

# Update 動向

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

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## 15th Hongkong Bank Foundation Elite Coaches Seminar 第十五屆滙豐銀行慈善基金精英教練員研討會

Organiser: HKCC 香港教練培訓委員會  
主辦機構: Hong Kong Coaching Committee  
All-China Sports Federation 中華全國體育協會

Funded by: The Hongkong Bank Foundation  
資助機構: 滙豐銀行慈善基金



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## 15th Hongkong Bank Foundation Elite Coaches Seminar

## 第十五屆滙豐銀行慈善基金 精英教練員研討會



## International Experts Discuss Sports Injuries at Annual Seminar

More than 150 local coaches and overseas delegates were able to enhance their knowledge and understanding of sports injuries during the 15th Hongkong Bank Foundation Elite Coaches Seminar held on 26 January 2008 at the Olympic House in Causeway Bay.

The Seminar, themed "Sports Injuries" and organised by the Hong Kong Coaching Committee (HKCC) and All-China Sports Federation, is the 15th series since its inception in 1993 and is funded by the Hongkong Bank Foundation.

The aim of the Seminar is to provide a platform for overseas experts, particularly those from Mainland China, and local coaches to exchange knowledge and ideas on a variety of sports-related topics.



Professor Frank Fu, Chairman of the HKCC and Jiang Zhixue, Director of Science and Education Department of All-China Sports Federation, were the officiating guests.

Four leading experts representing China, Hong Kong and Singapore shared



## 國際專家雲集「運動創傷」周年研討會

第十五屆滙豐銀行慈善基金精英教練員研討會已於二零零八年一月二十六日假銅鑼灣奧運大樓圓滿舉行，逾一百五十位本地及海外教練濟濟一堂，就防治運動創傷交流心得，各人均感獲益良多。

研討會是由香港教練培訓委員會及中華全國體育總會合辦，今年正好是十五周年，而自一九九三年首辦以來，一直獲得滙豐銀行慈善基金慷慨資助。

這項活動旨在為本地教練與海外同業、尤其是與國內地的專家提供交流和切磋的平台，討論各項與運動有關的課題。

今屆研討會由香港教練培訓委員會主席傅浩堅教授及中華全國體育總會科教部部長蔣志學主禮，並邀得四位分別來自中國內地、香港及新加坡的運動創傷防治專家主講，跟與會的教練和嘉賓分享經驗。

中國四川省骨科醫院原院長及成都運動創傷研究所原所長張世明教授主講的題目是「運動創傷的防治」；另一位內地專家李方祥醫生，是中國國家體育總局體育醫院副院長兼創傷外科主任，其講題為「運動損傷的對策與處理」。



their knowledge and experience in the field of sports injuries with the participating coaches and delegates.

Professor Zhang Shi-ming, Former President of Sichuan Province Orthopaedic Hospital and Former Head of the Chengdu Sports Injury Institute, delivered a talk on “Prevention of Sports Injuries in Sports Training” while Dr Li Fangxiang, Deputy Director and Head of Department of Surgery, Sports Medicine Hospital, All-China Sports Federation, provided his insights into “The Application of Sports Injuries-Diagnosis and Treatment of Knee Injuries”.



Dr Benedict Tan from Singapore, the 1994 Asian Games sailing gold medalist, is now the Senior Consultant Sports Physician and Head of the Sports Medicine Centre of Singapore Changi General Hospital. He talked about “Sports Injuries from the Perspective of an Elite Athlete and Sports Physician” and offered compelling contention based on examples used from ankle and foot injuries.

The other lecture was “Common Injuries in Elite Athletes and its Implication to Training”, given by Dr Patrick Yung, Associate Consultant and Team Head, Division of Orthopaedic Sports Medicine, Department of Orthopaedics and Traumatology, Prince of Wales Hospital, Hong Kong.

Professor Fu said the Seminar offered local coaches an excellent platform to develop their expertise in coaching.

“This annual Seminar provides an excellent opportunity for our coaches to gain international exposure and continuous professional development in sports coaching,” said Professor Fu.

“With the support from the All-China Sports Federation, we are able to invite renowned speakers from Mainland China to share their expertise and views with our local coaches.”



來自新加坡的陳智龍醫生，現任樟宜中央醫院運動醫學中心主任及高級運動顧問醫生。在一九九四年亞運會勇奪帆船金牌的他綜合了自己的多年經驗，以「從運動員及運動顧問醫生角度探討運動創傷」為題，引用常見的足踝創傷案例並提出可行的解決方案。

另一位主講嘉賓容樹恆醫生，是香港威爾斯親王醫院矯形外科及創傷學系的副顧問醫生兼運動醫學部主任，其主講題目是「常見的運動創傷及其對精英運動員訓練之影響」。



傅浩堅教授表示，研討會給予本地教練學習新知識的黃金機會。

他說：「這個一年一度的盛會讓本地教練有機會開拓國際視野，對持續提升自己的專業水平幫助很大。在中華全國體育總會的鼎力支持下，我們很榮幸邀得內地知名專家來港，與本地教練分享心得。」

蔣志學部長在致辭時亦讚譽研討會是亞洲地區的國際性教練盛會。



Jiang hailed the Seminar as an international forum for coaches in Asia.

“The Hongkong Bank Foundation Elite Coaches Seminar is a golden opportunity for coaches from Hong Kong and Mainland China to exchange expertise and ideas. Well received by local and international coaches, the Seminar helps improve coaches' capability and quality, as well as contribute to the development of competitive sports.”

He added, “The Seminar has become an international seminar for coaches in the Asian region, which is very positive in promoting coach education in the long run.”

At the ceremony, the HKCC also presented the newly set-up scholarships to six coaches with outstanding academic results at the 2006/07 Sports-General Theory courses of the Hongkong Bank Foundation Coach Accreditation Programme (CAP). The scholarship awardees are:

他說：「香港與內地的教練藉著這個難得的機會聚首一堂，交流切磋，不但可以提升教練的素質和能力，對競技體育的整體發展更是貢獻良多，難怪研討會深得業界推許和好評。」

「研討會已經成為亞洲地區的國際性教練活動，對推動教練培訓工作有深遠和積極的作用。」

研討會開始前，香港教練培訓委員會為新設立的「滙豐銀行慈善基金教練級別評定計劃獎學金」進行了簡單的頒授儀式，嘉許六位於二零零六/零七年度修讀運動通論課程而取得優異成績的教練，得獎名單如下：

CAP Level 級別	Awardees 得獎者	NSA 體育總會
Level 1 第一級	Lee Kai-hong 李啟康	Rowing 賽艇
	Li Kwok-ho 李國豪	Archery 射箭
	Fung Yee-mai, Katherine 馮綺媚	Wushu 武術
	Mak Tsun-wah, Daniel 麥俊華	Canoe 獨木舟
Level 2 第二級	Tang Ka-chun 鄧家駿	Archery 射箭
	Leung Hoi-wai 梁凱威	Basketball 籃球



## HONGKONG BANK FOUNDATION COACH RECOGNITION PROGRAMME



### Nominees Announced for the Hongkong Bank Foundation Coaching Awards

The nominations for Hong Kong's most prestigious coaching awards gala have been finalized with the winners set to be announced on 20 April 2008 at the Grand Hyatt Hong Kong.

As one of the biggest and most anticipated events in the local sporting calendar, the 2007 Hongkong Bank Foundation Coaching Awards is the only territory-wide programme that recognises the efforts and dedication of coaches who work behind the scenes to ensure that their athletes are in the optimum condition for competition.

A total of 123 nominations from 24 National Sports Associations (NSAs) and 13 community sports clubs were received, competing for honours in the following six categories – 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.

The HKCC has appointed an Awards Sub-Committee to select the award winners. Members included Lowell Chang, Silas Chiang, Chu Hoi-kun, Professor Leung Mee-lee and Ronnie Wong (listed according to the alphabetical order of their last names), with the Chief Executive of the HKSI as an Ex-Officio Member.

## 滙豐銀行慈善基金教練獎勵計劃



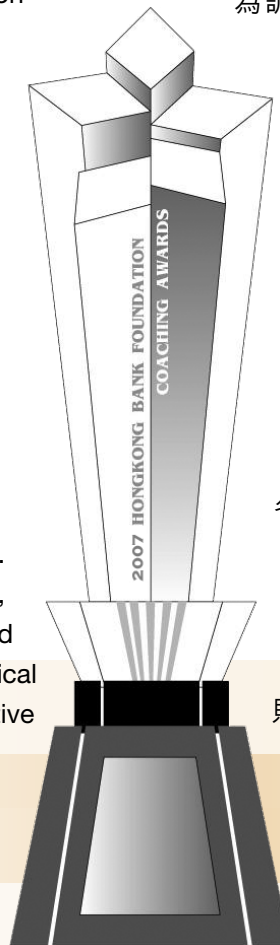
### 優秀教練選舉 候選名單公布

「二零零七滙豐銀行慈善基金優秀教練選舉」的候選名單已經於日前落實，各組獎項的得主將會在二零零八年四月二十日假香港君悅酒店舉行的頒獎禮上揭曉。

作為香港體壇其中一項最具規模和備受各方期待的盛事，「二零零七滙豐銀行慈善基金優秀教練選舉」是全港性專為教練而設的頒獎禮，表揚他們為訓練運動員爭取佳績所作的努力和貢獻。

這次選舉的反應十分熱烈，二十四個體育總會及十三個社區體育會合共遞交了一百二十三項提名，分別競逐「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」，以及「社區優秀教練獎」六組獎項。

各組獎項的得主將由香港教練培訓委員會委任的選舉評審團選出，今屆成員包括張爾惠、蔣德祥、朱凱勤、梁美莉教授及王敏超(按英文姓氏字母排序)，而香港體育學院院長則為評審團的當然成員。



**2007 Hongkong Bank Foundation Coaching Awards**  
**List of Nominees**  
**二零零七滙豐銀行慈善基金優秀教練選舉**  
**候選教練名單**



Coach of the Year Awards 全年最佳教練獎		Sport 體育項目	
Senior athletes, individual sport 個人項目高級組			
Fok Lin-chu	霍連珠	Athletics for the Mentally Handicapped	智障人士田徑
Yap Kai-tak	葉啟德	Athletics for the Mentally Handicapped	智障人士田徑
Chan Chi-choi	陳智才	Badminton	羽毛球
Kwok Hart-wing	郭克榮	Boccia	硬地滾球
Li Sai-sum	李世琛	Bodybuilding	健美
Shen Jin-kang	沈金康	Cycling	單車
Chris Perry	白勵	Rowing	賽艇
Cui Xiao-yan	崔小燕	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Cheung Kwok-bun	張國斌	Windsurfing	滑浪風帆
Yu Li-guang	于立光	Wushu	武術
Senior athletes, team event 團體項目高級組			
Andras Decsi		Fencing	劍擊
Yeung Ching, Lena	楊靜	Lawn Bowls for the Physically Disabled	傷殘人士草地滾球
Chris Perry	白勵	Rowing	賽艇
Cui Xiao-yan	崔小燕	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Leung Kam-yau	梁金祐	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Li Hui-fen	李惠芬	Table Tennis	乒乓球
Ruth Hunt	露芙肯特	Triathlon	三項鐵人
Yu Li-guang	于立光	Wushu	武術
Junior athletes, individual sport 個人項目青少年組			
Tahir Kamil Hakimov		Fencing	劍擊
Lo Wan-kei, Alex	盧允基	Rowing	賽艇
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Chan Hoi-suen	陳凱旋	Windsurfing	滑浪風帆
Wong Chi-kwong	黃志光	Wushu	武術
Junior athletes, team event 團體項目青少年組			
Geza Marffy		Fencing	劍擊
Chiang Yun-kuen	蔣潤權	Rowing	賽艇
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Best Team Sport Award 最佳隊際運動教練獎		Sport 體育項目	
Chu Ka-kun	朱加勤	Basketball	籃球
Tam Chun-ying	譚俊英	Handball	手球
Rodney McIntosh		Rugby	欖球
Distinguished Services Award for Coaching 傑出貢獻獎		Sport 體育項目	
Wong Hang	黃恆	Athletics	田徑
Wong Chi-wai, Sam	黃志偉	Rowing	賽艇
Chan Chi-man	陳志文	Taekwondo	跆拳道
Ruth Hunt	露芙肯特	Triathlon	三項鐵人
Coach Education Award 最佳教練培訓工作者獎		Sport 體育項目	
Chu Siu-kwong, Raymond	朱兆光	Life Saving	拯溺
Lo Wan-kei, Alex	盧允基	Rowing	賽艇
Yu Kam-kai	余錦佳	Table Tennis	乒乓球
Lo Oi-ho, Susannah	盧愛好	Taekwondo	跆拳道
Pun Tai-wai	潘大維	Triathlon	三項鐵人
Law Kin-keung	羅健強	Wushu	武術

Coaching Excellence Awards 精英教練獎		Sport 體育項目	
Fok Lin-chu	霍連珠	Athletics for the Mentally Handicapped	智障人士田徑
Yap Kai-tak	葉啟德	Athletics for the Mentally Handicapped	智障人士田徑
Chan Chi-choi	陳智才	Badminton	羽毛球
Chan Sau-shun	陳守信	Badminton	羽毛球
He Yi-ming	何一鳴	Badminton	羽毛球
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Zheng Yu-min	鄭煜閏	Badminton	羽毛球
Ma Chi-wai, Daniel	馬子為	Badminton for the Physically Disabled	傷殘人士羽毛球
Chen Chor-kwan	陳楚君	Billiard Sports	桌球
Kwok Hart-wing	郭克榮	Boccia	硬地滾球
Poon Chun-kit, Ken	潘俊傑	Boccia	硬地滾球
Li Sai-sum	李世琛	Bodybuilding	健美
Wong Hiu-shan	王曉山	Bodybuilding	健美
Shen Jin-kang	沈金康	Cycling	單車
Frank Louis Josephina Smets		Cycling	單車
Zhang Jie	張潔	Cycling	單車
Zhang Xiao-hua	張小華	Cycling	單車
Andras Decsi		Fencing	劍擊
Tahir Kamil Hakimov		Fencing	劍擊
Geza Marffy		Fencing	劍擊
Wang Chang-yong	汪昌永	Fencing	劍擊
Wang Rui-ji	王銳基	Fencing	劍擊
Wang Zhong-qiang	王忠強	Fencing	劍擊
Zhou Yong-cheng	周永成	Fencing	劍擊
Cheng Fu-chi	鄭富慈	Indoor Cycling	室內單車
Shing Sau-ping, Semeul	成秀萍	Indoor Cycling	室內單車
Liu Hok-ming	廖學明	Karatedo	空手道
Adem Osman	馬志堅	Lawn Bowls for the Physically Disabled	傷殘人士草地滾球
Yeung Ching, Lena	楊靜	Lawn Bowls for the Physically Disabled	傷殘人士草地滾球
Chan Yuk-lan	陳玉蘭	Mountaineering	運動攀登
Cheung Hei-man	張希文	Mountaineering	運動攀登
Lai Chi-wai	黎志偉	Mountaineering	運動攀登
Lok Chi-wai, Rocky	駱志偉	Mountaineering	運動攀登
Chiang Yun-kuen	蔣潤權	Rowing	賽艇
Chris Perry	白勵	Rowing	賽艇
Lo Wan-kei	盧允基	Rowing	賽艇
Rodney McIntosh		Rugby	欖球
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Guan Jian-hua	管建華	Table Tennis	乒乓球
Li Hui-fen	李惠芬	Table Tennis	乒乓球
Leung Kam-yau	梁金祐	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Cui Xiao-yan	崔小燕	Table Tennis for the Mentally Handicapped	智障人士乒乓球
Raymond Kelly	簡偉文	Tennis	網球
Ruth Hunt	露英肯特	Triathlon	三項鐵人
Wan Shu-wah	溫樹華	Triathlon	三項鐵人
Pok Kim-won	卜錦文	Weightlifting and Powerlifting	舉重
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Lau Sik	劉軾	Wheelchair Fencing	輪椅劍擊
Chan Hoi-suen	陳凱旋	Windsurfing	滑浪風帆
Cheung Kwok-bun	張國斌	Windsurfing	滑浪風帆
Gao Song	高鋒	Wushu	武術
Wong Chi-kwong	黃志光	Wushu	武術
Wong Wai-ching	黃惠貞	Wushu	武術
Yu Li-guang	于立光	Wushu	武術

Community Coach Recognition Awards 社區優秀教練獎		Sport 體育項目	
Tang Hon-sing	鄧漢昇	Athletics	田徑
Chung Ka-bong	鍾嘉邦	Athletics	田徑
Sum Ping-ching	岑炳程	Badminton	羽毛球
Leung Wing-kai	梁永皆	Basketball	籃球
Wong Kar-lok	黃嘉樂	Basketball	籃球
Yam Kit-ye	任潔儀	Boccia	硬地滾球
Jawaid Iqbal		Cricket	木球
Wong Wing-fai	王永輝	Fencing	劍擊
Luk Wan-chuen	陸雲川	Football for the Mentally Handicapped	智障人士足球
To Yim-yim, Cindy	杜琰炎	Gymnastics for the Mentally Handicapped	智障人士體操
Tang Wan-chuen	鄧允泉	Handball	手球
Akbar Ali	亞畢里	Hockey	曲棍球
Wong Chunk-him	王卓謙	Indoor Cycling	室內單車
Lai Kwok-kei	黎國基	Life Saving	拯溺
Yeung Wai-chung	楊偉忠	Life Saving	拯溺
Chau Fung-yau	周俸有	Rowing	賽艇
Chan Shiu-ki, Edward	陳紹璣	Volleyball	排球
Mak Ping-leung	麥炳良	Volleyball	排球
Lam Kam-ming	林錦明	Wushu	武術



## HONGKONG BANK FOUNDATION SCHOOL COACH ACCREDITATION PROGRAMME



More Teachers Got Accredited with  
SCAP celebrating the 10th Anniversary

The HKCC celebrated another successful Hongkong Bank Foundation School Coach Accreditation Programme (SCAP) held during November 2007 to January 2008.

The Programme, in collaboration with the Hong Kong Badminton Association and Hong Kong Tennis Association, had attracted over 160 enrolments, with 70 teachers from 65 secondary schools being shortlisted to attend.

Funded by the Hongkong Bank Foundation since its inception in 1998, the aim of the SCAP is to provide school teachers who work with school teams or co-curricular activities the opportunity to obtain accreditation and enhance their coaching skills.

Supported by the NSAs, school principals and teachers, the latest Programme was held between 29 November 2007 and 20 January 2008. Because of teachers' busy schedules, the Sports-General Theory courses at the HKSI were held during weekdays while the Sports-Specific sessions for Badminton and Tennis took place over the weekends at the City University of Hong Kong and the HKSI respectively.

## 滙豐銀行慈善基金學校教練評定計劃



十載耕耘  
學校教練評定計劃反應熱烈

最新一期的學校教練評定計劃已於二零零七年十一月至二零零八年一月期間圓滿舉行。

這次計劃是由香港教練培訓委員會主辦，香港羽毛球總會及香港網球總會協辦，吸引超過一百六十人報讀，最後共有來自六十五間中學的七十位老師獲接納參加。

學校教練評定計劃自一九九八年推出以來，一直獲得滙豐銀行慈善基金資助，為兼任校隊教練或統籌課外體育活動的老師提供獲取認可資格及改進教練技巧的機會。

是次計劃由二零零七年十一月二十九日開始至二零零八年一月二十日結束。各體育總會、校長和老師均對計劃予以大力支持。因應老師教務繁忙，運動通論課程特別安排在平日於香港體育學院（體院）上課，而羽毛球及網球的專項運動訓練，則於週末分別在香港城市大學及體院進行。





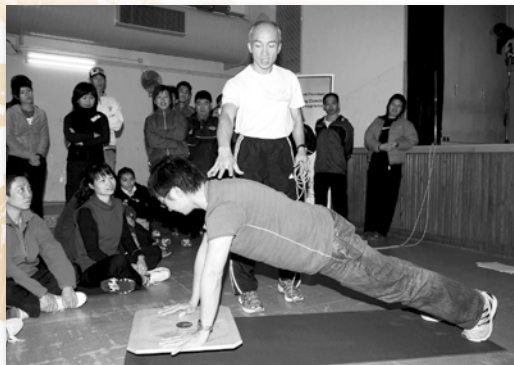
## HONGKONG BANK FOUNDATION CONTINUING COACH EDUCATION PROGRAMME



### Strong Turnout for Core Muscle Seminar

More than 80 coaches gathered at the HKSI on 28 December 2007 to learn about the benefits of core muscle training and how it enhanced athletes' performance.

Kenneth Liang, an experienced tutor of the Hongkong Bank Foundation Coach Accreditation Programme, shared his experience and expertise in the "Core Stability Training for Peak Performance" Seminar, which also included a practical session with exercises demonstration.



## 滙豐銀行慈善基金教練延續培訓計劃



### 「核心肌肉穩定性訓練」講座反應踴躍

講座於二零零七年十二月二十八日在體院舉行，吸引逾八十位教練參加。

講者梁達強是「滙豐銀行慈善基金教練級別評定計劃」的資深導師。他向在座教練講解核心肌肉穩定性訓練對改善運動員表現的好處，而除了講授理論，講座還包括示範及實習環節，幫助學員加深記憶。

## HONGKONG BANK FOUNDATION COACH ACCREDITATION PROGRAMME ACCREDITED COACH RENEWAL SCHEME



### Renewal Scheme — a Boost for Accredited Coaches

The Hongkong Bank Foundation Coach Accreditation Programme-Accredited Coach Renewal Scheme (ACRS) will be implemented in September 2008, which serves as a means to upkeep the quality of the accredited coaches and provide them with an identity of an active accredited coach.

Starting from September 2008, upon completion and passing of the Sports-General Theory (Part A) Course, accredited coaches will be issued with a "Coach Accreditation Card" for a validity of four years.

In order to maintain an active status, accredited coaches are required to take part in continuing coach activities within the four years to accrue the required hours for renewal. Please keep an eye for details at the HKCC website at [www.hkcoaching.com](http://www.hkcoaching.com)

## 滙豐銀行慈善基金教練級別評定計劃認可教練續領計劃



### 認可教練續領計劃有助獲認可教練與時並進

即將於九月份推行的「滙豐銀行慈善基金教練級別評定計劃——認可教練續領計劃」，旨在鼓勵獲認可的教練與時並進，不斷提升水平，並突顯其活躍教練的身份。

根據新計劃，由今年九月開始，教練於修畢運動通論(甲部)課程及合格後將獲發一張有效期為四年的教練證。

持證教練必須於四年內參加教練延續培訓活動以累積足夠上課時數，方可續領此證。詳情將於日後在委員會的網頁[www.hkcoaching.com](http://www.hkcoaching.com)內公佈。

## HONGKONG BANK FOUNDATION COACH ACCREDITATION PROGRAMME



Course Schedule For  
Apr 08 – Mar 09

The annual course schedule of the Sports-General Theory (Part A) is now available. Coaches who are interested in enrolling can apply through their respective NSAs.

## 滙豐銀行慈善基金教練級別評定計劃



二零零八年四月至二零零九年三月  
課程時間表

二零零八至二零零九年度的運動通論(甲部)課程時間表已經公布，有意報讀的教練可向所屬體育總會查詢。

### Level 1, 2 & 3 Sports-General Theory Course (April 2008 – March 2009)

第一、二及三級運動通論課程 (2008年4月至2009年3月)

Course Code 課程編號	Course 課程	Month 月份	Date 日期
<b>2008</b>			
08-091C1	Level 1 (Cantonese) Weekend course 第一級 (廣東話) — 週末班	April 四月 May 五月	5, 6, 12, 13, 19, 26, 27 3, 4
08-091C2	Level 2 (Cantonese) Weekday <sup>1</sup> course 第二級 (廣東話) — 平日班 <sup>1</sup>	April 四月 May 五月	7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30 5, 7, 9, 16
08-092C1	Level 1 (Cantonese) Weekend course 第一級 (廣東話) — 週末班	May 五月 June 六月	10, 17, 18, 24, 25, 31 1, 7, 14
08-093C1	Level 1 (English) Weekday <sup>1</sup> course 第一級 (英語) — 平日班 <sup>1</sup>	May 五月 June 六月	19, 21, 23, 26, 28, 30 2, 4, 6, 11, 13, 20
08-094C1	Level 1 (Cantonese) Weekday <sup>2</sup> course 第一級 (廣東話) — 平日班 <sup>2</sup>	May 五月 June 六月	15, 20, 22, 27, 29 3, 5, 10, 12, 17, 19, 26
08-092C2	Level 2 (Cantonese) Weekend course 第二級 (廣東話) — 週末班	June 六月 July 七月	15, 21, 22, 28, 29 5, 6, 12, 13, 19, 26
08-095C1	Level 1 (Cantonese) Weekday <sup>1</sup> course 第一級 (廣東話) — 平日班 <sup>1</sup>	September 九月 October 十月	1, 3, 5, 8, 10, 12, 17, 19, 22, 24, 26 3
08-093C2	Level 2 (Cantonese) Weekend course 第二級 (廣東話) — 週末班	September 九月 October 十月	6, 7, 13, 20, 21, 27, 28 4, 5, 11, 18
08-096C1	Level 1 (Cantonese) Weekday <sup>2</sup> course 第一級 (廣東話) — 平日班 <sup>2</sup>	September 九月 October 十月	2, 4, 9, 11, 16, 18, 23, 25, 30 2, 9, 14
08-091C3	Level 3 (Cantonese) Weekday <sup>1</sup> course 第三級 (廣東話) — 平日班 <sup>1</sup>	October 十月 November 十一月	6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31 3, 5, 7, 10, 12, 14, 21
08-097C1	Level 1 (Cantonese) Weekend course 第一級 (廣東話) — 週末班	October 十月 November 十一月	25, 26 1, 2, 8, 9, 15, 16, 22
08-098C1	Level 1 (Cantonese) Weekday <sup>2</sup> course 第一級 (廣東話) — 平日班 <sup>2</sup>	October 十月 November 十一月	16, 21, 23, 28, 30 4, 6, 11, 13, 18, 20, 27
<b>2009</b>			
08-099C1*	Level 1 (Cantonese) 第一級 (廣東話)	January 一月	2, 5, 6, 9, 12, 13, 15, 16, 19, 20, 22, 30
08-0910C1*	Level 1 (Cantonese) Weekday & Weekend course 第一級 (廣東話) — 平日及週末班	February 二月	3, 5, 7, 10, 12, 17, 19, 21, 24, 28
08-094C2	Level 2 (Cantonese) Weekday <sup>1</sup> course 第二級 (廣東話) — 平日班 <sup>1</sup>	February 二月 March 三月	4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27 2, 6, 9, 13

#### Remarks :

- Venue : Hall 5, Wu Kai Sha Youth Village
- Time : Weekday<sup>1</sup> course (Monday, Wednesday & Friday) : 7:00pm – 10:00pm  
Weekday<sup>2</sup> Course (Tuesday & Thursday) : 7:00pm – 10:00pm  
Weekend course (Saturday & Sunday) : 2:00pm – 8:00pm  
\* 08-099C1 course (Monday, Tuesday, Thursday & Friday) : 7:00pm – 10:00pm  
\* 08-0910C1 course (Tuesday, Thursday & Saturday) : 7:00pm – 10:00pm or 2:00pm – 8:00pm

3) Medium of Instruction : Cantonese / English

4) Dates underlined are examination dates

5) The schedule and venue is subjected to modification if necessary

#### 備註 :

- 上課地點 : 烏溪沙青年新村五號禮堂
- 上課時間 : 平日班<sup>1</sup> (星期一、三及五) : 晚上七時至十時  
平日班<sup>2</sup> (星期二及四) : 晚上七時至十時  
週末班 (星期六及日) : 下午二時至晚上八時  
\* 08-099C1班 (星期一、二、四及五) : 晚上七時至十時  
\* 08-0910C1班 (星期二、四及六) : 晚上七時至十時或下午二時至晚上八時

3) 講授語言 : 廣東話 / 英語

4) 劃有底線之日期為考試日

5) 上述課程及上課地點在需要時會作出修改

## HONGKONG BANK FOUNDATION ELITE ATHLETES SUPPORT SCHEME



### Coaching Knowledge for Elite Athletes



Elite athletes looking to extend their sporting careers took part in the inaugural Hongkong Bank Foundation Elite Athletes Support Scheme in Coach Education (EASS) between 3 and 18 December 2007.

The programme, which is aimed at helping athletes become accredited coaches, has attracted a total of 24 elite sports athletes to attend, with the support of their respective Head Coaches. The elite athletes are required to complete a special Coach Accreditation Programme at Level 2.

Positive feedback was received from the athletes, who said the programme had provided them with pragmatic and useful knowledge in sports coaching. Chow Kwong Wing, an elite rower who has accomplished outstanding examination results in the EASS programme, appreciated that the schedule was well arranged so that his regular training was not affected. He would also recommend the programme to other athletes who wish to become accredited coaches.

## 滙豐銀行慈善基金精英運動員教練培訓計劃



### 精英運動員 學習教練專業知識

二十四位有意在未來投身教練行列的精英運動員，參加了於二零零七年十二月三日至十八日首次舉辦的「滙豐銀行慈善基金精英運動員教練培訓計劃」。

這項計劃旨在幫助運動員獲取認可教練的資格，以延續他們的運動生涯。在其所屬總教練的支持下，這群精英運動員需完成特別為他們而設的教練級別評定計劃第二級課程。



學員對這項新計劃反應良好，他們指出課堂上教授的運動訓練知識非常實用。其中一位取得培訓計劃優異成績的划艇精英運動員鄒廣榮更認為上課安排十分妥善，絲毫沒有影響其日常訓練，值得推薦其他有志成為教練的運動員報讀。





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  
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