

I. Over 100 Prominent Coaches Honoured at the Annual Prestigious Coaching Awards Presentation Ceremony

A total of 109 coaches were honoured at the 2014 Hong Kong Coaching Awards Presentation Ceremony on 26th April 2015. The Awards aim to recognise the coaches' tireless efforts and contributions in leading Hong Kong athletes to achieve remarkable results at both regional and international sporting arena last year, and also in developing sports at the community level.

Organised by the Hong Kong Coaching Committee (HKCC), the annual Coaching Awards is the only territory-wide programme to commend the achievements of local coaches from the community to elite level. This year over 170 nominations were received for honours in six categories, they are the coach of the year, distinguished services for coaching, coach education, best team sport coach, coaching excellence and community coach recognition.

Mr Tsang Tak-sing GBS JP, Secretary for Home Affairs; Mr Timothy Fok GBS JP, President of the Sports Federation & Olympic Committee of Hong Kong, China; Mr Carlson Tong SBS JP, Chairman of the HKSI; and Professor Frank Fu MH JP, Chairman of the HKCC officiated at the Ceremony.

Professor Fu paid tribute to all the winning coaches and praised their multiple roles in the development of an athlete. He said, "A good coach is not only a trainer but also a counselor and an influencer, assisting athletes to overcome various types of challenges in their sports journey and eventually unleashing their potentiality in sport."

Please refer to attachment for [2014 recipients](#).

II. Elite Coaches Seminar



The Hong Kong Coaching Committee along with the All-China Sports Federation successfully organized the 22nd Elite Coaches Seminar, consisting of a pre-seminar workshop and a seminar on 13 and 14 March 2015 respectively. This year's theme was "Sports Psychology" which is gaining popularity in elite training and competitions around the world with regard to its immense effect on strengthening athletes' performances. Speakers from Mainland China, Israel, UK and Hong Kong were invited to the seminar this year. The pre-seminar workshop and the seminar brought together over 250 coaches and sport science experts to the function.

III. Continuing Coach Education Programme

Two CCEPs were held in August 2014 and January 2015 respectively with the theme on "Concept and Application of Acupressure in Sports Massage" and "Exercise Prescription - Identify and Prevention of Exercise Risks". A total of some 800 coaches joined these two seminars.



IV. Community Education Programme

A workshop to support the School Sports Captain Programme organized by the Leisure and Cultural Services Department will be held in July this year. Our tutor will introduce the role of a coach and the importance of coaches' code of conduct to the youths, inspiring them to pursue a career in coaching.

V. Coaches' Corner: New Book Recommendations



Physical Training and Nutrition (Published Nov 2014 - Simplify Chinese)

This book provides the knowledge of sports nutrition to coaches and athletes on top of regular physical training. It focuses on the nutrition strategies while maintaining a proper meal daily. The book also covers the recovery process by using energy drink and providing nutrition supplement.

VI. Announcement

Hong Kong Coaching Committee has launched its revamped website in June 2015. Please visit us at www.hkcoaching.com