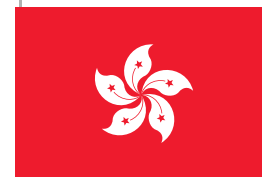


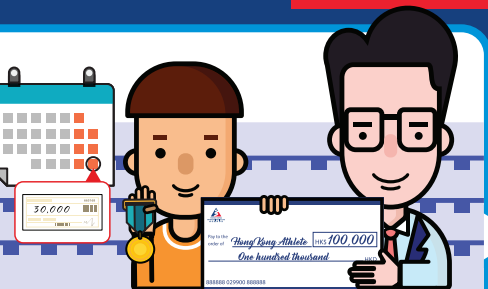
HKSI's All-round Support to Scholarship Athletes



Could this be you
on the podium representing
Hong Kong?

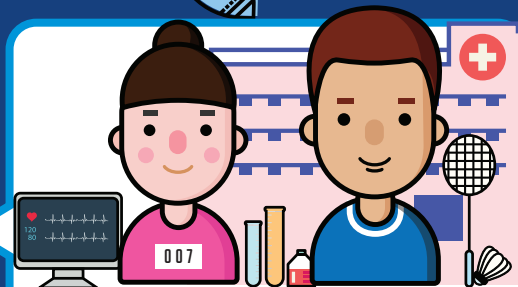


**HKSI Trains
Elite Athletes to Success!**



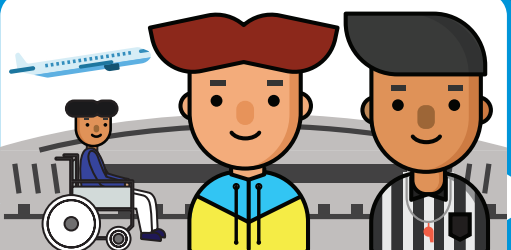
1 Financial Support

Training grant, competition incentive, retirement grant and education subsidy



2 Sports Science & Medicine

Comprehensive support in sports science, sports medicine, psychology, nutrition, and strength and conditioning



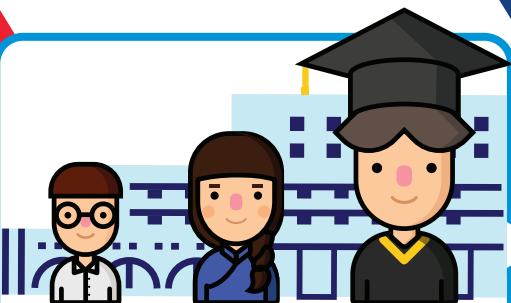
3 Training & Competitions

World-class barrier-free training facilities, coaches, and exposure to international competitions



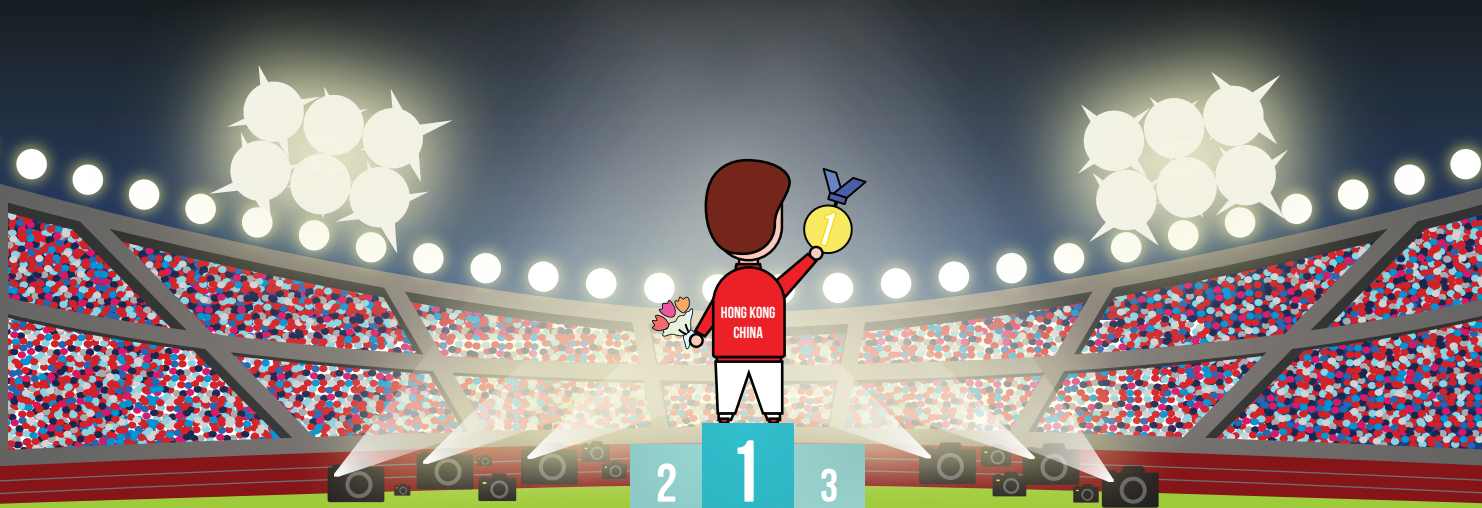
4 Lifestyle & Social Development

Whole-person development through hostel life, nutritious meals, tutorials, interest classes, overseas exchanges and apprenticeship etc.



5 Education

Partnership with secondary schools and tertiary institutions to help athletes cope with their studies



Aiming for the Top

It usually takes 8 to 12 years of full-time training for young people with potentials to reach world-class performance levels. In addition to talents, it also requires systematic training programmes and support to nurture world champions.



Senior Elite

Performance

Junior Elite

Development

Potential Athletes



Development Pathway

Athletes receiving training at the HKSI will first become Potential Athletes, before developing as Junior and Senior Elite Athletes.



An Ideal Home for Sports Talents


Under the recommendations of National Sports Associations, young people with sports talents may become Scholarship Athletes of the HKSI, where they can receive the highest level of training in the sports they excel, compete with top athletes from around the world, as well as benefit from comprehensive financial, training, education and lifestyle support.



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