 勉勵香港運動員

President Hu Jintao Visits HKSI to Encourage Hong Kong Athletes

國家主席胡錦濤於六月二十九日蒞臨香港，第一站便是到體院探訪本港的精英運動員。隨行的還有行政長官曾蔭權，而體院主席李家祥博士和中國香港體育協會暨奧林匹克委員會會長霍震霆議員則在場迎接。

President Hu Jintao, accompanied by Chief Executive Donald Tsang Yam-kuen, visited the HKSI on 29 June. This was the first stop on his three-day visit programme, where he was met by HKSI Chairman Dr Eric Li Ka-cheung and President of the Sports Federation & Olympic Committee of Hong Kong, China, Hon Timothy Fok Tsun-ting.

胡主席先到體能訓練中心參觀運動員受訓的情況，先後與黃金寶（單車）、陳枷彬（空手道）、施幸余（游泳）、周梓淇（劍擊）等運動員見面聊天，以瞭解他們刻苦訓練的情況。胡主席與黃金寶和沈金康教練暢談時，更稱讚黃金寶成績驕人：「去年多哈亞運會，你獲得了金牌；今年在西班牙的世界錦標賽上，獲得捕捉賽冠軍，你為香港、為國家爭得了榮譽，你是比黃金還珍貴的寶貝！」

隨後胡主席到劍擊館欣賞余翠怡和陳蕊莊的輪椅劍擊示範，以及乒乓孖寶李靜和高禮澤的乒乓球示範，並鼓勵他們在2008北京奧運會，為國家和香港爭取獎牌；期間胡主席更即場與13歲球手趙頌熙切磋乒乓球技，胡主席在友誼賽後讚賞趙頌熙球技出色，並勉勵他要繼續努力練習。

President Hu met top local athletes including Wong Kam-po (cycling), Chan Ka-man (karatedo), Sze Hang-yu (swimming) and Chow Tsz-ki (fencing) while visiting the Fitness Training Centre. When talking to Wong Kam-po and cycling coach Shen Jinkang, President Hu praised Wong for his outstanding achievements, saying, "Your gold medals in the Asian Games held in Doha last year and the UCI Track Cycling World Championships held in Spain this year have brought glory to Hong Kong and the country. You are more valuable than gold to us!"

Afterwards, President Hu watched demonstrations by wheelchair fencers Yu Chui-yee and Chan Yui-chong, and table tennis players Li Ching and Ko Lai-chak, and encouraged them to continue their efforts to reach for gold in the Beijing Olympics next year. The demonstrations were followed by a friendly table tennis match between President Hu and 13-year-old athlete Chiu Chung-hei, where Hu appreciated Chiu's playing skills and urged him to continue his hard work in training.



◀ 胡主席與趙頌熙切磋乒乓球技。
President Hu enjoyed a game of table tennis with Chiu Chung-hei.



▶ 胡主席在趙頌熙和李皓晴的乒乓球拍上簽名留念。
President Hu autographed the paddles of table tennis athletes Chiu Chung-hei and Lee Ho-ching.



▲ 胡主席欣賞余翠怡和陳蕊莊的輪椅劍擊示範。
President Hu watched demonstrations by wheelchair fencers Yu Chui-yee and Chan Yui-chong.



◀ 胡主席贈送了「銀色疾風」的單車雕塑予體院。
President Hu presented a silver cyclist statue to the HKSI.

胡主席亦表示一直對香港體育運動的發展非常關注，也熟悉香港一些優秀的運動員，如黃金寶、李麗珊等。「這幾年來，香港的優秀運動員和教練，不畏強手，奮力拚搏，在奧運會、亞運會等一系列的重大賽事中，都取得了優異成績。」他讚揚及祝賀香港代表團去年參加亞運會取得了6金、12銀、11銅的獎牌，創下有史以來最好的成績。2008北京奧運會舉辦在即，胡主席寄予厚望地說：「這是廣大運動員施展自己才能的良好機會，也是大家為香港爭光、為國爭光的良好機會，希望大家刻苦訓練，科學訓練，努力在明年的北京奧運會上取得好成績……我衷心祝福你們。」

胡主席贈送了「銀色疾風」的單車雕塑予體院，另向運動員贈送2008北京奧運會紀念品。胡主席是次訪問充份體現他對香港成為世界體壇一支具備實力的隊伍的期盼。

President Hu indicated that he had long cared about sports development in Hong Kong and knows well some of Hong Kong's outstanding athletes like Wong Kam-po and Lee Lai-shan. "In recent years, these outstanding Hong Kong athletes and coaches have shown a remarkable lack of fear for their competitors, and have performed brilliantly in a series of important competitions including the Olympics and the Asian Games." He praised the Hong Kong delegation for its record achievements capturing 6 gold, 12 silver and 11 bronze medals at the Doha Asian Games last year. President Hu paid tribute to all of them and said, "Beijing will host the Olympic Games next year. It will be a unique opportunity for all of you to showcase your talents and strive for glory for Hong Kong and the country. Through training hard and backed up by strong scientific support, you will do yourselves proud...my sincere good wishes to you all."

Before leaving, President Hu presented a silver cyclist statue to the HKSI and some 2008 Beijing Olympic Games souvenirs to a number of elite athletes. In all, the visit was a real demonstration of President Hu's desire to see Hong Kong become a real force in international sport.

運動員對於胡主席的關心激勵，以及其對本港體育發展的重視無不感到極大鼓舞；並對獲贈送的2008北京奧運會紀念品愛不釋手。

Athletes are greatly encouraged by President Hu's care and concern, and are delighted with the 2008 Beijing Olympic Games souvenirs.

國家主席胡錦濤、行政長官曾蔭權，以及其他官員政要，與本港運動員和教練合照。

President Hu Jintao, Chief Executive Donald Tsang Yam-kuen, and officials with local athletes and coaches.



活動圓滿結束後，剛上任的民政事務局長曾德成特別致函體院，他說：「我們非常感謝體院為今次國家領導人的探訪作出的努力，相信精英運動員對這次與國家領導人會面印象難忘，並大大增強他們積極備戰2008北京奧運會的信心。」

此外，香港運動員高禮澤（乒乓球）、李靜（乒乓球）、曾思敏（武術）、施幸余（游泳）、陳潤韜（健美）、陳枷彤（空手道）等亦應邀出席六月三十日晚上舉行的香港回歸十周年大型文藝晚會。在當晚精彩的雜技表演中，他們和內地的運動員包括劉翔、郭晶晶、張怡寧等為香港送上美好的祝福，更齊聲朗誦「同一個世界、同一個夢想，零八奧運、京港同心」，表達了對2008北京奧運會的熱切期盼。

After the visit, Tsang Tak-sing, the new Secretary for Home Affairs, has shown his appreciation to the HKSI in writing. "We greatly appreciate all the efforts the HKSI had made to make the visit a success. I am sure the elite athletes would find the meeting with the State Leader a very valuable experience, and a substantial boost to their preparation of the 2008 Beijing Olympic Games," he said.

As a sequel to the visit, local athletes including Ko Lai-chak (table tennis), Li Ching (table tennis), Angie Tsang (wushu), Sze Hang-yu (swimming), Chan Yun-to (bodybuilding), and Chan Ka-man (karatedo) attended a variety show held on 30 June to celebrate the 10th anniversary of the establishment of Hong Kong Special Administrative Region (HKSAR). They, together with China athletes such as Liu Xiang, Guo Jingjing and Zhang Yining, expressed their blessing to Hong Kong in the acrobatics performance and recited "One World One Dream. Beijing and Hong Kong forge ahead to 2008 Olympic Games with one heart" to re-affirm their strong desire for success at the 2008 Beijing Olympic Games.

國家主席胡錦濤勉勵香港運動員續創佳績 President Hu Jintao extended his heartfelt encouragement to Hong Kong athletes:



▲ 單車運動員黃金寶。
Cyclist Wong Kam-po.



▲ 輪椅劍擊運動員余翠怡。
Wheelchair fencer Yu Chui-ye.



▲ 輪椅劍擊運動員陳蕊莊。
Wheelchair fencer Chan Yui-chong.



▲ 乒乓球運動員高禮澤和李靜。
Table tennis athletes Ko Lai-chak and Li Ching.

文藝晚會 Variety Show

本港和內地的運動員在精彩的雜技表演中為香港送上美好的祝福。
Local and China athletes express their blessing to Hong Kong in the acrobatics performance.



劉翔和曾思敏。
Liu Xiang and Angie Tsang.



郭晶晶、高禮澤和李靜。
Guo Jingjing, Ko Lai-chak and Li Ching.



同一個世界、同一個夢想，零八奧運、京港同心。

One World One Dream - Beijing and Hong Kong forge ahead to 2008 Olympic Games with one heart.



張怡寧和陳潤韜。
Zhang Yining and Chan Yun-to.



▲ 多位本港運動員獲邀參加香港回歸十周年大型文藝晚會的演出。

Local athletes were invited to join the performance of a variety show to celebrate the 10th anniversary of the establishment of HKSAR.

* 此文章內之相片主要由香港特區政府提供，特此致謝。 Photo Courtesy of HKSAR Government

體院院長鍾伯光博士

回顧過去九年精英體育發展

HKSI Chief Executive Dr Chung Pak-kwong

Reviews Elite Sports Development over the Past Nine Years

服務體院超過九年的體院院長鍾伯光博士，在即將離任之際，與讀者分享他在體院服務期間一些難忘的經歷和對未來精英體育發展的期望。

Dr Chung Pak-kwong, the outgoing Chief Executive who has served the HKSI for more than nine years, is pleased to share with us some of his unforgettable experiences at the Institute and his expectations of elite sport.



▲ 鍾博士(中)祝賀乒乓球賽李靜(左)和高禮澤(右)於去年多哈亞運會凱旋而歸。
Dr Chung (middle) congratulating Li Ching (left) and Ko Lai-chak (right) on their victory at the Doha Asian Games.

A Decade of Unprecedented Change

Dr Chung joined the former Hong Kong Sports Development Board (HKSDB) on 1st July 1998 to take charge of the core functions of elite training and development of the HKSI. During his nine years with the HKSDB and the HKSI, he has witnessed a series of unprecedented changes to the elite sports policies of Hong Kong. First of all, there was the merger of the HKSDB and the HKSI and its follow-up work in 1994. In 2000, came the restructuring of the two Municipal Councils and their executive arms and the establishment of the Leisure and Cultural Services Department, as well as a new demarcation of responsibilities between the newly formed government organ and the HKSDB. In 2004, following the dissolution of the HKSDB, the HKSI was re-established as a separate body and Dr Chung played a central role in formulating plans for the Institute's future development and deployment of human resources.

見證精英體育大時代

鍾伯光博士於一九九八年七月一日加入前香港康體發展局(康體局)，負責體育學院的精英培訓和發展工作。任職康體局和體院九年間，見證香港精英體育政策變化最大的歲月，當中包括康體局於一九九四年與體院合併後的跟進工作，二零零零年兩個市政局及其執行單位改組成為康樂及文化事務署後與康體局的職能分工，以及於二零零四年康體局解散、體院重新成立前後的方向釐定和人手編配等等。

提升運動員水平 扭轉業餘心態

鍾博士在未加入體院前對香港精英體育最感觸的時刻是當滑浪風帆運動員李麗珊在1996阿特蘭大奧運會上為香港摘下奧運首面金牌時有感而發的一句話：「香港運動員不是垃圾！」那時候香港精英運動員的平均水平，與國際競技體育的專業水平相距甚遠，所以運動員出外作賽常遭別國選手看不起。當時鍾博士看到問題主要在於香港整體精英體育文化和心態仍然停留在業餘階段，「一九九八年我加入體院時，發覺大部份教練和運動員的想法都認為香港運動員只夠在課餘或工餘時間接受訓練，因此，給運動員訂立的目標不可能太高。事實上，那時要游說運動員放棄工作或學業而投身全職訓練以爭取更好的成績是一件相當困難的事。」當時願意投身全職訓練的運動員可謂寥寥可數。

From Amateur to Professional

In 1996, windsurfer Lee Lai-shan won Hong Kong's first-ever gold medal at the Atlanta Olympics and declared to the world that "Hong Kong athletes are losers no more". What Lee said deeply impressed Dr Chung at the time before joining the HKSI, as Hong Kong athletes were often regarded by their foreign counterparts as uncompetitive at the international professional level. Dr Chung points out that this was largely due to Hong Kong's elite sport amateur culture. "When I joined the HKSI in 1998, my impression was that most coaches and athletes thought of sport as a pastime rather than as a profession. It was simply unrealistic to set very high targets for the athletes. Also, they were unwilling to give up work or school life to engage in full-time sports training that was essential for achieving better results." At that time, there were very few full-time athletes in Hong Kong.

▼ 鍾博士與體院13位精英項目總教練合照。
Dr Chung and the Head Coaches of the 13 Elite Sports.





▲ 鍾博士作為領導者，充當教練和科研及醫學專家之間的橋樑。

As a leader, Dr Chung links coaches and sports scientists as well as sports medical professionals.

建立全面支援配套 幫助教練和運動員爭取好成績

有見及此，鍾博士銳意改革和扭轉這種業餘心態和文化，多年來，體院的工作都圍繞在怎樣將精英體育專業化，以及如何有系統的匯聚不同專業的人才，發揮各人的專長，令香港精英運動員的成績可以衝出亞洲，挑戰世界，他說：「早期，大部份教練都只靠自己個人的力量來培訓運動員，他們很少使用體院的運動科學、運動醫學或其他支援服務，我作為領導者，便充當教練和科研人員之間的橋樑，鼓勵教練把訓練運動員所遇到種種有關科學化訓練和醫療復健等問題提出討論，藉此結合各專業的知識和經驗，一起尋求解決辦法，為運動員制訂出最有效的訓練方案。到了今日，運動員的成績愈見進步，每位教練都十分重視科研和醫學等配套服務，每當出外訓練或作賽，教練和運動員都希望運動科研和醫學專業人員能夠隨隊，加強訓練質素和比賽的表現。」

發展應用科研 結合中醫療法

為了讓科學和醫學工作更有效地促進運動訓練的成果，鍾博士推行了「為教練工作服務」的應用科研發展方向，並要求各個運動科學和醫學部門，走出他們的辦公室到訓練場實地了解各運動隊伍在訓練上的需要，並主動向總教練提出有助改善運動員表現的研究和輔助訓練方案。

▼ 鍾博士與北京體育大學校長楊樺在討論雙方教練培訓工作的合作後合照。

Dr Chung and Prof Yang Hua, President of Beijing Sport University after a meeting on the collaboration of coach education programme.



One-stop Support for Better Results

Dr Chung was determined to change this situation. Over the years, the HKSI has worked tirelessly on the professionalisation of elite sport and the establishment of a sound system through which sports specialists in different branches can contribute to the raising of Hong Kong athletes' standards vital to achieving international success. "In the past, most coaches relied on their own efforts to train their athletes, without making the best use of the sports science, sports medicine and other support services available at the HKSI. As the leader, I needed to bridge the gap between coaches and our sports scientists, and encourage coaches to ask questions about scientific training and recovery. We had to join hands to work out the most effective training plan for each athlete. It is beyond doubt that Hong Kong athletes are now making remarkable improvements. Today, the contribution of sports science and medicine to quality training and performance is very highly regarded by our coaches and athletes, who are now really keen on having sports scientists and medical staff to accompany them on overseas training tours or competitions."

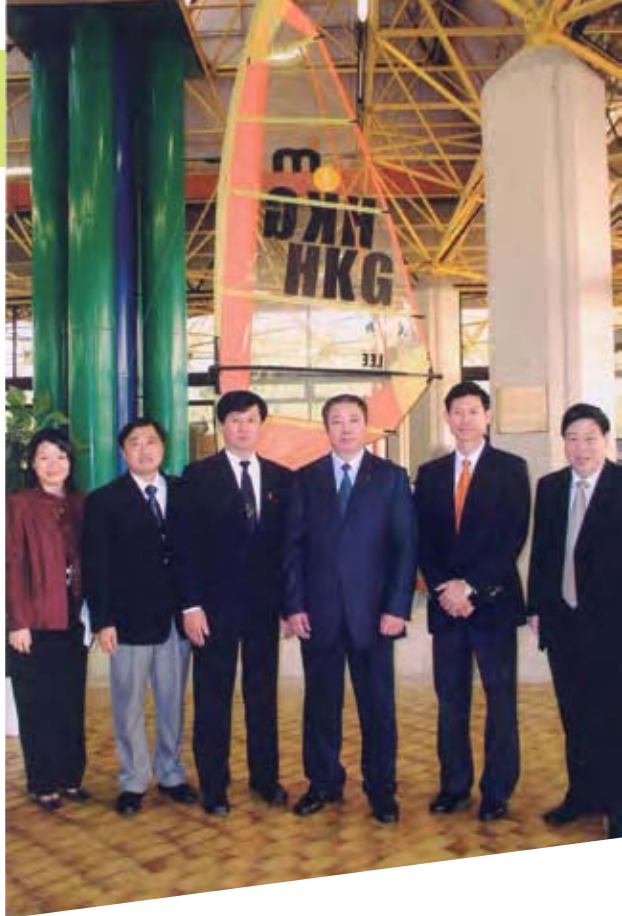
Develop Applied Sports Science with Chinese Medicine Therapy

Dr Chung has adopted the "serve the coaches" approach by using applied research to maximise the benefits of sports science and sports medicine for elite training. Sports scientists and medical professionals are asked to observe the on-site training needs of athletes and suggest to Head Coaches supplementary training or research programmes to enhance athletes' performance.



▲ 鍾博士帶領體院教練、科研、醫學專家到內地參與全國體育科學大會。

Dr Chung led HKSI Head Coaches, sport scientists and medical professionals to attend a national sports science conference on the Mainland.



◀ 鍾博士（右二）接待國家體育總局副局長于再清（右三）於二零零四年訪問體院時攝。

Dr Chung (second from right) welcoming Vice Minister Yu Zaiqing (third from right) of the General Administration of Sport of China at the HKSI in 2004.

在運動醫學方面，積極結合中西不同療法。除了加強本地不同專科的醫療支援外，鍾博士親自帶同科研和醫學人員訪問國家體育總局各個競技體育培訓單位，包括運動科學、運動醫學、興奮劑測試中心、國家選手培訓中心和各重點體育學院。經過多次交流，逐步為體院建立與內地各主要單位的合作和夥伴關係，其中一個例子是國家體育醫院在很短的時間內應體院要求，為體院一位受到腰傷折磨而萌退休念頭的精英運動員安排了多位著名運動醫學專家作臨床匯診，並為該運動員制訂一個有系統的治療方案。在治療和恢復期間，為免該運動員舟車勞頓和停止訓練，特意安排她在附近的訓練中心繼續進行輕量和恢復性訓練。經過這次的治療後，該名運動員終於把腰傷治愈，並且很快投入訓練，為港隊在比賽中取得好成績。因此，香港精英體育的成功，亦有賴國家的大力支持。而體院在過去亦不斷邀請內地精英體育專家，包括教練、陪練員、科研、手法治療和中醫大夫等到體院工作和服務。鍾博士對這方面的發展成果深感欣慰。

設立攻關小組 全力爭取獎牌

在亞運及奧運會爭取獎牌，是體院精英培訓的主要目標。為了確保在有限的資源下能夠為有奪牌希望的運動員提供最佳的備戰支援，鍾博士領導各有關支援部門，包括教練，在亞運或奧運比賽前12個月，成立一個備戰攻關小組，為選定的奪牌希望運動員制訂一套全面的培訓計劃。在有系統、優先，以及結合不同專業範疇的支援下，運動員的訓練便更見成效。在鮮明的目標和全面支持下，運動員的決心和爭勝鬥志亦提升至最高境界。2004雅典奧運會和2006多哈亞運會，攻關小組都發揮了相當重要的作用。

As far as sports medicine is concerned, both Chinese and western therapies are used. On one hand, local medical support is strengthened; on the other hand, under the leadership of Dr Chung, there have been frequent visits to the various competitive sports training units managed by the General Administration of Sport of China, including sports science, sports medicine, anti-doping laboratory, national squad training centres and premier sports institutes. Through frequent exchanges and communication, a good working partnership gradually developed between the HKSI and its major counterparts on the Mainland. For example, with the assistance of the State Sports Hospital, a Hong Kong elite athlete suffering from serious lower back pain who was thinking of the possibility of retirement, was sent to the Mainland at short notice for clinical examination by a team of sports medicine specialists. They drew up a systematic treatment plan for the patient. During the treatment and recovery period, low intensity recovery training was arranged at a nearby training centre to help keep the athlete in good shape. The athlete eventually recovered and achieved very good results for Hong Kong in various major events. To a considerable extent, Hong Kong's success is closely related to the strong support of the Mainland. Dr Chung is particularly pleased with the development in sports medicine and that many elite sport professionals from the Mainland, including coaches, training partners, sports scientists, manual therapists and Chinese medicine practitioners are happy to work for the HKSI.

Medal Winning Task Force

The ultimate objective of elite training at the HKSI is to help athletes win medals at the Asian and Olympic Games. To this end, it is important that limited resources are deployed in such a way that medal hopes are given the strongest support at the preparation stage. Under the leadership of Dr. Chung, a task force comprising coaches and representatives of all supporting departments will be formed 12 months before the Asian or Olympic Games to draw up a master training programme for each selected athlete with medal hopes. Systematic, premier and professional support helps boost athletes' confidence and morale. In fact, the task force has played a crucial role in Hong Kong's success at the 2004 Athens Olympics and the 2006 Doha Asian Games.

▶ 鍾博士與奧運獎牌教練分享交流。

Dr Chung sharing views with Olympic medal winning coaches.



培育生力軍 為體壇接班

發展精英體育遇到最大的障礙便是缺乏年輕及有潛質的運動員，鍾博士眼見當時多位運動員的年齡已步入25至26歲，遂決心在體院精英培訓系統內建設運動員梯隊架構，培養接班人。雖然當時體院只有培訓成年精英運動員的資源，而青少年發展則依賴各體育總會的力量，但在資源不足的情況下，很多總會無法建立一套有系統的青少年精英培訓計劃，當面對這精英體育發展的重大危機時，鍾博士立即作出內部資源調配，協助每個精英項目建立青少年精英隊，同時於二零零零年推出體壇明日之星甄選計劃，用科學方法測試青少年在體能及運動方面的潛能，協助教練選出具有潛質的青少年接受最適合他們的專項運動訓練。他續說：「現在證明當年的方向是對的，因為有很多出色的運動員，如去年多哈亞運會單車場地賽金牌得主張敬煒，就是從此計劃甄選出來的。」經過多年的努力，體壇明日之星甄選計劃為精英體育發掘和培養了不少生力軍，不單提升了香港在亞洲和世界青少年比賽的成績，同時亦逐漸鞏固了香港精英體育的專業和系統化發展，吸引更多有志精英體育發展的運動員投身全職訓練。到了今日，體院的全職運動員已接近130人，這數字正不斷上升。「我們不能期望一位白天要上班工作或上學的年青人為香港在亞運會奪取金牌，或在奧運會上取得獎牌。競技體育是殘酷的，你比人付出少，休想僥倖成功。因此，全職訓練是香港精英衝出亞洲，挑戰世界的唯一出路，為了吸引年青人投身專業訓練，除了全面的教練和訓練支援外，為運動員將來退下火線而踏入社會的謀生技能亦同樣重要。體院運動員事務部在這方面也做了大量工作。現在，愈來愈多大學願意認同運動員的成就，並在取錄學生時予以加分，讓他們可以踏入大學的門檻，在學術上獲得進一步的培養。」鍾博士稱。



▲ 鍾博士（中）與兩位體壇明日之星甄選計劃大使單車運動員黃金寶（左）和武術運動員鄭家豪（右）合照。

Dr Chung (middle) with cyclist Wong Kam-po and wushu athlete Cheng Ka-ho, the two ambassadors of the Searching for New Sport Stars programme.

Searching for New Stars

One imminent threat to the sustainable development of elite sport is the lack of young and promising athletes. Many members of the Hong Kong squad were in their mid-twenties when Dr Chung joined the HKSI. Dr Chung was therefore determined to develop athletes through a nurturing structure as part of the elite training system at the HKSI. At that time, the HKSI was responsible for training adult elite athletes only, and under constant resource constraints. The identification and training of talented juniors relied heavily on the efforts of respective National Sports Associations (NSAs). Unfortunately, not many of these NSAs had the resources to establish a structured feeder system. In view of this, Dr Chung, by reorganised existing internal resources, helped each elite sport set up its junior squad. Furthermore, the Searching for New Sport Stars programme was launched in 2000 to recruit new blood for various elite sports. Scientific methods were used to evaluate participants' fitness and sports potential. Based on this objective data, coaches could identify the right candidates for sport-specific training. Dr Chung said, "We are definitely on the right track! Many outstanding athletes have been identified through this programme. Cyclist Cheung King-wai, who won a gold medal in the points race at the 2006 Doha Asian Games, is a very good example." The Searching for New Sport Stars programme is an important vehicle through which young talents can be identified and nurtured. It helps improve Hong Kong's results in the Asian and World Junior Championships, fosters the professional and systematic development of elite sport, and successfully attracts more young people to commit themselves to full-time sport training. Today, nearly 130 athletes are receiving full-time training at the HKSI and the number is expected to rise. "You cannot expect a part-time athlete, who has to take care of his job or schoolwork, to perform well at the Asian or Olympic Games. Competitive sport makes enormous demands on athletes. There are no short cuts! Full-time professional training is the only way for Hong Kong athletes to succeed at the world level. If we want to attract more quality people, it is also important to plan for their future, and to equip them with the skills required for their retirement. The Athlete Affairs Department of the HKSI has been working hard on this. It is encouraging to see that more universities are willing to appreciate athletes' achievements in considering their admission applications. Athletes are given more opportunities in tertiary education." added Dr Chung.

經過多項改革和不斷的修訂，體院的精英運動培訓系統和支援配套逐漸成熟，其成效可從香港運動員在國際體壇的不斷進步顯示出來。繼回歸前李麗珊為香港勇奪奧運金牌後，於2004雅典奧運會中，乒乓球賽高禮澤和李靜亦替香港特區取得一面銀牌。此外，香港運動員於去年多哈亞運會奪得有史以來最好的成績，共得6金、12銀、11銅合共29面獎牌，這都是過去10年努力的成果。

對香港精英體育前景樂觀

近年，市民十分支持精英體育，政府、商界和立法會議員等都同樣重視精英體育的發展。政府在今年開始投放一筆額外款項幫助體育發展，商界亦借助運動員的健康形象宣傳品牌，爭取商機，而立法會議員同樣支持體院的重建計劃和給予精英運動員增撥資助的方案，鍾博士對精英體育發展的前景感到樂觀。「國際高水平的體育比賽成績往往相差很小，要將銀牌變成金牌，得需投放更多的資源。去年亞運會有如此驕人成績，贏取了市民支持的同時，亦令政府更加重視精英體育，行政長官在施政報告中提及增撥資源給精英體育發展的承諾很快便得到落實。只要運動員的成績能夠保持不斷進步，而政府的財政狀況又理想的話，精英體育得到的資助相信會愈來愈多。而且在未來數年，體育發展開支肯定較以往的高，最主要的原因當然是2008北京奧運的正面效應，加上香港協辦其中的馬術賽，還有2009香港主辦的東亞運動會、2010廣州亞運會。一連串的體育盛事都在香港和周邊地區發生，在這良好勢頭下，政府不可能減少精英體育的資源。」

長遠來說，鍾博士認為要整體體育有效的發展，政府必須訂立一個周全及長遠的體育發展政策。政策應該涵蓋青少年至老年、普及至精英、市民參與至政府、體育總會或商業機構籌辦體育盛事，以至學校體育、社區體育、工商體育的發展和推廣。而中央政府頒布的體育法可作香港訂制整體體育方向的參考藍本。

精英體育發展 體院任重道遠

運動員在國際賽事取得的佳績，除了帶給港人驕傲，亦證明了體院和各合作夥伴單位多年來努力的成果。鍾博士認為新任院長最大的挑戰，就是如何帶領香港運動員在國際體壇繼續進步。鑑於周邊國家和地區亦積極發展精英體育，香港運動員將會面對更多實力不斷進步的對手。因此，如果自己不努力求進，很快便落後於對手。鍾博士說：「香港精英體育能夠衝破重重困難和障礙，得到今日如此驕人的成績，殊不簡單。體院未來必定要朝向更加專業的方向前進。要讓運動員得到最佳的培訓環境和

With continuing reforms and adjustments, the elite training system and the supporting framework of the HKSI is now reaping rewards, as evidenced by the improving results of Hong Kong athletes in the international sporting arena. Following Lee Lai-shan's victory at the Atlanta Olympics prior to Reunification, table tennis player Ko Lai-chak paired up with Li Ching and won a silver medal for the HKSAR at the 2004 Athens Olympics. Last year, Hong Kong athletes won 29 medals – 6 gold, 12 silver and 11 bronze – at the Asian Games held in Doha, its best-ever performance at this major multi-sports event. All of these outstanding performances reflect the last 10 years' effort.

Optimistic about the Future of Elite Sport

In recent years, the legends of Hong Kong athletes have captured the public's imagination. The Government, commercial sector and Legislative Councillors also pledged their support for elite sport. Starting from this year, additional government subvention has been released to strengthen the development of elite sport. In the commercial sector, athletes with healthy images are very popular as product endorsers. In the Legislative Council, the redevelopment plan of the HKSI and the proposal to increase subsidies to elite athletes has met with little objection. Dr Chung takes these as positive signs and is very optimistic about the future of elite sport in Hong Kong. "Abundant resources are required to upgrade the silver medal to the gold because individual differences in performances are minimal in international high-performance sport. Athletes' success at the Doha Asian Games not only won much public support, but also the attention of the Government. The Chief Executive's commitment in his Policy Address for increased resources to elite sport was soon honoured. As long as athletes keep up with their good work and the Government has abundant resources, more and more funds will be available for elite sport. As the Equestrian Events of the 2008 Beijing Olympics will be held in Hong Kong, the Government will inevitably spend more on sport. Furthermore, Hong Kong and Guangzhou will host the 2009 East Asian Games and 2010 Asian Games respectively. With so many major sports events to be held in Hong Kong and its neighbouring area, the Government is unlikely to allocate fewer resources to elite sport," explained Dr Chung.

In the long run, Dr Chung deems it necessary for the Government to formulate a visionary and comprehensive policy on sports development, covering areas ranging from youth to old-age sport, from popular to elite sport, from mass participation to the respective role of the Government, NSAs and the commercial sector in organising major sports events, as well as sports development and promotion in school, community and commercial organisations. In doing so, Hong Kong can make good reference to China's Law on Physical Culture and Sports.



◀單車運動員張敬煒去年於多哈首次出戰亞運會，即勇奪場地賽金牌。

A first-time participant of the Asian Games, cyclist Cheung King-wai performed brilliantly and snatched a gold medal in the points race of the Doha Games.



▲ 鍾博士熱心參與各階層體育推廣活動，於擔任東華三院中學陸運會主禮嘉賓時攝。

Dr Chung officiating at the Sports Day of Tung Wah Group of Hospitals' secondary schools.

支援，各個機構和不同的專業人員必須通力合作，為共同目標而付上一分力。」鍾博士有信心地補充：「除了現有的精英支援系統外，我對現時體院一班專業和盡心盡力的同事及教練充滿信心，他們一定能夠協助新院長，齊心合力地把香港精英體育推進到更高的水平。」

個人未來動向

鍾博士八月辭任體院院長後將會重返浸會大學，擔任體育系教授兼系主任，工作的重點將放在培養更多在體育、體適能、康體管理等專科的副學士、學士、碩士和博士畢業生。同時亦會積極推動全民體育和健康體適能。除此以外，鍾博士承諾會繼續支持香港精英運動的發展。

鍾博士最後強調：「今天香港精英體育的成功是各方努力的成果，包括運動員和教練的全情投入、體院各部門的積極配合、各體育總會的通力合作、體院董事局、政府各部門、中國香港體育協會暨奧林匹克委員會以及各教育和商業機構的鼎力支持。我謹此向他們一一送上衷心的感謝！」

體院上下祝願鍾博士在新的工作崗位一切如意，生活愉快。

鍾伯光博士在體院服務簡歷

Dr Chung Pak-kwong's nine years with the HKSI

香港康體發展局 Hong Kong Sports Development Board:

1/7/1998 — 30/6/2000

精英培訓總監 Director of Elite Training

1/7/2000 — 31/3/2004

精英培訓及康體發展總監

Director of Elite Training and Sports Development

1/4/2004 — 30/6/2004

精英培訓及發展總監

Director of Elite Training and Development

1/7/2004 — 30/9/2004

署理行政總裁 Acting Executive Director

香港體育學院 Hong Kong Sports Institute:

1/10/2004 — 31/3/2005

署理院長 Acting Chief Executive

1/4/2005 — 31/8/2007

院長 Chief Executive

HKSI Plays a Pivotal Role in Elite Sport

People in Hong Kong take pride in athletes' progress and achievements. Athletes' outstanding performance results from the efforts and cooperations of the HKSI and various stakeholders. In Dr Chung's opinion, the greatest challenge facing the new Chief Executive of the HKSI will be how to maintain these good results. As many of our neighbouring countries and areas are also keen on developing elite sport, Hong Kong athletes are expected to compete in an ever-more challenging environment. So, athletes should work hard, otherwise they will quickly fall behind their opponents. Dr Chung said, "It is not easy for Hong Kong to overcome so many obstacles and difficulties. In the future, the HKSI must strive to achieve even higher professional standards and provide the best possible training environment and support for athletes. All stakeholders must work together to realise this common goal." Dr Chung added, "I am confident that my colleagues and coaches at the HKSI, who are so professional and dedicated, will help the new Chief Executive and work together to produce new standards of excellence in elite sport in Hong Kong."

Moving on

Dr Chung will be leaving the HKSI this August and join the Baptist University of Hong Kong as Head and Professor of the Department of Physical Education, shifting his focus to the training of associate degree, undergraduate and post-graduate students studying physical education, fitness and conditioning, as well as recreation and sports management. While actively involved in the promotion of the "sport-for-all" concept, he promises that he will remain a firm supporter of Hong Kong's elite sport.

In concluding the interview, Dr Chung stressed, "Hong Kong's success in the international sporting arena has been made possible by the joint efforts of all stakeholders, including the athletes, coaches, departments of the HKSI, related NSAs, the HKSI Board of Directors, the Government, the Sports Federation & Olympic Committee of Hong Kong, China, as well as the education and commercial sectors. I thank them all wholeheartedly!"

We all wish Dr Chung good health and all the best in his new endeavour.

「我的人生哲學是永不言敗：
一分耕耘：一分收穫。」

"Never give up! The harder you work,
the more you achieve."

「由業餘走向專業是香港精英運動在
過去幾年成功的關鍵。」

"The professionalisation of elite sport has been
the key to success in recent years."

教

練與運動員
Coach & Athlete

全力培育 本地三項鐵人 運動員成才

Devoted to Developing Local
Triathletes from the Beginning

體院三項鐵人總教練露芙肯特20多年來一直致力培育本地三項鐵人運動員成材，由她親手培訓的運動員當中，包括2006亞運會銀牌得主李致和。她在今期的《精英體育》會與讀者分享培訓精英運動員的理念。

HKSI Head Triathlon Coach Ruth Hunt has devoted the past two decades to developing local triathletes from the beginning of their careers, like the 2006 Asian Games silver medallist Lee Chi-wo. Hunt shares with us her philosophy of coaching elite athletes in this issue of *Sports Excellence*.

何時及怎樣開始在香港的教練工作？

When and how did you start your coaching career in Hong Kong?

露芙肯特
Ruth Hunt

當我在九龍塘聖佐治學校任教體育科時，我是以兼職的身份開始三項鐵人教練的工作。一九八三年，我參加香港首次舉辦的水陸兩項鐵人比賽（包含游泳和跑步），隨後，我在校內組成了一支校隊，參加在體院舉行的小鐵人比賽。一九八六年，我全職投入三項鐵人運動，自己在參加比賽之餘，同時亦協助訓練年輕運動員。

直至11年前，我加入體院擔任三項鐵人總教練，同時亦開始了培訓李致和的工作。對於三項鐵人這類注重耐力的運動項目來說，要運動員完全發揮自己的潛質，往往需要16至20年的磨練。

Initially, I started coaching triathlon part time when I was a young Physical Education teacher at St. George's in Kowloon Tong. In 1983, I participated in Hong Kong's first ever aquathlon which comprises swimming and running. After that, I put together a school team which competed in the Canon Iron Kids Triathlon at the HKSI. In 1986, I became a full time triathlete but continued to help young people in the sport.

I joined the staff of the HKSI 11 years ago as the Head Triathlon Coach and it was at this time that I started coaching Lee Chi-wo. For an endurance sport like triathlon, it can take 16 to 20 years for the athlete to reach his or her potential.

可否談談你的教練之道？

What is your coaching philosophy?

多年來，我的訓練理念不斷改變。最初，我或許因為嘗試操控訓練計劃的各方面細節而令訓練效果未如自己的理想，但是現在我會結合專家團隊的支援在教練工作之中，反而令運動員得到更全面的發展，我的角色就像一間機構的行政總裁一樣，要成為團隊中的一份子，教練要聽取不同人士的意見，然後作最後的決定。我能夠與運動科學、心理學、生物力學、營養和體適能訓練的專才合作，令我獲益良多，亦讓我為運動員制定更理想、更切合個人需要的訓練計劃。

My philosophy has changed over the years. When I started out, I probably tried to control too many areas of the programme but now I combine coaching with organising a group of experts to enhance the all round development of the athlete; it is a bit like being the CEO of an organisation. You need to be a very good team player, be able to listen to other people's ideas and then make the final decision. Being able to work with experts in sports science, psychology, biomechanics, nutrition as well as strength and conditioning has enhanced my knowledge, and allowed me to develop better and more personal programmes for each triathlete in the programme.

你認為香港現時對三項鐵人精英教練的支援足夠嗎？

Do you think enough support is given to elite triathlon coaches in Hong Kong?

我認為現時香港對教練的支援和支持頗多，我們需要的支援基本上亦獲提供。然而，香港的空氣污染問題對於注重耐力的運動項目影響甚大，尤其是跑步和單車這類必須在戶外進行的項目。另外，運動員在鄰近海底隧道的灣仔游泳池受訓亦不太理想。我相信這些問題遲早可以解決，唯何時才能真正解決則掌握在政府手中。

本地單車訓練場地不足是另一難題，以萬宜水庫為例，與其他不少地區一樣，都是不准單車駛入。現有單車徑在設計上又有不少路障，令單車運動員必須上、落車數次，這令教練在計劃訓練路線時遇上不少困難。可喜的是，政府現正計劃連接新界的單車徑，使之成為長達120公里的單車徑，工程完成後，對運動員和教練都是一個莫大喜訊。

Coaches have quite a lot of backup and support here and I think we mainly get what we need. However, it is hard to coach endurance sports in Hong Kong because of the pollution which affects our training programmes especially, running and cycling outdoors. Swimming in Wanchai swimming pool, next to the cross harbour tunnel, is not so desirable either. The problem of pollution can be solved but the timeframe is in the Government's hands.

Finding suitable cycling areas is a problem since many areas are restricted such as High Island Reservoir. The current cycle paths have many barriers that make it almost impossible for a coach to find an appropriate course where the triathletes do not have to keep getting off and on their bike. On a more positive note, the Government is planning to link existing cycle paths in the New Territories to make a 120km cycling track. When it is finished, it will be fantastic!



▲ 露芙肯特與體院滑浪風帆總教練艾培理（右）一同出席體院公開活動，二人惺惺相惜。

Ruth Hunt and Rene Appel, HKSJ Head Windsurfing Coach (right) attend a HKSJ publicity event with mutual appreciation of their passion and expertise.



◀ 露芙肯特去年與多哈亞運三項鐵人銀牌得主李致和（左）凱旋而歸，年輕又有實力的麥素寧（右）初次出戰亞運，亦吸收了十分寶貴的經驗。

Last year, Ruth Hunt came home together with the triathlon silver medalist of the Doha Asian Games, Lee Chi-wo (left). The up-and-coming Mak So-ning (right) learns much from her first participation in the Asian Games.

優秀教練需要具備什麼質素？

What are the essential qualities of a good coach?

優秀的教練必須在不斷轉變的環境中與時並進，此外，亦需要具備良好的人際關係，當一位上佳的聆聽者，在不同制度下能夠與不同年齡和不同做事方法的人士合作，以及懂得發掘及發揮運動員的優點及長處。每一名運動員都是獨立個體，而每一項訓練計劃就是要令每一位運動員全面發揮最佳水準，因此，作為優秀教練必須知道他們的需要，在適當時候提供意見，最終達至讓運動員能自我訓練的地步，始終，他們才是參賽者，比賽時要靠自己臨場發揮和決策。當然，在某些範疇上，他們亦需要專家給予意見。

其實，所有出色的運動員對體育運動都有一份熱情、一個夢想，而一位優秀教練亦必須分享他們對運動的熱情和夢想。

To be a good coach, you need to evolve over time because you are working in a constantly changing environment. You have to be a good people-person, a good listener and have the ability to work with different age groups. You also need to be able to work within different systems or different approaches and know how to bring the best out of athletes. Each programme is about helping a unique person to perform his or her best. You have to know what they need and give advice whenever necessary. As the athlete matures, they virtually have to be able to coach themselves. They are the ones who race and make the final decisions. Of course, they always need expert advice in certain areas.

All outstanding athletes have a passion for their sport; they also have their own individual dreams. I think a good coach also has the same passion; he or she also needs to share the dream.

香港運動員有什麼優點和弱點？

What are the strengths and weaknesses of Hong Kong athletes?

這個問題實在難以回答，因為每個運動員都是獨立個體，不能一概而論。有些人很早已經對體育有一份熱情、決心和專注，一開始便十分清晰自己的目標；但有些人則需要時間浸淫，總之，每個人都是獨一無二的，每個人都有不同的優點和弱點，都會經過不同的磨練，才能成為出色的運動員。當確定個人的弱點，教練和運動員會合力尋求解決方法。

It is very difficult to answer this question. It depends on the athlete. Some people have a passion, dedication and the ability to focus very early on in their career. Other athletes evolved into their sport. Each individual goes through a different process to become a very good athlete as everyone is unique. Each athlete therefore has different strengths and weaknesses. When a weakness is identified, the coach and the athlete work together to find a solution to the problem.

香港運動員面對什麼困難？

What kind of difficulties are Hong Kong athletes facing?

香港運動員面對其中一個常見的困難是如何安排退役後的生活。設立與退休基金相似的制度是其中一個解決辦法，基金會於運動員退役時發放，金額則以從事運動年資計算。

另一難題是欠缺充足的休息，因為香港社會非常重視學業成績，求學中的運動員往往很難在學習和訓練中取得平衡。同時，香港的生活多姿多彩，運動員需要極強的意志力才能專心致志追求目標。

One of the most common difficulties is about what they are going to do when they leave the sport. One of the ways to alleviate this is by having a pension-like fund which would pay out at the end of their athletic career with the payout being based on the number of years in the sport.

Another difficulty they face is how to get enough rest. Athletes who are studying are always trying hard to balance their studies and training commitments because academic achievement is so highly valued in Hong Kong. At the same time, there are so many distractions in Hong Kong that the athletes have to be very strong-willed to remain focused on their goal.



對香港未來的體育發展有何意見？

What are your views on Hong Kong sports development in the future?

自二零零三年沙士（非典型肺炎）疫症事件發生後，香港的普及體育發展不斷改善，能夠促進健康和體魄的活動亦愈來愈受市民歡迎。不過，在精英體育發展方面，我們卻受到一些轉變影響，例如體院總部須搬往烏溪沙青年新村，兩年後才能遷回火炭原址。

為了保持競爭力和取得更好成績，我們必須投放更多資源，聘用來自世界各地最優秀的人才。而體院作為香港精英培訓基地，是需要各方給予一切所需的支援，讓其完全發揮精英培訓設施的功能。其實，三項鐵人運動與其他本地運動項目一樣，都應優先考慮培育本地運動員。

Sports development for the general public is improving as, since Severe Acute Respiratory Syndrome (SARS) in 2003, health and recreation activities have become more popular. However, at the elite level, we have just faced a possible disruption when the HKSI headquarters had to be moved to the Wu Kwai Sha Youth Village and then move back to Fo Tan after two years.

To maintain our competitiveness and get better results, more money needs to be invested in sport. We also need to attract the best staff from different places around the world. The HKSI, as Hong Kong's elite training centre, needs to be given the necessary support to function fully as an elite training facility. With regard to my own sport, and in fact all other sports in Hong Kong, I believe that we should be giving priority to nurturing local talents.

在你的教練生涯中什麼事情令你最難忘？

What is the most unforgettable moment in your coaching career?

最難忘的事情必定是李致和在去年亞運會取得銀牌，這項成績令三項鐵人運動於未來四年內得以繼續成為精英體育項目。

The most unforgettable moment definitely has to be Lee Chi-wo winning the silver medal at the Asian Games last year. This helped secure triathlon's elite sport status for another four years.



◀ 露英肯特帶着三項鐵人香港代表隊南征北戰。
Ruth Hunt explores new frontiers in the international sports arena with Hong Kong team.

如何成為精英運動員？

How to become an elite athlete?

基本上有兩個途徑，首先，可參加由體院舉辦、以挑選具運動潛質年輕人為目標的體壇明日之星甄選計劃。表現突出者會獲安排接受為期兩年的培訓，然後，最優秀的運動員將有機會加入青少年隊。

第二個途徑是對這項運動有興趣的人士可加入不同的體育會或參加體育總會籌辦的發展計劃，具潛質的運動員將有機會成為青少年組隊員，相信部份最終會成為精英運動員。

There are basically two ways. The first way is to be identified through a talent identification programme, namely "Searching for New Sport Stars", which is run by the HKSI. A two-year follow up programme is provided for outstanding athletes. By the end of the two years, the best athletes would probably be able to join a junior squad.

The second way for people interested in a specific sport is just joining a club or a National Sports Association's development programme for that sport. Athletes with potential are selected to join junior squads and some of these will eventually become elite athletes.

教練的心得：

1. 上佳的聆聽者 — 細聽運動員及其他專業人士的意見。
2. 具創意 — 以生動有趣的方式訓練和解說，提升運動員持續接受訓練的興趣。
3. 有耐性 — 培訓出色運動員是一個漫長的過程。

Tips to coaches :

1. Be a good listener. Listen carefully to athletes and the people around you.
2. Be creative. Present training sessions in novel ways to maintain the interest of the athletes.
3. Be patient. Coaching is a long-term process.

三項鐵人競賽運動一覽

A Guide to Competitive Triathlon

源溯 Origins

三項鐵人是一種著重耐力的體育運動，三項鐵人運動員需要在不同距離的賽程中，一次過完成游泳、單車和跑步三個緊接地進行的比賽項目。現代三項鐵人運動始於70年代後期的美國，當時一群耐力運動員完成了首次長距離三項鐵人比賽「夏威夷三項鐵人錦標賽」（賽程為3.86公里游泳、180.2公里單車和42.2公里跑步）。於2000悉尼奧運會上，三項鐵人正式成為比賽項目，賽程名為奧運距離，包括1.5公里游泳、40公里單車和10公里跑步。

Triathlon is an endurance sport that requires the triathletes to complete swimming, cycling and running legs in a back-to-back sequence over varying distances. Modern triathlon started in the late 70s in America when a group of endurance athletes completed the first long-distance triathlon competition, namely the Hawaiian Ironman Triathlon (3.86 km swim, 180.2 km bike and 42.2 km run). The first Olympic triathlon event over the Olympic Distance (1.5 km swim, 40 km bike and 10 km run) was staged at the 2000 Sydney Games.

賽程和賽事種類 Race Distances and Types

大部份三項鐵人賽事於戶外舉行，如公海和公路等，因此，於不同國家舉行的各種三項鐵人賽事，賽程會略有不同。標準三項鐵人賽程有：

Most triathlon races take place in an outdoor environment involving open water and public roads. Therefore, race distances may vary slightly in different countries. The standard triathlon race distances include:

	游泳 Swim	單車 Bike	跑步 Run
小鐵人 Ultrakids	100-500公尺(m)	5-15公里(km)	1-5公里(km)
半奧運距離 Sprint	750公尺(m)	20公里(km)	5公里(km)
奧運距離 Olympic Distance	1.5公里(km)	40公里(km)	10公里(km)
半鐵人 Half Ironman	1.9公里(km)	90公里(km)	21.1公里(km)
鐵人 Ironman	3.8公里(km)	180公里(km)	42.2公里(km)
十倍鐵人 Deca-Ironman	38公里(km)	1,800公里(km)	422公里(km)

還有將以上三個基本比賽環節作出不同組合的比賽，部份賽事包括：

There are also variations on the three basic components. Some of them include:

水陸兩項鐵人 Aquathlon	只設游泳和跑步兩項 swimming and running stages only
陸上兩項鐵人 Duathlon	順序以跑步、單車和跑步進行 running, cycling and another running stage
三項鐵人越野賽 Off-road triathlon	順序以游泳、山地車、越野跑步進行 swimming, mountain biking and trail running



三項鐵人運動員於轉項區內轉換裝備。

▼ Triathletes changing gear in transition area.



三項鐵人賽事如何進行？

比賽開始前，工作人員會對所有三項鐵人運動員詳細講解當日的比賽路線，及其他包括道路、海面情況和急救站位置等特別事項。運動員須前往登記處取得比賽號碼和泳帽等比賽用品，賽事開始前，到轉項區預備他們的單車、頭盔和跑鞋等裝備。完成游泳和單車項目後轉換裝備，只能在轉項區內替換。每位三項鐵人運動員的完成比賽時間包括游泳、轉項1 (T1)、單車、轉項2 (T2)和跑步時間。

How does a Triathlon Race Work?

Generally, a race briefing will be given before the event to all the triathletes about the race course including any other special circumstances such as water and road conditions and the position of the aid stations. At registration, the triathletes are given their competition equipment such as race numbers and swim cap etc. Prior to the start of the event, they set up their equipment such as bicycle, helmet and running shoes in the transition areas. Changing of any race clothing takes place in the transition area after the swim and after the bike. The finish time for each triathlete includes swim time, transition 1 (T1) time, cycle time, transition 2 (T2) time and run time.

三項鐵人裝備

近年，特別為參加三項鐵人比賽而設計的「三項鐵人服」日漸普及，原因是節省轉項時更換服裝的時間，基本裝備還包括泳鏡、泳帽、單車、頭盔、太陽眼鏡和跑鞋。

Triathlon Gear

Triathlon-specific outfits called "Tri Suits" have become common in recent years because they save the athletes' time in changing clothes between different legs. Goggles, swim cap, bicycle, helmet, sunglasses and running shoes are all essential items.



◀ 三項鐵人服
Triathlon-specific outfit

主要賽事

與其他不少體育項目一樣，四年一度舉行的奧運會和亞運會均是三項鐵人的國際體壇重要賽事，此外，ITU 亞洲錦標賽、ITU 世界杯和 ITU 世界錦標賽亦吸引各國精英三項運動員，一同爭奪錦標。

Major Competitions

Like many other sports, the Olympic Games and the Asian Games which are staged every four years are crucial races in the international sports arena. In addition, the ITU Asian Championships, ITU World Cup and ITU World Championships attract many elite triathletes from different countries.



資料來源

《中國鐵人三項運動》主編張朝良 中國三峽出版社2000年5月

香港三項鐵人總會網頁

國際三項鐵人聯盟網頁

References

Complete Triathlon Book, Matt Fitzgerald, Warner Books 2003

Website of Hong Kong Triathlon Association

www.triathlon.com.hk

Website of International Triathlon Union (ITU)

www.triathlon.org

李致和 Lee Chi-wo

視傷患為鍛鍊

2006亞運會三項鐵人亞軍李致和八歲習泳，後來有機會參加第三屆小鐵人比賽，15歲成為體院獎學金運動員，正式開始接受有系統的三項鐵人訓練。

李致和曾兩次嚴重受傷，左右小腿都分別在二零零零年和二零零五年出現勞損性骨折，每次都需要休息一個月，幸得體院的按摩師、物理治療師和運動心理學家三管齊下，安排循序漸進的訓練，他才慢慢康復。他認為傷患無可避免，最重要是吸收經驗，懂得如何預防再次受傷，對日後的訓練反而有幫助。

以成功運動員為榜樣

三項鐵人運動包括單車、游泳和跑步，全都著重耐力鍛鍊，訓練過程刻苦，他眼中的優秀三鐵運動員，應該了解清楚每一課的訓練目的，不能盲目地耗盡體力；並要控制自己的生活習慣，讓身體時刻保持在最佳狀態；不可輕言放棄；目標要定得高一點。「不少香港運動員都只把目標放在亞洲，我卻認為應把目光放遠一點，現已成為世界冠軍的黃金寶就是一個很好的榜樣。」他強調耐力項目的運動員特別要計劃得更長遠，不可抱有如一、兩年內沒有突破成績就放棄的念頭，因為身體需要較長時間的訓練才能適應耐力運動。

他回想最初接觸三項鐵人運動時，像不少三鐵運動員一樣，都遇到身體不適應的問題，他說：「最初，完成游泳項目後，轉項至單車時會頭暈，單車轉至跑步時又會腿軟。於是我把訓練重點放在轉項練習（T1 + T2，即比賽中第一次和第二次轉項），結果花了三、四年的時間，才能在比賽的環境下克服這些身體不適應的問題，發揮出正常的技術水平。」

放鬆得宜令訓練成效更高

繁忙的訓練之餘，懂得如何放鬆心情很重要，去年年底結婚的李致和說：「我只要人在香港，都會盡量抽時間陪伴太太，與家人見面，平日會多做按摩，聽聽音樂，盡量爭取時間休息，令身體恢復至最佳狀態。」李致和的當前急務是爭取奧運入場券，然後達成他最大的目標，就是在奧運會取得獎牌。



Overcoming Injury

Lee Chi-wo, the triathlon silver medallist at the 2006 Asian Games, started his swimming training at the age of eight. Later, he had an opportunity to participate in the 3rd Ultrakids competition. At 15 years of age, Lee's HKSI Scholarship Athlete status was confirmed and he has been involved in systematic triathlon training ever since.

Lee Chi-wo was seriously injured with a stress fracture on the right lower leg in 2000 and the left lower leg in 2005. He needed a month's rest each time. With help from masseurs, physiotherapists and sports psychologists at the HKSI, and targeted step-by-step training, he gradually recovered. He believes injuries are unavoidable and the most important thing is to benefit from the experience. Being able to prevent injury in the future is helpful to training.



Learn from Successful Athletes

Endurance-oriented training for triathlon, including cycling, swimming and running, is a tough process. Lee considers outstanding triathletes should have a very clear understanding of the training purposes of each session. They should not exhaust themselves without focusing on what they really want out of the session. Self-control over daily life helps maintain the best physical condition at all times. Never give

up in competition. Outstanding athletes should also set high goals. "A lot of Hong Kong athletes aim at Asia only. I think we should look further ahead. The cycling world champion Wong Kam-po is a fantastic role model." He stressed that endurance athletes in particular should have long-term plans. They should not think of quitting easily even if they cannot achieve any breakthroughs within one or two years because the body needs a longer period of training to adapt to endurance sports.

He shared the problem of physical inadaptability with many triathletes in early days. He said, "Initially, I used to feel dizzy at the beginning of the cycling leg right after swimming, and soreness in my legs during running after cycling. So I focused on training for the transitions between different events (T1 + T2, i.e. the first and second transition in triathlon races). It took three to four years to overcome the problem of physical inadaptability during competitions."

Relax Properly to Get Better Training Results

Knowing how to relax is very important in the busy training schedule. Lee Chi-wo married at the end of last year and said, "I will always try to be with my wife and family if I am in Hong Kong. During the week, I will also have more massages, listen to music and try my best to rest to restore my body to its best condition." Lee Chi-wo's current task is to fight for an Olympic entry ticket and then achieve his greatest goal – winning an Olympic Games medal.

麥素寧 Mak So-ning

兼顧學業與運動

去年剛由體院青少年運動員升級至精英運動員組別的麥素寧，現就讀中文大學，繁重的功課和密集的訓練日程並沒有難倒她。住在體院宿舍，讓她可以每天早上七時操練，然後才上學。



Balance between Academic and Sports life

Mak So-ning, who was upgraded from HKSI junior to elite triathlete category last year, is studying at the Chinese University of Hong Kong. She takes heavy homework and an intensive training schedule in her stride. She lives in the HKSI Athletes' Hostel, which enabled her to attend training sessions at 7:00am every morning before going to school.

九歲開始接受有系統的游泳訓練，令她自小已懂得如何分配時間，她分享道：「訓練時間表早在一星期前已定好，我會安排訓練內容較輕鬆的前一晚跟朋友吃飯。我現在雖然住在體院宿舍，和家人的溝通也不會減少。」除了家人的支持和鼓勵，學校的配合也相當重要，「農曆年前到紐西蘭訓練，需要向學校請假兩個星期，有兩位老師都讓我從紐西蘭回來後才參加測驗，以遷就我的訓練日程。」

She began systematic swimming training when she was nine years old, and is a good time manager. "The training schedule is ready a week in advance. I arrange dinner gatherings with friends the night before a less demanding training day. Although I live in the HKSI Athletes' Hostel now, my family and I maintain a very close relationship." The support and encouragement of her family combined with the cooperation of the school are very important. "Before Chinese New Year, I went to New Zealand for two weeks' training and two teachers at University let me finish my tests after I came back from New Zealand," she said.

優秀運動員不怕苦

麥素寧認為出色的運動員應堅持到底不怕苦、自制、謙虛、眼界要闊和目標要遠。由於三項鐵人是考驗耐力的運動，幾乎每天都要練習，才能讓體能長期處於高水平。她說：「為了催谷體能，大賽前兩個月的訓練是最艱苦的，而身體上的痛楚也是最難熬的。有時候即使按摩師只是輕輕觸碰，也會令我痛得大叫起來。」但她對克服身體上的痛楚自有一套方法，「當感到身體快要崩潰的一刻，真的很想停下來，但我知道，只要一停下來，就會影響比賽成績，所以我會咬緊牙關忍受痛楚，繼續下去。」

Outstanding Athletes are not Afraid of Hardship

Mak So-ning considers outstanding athletes should possess the spirit of persistence and being not afraid of hardship, self-control, being humble, have a vision and set far-reaching objectives. As triathlon is an endurance sport, daily practice is the key to maintaining a constantly high fitness level. She said, "In order to maximise my fitness, the two-month's training before an important competition is the most demanding period and the physical pain resulted is intense. Sometimes I feel like screaming even during the lightest of massages." But she has her unique method to help overcome her physical pain. "When the body is about to collapse, I really want to quit. But I understand that quitting will affect my racing performance. So, I just soak up the pain and keep going."

迎接挑戰

去年剛晉級至精英組別，賽程加倍之餘，對手更是較她年長八、九歲的世界級運動員，難免有點緊張。但在適應期中，體院的專業人員會幫助她進行數據記錄和分析，從而提高訓練效果。麥素寧對於未來躊躇滿志地說：「希望能在二零一零和二零一四年舉行的亞運會，像師兄李致和一樣拿到獎牌，眼前的目標當然是希望先取得2008北京奧運入場券。」



Face the Challenge

Last year, Mak was promoted to elite category. This meant her race distances doubled and she had to race against world class triathletes who could be eight or nine years older than her. Initially these opponents made her nervous. But during this adaptation period, sports professionals at the HKSI help her by providing data recording and analysis, so as to improve training results. Mak So-ning is excited about her future and said, "I hope to get a medal at the Asian Games in 2010 and 2014, just like my senior teammate Lee Chi-wo did in the 2006 Asian Games. Without doubt, my immediate goal is to secure qualification for the 2008 Beijing Olympics."

三項鐵人之星 *Shining Triathletes*



麥素寧 Mak So-ning

出生日期

Date of Birth : 5-11-1986

體重 Weight : 51公斤 kg

身高 Height : 164厘米 cm

現況 Status : 體院獎學金運動員

HKSI Scholarship Athlete

教練 Coach : 露芙肯特 Ruth Hunt

重要獎項 Major Achievements :

2005 ITU澳門國際鐵人賽暨亞洲盃分站賽
女子精英青少年組金牌

Gold Medallist in Female Elite Junior
ITU Macau International Triathlon &
ASTC Asian Cup Series

2005 二零零五泰國湄公河多種運動錦標賽
三項短距離女子青少年組銀牌

Silver Medallist in Female Junior Sprint Distance Triathlon
Thailand Mekong River International Multi-sport
Championships 2005

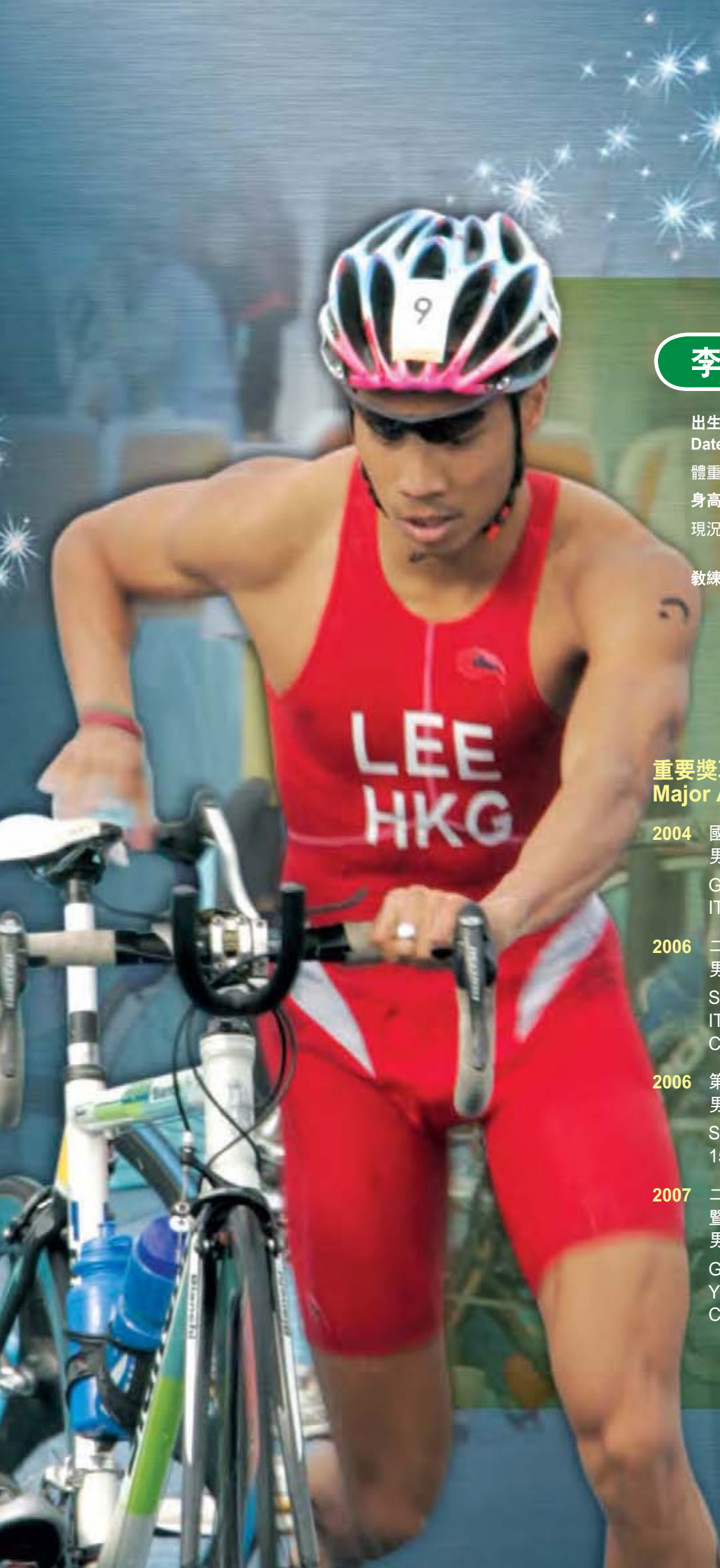
2006 二零零六ITU北海岸國際鐵人三項大賽
女子精英組金牌

Gold Medallist in Female Elite
2006 ITU Taipei Green Bay Asian Cup Triathlon

2006 第十五屆亞運會
女子精英組第六名

6th in Female Elite
15th Asian Games





李致和 Lee Chi-wo

出生日期

Date of Birth : 9-4-1977

體重 Weight : 70公斤 kg

身高 Height : 177厘米 cm

現況 Status : 體院獎學金運動員

HKSI Scholarship Athlete

教練 Coach : 露芙肯特 Ruth Hunt

重要獎項

Major Achievements :

2004 國際三項鐵人巡迴賽

男子精英組金牌

Gold Medallist in Male Elite

ITU Valsana Triathlon Event - Silca Cup

2006

二零零六ITU瑞士洛桑水陸鐵人世界錦標賽

男子精英組銀牌

Silver Medallist in Male Elite

ITU Lausanne Aquathlon World

Championships 2006

2006

第十五屆亞運會

男子精英組銀牌

Silver Medallist in Male Elite

15th Asian Games

2007

二零零七年湖北宜城國際鐵人三項洲際杯賽

暨全國鐵人三項冠軍杯系列賽

男子優秀組金牌

Gold Medallist in Elite Men

Yicheng Hu Bei ITU Asian Continental

Cup Triathlon 2007



歐詠芝

張玲

Au and Zhang

齊奪傑出青少年運動員殊榮 *Honoured Outstanding Junior Athletes*

壁球運動員歐詠芝及網球新秀張玲憑着出色表現，獲選為二零零七年第一季香港體育學院傑出青少年運動員。

頒獎禮於六月十五日舉行，兩名得獎運動員分別獲頒現金獎2,500港元、價值2,500港元的運動用品禮券及獎狀。

現年18歲的歐詠芝在二月於本港舉行的和興白花膏亞洲青少年壁球錦標賽中勇奪女子個人賽金牌，這項賽事共有46名來自日本、韓國、馬來西亞及菲律賓等九個國家/地區的年輕球手參加。

曾先後於二零零四及二零零五年第一季奪得這個獎項的歐詠芝，今季表現出色並再度勝出，她表示：「我很高興能第三次獲獎，並且感謝多年來一直照顧和幫助自己的教練和隊友。」

這位年輕球手於二零零一年透過體壇明日之星甄選計劃而獲教練發掘在壁球方面的天份，兩年後首次代表香港參加亞洲青少年壁球公開賽，更奪得隊際季軍。在二零零五年，歐詠芝更夥拍陳浩鈴、趙家琦及梁善雅，於比利時舉行的世界青少年女子壁球錦標賽中歷史性為香港取得首面世界青少年壁球隊際賽金牌。

年僅17歲的網球英雄張玲在馬來西亞舉行的國際網球聯會總統杯第一組賽事中奪得女單金牌及女

Squash player Au Wing-chi and tennis player Zhang Ling have been honoured the Hong Kong Sports Institute Outstanding Junior Athlete Awards titles for the first quarter of 2007 following their outstanding performance during the period.

A prize presentation was held on 15 June where the winners each received a cash prize of HK\$2,500, sports gears voucher worth HK\$2,500 and a certificate.

18-year-old **Au Wing-chi** won a gold medal in the women's individual at the Hoe Hin White Flower Ointment Asian Junior Squash Championships held in February in Hong Kong. The event featured 46 promising players from nine countries/districts including Japan, Korea, Malaysia and the Philippines.

This has been the third time Au got the Award. "I am pleased to become a three-time winner of the Award and would like to thank the coaches and teammates who have been helping me over the years," said Au, a recipient for the first quarters of 2004 and 2005, at the presentation.

The young player has been identified to join the sport after participating in the Searching for New Sport Stars programme in 2001, and first represented Hong Kong to participate in the Asian Junior Championships two years later and won a bronze medal in team's event. In 2005, she paired up with Chan Ho-ling, Chiu Ka-kei and Leung Shin-nga to win a gold medal at the Women's World Junior Team Championships held in Belgium, a historical world junior title for Hong Kong squash.

17-year-old **Zhang Ling** snatched a gold medal in the women's singles and a silver medal in the women's doubles at the Chief Minister's Cup ITF – Group 1 in Malaysia, and further captured a gold medal in the women's singles at the 18th Mitsubishi-Lancer International Junior Championships – Group 1 held in the Philippines, earning her the first Outstanding Junior Athlete title.



歐詠芝
Au Wing-chi



張玲
Zhang Ling



雙銀牌，繼而在菲律賓舉行的第十八屆Mitsubishi-Lancer國際青少年網球錦標賽第一組賽事中再取得一面女單金牌，連串佳績讓她首次榮膺傑出青少年運動員。

張玲九歲時在父母的教授下接觸網球，從而對這項運動產生濃厚興趣，於三年後接受正統訓練，並在二零零五年首次代表香港參加國際網球聯會的賽事。

她說：「這計劃肯定青少年運動員的付出和努力，大大增添我們的信心。現階段我的技術水平與目標還有一段距離，但深信在不斷努力下，終有一天我會躋身世界排名首30位內。」

今季還有另外五位優秀運動員取得不錯的成績，獲頒優異證書，以茲鼓勵，他們分別是羽毛球運動員陳虹蓉和謝影雪、壁球運動員陳浩鈴及三項鐵人勞証顯和許焯森。

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香港體育記者協會支持，以季度形式表揚19歲以下的本地優秀青少年運動員。

Zhang started to play the sport at nine under the guidance of her parents and has undergone formal training three years later. In 2005, she first represented Hong Kong to take part in the ITF tournament.

“The Awards scheme is an important morale booster to local junior athletes as we know that all our hard work and effort would be recognised. Although there is still a long way to go, I will work harder in future and hopefully I can reach top 30 in the world ranking during my sporting life,” she said.

In addition, five athletes including badminton players Chan Hung-yung and Tse Ying-suet, squash player Chan Ho-ling, as well as triathletes Lo Ching-hin and Hui Wai-sum were each presented a certificate of merit to recognise their outstanding performance in this quarter.

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

傑出青少年運動員選舉得獎者歐詠芝(右)與獲頒優異證書的運動員合照，包括(左起)三項鐵人許焯森、羽毛球運動員謝影雪、三項鐵人勞証顯和壁球運動員陳浩鈴。

The Awards' winner Au Wing-chi (right) and athletes receiving certificates of merit, including (from left) triathlete Hui Wai-sum, badminton player Tse Ying-suet, triathlete Lo Ching-hin and squash player Chan Ho-ling.



一眾嘉賓及教練恭賀得獎運動員歐詠芝(中)。(左起)香港壁球總會行政總監麥明樂、香港體育記者協會執行委員會主席暨評審團成員朱凱勤、中國香港體育協會暨奧林匹克委員會副會長胡法光、歐詠芝、歐大、體院院長鍾伯光博士及體院壁球總教練蔡玉坤。

Guests and coaches congratulate the Awards' winner Au Wing-chi (centre). (From left) Karl Mak, Executive Director of Hong Kong Squash; Chu Hoi-kun, Executive Committee Chairman of the Hong Kong Sports Press Association; Hu Fa-kuang, Vice-President of the Sports Federation & Olympic Committee of Hong Kong, China; Au Wing-chi; Mrs Au; Dr Chung Pak-kwong, Chief Executive of the HKSI; and Tony Choi, Head Squash Coach of the HKSI.



高強度體能訓練中的心理學

The Psychology behind High-intensity Training

體院 HKSI：運動心理主任姒剛彥博士 Dr Si Gangyan, Sports Psychologist

心理準備對高強度體能訓練極為重要，它可以激發情緒，強化運動員意識與反應之間的聯繫，而高強度體能訓練前的心理準備包括兩方面——身心準備和訓練前的行為程序。高強度體能訓練乃泛指將訓練負荷的量和強度加大，以致身體內各器官和系統出現明顯的反應，從而提升運動能力的訓練。

Psychological preparation is vital to high-intensity training as it can affect levels of arousal and can strengthen the link between awareness and response in athletes. There are two major psychological elements to high-intensity training preparation – psychophysical preparation and pre-training routine. Generally speaking, high-intensity training refers to training that involves an increase in training volume and intensity which subsequently leads to noticeable responses in various bodily organs and systems and results in an enhancement in exercise ability.

高強度體能訓練前的心理準備

高強度體能訓練前的身心準備

當運動員到達訓練場館時，他的所有活動都該以訓練為本，所有會對訓練效果構成負面影響的內、外因素，都應該被移除，這樣才能確保訓練的質素。

為使潛能盡量發揮，運動員必須在精神與情緒兩方面都作好準備，因為訓練前有沒有準備對訓練效果影響甚大。毫無準備地投放大量時間，即是浪費；相反，做足準備才投入訓練，卻會事半功倍。

高強度體能訓練前的行為程序

訓練前的行為程序是用來檢查一些可能影響訓練質量的關鍵因素，以確保運動員處於一個良好的精神與情緒狀態。行為程序主要包括：營造理想訓練環境、檢查訓練器材及場地、尋找訓練夥伴、訂下明確的訓練目標，以及喚醒心理意識。

高強度體能訓練中的心理調節

對運動員來說，高強度體能訓練最艱苦的地方就是運動員身體會感到疼痛與疲勞。很大程度來說，承受疼痛與疲勞屬於一種心理能力，而忍受疼痛和疲勞的能力則是高強度體能訓練成功與否的最主要的心理特徵之一，因此，高強度體能訓練中心理調節亦側重於對疼痛與疲勞的控制。

Psychological Preparation for High-intensity Training

Psychophysical preparation for high-intensity training

In the training environment, it is essential for an athlete to be task-focused and eliminate undesirable internal and external influences in order to ensure optimal training effectiveness.

To achieve this state, an athlete must be psychologically and emotionally prepared for training. If not, a lot of unnecessary time and effort will be wasted in managing these undesirable factors which would consequently diminish training effectiveness.

Pre-training routines for high-intensity training

The purpose of a pre-training routine is to examine the factors that might affect training quality and quantity so as to ensure a sound emotional state and alertness. These routine works mainly include creating a favourable training environment, examining venue and equipment arrangement, finding a training partner, setting specific training goals and enhancing psychological awareness.

Psychological Regulation in High-intensity Training

In high-intensity training, the most challenging thing that an athlete has to deal with is the feeling of pain and fatigue. To a large extent, pain and fatigue tolerance is a psychological ability that can determine how successful an athlete can be in high-intensity training and thus one of the major psychological attributes. Therefore, psychological regulation in high-intensity training puts a heavy emphasis on pain and fatigue control.

疼痛和疲勞既是運動員適應性的保護反應，有助防止身體進一步被損害，然而在某程度來說，亦同時妨礙了運動員開發身體的潛能。假若疼痛或疲勞的感覺能延遲出現，或運動員能夠對疼痛和疲勞的承受能力高一點，而身體在接受訓練後得以充份復原，那麼，高強度訓練無疑有助提升整體的訓練效果。

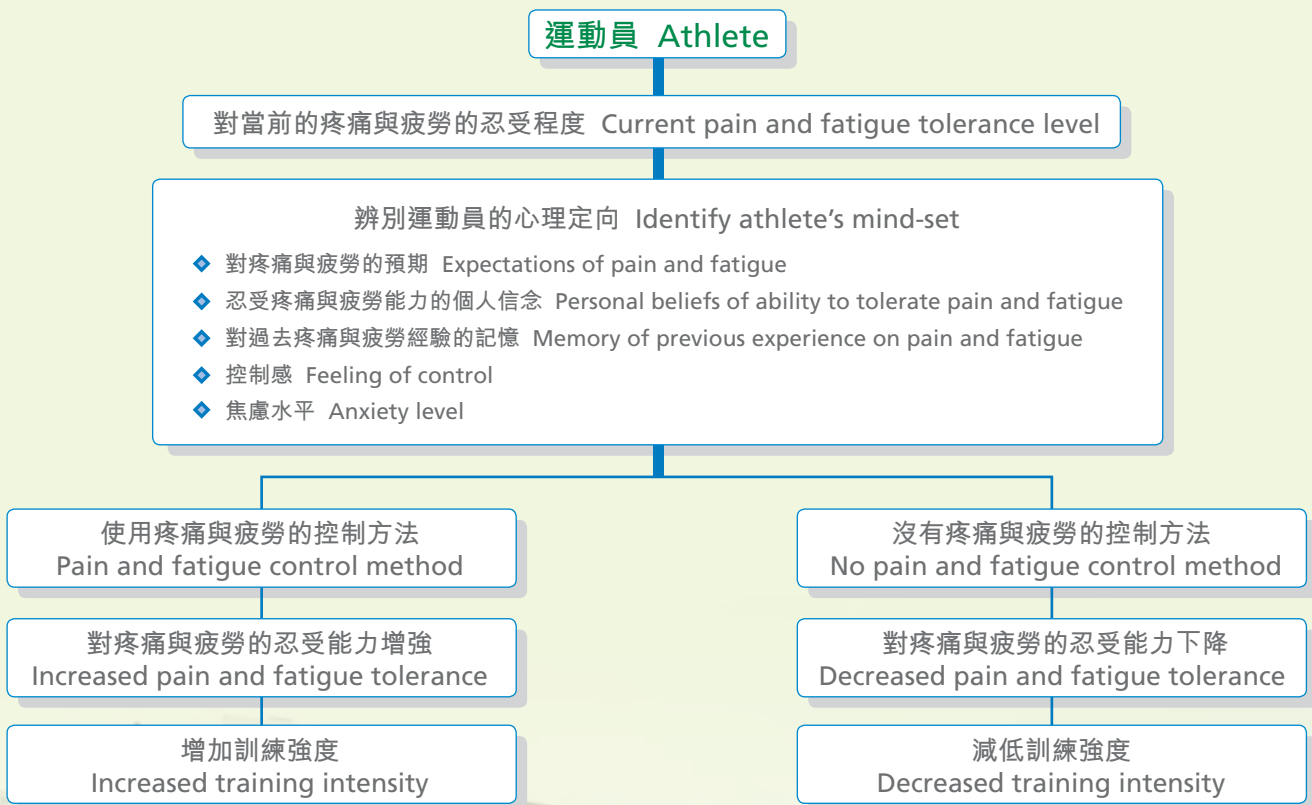
運動員若在高強度體能訓練中嘗試應用控制疼痛與疲勞的方法，除有助增強疼痛與疲勞的忍受能力外，訓練的強度亦可以順應增加；相反，如果運動員對疼痛與疲勞聽之任之，或覺得根本無法加以控制，則運動員對疼痛與疲勞的忍受能力便會逐漸下降，而他們承受訓練強度的能力亦會自然減低。有關體能訓練中控制疼痛與疲勞的情況，可參考下列圖表。

The feeling of pain and fatigue is a signal the body sends out to protect a person from damaging the body, but at the same time, this feeling can hinder an athlete from optimising his or her potential. If this sensation can be delayed, or if the threshold for this sensation can be raised, with adequate recovery after training, high-intensity training can achieve its optimal effect.

If an athlete can utilise pain and fatigue management during high-intensity training, not only can this increase the level of tolerance for this sensation, but training intensity can also be raised. On the contrary, if an athlete allows the pain and fatigue to take over, or feels that this sensation cannot be controlled, the athlete's ability to tolerate pain and fatigue will decline which will lead to a gradual decrease in training intensity. The diagram below illustrates the role of pain and fatigue control in physical training.

體能訓練中控制疼痛與疲勞的示意圖 (改編自Whitmarsh, 2001)

Role of Pain and Fatigue Control in Physical Training (adapted from Whitmarsh, 2001)



控制疼痛與疲勞

辨別自己的忍受能力

控制疼痛與疲勞的第一步是辨別自己對疼痛與疲勞的忍受能力，弄清它們如何影響自己的運動訓練。以下列舉的問題對辨別自己的忍受能力有幫助。

辨別疼痛與疲勞忍受能力的練習

你對疼痛與疲勞有甚麼感受？

1. 描述你在運動訓練中對疼痛與疲勞印象最深刻的一次體驗。
2. 你曾在甚麼時候感到疼痛與疲勞？它在訓練中間歇出現還是持續地出現？
3. 你有否因為覺得疼痛與疲勞而感到不舒服，甚至不能再接受訓練？是哪一種訓練？
4. 如果有，你曾採取甚麼方法來減輕疼痛與疲勞？是否有某些行為、思想或感覺會令疼痛與疲勞加劇？
5. 你在運動訓練中產生的愉悅感是否受到疼痛與疲勞所影響？當你在訓練中感覺疼痛與疲勞時，你的情緒會出現甚麼變化？
6. 評價你在體能訓練中忍受身體不舒服的能力，你對忍受疼痛與疲勞的能力是否有信心？

(改編自Whitmarsh, 2001)

Controlling Pain and Fatigue

Identify one's own level of tolerance

The first step to control pain and fatigue is to identify one's own ability to tolerate this sensation and how it can affect performance in training. The following list of self-help questions can be useful for this purpose.

Self-help questions for identifying the pain and fatigue tolerance

How is your pain and fatigue tolerance?

1. Describe the most memorable experience of pain and fatigue you feel during training.
2. When does pain and fatigue occur? Is it intermittent or continuous during training sessions?
3. Did you experience physical discomfort that might have even made you quit training because of pain and fatigue? What kind of training?
4. What, if anything, do you do to relieve the pain and fatigue? Do certain actions, thoughts, or feelings make the pain and fatigue worse?
5. Does the pain and fatigue interfere with your training enjoyment? What emotions do you have when you are experiencing pain and fatigue in training?
6. Comment on your ability to tolerate physical discomfort in training. Are you confident in your level of pain and fatigue tolerance?

(adapted from Whitmarsh, 2001)

運用心理技能來控制疼痛與疲勞

運用心理技能有助控制疼痛與疲勞的感覺，常用的心理技能如呼吸調節技能、肌肉放鬆技能、表象技能及自我暗示技能，簡述如下：

● 呼吸調節技能

運動員採用腹式呼吸，可獲得更多氧份，有助放鬆身體。例如在力量訓練中可採用這一技能來紓解肌肉疼痛與疲勞。

● 肌肉放鬆技能

通過諸如肌肉漸進放鬆練習來提高肌肉對緊張與放鬆的敏感度，在必要時，以放鬆肌肉來減輕疼痛與疲勞。

● 表象技能

採用聯想法把注意力集中在積極的事物或感覺上，如英雄行為想像或以往獲勝的表象等，亦可使用分離法把注意力從疼痛與疲勞中轉移過來，如心算、遊戲、唱歌、背誦外語，或利用視覺、聽覺轉移注意力。

● 自我暗示技能

通過強烈的語言暗示來激發積極情緒，提高自信心。例如強烈暗示自己正處於良好的狀態，一切都在控制之中，或通過有系統的強烈暗示將疼痛與疲勞的感覺推遲或延緩出現。如一名參加1,500米游泳比賽的運動員，經常在游至1,000米時便會感到疲勞，於是他可以在訓練中強烈暗示自己要游至1,100米才出現疲勞徵狀，待這暗示成功後，再開始強烈暗示自己要游至1,200米才感到疲勞……最後將疲勞推遲至1,500米時才出現。

Using psychological skills to control pain and fatigue

Psychological skills can help to control the sensation of pain and fatigue. The most commonly used psychological skills include breathing techniques, muscle relaxation skills, imagery and self-talk. Brief descriptions for each skill are provided below:

● Breathing technique

Athletes can practise abdominal breathing to provide muscles with more oxygen. For example, this technique can be used in strength training to relieve muscle pain and fatigue and to relax.

● Muscle relaxation skill

The practice of progressive muscular relaxation can help enhance sensitivity to tension and relaxation. Once muscles are relaxed, the sensation of pain and fatigue will be reduced.

● Imagery

Imagery can be used to focus attention on positive objects or feelings, e.g. thoughts of heroic behaviour or images of past victory. Pain and fatigue can also be relieved through distraction, such as practising mental calculation, playing games, singing, reciting in a foreign language or using visual or auditory systems to shift attention.

● Self-talk

The use of strong verbal cues can arouse positive emotions and raise confidence. For example, strong cues can be used to remind oneself of being in a positive state and that everything is under control; or through the use of a systematic cuing procedure to delay the sensation of pain and fatigue. Take a 1,500m swimmer as an example. If the swimmer realises that every time he gets to 1,000m, the feeling of pain and fatigue occurs, he can then use strong cues during training to remind himself to delay this feeling until he has reached the 1,100m mark. After he has achieved this goal, he can use the same strategy to push himself to the 1,200m mark before letting fatigue set in. With practice, he can delay the onset of fatigue until he has finished the entire course of 1,500m.

極限狀態下的心理承受力訓練

曾有研究指出，在高強度體能訓練中，運動員產生和保持功率輸出的能力會迅速減弱 (Withers 等人, 1991)。為了維持高水平的功率輸出，運動員一般會採取一種「節奏策略」來延緩疲勞徵狀的出現，令運動表現保持在高峰狀態 (Ingen Schenau 等人, 1994)。一項在間歇訓練條件下進行的實證研究 (Ansley 等人, 2004)，對這種「節奏策略」是由中樞神經系統在外周監控功能的基礎上予以調節的說法提供了支持，這些發現與運動的中樞調節機制理論是一致的。因此，運動員在大強度負荷下採用的「節奏策略」，實際上是中樞神經系統的一種「疲勞管理策略」。雖然當前的研究對在高強度工作狀態下保持中樞神經系統興奮 (延緩其疲勞產生) 的神經生理學機制尚未清楚了解 (Davis & Bailey, 1997)，然而，基於 Ansley 等人的研究發現，我們進一步假設，通過教育來改變對疲勞的認知信念，以及通過心理技能訓練來改變意識，都可以影響中樞神經系統的「疲勞管理策略」，並且會對運動表現產生積極的影響。

根據已有的研究結果和實踐經驗為基礎，我們建議了一個訓練程序四部曲來幫助運動員在極度負荷下提高身體承受能力：

- 一. 測定運動員對疼痛與疲勞的忍受能力水平，幫助他們了解自己對疼痛與疲勞的承受能力。
- 二. 教導運動員有關疼痛與疲勞的機制，以及人類自身潛能的科學知識，讓運動員清楚知道心理學訓練能影響他們對疼痛與疲勞的忍受能力，而人類的潛能亦可以通過恰當的方法來開發，培養以科學角度來理解潛能。
- 三. 實施關於疼痛與疲勞忍受能力認知信念的訓練，強化運動員對「人類有能力掌握身心的聯繫，排除各種障礙，突破當前極限」的信念，這樣不僅可以使運動員正確認識和了解身心間的聯繫，並藉此提高個人在訓練過程中的意志，向難度挑戰，突破自身的局限。
- 四. 實施綜合性的疼痛與疲勞控制訓練程序，包括呼吸調節、肌肉放鬆、表象和自我暗示技能。

這是一個綜合訓練程序，需要在大膽挑戰極限的心態下循序漸進地安排專門訓練，並需要有科學的監測與評估相配合。

Psychological Tolerance Training under Maximal Workload

Research has shown that during high-intensity training, an athlete's ability to generate and sustain power output will rapidly weaken (Withers et al., 1991). To maintain a high level of power output, athletes will generally adopt the pacing strategy to delay the symptoms of fatigue in order for performance to stay at a peak level (Ingen Schenau et al., 1994). A study carried out under interval training conditions provides support for the role of central nervous system in the regulation of the peripheral monitoring mechanism (Ansley et al., 2004). This finding is in line with the theory behind the mechanism underlying central nervous system regulation during exercise. Therefore, when athletes adopt the "pacing strategy" during high-intensity exercise, they are, in effect, utilising a "fatigue management strategy" through the central nervous system. Although little is understood about the neurobiological mechanism on how the central nervous system sustains the state of excitation (and thus delay the onset of fatigue) during high-intensity training (Davis & Bailey, 1997), based on Ansley et al's findings, we can assume that the change in knowledge regarding fatigue through education and the change in awareness through psychological skill training can influence the "fatigue management strategy" in the central nervous system, which will in turn have a positive impact on athletic performance.

Based on the existing research findings and practical experience, we recommend a four-step training procedure to help raise athletes' tolerance level under maximal workload:

1. Determine the athlete's pain and fatigue threshold, to help them understand the level of pain and fatigue that they can tolerate.
2. Educate the athlete on the mechanism behind pain and fatigue and the scientific knowledge on human potential. This will help athletes gain a clearer understanding of the effect that psychological skill training has on pain and fatigue tolerance. From this scientific perspective, athletes will be able to understand more about human potential and how it can be enhanced.
3. Implement training on knowledge about pain and fatigue tolerance, to strengthen athletes' belief in the notion that "human has the ability to understand fully the link between body and mind, to overcome obstacles and to push beyond one's own limit". Not only can this training help athletes learn and understand about the association between body and mind, it can also elevate their sense of determination in training to challenge what seems to be the impossible and break through individual limits.
4. Implement a comprehensive training procedure for pain and fatigue control, including breathing, muscle relaxation, imagery and self-talk techniques.

This is a comprehensive training procedure that requires progressive execution with an adventurous attitude to challenge an athlete's limit. Scientific monitoring and assessment are also essential for the training to be implemented successfully.

參考文獻 References

- Ansley, L, Schabert, E, St Clair Gibson, A, Lambert, MI, & Noakes, TD (2004). Regulation of pacing strategies during successive 4-km time trials. *Medicine and Science in Sports and Exercise* 36, 1819-1825.
- Davis, JM, Bailey, SP (1997). Possible mechanisms of central nervous system fatigue during exercise. *Medicine and Science in Sports and Exercise* 29, 45-57.
- Ingen Schenau, GJ, De Koning, JJ, De Groot, G (1994). Optimisation of sprinting performance in running, cycling and speed skating. *Sports Medicine* 17, 259-275.
- Kayser, B, Narici, M, Binzoni, T, Grassi, B, Cerretelli, P (1994). Fatigue and exhaustion in chronic hypobaric hypoxia: Influence of exercising and muscle mass. *Journal of Applied Physiology* 76, 634-640.
- Whitmarsh, B (2001). *Mind & Muscle*. Champaign, IL: Human Kinetics.
- Withers, RT, Sherman, WM, Clark, DG., et al (1991). Muscle metabolism during 30, 60 and 90 s of maximal cycling on an airbraked ergometer. *European Journal of Applied Physiology* 63, 354-362.

運動員生理支援邁向個人化

Physiological Support to Athletes becoming Individualised

體院：高級運動科學副主任謝婉媚 MSc, CSCS HKSI: Tse Yuen-mei, MSc, CSCS, Senior Sports Science Officer

香港精英運動員每天接受艱苦訓練，以改善體能和生理狀況，而背後支持着他們的目標只有一個，便是在比賽中爭勝，藉以提升香港體壇實力，為港爭光。科學化而妥善的訓練計劃能有效幫助運動員預備世界級賽事，這在國際方面早已有定論；然而，要設計一個周全的訓練計劃，以配合個別運動員不同及特殊的需要，便必須了解每位運動員的生理特徵。透過生理測試，能清晰記錄一套完整的生理特徵，詳列運動員的優點和弱點，為運動員籌劃有效的訓練計劃時提供重要資料。本文會討論訓練精英運動員時，個人化生理支援的優點和一些重要元素。

Hong Kong's elite athletes are training intensively everyday to improve their physical and physiological condition. Their overarching aim is to succeed in top level competition and enhance Hong Kong's reputation as a sporting power. It is well established internationally that scientifically sound training programmes constitute one of the key elements in successfully preparing athletes for world-class competition. However, an all-round training programme meeting the diverse and specific needs of individual athletes cannot be devised without knowing each individual's physiological profile. With physiological testing, a complete physiological profile including the athlete's strengths and weaknesses can be clearly documented. This provides an important piece of information for the successful planning of effective training programmes for athletes. In this article, the advantages and essential elements of individualised physiological support for elite athlete training will be discussed.

促進訓練達至最佳效果

在平日運動訓練時，對運動員的生理表現進行科學化的監控工作是十分重要的，因為它提供了有關運動強度的一個準確指標。按超負荷原則，當運動員進行某些訓練而表現有所改進時，便需要定期增加訓練的負荷，以維持身體接受同一水平的訓練刺激。科學化的監控工作是確保運動員接受到最適當訓練刺激的最佳辦法之一，例如參照能反映能量系統所受刺激的血乳酸數據，便可適當地調節運動員訓練時的跑速，當血乳酸水平低於目標水平時，便要增加訓練時的跑速，反之亦然。通過這過程，每一次訓練的效用都會達至最理想水平，同時避免運動員出現訓練不足或過度訓練的情況。

在團隊訓練中，每位運動員一般都會接受相同的訓練計劃。然而，在同一訓練計劃下，某些運動員可能會較其他運動員表現較佳及進步較大。這差異源於每位運動員不同及獨特的生理特徵；而一個因應運動員生理及體能特性來設計的個人化訓練計劃，能使運動員達至顯著的進步。故此，生理方面的支援不但能擔當測試及一般性監控的角色，更能負起個人化監控的工作。

以下篇幅會就體院所推行的運動員訓練計劃中，一般涵蓋個人化生理支援範疇的部份主要元素加以描述。

Facilitating Optimal Training

Scientific monitoring of athletes' physiological performance is very important in their daily training. It provides an accurate indicator of training intensity. According to the overload principle, training load has to be regularly increased in order to maintain the same training stimulus to the body as athletic performance improves in response to particular training regimens. Scientific monitoring is the best way to guarantee the optimal training stimulus for athletes. For example, athletes' running speed during training is better adjusted with reference to the blood lactate, which represents the stress level on the energy system of athletes. Therefore, running speed during training needs to be increased if the blood lactate level is found below the target level and vice versa. Through this process, the training effect of each session can be optimised without the risk of under- or over-training.

With team training, each athlete in the team generally undergoes the same training programme. However, under the same training protocol, some athletes may have a more favourable training response than others. Such differences occur because each athlete is physiologically different and unique. With an individualised programme based on their specific physiological and fitness characteristics, these athletes are able to make significant improvements. Therefore, the role of physiological support is not only for testing and general monitoring, but also for individualised monitoring.

The following sections will describe some of the key elements of individualised physiological support which are commonly included in an athlete's training programme at the HKSI.

個人化生理支援的主要元素

代謝訓練

代謝訓練有助改善運動員的能量系統，這對於運動員在運動、比賽或活動中由開始至結束期間，維持體能的輸出和表現於一個適當的水平尤為重要。

代謝訓練計劃可分為三個階段：首先，耐力訓練對建立帶氧能力十分重要，這些訓練通常會在頻密比賽以外的日子進行，直至確保運動員在有氧基礎極佳情況之下，才進行下一個較高強度的訓練——無氧閾訓練。

無氧閾訓練的目的，乃提高運動員的無氧閾水平。通過這種訓練，同一跑速對身體所帶來的生理刺激將會較少，換句話說，運動員可以在亞極限強度之中維持一段較長的時間。

在代謝訓練計劃中首兩個階段，運動員接受訓練的方式及強度均予以個人化，從而達至最佳的訓練效果。

當建立了帶氧能力所需的基本元素後，第三階段的代謝訓練便可以因應每位運動員的生理需要而集中進行個人化的訓練計劃。例如當運動員出現缺乏速度或衝刺能力的問題時，便會進行爆發力訓練。

Key Elements of Individualised Physiological Support

Metabolic training

Metabolic training improves energy systems which are critical for athletes to maintain an appropriate level of physical exertion and performance from the start till the end of a game, race or session.

Metabolic training programmes comprise three main stages. Firstly, extensive endurance training is essential to build up an aerobic base. This phase of metabolic training usually occurs during the off-season and ensures the athletes become aerobically fit enough to enter the next stage of higher intensity training – anaerobic threshold training (AT).

The purpose of AT training is to improve athletes' anaerobic threshold level. After this form of training, the same running pace will pose less physiological stress on the body. In other words, athletes are able to sustain a submaximal exercise intensity for a long period of time.

Programming and intensity of training protocols for these first two stages of metabolic training are individualised in order to optimise the training effect.

After building up the basic elements of an aerobic profile, the third stage of the metabolic training focuses on specific individualised training programmes according to each athlete's physiological needs. For example, if an athlete is found to lack speed and sprinting ability, power training is offered. This type of training targets strengthening of the phosphate-creatine (PC) system which provides energy directly and quickly. It is particularly important in critical



◀ 訓練中抽取血液樣本作乳酸測試。
Blood lactate sampling during training.



◀ 等動肌力訓練：
膝關節屈曲及伸展。
Isokinetic training:
knee flexion and extension.

這種訓練有助強化磷酸肌酸系統——能量供應最直接和迅速的系統，這對於短跑衝刺等重要時刻來說尤為重要。另一方面，如果運動員缺乏速度耐力，便會特別設計高強度間歇訓練來改善耐乳酸能力，這有助增強運動員緩衝血乳酸的能力，以及改善運動員進行高強度訓練時所引致不適的感覺。換句話說，這有助改善運動員在比賽強度下的耐力。

肌肉訓練

對肌肉力量、爆發力和耐力水平進行定期測試，一旦水平欠理想，如發現進行球類運動時出現腳步動作過慢或臂力不足的情況，便會建議進行專項的肌肉訓練。等動肌力訓練是其中一種肌肉訓練方法，在這種訓練中，肢體的整套動作都以均速進行，優點是不會引致肌肉疼痛及出現嚴重的肌肉肥大情況。個人化的訓練內容乃因應運動員的體能水平和專項運動的需要來釐定，例如羽毛球運動員動作要敏捷，亦同時需要強勁和準確的爆發力來擊球，所以訓練內容應慢速和快速兼備。慢速動作幫助建立肌肉力量，而快速動作則有助改善肌肉的耐力和爆發力。

模擬高原訓練

模擬高原訓練改良自高原訓練，沿用「高住低練」的原則，主要用於訓練參與耐力項目的運動員。在

moments such as sprinting to the finishing line. If, on the other hand, an athlete lacks speed endurance, then high intensity interval training is tailor-made to improve lactate tolerance. This will improve buffering capacity and adaptation to the high levels of perceived exertion during high intensity exercise. In other words, it improves tolerance of effort at racing intensities.

Muscle training

Muscle strength, power and endurance levels are regularly tested. If levels are not satisfactory or if they are observed to have, for example, slow footwork and arm weakness for ball sports, then specific muscle training will be recommended. One form of muscle training is isokinetic training. Isokinetic training involves constant movement velocity of limb segment during muscle training. The advantage of isokinetic training is that it does not produce muscle pain or result in intense hypertrophy. Individualised protocols are set according to the athlete's fitness level and the specific sport requirements. For example, badminton athletes need to perform very rapid movements while at the same time requiring power to strike the shuttlecock forcefully. So, an isokinetic protocol including a mix of slow speed and fast speed training will be used. Slow speed movement builds up muscle strength and fast speed movement improves muscle endurance and power.

Simulated high altitude training

Simulated high altitude training using a "live-high-train-low" protocol is mainly used for endurance sport athletes. This is a modification of altitude training under which athletes live in a room with a hypoxic (low oxygen) environment.

這訓練方法之下，運動員需要居住在一個低氧氣濃度的房間。除了訓練之外，其餘時間運動員都需要居住在房間內。在低氧環境下，空氣的含氧量會較正常偏低，與吸入正常空氣作比較，運動員呼吸同一容量的空氣時所吸入的氧氣便會較少，刺激紅血球的產生，從而增加從空氣中抽取的氧氣，有助改善運動員耐力方面的表現。這種訓練只適用於精英運動員，因為他們的運動表現差不多已達至高峰，必須以新的訓練模式進一步改善他們的表現。

呼吸肌肉訓練

在亞極限運動強度訓練中，一些運動員會呈現較為淺而短的呼吸周期，而不是深且長的呼吸周期，其中一個主要原因與運動員的肺部肌肉過弱有關。對於這些運動員，我們會建議使用呼吸肌肉訓練。當他們透過一個特製儀器吸氣時，吸氣阻力便會增加；換句話說，他們的吸氣肌肉正進行阻力訓練；當運動員在高強度訓練時能沿習一種正常節奏的呼吸周期時，便可以終止訓練。

結論

基於運動員的不同生理特徵和狀況，以及他們參與不同的運動，個人化的生理支援是不可或缺的。掌握運動員的生理需要，給予他們度身設計的訓練計劃，乃運動科學專家協助教練提升訓練效能的主要方法之一。

Except while at training, athletes stay in the room. In the hypoxic environment, the oxygen content of air is less than normal air and athletes get less oxygen within the same volume of breath comparing to normal air. This stimulates red blood cell generation which enhances extraction of oxygen from the air. This in turn improves the athletes' endurance performance. This training is only used for athletes who are well-trained because they are about to reach the peak of their performance. Further improvement can only be made through new modality of training rather than conventional training.

Respiratory muscle training

At submaximal exercise intensities, some athletes have very shallow and short breathing cycles rather than deep and long cycles. One of the main reasons is due to weakness in the lung muscles. Respiratory muscle training is then recommended for these athletes. A specialised apparatus generates airflow resistance when they breathe in. In other words, their respiratory muscles are undergoing weight training. This programme of training continues until the athlete's breathing cycle adopts a normal pattern during high intensity exercise.

Conclusion

Individual athletes have different physiological profiles and status and are involved in different sports and sport disciplines, so individualised physiological support is important for every athlete. Understanding the athletes' needs from a physiological perspective and providing tailor-made, scientifically based training programmes is one of the key methods used by sports scientists to support coaches in maximising training effectiveness.



最大攝氧量測試。▶
VO2 max test.



援與發展

Support & Development

本地傑出教練於 滙豐銀行慈善基金優秀教練選舉 頒獎典禮獲高度表揚

Local Outstanding Coaches Recognised at Hongkong Bank Foundation Coaching Awards Presentation Ceremony

一年一度的體壇盛事「2006滙豐銀行慈善基金優秀教練選舉」頒獎典禮已於五月十三日隆重舉行，共70位來自社區、學校和精英層面的運動教練於六大獎項類別中獲獎，分別有全年最佳教練獎、傑出貢獻獎、最佳隊際運動教練獎、最佳教練培訓工作者獎、精英教練獎和社區優秀教練獎。這項選舉由香港教練培訓委員會主辦、滙豐銀行慈善基金資助，是本地唯一嘉許全港優秀運動教練的選舉，以表揚他們對培訓本地運動員及推動體育發展所作的貢獻和成就。

A total of 70 Hong Kong coaches from the community, school and elite levels were honoured at the annual 2006 Hongkong Bank Foundation (HBF) Coaching Awards presentation ceremony for their dedication and contribution to athletes training and the booming sports development in Hong Kong on 13 May. The awards in six categories were Coach of the Year Awards, Distinguished Services Award for Coaching, Best Team Sport Award, Coach Education Award, Coaching Excellence Awards and Community Coach Recognition Awards. Organised by the Hong Kong Coaching Committee (HKCC) and supported by the HBF since 1993, the HBF Coaching Awards are the most prestigious Awards and the sole programme to recognise the achievements of coaches in Hong Kong.



香港上海滙豐銀行有限公司亞太區企業責任及可持續發展總監區佩兒、體院主席李家祥博士、中國香港體育協會暨奧林匹克委員會會長霍震霆議員、民政事務局常任秘書長林鄭月娥、香港教練培訓委員會主席傅浩堅教授，與一眾精英運動員和體育界人士，在香港君悅酒店舉行的頒獎禮上，向各位優秀的教練致敬。

Teresa Au, Head of Corporate Responsibility & Sustainability Asia Pacific Region, HSBC; Dr Eric Li, Chairman of the HKSI; Hon Timothy Fok, President of the Sports Federation & Olympic Committee of Hong Kong, China; Carrie Lam, Permanent Secretary for Home Affairs; Professor Frank Fu, Chairman of the HKCC, pay tribute to the outstanding coaches with elite athletes and members of the sports community at the Grand Hyatt Hong Kong.



滙豐銀行慈善基金優秀教練選舉頒獎典禮 Hongkong Bank Foundation Coaching Awards Presentation

Organised by: Hong Kong Coaching Committee 主辦機構: 香港教練培訓委員會

Supported by: The Hongkong Bank Foundation 支持機構: 滙豐銀行慈善基金



▲ 各主禮及頒獎嘉賓與得獎教練合照。
Group photo of officiating guests, presenting guests and awarded coaches.

傅浩堅教授在典禮上致辭時讚許各得獎者為培育香港精英運動員所付出的心血，他說：「香港運動員在去年的亞運會及遠東及南太平洋區傷殘人士運動會（遠南傷殘人士運動會）上，締造了佳績，獎牌數目是歷屆之冠。我們明白獎牌的背後，除了是運動員多年的努力之外，亦反映出各位教練默默耕耘的成果，成績有目共睹，實在值得我們引以為榮。」

傅教授同時亦感謝滙豐銀行慈善基金10多年來的鼎力支持，而且在未來三年內繼續撥款500萬港元予委員會，資助香港的教練培訓計劃，讓來自社區、學校和精英層面的教練受惠。

區佩兒在典禮上亦讚揚運動教練的投入和熱誠。她表示：「教練長期悉心指導及啟發不同水平的運動員，角色雖然極為重要，貢獻卻往往備受忽略。所以，滙豐銀行慈善基金自90年初已開始資助香港教練培訓計劃及優秀教練選舉。」

本年度共有54位精英教練獎得主，他們均在過去一年帶領運動員或運動隊伍，在國際大型運動會如亞運會、遠南傷殘人士運動會、亞洲及世界錦標賽等奪取驕人成績。而15位在過去三年對培訓社區層面的運動員或運動隊伍有特別貢獻的教練，則獲頒發社區優秀教練獎。

優秀教練選舉中的全年最佳教練獎分為個人項目的高級組及青少年組，以及團體項目的高級組及青少年組四個組別。單車教練沈金康榮獲個人項目高級組的殊榮。單車精英運動員黃金寶及張敬煒在沈教練的悉心培訓及指導下，在去年多哈舉行的第十五屆亞運會分別奪取男子個人公路賽以及男子40公里場地記分賽金牌。

乒乓球教練惠鈞和輪椅劍擊教練鄭兆康平分春色，一同獲頒發團體項目高級組全年最佳教練獎。

At the presentation ceremony, Professor Frank Fu praised the awardees for their efforts in nurturing elite athletes in Hong Kong, saying, "We are proud of Hong Kong athletes for their record achievements in the Asian Games and the Far East & South Pacific Games for the Disabled (FESPIC Games) last year. Apart from the athletes' dedication, the remarkable results were also attributable to coaches who have dedicated to nurturing the elite athletes throughout the years."

Professor Fu further thanked HBF for their support over a decade and with their renewed support of HK\$5 million to the Hong Kong Coach Education Programme in the next three years, benefiting coaches from the community, schools and elite levels to get training and accreditation qualification.

Teresa Au also commended awardees for their effort and enthusiasm. She said, "There is an unfortunate tendency to overlook coaches who work so tirelessly behind the scenes to help the athletes every step of the way, every lap of the track, every hurdle. They clearly deserve more recognition. That's why the HBF has been funding the coach education programme and the Awards since early 1990s."

The Coaching Excellence Awards were presented to 54 coaches who have either guided an athlete or led a team to achieve outstanding performance at major international competitions, such as the Asian Games, the FESPIC Games, the Asian and World championships in 2006. Another 15 coaches won the Community Coach Recognition Awards for having made a special contribution to the development of athletes and coaches in the community for a period of three consecutive years.

The Coach of the Year Awards comprise individual sports and team events in both senior and junior athletes categories. Cycling coach Shen Jinkang won in senior athletes, individual sport category. Under his guidance, cycling elite athletes Wong Kam-po and Cheung King-wai achieved excellent results and won a gold medal in the Men's Individual Road Race and in the Men's 40 km Points Race respectively at the 15th Asian Games in Doha last year.

Table tennis coach Hui Jun and wheelchair fencing coach Zheng Kang-zhao were recipients of the Coach of the Year Awards in the senior athletes, team event category. Hui led the Hong Kong table tennis team to win 1 gold, 2 silver and

主禮嘉賓、教練代表以及運動員代表攜手合成火炬模型，寓意各界人士同心協力，培育體育人材，並祝願香港運動員在國際體壇上大放異彩，再創佳績。
Officiating guests, coaches and athletes join hands to compose the giant torch, indicating the importance of close collaboration and commitment of different parties in nurturing elite athletes in Hong Kong for better results in the international sporting arena.



去年，惠鈞帶領香港乒乓球隊在多哈亞運會贏取1金2銀2銅的佳績。而鄭兆康指導的香港輪椅劍擊隊在國際賽事中屢創佳績，在去年舉辦的遠南傷殘人士運動會中，摘下4金5銀6銅的輝煌成績。

青少年組方面，滑浪風帆教練張國斌榮獲個人項目全年最佳教練的殊榮，而團體項目的榮銜則由劍擊教練王銳基奪得。張國斌致力培訓滑浪風帆青年軍，並成功帶領他們在世界青少年滑浪風帆錦標賽2006勇奪兩面金牌以及在歐洲滑浪風帆錦標賽2006取得一面金牌。王銳基培訓的香港女子青少年佩劍隊在亞洲青少年劍擊錦標賽2006則贏取團體金牌。

武術教練于立光獲頒傑出貢獻獎，以表揚他在過去10年對香港武術發展所付出的努力和貢獻，在於教練悉心帶領和指導下，香港武術精英運動員人才輩出，他先後培育了九位世界冠軍運動員。在去年舉行的亞運會，黑志宏和曾思敏便分別在男子太極拳類和女子南拳類取得銀牌。

此外，木球教練Robin Singh帶領香港木球隊贏取ACC盃2006團體賽銀牌，獲嘉許最佳隊際運動教練獎。滑浪風帆教練蘇森友則獲最佳教練培訓工作者獎。

香港教練培訓委員會於一九九一年由中國香港體育協會暨奧林匹克委員會及香港體育學院聯合組成，專責執行培訓本地教練工作及教練評定計劃，並同時制定短期及長遠發展策略。

香港教練培訓計劃自一九九二年開始獲得滙豐銀行慈善基金資助，至今資助額超過2,100萬港元，歷年來逾20,000名教練受惠，獲得培訓和認可資格。

2 bronze medals at the Doha Asian Games. Zheng has made a brilliant success in guiding his charges to perform with distinction at overseas competitions. In the 9th FESPIC Games, Hong Kong wheelchair fencing team captured 4 gold, 5 silver and 6 bronze medals.

In junior athletes categories, the Coach of the Year Awards for individual sport and for team event went to windsurfing coach Cheung Kwok-bun and fencing coach Wang Ruiji respectively. Cheung has helped lead the rising windsurfers to compete and win two gold medals in the Mistral Youth & Junior World Championships 2006 and a gold medal in the Mistral European Championships 2006. While Wang has nurtured the junior women's sabre team who was able to win a gold medal in the Asian Youth & Cadet Fencing Championships 2006.

The Distinguished Services Award for Coaching was presented to wushu coach Yu Liguang, who has made significant contributions to wushu in Hong Kong and has coached and developed nine wushu world champions over the past 10 years. Under his leadership, Hei Zhihong and Angie Tsang won a silver medal in men's taijiquan and women's nanquan events at last year's Asian Games respectively.

Cricket coach Robin Singh won the Best Team Sport Award for steering the Hong Kong cricket team to a silver medal at the Asian Cricket Council Trophy 2006 while windsurfing coach So Sum-yau won the Coach Education Award.

The HKCC, a joint committee of the Sport Federation & Olympic Committee of Hong Kong, China and the HKSI, was established in 1991 with aims of formulating and implementing short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong.

The Hong Kong Coach Education Programme has been funded by the HBF with a total commitment of more than HK\$21 million since 1992. Throughout the years, over 20,000 coaches have been benefited from the training and recognition programmes in the Programme.

◀ 多位精英運動員出席滙豐銀行慈善基金優秀教練選舉頒獎典禮，支持全年最佳教練獎各得主。

Many elite athletes attend the Hongkong Bank Foundation Coaching Awards presentation to show their support to the winners of the Coach of the Year Awards.



全年最佳教練獎 Coach of the Year Awards



主禮嘉賓與五名全年最佳教練獎的得獎者合照。由左至右：輪椅劍擊教練鄭兆康、單車教練沈金康、體院主席李家祥博士、民政事務局常任秘書長林鄭月娥、香港上海滙豐銀行有限公司亞太區企業責任及可持續發展總監區佩兒女士、中國香港體育協會暨奧林匹克委員會會長霍震霆議員、劍擊教練王銳基、乒乓球教練惠鈞、滑浪風帆教練張國斌，以及香港教練培訓委員會主席傅浩堅教授。

Group photo of officiating guests and recipients of the Coach of the Year Awards. From left to right: wheelchair fencing coach Zheng Kang-zhao; cycling coach Shen Jinkang; Dr Eric Li, Chairman of the HKSJ; Carrie Lam, Permanent Secretary for Home Affairs; Teresa Au, Head of Corporate Responsibility & Sustainability Asia Pacific Region, HSBC; the Hon Timothy Fok, President of Sports Federation & Olympic Committee of Hong Kong, China; fencing coach Wang Ruiji; table tennis coach Hui Jun; windsurfing coach Cheung Kwok-bun and Professor Frank Fu, Chairman of the Hong Kong Coaching Committee.

傑出貢獻獎 Distinguished Services Award for Coaching



傑出貢獻獎得主武術總教練于立光分享得獎心聲。

Winner of the Distinguished Services Award for Coaching, wushu coach Yu Liguang shares his thoughts.

精英教練獎 Coach Excellence Awards



各精英教練獎得主對香港精英體育所作貢獻獲肯定。Contributions of recipients of the Coaching Excellence Awards to elite sports of Hong Kong are highly appreciated.

社區優秀教練獎得主 (左起：陳文駒 (武術)、溫天立 (三項鐵人)、陳志豪 (三項鐵人)、練子恒 (拯溺)、陳鴻翔 (拯溺)、姚基斯 (足球)、李劍明 (籃球)、吳繼武 (籃球)、譚學林 (體院副主席)、Ghulam Saqlain (木球)、楊榮基 (手球)、蔡文俊 (賽艇)、張鳳儀 (壁球)、周達志 (壁球))。

Recipients of the Community Coach Recognition Awards (from left): Chan Man-kui (wushu), Wan Tin-lap (triathlon), Chan Chi-ho, Curtiss (triathlon), Lin Chi-heng (life saving), Chan Hung-cheung (life saving), Yiu Kei-sze, Chris (football), Lee Kim-ming, Eric (basketball), Ng Kai-mo (basketball), Tam Hok-lam, Tommy (vice-chairman of the HKSJ), Ghulam Saqlain (cricket), Yeung Wing-kee (handball), Tsoi Man-chun (rowing), Cheung Fung-ye (squash), Chow Tat-chi (squash).

最佳教練培訓工作者獎 Coach Education Award



最佳教練培訓工作者獎得主滑浪風帆教練蘇森友(左)從體院副主席陳啟明教授手中接過獎項。

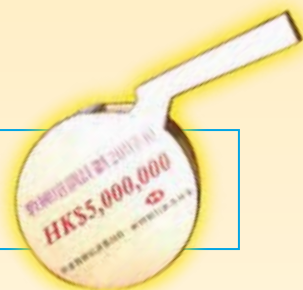
So Sum-yau (left), windsurfing coach, winner of the Coach Education Award receives the trophy from Professor Chan Kai-ming, Vice-chairman of the HKSJ.

社區優秀教練獎 Community Coach Recognition Awards



滙豐銀行慈善基金繼續支持

香港教練培訓計劃



Hongkong Bank Foundation Renews Support for Hong Kong Coach Education Programme

滙 豐銀行慈善基金再度撥款500萬港元予香港教練培訓委員會，繼續資助未來三年的香港教練培訓計劃，預計會舉辦超過470個培訓項目，讓超過10,000名來自社區、學校和精英層面的教練受惠，獲得培訓和認可資格。

The Hongkong Bank Foundation will donate another HK\$5 million to the Hong Kong Coaching Committee (HKCC) to support the Hong Kong Coach Education Programme (the Programme). It is expected that over 470 training programmes and seminars will be run in the next three years, enabling more than 10,000 coaches from the community, school and elite levels to receive training and accreditation.



滙豐銀行慈善基金教練培訓計劃2007-10啟動儀式上，主禮嘉賓香港上海滙豐銀行有限公司亞太區企業責任及可持續發展總監區佩兒(右)移交一個金哨予體院主席李家祥博士，寓意這項為期三年資助額達500萬港元的香港教練培訓計劃正式展開。

At the Hongkong Bank Foundation Coach Education Programme 2007-10 Launch Ceremony, Ms Teresa Au (right), Head of Corporate Responsibility and Sustainability Asia Pacific Region of HSBC, presents a giant golden whistle to Dr Eric Li, Chairman of the HKSI, signifying the kickoff of the three-year, HK\$5 million Hong Kong Coach Education Programme.

香港教練培訓計劃自一九九二年開始得到滙豐銀行慈善基金資助，總撥款額超過2,100萬港元。這計劃由香港教練培訓委員會主辦，並由體院負責行政工作，旨在為本地教練提供進修和級別評定機會，以獲取正式教練的資格。這些年來，逾20,000名教練曾受惠於這項計劃的訓練活動及獲得認可資格。

一群本港精英教練、運動員及運動專業人員於四月三十日一起出席假跑馬地禮頓山社區會堂舉行的滙豐銀行慈善基金教練培訓計劃2007-10啟動儀式。在儀式上，香港上海滙豐銀行有限公司亞太區企業責任及可持續發展總監區佩兒移交一個金哨予體院主席李家祥博士，寓意計劃正式開展。

The Foundation has been funding the Programme with more than HK\$21 million since 1992. Organised by the HKCC and administered by the HKSI, the Programme aims at providing coaches the opportunity to acquire theoretical and practical knowledge as well as formal accreditation. Throughout the years, over 20,000 coaches have benefited from these training and recognition programmes.

At the Hongkong Bank Foundation Coach Education Programme 2007-10 Launch Ceremony held at the Leighton Hill Community Hall in Happy Valley on 30 April, under the witness of Hong Kong's leading coaches, and athletes, Teresa Au, Head of Corporate Responsibility and Sustainability Asia Pacific Region of The Hongkong and Shanghai Banking Corporation Limited, presented a giant whistle to Dr Eric Li, Chairman of the HKSI to kick start the Programme.

平日理萬機的管理人員與教練及運動員同場比拚，各人皆全力應戰，大顯身手，最後，由區佩兒女士帶領的隊伍以一米之微險勝。

Busy management executives compete with coaches and athletes without fear. Finally, Teresa Au's team won the game by one metre ahead of the opponent.



Launch Ceremony



李家祥博士(中)於室內賽艇友誼賽後頒發紀念品和獎項予得勝隊伍。

Dr Eric Li (centre) presents the prize to the winning team after the friendly indoor-rowing match.



◀ 李家祥博士(右)與區佩兒女士(左)一同頒發獎項予最佳賽艇紀錄個人大獎得主——賽艇運動員羅曉鋒(中)。

Dr Eric Li (right) and Teresa Au (left) present the prize to rower Law Hiu-fung (centre), the Best Rower of the Race.

支援與發展 Support & Development

Dr Li said the Hongkong Bank Foundation's financial support was crucial for the stable growth of Hong Kong sports development since the nurture of world-class athletes relies heavily on the continuous supply of qualified coaches. The launch of the Programme ensures the future supply of qualified coaches at different levels, from school to elite levels. This is particularly important for Hong Kong as the Government is promoting sports development on all fronts.

李博士表示，滙豐銀行慈善基金的財政支持對香港體育發展的穩步成長十分重要，因為孕育國際級水平運動員有賴背後一班高質素教練的支援；而香港教練培訓計劃則能確保未來在學校以至精英等不同層面均有合資格的教練負責訓練運動員的工作，適逢特區政府現正全力推動本地體育發展，培訓教練人才尤為重要。

「滙豐銀行慈善基金一直以來都鼎力支持香港教練培訓計劃，讓來自社區、學校和精英層面的教練受惠。」李博士說。

區佩兒稱：「香港運動員的成功有賴於教練的悉心培育。教練的質素會直接影響運動員的發揮和成績。所以，滙豐自90年代初已支持教練培訓計劃，希望提升教練的水平和專業地位，以及推動香港的體育事業發展。」

在儀式上，李家祥博士和區佩兒更率領一眾體院管理層、總教練和精英運動員進行一場室內賽艇友誼賽，象徵多方合作，為進一步提升香港在國際體壇的地位而努力。參賽者包括體院院長鍾伯光博士、總教練艾培理（滑浪風帆）、蔡玉坤（壁球）、露芙肯特（三項鐵人）、白勵（賽艇）、王銳基（劍擊）和于立光（武術），以及本港頂級運動員陳敬然（滑浪風帆）、張依妮（劍擊）、趙詠賢（壁球）、黑志宏（武術）、羅曉鋒（賽艇）、李致和（三項鐵人）和李嘉文（賽艇）。

"The Hongkong Bank Foundation has been a massive contributor to the Hong Kong Coach Education Programme, all coaches at community, school and elite levels are deeply in debt to its generous funding," said Dr Li.

"Coaches are the building blocks to the success of Hong Kong athletes at high-level competitions. The caliber of coaches will have a strong influence on athletes' performance and achievements. That's why HSBC has been funding the coach education programme since 1990s with an aim to enhance the professional standard of coaches and to promote the development of sports within the community."

The highlight of the day was a friendly indoor-rowing match held among the senior management of the HKSI, head coaches and the leading athletes from different sports, which were led by Dr Eric Li and Teresa Au. The friendly match symbolised the joint effort from different parties to help enhance the status of local sports at international sports arena. The participants included the HKSI Chief Executive Dr Chung Pak-kwong, Head Coaches Rene Appel (Windsurfing), Tony Choi (Squash), Ruth Hunt (Triathlon), Chris Perry (Rowing), Wang Ruiji (Fencing) and Yu Liguang (Wushu) and top Hong Kong athletes such as Chan King-yin (Windsurfing), Lynette Cheung (Fencing), Rebecca Chiu (Squash), Hei Zhihong (Wushu), Law Hiu-fung (Rowing), Lee Chi-wo (Triathlon) and Lee Ka-man (Rowing).



▲ 室內賽艇友誼賽所有參加者合照留念。

Group photo of all the participants of the friendly indoor-rowing match.



體壇創高峰

In Pursuit of Sports Excellence

香港精英運動員在國際性比賽中取得驕人成績，其中單車運動員黃金寶取得華人首個世界單車賽金牌，尤其令人鼓舞。體院謹此恭祝一眾獎牌運動員，並希望他們在未來的賽事中再接再厲，爭取佳績。

Hong Kong elite athletes are once again making outstanding breakthroughs in international competitions, and the performance of Wong Kam-po, the first Chinese cycling world champion, was particularly encouraging. The HKSI would like to congratulate each of them and extends its very best wishes to them for continued success.

單車 Cycling

黃金寶在三月二十九日至四月一日在西班牙馬略卡舉行的世界場地單車錦標賽男子15公里捕捉賽中奪魁，成為首位奪得世界賽金牌的華人單車運動員。黃金寶並獲頒單車運動最高榮譽的彩虹戰衣。

Wong Kam-po became the first Chinese cycling world champion after winning the 15 kilometres scratch race at the UCI Track Cycling World Championships held from 29 March to 1 April 2007 at Palma de Mallorca, Spain. He was awarded the Rainbow Jersey – the highest honour in cycling.



黃金寶身披彩虹戰衣。

Wong Kam-po in the coveted Rainbow Jersey.

單車 Cycling

王史提芬於五月二十四日在泰國芭提雅舉行的第二屆亞洲BMX小輪車錦標賽中，擊敗了其餘15名來自六個國家地區的運動員，蟬聯金牌。

Steven Wong beat a total of 15 competitors from six regions and won a gold medal at the 2nd BMX Asian Championships held in Pattaya, Thailand. It was his second consecutive Asian title.



王史提芬
Steven Wong

乒乓球 Table Tennis

香港男雙組合高禮澤和李靜，以及混雙組合高禮澤和帖雅娜，分別在2007年世界乒乓球錦標賽奪得銅牌，為香港首次贏取該項比賽的獎牌。

Hong Kong men's doubles Ko Lai-chak and Li Ching, together with mixed doubles Ko Lai-chak and Tie Yana, each won bronze medals for Hong Kong at the 2007 World Table Tennis Championships. This was the first time that Hong Kong has won medals at the competition.



Courtesy of ITTF / Victor Rojas
國際乒乓球聯合會 / Victor Rojas 提供相片



Courtesy of ITTF / Raul Calin
國際乒乓球聯合會 / Raul Calin 提供相片

上圖 Upper Photo
高禮澤(左)、李靜
Ko Lai-chak (left) and Li Ching

下圖 Lower Photo
高禮澤(左)、帖雅娜
Ko Lai-chak (left) and Tie Yana

體院新董事局成員名單 Appointments to the New HKSI Board of Directors

政府宣布再度委任現任主席、兩位副主席及15位董事服務體院董事局，任期為兩年，由二零零七年四月一日起生效。董事局成員名單如下：

The Government announced the re-appointment of the Chairman, two Vice-Chairmen and 15 Directors to the Board of Directors of the HKSI for a two-year term starting from 1 April 2007. The full membership of the Board is as follows:

主席 Chairman

李家祥博士 Dr Li Ka-cheung, Eric

副主席 Vice-Chairmen

陳啟明教授 Professor Chan Kai-ming
譚學林先生 Mr Tam Hok-lam, Tommy

董事 Directors

張爾惠先生 Mr Chang Ur-way, Lowell
張維醫生 Dr Chang Wai, Julian
范錦平先生 Mr Fan Kam-ping, John
傅浩堅教授 Professor Fu Hoo-kin, Frank
馮劉掌珠女士 Mrs Fung Lau Chiang-chu, Vivien
胡曉明先生 Mr Hu Shao-ming, Herman
廖長江先生 Mr Liao Cheung-kong, Martin
鄧桂能先生 Mr Tang Kwai-nang

唐家成先生 Mr Carlson Tong
錢恩培先生 Mr Tsin Yan-pui
胡偉民先生 Mr Woo Wai-man, Johnny
鍾小玲女士 Mrs Agnes Allcock
陳若藹女士 Miss Chan Yeuk-oi, Olivia
劉明光先生 Mr Liu Ming-kwong, Vincent
黃展翹女士 Miss Wong Chin-kiu, Janet

25名體育界人士及運動員獲授勳銜及嘉獎

25 Sports Officials and Athletes were Commended on 2007 Honours List

下列 25 名體育界人士及運動員在香港特別行政區二零零七年授勳名單中獲嘉許，以表彰他們對香港體壇作出的貢獻。體院在此謹向他們致以衷心的祝賀。

The HKSI would like to congratulate the following 25 sports officials and athletes who have been named in the Hong Kong SAR Government 2007 Honours List in recognition of their significant contribution to Hong Kong sports development.

銅紫荊星章 Bronze Bauhinia Star

陳智才 Chan Chi-choi
體院羽毛球總教練 Head Badminton Coach of the HKSI

凌劉月芬 Ling Lau Yuet-fun, Laura
香港弱智人士體育協會副會長
Vice President of the Hong Kong Sports Association for the Mentally Handicapped

黃金寶 Wong Kam-po
單車運動員 Cycling athlete

余潤興 Yue Yun-hing
香港乒乓球總會會長
President of the Hong Kong Table Tennis Association

榮譽勳章 Medal of Honour

陳敬然 Chan King-yin
滑浪風帆運動員 Windsurfing athlete

陳潤韜 Chan Yun-to
健美運動員 Bodybuilding athlete

張敬煒 Cheung King-wai
單車運動員 Cycling athlete

伍澤連 Ng Chak-lin
香港殘疾人奧委會暨傷殘人士體育協會義務秘書
Honorary Secretary of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled

王晨 Wang Chen
羽毛球運動員 Badminton athlete

于立光 Yu Liguang
體院武術總教練 Head Wushu Coach of the HKSI

行政長官社區服務獎狀 Chief Executive's Commendation for Community Service

陳江華 Chan Kong-wah
體院乒乓球教練 Table Tennis Coach of the HKSI

陳慧琪 Chan Wai-kei
滑浪風帆運動員 Windsurfing athlete

鄭家豪 Cheng Ka-ho
武術運動員 Wushu athlete

張志偉 Cheung Che-wai
田徑運動員(傷殘) Athletics athlete (physically disabled)

周沅凝 Chow Yuen-ying
游泳運動員(智障) Swimming athlete (mentally handicapped)

范珮珊 Fan Pui-shan
輪椅劍擊運動員(傷殘) Wheelchair fencing athlete (physically disabled)

黑志宏 Hei Zhihong
武術運動員 Wushu athlete

何智豪 Ho Chi-ho
滑浪風帆運動員 Windsurfing athlete

李致和 Lee Chi-wo
三項鐵人運動員 Triathlon athlete

梁美莉教授 Professor Leung Mee-lee
中國香港體育協會暨奧林匹克委員會義務副秘書長
Honorary Deputy Secretary General of the Sports Federation & Olympic Committee of Hong Kong, China

鄧淑文 Tang Suk-man
游泳運動員(智障) Swimming athlete (mentally handicapped)

帖雅娜 Tie Yana
乒乓球運動員 Table tennis athlete

曾思敏 Angie Tsang
武術運動員 Wushu athlete

葉佩延 Yip Pui-yin
羽毛球運動員 Badminton athlete

張瑞 Zhang Rui
乒乓球運動員 Table tennis athlete

林文勝為香港多奪一面多哈亞運銅牌。

Lam Man-shing adds a bronze medal to the Doha Asian Games medal tally.



健美項目運動員林文勝為港增添一面亞運銅牌 Bodybuilder Lam Man-shing Wins Hong Kong another Bronze Medal at the Doha Asian Games

去年十二月香港運動員在多哈亞運中取得驕人成績，比賽雖已圓滿結束，但原本在多哈亞運會健美項目（男子90公斤及以下級別）取得銀牌的韓國運動員，因未能通過藥檢測試而被取消資格，改由敘利亞運動員獲得，而香港的林文勝則由原本的第四名進升一級獲得一面銅牌，令香港隊在多哈亞運的獎牌數目增至6金12銀11銅共29面。體院為2006亞運會及遠東及南太平洋區傷殘人士運動會優秀運動員而設的現金獎勵計劃亦相應撥出5萬港元，頒贈予林文勝。

Hong Kong athletes' already impressive results at the Doha Asian Games last December have received another boost. It has been announced that the silver medallist (men's 90kg & below) from Korea at the Doha Asian Games subsequently failed a doping test, leading to a Syrian athlete being awarded the silver medal while Hong Kong's Lam Man-shing receives a bronze medal. This brought the territory's medal tally to a total of 29, including 6 gold, 12 silver and 11 bronze medals at the Games. The HKSI has presented a cash prize of HK\$50,000 to Lam Man-shing through the Athlete Incentive Awards Scheme for the 2006 Asian Games and Far East & South Pacific Games for the Disabled.

10名精英運動員獲資助 積極備戰北京奧運

10 Elite Athletes Receive Sponsorship to Prepare for Beijing Olympic Games

運動員要在國際體壇上爭取佳績，除了自身的努力備戰外，亦需要優質培訓的配合以及各界的支持。10名表現傑出的精英運動員，獲得由宏利人壽保險（國際）有限公司與中國香港體育協會暨奧林匹克委員會合辦的「宏利香港運動員獎學金計劃」第二階段的資助，他們分別是：

In addition to their own efforts, quality training and support are essential to athletes working towards outstanding performance in the international sports arena. 10 outstanding athletes benefit from the second phase of the "Manulife Hong Kong Sports Scholarship Program", which is co-organised by Manulife (International) Limited and the Sports Federation & Olympic Committee of Hong Kong, China. Awardees are:

溫健儀 Wan Kin-ye (田徑 Athletics)

葉嫻延 Yip Pui-yin (羽毛球 Badminton)

王史提芬 Steven Wong (單車 Cycling)

鄭文傑 Cheng Man-kit (馬術 Equestrian)

周梓淇 Chow Tsz-ki (劍擊 Fencing)

蘇秀華 So Sau-wah (賽艇 Rowing)

任方凱 Yam Fong-hoi (射擊 Shooting)

蔡曉慧 Tsai Hiu-wai (游泳 Swimming)

帖雅娜 Tie Yana (乒乓球 Table tennis)

李致和 Lee Chi-wo (三項鐵人 Triathlon)

他們將於本年六月至明年五月期間，各獲頒發合共10萬港元的獎學金，資助他們購買訓練器材及用作醫療及保險等費用，以備戰2008奧運會。In preparing for the 2008 Olympics, each of them will receive a total subsidy of HK\$100,000 from June 2007 till May 2008 to support the purchase of training equipment, medical and insurance expenses, etc.

滑浪風帆運動員陳敬然獲委任為更生大使

Windsurfer Chan King-yin Appointed as Rehabilitation Ambassador

2006多哈亞運會滑浪風帆男子輕量級奧運板的金牌得主陳敬然，憑着卓越成績及健康形象，本年五月獲懲教署委任為更生大使。他是繼黃金寶、趙詠賢、李致和及方力申後，第五位運動員成為更生大使。陳敬然表示，自己也曾因為訓練艱苦及成績停滯不前而一度想放棄滑浪風帆，但得到家人及朋友的支持和鼓勵而打消念頭，他勉勵在囚人士不要因為挫折而放棄自己，並呼籲社會人士接納他們重返社群。

The windsurfing men's lightweight mistral gold medallist at the 2006 Doha Asian Games, Chan King-yin, was appointed as the Rehabilitation Ambassador by the Hong Kong Correctional Services Department in May this year. With his outstanding performance and healthy image, he is the fifth athlete to become the Rehabilitation Ambassador in the footsteps of Wong Kam-po, Chiu Wing-yin, Lee Chi-wo and Alex Fong. Chan King-yin said he had once considered quitting his windsurfing career because of the training hardship he endured and modest results. The support and encouragement from his family and friends gave him the strength and determination to carry on, and he encouraged inmates not to give up no matter what the setbacks that had occurred in their lives. He called on members of the community to accept rehabilitated offenders, and to give them a chance to rebuild their lives.

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
二零零七年六月

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
June 2007



陳敬然獲委任為更生大使。
Chan King-yin is appointed as Rehabilitation Ambassador.

