

滙豐銀行慈善基金教練延續培訓計劃



保健按摩講座令教練獲益良多

由香港康體發展局中醫藥統籌主任許錚錚主講的「運動員保健 按摩」講座已於二月二十一日在體育大樓圓滿結束,該項專為 教練而設的講座反應熱烈,共吸引超過一百八十名教練踴躍參 加,參加者透過講座對按摩治療有了更深入的認識

許先生在講座中不但分享他 運動按摩的基礎理論,他更 即場示範紓緩腰背痛的按摩



出席的教練認為講座的內容 十分充實,期望可以在未來 的教練工作中學以致用。





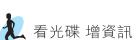
VCDs TO STRENGTHEN KNOWLEDGE

Sports Coaching Resources - Sports

Hong Kong coaches have additional resources in their guest for increased knowledge, thanks to four new coaching VCDs.

The Hong Kong Coaching Committee has produced four sports coaching VCDs in Cantonese with the aim of enhancing the coaching resources in Hong Kong. Apart from enhancing knowledge, the VCDs can also help coaches keep abreast of the latest coaching developments in Hong Kong.

The VCDs cover Sports Nutrition, Communication and Coaching Methods, Coaches' Code of Conduct and Hong Kong Coach Education, and will be available in July.



本港教練將可透過新增資源一教練培訓教學光碟來學習更多

由香港教練培訓委員會製作一套四輯的教練培訓教學光碟已 經完成,此套廣東話光碟既可以豐富香港教練培訓資料庫 亦有助教練取得最新的教練發展資訊。

光碟將於七月出版,而光碟的內容網羅運動營養、溝通技巧

THE HONG KONG COACHING COMMITTEE

is a joint committee of the

Sports Federation and Olympic Committee of Hong Kong, China

Hong Kong Sports Development Board 香港教練培訓委員會

是由

中國香港體育協會暨奧林匹克委員會

及

香港康體發展局 聯合組成的委員會

Sponsored by: The Hongkong Bank Foundation 滙豐銀行慈善基金



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TOP AWARDS FOR HONG KONG'S LEADING COACHES

Behind every successful athlete, there is a coach. While the public's attention is mostly focused on sportsmen and women, their success will not be possible without the technical and moral support provided by coaches.

The Hong Kong Coaching Committee (HKCC) leads the way in showing gratitude towards the hard work of coaches. The annual Hongkong Bank Foundation Coaching Awards is the only programme that recognises the efforts and contributions of Hong Kong's coaches on a territory-wide basis.

The prestigious Awards, launched in 1993, is one of the major events on the Hong Kong sporting calendar as the cream of Hong Kong's coaching talent get together with the sporting community to honour their peers.

The winners of the 2003 Awards were unveiled at a Presentation Ceremony on March 21 2004 at the Grand Hyatt Hong Kong. Attending guests all agreed that the winners fully deserved their prizes.

In the opening remarks, Victor Hui, Chairman of the Hong Kong Sports Development Board, said, "I would particularly like to thank our sponsor, the Hongkong Bank Foundation, and also wish to extend my gratitude to National Sports Associations, coaches and other related organisations for their keen support."

Dorothy Sit, member of the Hongkong Bank Foundation Advisory Committee and Chairperson of Wayfoong Sports Club, spoke highly of the contribution of coaches. "Coaches provide instruction, praise, sympathy, encouragement and guidance, but they do not always get the recognition they deserve and that's why the Hongkong Bank Foundation began funding the Coach Education Programme and the Awards in the early 1990s." she said.



L

本地傑出教練接受最高榮譽

每位成功的運動員背後,總有一位出色的教練。雖然運動員是 大眾的焦點所在,然而每個榮耀背後,教練為運動員所付出的 心血與支持都是成功的要素。

香港教練培訓委員會一向對獎勵優秀教練不遺餘力,一年一度 的「滙豐銀行慈善基金優秀教練選舉」就是本港唯一向教練的 辛勞及貢獻作出高度致敬表揚的大型活動。

是項專為表揚教練而設的活動首辦於一九九三年,至今已成為 一項備受重視的體壇盛事,體育界人士每年聚首一堂,向表現 卓越的教練們表示崇高敬意。

二零零三年度的優秀教練得獎名單,已於二零零四年三月二十 一日假君悦酒店舉行的頒獎典禮上揭曉,出席嘉賓對得獎教練 均表讚揚。

香港康體發展局主席許晉奎於致辭時說:「我衷心多謝滙豐銀 行慈善基金多年來不斷的支持,以及各個體育總會、教練及各 體育機構的熱心參與。」 An Awards Sub-committee, appointed by the HKCC, has short-listed 82 nominations in accordance with the selection criteria of respective categories. A total of 59 awards were handed out at the Presentation representing five categories - Coach of the Year Awards, Distinguished Services Award for Coaching, Coach Education Award, Coaching Excellence Awards and Community Coach Recognition Awards.

Veteran windsurfing mentor Rene Appel was once again crowned Coach of the Year for Senior Athletes in the Individual Sport category while Sam Wong Tak-sum, a former pupil of Appel, took the prize for Coach of the Year for Junior Athletes in the same category.

The Coach of the Year Award for Senior Athletes in the Team Event category was shared between Yu Liguang, wushu's mastermind and Yap Kaitak, who coaches Mentally Handicapped athletics team.

Cui Xiao-yan won the Award for Coach of the Year for Junior Athletes in the Team Event category, thanks to her efforts with the Hong Kong Mentally Handicapped table tennis team.

Long-standing badminton coach Chan Chi-choi won the Distinguished Services Award for Coaching for his hard work and dedication to the cause of Hong Kong badminton for more than a decade.

The Coach Education Award went to basketball's Leung Waiman who designs and develops a wide range of coach education materials including the coaching manual, sportspecific VCD and website for the basketball coach.

滙豐銀行慈善基金委員兼滙豐體育會主席薛關燕萍高度讚揚教練的貢獻。她表示:「教練既要肩負訓練,也要協助運動員面對成敗得失,作出鼓勵和循循善誘。不過,他們的努力卻往往得不到認同,因此滙豐銀行慈善基金早在一九九二年已開始贊助教練培訓計劃和優秀教練選舉,使他們獲得應有的表揚。」

經由香港教練培訓委員會委任的選舉評審團甄選後,共有八十二份提名符合候選資格競逐今屆選舉。在今屆頒獎典禮中,共 頒發了五十九個獎項,包括全年最佳教練獎、傑出貢獻獎、最 佳教練培訓工作者獎、精英教練獎及社區優秀教練獎。

滑浪風帆總教練艾培理再度大熱衛冕成功,榮膺個人項目高級 組的全年最佳教練獎項,而曾屬艾培理「徒弟」的黃德森,亦 獲頒個人項目青少年組的全年最佳教練獎。

至於今屆的團體項目高級組全年最佳教練殊榮,則分別由武術總教練于立光及智障人士田徑教練葉啟德雙雙奪得。

智障人士乒乓球教練崔小燕則憑著去年的卓越成績, 勇奪今屆的團體項目青少年組全年最佳教練獎。

> 過去十多年來對羽毛球發展作出不 懈努力及貢獻的資深羽毛球教練陳 智才,今屆獲頒傑出貢獻獎,可謂 實至名歸。









Appel has regularly led his athletes to glory in major games and championships over the past 10 years, and 2003 was no exception. The highlight for Appel was a gold medal in the 2003 Mistral European Championships women's individual event.

Yu's Award was also fully deserved. He coached the Hong Kong team to a silver medal in the men's Dual Event and a bronze in the women's Dual Event at the 7th World Wushu Championships. Overall, the wushu squad bagged an impressive haul of two gold, five silver and four bronze medals.

Yap also shared in the Senior Athletes, Team Event honours after leading the Hong Kong 4X100m men's relay team to silver at the 4th INAS-FID World Athletics Championships. This was an improvement from the bronze they won in 2002.

For the Junior Athletes team event category, winner Cui was instrumental in helping Hong Kong to two gold medals at the 2003 INAS-FID World Table Tennis Championships in the women's doubles and women's team events.

Sam Wong Tak-sum also proved that he possesses first-class coaching skills. Wong's athletes have consistently achieved high rankings in major international youth competitions since 2000. But the former windsurfer had one of his best years as a coach in 2003, helping two young athletes win medals in World Championships.

The selection of the winners of the Coach of the Year Awards was based on the overall performance of nominees, taking into account consistency of performance, initiative in developing new athletes, improvement of athletes' attitudes and co-operation among squad members.





(From left) Herman Hu JP (Vice Chairman of HKSDB), Dorothy Sit (Memder of the Hongkong Bank Foundation Advisory Committee and Chairperson of Wayfoong Sports Club), Victor Hui JP (Chairman of HKSDB) and Maureen Chan (Executive Director of HKSDB)

(左起) 胡曉明JP (康體局副主席), 薛關燕萍(滙豐銀行慈善基金委員兼滙豐體育會主席), 許晉奎JP (康體局主席) 及陳梁夢蓮 (康體局行政總裁)

最佳教練培訓工作者獎一項,今屆落在籃球教練梁偉文手中。 梁教練對推廣籃球一直不遺餘力,曾親自設計及籌劃一系列 的教練培訓教材,當中包括教練指引、教學光碟及有關籃球 教練的網址。

過去十年來,艾培理一再帶領運動員創出驕人成績。他去年一如既往,帶領奧運金牌選手李麗珊勇奪2003年歐洲錦標賽女子個人金牌。

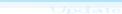
去年亦是武術總教練于立光豐收的一年,在團體項目高級組, 他帶領港隊於第七屆世界武術錦標賽中分別贏得男子對練銀 牌及女子對練銅牌;而武術隊在該項賽事共贏得兩金、五銀、 四銅的優異成績。

而同樣奪得團體項目高級組最佳教練獎的葉啟德,其最突出的表現是去年領導港隊出賽第四屆國際智障人士體育聯盟世界田徑錦標賽,獲得四乘一百男子接力銀牌,成績較2002年所得之銅牌更勝一籌。

團體項目青少年組得主智障人士乒乓球教練崔小燕,去年成功率領港隊出戰2003年國際智障人士體育聯盟世界乒乓球錦標賽,獲得女子雙打及女子團體賽兩項金牌。

同一組別個人項目的另一位得主黃德森,自2000年由運動員 轉職擔任教練以來已有突出表現,經常率領青少年運動員在 國際賽事中獲得優異成績,去年,他栽培的兩名滑浪風帆新 秀更於世界錦標賽中奪魁,成績斐然。

全年最佳教練獎的評分標準是基於候選教練的整體表現,包括其表現的穩定性、培育新秀的積極性、建立運動員的積極態度、以及提升團隊間的合作精神。





二零零三滙豐銀行慈善基金優秀教練選舉得獎者 2003 Hongkong Bank Foundation Coaching Awards Recipients

2003 Hongkong	Bank Foundation Coachi	ng Awards Red	cipients
Coach of the Year Awards	Sport	全年最佳教練獎	體育項目
Senior athletes, individual sport		個人項目高級組	
Rene Appel	Windsurfing	艾培理	滑浪風帆
Senior athletes, team event		團體項目高級組	
Yap Kai-tak	Athletics for the Mentally Handicapped	葉啟德 于立光	智障人士田徑
Yu Li-guang Junior athletes, individual sport	Wushu	サンズ 個人項目青少年組	武術
Wong Tak-sum	Windsurfing	黄徳森	滑浪風帆
Junior athletes, team event	Williasuring	團體項目青少年組	/月/及/為/师
Cui Xiao-yan	Table Tennis for the Mentally Handicapped	崔小燕	智障人士乒乓球
Distinguished Services Award	Sport	傑出貢獻獎	體育項目
for Coaching			
Chan Chi-choi	Badminton	陳智才	羽毛球
Coach Education Award	Sport	最佳教練培訓工作者獎	體育項目
Leung Wai-man, Raymond	Basketball	梁偉文	籃球
Coaching Excellence Awards	Sport	精英教練獎	體育項目
Yap Kai-tak	Athletics for the Mentally Handicapped	葉啟徳	智障人士田徑
Chan Chi-choi	Badminton	陳智才	羽毛球
Chan Sau-shun	Badminton Badminton	陳守信 何一鳴	羽毛球 羽毛球
He Yi-ming Liu Zhi-heng	Badminton	劉志恆	羽毛球
Kwok Hart-wing	Boccia	郭克榮	现
Leung Yim-fan, Cannie	Boccia	梁艷芬	硬地滾球
Ho Ling-kwong	Bodybuilding	何靈光	健美
Shen Jin-kang	Cycling	沈金康	單車
Chen Wei-jing	Fencing	陳偉勁	劍擊
Golubev Evgeny	Fencing	Golubev Evgeny	劍擊
Tang Kwong-hau, Athos	Fencing	鄧廣豪	劍擊
Wang Chang-yong	Fencing	汪昌永	劍擊
Wang Rui-ji	Fencing	王鋭基	劍擊
Shing Sau-ping, Semeul	Indoor Cycling	成秀萍	室內單車
Chiang Yun-kuen	Rowing	蔣潤權	賽艇
Lo Wan-kei, Alex	Rowing	盧允基	賽艇
Chris Perry	Rowing	白 勵	賽艇
Wong Chi-wai, Sam	Rowing	黄志偉	賽艇
Chai Yuk-lan	Sport Climbing	陳玉蘭 蔡玉坤	運動攀登
Choi Yuk-kwan, Tony Yan Tsz-keung	Squash Squash	新工中 動自強	壁球 壁球
Yip Ho-lun, Danny	Squash	葉浩倫	壁球
Cao Yu-nong	Table Tennis	曹育農	五 兵 兵 兵 兵 兵 兵
Chan Kong-wah	Table Tennis	陳江華	乒乓球
Hui Jun	Table Tennis	惠鈞	乒乓球
Li Hui-fen	Table Tennis	李惠芬	乒乓球
Cui Xiao-yan	Table Tennis for the Mentally Handicapped	崔小燕	智障人士乒乓球
Lam Chi-pang	Table Tennis for the Mentally Handicapped	林智鵬	智障人士乒乓球
Chan Chi-ming	Table Tennis for the Physically Disabled	陳志明	傷殘人士乒乓球
Stan Tamura	Tennis	田村赤榮	網球
Ruth Hunt	Triathlon	露芙肯特	三項鐵人
Rene Appel	Windsurfing	艾培理	滑浪風帆
Wong Tak-sum	Windsurfing	黃德森	滑浪風帆
Yu Li-guang	Wushu	于立光	武術
Community Coach Recognition Awards	Sport	社區優秀教練獎	體育項目
Lo Wai-chun	Baseball	羅惠珍	棒球
On Hing-king	Basketball	安慶健	籃球
Chiu Chun-ming	Football	趙俊明	足球
Wong Ka-yan	Indoor Cycling	王家欣	室內單車
Osman Adem	Lawn Bowls for the Physically Disabled	馬志堅	傷殘人士草地滾球
Yeung Wai-man	Life Saving	楊偉文	拯溺
Mok To	Orienteering	莫 道	野外定向
Chiu Wai-shun	Rowing	趙偉信	賽艇
Yu Man-sheung	Rowing	余文相	賽艇
Chow Chor-hau	Rugby	周楚孝	欖球
Li Hao-jian	Shooting	李浩堅	射擊
Fung Wing-ming	Squash	馮詠明 本古塚	壁球
Lee Chi-fai	Tennis	李志輝	網球
Cheung Man-wah	Triathlon	張文華	三項鐵人
Kam Wai-hung Lee Chi-ming	Triathlon Triathlon	金偉雄 李子明	三項鐵人 三項鐵人
Leung Hung-kee	Wushu	梁鴻基	武術
Loung Fluing-AGG	vvuottu	木/网尘	TT-/ 1/1/1





Hongkong Bank Foundation School Coach Continuing Education Programme



COACHES HAIL COACHING WORKSHOP

Teachers from primary and secondary schools have thrown their support behind the School Coach Continuing Education Programme, according to a survey taken after a coaching workshop. The survey at the end of the workshop showed that the participants believed the Programme was highly effective in helping them increase their knowledge and coaching skills.

The two-day workshop on badminton and handball was held on January 17 and 18 at the Australian International School Hong Kong and Kowloon Park Sports Centre respectively, involving 31 school teachers.

Jointly organised by the Hong Kong Coaching Committee, the Hong Kong Badminton Association and the Handball Association of Hong Kong, China, the workshop offered school coaches with the chance to update their coaching knowledge and share experiences with fellow coaches.

滙豐銀行慈善基金學校教練延續培訓計劃



學校教師高度評價培訓計劃

一群中、小學校教師在完成專題工作坊後接受問卷調查,結果顯示他們對學校教練延續培訓計劃表示極度支持。受訪的 教師認為計劃有效增加他們的知識及教練技巧。

一項為期兩日、以羽毛球及手球為主題的工作坊,於本年一月十七及十八日分別假香港澳洲國際學校及九龍公園室內運動場舉行,一共吸引三十一名學校教師參加。

有關工作坊由香港教練培訓委員會、香港羽毛球總會及中國香港手球總會聯合舉辦。出席的教師可透過活動提升他們的教練知識,並分享他們教授各項運動的經驗小得。



"All lecturers are very professional, they are experts in their respective areas and also possess a great deal of experience in coaching," commented one participant.

Another participant said the workshop helped "a lot in terms of sports theory, skills and coaching methods", while one participant said it was worthwhile encouraging other teachers who were members of coaching sports teams to take part in activities of this kind.



一名出席的教師表示: 「所有主講教練都非常專業,他們都是所屬範疇的專家,而且具備非常豐富 的經驗。」 另一名教師認為工作坊在

教授"運動理念、技巧及教練法"方面尤其出色,亦有參加者認為此類型活動甚值得推廣,應鼓勵在學校帶領校隊的教師參加。

該項被譽為"物超所值"的工作坊,特別為非體育教師的學校教練而設,凡完成學校教練評定計劃的教師均可參加。

The workshop, also deemed to be great value for money, is open to school teachers who are non-P.E. teachers but who have gone through the School Coach Accreditation Programme.



Hongkong Bank Foundation Coach Accreditation Programme

TOP CAP TUTORS EARN QUALITY AWARDS

Five outstanding individuals have been honoured with 2003 Quality Teaching Awards, thanks to their contribution and services as tutors to the Coach Accreditation Programme

Four of the five were among the recipients of the 2002 Quality Teaching Awards with Lee Man-cheong being the only new face.

The success of CAP is heavily reliant on the quality of tutors available and the following five proved that they fit the bill: Dr Lobo Louie, Poon Kin-lui, Kenneth Liang, Purple Tse and Lee Man-cheong.

The Awards are open to tutors who have taught CAP courses regularly within a calendar vear. Based on the students' Hongkong Bank Foundat evaluation, the Coach Accreditation top five tutors Programme getting the highest ranking, receive a trophy and a HK\$500 book coupon.

(From left) Dr Lobo Louie, Poon Kin-lui, Kenneth Liang and Purple Tse (左起) 雷雄德博士、潘健侶、梁達強及謝郎星



COURSE SCHEDULE FOR APRIL 2004 - MARCH 2005

The course schedule for the Sports-General Theory Courses (Level 1 - 3) from April 2004 to March 2005 is now available. Interested coaches can enrol for the course through their respective NSAs.



2004年4月至2005年3月課程時間表

滙豐銀行慈善基金教練級別評定計劃

傑出運動通論課導師受嘉勉

德博士、潘健侶、梁達強、謝郎星及李文昌。

成為傑出導師的新面孔。

五名任教教練級別評定計劃的導師,由於表現突出,早前獲

頒發2003年「優秀教學獎」,以表揚他們的貢獻及服務成果。

五名導師中,其中四位是以蟬聯身份再度衛冕,只有李文昌

教練級別評定計劃得以成功推行,與導師們的優質教育有莫

大關係,而五位得獎導師更是當中典範,他們分別為:雷雄

凡每年度於教練級別評定計劃中定期任教的導

師,根據學員意見調查結果,獲最高平均分的

五位導師便會獲頒獎座及五百元書卷,以示鼓

2004年4月至2005年3月份的運動通論課程(第一級別至第三 級別)的時間表現已公布。對課程有興趣的教練可向所屬的體 育總會報名。

Level 1, 2 & 3 Sports-General Theory Courses April 2004 - March 2005

第一、二及三級運動通論課程 2004年4月至2005年3月

Course code	Course	Date		課程編號	課程	日期	
			2004	4			
04-051C1	Level 1 (Cantonese)	April	30	04-051C1	第一級	四月	30
(FULL)	 weekday course 	May	3, 5, 7, 10, 12, 14, 21	(滿額)	(廣東話) - 平日班	五月	3, 5, 7, 10, 12, 14, 21
04-052E1	Level 1 (English)	May	8, 9, 15, 16, 22, 29	04-052E1	第一級	五月	8, 9, 15, 16, 22, 29
	- weekend course				(英語) - 週末班		
04-051C2	Level 2 (Cantonese)	May	31	04-051C2	第二級	五月	31
(FULL)	 weekday course 	June	2, 4, 7, 9, 11, 14, 16, 18, 21, 28	(滿額)	(廣東話) - 平日班	六月	2, 4, 7, 9, 11, 14, 16, 18, 21, 28
04-051C3	Level 3 (Cantonese)	June	5, 6, 12, 13, 19, 20, 26, 27	04-051C3	第三級	六月	5, 6, 12, 13, 19, 20, 26, 27
(FULL)	- weekend course	July	3, 4, 10, 11, 17, 24	(滿額)	(廣東話) - 週末班	七月	3, 4, 10, 11, 17, 24
04-053C1	Level 1 (Cantonese)	June	30	04-053C1	第一級	六月	30
(FULL)	- weekday course	July	2, 5, 7, 9, 12, 14, 21	(滿額)	(廣東話) - 平日班	七月	2, 5, 7, 9, 12, 14, 21
04-054C1	Level 1 (Cantonese)	July	23, 26, 28, 30	04-054C1	第一級	七月	23, 26, 28, 30
(FULL)	- weekday course	August	2, 4, 6, 13	(滿額)	(廣東話) - 平日班	八月	2, 4, 6, 13
04-052C2	Level 2 (Cantonese)	August	28, 29	04-052C2	第二級	八月	28, 29
(FULL)	- weekend course	September	4, 5, 11, 12, 18, 19, 25	(滿額)	(廣東話) - 週末班	九月	4, 5, 11, 12, 18, 19, 25
04-055C1	Level 1 (Cantonese)	August	30	04-055C1	第一級	八月	30
(FULL)	- weekday course	September	1, 3, 6, 8, 10, 13, 20	(滿額)	(廣東話) - 平日班	九月	1, 3, 6, 8, 10, 13, 20
04-056C1	Level 1 (Cantonese)	October	2, 3, 9, 10, 16, 23	04-056C1	第一級	十月	2, 3, 9, 10, 16, 23
(FULL)	- weekend course			(滿額)	(廣東話) - 週末班		
04-057C1	Level 1 (Cantonese)	October	4, 6, 8, 11, 13, 15, 18, 25	04-057C1	第一級	十月	4, 6, 8, 11, 13, 15, 18, 25
(FULL)	- weekday course			(滿額)	(廣東話) - 平日班		
04-058C1	Level 1 (Cantonese)	October	27, 29	04-058C1	第一級	十月	27, 29
	- weekday course	November	1, 3, 5, 8, 10, 17		(廣東話) - 平日班	十一月	1, 3, 5, 8, 10, 17
04-059C1	Level 1 (Cantonese)	November	6, 7, 13, 14, 20, 27	04-059C1	第一級	十一月	6, 7, 13, 14, 20, 27
	- weekend course				(廣東話) - 週末班		
04-0510C1	Level 1 (Cantonese)	November	19, 22, 24, 26, 29	04-0510C1	第一級	十一月	19, 22, 24, 26, 29
	- weekday course	December	1, 3, 10		(廣東話) - 平日班		1, 3, 10
			2009	5			
04-0511C1	Level 1 (Cantonese)	January	5, 7, 10, 12, 14, 17, 19, 26	04-0511C1	第一級	一月	5, 7, 10, 12, 14, 17, 19, 26
	- weekday course				(廣東話) - 平日班		
04-0512C1	Level 1 (Cantonese)	January	8, 9, 15, 16, 22, 29	04-0512C1	第一級	一月	8, 9, 15, 16, 22, 29
	- weekend course	•			(廣東話) - 週末班		
04-0513C1	Level 1 (Cantonese)	January	28	04-0513C1	第一級	一月	28
	- weekday course	February	2, 4, 7, 14, 16,18, 25		(廣東話) - 平日班	二月	2, 4, 7, 14, 16,18, 25
04-053C2	Level 2 (Cantonese)	February	5, 6, 19, 20, 26, 27	04-053C2	第二級	二月	5, 6, 19, 20, 26, 27
(FULL)	- weekend course	March	5, 6, 13	(滿額)	(廣東話) - 週末班	三月	5, 6, 13
04-0514C1	Level 1 (Cantonese)	February	28	04-0514C1	第一級	二月	28
	- weekday course	March	2, 4, 7, 9, 11, 14, 21		(廣東話) - 平日班	三月	2, 4, 7, 9, 11, 14, 21
The schedule	•			課程日期在	需要情況下會作出修改		_, _, _, _, _, _, _,
The schedule is subject to modification if necessary. The above enrollment status is as of April 20 2004				流载至 2004年4月20E			

The above enrollment status is as of April 20 2004.

Remarks

1) Venue : Courses will be held at Jubilee Room, Hong Kong Sports Institute

2) Time : Weekday course : 7 : 00pm - 10 : 00pm Weekend course: 2:00pm - 8:00pm

上述報名情況截至 2004年4月20日

1) 上課地點:課程將在香港體育學院銀禧廳舉行

2) 上課時間:平日班:晚上七時至十時

週未班:下午二時至晚上八時

Hongkong Bank Foundation Continuing Coach Education Programme MASSAGE SEMINAR RUBS WELL WITH COACHES

More than 180 coaches were able to update their knowledge on the beneficial aspects of massage therapy during the successful Sports Massage for Athletes Seminar at Sports House on February 21

The Seminar received overwhelming response, which featured special guest speaker Xu Zheng Zheng, Chinese Medicine Coordinator of the Hong Kong Sports Development Board.

Xu shared his vast experience with the local coaches and highlighted many of the theoretical aspects of sports massage. There was also a demonstration on the massage techniques used to treat pain in the lower back.

The participants were encouraged by what they had learned in the Seminar, saying the knowledge proved useful to their

