



UPDATE

Hongkong Bank Foundation Coach Education Programme



滙豐銀行慈善基金
教練培訓計劃

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2002 Hongkong Bank Foundation Coaching Awards
(10th Anniversary)

2002滙豐銀行慈善基金優秀教練選舉
(十周年紀念)

● Awards Nomination

Inaugurated in 1993, the annual Hongkong Bank Foundation Coaching Awards will celebrate its 10th anniversary this year. The Hong Kong Coaching Committee (HKCC) is thrilled with the encouraging response received from the National Sports Associations (NSAs), District Sports Associations, Community Sports Clubs and other sports organisations. More than 110 nominations were received this year despite the revised selection criteria.

With the aim to recognise coaches' outstanding achievements and contributions to sports, the following five categories of awards are open for nominations:

- 1. Coach of the Year Awards** - for coaches who have best demonstrated the ability to improve the performance of a team or an individual at the international level in 2002.
- 2. Coaching Excellence Awards** - for coaches who have led an athlete or a team to the 4-point level or above in 2002 as stated in the Hong Kong Sports Development Board's (HKSDB's) Elite Vote Scoring Table (please refer to the HKCC website www.hkcoaching.com for details).
- 3. Distinguished Services Award for Coaching** - for an individual who has made an outstanding contribution to coaching at the national and international levels for a minimum period of 10 years prior to 2002. Coaches will only be awarded once within 10 years.
- 4. Coach Education Award** - for an individual who has made an outstanding contribution to coach education for not less than five consecutive years prior to 2002. Coaches will be awarded only once within five years.
- 5. Community Coach Recognition Awards** - for coaches possessing valid coaching certificates and are adjudged to have made a special contribution to the coaching of athletes/team within the community for not less than three consecutive years prior to 2002. Coaches will be awarded only once within three years.

The Awards Sub-committee, appointed by the HKCC, will select the recipients in mid March 2003. The recipients of the respective awards will be unveiled at a Presentation Ceremony to be held at the Grand Hyatt Hong Kong on 25 May 2003.

● 選舉提名

香港教練培訓委員會於一九九三年首次舉辦的「滙豐銀行慈善基金優秀教練選舉」將邁進第十年。這項選舉獲得各體育總會、地區體育會、社區體育會以及其他有關體育團體廣泛和熱烈支持。雖然今年的選舉提名準則有所更新，但仍接獲超過一百一十份提名競逐各獎項。

此獎勵計劃旨在表揚全港的優秀教練及嘉獎教練在體育工作上的貢獻。本年度選舉共設五個獎項，包括：

- 1. 全年最佳教練獎** - 獎勵曾帶領運動員／運動隊伍於二零零二年在國際賽事中表現有顯著進步的教練。
- 2. 精英教練獎** - 獎勵曾帶領運動員／運動隊伍於二零零二年取得香港康體發展局（康體局）「精英資助評分表」內四分或以上成績的教練。（詳情請參閱香港教練培訓委員會網頁www.hkcoaching.com）
- 3. 傑出貢獻獎** - 獎勵過去十年在培訓本地精英及香港代表隊有傑出貢獻的人士，其服務年資於二零零二年計算應達十年或以上。一位教練在十年內只可獲獎一次。
- 4. 最佳教練培訓工作者獎** - 獎勵在過去五年對教練培訓工作有傑出貢獻的人士，一位教練在五年內只可獲獎一次。
- 5. 社區優秀教練獎** - 獎勵在二零零二年間對訓練社區內的運動員／運動隊伍有特殊貢獻，以及服務有關社區不少於連續三年的教練，一位教練在三年內只可獲獎一次。

由香港教練培訓委員會委任的選舉評審團將於二零零三年三月中選出各項得獎教練，而選舉結果則於二零零三年五月二十五日假君悅酒店舉行的頒獎禮上公佈。



1993 - 2001 Coach of the Year Awards Recipients

Year	Category	Recipients & Sports
1993	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Chris Perry (Rowing) - Chris Clark (Squash)
1994	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport - Junior athletes, team sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Chris Perry (Rowing) - Chan Chi-choi (Badminton) - Kwok Tai-ming (Rowing)
1995	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Cheng Chung-yin (Table Tennis) - Choi Yuk-kwan, Tony (Squash)
1996	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Wang Ruiji (Fencing) - Poon Kin-lui (Athletics for the Physically Disabled) - Yu Liguang (Wushu)
1997	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Yu Liguang (Wushu) - Poon Kin-lui (Athletics for the Physically Disabled) - Choi Yuk-kwan, Tony (Squash)
1998	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team sport - Junior athletes, individual sport 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Poon Kin-lui (Athletics for the Physically Disabled) - Kwok Ho (Windsurfing) - Zheng Kangzhao (Wheelchair Fencing)
1999	<ul style="list-style-type: none"> - Senior athletes, individual sport - Junior athletes, individual sport - Junior athletes, team event 	<ul style="list-style-type: none"> - Yu Liguang (Wushu) - Lisa Neuburger (Windsurfing) - Choi Yuk-kwan, Tony (Squash) - Hung Chi-chui (Swimming for the Mentally Handicapped)
2000	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team event - Junior athletes, individual sport - Junior athletes, team event 	<ul style="list-style-type: none"> - Shen Jinkang (Cycling) - Choi Yuk-kwan, Tony (Squash) - Lam Chi-pang (Table Tennis for Mentally Handicapped) - Chiang Wing-hung (Rowing)
2001	<ul style="list-style-type: none"> - Senior athletes, individual sport - Senior athletes, team event - Junior athletes, individual sport - Junior athletes, team event 	<ul style="list-style-type: none"> - Rene Appel (Windsurfing) - Shen Jinkang (Cycling) - Stan Tamura (Tennis) - Wong Tak-sum (Windsurfing) - Lo Wan-kei (Rowing)



● 一九九三至二零零一年全年最佳教練選舉得獎者名單

年份	獎項	得獎教練及所屬體育項目
1993	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 白勵 (划艇) - 郭繼思 (壁球)
1994	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 - 隊際項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 白勵 (划艇) - 陳智才 (羽毛球) - 郭大明 (划艇)
1995	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 鄭仲賢 (乒乓球) - 蔡玉坤 (壁球)
1996	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 王銳基 (劍擊) - 潘健侶 (傷殘人士田徑) - 于立光 (武術)
1997	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 于立光 (武術) - 潘健侶 (傷殘人士田徑) - 蔡玉坤 (壁球)
1998	<ul style="list-style-type: none"> - 個人項目高級組 - 隊際項目高級組 - 個人項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 潘健侶 (傷殘人士田徑) - 郭河 (滑浪風帆) - 鄭兆康 (傷殘人士劍擊)
1999	<ul style="list-style-type: none"> - 個人項目高級組 - 個人項目青少年組 - 團體項目青少年組 	<ul style="list-style-type: none"> - 于立光 (武術) - 莉寶嘉 (滑浪風帆) - 蔡玉坤 (壁球) - 孔志超 (智障人士游泳)
2000	<ul style="list-style-type: none"> - 個人項目高級組 - 團體項目高級組 - 個人項目青少年組 - 團體項目青少年組 	<ul style="list-style-type: none"> - 沈金康 (單車) - 蔡玉坤 (壁球) - 林智鵬 (智障人士乒乓球) - 蔣永雄 (划艇)
2001	<ul style="list-style-type: none"> - 個人項目高級組 - 團體項目高級組 - 個人項目青少年組 - 團體項目青少年組 	<ul style="list-style-type: none"> - 艾培理 (滑浪風帆) - 沈金康 (單車) - 田村赤榮 (網球) - 黃德森 (滑浪風帆) - 盧允基 (划艇)



11th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum

第十一屆滙豐銀行慈善基金精英教練員研討會 暨教練總監論壇

● Nutrition in Exercise and Sports

In the 21st century, the discussion of a nutritionally balanced diet has become popular across society. What is the nutritional value of foods? How does food nutrition help in training and exercising? Most importantly, how do we plan a balanced diet for athletes to reach optimal performance? These are the questions and areas that many coaches need to explore.

The theme of the Elite Coaches Seminar cum Coaching Directors Forum (Seminar) this year is "Nutrition in Exercise and Sports". Renowned speakers will be invited to share their expertise and views in this area with local coaches and delegates from other Asian countries. Jointly organised by the HKCC and All-China Sports Federation, and sponsored by the Hongkong Bank Foundation, the Seminar will be held from 23 - 24 May 2003 at Sports House. Don't miss this opportunity to keep yourself up-to-date with developments in nutritional applications and its effects on athletes' performance. Keep a close watch for enrolment details to be announced in due course.

● 運動營養學

身處廿一世紀，均衡飲食已成為城中的熱門話題。食物當中包含多少營養價值？攝取適當的營養對運動可有幫助？更重要的是，如何制訂一個均衡飲食計劃令運動員達至最佳的表現水平？這些都是教練在訓練時所要面對的問題。

「運動營養學」將成為今年「精英教練員研討會暨教練總監論壇」（研討會）的主題。本部將邀請資深學者與本地教練及亞洲各代表分享他們對營養學的見解及專業意見。是次研討會由香港教練培訓委員會及中華全國體育總會合辦，滙豐銀行慈善基金贊助，將於二零零三年五月二十三及二十四日在體育大樓舉行。如想了解更多關於營養對運動員成績及表現的影響，請各位教練密切留意稍後公佈的報名詳情。

Hongkong Bank Foundation School Coach Continuing Education Programme

滙豐銀行慈善基金學校教練延續培訓計劃

● Basketball

The Hongkong Bank Foundation School Coach Continuing Education Programme (SCCEP), jointly organised by the HKCC and the Hong Kong Basketball Association (HKBA), was successfully held on 18 and 19 January 2003 at the Australian International School Hong Kong. A total of 15 school coaches enrolled in this year's Programme.

With extensive experience in basketball training, Mr Timothy Darling, former Performance Coach of the Hong Kong National Squad and a well-known university coach in Canada, brought in a different perspective in basketball training to the local school coaches. Together with the presentation and demonstration conducted by Mr Raymond Leung, Hong Kong Squad Coach, and Mr Chu Ka-kun, Youth Squad Coach, school coaches were well-equipped with professional knowledge which enabled them to further nurture more young talents at the grassroots level.

● 籃球

由香港教練培訓委員會及香港籃球總會聯合主辦的「滙豐銀行慈善基金學校教練延續培訓計劃」已於二零零三年一月十八及十九日假香港澳洲國際學校順利舉行。今年共有十五位學校教練參加此項計劃。

是次計劃更邀請了前香港代表隊客席教練及加拿大著名大學教練達靈先生，向各學校教練介紹籃球訓練的新知識。除此之外，由香港代表隊教練梁偉文先生和青年軍教練朱加勤先生所作出的籃球技術講解及示範，不但能使學員將學到的知識用於教學方面，亦能運用於基層培育及發掘有潛質的運動員。



*Hong Kong's former Performance Coach, Mr Timothy Darling (front), demonstrates block shots for the Centre position with Youth Squad Coach Mr Chu Ka-kun (back).
前香港代表隊客席教練達靈先生（前者）與青年軍教練朱加勤先生（後者）示範中鋒防守的封蓋。*

*An attentive audience to the Hong Kong Squad Coach, Mr Raymond Leung.
學校教練全神貫注地聆聽香港代表隊教練梁偉文先生的講解。*





↑ Practising the newly acquired skills for the Guard position.
教師們把握機會，將剛學到的後衛傳球技巧應用於練習中。



↑ Youth Squad Coach, Mr Ng Kai-mo (right, back row), Assistant Coach Mr Lee Man-leung (second from right, back row) and participants.
各學員與青年軍教練吳鑑武先生（後排右一）及助教李文亮先生（後排右二）合照留念。

Hongkong Bank Foundation Coach Accreditation Programme

● Subvention for NSA Coach Education Programmes

The HKCC provided subvention for the organisation of 35 local sport-specific courses/seminars conducted by different NSAs between November 2002 and February 2003. To facilitate experience exchange with other counterparts, subvention was also provided for 11 coaches to attend overseas advanced coaching programmes.

Hongkong Bank Foundation Continuing Coach Education Programme

● "Stress Management for Coaches" Seminar

The "Stress Management for Coaches" Seminar was successfully held on 14 December 2002 at Sports House. Dr Lee Hing-chu, Chartered Clinical Psychologist, United Kingdom and Sport Psychology Officer of the HKSD, was invited to share her experience and views with more than 120 coaches at the Seminar.



→
Dr Lee Hing-chu (left) demonstrates the use of "Deep Abdominal Breathing" to relieve stress.
李慶珠博士示範如何利用腹式呼吸法去舒緩緊張情緒。

滙豐銀行慈善基金教練級別評定計劃

● 資助體育總會教練培訓計劃

香港教練培訓委員會在二零零二年十一月至二零零三年二月期間，共資助了三十五個專項教練培訓活動。為了促進與其他海外教練培訓機構互相交流經驗，本部同期亦資助了十一位教練出席海外的教練深造課程。

滙豐銀行慈善基金教練延續培訓計劃

● 「教練如何處理壓力」講座

「教練如何處理壓力」講座已於二零零二年十二月十四日在體育大樓順利舉行。教練培訓部邀請了英國特許臨床心理學家及康體局運動心理副主任李慶珠博士擔任主講嘉賓，向超過一百二十位來自不同項目的教練演講及分享心得和經驗。



↑ Ms Margaret Siu (left), Head, Sports Development of HKSD, present a souvenir to speaker, Dr Lee Hing-chu.
康體局康體發展主管蕭苑華女士（左）致送紀念品予主講嘉賓李慶珠博士（右）。



● "Tips and Cues from Elite Coaches" Seminar

More than 80 coaches from the local coaching community attended the "Tips and Cues from Elite Coaches" Seminar, which was held on 28 February 2003 at Sports House. Two elite coaches, Mr Tony Choi, Head Coach of the Hong Kong Squash Team, and Mr Chris Perry, Head Coach of the Hong Kong Rowing Team, were invited to share their coaching experience and tips in training athletes to excellence at major competitions with local coaches.



↑ Speakers, Mr Tony Choi (second from right) and Mr Chris Perry (second from left) with Dr Chung Pak-kwong (left), Director of Elite Training and Sports Development Group of HKSD and Mr Alex Lo (right), Hong Kong Rowing Team Coach

講座演講嘉賓，蔡玉坤先生（右二）及白勵先生（左二），與康體局精英培訓及康體發展總監鍾伯光博士（左一）及香港賽艇代表隊教練盧允基先生（右一）合照。

● 「精英教練成功錦囊」講座

超過八十位本地教練於二零零三年二月二十八日出席了在體育大樓所舉行的「精英教練成功錦囊」講座。當日兩位主講嘉賓，香港壁球代表隊總教練蔡玉坤先生及香港賽艇代表隊總教練白勵先生與本地教練分享他們培訓精英運動員經驗，以及令運動員在大型賽事中有突出表現的成功秘訣。



Participants seeking professional advice from elite coaches, Mr Tony Choi and Mr Chris Perry. 兩位精英教練——蔡玉坤先生及白勵先生向參加者提供專業意見。



NSA Thanks Coach Scheme

體育總會教練獎勵計劃



Coaches' hard work, dedication and outstanding achievements are recognised through the Awards Presentation Ceremonies organised by different NSAs.

教練在各大頒獎典禮獲獎，對不同項目的運動員貢獻良多。



● NSAs pay tribute to coaches

Coaches often work tirelessly behind the scene to help and assist athletes succeed in their sporting career. The leadership, determination, vision and commitment that coaches possess not only help participants, particularly at the grassroots level, to develop their skills, but also bring a positive sporting experience to sports enthusiasts. To honour outstanding coaches who have contributed their effort, time and expertise in their respective sports, the HKCC has encouraged and provided subvention for NSAs to organise their own Thanks Coach Scheme. Throughout the year, more than 30 NSAs have organised different awards presentation ceremonies to express their heartfelt thanks to all coaches.

● 體育總會向各教練致謝

教練在體壇上默默耕耘，帶領本港運動員屢次在各項賽事中有突出的表現及取得多項傑出成績，他們實是功不可沒。教練所具備的領導才華、洞察力及對體育發展及培訓的貢獻，不但能助參加者，特別在基層訓練方面，建立應有的技術水平，亦可帶給運動愛好者一些正面的運動知識。由香港教練培訓委員會提供資助，各體育總會主辦的「教練獎勵計劃」，便是要表揚及嘉許這群優秀教練對香港體壇所作出的努力及貢獻。在過去一年，超過三十個體育總會透過舉辦不同的頒獎典禮向各教練作衷心致謝。

News

新動向

● China National Coaches Forum 2002

The Forum, organised by All-China Sports Federation and sponsored by The Hongkong and Shanghai Banking Corporation Limited, was held at the Beijing Sport University during 15 and 22 November 2002. Ms Avia Chan, Coach Education Manager, and Ms Angela Kang, Assistant Coach Education Manager were also invited to attend.

With the theme to develop professional coaches for the 2004 and 2008 Olympic Games, more than 110 Advanced Level coaches from 27 sports areas from different Provinces were selected to join the Forum.

The eight-day Forum was professionally organised and had provided an excellent opportunity for coaches to facilitate experience exchange with other counterparts in different sports areas. Conducted by the profound speakers, the presentations have stimulated participants' interest and commitment in coach education.

● 二零零二年國家級教練研討會

第二屆國家級教練研討會已於二零零二年十一月十五至二十二日假北京體育大學舉行。這次研討會由中華全國體育總會主辦，並得到香港上海滙豐銀行有限公司的贊助。教練培訓經理陳香婷女士及助理教練培訓經理康湧女士亦獲邀出席。

是次培訓的規模龐大，綜合性強，主題的核心是為二零零四年及二零零八的奧運會培訓一批優秀的教練員。超過一百一十名來自不同省市、涉及二十七個運動項目的高級教練員被挑選參加。

為期八天的研討會在安排和管理上都很專業，讓教練與不同運動項目的同儕互相分享寶貴的經驗。在研討會中，多名資深講者的演說亦有助提升出席者對教練培訓的興趣及承諾。



↑ Coaches pay full attention to the Forum, which provides useful knowledge on education and management by national teams. 教練們認為研討會對加強教育與管理國家隊伍十分重要，所以都認真學習。

Ms Avia Chan (right) and representative from the Sports Science and Education Department of All-China Sports Federation Mr Shi Kangcheng at the "China National Coaches Forum 2002" in Beijing. 陳香婷女士（右）與中華全國體育總會科教司司長史康成先生在北京的「二零零二年國家級教練研討會」上會面。





● "1998 - 2001 Lectures and Seminars" Booklet

To provide useful source of reference to all accredited coaches and sports professionals, the HKCC has compiled lecture notes of selected seminars and workshops held from 1998 to 2001 into the "1998 - 2001 Lectures and Seminars" booklet. The booklet, covering a wide range of interesting topics related to coaching, is now available for subscription. For more details, please refer to the enclosed order form.

● 1998 - 2001專題講座及研討會講義匯集

為提供參考教材予教練及體育專業人士，香港教練培訓委員會從一九九八年至二零零一年期間所舉辦的研討會及工作坊中選輯了多篇講義，刊載於「專題講座及研討會講義匯集」書中。這本匯集包含了多個與教練培訓有關的題目，現正接受訂購。有關詳情，請參閱附頁的訂購表格。

THE HONG KONG COACHING COMMITTEE

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