

UPDATE 動向



17th Hongkong Bank Foundation Elite Coaches Seminar

第十七屆滙豐銀行慈善基金 精英教練員研討會

Hongkong Bank Foundation Elite Coaches Seminar

滙豐銀行慈善基金精英教練員研討會

Elite Coaches Gather for Annual Seminar

精英教練雲集年度研討會

The 17th Hongkong Bank Foundation Elite Coaches Seminar was held on 23–24 January 2010, with over 180 Mainland China, Macau and local coaches coming together to exchange ideas and discuss the latest developments in coaching.

Held at the Jockey Club Lecture Theatre of the Olympic House, this year's event featured "Winning Systems for Elite Coaching", with renowned speakers from Hong Kong, Mainland China and Singapore sharing their knowledge and experience in the field.

In his opening remarks, officiating guest Dr. James Lam, representative of the Hong Kong Coaching Committee (HKCC), thanked the All-China Sports Federation and The Hongkong Bank Foundation for their generous support. Another officiating guest Jiang Zhi-xue, General Director of the Science and Education Department of the General Administration of Sport of China, echoed these sentiments, adding that the variety of expertise at this year's seminar made it an important event for coaches throughout Asia. Mr. Jiang also spoke on "China's Elite Training System and Scientific Support", enabling everyone in attendance to gain valuable new insights into China's highly successful training programmes.

In total, 9 acclaimed speakers made presentations at the event. Speaking on the topic "Successful Elite Training System", Robert P Gambardella, Chief of the Sports Development Group and Singapore Sports Institute, Singapore Sports Council, shared his experience on high-performance systems and the need for an integrated approach to developing athletes, coaches and National Sports Associations (NSAs).

Zhang Shuang-xi, former Head Sabre Coach of the China National Fencing Team, spoke about "Talent Identification and Training Elite Fencing Athletes". Having coached Olympic gold medallist Zhong Man for 10 years prior to his Olympic success, Coach Zhang shared his vast experience and expertise on the subject with the participants.



第十七屆滙豐銀行慈善基金精英教練員研討會於2010年1月23至24日圓滿舉行，超過180名中國、澳門及香港教練員聚首一堂，交流意見及討論教練培訓的最新發展。

今屆的研討會假座奧運大樓賽馬會演講廳舉行，主題為「優秀的精英訓練系統」。多位來自香港、中國及新加坡的專家擔任演講嘉賓，與參加者分享他們的真知灼見。



在開幕禮上，主禮嘉賓之一的香港教練培訓委員會（委員會）代表林國基醫生感謝中華全國體育總會及滙豐銀行慈善基金的大力支持。另一位主禮嘉賓中國國家體育總局科教司司長蔣志學感謝資助機構外，更指出研討會內容越趨多元化，已成為亞洲區的主要教練員研討會。蔣司長又以「中國競技體育系統及科技支援」為題發表演講，讓參加者對中國成功的體育訓練系統有更深入的了解。



研討會共邀請了九位著名的運動專才發表專題演講，當中包括新加坡體育委員會體育發展及體育學院總監羅拔·甘巴德拉，他以「成功的精英培訓系統」為題，介紹如何透過高水平的訓練系統及綜合方法提升運動員、教練及體育總會的發展。



前中國國家佩劍隊主教練張雙喜以「如何發掘及培育高水平的劍擊運動員」為題，將他豐富的經驗與心得和與會者分享。張教練是奧運男子佩劍個人金牌得主仲滿的啟蒙教練，培訓仲滿長達10年。

Li Xiao-dong, Coach of the China National Table Tennis Team, brought the first day to an end with his presentation on "Support to Elite Athlete Training". As the coach of the China National Table Tennis Team for the last 20 years, Coach Li's presentation was also a key addition to this important event.

Day two of the seminar opened with a presentation by Dr. Julian W Chang, Honorary Medical Advisor of the Sports Federation and Olympic Committee of Hong Kong, China and Chairman of the Medical Committee of the East Asian Games Association. Dr. Chang shared his experience on "Medical Support in Preparation for Major Games". In particular, he gave advice to coaches on what issues to be aware of when planning for important competitions.

To help participants better understand Hong Kong's biopsychosocial approach to elite training, Dr. Trisha Leahy, Chief Executive of the Hong Kong Sports Institute (HKSI), spoke on "Elite Training System in Hong Kong". This was further complemented by a presentation in which Dr. Si Gang-yan, Sport Psychologist of the HKSI, spoke on "Development of Psychological Support for Hong Kong Athletes in Major Games".

Yu Wei-li, former Deputy Coach of the China National Athletics Team, elaborated on the topic "Effective Management and Training Tips for Athletics". Drawing on his experience as a silver medallist in the 4x100M relay at the 7th Asian Games in 1974, Coach Yu was also able to offer unique insights on training for relay events.

Following the gold-medal success of the Hong Kong Football Team at the 2009 Hong Kong East Asian Games, Kim Pang-on, Head Coach of the Hong Kong Football Team and Manager of the South China Athletics Association Football Team, shared with the participants on the "Road to Success – Hong Kong Football".

To conclude this inspirational event, Professor Chung Pak-kwong, Head of the Department of Physical Education of the Hong Kong Baptist University, moderated an open forum on the topic "The Role of Coaches in the Winning Systems". This thought-provoking forum led to constructive discussions among participants and further enriched the event's overall value.



中國國家乒乓球隊教練李曉東為首天研討會擔任壓軸講者，講題為「支援運動員邁向成功之路」。李教練執教中國國家隊達20年，他的演講令這次盛會生色不少。

第二天的研討會由張維醫生揭開序幕，他是中國香港體育協會暨奧林匹克委員會名譽醫學顧問及東亞運動會醫務委員會會長。張醫生的演講題目為「備戰大型比賽的醫療支援」，講述教練在計劃備戰重要比賽中應注意的事項。



為使與會者進一步了解香港的生物心理社會融合模式為基礎的精英體育培訓系統，香港體育學院（體院）院長李翠莎博士先發表演講，介紹「香港精英運動員培訓的契機」，體院運動心理主任姒剛彥博士接著闡釋「運動員在大型比賽中提高表現的心理因素」。



前中國國家田徑隊副總教練余維立的講題為「田徑訓練要訣及有效管理」，他以自己在1974年第七屆亞運會獲得4x100米接力亞軍的經驗，與參加者分享他對接力項目訓練的獨到見解。



而香港足球代表隊在2009東亞運動會奪得歷史性的金牌，帶領球隊創出佳績的總教練及南華足球隊領隊金判坤，以「香港足球成功之路」為題分享他的經驗。

今屆研討會在完結之前，委員會安排了一場主題為「教練在訓練系統的角色」的論壇，由香港浸會大學體育學系系主任鍾伯光教授作嘉賓主持。參加者在論壇上踴躍發言，提出建設性的討論，為研討會取得高度的評價。



First held in 1993, the Hongkong Bank Foundation Elite Coaches Seminar is an annual event jointly organised by the HKCC and the All-China Sports Federation, and funded by the Hongkong Bank Foundation.



一年一度的滙豐銀行慈善基金精英教練員研討會於1993年首次舉行，由香港教練培訓委員會及中華全國體育總會合辦，並得到滙豐銀行慈善基金資助。



2009 Hongkong Bank Foundation Coaching Awards

二零零九滙豐銀行慈善基金優秀教練選舉

Over 150 nominations received for the Hongkong Bank Foundation Coaching Awards

A record breaking of over 150 applications have been received for the 2009 Coaching Awards, competing in six categories (namely: Coach of the Year Awards; Coaching Excellence Awards; Best Team Sport Coach Award; Distinguished Services Award for Coaching; Coach Education Award and Community Coach Recognition Awards). The Awards recognise the efforts of coaches who work tirelessly behind the scene to nurture and develop the athletes.

An Awards Sub-Committee has been appointed by the HKCC for selection of the award winners. Members include Silas Chiang, Chiu Chan-fai, Fok Kai-kong, Dr. James Lam, Professor Leung Mee-lee, (listed according to the alphabetical order of their last names), and Dr. Trisha Leahy as an Ex-officio Member. Winners will be announced at the Awards Presentation on 16 May 2010 at the Grand Hyatt Hong Kong.

滙豐銀行慈善基金優秀教練選舉 候選人數超過150



「二零零九滙豐銀行慈善基金優秀教練選舉」收到超過 150 項提名，分別角逐「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。這些獎項都是為了表揚和嘉許教練致力培育運動員而設立。

香港教練培訓委員會已委任了選舉評審團負責選出各組獎項的得主，今屆成員包括蔣德祥、趙燦輝、霍啟剛、林國基醫生、梁美莉教授（以英文姓氏字母排序）及李翠莎博士（當然成員）。得獎名單將於2010年5月16日於香港君悅酒店舉行的頒獎典禮上揭曉。

Hongkong Bank Foundation Coaching Awards List of Nominees

二零零九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		Sport 體育項目	
Senior athletes, individual sport 個人項目高級組			
Cheung Kin-fun, Kelvin	張建勳	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
Ma Chi-wai, Daniel	馬子為	Badminton for the Physically Disabled	傷殘人士羽毛球
Shen Jin-kang	沈金康	Cycling	單車
Andras Decsi		Fencing	劍擊
Chris Perry	白勵	Rowing	賽艇
Lam Hon-kit, Keith	林漢傑	Rowing for the Mentally Handicapped	智障人士賽艇
Ni Chao-yang	倪朝陽	Swimming for the Mentally Handicapped	智障人士游泳
Kam Chi-ho	甘志豪	Swimming for the Mentally Handicapped	智障人士游泳
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
Purvis James Granger	柏夫斯	Tenpin Bowling	保齡球
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Gao Song	高聳	Wushu	武術
Senior athletes, team event 團體項目高級組			
He Yi-ming	何一鳴	Badminton	羽毛球
Liu Hok-ming	廖學明	Karatedo	空手道
Rick Van Hooydonk		Rowing	賽艇
Li Hui-fen	李惠芬	Table Tennis	乒乓球
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
Yu Li-guang	于立光	Wushu	武術
Junior athletes, individual sport 個人項目青少年組			
Chen Yang	陳楊	Badminton	羽毛球
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Kwok Hart-wing	郭克榮	Boccia	硬地滾球
Liu Hok-ming	廖學明	Karatedo	空手道
Lo Wan-kei, Alex	盧允基	Rowing	賽艇
Yu Wing-ho	茹詠豪	Windsurfing	滑浪風帆
Lo Nga-ching	羅雅菁	Wushu	武術
Wong Chi-kwong	黃志光	Wushu	武術
Wong Wai-ching	黃惠貞	Wushu	武術
Zhang Yue-ning	張躍寧	Wushu	武術
Junior athletes, team event 團體項目青少年組			
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Sandor Neuhold		Fencing	劍擊
Leung Kan-fai, Dick	梁勤輝	Squash	壁球
Best Team Sport Coach Award 最佳隊際運動教練獎		Sport 體育項目	
Kim Pan-gon	金判坤	Football	足球
Distinguished Services Award for Coaching 傑出貢獻獎		Sport 體育項目	
Ip Wan-fung	葉韻豐	Athletics	田徑
Liu Hok-ming	廖學明	Karatedo	空手道
Chan Wai-sang, Eric	陳偉生	Lawn Bowls	草地滾球
Tsang Wai-sheung, Eric-Karmon	曾惠常	Life Saving	拯溺
Tse Wai-hung	謝偉雄	Life Saving	拯溺
Tang Pui-ching	鄧培正	Shooting for the Physically Disabled	傷殘人士射擊
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Cheung Woon-man	張煥文	Swimming for the Physically Disabled	傷殘人士游泳
Pok Kim-won	卜錦文	Weightlifting for the Physically Disabled	傷殘人士舉重
Wong Chi-kwong	黃志光	Wushu	武術
Coach Education Award 最佳教練培訓工作獎		Sport 體育項目	
Wong Hiu-shan, Rex	王曉山	Bodybuilding	健美
Leung Chi-fai	梁智輝	Life Saving	拯溺
Ling Hay-ming, Derek	林曦明	Tennis	網球
Wan Shu-wah	溫樹華	Triathlon	三項鐵人
Law Wing-fai	羅永輝	Volleyball	排球
Ma Yue-biu	馬如彪	Wushu	武術
Coaching Excellence Awards 精英教練獎		Sport 體育項目	
Cheung Kin-fun, Kelvin	張建勳	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
Yau Yee-kin	丘義堅	Athletics for the Physically Disabled	傷殘人士田徑
Chan Chi-choi	陳智才	Badminton	羽毛球
Chan Sau-shun	陳守信	Badminton	羽毛球
Chen Yang	陳楊	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	鄭昱閏	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
Wong Sau-wah	黃秀華	Boccia	硬地滾球
Yip Chin-shun	葉展信	Boccia	硬地滾球

Coaching Excellence Awards 精英教練獎		Sport 體育項目	
Hervé Jérôme Krebs		Cycling	單車
Shen Jin-kang	沈金康	Cycling	單車
Tsang Kai-ming	曾啟明	Cycling	單車
Andras Decsi		Fencing	劍擊
He Tai-shun	何泰順	Fencing	劍擊
Jiang Jun	姜軍	Fencing	劍擊
Geza Marffy		Fencing	劍擊
Sandor Neuhold		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
Cheng Fu-chi	鄭富慈	Indoor Cycling	室內單車
Ho Shui-man	何萃敏	Indoor Cycling	室內單車
Liu Hok-ming	廖學明	Karatedo	空手道
Liu Kwok-kong	廖國江	Karatedo	空手道
Tang Chung-kay, Robert	鄧頌基	Karatedo	空手道
Chan Wai-sang, Eric	陳偉生	Lawn Bowls	草地滾球
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
Chiang Yun-kuen	蔣潤權	Rowing	賽艇
Rick Van Hooydonk		Rowing	賽艇
Lo Wan-kei, Alex	盧允基	Rowing	賽艇
Chris Perry	白勵	Rowing	賽艇
Wong Chi-wai, Sam	黃志偉	Rowing	賽艇
Wong Tsz-kit	黃梓傑	Rowing	賽艇
Lam Hon-kit, Keith	林漢傑	Rowing for the Mentally Handicapped	智障人士賽艇
Cheung Hei-man	張希文	Sport Climbing	運動攀登
Lai Chi-wai	黎志偉	Sport Climbing	運動攀登
Lok Chi-wai, Rocky	駱志偉	Sport Climbing	運動攀登
So Kwok-cheung	蘇國祥	Sport Climbing	運動攀登
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Leung Kan-fai, Dick	梁勤輝	Squash	壁球
Yan Tsz-keung, Tim	甄自強	Squash	壁球
Kam Chi-ho	甘志豪	Swimming for the Mentally Handicapped	智障人士游泳
Ni Chao-yang	倪朝陽	Swimming for the Mentally Handicapped	智障人士游泳
Dong Lun	董倫	Table Tennis	乒乓球
Guan Jian-hua	管建華	Table Tennis	乒乓球
Li Hui-fen	李惠芬	Table Tennis	乒乓球
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
Zhang Jia	張佳	Table Tennis for the Physically Disabled	傷殘人士乒乓球
Purvis James Granger	柏夫斯	Tenpin Bowling	保齡球
Ruth Hunt	露英肯特	Triathlon	三項鐵人
Wan Shu-wah	溫樹華	Triathlon	三項鐵人
Kwong Wai-ip, Eric	鄺偉業	Wheelchair Fencing	輪椅劍擊
Lau Sik	劉軾	Wheelchair Fencing	輪椅劍擊
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Yu Wing-ho	茹詠豪	Windsurfing	滑浪風帆
Gao Song	高聳	Wushu	武術
Lo Nga-ching	羅雅菁	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
Zhang Yue-ning	張躍寧	Wushu	武術

Community Coach Recognition Awards 社區優秀教練獎		Sport 體育項目	
Yeung Chi-sing, Keith	楊志勝	Athletics	田徑
Cheung Wai-yip	張偉業	Basketball	籃球
Lau Kin-chit	劉建設	Basketball	籃球
Wong Hiu-shan, Rex	王曉山	Bodybuilding	健美
Ho Kai-wai	何佳偉	Gateball	門球
Wong Wing-yip, Trevor	黃永業	Handball	手球
Yau Yuen-ki	邱琬奇	Hockey	曲棍球
Hui Ying-na	許影娜	Indoor Cycling	室內單車
Chan Hon-kuen	陳漢權	Life Saving	拯溺
Hui Wing-lun	許永論	Life Saving	拯溺
Hung Kam-sing	熊錦盛	Life Saving	拯溺
Lam Chun-sing	林俊聲	Life Saving	拯溺
Lam Shi-yung	林仕容	Life Saving	拯溺
Lee Hin-lung	李顯龍	Life Saving	拯溺
Tang Ngai-hang	鄧毅恆	Life Saving	拯溺
Li Fuk-lung, Bruce	李伏龍	Orienteering	野外定向
Kwok Tai-ming	郭大明	Rowing	賽艇
Yim Yu-kong	嚴宇剛	Sport Climbing	運動攀登
Hui Kwok-tung, Johnny	許國棟	Squash	壁球
Soo Chun-wah	蘇俊華	Table Tennis	乒乓球
Lam Tsz-wai	林梓維	Triathlon	三項鐵人
Lee Yue-hong	李裕康	Triathlon	三項鐵人
Wong Kam-wan	黃錦雲	Wushu	武術

Hongkong Bank Foundation School Coach Accreditation Programme

滙豐銀行慈善基金學校教練評定計劃

Equipping Teachers with Coaching Skills

提升老師的教練技巧



Since its inception in 1998, the School Coach Accreditation Programme (SCAP), funded by The Hongkong Bank Foundation, has enabled school teachers who work with school teams or co-curricular activities in the school, to improve their coaching skills and gain accreditation.

In collaboration with the HKCC, the Hong Kong Football Association, the Hong Kong Tennis Association and the Volleyball Association of Hong Kong, China, the latest round of this Programme was held from 29 October to 19 December 2009, with 73 teachers from over 60 schools attended. The Sports-General Theory (Part A) Course was held on weekdays in October and November 2009, followed by the Sports-Specific Theory Course during the weekends in late November and December 2009 in order to suit the participants' hectic schedules.



由滙豐銀行慈善基金資助的學校教練評定計劃，自1998年推行以來協助了不少帶領校隊或負責聯課／課外活動的教師改善教練技巧，取得認可資格。

最新一期的課程由委員會、香港足球總會、香港網球總會及香港排球總會合辦，已於2009年10月29日至12月19日舉行，吸引超過60間學校的73位教師參加。為配合教師緊湊的授課時間表，他們獲安排首先在2009年10月和11月的平日修讀運動通論（甲部）課程，然後再於11月下旬和12月的週末出席專項運動課程。

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 April – December 2010

The schedule of the Sports-General Theory (Part A) Course for 2010/11 is now available. Coaches interested in enrolling can apply through their respective NSAs. Please browse HKCC website at www.hkcoaching.com for details.

2010年4月至12月運動通論（甲部）課程時間表

「滙豐銀行慈善基金教練級別評定計劃」2010/11 年度的課程時間表已經公布。有興趣的教練可透過所屬的體育總會報名。有關詳情已上載到本委員會的網頁 www.hkcoaching.com，歡迎參閱。

Level 1 & 2 Sports-General Theory Courses 第一及二級運動通論課程 April – December 2010 2010年4月至12月

Course code 課程編號	Course 課程	Date 日期		Venue 上課地點
2010				
10-112C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	April 四月 May 五月	24, 25 8, 9, 15, 16, 22, 23, <u>30</u>	HKSJ, Fotan 火炭香港體育學院
10-113C1	Level 1 (Cantonese) — Weekday course ¹ 第一級（廣東話） — 平日班 ¹	May 五月 June 六月	7, 10, 12, 14, 17, 19, 26, 28, 31 2, 4, <u>7</u>	
10-114C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	June 六月 July 七月	5, 6, 12, 13, 19, 20, 26, 27 <u>3</u>	
10-115C1	Level 1 (Cantonese) — Weekday course ² 第一級（廣東話） — 平日班 ²	June 六月 July 七月	1, 3, 8, 10, 15, 17, 22, 24, 29 6, 8, <u>13</u>	
10-111C2	Level 2 (Cantonese) — Weekday course ¹ 第二級（廣東話） — 平日班 ¹	June 六月 July 七月	11, 14, 18, 21, 23, 25, 28, 30 5, 7, 9, 12, 14, 16, <u>19</u>	
10-116C1	Level 1 (Cantonese) —Weekend course 第一級（廣東話） — 週末班	September 九月 October 十月	4, 5, 11, 12, 18, 19, 25, 26 <u>2</u>	
10-117C1	Level 1 (Cantonese) — Weekday course ¹ 第一級（廣東話） — 平日班 ¹	October 十月	4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, <u>29</u>	
10-118C1	Level 1 (Cantonese) — Weekday course ² 第一級（廣東話） — 平日班 ²	October 十月 November 十一月	12, 14, 19, 21, 26, 28 2, 4, 9, 11, 16, <u>18</u>	
10-119C1	Level 1 (Cantonese) — Weekend course 第一級（廣東話） — 週末班	November 十一月 December 十二月	6, 7, 13, 14, 20, 21, 27, 28 <u>4</u>	
10-1110C1	Level 1 (Cantonese) — Weekday course ¹ 第一級（廣東話） — 平日班 ¹	November 十一月 December 十二月	15, 17, 19, 22, 24, 26, 29 1, 3, 6, 8, <u>10</u>	

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

Remarks:

1. Time: Weekday¹ course (Monday, Wednesday & Friday): 7:00pm - 10:00pm
Weekday² course (Tuesday & Thursday): 7:00pm - 10:00pm
Weekend course (Saturday & Sunday): 2:00pm - 8:00pm
2. Examination: Dates with underlined

備註:

1. 上課時間: 平日班¹ (星期一、三及五): 晚上七時至十時
平日班² (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
2. 考試日期: 劃有底線之日期

Honored Tutors at Quality Teaching Awards

傑出導師獲頒優秀教學獎

The Quality Teaching Awards Presentation Ceremony for the Coach Accreditation Programme (CAP) was held on 5 February 2010 at the Olympic House. Recipients were voted as being the best tutors by participants. They were Hon Ching-lung, Kenneth Liang, Dr. Lobo Louie, Poon Kin-lui and Purple Tse, all of whom were lauded for their teaching excellence in CAP in 2009.



教練級別評定計劃的「優秀教學獎」頒獎禮已於2010年2月5日假座奧運大樓舉行。2009優秀教學獎的得獎導師由計劃參加者投票選出。韓政龍、梁達強、雷雄德博士、潘健侶和謝朗星均憑著傑出的教學表現而獲得嘉許。

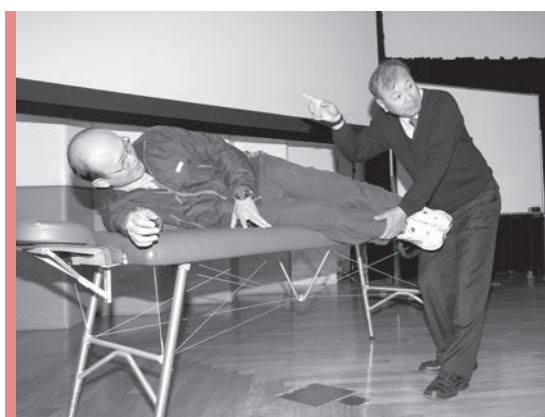
Hongkong Bank Foundation Continuing Coach Education Programme

滙豐銀行慈善基金教練延續培訓計劃

Coaching Seminar on Sports Injuries

運動創傷教練培訓講座

Over 200 coaches attended a recent Hongkong Bank Foundation Continuing Coach Education Programme (CCEP) seminar titled "The Causes and Prevention of Lower Back Injuries in Athletes". Organised by the HKCC and held on 5 February 2010 at the Olympic House, the event featured a presentation by Dr. Raymond Li, Sport Physiotherapist of the HKSI, on preventative skills for helping athletes avoid lower back injuries.



由委員會主辦，題目為「運動員腰背創傷成因及預防」的滙豐銀行慈善基金教練延續培訓計劃的講座，於2010年2月5日在奧運大樓舉行，超過200位教練出席。香港體育學院運動物理治療統籌主任李志端博士擔任講者，介紹教練如何協助運動員避免腰背創傷的方法。



Hongkong Bank Foundation Elite Athletes Support Scheme

滙豐銀行慈善基金精英運動員教練培訓計劃

Empowering Athletes to Become Coaches

The Hongkong Bank Foundation Elite Athletes Support Scheme (EASS) is designed to help elite athletes to become accredited coaches. The 3rd EASS was held from 28 December 2009 to 8 February 2010, with a CAP Level 2 course offered to all interested elite athletes. A tailor-made course schedule was also offered to ensure that this valuable programme did not conflict with athletes' training.

A total of 15 elite athletes from 5 sports including Athletics, Badminton, Cycling, Rowing and Wushu joined the recent programme. Following the course assessment, 11 athletes successfully passed the examination and were granted CAP Level 2 certificates.

Badminton athlete Zhou Mi, who won a silver medal at the 2009 Hong Kong East Asian Games, was one of the athletes joining this year's programme. "I enjoy playing badminton very much," she said, "but it is getting more and more difficult to keep myself competitive as there are many up-and-coming players. I am grateful that the HKSI and my Head Coach gave me an opportunity to join this programme. I hope I can do something to nurture young athletes after retirement. Equipping myself with coaching theory will help me achieve this goal."



為運動員當教練做好準備

滙豐銀行慈善基金精英運動員教練培訓計劃（計劃）的目的是要協助精英運動員成為認可教練。第三屆「計劃」於2009年12月28日至2010年2月8日舉行，讓有興趣的精英運動員修讀教練級別評定計劃第二級運動通論課程。上課時間表亦經特別編排，以配合運動員的訓練時間。

本「計劃」共有15位運動員參加，他們來自五個體育項目，包括田徑、羽毛球、單車、賽艇及武術。當中11位運動員順利通過考試，獲頒教練級別評定計劃第二級運動通論證書。

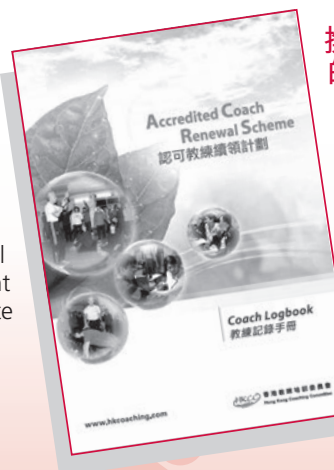
2009東亞運動會銀牌得主、羽毛球運動員周蜜亦參加了今次「計劃」，她表示：「我熱愛打羽毛球，但現時球壇新秀輩出，要保持競爭力會越趨困難。我很感激體院和總教練給予我參加這個「計劃」的機會，我希望退役後能協助培育新秀，為達成目標，現在我先要在運動理論方面裝備好自己。」

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 2005

Accredited coaches qualified in 2005 are reminded to obtain their new Sports-General Theory Certificate, Coach Accreditation Card and Coach Logbook from 1 July to 31 August 2010. 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.



換證提示 — 於2005年度取得認可資格的教練快將換證

於2005年已取得認可資格的教練，請於2010年7月1日至8月31日內換領新的「運動通論證書」、「認可教練證」及「教練記錄冊」。所有舊的「運動通論證書」將於指定換領期後無效。查閱詳情，請登入 www.hkcoaching.com/hk/acrs.asp。



Highlight

簡報

CED Returns to Fo Tan

The HKSI has already moved back to its Fo Tan premises in early March 2010. The Coach Education Department continues to serve our coaches at 25 Yuen Wo Road, Sha Tin, New Territories while the enquiry telephone number (2691 6289) and fax number (2692 1940) have remained unchanged.

教練培訓部遷回火炭香港體育學院

香港體育學院教練培訓部已於2010年3月初搬遷回火炭舊址—香港新界沙田源禾路25號繼續為教練提供服務，查詢電話號碼（2691 6289）及傳真號碼（2692 1940）則維持不變。

Coaches' Column Calls for Contribution to HKSI's Sports Excellence

Sports Excellence, the official newsletter of the HKSI which is published three times a year in Ming Pao, has opened a column exclusively for coaches.

Accredited coaches are welcome to send in/ contribute their own articles for publication. We are open to topics, but a more personal touch and/ or softer approach is preferred. The followings are some topic ideas you may consider:

- Your coaching philosophy
- What has motivated you as a coach
- Your experience in coaching Hong Kong athletes/students
- How the HKCC helps you develop your coaching career
- Difficulties of being a coach in Hong Kong and how you overcome them
- Unforgettable moments in your coaching career
- Your view on Hong Kong's sports development

Your contribution should be original, written by yourself and in around 500 words each, preferably in Chinese. Photo with at least 1MB in size to complement the articles are also welcome. To ensure the quality and suitability for publication, the HKSI reserves the right to publish and edit, but would try to keep the flair and style of the original work.

Interested coaches can submit your article via the Public Affairs and Marketing Department (Email: Sports.Excellence@hksi.org.hk). Deadline for the next issue is 11 June 2010 (Friday). Should you have any questions regarding the column, kindly contact Fanny Kwok on 2681 6370 (fannyk@hksi.org.hk) or Ivan Wong on 2681 6372 (ivanw@hksi.org.hk).

體院期刊《精英體育》教練專欄徵稿

每年三次附載於《明報》的體院期刊《精英體育》特設一個教練專欄，歡迎所有認可教練投稿。來稿內容將不設限制，讓各位以第一身的角度與讀者分享教練經驗。以下是一些建議題材以供參考：

- 你的教練之道
- 是甚麼推動你成為教練
- 執教香港運動員／學生的經驗
- 香港教練培訓委員會如何助你建立教練事業
- 於香港擔任教練遇到的困難及如何克服它們
- 教練生涯中的難忘片段
- 你對香港體育發展的看法

來稿必須為你的原創作品，每篇以500字為限（以中文為佳）。來稿時並請提供相關圖片（如有），每張圖片的檔案大小最小須達1Mb。為確保出版質素，編輯部保留刊登來稿的決定權，並會按需要作出修改，但我們將盡量保留原作的神韻和風格。

有興趣投稿的教練請透過體院公眾事務及市務拓展部遞交稿件（電郵：Sports.Excellence@hksi.org.hk）。下一期《精英體育》的投稿截止日期為2010年6月11日（星期五），如對投稿事宜有任何查詢，請聯絡郭淑賢（電話：2681 6370／電郵：fannyk@hksi.org.hk）或黃國強（電話：2681 6372／電郵：ivanw@hksi.org.hk）。



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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