

UPDATE 動向



***Hongkong Bank Foundation
Coach Education Programme***

**滙豐銀行慈善基金
教練培訓計劃**

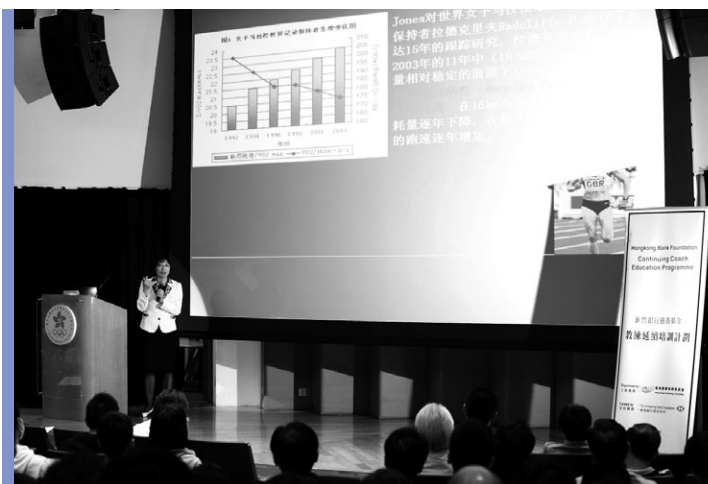
Hongkong Bank Foundation Continuing Coach Education Programme

滙豐銀行慈善基金教練延續培訓計劃

Seminars Programme Enhances Coaches' Knowledge

The Hong Kong Coaching Committee (HKCC) always invites different professionals and industry practitioners to share their knowledge and experience on coach education with our coaches. In the last few months, HKCC has invited the professionals from universities in Mainland China and Hong Kong to present different know-how through the Hongkong Bank Foundation Continuing Coach Education Programme (CCEP) seminars.

On 16 November 2010, Professor Jiao Wei of the Department of Sports Medicine of Beijing Sport University (BSU) spoke on the topic 'Technical Support on Athletes' Physical Training and Injury Prevention'. Over 250 coaches were in attendance for Professor Jiao's sharing on the rapid development of China's sports industry, and the role of scientific management and new technology in addressing the evolving needs of sports coaches. Professor Jiao also drew on her research at BSU to further explain how technology could be used to support athletes' fitness training and prevent sports injuries.



The second informative seminar was presented by Professor Stanley Hui of the Department of Sports Science and Physical Education of the Chinese University of Hong Kong on 28 January 2011 with the topic 'Testing & Measurement Techniques in Sports Coaching'. Over 180 coaches attended this valuable seminar, which covered the role of testing and measurement techniques in sport coaching, how coaches could use these techniques to better understand athletes' physical condition and develop a systematic training plan to enhance their performance. Professor Hui also outlined other ways in which coaches could benefit from applying these techniques to their daily coaching.

講座系列提升教練知識

香港教練培訓委員會(委員會)經常邀請不同的體育專業人士及業界專才，與本地教練分享他們在教練培訓方面的知識與經驗。在過去數月，委員會安排了內地及本港大學的專家擔任講者，透過「滙豐銀行慈善基金教練延續培訓計劃」的一系列講座，與參加者分享他們的真知灼見。

2010年11月16日舉行的「運動員體能訓練及預防創傷的科技支援」講座由北京體育大學(北體大)運動醫學系矯韋

教授，與在場逾250名教練分享其對中國體育事業的迅速發展，以及科學管理與嶄新科技如何配合教練日益求變之見解。此外，她更以其在北體大進行的研究為例，闡釋如何以科技支援運動員的體能訓練及預防運動創傷。

於2011年1月28日舉行。許教授向超過180名教練講述體能測試與量度技術在運動訓練時的效用，並介紹如何透過瞭解運動員的體能數據，從而制訂系統化的訓練計劃，及如何運用於日常訓練中，以提升他們的長遠運動表現。



Another seminar, with the theme 'Improving Sports Injury through Myofascial Release Therapy', was held on 24 February 2011 with Phoebe Cheuk, Clinical Associate of the Department of Rehabilitation Sciences of Hong Kong Polytechnic University as the speaker. She introduced the importance of myofascial release therapy and its unique therapeutic methodology to help athletes in sports injuries recovery. Some 130 coaches were in attendance at this enlightening seminar.



另一個講座以「如何透過筋膜放鬆治療改善運動創傷」為題，於2011年2月24日舉行，由香港理工大學康復治療科學系臨床導師卓蕙玲主講，並介紹了筋膜放鬆治療的重要功效及其獨特的治療方法以促進受傷運動員恢復，讓超過130名教練獲益良多。

Coaching Director Forum

On 4 March 2011, 36 Coaching Directors and representatives from 19 NSAs attended the Hongkong Bank Foundation Coaching Directors Forum, which aims to encourage participants to exchange views and expertise on coaching practices.

Two keynote speakers, Raymond Leung, Development Director of the Hong Kong Basketball Association and Angela Wong, Senior Sports Executive of the Hong Kong Triathlon Association elaborated the topic on "How to develop National Sports Association Volunteer Programme in Coaching" and "National Sports Association's Computerization" respectively. Attending coaching directors and sports officials exchanged their views on coach education and related issues at a gathering after the forum.

教練總監論壇

2011年3月4日舉行的滙豐銀行慈善基金教練總監論壇，吸引了來自19個體育總會36位教練總監和代表出席，與各參加者交流培訓工作的見解和專業知識。

論壇邀請了兩位主講嘉賓，香港籃球總會發展總監梁偉文與教練探討「如何發展體育總會教練培訓義工計劃」；而香港三項鐵人總會高級體育幹事黃瑋瑤則分享其在「體育總會電腦化計劃」的心得。一眾教練總監與體育行政人員更於論壇後聚首一堂就教練培訓及相關課題交流意見。



2010 Hongkong Bank Foundation Coaching Awards

二零一零滙豐銀行慈善基金優秀教練選舉

Over 150 nominations received for the 2010 Hongkong Bank Foundation Coaching Awards

Over 150 applications have been received for the 2010 Coaching Awards, competing in six categories, including Coach of the Year Awards, Distinguished Services Award for Coaching, Coach Education Award, Coaching Excellence Awards, Best Team Sport Coach 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 MH, Raymond Chiu, Dr James Lam, Professor Leung Mee-lee, Ronnie Wong JP and Dr Trisha Leahy. Recipients will be announced at the Awards Presentation on 17 April 2011.

2010滙豐銀行慈善基金優秀教練選舉獲超過150份提名

「二零一零滙豐銀行慈善基金優秀教練選舉」收到超過 150 份提名，分別角逐「全年最佳教練獎」、「優秀服務獎」、「最佳教練培訓工作者獎」、「精英教練獎」、「最佳隊際運動教練獎」，以及「社區優秀教練獎」六項獎項。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。

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MH、趙燦輝、林國基醫生、梁美莉教授、王敏超太平紳士及李翠莎博士。得獎名單將於2011年4月17日的頒獎典禮上揭曉。



Hongkong Bank Foundation Coaching Awards List of Nominees

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			
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
Wang Chen	王晨	Badminton	羽毛球
Chen Chor-kwan	陳楚君	Billiard Sports	桌球
Shen Jin-kang	沈金康	Cycling	單車
Lam Hon-kit, Keith	林漢傑	Rowing for the Mentally Handicapped	智障人士賽艇
Faheem Khan	簡化謙	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
Li Hui-fen	李惠芬	Table Tennis	乒乓球
Chan Hui	陳栩	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
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊
Cheung Kwok-bun	張國斌	Windsurfing	滑浪風帆
Gao Song	高聳	Wushu	武術
Senior athletes, team event 團體項目高級組			
Chen Chor-kwan	陳楚君	Billiard Sports	桌球
Choi Yuk-kwan, Tony	蔡玉坤	Squash	壁球
Li Hui-fen	李惠芬	Table Tennis	乒乓球
Chan Hui	陳栩	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
Purvis James Granger	柏夫斯	Tenpin Bowling	保齡球
Zheng Kang-zhao	鄭兆康	Wheelchair Fencing	輪椅劍擊

Coach of the Year Awards 全年最佳教練獎	Sport 體育項目
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Junior athletes, individual sport 個人項目青少年組

Liu Zhi-heng	劉志恆	Badminton	羽毛球
Purvis James Granger	柏夫斯	Tenpin Bowling	保齡球
Winfield Zee	徐梓熙	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

Liu Zhi-heng	劉志恆	Badminton	羽毛球
Zhang Yue-ning	張躍寧	Wushu	武術

Distinguished Services Award for Coaching 優秀服務獎	Sport 體育項目
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Kwok Ka-ming	郭家明	Football	足球
Tai Leung-tong	戴亮通	Life Saving	拯溺
Wong Chi-wai, Sam	黃志偉	Rowing	賽艇

Coach Education Award 最佳教練培訓工作者獎	Sport 體育項目
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Wong Hiu-shan, Rex	王曉山	Bodybuilding	健美
Ho Kai-wai	何佳偉	Gateball	門球
Claudius Lam	林志堅	Lawn Bowls	草地滾球
Leung Yung-kit, Rambo	梁勇傑	Rugby	欖球
Ma Yue-biu	馬如彪	Wushu	武術

Coaching Excellence Awards 精英教練獎	Sport 體育項目
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Ma Choi-chong	馬再創	Archery for the Physically Disabled	傷殘人士射藝
Yu Lik	余力	Athletics	田徑
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
Au Yeung Ka-kue	歐陽家駒	Athletics for the Physically Disabled	傷殘人士田徑
Chan Sau-shun	陳守信	Badminton	羽毛球
Chen Yang	陳揚	Badminton	羽毛球
He Yi-ming	何一鳴	Badminton	羽毛球
Liu Zhi-heng	劉志恆	Badminton	羽毛球
Wang Chen	王晨	Badminton	羽毛球
Ma Chi-wai	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
Yam Kit-ye	任潔儀	Boccia	硬地滾球
Li Sai-sum	李世琛	Bodybuilding	健美
Wong Hiu-shan, Rex	王曉山	Bodybuilding	健美
Shen Jin-kang	沈金康	Cycling	單車
Lars Meyer Zu Bexten		Equestrian	馬術
Andras Decsi		Fencing	劍擊
He Tai-shun	何泰順	Fencing	劍擊
Ho Sze-lok	何思樂	Fencing	劍擊
Jiang Jun	姜軍	Fencing	劍擊
Lu Teng-ta	呂騰達	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
Zhi Jing-zhen	植景針	Fencing	劍擊
Chen Wei-jing	陳偉勁	Fencing & Wheelchair Fencing	劍擊及輪椅劍擊
Lam Kam-bong	林錦邦	Indoor Cycling	室內單車
Cheng Yeuk-kuk	鄭若谷	Karatedo	空手道
Cheung Shiu-kwong	張紹光	Karatedo	空手道
Liu Hok-ming	廖學明	Karatedo	空手道
Liu Kwok-kong	廖國江	Karatedo	空手道
Lo Kwong-yue	盧光裕	Karatedo	空手道
Tang Chung-kay, Robert	鄧頌基	Karatedo	空手道
Wong Pan-pan	黃斌彬	Karatedo	空手道
Chan Kwok-wai, Aaron	陳國偉	Orienteering	野外定向
Cheng Yuen-ki, Hilda	鄭宛琦	Orienteering	野外定向

Coaching Excellence Awards 精英教練獎	
Lee Man-wai	李文威
Leung Lam	梁林
Chiang Yun-kuen	蔣潤權
Rick Van Hooydonk	
Wong Chi-wai, Sam	黃志偉
Lam Hon-kit, Keith	林漢傑
Dai Rees	
Choi Yuk-kwan, Tony	蔡玉坤
Faheem Khan	簡化謙
Leung Kan-fai, Dick	梁勤輝
Ngan Lun-cheung	顏倫璋
Chan Yiu-hoi	陳耀海
Kam Chi-ho	甘志豪
Ni Chao-yang	倪朝陽
Guan Jian-hua	管建華
Li Hui-fen	李惠芬
Chan Hui	陳栩
Cui Xiao-yan	崔小燕
Lin Yao	林瑤
Zhang Jia	張佳
Purvis James Granger	柏夫斯
Cheung Wing-kit	張榮傑
Bourgadel Cyrille	
Ruth Hunt	露芙肯特
Kwong Wai-ip, Eric	鄭偉業
Lau Sik	劉軾
Zheng Kang-zhao	鄭兆康
Rene Appel	艾培理
Chan Hoi-suen, Olivia	陳凱旋
Cheung Kwok-bun	張國斌
Yu Wing-ho	茹詠豪
Winfield Zee	徐梓熙
Gao Song	高聳
Lo Nga-ching	羅雅菁
Wong Chi-kwong	黃志光
Wong Wai-ching	黃惠貞
Yu Li-guang	于立光
Zhang Yue-ning	張躍寧

Sport 體育項目	
Orienteering	野外定向
Orienteering	野外定向
Rowing	賽艇
Rowing	賽艇
Rowing	賽艇
Rowing for the Mentally Handicapped	智障人士賽艇
Rugby	欖球
Squash	壁球
Squash	壁球
Squash	壁球
Squash	壁球
Swimming	游泳
Swimming for the Mentally Handicapped	智障人士游泳
Swimming for the Mentally Handicapped	智障人士游泳
Table Tennis	乒乓球
Table Tennis	乒乓球
Table Tennis for the Mentally Handicapped	智障人士乒乓球
Table Tennis for the Mentally Handicapped	智障人士乒乓球
Table Tennis for the Physically Disabled	傷殘人士乒乓球
Table Tennis for the Physically Disabled	傷殘人士乒乓球
Tenpin Bowling	保齡球
Tenpin Bowling for the Physically Disabled	傷殘人士保齡球
Triathlon	三項鐵人
Triathlon	三項鐵人
Wheelchair Fencing	輪椅劍擊
Wheelchair Fencing	輪椅劍擊
Wheelchair Fencing	輪椅劍擊
Windsurfing	滑浪風帆
Windsurfing	滑浪風帆
Windsurfing	滑浪風帆
Windsurfing	滑浪風帆
Windsurfing	滑浪風帆
Wushu	武術
Wushu	武術
Wushu	武術
Wushu	武術
Wushu	武術
Wushu	武術

Best Team Sport Coach Award 最佳隊際運動教練獎	
Tsang Wai-chung	曾偉忠
Dai Rees	

Sport 體育項目	
Football	足球
Rugby	欖球

Community Coach Recognition Awards 社區優秀教練獎	
Wong Ka-ming	黃家明
Yip Yiu-chung	葉耀聰
Koon Kin-ho	官健好
Tam Yau-tong	譚友塘
Chan Kwong-man	陳廣文
Tang Tsz-wai	鄧子威
Lai Chi-ming	黎志明
Lee Chi-kin	李志堅
Ho Shuk-ting	何淑婷
Asghar Ali	
Lau Chung-hin, Frankie	劉仲軒
Lee Kin-chung	李健聰
Lin Chi-heng	練子恆
Ng Ka-yue	吳嘉裕
Pun Chi-shing	潘志成
Wong Hee-tat	黃希達
Chan Chi-sing, Clement	陳志成
Li Wai-lam	李蔚琳
Lee Lok-man, Connie	李洛雯
Ho Wang-ming	何宏明
Hung Ching-man	熊正文
Tong Chi-hung, Philip	湯志雄
Chan Sze-kit	陳仕傑
Ngai Man	魏民

Sport 體育項目	
Athletics	田徑
Athletics	田徑
Basketball	籃球
Basketball	籃球
Basketball for the Mentally Handicapped	智障人士籃球
Boxing	拳擊
Dragon Boat	龍舟
Football	足球
Handball	手球
Hockey	曲棍球
Hockey	曲棍球
Life Saving	拯溺
Life Saving	拯溺
Life Saving	拯溺
Life Saving	拯溺
Life Saving	拯溺
Orienteering	野外定向
Rowing	賽艇
Squash	壁球
Swimming	游泳
Swimming for the Mentally Handicapped	智障人士游泳
Triathlon	三項鐵人
Wheelchair Fencing	輪椅劍擊
Wushu	武術

Hongkong Bank Foundation School Coach Education Programme

滙豐銀行慈善基金學校教練評定計劃

Enhancing the Quality of School Coaching

提升學校教練質素

With the support of the Hong Kong Amateur Athletic Association, the Hong Kong Football Association and the Hong Kong Tennis Association, the School Coach Accreditation Programme (SCAP) welcomed 92 teachers from over 90 schools for the SCAP winter courses held in November and December 2010.

委員會與香港業餘田徑總會、香港足球總會及香港網球總會合作，於2010年11月及12月舉辦學校教練評定計劃（計劃）的冬季課程，吸引了來自90間學校的92位老師參加。



冬季課程涵蓋理論與技術兩個部份，協助老師在田徑、足球及網球三個運動專項成為認可學校教練。參加課程的教師全情投入，出席分別在平日及週末舉行的運動通論與密集式的專項運動課程。

計劃旨在讓負責校隊及聯課活動的學校老師提升運動訓練的技巧，透過所學的知識與技巧，啟發年輕一輩對運動的熱誠，協助培育體壇明日之星。

The winter courses, consisting of both theory and practical sessions, were designed to help teachers to become more accomplished sports coaches in athletics, football and tennis. The programme required participants' full dedication, with the Sports-General Theory held on weekdays and intensive Sports-Specific Theory held on weekends.



The SCAP aims to equip school teachers who work with school teams or co-curricular activities to improve their coaching skills and acquire accreditation. Through the programme, teachers can learn the skills they need to inspire children to embrace sports, thus helping to groom a new generation of sporting talent.



Risk Management in School Sports Activities

學校體育活動的危機管理

The new School Coach Seminar aims to provide school coaches who have attained accredited school coach certificates from the SCAP, with the opportunities to learn about the latest development in coaching and to share coaching experiences with each other.



新的學校教練講座特別為已取得認可學校教練資格的老師而設，讓他們有機會學習運動訓練的最新知識，並提供互相交流教練工作經驗的平台。

2011年2月18日舉辦了「學校課外活動的風險管理及分享」講座，約60名負責不同體育項目的教師出席。

教育局體育組課程發展主任梁瑞好講述舉辦課外活動會遇到的問題及處理方法；而高雷中學體育科主任陳俊傑老師，更與

An informative seminar with the topic, "School Activities Risk Management & Sharing", was held on 18 February 2011, which benefited around 60 school teachers from different sports.

參加者分享他籌辦學校活動時危機管理應用的寶貴經驗。

Shirley Leung, Curriculum Development Officer of Physical Education Section of Education Bureau, presented the important issues and challenges in organising activities while the Physical Education panel head from Ko Lui Secondary School, Chan Chun Kit also explained how he applied risk assessments to the planning of school team training.



Hongkong Bank Foundation Coach Accreditation Programme

滙豐銀行慈善基金教練級別評定計劃

Coach Accreditation Course Tutors Recognised at Quality Teaching Awards

「教練級別評定計劃」優秀導師獲表揚

Five outstanding tutors of the Coach Accreditation Programme (CAP), voted by CAP participants, were recognised at the Quality Teaching Awards for their hard work and dedication to the programme. They were Hon Ching-lung, Kenneth Liang, Dr Lobo Louie, Poon Kin-lui MH and Purple Tse, and the presentation was held in conjunction with the CCEP on 24 February 2011 at the Hong Kong Sports Institute.



五位由學員選出的「滙豐銀行慈善基金教練級別評定計劃」傑出導師，包括韓政龍、梁達強、雷雄德博士、潘健侶 MH及謝朗星，獲頒發「優秀教學獎」，以表揚他們的貢獻和教學成就。頒獎儀式已於2011年2月24日於香港體育學院與「教練延續培訓計劃」講座一併舉行。

Course Schedule for April – October 2011

2011年4月至10月課程時間表

The schedule of the Sports-General Theory (Part A) Course for April to October 2011 is now available. Coaches can enrol through their respective National Sports Associations (NSAs). Please browse the HKCC website at www.hkcoaching.com for details.

2011年4月至10月運動通論(甲部)課程時間表已經公布，有興趣參加的教練請透過所屬體育總會儘早報名。詳情請瀏覽 www.hkcoaching.com。

Level 1 – 2 Sports-General Theory Courses 第一至二級運動通論課程 April – October 2011 2011年4月至10月

Course code 課程編號	Course 課程	Date 日期	Venue 上課地點
2011			
11-121C1	Level 1 (Cantonese) — Weekend course 第一級(廣東話) — 週末班	April 四月 May 五月	9, 10, 16 7, 8, 14, 15, 21, 28
11-122C1	Level 1 (Cantonese) — Weekday course ² 第一級(廣東話) — 平日班 ²	April 四月 May 五月 June 六月	28 3, 5, 12, 17, 19, 24, 26, 31 2, 7, 14
11-123C1	Level 1 (Cantonese) — Weekend course 第一級(廣東話) — 週末班	May 五月 June 六月 July 七月	29 11, 12, 18, 19, 25, 26 3, 9
11-124C1	Level 1 (Cantonese) — Weekday course ¹ 第一級(廣東話) — 平日班 ¹	May 五月 June 六月	16, 18, 20, 23, 25, 27, 30 1, 3, 8, 10, 17
11-125C1	Level 1 (Cantonese) — Weekday course ² 第一級(廣東話) — 平日班 ²	June 六月 July 七月 August 八月	16, 21, 23, 28 5, 7, 12, 14, 19, 21, 26 2
11-121C2	Level 2 (Cantonese) — Weekend course 第二級(廣東話) — 週末班	July 七月 August 八月	10, 16, 17, 23, 24, 30, 31 6, 7, 13, 20
11-126C1	Level 1 (Cantonese) — Weekend course 第一級(廣東話) — 週末班	September 九月 October 十月	3, 4, 17, 18, 24, 25 8, 9, 15
11-127C1	Level 1 (Cantonese) — Weekday course ¹ 第一級(廣東話) — 平日班 ¹	September 九月 October 十月	5, 7, 9, 14, 16, 19, 21, 23 26, 28, 30 7
11-128C1	Level 1 (Cantonese) — Weekday course ² 第一級(廣東話) — 平日班 ²	September 九月 October 十月 November 十一月	15, 20, 22, 27, 29 11, 13, 18, 20, 25, 27 3
11-129C1	Level 1 (Cantonese) — Weekend course 第一級(廣東話) — 週末班	October 十月 November 十一月	22, 23, 29, 30 5, 6, 12, 13, 20
			HKSI, Fotan 火炭香港體育學院
			InnoCentre, Kowloon Tong (tentative) 九龍塘創新中心(暫定)

The schedule and venue are 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:

- Time: Weekday course¹ (Monday, Wednesday & Friday) : 7:00pm — 10:00pm
Weekday course² (Tuesday & Thursday) : 7:00pm — 10:00pm
Weekend course (Saturday & Sunday) : 2:00pm — 8:00pm
- Examination: Dates with underlined

備註:

- 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
- 考試日期: 劃有底線的日期

2009/10 CAP Scholarship Presentation

The HKCC held its annual CAP Scholarship Presentation on 24 February 2011. A total of five participants were awarded for their outstanding academic results in the 2009/10 CAP Sports-General Theory courses.

The scholarship awardees were 得獎名單如下

CAP Level 級別	Awardees 得獎者	NSAs 體育總會
Level 1 第一級	Ho Ting-hin 何霆軒	Life Saving 拯溺
	Yuen Ka-lai 原嘉勵	Canoe 獨木舟
	Keung Lung-wai, James 姜龍威	Lawn Bowls 草地滾球
	Yeung Shou-fong, Annie 楊秀芳	Lawn Bowls 草地滾球
Level 2 第二級	Lee Kar-wai, Calvin 李嘉威	Archery 射箭

2009/10年度教練級別評定計劃獎學金頒獎禮

滙豐銀行慈善基金教練級別評定計劃獎學金頒獎禮已於2011年2月24日圓滿舉行，共有五位於2009/10年度運動通論課程中取得優異成績的教練獲得嘉許。

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

Helping Athletes Prepare for the Future

With their sporting knowledge and experience, elite athletes are a prime source of coaching talent. In order to provide full support to them to become accredited coaches, the fourth Elite Athletes Support Scheme (EASS) was held from 21 December 2010 to 24 January 2011. The EASS offered a tailor-made Level 2 CAP course schedule to fit with athletes' intensive training. A total of 11 athletes joined the course, including those from Cycling, Karatedo, Rowing, Triathlon, Windsurfing and Wushu.



協助運動員成為準教練

精英運動員擁有的運動知識與經驗，是具備潛質成為教練人才的重要人選。為了支援精英運動員成為認可教練，第四期精英運動員教練培訓計劃已於2010年12月21日至2011年1月24日舉行。計劃內容涵蓋教練級別評定計劃第二級運動通論課程，而上課時間表亦經特別編排，以配合

他們緊密的訓練時間。本期計劃共有11位來自單車、空手道、賽艇、三項鐵人、滑浪風帆及武術項目的運動員參加。

Hongkong Bank Foundation Accredited Coach Renewal Scheme

滙豐銀行慈善基金認可教練續領計劃

Last Call! Replacement for Accredited Coaches Certificate Attained on or before August 2008

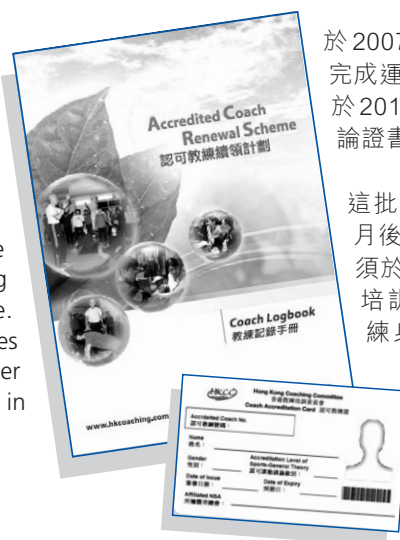
Accredited coaches qualified from 1 January 2007 to 31 August 2008 are reminded to obtain their new Sports-General Theory Certificate, Coach Accreditation Card and Coach Logbook by 30 April 2011.

After this batch of replacement, all accredited coach qualification acquired after August 2008 have to be renewed by accumulating sufficient hours of continuing coach education activities within the four-year cycle. Apart from the CCEP organised by the HKCC, coaches may also attend courses or workshops provided by other recognised sports or education-related organisations in Hong Kong, Mainland China or overseas.

2008年8月前取得認可資格的教練請從速換領新證

於2007年1月1日至2008年8月31日完成運動通論課程的認可教練，請緊記於2011年4月30日前辦理新的運動通論證書、認可教練證及教練記錄冊。

這批認可教練換領新證後，2008年8月後考獲運動通論證書的認可教練，須於每四年循環內出席足夠教練延續培訓活動的時數，以維持其認可教練身份。除出席由委員會舉辦的活動外，教練亦可參加由香港、國內或海外認可的體育或與教育相關機構提供的課程或工作坊。



Highlights 簡報

e-UPDATE in July 2011

UPDATE is an important channel for communicating with local and overseas coaching communities. Readers can download the e-UPDATE issue 49 starting from July 2011 at www.hkcoaching.com.

《動向》電子版2011年7月面世

《動向》為本港及海外地區教練的重要溝通渠道，第49期《動向》將於2011年7月推出電子版，屆時讀者可於教練培訓委員會網頁 www.hkcoaching.com 下載。

Salute to Coaches

Congratulations to the Hong Kong Team for winning 8 gold, 15 silver and 17 bronze medals in the Guangzhou Asian Games and 5 gold, 9 silver and 14 bronze medals in the Guangzhou Asian Para Games. Coaches' effort and contribution to such a great success is highly commended.

向教練致敬

恭賀香港代表隊在2010的廣州亞運會歷史性贏得8金、15銀及17銅；及後於廣州亞洲殘疾人運動會更取得5金、9銀及14銅的佳績。謹此向教練們的努力和貢獻致以最崇高的敬意。



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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