

# UPDATE 動向



## 2008 Hongkong Bank Foundation Coaching Awards

## 滙豐銀行慈善基金 優秀教練選舉

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#### 86 coaches honoured at 2008 Hongkong Bank Foundation Coaching Awards

The 2008 Hongkong Bank Foundation Coaching Awards were presented in a glittering ceremony at the Grand Hyatt Hotel on 19 April 2009 to salute Hong Kong's coaches at all levels.

Organised by the Hong Kong Coaching Committee (HKCC) and funded by the Hongkong Bank Foundation (HBF) since 1993, the Hongkong Bank Foundation Coaching Awards are the most prestigious Awards in Hong Kong. Its purpose is to commend the achievements of local coaches from grass roots to elite levels on a territory-wide basis and recognise the coaches' dedication and contribution to athletes training.



A total of 86 coaches were honoured in a presentation ceremony to recognise their hard work and efforts in helping Hong Kong athletes achieve greater success on the international arena in 2008.

The honoured coaches had been whittled down from a record 131 nominations that were received for this year's Coaching Awards. Six categories, namely, Coach of the Year Awards, Distinguished Services Award for Coaching, Coach Education Award, Best Team Sport Award, Coaching Excellence Awards and Community Coach Recognition Awards were presented.

Tsang Tak-sing, Secretary for Home Affairs officiated at the Ceremony as the gesture of the government's support to Hong Kong Sports. He was joined by Pang Chung, Honorary Secretary General of the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC); Dr Eric Li, Chairman of the Hong Kong Sports Institute (HKSI); Professor Frank Fu, Chairman of the Hong Kong Coaching Committee (HKCC); and Teresa Au, Head of Corporate Sustainability, Asia Pacific Region of The Hongkong and Shanghai Banking Corporation Limited (HSBC).

#### 二零零八滙豐銀行慈善基金優秀教練選舉表揚八十六位傑出教練

向香港教練致敬的體壇盛會 — 2008滙豐銀行慈善基金優秀教練選舉頒獎典禮已於2009年4月19日假香港君悅酒店隆重舉行，出席的體壇名人和嘉賓多不勝數，堪稱星光熠熠。

這項一年一度的大型活動由香港教練培訓委員會於1993年首辦，一直得到滙豐銀行慈善基金慷慨資助，也是香港唯一全港性嘉許本地教練的頒獎禮，以表揚他們對培訓運動員和促進體育發展的貢獻。

今年的頒獎禮上共嘉許了86位，在2008年致力協助香港運動員在國際體育賽事更上一層樓的教練。

選舉設有全年最佳教練獎、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，以及社區優秀教練獎六組獎項。大會今年接獲的提名表格共131份，乃歷年之冠。

今年的主禮嘉賓是民政事務局長曾德成，足證特區政府對香港體育發展的重視與支持。其他嘉賓包括中國香港體育協會暨奧林匹克委員會（港協暨奧委會）義務秘書長彭冲、香港體育學院（體院）主席李家祥博士、香港教練培訓委員會主席傅浩堅教授，以及香港上海滙豐銀行有限公司亞太區企業可持續發展總監區佩兒。





The guests paid tribute to the coaches' dedication and hard work behind the scenes, while encouraging coaches to continue their outstanding work so that Hong Kong can achieve even better results in future.

Professor Frank Fu, Chairman of the HKCC, said in his welcoming speech that the record number of nominations reflected the Awards scheme's success. "As you all know, the achievements and success of the athletes to a large extent are owed to the enthusiasm of their coaches who always try very hard to ensure that their athletes are at peak level," said Fu.

Fu specially thanked the government for its support to the Awards and the HBF for its generous contribution to the coaching education programme over the years. He also praised the National Sports Associations for their strong dedication towards raising coach education to higher levels.

Teresa Au, Head of Corporate Sustainability, Asia Pacific Region, HSBC, commended awardees for their effort and enthusiasm. She said: "There is a tendency to overlook coaches' effort behind the scenes to help the athletes. They clearly deserve more recognition. That's why the Hongkong Bank Foundation has been funding the Coach Education Programme and the Awards since early 1990s."



Wushu coach Yu Li-guang took his sixth Coach of the Year Awards title for senior athletes in individual sports category. Under his guidance, Hei Zhi-hong clinched a silver medal in the Men's Taijiquan and Taijijian combined while Cheng Chung-hang won a bronze medal in the Men's Daoshu and Gunshu combined at the prestigious Beijing 2008 Wushu Tournament.

Table tennis coach Li Hui-fen took her second straight Coach of the Year Awards for senior athletes in team event in a row after leading Hong Kong's Table Tennis Women's Team to a bronze medal at the 49th World Team Table Tennis Championships in Guangzhou.

各位嘉賓衷心感謝在幕後默默耕耘的教練之餘，也寄望他們再接再厲，協助香港健兒在國際體壇上再闢高峰。

香港教練培訓委員會主席傅浩堅教授在歡迎辭中指出，今年的提名數目再創新高，顯示優秀教練選舉深得各界重視。他說：「眾所周知，教練在每一刻都致力確保運動員處於最佳狀態；由此可見，運動員的成就與教練的努力是分不開的。」

傅教授特別感謝特區政府對優秀教練選舉的重視，以及滙豐銀行慈善基金長久以來對教練培訓計劃的慷慨資助，還有各體育總會對提升教練水平的重大貢獻。



香港上海滙豐銀行有限公司亞太區企業可持續發展總監區佩兒對得獎教練所付出的心血和熱誠極為讚賞。她說：「教練長期悉心指導及啟發不同水平的運動員，角色極為重要，但他們的貢獻卻往往被忽略。」

所以，滙豐銀行慈善基金自90年初已開始資助香港教練培訓計劃及優秀教練選舉。」

過去曾五度獲獎的于立光教練今年再下一城，獲頒個人項目高級組的全年最佳教練獎。在于教練的指導下，黑志宏和鄭仲恆在2008北京武術比賽中，分別取得男子太極拳及太極劍全能銀牌和男子刀術及棍術全能銅牌。

再傳喜訊的還有榮獲團體項目高級組全年最佳教練獎的李惠芬。李教練已是連續第二年贏得這項殊榮，由她領導的香港女子乒乓球隊，在去年於廣州舉行的第49屆世界乒乓球錦標賽奪得女子團體賽銅牌。



Wushu coach Wong Chi-kwong was honoured with the Coach of the Year Awards for junior athletes in individual sport for helping Hong Kong's up-and-coming athletes achieve excellent result at the 2nd World Junior Wushu Championships with 2 gold, 3 silver and 2 bronze medals, including champion in Group B Men's 24 Form Taijiquan by Lo Chun-ming and champion in Group B Women's Gunshu by Fung Wing-see.



個人項目青少年組方面，榮膺全年最佳教練的黃志光是首次獲得這項榮譽。他帶領一眾新秀出戰第二屆世界青少年武術錦標賽，取得兩金、三銀、兩銅的佳績；兩位摘冠的小將分別是取得男子乙組 24 式太極拳金牌的勞浚銘，以及女子乙組棍術金牌的馮泳施。

Badminton coach Liu Zhi-heng won the Coach of the Year Awards for junior athletes in team event on his debut after coaching the junior badminton team to a silver medal in Mixed Doubles at the Dutch Junior International 2008; a bronze medal in Mixed Team Event at the Asian Junior Badminton Championships U19 2008; and two bronze medals in Mixed Doubles and Men's Team at the Badminton Asia Youth Championships U16 2008.



同屬首次獲獎的還有羽毛球教練劉志恆，獲得團體項目青少年組全年最佳教練獎的他，帶領香港青少年羽毛球隊南征北戰，先後奪得 2008 荷蘭青少年國際錦標賽混雙銀牌、2008 亞洲青少年錦標賽 19 歲以下混合團體賽銅牌，以及 2008 亞洲青少年錦標賽 16 歲以下的男子團體及混雙兩枚銅牌。

獲頒傑出貢獻獎的鄭兆康則是極資深的輪椅劍擊教練。過去 10 年，鄭教練帶領香港的輪椅劍擊隊多次揚威海外，單在 2000、2004 及 2008 年的三屆殘疾人奧運會，就合共取得 13 枚金牌、6 枚銀牌及 3 枚銅牌。

Wheelchair fencing coach Zheng Kang-zhao won the Distinguished Services Award for Coaching for his long-term commitment to the sport. Over the past decade, he has helped Hong Kong team achieve outstanding results at many international tournaments, including a total of 13 gold, 6 silver and 3 bronze medals at the 2000, 2004 and 2008 Paralympic Games.

2004 及 2008 年的三屆殘疾人奧運會，就合共取得 13 枚金牌、6 枚銀牌及 3 枚銅牌。





Rugby coach Rodney McIntosh made his successive victories in the Best Team Sport Award this year after helping Hong Kong finished the second place overall at the Rugby World Cup Sevens – Asian Qualifying Tournament. Wushu coach Law Kin-keung was rewarded with the Coach Education Award for his work in training and enhancing the quality of coaches in his sport.

The Coaching Excellence Awards were presented to 66 coaches who helped individuals or teams achieve outstanding performances at major competitions in 2008. A total of 19 coaches were presented with the Community Coach Recognition Awards for making a special contribution to the development of athletes at the community level.

The Hong Kong Table Tennis Association was awarded the Most Supportive National Sports Association(NSA) for the Hongkong Bank Foundation Coach Accreditation Programme(CAP) having the greatest number of coaches successfully enrolled in the Programme this year.

The HKCC, a joint committee of the SF&OC and the HKSI, was established in 1991. Its aim is to formulate and implement short-term and long-term strategies for the development of coach education and accreditation programmes in Hong Kong.

The Hong Kong Coach Education Programme has been funded by the HBF with more than HK\$21 million committed since 1992. Throughout the years, over 20,000 coaches have been benefited from the training and recognition programmes in the Programme.



連續第二年獲獎的還有欖球教練Rodney McIntosh，他帶領香港隊在七人欖球世界盃－亞洲區外圍賽贏得七人欖球賽第二名，因而獲頒最佳隊際運動教練獎。至於最佳教練培訓工作者獎，則由多年來致力推廣武術，提升武術教練水平的羅健強獲得。

本年度獲頒精英教練獎的共有66人，他們都曾帶領運動員或運動隊伍在2008年的大型國際賽事取得佳績；另外，大會向19位教練頒發了社區優秀教練獎，表揚他們在社區培訓運動員的貢獻。



香港乒乓總會於2008年度再度提名最多教練參加「滙豐銀行慈善基金教練級別評定計劃」；為此，滙豐銀行慈善基金特別向該會頒發「最積極參與體育總會獎」，以表揚該會對計劃的支持。

香港教練培訓委員會是由港協暨奧委會與香港體育學院於1991年聯合組成，專責制訂並執行有關培訓本地教練及教練級別評定計劃的短期及長遠策略；而早於1992年，香港教練培訓計劃已獲得滙豐銀行慈善基金資助，歷年的資助額合計逾港幣二千一百萬元，透過計劃受惠共超過20,000人。



## 2008 Hongkong Bank Foundation Coaching Awards List of Recipients

### 二零零八年滙豐銀行慈善基金優秀教練選舉 得獎教練名單



Coach of the Year Awards	Sport
Senior athletes, individual sport	
Yu Li-guang	Wushu
Senior athletes, team event	
Li Hui-fen	Table Tennis
Junior athletes, individual sport	
Wong Chi-kwong	Wushu
Junior athletes, team event	
Liu Zhi-heng	Badminton

全年最佳教練獎	體育項目
個人項目高級組	
于立光	武術
團體項目高級組	
李惠芬	乒乓球
個人項目青少年組	
黃志光	武術
團體項目青少年組	
劉志恆	羽毛球

Best Team Sport Award	Sport
Rodney McIntosh	Rugby

最佳隊際運動教練獎	體育項目
Rodney McIntosh	欖球

Distinguished Services Award for Coaching	Sport
Zheng Kang-zhao	Wheelchair Fencing

傑出貢獻獎	體育項目
鄭兆康	輪椅劍擊

Coach Education Award	Sport
Law Kin-keung	Wushu

最佳教練培訓工作者獎	體育項目
羅健強	武術

Coaching Excellence Awards	Sport
Ng Chit-wing	Athletics
Pat Kwok-wai	Athletics
Yu Lik	Athletics
Au Yeung Ka-kue	Athletics for the Physically Disabled
Chan Chi-choi	Badminton
Chan Sau-shun	Badminton
Chen Yang	Badminton
Agus Hariyanto	Badminton
He Yi-ming	Badminton
Liu Zhi-heng	Badminton
Zheng Yu-min	Badminton
Kwok Hart-wing	Boccia

精英教練獎	體育項目
吳哲穎	田徑
畢國偉	田徑
余力	田徑
歐陽家駒	傷殘人士田徑
陳智才	羽毛球
陳守信	羽毛球
陳楊	羽毛球
林光毅	羽毛球
何一鳴	羽毛球
劉志恆	羽毛球
鄭昱閏	羽毛球
郭克榮	硬地滾球

Coaching Excellence Awards	Sport
Poon Chun-kit, Ken	Boccia
Wong Sau-wah	Boccia
Fung Kai-wing	Bodybuilding
Li Sai-sum	Bodybuilding
Wong Kwai-hung	Bodybuilding
Shen Jin-kang	Cycling
Tsang Kai-ming	Cycling
Andras Decsi	Fencing
He Tai-shun	Fencing
Geza Marffy	Fencing
Sandor Neuhold	Fencing
Wang Chang-yong	Fencing
Wang Rui-ji	Fencing
Wang Zhong-qiang	Fencing
Zhou Yong-cheng	Fencing
Poon King-hung	Gymnastics
Shing Sau-ping, Semeul	Indoor Cycling
Yau Wai-ping	Life Saving
Cheng Yuen-ki, Hilda	Orienteering
Ko Man-fung, Francis	Orienteering
Lee Man-wai	Orienteering
Leung Lam	Orienteering
Chiang Yun-kuen	Rowing
Lo Wan-kei, Alex	Rowing
Chris Perry	Rowing
Wong Chi-wai, Sam	Rowing
Rodney McIntosh	Rugby
Cheung Hei-man	Sport Climbing
Lok Chi-wai, Rocky	Sport Climbing
Choi Yuk-kwan, Tony	Squash
Faheem Khan	Squash
Leung Kan-fai, Dick	Squash
Wong Wai-chung, Joe	Squash
Kam Chi-ho	Swimming for the Mentally Handicapped
Ni Chao-yang	Swimming for the Mentally Handicapped
Dong Lun	Table Tennis
Guan Jian-hua	Table Tennis
Li Hui-fen	Table Tennis

精英教練獎	體育項目
潘俊傑	硬地滾球
黃秀華	硬地滾球
馮啟榮	健美
李世琛	健美
黃桂洪	健美
沈金康	單車
曾啟明	單車
Andras Decsi	劍擊
何泰順	劍擊
Geza Marffy	劍擊
Sandor Neuhold	劍擊
汪昌永	劍擊
王銳基	劍擊
王忠強	劍擊
周永成	劍擊
潘鏡雄	體操
成秀萍	室內單車
丘惠萍	拯溺
鄭宛琦	野外定向
高文峯	野外定向
李文威	野外定向
梁林	野外定向
蔣潤權	賽艇
盧允基	賽艇
白勵	賽艇
黃志偉	賽艇
Rodney McIntosh	欖球
張希文	運動攀登
駱志偉	運動攀登
蔡玉坤	壁球
簡化謙	壁球
梁勤輝	壁球
王偉聰	壁球
甘志豪	智障人士游泳
倪朝陽	智障人士游泳
董倫	乒乓球
管建華	乒乓球
李惠芬	乒乓球

Coaching Excellence Awards	Sport
Cui Xiao-yan	Table Tennis for the Mentally Handicapped
Leung Kam-yau	Table Tennis for the Mentally Handicapped
Purvis James Granger	Tenpin Bowling
Kevin Clark	Triathlon
Ruth Hunt	Triathlon
Wan Shu-wah	Triathlon
Kwong Wai-ip, Eric	Wheelchair Fencing
Lau Sik	Wheelchair Fencing
Zheng Kang-zhao	Wheelchair Fencing
Cheung Kwok-bun	Windsurfing
Yu Wing-ho	Windsurfing
Gao Song	Wushu
Lo Nga-ching	Wushu
Wong Chi-kwong	Wushu
Wong Wai-ching	Wushu
Yu Li-guang	Wushu

精英教練獎	體育項目
崔小燕	智障人士乒乓球
梁金祐	智障人士乒乓球
柏夫斯	保齡球
Kevin Clark	三項鐵人
露芙肯特	三項鐵人
溫樹華	三項鐵人
鄺偉業	輪椅劍擊
劉軾	輪椅劍擊
鄭兆康	輪椅劍擊
張國斌	滑浪風帆
茹詠豪	滑浪風帆
高聳	武術
羅雅菁	武術
黃志光	武術
黃惠貞	武術
于立光	武術

Community Coach Recognition Awards	Sport
Lam On-tat	Athletics
Chu Wing-fan	Badminton
Tsang Chiu-pong	Badminton for the Physically Disabled
Chu Ka-chun, Ivan	Basketball
Lau Wai-ho, Eddie	Basketball
Najeeb Amar	Cricket
Lee Chi-nang, Peter	Handball
Lo Kit-ying, Loretta	Indoor Cycling
Yeung Wai-man	Life Saving
Yip Sai-leung	Life Saving
Lau Wing-kit	Orienteering
Fung Kwai-cheung	Swimming
Lau Wai-lin	Swimming
Li On-tung	Taekwondo
Fung Suet-ye, Vanessa	Tenpin Bowling for the Mentally Handicapped
Chau Chiu-nam	Triathlon
Carlay Tong	Triathlon
Lui Shek-man	Wushu
Tong Yi-man	Wushu

社區優秀教練獎	體育項目
林安達	田徑
朱穎芬	羽毛球
曾昭邦	傷殘人士羽毛球
朱加俊	籃球
劉偉豪	籃球
Najeeb Amar	板球
李志能	手球
盧潔凝	室內單車
楊偉文	拯溺
葉世良	拯溺
劉永傑	野外定向
馮貴祥	游泳
劉惠蓮	游泳
李安東	跆拳道
馮雪儀	智障人士保齡球
周俏男	三項鐵人
湯嘉麗	三項鐵人
呂石文	武術
唐宇雯	武術



## Hongkong Bank Foundation Elite Coaches Seminar

### 滙豐銀行慈善基金精英教練員研討會

**China renowned experts share expertise at the 16th Hongkong Bank Foundation Elite Coaches Seminar in Guangzhou**

**國家隊專家於廣州研討會與本地教練分享成功之道**

Coaches of Olympic medalists and sports scientists from China and Hong Kong shared their invaluable experience and imparted their knowledge at the 16th Hongkong Bank Foundation Elite Coaches Seminar entitled "The Olympics and Way to Success".

The seminar was held on 23-24 May 2009 at the Guangzhou Sport University and it was the first time to be held outside Hong Kong. Over 130 coaches from Hong Kong and Guangzhou attended this Seminar, which aims at promoting exchange on China's unprecedented success at the 2008 Beijing Olympic Games among them.



Dr Trisha Leahy, Chief Executive of HKSI and Ex-Officio Member of HKCC, Jiang Zhi-xue, General Director of Science and Education Department of General Administration of Sport of China and Billy Leung, Senior Vice President & Branch Manager of the Guangzhou Branch of HSBC Bank (China) Company Limited officiated at the opening ceremony.

於2009年5月23至24日舉行的第十六屆滙豐銀行慈善基金精英教練員研討會，有幸邀得多位中國國家隊的教練，以及內地與香港的運動科研專家講述他們協助運動員贏取奧運獎牌的心得。

這個以「奧運與成功之道」為題的大型研討會，今年更首次踏出香港，移師廣州體育學院舉行。來自港、穗兩地的130多位與會教練希望藉著這個寶貴的機會借鏡國家隊在北京奧運的成功秘訣。

研討會的主禮嘉賓包括體院院長兼香港教練培訓委員會當然成員李翠莎博士、中國國家體育總局科教司司長蔣志學，以及滙豐銀行(中國)有限公司廣州分行行長梁澤鏘。





Five professionals from China and Hong Kong delivered their presentations on different aspects to the audience. Lu Shan-zhen, Vice Director of Gymnastics Administration Centre of General Administration of Sport of China, Women's Gymnastic Team Head Coach since 1993, enlightened the audience as he shared his practical experience on "The Experience and Lesson Learned from the Preparation of The Beijing Olympics".



研討會上，五位來自不同範疇的內地和香港科研專家分別發表專題演講。首先是中國國家體育總局體操運動管理中心副主任陸善真，其講題是「北京奧運週期備戰工作的經驗和教訓」。陸教練是資深的體壇前輩，早於1983年已擔任中國女子體操隊主教練。

Professor Zhang Zhong-qiu, Director of Sport Psychology Laboratory of China Administration of Sports also gave a presentation on "Athletes' Psychological Potential Exploration and Predicting Factors of Performance".



Zhang Xie-lin, Former Vice President of Chinese Table Tennis Association and Former Vice Director of Table Tennis and Badminton Administration Centre of General Administration of Sport of China, revealed some of the secrets that have made China the world's most dominant table tennis nation in "My life with Table Tennis".



第二位講者張忠秋教授現任中國國家體育總局運動心理重點實驗室主任，他的講題是「運動員心理潛能開發與發揮水準預測要素」。

至於原中國乒乓球協會副主席及原國家體育總局乒羽中心副主任張燮林，就以「乒乓人生」為題，分析中國得以成為世界乒壇霸主的心得。



Dr Raymond Li, Sport Physiotherapist of HKSI, who was appointed by the Chinese National Sports Bureau in 2006 as one of the 40 medical experts for the China National Olympic Team in preparation for the Beijing 2008 Olympic Games, impressed the audience as he shared his experience on "Prepare for the Olympic Games – When the East Met the West in Rehabilitation".

Liu Wei-guo, Team Manager of Chinese National Weightlifting Women's Team, also covered China weightlifting team's success story by sharing his vast knowledge on "Scientific Training for Full-Scale Olympics Preparation".

In addition to the Seminar, participants also paid a half-day visit to some of the sporting facilities in Guangzhou, including the Huang Cun Sports Training Base and the Guangdong Olympic Stadium, which would be used for the opening and closing ceremonies of next year's 16th Asian Games.



來自香港的體院運動物理治療統籌主任李志端博士，於2006年獲國家體育總局科教司聘任為國家隊40位醫療專家之一，協助中國健兒備戰北京奧運。他在研討會上分享如何結合中西醫學來提高療效，使國家隊的代表在北京奧運期間發揮水準，讓與會者留下深刻印象。

第五位講者劉衛國是中國國家女子舉重隊的領隊。其演講以「激情愉悅科學訓練，大膽細緻全方位備戰」為題，指出中國舉重隊在北京奧運技驚四座的一些秘訣。

專題演講於24日中午結束後，大會特別安排與會者在下午參觀廣州市的一些重要運動設施，如黃川體育訓練基地及廣東奧林匹克體育中心。後者更是2010年第十六屆亞運會的開幕及閉幕禮場地。







Participants of the Seminar all found the Seminar very beneficial and enlightening. They said the experts were professional in every aspect, showing good presentation skill and sharing their invaluable practical experience. They believed the seminar offered a rare opportunity to learn from the best.

參加這次研討會的教練認為此行獲益良多，研討會的講者除了是所屬範疇的專家外，演講時更深入淺出，以本身的經歷和體驗為本，如此寶貴的學習機會可說十分難得。



Jointly organised by the HKCC and the All-China Sports Federation with funding from the HBF, the annual Seminar aims to provide a platform for Mainland experts and local coaching professionals to exchange knowledge and ideas.



一年一度的滙豐銀行慈善基金精英教練員研討會，是由香港教練培訓委員會與中華全國體育總會合辦，並獲滙豐銀行慈善基金資助，目的是提供一個溝通的平台，促進內地專家與本地專業教練的交流和聯繫。

# Hongkong Bank Foundation Coach Accreditation Programme

## 滙豐銀行慈善基金教練級別評定計劃

### Course Schedule for August 2009 – March 2010

### 2009年8月至2010年3月課程時間表

The schedule of the Sports-General Theory (Part A) Course for 2009/10 is now available. Coaches interested in enrolling can apply through their respective NSAs. Please browse HKCC website at [www.hkcoaching.com](http://www.hkcoaching.com) for details.

2009/10年的運動通論(甲部)課程時間表已經公布，歡迎有意修讀的教練透過其所屬體育總會報名。查閱詳情，請瀏覽 [www.hkcoaching.com](http://www.hkcoaching.com)。

### Level 1 – 3 Sports-General Theory Courses (August 2009 - March 2010) 第一至三級運動通論課程 (2009年8月至2010年3月)

Course code 課程編號	Course 課程	Month 月份	Date 日期
09-101C2	Level 2 (Cantonese) — weekend course 第二級(廣東話) — 週末班	August 八月 September 九月 October 十月	29, 30 5, 6, 12, 13, 19, 20, 26, 27 <u>11</u>
09-107C1	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	1, 3, 8, 10, 15, 17, 22, 24, 29 6, 8, <u>13</u>
09-108C1	Level 1 (Cantonese) — weekday <sup>1</sup> course 第一級(廣東話) — 平日班 <sup>1</sup>	October 十月 November 十一月	12, 14, 16, 19, 21, 23, 28, 30 2, 4, 6, <u>9</u>
09-109C1	Level 1 (Cantonese) — weekend course 第一級(廣東話) — 週末班	October 十月 November 十一月	10, 17, 18, 31 1, 7, 8, 14, <u>15</u>
09-1010C1	Level 1 (Cantonese) — weekday <sup>1</sup> course 第一級(廣東話) — 平日班 <sup>1</sup>	November 十一月 December 十二月	11, 13, 16, 18, 20, 23, 25, 27, 30 2, 4, <u>7</u>
09-1011C1	Level 1 (Cantonese) — weekend course 第一級(廣東話) — 週末班	November 十一月 December 十二月	21, 22, 28, 29 5, 6, 12, 13, <u>20</u>
09-101C3	Level 3 (Cantonese) — weekday <sup>2</sup> & weekend course 第三級(廣東話) — 平日 <sup>2</sup> 及週末班	January 一月 February 二月	5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30 2, 4, 6, <u>23</u>
09-1012C1	Level 1 (Cantonese) — weekday <sup>1</sup> course 第一級(廣東話) — 平日班 <sup>1</sup>	January 一月 February 二月	8, 11, 13, 15, 18, 20, 22, 25, 27, 29 1, <u>3</u>
09-1013C1	Level 1 (Cantonese) — weekday <sup>2</sup> course 第一級(廣東話) — 平日班 <sup>2</sup>	February 二月 March 三月	9, 23, 25 2, 4, 9, 11, 16, 18, 23, 25, <u>30</u>
09-1014C1	Level 1 (Cantonese) — weekend course 第一級(廣東話) — 週末班	February 二月 March 三月	27, 28 6, 7, 13, 14, 20, 21, 27, <u>28</u>

The schedule is subject to change if necessary. 課程日期及上課地點在需要情況下會作出修改

#### Remarks:

- Venue: Hall 5, Wu Kai Sha Youth Village/BGCA, Wanchai/  
Hong Kong Productivity Council, Kowloon Tong (To be confirmed)
- 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
- Examination: Dates with underlined

#### 備註:

- 上課地點: 烏溪沙青年新村五號禮堂/灣仔小童群益會/  
九龍塘生產力培訓學院(暫定)
- 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
- 考試日期: 劃有底線之日期



## Tutors at Quality Teaching Awards recognised

## 教學獎嘉許優秀導師

In recognition for their hard work, five local prominent Coach Accreditation Programme (CAP) tutors were honoured at the Quality Teaching Awards Presentation held in conjunction with the Continuing Coach Education Programme Seminar on 25 March 2009 at the Hong Kong Sports Institute.

Hon Ching-lung, Kenneth Liang, Dr. Lobo Louie, Poon Kin-lui and Purple Tse were honoured for their excellent teaching in CAP in 2008/09.



香港教練培訓委員會特別設立了「優秀教學獎」，以感謝和表揚一些傑出導師對教練級別評定計劃的貢獻；2008/09年度的頒獎儀式，已於本年3月25日在體院與「教練延續培訓計劃」講座一併舉行。

今次得獎導師包括韓政龍、梁達強、雷雄德博士、潘健侶和謝明星，他們都是在2008/09年度教練級別評定計劃有傑出教學表現而獲獎。

## Hongkong Bank Foundation Continuing Coach Education Programme 滙豐銀行慈善基金教練延續培訓計劃

### Coaching Directors exchange views at Forum

### 教練總監論壇

More than 30 Coaching Directors and representatives from 20 NSAs exchanged views and expertise at the Coaching Directors Forum held at the Olympic House on 19 March 2009.

Two keynote speakers delivered their presentations. Emily Mak, Coaching & Development Manager of Hong Kong Squash, presented the topic on "Acquiring Sponsorship Support in the Development of Squash in Hong Kong"

Sunny Chau, Hon Secretary of Hong Kong Badminton Association, talked about the "Feeder System for Badminton in Hong Kong."

In addition, Coaching Directors and sports officials gathered at a dinner after the forum to exchange their views on coach education related issues.



來自20個體育總會的30多位教練總監和代表於2009年3月19日齊集奧運大樓，出席教練總監論壇，在聆聽兩位嘉賓講者的演講之餘，也藉此機會與同業交流意見。



論壇的首位講者是香港壁球總會教練及發展經理麥詩韻，講題是「如何爭取外界支持香港的壁球發展」；至於香港羽毛球總會義務秘書周日光，則介紹了「香港羽毛球運動員的選材制度」。

論壇結束後，出席的教練總監與體育行政人員一起參加晚上的聚餐，交流及討論與教練培訓有關的事宜。



## Coaches give nutritional tips for athletes

## 如何借助飲食提升運動員表現

Local coaches gained an invaluable insight as to how athletes improve their endurance through proper diet at a Nutritional Seminar held at the HKSI on 25 March 2009.

Organised by the Hong Kong Coaching Committee, the nutritional seminar dealt with how special dietary needs played an important part in the athletes' endurance.

About 130 coaches took part in the seminar entitled "Improving Athletes' Endurance Through Nutritional Strategies". Professor Stephen Wong from the Department of Sports Science and Physical Education of the Chinese University of Hong Kong explained the importance of dietary strategies for athletes on improving their endurance in training and competition. Professor Wong also offered nutritional advice, strategies and tips on refueling before training and competition, as well as drinking strategies to ensure adequate fluid intake.



多位本地教練於2009年3月25日雲集體院，參加了一個有關運動營養學的講座，了解運動員在飲食上的特別需要，以及如何透過調節飲食來增強運動員的耐力。

由任職於香港中文大學體育運動科學系的王香生教授主講「如何透過營養策劃提升運動員耐力」，約有130位教練參加。王教授除了講解適當的飲食策略怎樣有助提升運動員在練習和比賽時的耐力外，也提供了不少實用的意見和錦囊，幫助運動員在訓練和比賽前補充能量及確保涉取足夠的飲料。

## Hongkong Bank Foundation Accredited Coach Renewal Scheme 滙豐銀行慈善基金認可教練續領計劃

### Reminder for Accredited Coaches Qualified in 2003

Accredited coaches qualified in 2003 are reminded to obtain their new Sports-General Theory Certificate, Coach Accreditation Card and Coach Logbook from 1 November to 31 December 2009. All old Sports-General Theory Certificates will become invalid after the respective replacement period. For details, please visit the HKCC website at [www.hkcoaching.com/hk/acrs.asp](http://www.hkcoaching.com/hk/acrs.asp).



### 重要提示－2003年取得認可資格的 教練請於期限內續領新證

於2003年獲得認可資格的教練，請謹記於2009年11月1日至12月31日期間申請換領新的「運動通論證書」、「認可教練證」及「教練記錄冊」。所有舊證書將於指定換領期後無效。有關本計劃的最新資料，請登入網址 [www.hkcoaching.com/hk/acrs.asp](http://www.hkcoaching.com/hk/acrs.asp)。



**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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