

Update 動向

Hongkong Bank Foundation Coach Education Programme
滙豐銀行慈善基金教練培訓計劃



Hongkong Bank Foundation Elite Coaches Seminar
滙豐銀行慈善基金精英教練員研討會



14TH HONGKONG BANK FOUNDATION ELITE COACHES SEMINAR

第十四屆滙豐銀行慈善基金 精英教練員研討會



Participants strengthen talent identification skills at 14th Elite Coaches Seminar

About 120 local coaches and overseas delegates came together to share and enhance their knowledge of talent identification (TID) in sports at the 14th Hongkong Bank Foundation Elite Coaches Seminar at the Hong Kong Sports Institute's (HKSI) Challenge Hall.

The annual seminar, which was held on 21 October 2006, provides a platform for coaching professionals from Hong Kong, China and overseas to exchange ideas, share their expertise and strengthen ties as they aim to raise the level of coaching in the region. It has been organised by the Hong Kong Coaching Committee (HKCC) and All-China Sports Federation since 1993 and is funded by the Hongkong Bank Foundation.

Just as in previous years, the coaches were able to benefit from the knowledge and expertise of four renowned speakers – Shen Xun-zhang and Professor Xing Wen-hua from China, Dr. Deborah Latouf from Australia and Dr. Stephen Norris from Canada.

HKCC member John Fan and Deputy Director of Education Division, Sports Science and Education Department, All-China Sports Federation, Yin Fei-fei, were the officiating guests.

Also taking part in the seminar was Jiang Hong-wei, Head Coach of the Chinese Tennis team, who was one of the Mainland delegates.

All four speakers are specialists in a variety of fields and sciences that involve the complex system of identifying young talent for future development.

Shen, from the Shanghai Research Institute of Sports Science, gave an impressive talk on "Testing and Measurement of Talent Identification" while Professor Xing, leader of China's TID Expert Team, looked at how science has helped in talent-spotting with his discussion, "The Evolution of Scientific Research on Talent Identification".



精英教練員研討會提升教練選材能力

2006年10月21日，約120位本地及海外教練雲集香港體育學院龍騰館，參加第十四屆滙豐銀行慈善基金精英教練員研討會，分享運動選材的心得和經驗。

這項一年一度的活動是由香港教練培訓委員會及中華全國體育總會合辦，自1993年首辦以來，一直由滙豐銀行慈善基金資助。研討會提供了一個平台，讓香港、中國內地和海外的專業教練交流意見、分享經驗、加強聯繫，從而提升區內教練的整體水平。

一如往年，講者的真知灼見使與會的教練獲益良多；而這次的4位講者，包括來自中國內地的沈徽章先生及邢文華教授、澳洲的德寶拉杜夫博士，以及加拿大的斯蒂芬羅維斯博士。

研討會由香港教練培訓委員會委員范錦平及中華全國體育總會科教司教育處副處長尹飛飛主禮，而中國國家網球隊總教練蔣宏偉也是中國代表團的其中一成員。

這次的4位講者雖屬不同範疇的專家，但其專業均涉及複雜的運動選材及發展系統。

上海市體育科學研究所沈徽章副所長的講題是「運動員選材的測試與評價」；而身為中國「運動員選材專家組」組長的邢文華教授，則以「運動員選材研究進展」為題，探討怎樣應用科研選拔運動優材。



Dr. Latouf, from the Australian Sports Commission, spoke on "Current Issues in Talent Identification and Development" and Canadian Sport Centre's Dr. Norris offered an informed talk on "Athlete/Player Development Strategies".

Yin praised the Seminar as an important vehicle by which to promote coach development in the region.

"The Seminar provides an international forum for sports professionals and elite coaches to exchange views and insights on enhancing the quality of sports training in Asia and has become one of the highlights of the regional sporting calendar," she said.

"We are very pleased to work with the HKCC in organising the event and further promoting coach training in the Asian region."

Yin was also proud to announce that the 2007 International Council for Coach Education (ICCE) Global Coach Conference will be held in Beijing from 31 August to 3 September, with the HKCC's support for disseminating the conference information to the Asian region counterparts.

"At present, we want to put more effort on coach training in the Asian region with the cooperation of international organisations," said Yin. "For instance, the ICCE would organise more international exchange programmes for coaches around the world."

"The 2007 Global Coach Conference will focus on the globalisation trends of coaching and coach education as well as their new research and development. Local coaches are welcomed to exchange views and insights with their counterparts in the region."

海外講者方面，澳洲體育委員會的德寶拉杜夫博士談的是「運動選材及發展的近況」；至於加拿大卡加立運動中心的斯蒂芬羅維斯博士，則分析了「運動員/球員的發展策略」。

尹飛飛認為研討會對提升區內教練的水平有很大作用。她說：「研討會是一個國際性的論壇，可以讓體育專業工作者和精英教練就如何提升區內運動訓練的素質交流心得和經驗。因此，研討會已經成為亞洲體壇的一大盛事。我們很高興能與香港教練培訓委員會合作舉辦這項活動，深化亞洲區的教練培訓工作。」

她又興奮地表示，國際教練培訓局 2007年全球教練員大會已定於8月31日至9月3日在北京舉行。香港教練培訓委員會亦會參與其事，協助向區內夥伴發佈會議資訊。

她指出：「現時，我們希望透過與國際性機構合作，調撥較多資源推動亞洲區的教練培訓工作。舉例說，國際教練培訓局會為各國教練舉辦多些國際性的交流活動。」

「2007年全球教練員大會將重點討論運動訓練及教練培訓國際化的趨勢，以及各項新的研究和發展。本地教練可以把握這個機會，與區內的同業交流切磋。」





Joined the Elite Coaches Seminar for the first time, the Head Coach of the Chinese Tennis Team, Jiang Hong-wei said in an interview that the team spirit is crucial to success on the courts.

"There are about 10 coaches in the national team," he said. "And a hundred more professional coaches in the country. The rest are amateurs. Coaches' training classes are held every year and the majority of applicants are the athletes themselves and the in-service tennis coaches."

Jiang said the emphasis would remain on doubles after China's gold medal in the women's doubles, Zheng Jie and Yan Zi, at the 2004 Athens Olympics, while continuing to nurture singles players.

"We saw a gap in international women's doubles, which we filled," said Jiang. "We will carry on with our strategies of strengthening the individuals and excelling at doubles to prepare for the 2008 Olympics in Beijing."

"As we improve in singles play, that can also have a positive impact on how we perform in doubles competitions."

首次參加精英教練員研討會的中國國家網球隊教練蔣宏偉接受訪問時談及，團隊精神是運動員致勝的關鍵。

蔣教練說：「國家網球隊現時約有10位教練，全國的職業網球教練則有百餘位，其他的皆屬業餘。內地每年都會開辦教練培訓班，申請入讀的以運動員和現職網球教練佔多。」

中國在2004年的雅典奧運會以鄭潔和晏紫的組合勇奪網球女雙金牌。蔣表示未來會以雙打作優，單打作強的策略繼續培育單打選手。

「我們留意到在國際網球壇，女子雙打有很大的發展空間，我於是把握這個機會而取得成功。我們會沿用既定的策略——提高單打實力、並以雙打的最佳優勢，為2008年北京奧運會作好準備。」

「當我們的單打項目的成績改善，雙打亦會受惠，達到相輔相成的效果。」



HONGKONG BANK FOUNDATION COACH RECOGNITION PROGRAMME



Coaches vie for Awards glory

A total of 115 nominations were received from National Sports Associations (NSAs) and community sports clubs, who will be competing for honours in six awards categories at the 2006 Hongkong Bank Foundation Coaching Awards ceremony to be held on 13 May 2007 at the Grand Hyatt Hong Kong.

The prestigious Awards is the only territory-wide programme that recognises the contributions of coaches, who work tirelessly behind the scenes while their athletes claim the limelight.

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

The HKCC will appoint an Awards Sub-Committee, which will select the award winners.

The Awards is one of the biggest events in the Hong Kong sporting calendar with the big names from on and off the field expected to attend the ceremony.

滙豐銀行慈善基金教練獎勵計劃



優秀教練競逐殊榮

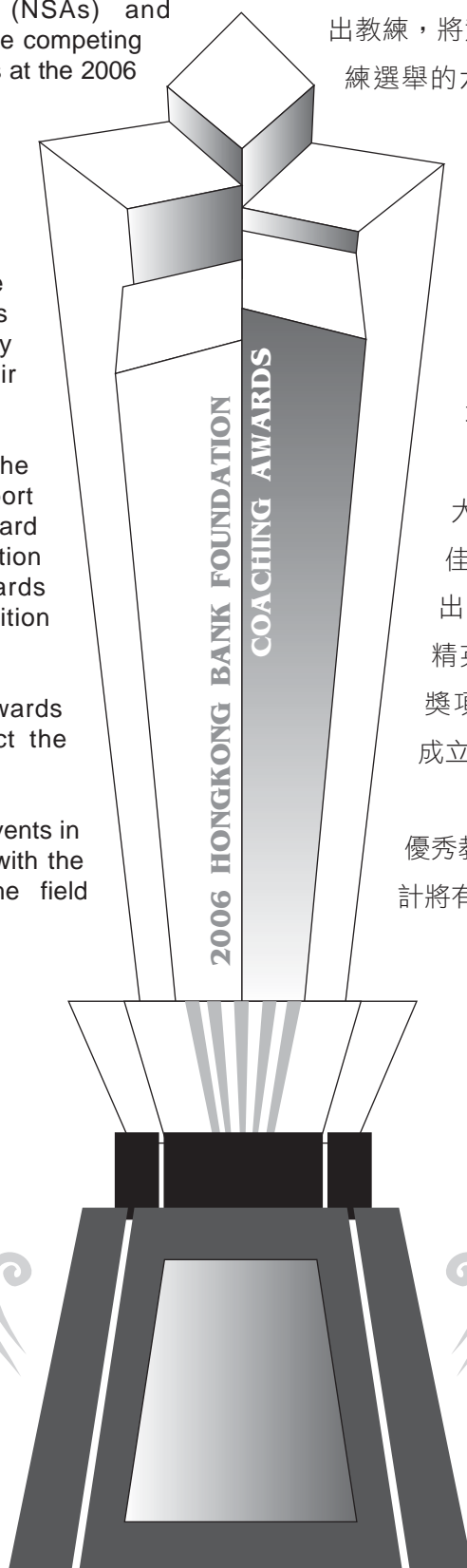
由全港各體育總會及社區體育會提名的115位傑出教練，將競逐2006 滙豐銀行慈善基金優秀教練選舉的六組獎項，而選舉的頒獎典禮，已

定於2007年5月13日假香港君悅酒店舉行。

優秀教練選舉是唯一全港性的教練獎勵活動，旨在表揚這群努力耕耘，使運動員發光發熱的幕後功臣。

大會設立的六組獎項分別為全年最佳教練獎、最佳隊際運動教練獎、傑出貢獻獎、最佳教練培訓工作者獎、精英教練獎及社區優秀教練獎。各組獎項的得主會由香港教練培訓委員會成立的選舉評審團選出。

優秀教練選舉是香港體壇的一大盛事，預計將有不少來自各個界別的代表出席。



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



全年最佳教練獎 Coach of the Year Awards

體育項目 Sport

個人項目高級組 Senior athletes, individual sport

陳沛	Genis Chan
霍連珠	Fok Lin-chu
葉啟德	Yap Kai-tak
潘健侶	Poon Kin-lui
何一鳴	He Yi-ming
李世琛	Li Sai-sum
沈金康	Shen Jin-kang
白勵	Chris Perry
蔡玉坤	Choi Yuk-kwan, Tony
崔小燕	Cui Xiao-yan
露芙肯特	Ruth Hunt
艾培理	Rene Appel

智障人士田徑	Athletics for the Mentally Handicapped
智障人士田徑	Athletics for the Mentally Handicapped
智障人士田徑	Athletics for the Mentally Handicapped
傷殘人士田徑	Athletics for the Physically Disabled
羽毛球	Badminton
健美	Bodybuilding
單車	Cycling
賽艇	Rowing
壁球	Squash
智障人士乒乓球	Table Tennis for the Mentally Handicapped
三項鐵人	Triathlon
滑浪風帆	Windsurfing

團體項目高級組 Senior athletes, team event

何一鳴	He Yi-ming
王銳基	Wang Rui-ji
蔡玉坤	Choi Yuk-kwan, Tony
惠鈞	Hui Jun
崔小燕	Cui Xiao-yan
鄭兆康	Zheng Kang-zhao

羽毛球	Badminton
劍擊	Fencing
壁球	Squash
乒乓球	Table Tennis
智障人士乒乓球	Table Tennis for the Mentally Handicapped
輪椅劍擊	Wheelchair Fencing

個人項目青少年組 Junior athletes, individual sport

王銳基	Wang Rui-ji
蔣潤權	Chiang Yun-kuen
盧允基	Lo Wan-kei, Alex
甄自強	Yan Tsz-keung, Tim
張國斌	Cheung Kwok-bun
于立光	Yu Li-guang

劍擊	Fencing
賽艇	Rowing
賽艇	Rowing
壁球	Squash
滑浪風帆	Windsurfing
武術	Wushu

團體項目青少年組 Junior athletes, team event

王銳基	Wang Rui-ji
于立光	Yu Li-guang

劍擊	Fencing
武術	Wushu

最佳隊際運動教練獎 Best Team Sport Award

體育項目 Sport

Robin Singh	
區幼學	Au Yau-hok
鄭富慈	Cheng Fu-chi
Rodney McIntosh	

木球	Cricket
手球	Handball
室內單車	Indoor Cycling
欖球	Rugby

傑出貢獻獎 Distinguished Services Award for Coaching

體育項目 Sport

周昇豪	Lal Jayasinghe
楊華照	Yeung Wah-chiu
黃志偉	Wong Chi-wai, Sam
陳志文	Chan Chi-man
露芙肯特	Ruth Hunt
于立光	Yu Li-guang

木球	Cricket
手球	Handball
賽艇	Rowing
跆拳道	Taekwondo
三項鐵人	Triathlon
武術	Wushu

最佳教練培訓工作者獎 Coach Education Award

體育項目 Sport

周昇豪	Lal Jayasinghe
何淑婷	Ho Shuk-ting
朱兆光	Chu Siu-Kwong, Raymond
曾浚霆	Tsang Chun-ting, Talon
盧允基	Lo Wan-kei, Alex
黎厚盛	Lai Hau-shing
溫樹華	Wan Shu-wah
蘇森友	So Sum-yau
羅健強	Law Kin-keung

木球	Cricket
手球	Handball
拯溺	Life Saving
拯溺	Life Saving
賽艇	Rowing
跆拳道	Taekwondo
三項鐵人	Triathlon
滑浪風帆	Windsurfing
武術	Wushu

精英教練獎 Coaching Excellence Awards

陳沛	Genis Chan
霍連珠	Fok Lin-chu
葉啟德	Yap Kai-tak
蔡喜逢	Choi Hei-fung, Lewis
潘健侶	Poon Kin-lui
陳智才	Chan Chi-choi
陳守信	Chan Sau-shun
何一鳴	He Yi-ming
劉志恆	Liu Zhi-heng
鄭昱閏	Zheng Yu-min
馬子為	Ma Chi-wai, Daniel
郭克榮	Kwok Hart-wing
梁艷芬	Leung Yim-fan, Cannie
潘俊傑	Poon Chun-kit, Ken
李世琛	Li Sai-sum
Robin Singh	
沈金康	Shen Jin-kang
Andras Decsi	
Tahir Kamil Hakimov	
何泰順	He Tai-shun
徐文琛	Tsui Man-sum, Vincent
汪昌永	Wang Chang-yong
王銳基	Wang Rui-ji
楊和平	Yang He-ping
廖學明	Liu Hok-ming
馬志堅	Adem Osman
楊靜	Yeung Ching, Lena
鄭宛琦	Cheng Yuen-ki, Hilda
張蔚淇	Cheung Wei-ki, Rainy
高文峰	Ko Man-fung, Francis
李文威	Lee Man-wai
蔣潤權	Chiang Yun-kuen
盧允基	Lo Wan-kei, Alex
白勵	Chris Perry
陳玉蘭	Chan Yuk-lan
駱志偉	Lok Chi-wai, Rocky
蘇國祥	So Kwok-cheung
蔡玉坤	Choi Yuk-kwan, Tony
簡化謙	Faheem Khan
梁勤輝	Leung Kan-fai, Dick
甄自強	Yan Tsz-keung, Tim
董倫	Dong Lun
管建華	Guan Jian-hua
惠鈞	Hui Jun
崔小燕	Cui Xiao-yan
露芙肯特	Ruth Hunt
溫樹華	Wan Shu-wah
劉軾	Lau Sik
鄭兆康	Zheng Kang-zhao
艾培理	Rene Appel
陳凱旋	Chan Hoi-suen
張國斌	Cheung Kwok-bun
高聳	Gao Song
于立光	Yu Li-guang

體育項目 Sport

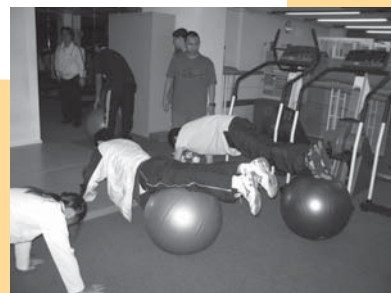
智障人士田徑	Athletics for the Mentally Handicapped
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智障人士田徑	Athletics for the Mentally Handicapped
傷殘人士田徑	Athletics for the Physically Disabled
傷殘人士田徑	Athletics for the Physically Disabled
羽毛球	Badminton
羽毛球	Badminton
羽毛球	Badminton
羽毛球	Badminton
傷殘人士羽毛球	Badminton for the Physically Disabled
硬地滾球	Boccia
硬地滾球	Boccia
硬地滾球	Boccia
健美	Bodybuilding
木球	Cricket
單車	Cycling
劍擊	Fencing
劍擊	Fencing
劍擊	Fencing
劍擊	Fencing
劍擊	Fencing
劍擊	Fencing
空手道	Karatedo
傷殘人士草地滾球	Lawn Bowls for the Physically Disabled
傷殘人士草地滾球	Lawn Bowls for the Physically Disabled
野外定向	Orienteering
野外定向	Orienteering
野外定向	Orienteering
野外定向	Orienteering
賽艇	Rowing
賽艇	Rowing
賽艇	Rowing
運動攀登	Sport Climbing
運動攀登	Sport Climbing
運動攀登	Sport Climbing
壁球	Squash
壁球	Squash
壁球	Squash
壁球	Squash
壁球	Squash
乒乓球	Table Tennis
乒乓球	Table Tennis
乒乓球	Table Tennis
智障人士乒乓球	Table Tennis for the Mentally Handicapped
傷殘人士乒乓球	Table Tennis for the Physically Disabled
三項鐵人	Triathlon
三項鐵人	Triathlon
輪椅劍擊	Wheelchair Fencing
輪椅劍擊	Wheelchair Fencing
滑浪風帆	Windsurfing
滑浪風帆	Windsurfing
滑浪風帆	Windsurfing
武術	Wushu
武術	Wushu

社區優秀教練獎 Community Coach Recognition Awards

李劍明	Lee Kim-ming, Eric
吳繼武	Ng Kai-mo
黃秀華	Wong Sau-wah
Ghulam Saqlain	
姚基斯	Yiu Kei-sze, Chris
楊榮基	Yeung Wing-kee
陳鴻翔	Chan Hung-cheung
練子恒	Lin Chi-heng
蔡文俊	Tsoi Man-chun
張鳳儀	Cheung Fung-ye
周達志	Chow Tat-chi
陳志豪	Chan Chi-ho, Curtiss
溫天立	Wan Tin-lap
胡志雄	Wu Chi-hung, Jackie
陳文駒	Chan Man-kui

體育項目 Sport

籃球	Basketball
籃球	Basketball
硬地滾球	Boccia
木球	Cricket
足球	Football
手球	Handball
拯溺	Life Saving
拯溺	Life Saving
賽艇	Rowing
壁球	Squash
壁球	Squash
三項鐵人	Triathlon
三項鐵人	Triathlon
排球	Volleyball
武術	Wushu



HONGKONG BANK FOUNDATION SCHOOL COACH EDUCATION PROGRAMME



SCAP to expand thanks to growing popularity

The School Coach Accreditation Programme (SCAP) celebrated another successful course with about 80 teachers from 70 schools being able to boost their coaching skills from 5 November to 17 December 2006.

The SCAP has been funded by the Hongkong Bank Foundation since its inception in 1998 and is aimed at providing teachers an opportunity to gain an accreditation to improve their coaching skills in order to train school teams or supervise co-curricular activities.

The Sports-General Theory (Part A) courses were held in November at the HKSI while the sports-specific sessions took place during the weekends in December. The workshops were so arranged in order not to interfere with the teachers' busy working schedule.

The badminton courses were held at the HKSI while the basketball sessions were held at the Australian International School Hong Kong.

The SCAP is jointly organised by the HKCC, Hong Kong Basketball Association and Hong Kong Badminton Association.

滙豐銀行慈善基金學校教練培訓計劃



反應熱烈
學校教練評定計劃繼續擴展

今期的學校教練評定計劃已於2006年11月5日至12月17日圓滿舉行，來自70所學校的約80位老師順利完成有關課程。

該計劃自1998年推出以來，一直獲得滙豐銀行慈善基金資助。它旨在為負責訓練校隊或管理課外活動的中、小學老師提供獲取認可資格的機會，協助他們提升訓練技巧。

學校教練評定計劃的課程分為運動通論(甲部)及運動專項訓練兩部分。前者於11月在香港體育學院開課，後者則在12月以週末工作坊的形式進行，以免影響老師日常繁重的工作。

今期的學校教練評定計劃是由香港教練培訓委員會、香港籃球總會及香港羽毛球總會合辦。羽毛球及籃球的專項訓練分別在香港體育學院及香港澳洲國際學校進行。



HONGKONG BANK FOUNDATION CONTINUING COACH EDUCATION PROGRAMME



Expert offers shoulder advice

Hong Kong coaches learned how to help their charges minimise shoulder problems during a "Shoulder Injury" seminar on 11 November 2006 at the HKSI.

Physiotherapist Tse Long-sing shared his experience and expertise in shoulder rehabilitation and educated more than 80 coaches on different exercises that can be performed to strengthen muscles in this important part of the body.

The shoulder is one of the most movable joints in the human body and is therefore prone to injury. This seminar was well received and allowed coaches to gain a greater understanding of how to help athletes take better care of their health.



Coaches learn about risk management

More than 60 coaches attended the "Sporting Risk Management" seminar held on 8 December 2006 at the HKSI.

The seminar's speaker was solicitor Fok Woo-ping, who talked about the basic legal issues and risk management topics that are relevant to sports.

He also discussed some of the individual cases with the coaches who came to the seminar to learn more about the subject.

The seminar was organised by the HKCC and funded by the Hongkong Bank Foundation.



滙豐銀行慈善基金教練延續培訓計劃



專家傳授護肩要訣

2006年11月11日，逾80位教練齊集香港體育學院參加一個名為「肩部運動創傷」的講座，學習如何避免肩部受傷。

講者謝朗星是資深的專業物理治療師。他除了講解治療肩傷必須注意的事項，還示範和分析各類有助強化肩膀肌肉的運動。

肩膀是人體活動得最多的其中一組關節，因此亦最容易受傷。出席的教練均感獲益不少，對如何幫助運動員減少傷患有更深切的認識。



教練學習風險管理之道

逾60位教練參加於2006年12月8日在香港體育學院舉行的「運動風險管理」講座。

與會者都對這個範疇深感興趣。講者霍和平律師除了講解一些與運動有關的基本法律和風險管理知識，還選取了部份案例即場討論。

這次講座是由香港教練培訓委員會主辦，並獲滙豐銀行慈善基金資助。



HONGKONG BANK FOUNDATION COACH ACCREDITATION PROGRAMME



Course Schedule for
April 2007 - March 2008

The course schedule for the Sports-General Theory (Part A) Course (April 2007 - March 2008) is now available. Coaches who are interested in enrolling for the courses can apply through their respective NSAs.

滙豐銀行慈善基金教練級別評定計劃



2007年4月至2008年3月
課程時間表

2007年度4月至2008年度3月的教練級別評定計劃之運動通論（甲部）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。

Course code	Course	Date	課程編號	課程	日期	
2007						
07-081C1	Level 1 - weekday ¹ course	April May	11, 13, 16, 18, 20, 23, 25, 27, 30 2, 4, <u>11</u>	07-081C1	第一級 - 平日班 ¹ 四月 五月	11, 13, 16, 18, 20, 23, 25, 27, 30 2, 4, <u>11</u>
07-082C1	Level 1 - weekend course	April May	14, 15, 21, 22, 28, 29 5, 6, <u>12</u>	07-082C1	第一級 - 週末班 四月 五月	14, 15, 21, 22, 28, 29 5, 6, <u>12</u>
07-083C1	Level 1 - weekday ¹ course	May June	7, 9, 14, 16, 18, 21, 23, 25, 28, 30 1, <u>8</u>	07-083C1	第一級 - 平日班 ¹ 五月 六月	7, 9, 14, 16, 18, 21, 23, 25, 28, 30 1, <u>8</u>
07-081C2	Level 2 - weekend course	May June	19, 20, 26, 27 2, 3, 9, 10, 16, 17, <u>23</u>	07-081C2	第二級 - 週末班 五月 六月	19, 20, 26, 27 2, 3, 9, 10, 16, 17, <u>23</u>
07-084C1	Level 1 - weekday ² course	June July	5, 7, 12, 14, 21, 26, 28 3, 5, 10, 12, <u>19</u>	07-084C1	第一級 - 平日班 ² 六月 七月	5, 7, 12, 14, 21, 26, 28 3, 5, 10, 12, <u>19</u>
07-085C1	Level 1 - weekday ¹ course	June July	4, 6, 11, 13, 15, 18, 20, 22, 25, 27, 29 <u>6</u>	07-085C1	第一級 - 平日班 ¹ 六月 七月	4, 6, 11, 13, 15, 18, 20, 22, 25, 27, 29 <u>6</u>
07-081C3	Level 3 - weekday ¹ course	August September October	27, 29, 31 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 28 3, 5, 8, 10, <u>17</u>	07-081C3	第三級 - 平日班 ¹ 八月 九月 十月	27, 29, 31 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 28 3, 5, 8, 10, <u>17</u>
07-082C2	Level 2 - weekend course	September October	1, 2, 8, 9, 15, 16, 22, 23, 29, 30 <u>6</u>	07-082C2	第二級 - 週末班 九月 十月	1, 2, 8, 9, 15, 16, 22, 23, 29, 30 <u>6</u>
07-086C1	Level 1 - weekday ¹ course	October November	12, 15, 22, 24, 26, 29, 31 2, 5, 7, 9, <u>16</u>	07-086C1	第一級 - 平日班 ¹ 十月 十一月	12, 15, 22, 24, 26, 29, 31 2, 5, 7, 9, <u>16</u>
07-087C1	Level 1 - weekend course	October November	13, 14, 20, 21, 27, 28 3, 4, <u>10</u>	07-087C1	第一級 - 週末班 十月 十一月	13, 14, 20, 21, 27, 28 3, 4, <u>10</u>
07-088C1	Level 1 - weekend course	November December	17, 18, 24, 25 1, 2, 8, 9, <u>15</u>	07-088C1	第一級 - 週末班 十一月 十二月	17, 18, 24, 25 1, 2, 8, 9, <u>15</u>
07-089C1	Level 1 - weekday ¹ course	November December	12, 14, 19, 21, 23, 26, 28, 30 3, 5, 7, <u>14</u>	07-089C1	第一級 - 平日班 ¹ 十一月 十二月	12, 14, 19, 21, 23, 26, 28, 30 3, 5, 7, <u>14</u>
2008						
07-0810C1	Level 1 - weekday ¹ course	January February	7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30 <u>4</u>	07-0810C1	第一級 - 平日班 ¹ 一月 二月	7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30 <u>4</u>
07-082C3	Level 3 - weekend course	February March	16, 17, 23, 24 1, 2, 8, 9, 15, 16, 22, 23, <u>30</u>	07-082C3	第三級 - 週末班 二月 三月	16, 17, 23, 24 1, 2, 8, 9, 15, 16, 22, 23, <u>30</u>
07-083C2	Level 2 - weekday ¹ course	February March	18, 20, 22, 25, 27, 29 3, 5, 7, 10, 12, 14, 17, 19, <u>26</u>	07-083C2	第二級 - 平日班 ¹ 二月 三月	18, 20, 22, 25, 27, 29 3, 5, 7, 10, 12, 14, 17, 19, <u>26</u>
Remarks :				備註:		
1) Venue : Hall 5, Wu Kwai Sha Youth Village				1) 上課地點 : 烏溪沙青年新村五號禮堂		
2) Time : Weekday ¹ course (Mon, Wed & Fri) : 7:00pm – 10:00pm				2) 上課時間 : 平日班 ¹ (星期一、三及五) : 晚上七時至十時		
Weekday ² course (Tue & Thu) : 7:00pm – 10:00pm				平日班 ² (星期二及四) : 晚上七時至十時		
Weekend course (Sat & Sun) : 2:00pm – 8:00pm				週末班 (星期六及日) : 下午二時至晚上八時		
3) Medium of Instruction : Cantonese				3) 講授語言 : 廣東話		
4) Dates underlined are examination dates				4) 劃有底線之為考試日期		
5) The schedule and venue are subject to modification if necessary				5) 上述課程及上課地點在需要時會作出修改		

HONGKONG BANK FOUNDATION COACH ORIENTATION PROGRAMME



Sports Captains take advantage of COP

The Hongkong Bank Foundation Coach Orientation Programme was successfully organised for Sports Captains last year at the invitation of the Leisure and Cultural Services Department.

The programme was held on 25 November 2006 and its purpose was to provide participants with background information on coaching.

They were also encouraged to continue their involvement in sports by being introduced to the skills, enjoyment and fulfillment of sports coaching.

滙豐銀行慈善基金教練入門課程



運動領袖 參加教練入門課程獲益良多

香港教練培訓委員會應康樂及文化事務署的邀請，於去年11月25日為該署的運動領袖舉辦教練入門課程。

該課程是滙豐銀行慈善基金教練培訓計劃的一部分，旨在向學員講解教練須具備的基本知識和技巧、職責，以及擔任教練的樂趣，鼓勵他們繼續參與體育工作。

HIGHLIGHTS



New offices for Coach Education Department

The Coach Education Department moved into the Wu Kwai Sha Youth Village in late December 2006.

All of its coach education activities resumed in January 2007.



教練培訓部遷址

隨著教練培訓部於2006年12月底搬遷至烏溪沙青年新村，各項教練培訓活動已於2007年1月正常運作。



Main Entrance of the HKSI
香港體育學院正門



Designated Lecture Room for CAP courses
教練級別評定計劃各級課程的專用講授室



Fitness Training Centre
體能訓練中心



HKCC thanks glorious Asian Games coaches

The HKCC would like to congratulate and thank the coaches for leading the Hong Kong Team to their outstanding and record-breaking success at the 15th Asian Games in Doha.

Hong Kong brought home their largest-ever haul of six gold, 12 silver and 10 bronze medals at the 15th edition of the Games in December 2006.

The HKCC is proud of the commitment and effort of the coaches who worked tirelessly behind the scenes to ensure their athletes at their peak for the Games. The HKCC will continue working closely with NSAs and help them train more coaches for the benefit of Hong Kong sport.



香港教練培訓委員會 向揚威亞運的教練致敬

香港教練培訓委員會謹此祝賀及感謝各位帶領香港運動員揚威第15屆多哈亞運會的傑出教練。

在2006年12月舉行的亞運會中，香港運動員合共贏得6金、12銀、10銅，成績為歷屆之冠。

港隊健兒能以最佳狀態出賽，在背後默默耕耘的教練實在居功至偉。香港教練培訓委員會為這群幕後英雄感到驕傲之餘，亦會繼續與各體育總會緊密合作，共同為香港體壇培訓出更多出色的教練。

THE HONG KONG COACHING COMMITTEE
is a joint committee of the
Sports Federation & Olympic Committee of Hong Kong, China
and
Hong Kong Sports Institute
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
香港體育學院
聯合組成的委員會

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