

12th Hongkong Bank Foundation

Elite Coaches Seminar cum Coaching Directors Forum

第十三屆滙豐銀行慈善基金 精英教練員研討會暨教練總監論壇



九

MENTAL EDGE SEMINAR AND DIRECTORS FORUM A HUGE SUCCESS



挑戰極限研討會及教練總監論壇獲得空前的成功

Ten renowned international experts on sports psychology were in Hong Kong last October to share their knowledge and expertise with more than 130 local coaches, athletes and delegates at the annual 12th Hongkong Bank Foundation Elite Coaches Seminar cum Coaching Directors Forum at Sports House.

The aim of the annual event is to create a platform for the exchange of ideas and expertise between overseas and local coaching professionals, with particular emphasis on forging greater links between Mainland China and Hong Kong.

The theme of the Seminar, held on 29-30 October 2004, was "Psychology – The Mental Edge" - a crucial part of contemporary sports coaching techniques. Among the speakers were Dr Clark Perry from Australia; Professor Ren Weiduo and Professor Ding Xueqin from Mainland China; as well as Dr Si Gangyan from Hong Kong.



一位國際知名的運動心理 學專家於10月來港,出席於 體育大樓舉辦的「第十二屆 滙豐銀行慈善基金精英教練 員研討會暨教練總監論 壇」,分享他們的專業知說 及經驗。是次研討會非常成功,出席者包括逾一百三十 名本地教練、運動員及中國 代表團。

是項每年舉辦的研討會旨在 為海外及本地專業的教練員 提供交流及切磋的平台,特 別是加強中國內地與本港的 聯繫。

研討會於2004年10月29日至30日舉行,主題為「運動心理學-挑戰極限」,此課題為現今運動教練培訓技巧的重要一環。講者包括澳洲的皮里博士、中國的任未多教授及丁雪琴教授、以及香港的姒剛彥博士。





This annual Seminar and Forum has been organised by the Hong Kong Coaching Committee (HKCC) and the All-China Sports Federation (ACSF) since 1995, with funding from the Hongkong Bank Foundation.

The opening ceremony was attended by Karl Kwok, Former Chairman of the HKCC and Yin Feifei, Head of the China delegation and Deputy Director of the Sports Science and Education Department of the ACSF.

Addressing at the ceremony, Karl Kwok said, "Each year, we select different themes to cater for coaches' needs. The theme for this year's Seminar is Sports Psychology, a topic of utmost importance to coaches and athletes." He also remarked that coaches have to enhance their knowledge in this area, which is significant to athletes' development.

自1995年起,是項一年一度的研討會及論壇一直由香港教練培訓委員會及中華全國體育總會合辦,並由滙豐銀行慈善基金資助。

香港教練培訓委員會前主席郭志樑,及中國代表團團長中國國家體育總局科教司教育處副處長尹飛飛均有出席開幕儀式。

郭先生於開幕儀式演講時說:「每年,我們均選擇不同的主題迎合教練的需要;今年大會以運動心理學為題,因為運動心理學對運動員及教練備戰比賽極為重要。」郭先生表示,由於運動心理學對運動員的發展很重要,教練員須加強在這方面的認知及掌握所需的技巧。





Among the attending athletes were windsurfing queen Lee Lai-shan, Hong Kong's Olympic gold medallist from 1996, top local triathlete Daniel Lee Chi-wo and bowler Cyrus Cheung.

Dr Perry used to be Senior
Psychologist at the Australian
Institute of Sport and had been
psychologist to the Australian
Olympic Swim Team for four
Olympic Games. He discussed with
the audience on "Dealing with Burnouts
in Young Athletes - A Guiding Practice".

Professor Ren, Vice Director of the Beijing
Research Institute of Sports Science, talked about
"Testing and Measurements of Electroencephalogram
(EEG) in Sports" while Professor Ding, Researcher at the China
Institute of Sports Science, presented on "The Application of Biofeedback in Competitive Sports".

Dr Si, Sport Psychologist at the Hong Kong Sports Institute, had counselled table tennis silver medallists Ko Lai-chak and Li Ching at the Athens Olympic. He spoke on "Adversity Coping in High Athletic Performance".

出席的運動員包括1996年奧運金牌得主香港代表風之后李麗珊、本地三項鐵人好手李致和及保齡球 運動員張振中。 皮里博士曾任澳洲體育學院高級心理主任,亦曾四次於奧運會擔任澳洲游泳代 表隊的心理主任,經驗豐富。他於研討會討論「青少年運動員耗竭的處 理」。 任未多教授為中國北京市體育科學研究所副所長,於研討 會上談論「腦電測量與評價在運動訓練中的應用」; 而丁雪琴教授為中國國家體育總局科學研究所研 究員,於會上發表「生物反饋技術在競技體 育中的作用」。 姒剛彥博士為體育學院的運動心 理主任,亦曾於雅典奧運會為 本港乒乓球代表奧運銀牌得 主高禮澤及李靜進行心 理輔導,他於研討會 上就「高水平運動 中的逆境應對」 進行演講。



The Coaching Directors Forum, held during the two-day Seminar, allowed 16 overseas delegates to share their views and expertise on the latest coaching developments with their local counterparts.

It also provided a great opportunity for the coaching directors and administrators from local NSAs to share their expertise and experience with their overseas guests.

Mike McHugh, National Coaching Consultant at Performance Division of Sport and Recreation New Zealand, enlightened the audience with his talk on New Zealand's coaching strategy while Dr Timur Absaliamov, Deputy Director of Institute of All-Russian Scientific Research Institute for Physical Culture and Sport, gave a detailed presentation on the education of Russia's high-level coaches.

Ding Tao, Assistant Researcher at the All-China Sports Federation, touched upon the important issue of enhancing coach education training for national coaches in Mainland China.

Dr Perry, guest speaker at the Forum, analysed the relationship between sport psychology and coach education in Australia.

The Forum was wrapped up by the Hong Kong Sports Institute's Dr Trisha Leahy, who briefed participants on the scientific support provided to elite coaches in Hong Kong.

教練總監論壇於為期兩天的研討會中進行,十六名海外代表與 本地業界人士就最新的教練培訓發展交流意見及分享專業知 識。

各專家為本地體育總會的教練總監及行政人員提供寶貴的機會,與海外嘉賓分享他們的專業知識及暢談經驗。

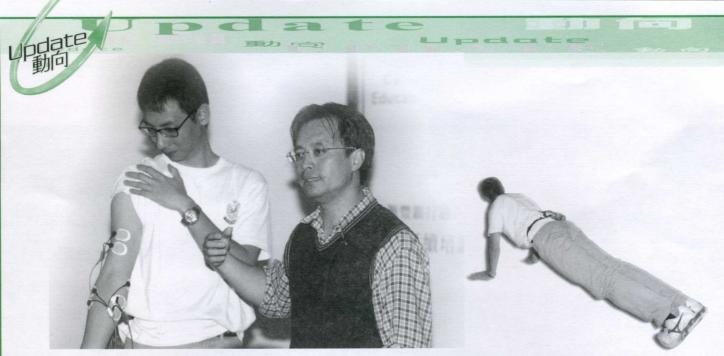
紐西蘭運動及休閒局國家級教練顧問麥曉治介紹紐西蘭的教練培訓策略,而俄羅斯文化及運動科研學院副院長亞伯撒拉慕夫博士就俄羅斯高級教練員的教育一題進行詳細演說。

中國國家體育總局助理研究員丁濤就提升中國國家教練的教育 培訓這個重要議題進行演説。

皮里博士亦為是次教練總監論壇的主講嘉賓,於會上分析澳洲 運動心理學及教練培訓之間的關係。

最後,香港體育學院的李翠沙博士為論壇作總結,並向與會者 説明本港的精英教練於科研上所獲得的支援。





Hongkong Bank Foundation Continuing Coach Education Programme



COACHES LOOK TO SCIENCE TO IMPROVE PERFORMANCE

To encourage Hong Kong coaches to take advantage of the latest scientific tools to enhance athletes' performance, a seminar on "Application of Scientific Approach in Improving Athletes' Performance" was held on 4 December 2004 at the Hong Kong Sports Institute by the Hong Kong Coaching Committee. The seminar highlighted the latest trend of applying technology in sports training and competition.

Raymond So, Sports Physiologist and Danny Chu, Sports Biomechanics Officer of the Hong Kong Sports Institute, demonstrated how a scientific approach can improve coaching methods and athlete performance.

More than 50 coaches attending the seminar learned to operate sports-related computer equipment, which enhanced their knowledge of how sports science can play an active role in coaching.

滙豐銀行慈善基金教練延續培訓計劃



教練從科學角度提升運動員表現

為鼓勵本地教練利用最新的科學儀器配合訓練,以提升運動 員的表現,香港教練培訓委員會於2004年12月4日假香港體 育學院舉行以「應用科學方法提升運動員表現」為題的講 座,介紹於運動訓練及比賽時可應用的電子科技,科學化地 檢討及改善運動員的表現。

香港體育學院運動科學統籌主任蘇志雄及運動生物力學副主 任朱柏強與教練分享如何利用電腦儀器及軟件去改善訓練方 法及運動員表現。

逾五十名教練出席講座,並學習使用與運動有關的電腦設 備,加強他們對運動科學於教練培訓方面的認知。





Hongkong Bank Foundation Coach Accreditation Programme



COP ADDS NEW DIMENSION TO COMMUNITY COACHING

It is now easier for community members to get involved in coaching, thanks to the Hongkong Bank Foundation Coach Orientation Programme (COP).

The new programme was launched in November 2004 which aims to provide participants with basic knowledge in coaching, to arouse their interest in coaching and to encourage those with potential to pursue their career in sports field.

The COP acts as an introductory course for future coaches, leading to a well-structured three-level Coach Accreditation Programme (CAP).

The COP is designed mainly for students, athletes, parents and volunteers who are interested in sports coaching and there are no pre-requisites to enrol.

Topics covered include: Role of a Coach, Introduction to Sports Medicine and Sports Science, Athletes Development and Fitness and Training.

滙豐銀行慈善基金教練級別評定計劃



, 滙豐銀行慈善基金教練入門課程 , 為社區教練培訓提供新思維

滙豐銀行慈善基金教練入門課程將可為社區人士提供機會, 認識教練培訓。

首個試驗課程於2004年11月推出,旨在透過不同的技巧簡介,加強參與者對教練培訓的基本認識及興趣,並鼓勵有潛質的人士繼續於體育界發展。

課程為有志成為教練的人士提供入門訓練。當學員對運動訓練有基本認識後,便可考慮報讀教練級別評定計劃的三級課程。

對運動教練培訓有興趣的學生、運動員、家長及義工等,皆可參加此教練入門課程。入讀條件不限。

課程涵蓋的主題包括教練的角色、運動醫學及運動科學的簡介、運動員發展及體適能與訓練。







COURSE SCHEDULE FOR 2005-2006

The course schedule for the Sports-General Theory Courses (Level 1 - 3) 2005 - 2006 is now available. Coaches who are interested in enrolling for the courses can apply through their respective NSAs.



2005 - 2006年度的課程時間表

2005 - 2006年度的教練級別評定計劃之運動通論(甲部份) 課程已開始接受報名。有興趣的教練可以透過其所屬的體育 總會報讀課程。

Level 1, 2 & 3 Sports-General Theory Courses April 2005 - March 2006

第一、二及三級運動通論課程 2005年4月至 2006年3月

April 2003 – Walcii 2000					2005年4月至2006年3月				
Course code	e Course	Date		2005	課程編號	課程	日期		100
2-12-12-12			2	2005					
05-061C1	Level 1 - weekday course	April	1, 4, 6, 8, 11, 13, 15, <u>22</u>		05-061C1	第一級 - 平日班	四月	1, 4, 6, 8, 11, 13, 15, <u>22</u>	
05-062C1	Level 1 - weekday course	April May	25, 27, 29 4, 6, 9, 11, <u>18</u>		05-062C1	第一級 - 平日班	四月五月	25, 27, 29 4, 6, 9, 11, <u>18</u>	
05-063C1	Level 1 - weekend course	May	7, 8, 14, 15, 21, <u>28</u>		05-063C1	第一級 - 週末班	五月	7, 8, 14, 15, 21, <u>28</u>	
05-061C2	Level 2 - weekday course	May June	20, 23, 25, 27, 30 1, 3, 6, 8, 10, <u>17</u>		05-061C2	第二級 - 平日班	五月六月	20, 23, 25, 27, 30 1, 3, 6, 8, 10, <u>17</u>	
05-064C1	Level 1 - weekend course	June	4, 5, 12, 18, 19, <u>25</u>		05-064C1	第一級 - 週末班	六月	4, 5, 12, 18, 19, <u>25</u>	
05-065C1	Level 1 - weekday course	June July	20, 22, 24, 27, 29 4, 6, <u>13</u>		05-065C1	第一級 - 平日班	六月七月	20, 22, 24, 27, 29 4, 6, <u>13</u>	
05-066C1	Level 1 - weekend course	July	2, 3, 9, 10, 16, <u>24</u>		05-066C1	第一級 - 週末班	七月	2, 3, 9, 10, 16, <u>24</u>	
05-062C2	Level 2 - weekend course	August September	27, 28 3, 4, 10, 11, 17, 18, <u>24</u>		05-062C2	第二級 - 週末班	八月九月	27, 28 3, 4, 10, 11, 17, 18, <u>24</u>	
05-067C1	Level 1 - weekday course	August September	29, 31 2, 5, 7, 9, 12, <u>16</u>		05-067C1	第一級 - 平日班	八月九月	29, 31 2, 5, 7, 9, 12, <u>16</u>	
05-068C1	Level 1 - weekday course	September October	21, 23, 26, 28, 30 3, 5, <u>12</u>		05-068C1	第一級 - 平日班	九月十月	21, 23, 26, 28, 30 3, 5, <u>12</u>	
05-061C3	Level 3 - weekend course	October November	8, 9, 15, 16, 22, 23, 29, 30 5, 6, 12, 13, 19, <u>26</u>		05-061C3	第三級 - 週末班	十月 十一月	8, 9, 15, 16, 22, 23, 29, 30 5, 6, 12, 13, 19, <u>26</u>	
05-063C2	Level 2 - weekday course	October November	17, 19, 21, 24, 26, 28 2, 4, 7, 9, <u>16</u>		05-063C2	第二級 - 平日班	十月 十一月	17, 19, 21, 24, 26, 28 2, 4, 7, 9, <u>16</u>	
			2	006					
05-069C1	Level 1 - weekday course	January	4, 6, 9, 11, 13, 16, 18, <u>25</u>		05-069C1	第一級 - 平日班	一月	4, 6, 9, 11, 13, 16, 18, <u>25</u>	
05-0610C1	Level 1 - weekend course	February March	11, 12, 18, 19, 25 <u>4</u>		05-0610C1	第一級 - 週末班	二月三月	11, 12, 18, 19, 25 <u>4</u>	
05-064C2	Level 2 - weekday course	February March	6, 8, 10, 13, 15, 17, 20, 22, 24, <u>6</u>	27	05-064C2	第二級 - 平日班	二月三月	6, 8, 10, 13, 15, 17, 20, 22, 24, 27 <u>6</u>	
05-0611C1	Level 1 - weekday course	March	8, 10, 13, 15, 17, 20, 22, <u>29</u>		05-0611C1	第一級 - 平日班	三月	8, 10, 13, 15, 17, 20, 22, <u>29</u>	
Remarks:					備註:				

Venue:

Jubilee Room, Hong Kong Sports Institute1) 上課地點: 香港體育學院銀禧廳Weekday course (Monday, Wednesday & Friday): 7:00pm 10:00pm
Weekend course (Saturday & Sunday)2) 上課時間: 平日班(星期一、三及五): 晚上七時至十時
週末班(星期六及日): 下午二時至晚上 Time :

Medium of Instruction: Cantonese

Underlined dates are examination dates The schedule is subject to modification if necessary

: 下午二時至晚上八時

3) 講授語言: 廣東話

4) 劃有底線之日期為考試日期

5) 上述課程日期在需要情況下會作出修改

COACHES URGED TO TAKE PART IN CURRICULUM REVIEW

In order to keep abreast of latest developments in sports coaching, the Coach Education Department is planning a Coach Accreditation Programme (CAP) curriculum review.

The review is to be conducted in four phases. The first phase involves inviting CAP tutors to provide their own comments and suggestions on the CAP. After all submissions are received, the review goes into its second phase, during which a Curriculum Review Team will formulate a new curriculum. In the third phase, all related procedures and policies will be reviewed, and in the forth phase, a standard curriculum will be developed.

Comments from coaches are welcome. Please send your submissions before 28 February 2005 by fax to the Coach Education Department at 2692 1940.

Hongkong Bank Foundation School Coach Continuing Education Programme



WORKSHOP HELPS TEACHERS UPGRADE KNOWLEDGE

A two-day workshop on volleyball was held for school teachers on 15 and 22 January 2005 as part of the School Coach Continuing Education Programme (SCCEP). The Programme was offered to all school coaches who had taken part in the School Coach Accreditation Programme.

The Programme is geared towards providing school coaches a chance to upgrade their coaching knowledge and share their experiences.

It was jointly organised by the Hong Kong Coaching Committee and the Volleyball Association of Hong Kong, China.

The two-day workshop was held at the Australian International School Hong Kong.



鼓勵教練參與課程檢討

運動教練培訓日新月異,教練培訓部正計劃進行教練級別評 定計劃的課程檢討,以便更新及豐富課程內容。

檢討共分四個階段進行,首階段將邀請導師就教練級別評定計劃發表意見及建議。第二階段則由課程檢討工作小組制定新的課程範圍。而第三及第四階段分別就有關程序及政策作進一步檢討,及設計一套標準教材。

歡迎各教練對現時的課程發表意見,請把意見於2005年2月 28日前傳真至教練培訓部 (傳真號碼: 2692 1940)。

滙豐銀行慈善基金學校教練延續培訓計劃

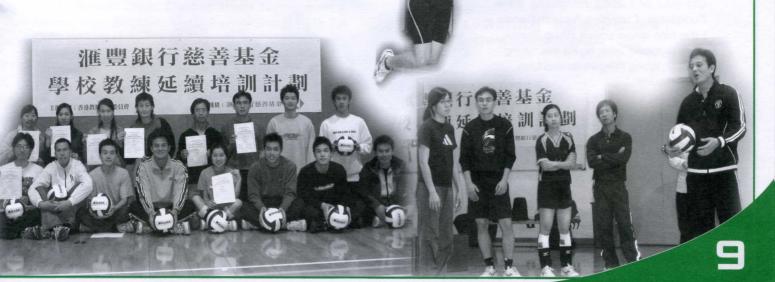


工作坊有助教師增進認知

為期兩天的學校教練延續培訓計劃-排球工作坊,已分別於 2005年1月15日及22日舉行。這項計劃為已完成學校教練評 定計劃的學校教師,提供進修機會。

課程旨在加深學校教練對運動訓練的認識及分享他們教授各項運動的經驗。

是次工作坊由香港教練培訓委員會及香港排球總會聯合主 辦,假香港澳洲國際學校舉行。





2004 Hongkong Bank Foundation Coaching Awards



SIX CATEGORIES FOR 2004 COACHING AWARDS

The annual Hongkong Bank Foundation Coaching Awards is one of the most prestigious events in the Hong Kong sports calendar and is the only territory-wide programme to recognise the contributions of coaches from grassroots to elite levels.

There will be six award categories for the 2004 Hongkong Bank Foundation Coaching Awards and the winners, to be announced in April 2005, will be chosen by the Awards Sub-Committee.

The six awards are: Coach of the Year Awards; Coaching Excellence Awards; Best Team Sport Award; Distinguished Services Award for Coaching; Coach Education Award and Community Coach Recognition Awards.

Members of the Awards Sub-committee, appointed by the HKCC, are Chairman: Dr Leung Mee-lee, Members: Lowell Chang, Silas Chiang, Chu Hoi-kun, and Dr Chung Pakkwong.

Highlights



SCHOLARSHIPS FOR SIX STUDENTS OF THE BEIJING SPORT UNIVERSITY

Six outstanding students at the Beijing Sport University received scholarships worth a total of HK\$20,000 at a Hongkong Bank Foundation Scholarships Presentation Ceremony on 17 November 2004.

The six, who are studying for a Bachelor of Education in the Sports Training Programme, were presented scholarships by Winnie Shiu, Assistant Manager Community Relations of the Hongkong and Shanghai Banking Corporation Limited and Dr Chung Pak-kwong, Acting Chief Executive of the Hong Kong Sports Institute.

The scholarship winners included swimming coach Hung Chi-chiu and 2002 Hongkong Bank Foundation Coaching Awards Coach

Education Award winner Wong To-mui. Other recipients were: Ng Ka-wai, Keung Shuk-yi, Wong Wing-kwan and Lam

Hing-cheung.

2004滙豐銀行慈善基金優秀教練選舉



2004滙豐銀行慈善基金優秀教練選舉的六個獎項

一年一度的滙豐銀行慈善基金優秀教練 選舉是本港體壇的盛事之一,亦是唯一 一個表揚由基層教練以至精英教練之貢 獻的選舉活動。

2004滙豐銀行慈善基金優秀教練選舉的 六個獎項得主將由選舉評審團選出,結 果將於2005年4月公佈。

六個獎項分別為全年最佳教練獎、精英教練獎、最佳隊際運動教練獎、傑出貢獻獎、最佳教練培訓工作者獎及社區優秀教練獎。

選舉評審團成員由香港教練培訓委員會委任,成員包括:主席梁美莉博士,成員張爾惠、蔣德祥、朱凱勤及鍾伯光博士。

活動花絮



六名北京體育大學的學生獲取獎學金

六名北京體育大學的優秀學生於2004年11月17日的滙豐銀 行慈善基金獎學金頒贈儀式獲得總值港幣二萬元的獎學金。

滙豐銀行社區關係副經理邵亦敏及香港體育學院署理院長鍾伯光博士頒發獎學金予六名現攻讀北京體育大學運動訓練教育學士學位課程的學生。

獲取獎學金的學生包括游泳教練孔志超,及於2002年滙豐銀行慈善基金優秀教練選舉獲取最佳教練培訓工作者獎的王道梅。其他得獎者包括吳嘉煒、姜淑兒、王泳筠和林慶祥。



滙豐銀行慈善基金獎學金的得獎者名單 List of Recipients for the Hongkong Bank Foundation Scholarships

得獎者	獎學金				
Recipients	Scholarship				
吳嘉煒	港幣六千元				
Ng Ka-wai	HK\$6,000				
姜淑兒	港幣五千元				
Keung Shuk-yi	HK\$5,000				
王道梅	港幣四千元				
Wong To-mui	HK\$4,000				
孔志超	港幣三千元				
Hung Chi-chiu	HK\$3,000				
王泳筠	港幣一千五百元				
Wong Wing-kwan	HK\$1,500				
林慶祥	港幣五百元				
Lam Hing-cheung	HK\$500				



HONG KONG TO HOST THE "IST INTERNATIONAL COUNCIL FOR COACH EDUCATION ASIAN REGIONAL COACHING CONFERENCE"

The 1st International Council for Coach Education Asian Regional Coaching Conference (ICCE-ARCC) will be held from 25 – 27 February 2005 at Sports House.

The Conference is organised jointly by the Hong Kong Coaching Committee and the International Council for Coach Education (ICCE).

A host of more than 18 distinguished speakers, from overseas and Hong Kong, will be sharing their views and knowledge at the Conference.

Keynote speakers for the event are: John Bales, President-Elect of the ICCE; Du Lijun, Vice-President for Asia of the ICCE; Eugene Chew, Chief of Sports Management & Development, Singapore Sports Council, Singapore; Dr Pat Duffy, Director of the National Coaching and Training Centre, University of Limerick, Ireland; Dr Thomas Flock, Director General of ASPIRE, Academy for Sports Excellence, Qatar; Professor Li Guoping, Chief Executive of National Sports Hospital and Vice-President of National Research Institute of Sports Medicine, State Sport General Administration of China; Pang Chung BBS, Honorary Secretary General of the Sports Federation and Olympic Committee of Hong Kong, China and Zhang Yadong, Deputy Chief Coach of the China National Swimming Team.

For details on the Conference and speakers, please visit the ICCE-ARCC website at:

www.hkcoaching.com/ICCE-ARCC.



「第一屆國際教練培訓局亞洲地區教練研討會」 於本港首次舉行

由香港教練培訓委員會及國際教練培訓局合辦的「第一屆國際教練培訓局亞洲地區教練研討會」將於2005年2月25日至 27日假體育大樓舉行。

逾十八位來自海外及香港的資深講者將於會上分享其專業知 識及暢談經驗。

研討會的主題講者包括國際教練培訓局候任主席貝爾斯、國際教練培訓局亞洲地區副主席杜利軍、新加坡體育局體育管理及發展主管趙惠昌、愛爾蘭利墨克大學國家教練及運動員培訓中心總監達菲博士、卡塔爾精英體育學院總監弗洛克博士、中國國家體育總局體育醫院院長及運動醫學研究所副所長李國平教授、中國香港體育協會暨奧林匹克委員會義務秘書長彭冲BBS及中國國家隊游泳副總教練張亞東。

有關研討會及講者的資料,請瀏覽研討會的網頁:www.hkcoaching.com/ICCE-ARCC。

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