

# Update 動向

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



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

2006

**HONGKONG BANK FOUNDATION  
COACHING AWARDS**

**滙豐銀行慈善基金**

**優秀教練選舉**

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## Coaches Grab Spotlight at Hongkong Bank Foundation Coaching Awards Gala

The Hongkong Bank Foundation Coaching Awards for 2006 has once again given Hong Kong's leading coaches the chance to emerge from behind the scenes and share the glory with their athletes.

A total of 70 coaches were recognised for their outstanding contributions to Hong Kong sport during the annual Hongkong Bank Foundation Coaching Awards presentation ceremony on 13 May 2007 at the Grand Hyatt Hong Kong.

The prestigious Awards scheme is the only one of its kind in Hong Kong that rewards local coaches for their work in assisting athletes to higher performance. The Awards scheme has been organised by the Hong Kong Coaching Committee (HKCC) and supported by the Hongkong Bank Foundation (HBF) since 1993.

Special guest Teresa Au, Head of Corporate Responsibility & Sustainability Asian Pacific Region of The Hongkong and Shanghai Banking Corporation Limited (HSBC), said the Awards scheme has succeeded in helping coaches gain the credit they deserve.

"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

## 滙豐銀行慈善基金優秀教練選舉頒獎禮 表揚本地傑出教練

「2006滙豐銀行慈善基金優秀教練選舉」讓一向居身幕後的香港精英教練再一次步出台前，與運動員一起分享光榮和喜悅。

是次選舉的頒獎禮於2007年5月13日假香港君悅酒店舉行，獲獎的70位教練都對香港體壇有傑出貢獻。

這項一年一度的盛事由香港教練培訓委員會（委員會）主辦，1993年起獲滙豐銀行慈善基金資助，是本地唯一嘉許全港優秀教練的選舉。

香港上海滙豐銀行有限公司（滙豐）亞太區企業責任及可持續發展總監區佩兒為當日的特別嘉賓，她認為選舉成功地讓教練獲得他們應得的榮譽與讚許。

她說：「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。」



athletes' performance and achievements," she said. "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."

Other guests included Carrie Lam, Ex-Permanent Secretary for Home Affairs, and Hon Timothy Fok, President of the Sports Federation & Olympic Committee of Hong Kong, China.

Professor Frank Fu, Chairman of the HKCC, praised the coaches for Hong Kong's success on the sporting stage in 2006.



He said, "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 Games (FESPIC) last year. Apart from the athletes' dedication, the remarkable results were also attributable to coaches dedicated to nurturing the elite athletes throughout the years."

Professor Fu offered his special thanks to the HBF which has agreed to continue its support for the Hong Kong Coach Education Programme with a sponsorship amount of HK\$5 million for the next 3 years. The funds will help community, schools and elite coaches gain further training and accreditation over the period.

The categories for the 2006 Awards included Coach of the Year Awards, which were divided into individual sports and team events for senior and junior athletes, Distinguished Services Award for Coaching, Coach Education Award, Best Team Sport Award, Coaching Excellence Awards, and Community Coach Recognition Awards.



頒獎禮的嘉賓還包括前民政事務局常任秘書長林鄭月娥，以及中國香港體育協會暨奧林匹克委員會會長霍震霆議員。

委員會主席傅浩堅教授指出，香港運動員去年在國際體壇表現突出，背後的教練實在居功至偉。

他說：「港隊在去年的亞運會和遠東及南太平洋區傷殘人士運動會（遠南傷殘人士運動會）戰績彪炳，成績為歷年之冠，實在令大家引以為榮。能夠取得這樣的成就，固然是運動員努力奮鬥的成果，但教練長久以來的悉心培育也是功不可沒。」

傅教授特別感謝滙豐銀行慈善基金對教練培訓計劃的長久支持。該基金在未來3年將撥款港幣500萬元，資助為社區、學校及精英教練而設的各類進修、級別評定課程及相關的活動。

2006年優秀教練選舉設有6大獎項組別，分別為全年最佳教練獎(包括個人項目及團體項目的高級組及青少年組)、傑出貢獻獎、最佳教練培訓工作者獎、最佳隊際運動教練獎、精英教練獎及社區優秀教練獎。



The winners included Shen Jin-kang (Cycling), Hui Jun (Table Tennis), Zheng Kang-zhao (Wheelchair Fencing), Cheung Kwok-bun (Windsurfing), Wang Rui-ji (Fencing), Yu Li-guang (Wushu), So Sum-yau (Windsurfing) and Robin Singh (Cricket).

Shen Jin-kang took the prestigious prize for the Coach of the Year Awards for senior individual sports after his successes at the 2006 Asian Games in Doha, Qatar, where Wong Kam-po won gold in the men's road race in Cycling and Cheung King-wai triumphed in the men's 40-km points race.

The Coach of the Year Awards for senior athletes in team sports went to Hui Jun and Zheng Kang-zhao. Hui led the Hong Kong Table Tennis team to one gold, two silver and two bronze medals at the Doha Asian Games, while Zheng's brilliant wheelchair fencers captured four gold, five silver and six bronze medals at the 9th FESPIC Games.



## 銀行慈善基金優秀教練選舉 Hongkong Bank Foundation Coaching Awards Presentation

Organized by: Hong Kong Coaching Committee  
主辦機構: 香港教練協會

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



得獎者包括沈金康(單車)、惠鈞(乒乓球)、鄭兆康(輪椅劍擊)、張國斌(滑浪風帆)、王銳基(劍擊)、于立光(武術)、蘇森友(滑浪風帆)及 ROBIN SINGH (木球)。

勇奪全年最佳教練獎(個人項目高級組)的沈金康，帶領香港單車隊在去年的多哈亞運會摘取兩枚金牌。在沈教練的指導下，黃金寶及張敬煒分別在公路賽和40公里場地記分賽稱雄。

團體項目(高級組)方面，惠鈞和鄭兆康雙雙榮膺全年最佳教練。身任香港乒乓球隊總教練的惠鈞，帶領港隊在多哈亞運會創出1金、2銀、2銅的佳績；鄭兆康領軍的輪椅劍擊隊亦毫不遜色，在第9屆遠南傷殘人士運動會勇奪4金、5銀、6銅共15枚獎牌。

Cheung Kwok-bun won the Coach of the Year Awards for junior athletes in individual sports, taking Hong Kong to two gold medals at the Mistral Youth and Junior World Championships last year, as well as a gold medal in the Mistral European Championships.



贏得個人項目青少年組全年最佳教練殊榮的張國斌，去年不但協助港隊小將在世界青少年滑浪風帆錦標賽摘取2枚金牌，更在歐洲滑浪風帆錦標賽勇奪1枚金牌。





Wang Rui-ji took the Coach of the Year for junior athletes in the team category after Hong Kong struck gold at the Asian Youth and Cadet Fencing Championships 2006.

獲頒全年最佳教練(團體項目青少年組)榮譽的是王銳基。在2006亞洲青少年劍擊錦標賽稱后的女子佩劍隊，正是由王教練悉心訓練。

Yu Li-guang's tireless contribution to Wushu in Hong Kong over the past 10 years, during which he produced 10 world champions, was rewarded with the Distinguished Services Award for Coaching.

榮獲傑出貢獻獎的于立光是香港武術界舉足輕重的人物，十年來春風化雨，堪稱桃李滿門，由他一手訓練的世界冠軍更有10位之多。

Robin Singh won the Best Team Sport Award after helping Hong Kong win the silver medal at the Asian Cricket Council Trophy in 2006, while So Sum-yau's contribution to training windsurfing coaches earned him the Coach Education Award.

ROBIN SINGH 帶領港隊贏得2006亞洲木球聯會盃的銀牌，並憑此榮膺全年最佳隊際運動教練獎；榮獲最佳教練培訓工作者獎的蘇森友，多年來積極培育滑浪風帆教練，貢獻良多。





A total of 54 coaches who had helped their athletes or teams earn excellent results at major international events in 2006 received Coaching Excellence Awards. In addition, 15 coaches received Community Coach Recognition Awards for contributing to the development of athletes and coaches within their community for three straight years.

The Hong Kong Wushu Union was also presented with a certificate of merit for being the Most Supportive National Sports Association (NSA) for the Hongkong Bank Foundation Coach Accreditation Programme (CAP) by nominating the most coaches to the Programme within the year.



2006年是香港運動員大放異彩的一年，共有54位教練協助運動員或隊伍在大型國際賽事取得優異成績，因而成為精英教練獎的得主。此外，15位教練因連續3年對培訓社區的運動員或運動隊伍有特別貢獻，獲頒社區優秀教練獎。

香港武術聯會於去年提名最多教練參加「滙豐銀行慈善基金教練級別評定計劃」，大會為此特別向其頒發嘉許證書，以示鼓勵。





## 二零零六滙豐銀行慈善基金優秀教練選舉 得獎教練名單

### 2006 Hongkong Bank Foundation Coaching Awards List of Recipients



#### 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

沈金康	Shen Jin-kang	單車	Cycling
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##### 團體項目高級組 Senior athletes, team event

惠鈞	Hui Jun	乒乓球	Table Tennis
鄭兆康	Zheng Kang-zhao	輪椅劍擊	Wheelchair Fencing

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

張國斌	Cheung Kwok-bun	滑浪風帆	Windsurfing
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##### 團體項目青少年組 Junior athletes, team event

王銳基	Wang Rui-ji	劍擊	Fencing
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#### 傑出貢獻獎 Distinguished Services Award for Coaching

#### 體育項目 Sport

于立光	Yu Li-guang	武術	Wushu
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#### 最佳教練培訓工作者獎 Coach Education Award

#### 體育項目 Sport

蘇森友	So Sum-yau	滑浪風帆	Windsurfing
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#### 最佳隊際運動教練獎 Best Team Sport Award

#### 體育項目 Sport

Robin Singh	木球	Cricket
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#### 精英教練獎 Coaching Excellence Awards

#### 體育項目 Sport

陳沛	Genis Chan	智障人士田徑	Athletics for the Mentally Handicapped
霍連珠	Fok Lin-chu	智障人士田徑	Athletics for the Mentally Handicapped
葉啟德	Yap Kai-tak	智障人士田徑	Athletics for the Mentally Handicapped
蔡喜逢	Choi Hei-fung, Lewis	傷殘人士田徑	Athletics for the Physically Disabled
潘健侶	Poon Kin-lui	傷殘人士田徑	Athletics for the Physically Disabled
陳智才	Chan Chi-choi	羽毛球	Badminton
陳守信	Chan Sau-shun	羽毛球	Badminton
何一鳴	He Yi-ming	羽毛球	Badminton
劉志恆	Liu Zhi-heng	羽毛球	Badminton
鄭昱閏	Zheng Yu-min	羽毛球	Badminton
馬子為	Ma Chi-wai, Daniel	傷殘人士羽毛球	Badminton for the Physically Disabled
郭克榮	Kwok Hart-wing	硬地滾球	Boccia
梁艷芬	Leung Yim-fan, Cannie	硬地滾球	Boccia
潘俊傑	Poon Chun-kit, Ken	硬地滾球	Boccia
李世琛	Li Sai-sum	健美	Bodybuilding
Robin Singh		木球	Cricket
沈金康	Shen Jin-kang	單車	Cycling
Andras Decsi		劍擊	Fencing
Tahir Kamil Hakimov		劍擊	Fencing
何泰順	He Tai-shun	劍擊	Fencing
徐文琛	Tsui Man-sum, Vincent	劍擊	Fencing
汪昌永	Wang Chang-yong	劍擊	Fencing

## 精英教練獎 Coaching Excellence Awards

## 體育項目 Sport

王銳基	Wang Rui-ji	劍擊	Fencing
楊和平	Yang He-ping	劍擊	Fencing
廖學明	Liu Hok-ming	空手道	Karatedo
馬志堅	Adem Osman	傷殘人士草地滾球	Lawn Bowls for the Physically Disabled
楊靜	Yeung Ching, Lena	傷殘人士草地滾球	Lawn Bowls for the Physically Disabled
鄭宛琦	Cheng Yuen-ki, Hilda	野外定向	Orienteering
張蔚淇	Cheung Wei-ki, Rainky	野外定向	Orienteering
高文峰	Ko Man-fung, Francis	野外定向	Orienteering
李文威	Lee Man-wai	野外定向	Orienteering
蔣潤權	Chiang Yun-kuen	賽艇	Rowing
盧允基	Lo Wan-kei, Alex	賽艇	Rowing
白勵	Chris Perry	賽艇	Rowing
陳玉蘭	Chan Yuk-lan	運動攀登	Sport Climbing
駱志偉	Lok Chi-wai, Rocky	運動攀登	Sport Climbing
蘇國祥	So Kwok-cheung	運動攀登	Sport Climbing
蔡玉坤	Choi Yuk-kwan, Tony	壁球	Squash
簡化謙	Faheem Khan	壁球	Squash
梁勤輝	Leung Kan-fai, Dick	壁球	Squash
甄自強	Yan Tsz-keung, Tim	壁球	Squash
董倫	Dong Lun	乒乓球	Table Tennis
管建華	Guan Jian-hua	乒乓球	Table Tennis
惠鈞	Hui Jun	乒乓球	Table Tennis
崔小燕	Cui Xiao-yan	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
露芙肯特	Ruth Hunt	三項鐵人	Triathlon
溫樹華	Wan Shu-wah	三項鐵人	Triathlon
劉軾	Lau Sik	輪椅劍擊	Wheelchair Fencing
鄭兆康	Zheng Kang-zhao	輪椅劍擊	Wheelchair Fencing
艾培理	Rene Appel	滑浪風帆	Windsurfing
陳凱旋	Chan Hoi-suen	滑浪風帆	Windsurfing
張國斌	Cheung Kwok-bun	滑浪風帆	Windsurfing
高聳	Gao Song	武術	Wushu
于立光	Yu Li-guang	武術	Wushu

## 社區優秀教練獎 Community Coach Recognition Awards

## 體育項目 Sport

李劍明	Lee Kim-ming, Eric	籃球	Basketball
吳繼武	Ng Kai-mo	籃球	Basketball
黃秀華	Wong Sau-wah	硬地滾球	Boccia
Ghulam Saqlain		木球	Cricket
姚基斯	Yiu Kei-sze, Chris	足球	Football
楊榮基	Yeung Wing-kee	手球	Handball
陳鴻翔	Chan Hung-cheung	拯溺	Life Saving
練子恒	Lin Chi-heng	拯溺	Life Saving
蔡文俊	Tsoi Man-chun	賽艇	Rowing
張鳳儀	Cheung Fung-yee	壁球	Squash
周達志	Chow Tat-chi	壁球	Squash
陳志豪	Chan Chi-ho, Curtiss	三項鐵人	Triathlon
溫天立	Wan Tin-lap	三項鐵人	Triathlon
胡志雄	Wu Chi-hung, Jackie	排球	Volleyball
陳文駒	Chan Man-kui	武術	Wushu



## HONGKONG BANK FOUNDATION COACH EDUCATION PROGRAMME

### Students Benefit From Community Coach Education Seminar



The Hongkong Bank Foundation Community Coach Education Programme (ComEP) was launched in 2005 with the aim of raising the public's awareness and understanding of sports coaching. Since its inception, a wide range of activities are organised to educate youngsters about what it takes to become a sports coach.

On 27 April 2007, the Coach Education Department of the Hong Kong Sports Institute (HKSI) was invited by the Hong Kong Institute of Vocational Education (HKIVE) to deliver a talk to 40 students from the Sport Management and Training Science programme. The lecture took place at the HKIVE's Chai Wan campus.

## HONGKONG BANK FOUNDATION CONTINUING COACH EDUCATION PROGRAMME

### Coaches Learn How Athletes Can Train In The Heat



Coaches were given important information on how to train their athletes in hot weather during a seminar entitled "Preparing Athletes for Training/Competition in the Heat". Raymond So, HKSI's Sports Physiologist and Sports Science and Medicine Coordinator, talked about how an athlete's body works in the heat and the strategies that must be developed to adapt training programmes for hot climates.

The Seminar, held in two parallel sessions on 30 June and 13 July 2007 at the HKSI, was part of the Continuing Coach Education Programme offered to accredited coaches for enhancing their knowledge of sports coaching, and attracted more than 100 coaches' attendance.

## 滙豐銀行慈善基金教練培訓計劃

### 社區推廣計劃惠澤莘莘學子



於2005年推出的「滙豐銀行慈善基金教練培訓社區推廣計劃」，一直以增進公眾對教練專業的認識為目標，透過各項活動，讓青少年了解晉身運動教練的條件和途徑。

2007年4月27日，香港體育學院（體院）教練培訓部應香港專業教育學院柴灣分校的邀請，舉辦了一場講座，向40名運動管理及訓練學課程的同學講解運動教練的工作。



## 滙豐銀行慈善基金教練延續培訓計劃

### 教練學習如何於酷熱環境中進行訓練



這個由體院運動生理兼運動科學及醫學統籌主任蘇志雄主持的「運動員於炎熱環境下進行訓練/比賽策略」講座，旨在剖析運動員在炎熱環境下的身體狀況，以及教練應怎樣調整訓練計劃的內容，訂定相應策略。

該講座分6月30日及7月13日兩場於體院舉行，是「教練延續培訓計劃」的其中一項活動，旨在提升教練的專業知識，有超過100位教練參加。

## HIGHLIGHTS

## Warm Welcome For Hong Kong Coaching Committee Members

The HKCC is pleased to announce its new membership for the 2007 to 2009 term and extends a warm welcome to the Committee Members.

Professor Frank Fu will continue to be the Chairman and Members include Lowell Chang, John Fan, Tony Lai Yiu-keung, Eric Lee, Eugene Li, Kenneth Tsui (listed according to the alphabetical order of their last names), with the Chief Executive of the HKSI as Ex-Officio Member.

## Quality Teaching Awards For Coach Accreditation Programme Tutors

Five outstanding tutors received the Quality Teaching Awards for their excellent work in the CAP.

Chan Ying-shu, Kenneth Liang, Dr. Lobo Louie, Poon Kin-lui and Purple Tse were voted by CAP participants for their excellence as tutors. A presentation ceremony was held in conjunction with the Coaching Directors Forum at the HKSI on 24 March 2007.



## 簡報

## 祝賀新一屆香港教練培訓委員會成員履新

委員會2007至2009年度的成員名單已經公布。

委員會繼續由傅浩堅教授擔任主席，其他成員有張爾惠、范錦平、黎耀強、李志榮、李詠琴、徐錦翔（按姓氏字母先後排序），以及擔任當然成員的體院院長。



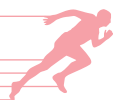
## 表揚教練級別評定計劃優秀導師

五位任教「滙豐銀行慈善基金教練級別評定計劃」的導師憑著出色表現，獲頒發優秀教學獎。

獲獎的陳應樹、梁達強、雷雄德博士、潘健侶及謝朗星，都是由「教練級別評定計劃」的學員投票選出。頒獎禮已在2007年3月24日於體院暨教練總監論壇一併舉行。



## Strong Turnout For Coaching Directors Forum



More than 30 coaching directors and representatives from 22 NSAs attended the Hongkong Bank Foundation Coaching Directors Forum on 24 March 2007 at the HKSI.

The Forum, exclusively for coaching directors from NSAs, is aimed at providing coaching professionals with an avenue to exchange views and expertise on various issues.

The topics discussed were “Development of Coaches Training – From Macro to Micro” and “Development of a Coach Registration System – Trends and Challenges”. Talks were delivered by Tsang Wai-chung, Director of Technical and Development from the Hong Kong Football Association, and Chan Kam-hung, Vice-Chairman and Coaching Director of the Gymnastics Association of Hong Kong, China.



## HKCC Support For National Sports Associations



Between April and July 2007, the HKCC subvented nine local sports-specific courses and seminars delivered by the following NSAs:

1. Hong Kong Badminton Association
2. Hong Kong Baseball Association
3. Hong Kong Basketball Association
4. Hong Kong Canoe Union
5. Hong Kong Hockey Association
6. Hong Kong Sports Association for the Mentally Handicapped

In addition, a Thanks Coach Scheme in Bodybuilding was held at the end of July, with awards presented to 11 recipients.

## 教練總監論壇氣氛熱烈



2007年3月24日，來自22個體育總會(總會)的30多位教練總監和代表雲集體院，藉著這個寶貴的機會相互切磋，交流心得。

這次教練總監論壇的兩個主題，分別是「教練培訓活動的發展—從宏觀到微觀」及「教練註冊制度—趨勢與挑戰」，主講嘉賓為香港足球總會技術及發展總監曾偉忠，以及中國香港體操總會副主席兼教練總監陳錦雄。

## 香港教練培訓委員會資助體育總會活動



在2007年4月至7月，委員會資助了9個由總會主辦的本地運動專項課程及研討會，當中包括：

1. 香港羽毛球總會
2. 香港棒球總會
3. 香港籃球總會
4. 香港獨木舟總會
5. 香港曲棍球總會
6. 香港弱智人士體育協會

中國香港健美總會亦獲委員會資助，於7月底舉辦「教練獎勵計劃」，嘉許表現出色的11位教練。



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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