



圖一：香港體育學院21世紀精英培訓系統

Figure 1: 21<sup>st</sup> Century Elite Training System at the HKSI

直接關乎精英運動員系統化發展的關鍵成功因素顯示於圖一中的圓形內，而非直接關乎個別運動員發展但有助提升精英培訓系統水平的活動，則顯示在圓形外。

The critical success factors, which are directly related to the systematic development of elite athletes, are portrayed inside the circle in Figure 1, while support activities which are not directly related to individual athletes' development, but which improve the provision and efficient functioning of the elite training system are portrayed outside the circle.

## 體育資助 Funding Support

體院是政府向本地精英運動員提供世界級體育培訓及支援環境的機構，協助他們在國際體壇爭取佳績。政府根據「精英資助」評核計劃準則，以成年及青少年運動員在主要國際賽事的成績作為甄選準則來辨認達到國際水平的體育項目，繼而透過體院提供為期四年支援。體育項目分為三個架構，包括A\*級、A級及B級。體院會配合亞運會及奧運會的周期，每兩年進行一次檢討，從而在四年的支援期內為體育項目提供穩定的支援。

在二零一六/一七年度，共有17個「A級」支援精英體育項目獲體院支援，其中四個獲列為「A\*級」類別，支援範圍包括精英訓練資助、由總教練領導的教練團隊、全面的運動科學及運動醫學支援，以及運動員發展計劃等。另有13個「B級」支援精英體育項目獲體院提供資助及支援。

The HKSI is the Government's delivery agent responsible for providing a world-standard training and support environment for high performance athletes to enable them to excel in the international sporting arena. Under the Government's Elite Vote Support Scheme, the achievements of both senior and junior athletes at major international competitions comprise the selection criteria for identifying the high performance sports to be supported by the HKSI for a four-year period. Sports are categorised into three levels: Tier A\*, Tier A and Tier B. A review is conducted every two years and is aligned with the Asian Games and the Olympic Games cycles in order to provide stable support for the sports during the four-year support cycle.

In 2016/17, 17 Tier A sports, four of which had been selected as Tier A\* sports, were supported by the HKSI and provided with funding for elite training, dedicated coaching teams led by a Head Coach, full sports science and sports medicine support, and athlete development programmes. Funding and support were also provided to 13 Tier B sports.

## 對運動員的直接財政資助

持續的財政資助對香港運動員繼續爭取佳績起著重要作用。體院從精英運動員發展基金獲得穩定及長期的資助，讓精英運動員在安穩的經濟環境下專心受訓及參加國際比賽。

在二零一六/一七年度，體院透過四項直接財政資助計劃向963名運動員提供資助，總額達8,908萬港元。受惠運動員包括：

- 「A級」支援精英體育項目及「個別精英運動員資助計劃」下之體育項目的779名運動員；
- 「體育訓練資助」下之體育項目的123名運動員；及
- 香港殘疾人奧委會暨傷殘人士體育協會及香港智障人士體育協會的61名運動員。

### 精英訓練資助

精英訓練資助是為體院「A級」支援精英體育項目的獎學金運動員及非精英資助體育項目「個別精英運動員資助計劃」內的精英運動員而設。在二零一六/一七年度內，精英訓練資助計劃撥出7,372萬港元，資助779名運動員（366名成年及413名青少年運動員）。每名成年及青少年運動員的最高資助額分別為43萬6,800及8萬7,360港元。受惠運動員的名單請參閱附錄三。

### 體育訓練資助

體育訓練資助為非「個別精英運動員資助計劃」內非精英資助體育項目的精英運動員及「A級」支援精英體育項目的非獎學金運動員直接提供經濟上的資助。在二零一六/一七年度內，體育訓練資助計劃撥出620萬港元予123名運動員（55名成年、55名青少年及13名隊際項目運動員）。個人項目方面，每名成年及青少年運動員的最高資助額分別為16萬7,880及4萬3,620港元，而隊際項目所屬的體育總會則最高可獲4萬6,970港元的資助。受惠運動員的名單請參閱附錄四。

### 殘疾人士體育訓練資助

殘疾人士體育訓練資助為本港傑出運動員直接提供經濟上的資助，主要協助對象為高水準及具潛質在國際體壇爭取或保持優異成績的運動員。在二零一六/一七年度內，殘疾人士體育訓練資助計劃撥出290萬港元予61名精英運動員，每名運動員的最高資助額為7萬2,800港元。受惠運動員的名單請參閱附錄五。

### 個別精英運動員資助計劃

非精英資助體育項目及「A級」支援精英體育項目的非主流項目運動員，若取得精英資助評分表三分或以上，可透過所屬總會獲得額外經費資助精英培訓活動。在二零一六/一七年度內，個別精英運動員資助計劃撥出626萬港元，資助62名運動員（27名成年及35名青少年運動員）。受惠運動員的名單請參閱附錄六。

## Direct Financial Support to Athletes

Sustained funding support has played a pivotal role in Hong Kong athletes' continuing success. Through the Elite Athletes Development Fund, the HKSI has a stable, long-term source of funding, allowing it to provide elite athletes with a financially stable environment, facilitating uninterrupted focus on training and international competition.

In 2016/17, the HKSI provided HK\$89.08 million to 963 athletes under four Direct Financial Support (DFS) schemes to provide the athletes with a financially stable environment in which to train and compete in Major Games. The athletes who benefited included:

- 779 athletes from Tier A sports and other sports supported under the Individual Athletes Support Scheme (IASS);
- 123 athletes from sports supported under the Sports Aid Grant (SAG); and
- 61 athletes from the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD) and the Hong Kong Sports Association for Persons with Intellectual Disability (HKSAPID).

### Elite Training Grant

The Elite Training Grant (ETG) is provided to HKSI Scholarship Athletes of Tier A sports and elite athletes of non-Elite Vote-Supported Sports under the IASS. In 2016/17, the ETG scheme allocated HK\$73.72 million to 779 athletes (366 Senior, 413 Junior). A maximum of HK\$436,800 and HK\$87,360 was granted to each Senior and Junior Athlete respectively. The recipient list is at Annex 3.

### Sports Aid Grant

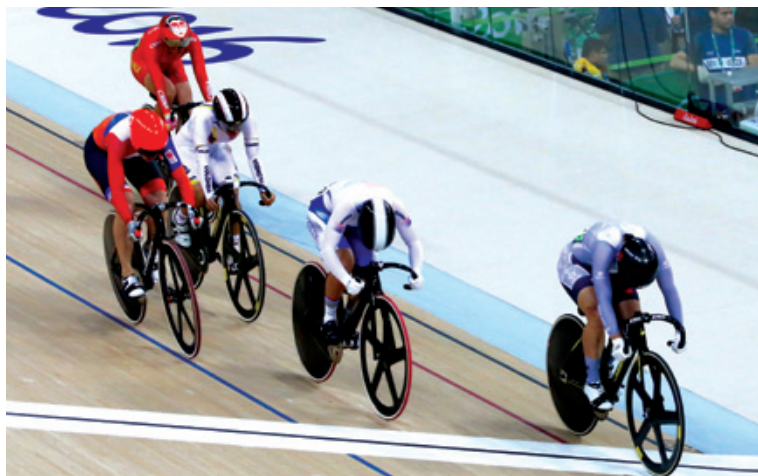
The Sports Aid Grant (SAG) provides direct financial support to elite athletes of non-Elite Vote-Supported Sports not under the IASS and elite athletes of Tier A sports not under the HKSI Sports Scholarship Scheme. In 2016/17, the SAG scheme allocated HK\$6.2 million to 123 athletes (55 Senior, 55 Junior and 13 from Team-only Sports). For individual sports, a maximum of HK\$167,880 and HK\$43,620 was granted to each Senior and Junior Athlete respectively. For Team-only Sports, a maximum of HK\$46,970 was granted to each National Sports Association (NSA). The recipient list is at Annex 4.

### Sports Aid Grant for Athletes with Disabilities

The Sports Aid Grant for Athletes with Disabilities (SAGD) provides direct financial support to Hong Kong athletes with demonstrated performance and potential to achieve or maintain success in the international sports arena. In 2016/17, the SAGD scheme allocated HK\$2.9 million to 61 elite athletes, with a maximum of HK\$72,800 per athlete. The recipient list is at Annex 5.

### Individual Athletes Support Scheme

Athletes of non-Tier A sports and secondary disciplines of Tier A sports who get at least three points or more under the Elite Vote Scoring Table are provided with programme funding through their respective NSAs to support their additional high performance training needs. In 2016/17, the IASS allocated HK\$6.26 million to 62 athletes (27 Senior, 35 Junior). The recipient list is at Annex 6.



四個「A\*級」支援精英體育項目均於里約奧運比賽項目晉身前十名。  
The four Tier A\* sports all achieved top-10 positions at the Rio Olympics.

### 「A\* 級」支援精英體育項目

在二零一四年三月，體育委員會從「A級」支援精英體育項目中，確定羽毛球、單車、乒乓球及滑浪風帆四個項目為「A\*級」支援精英體育項目，其運動員均持續於國際最高級別賽事有優秀表現或有機會在奧運會獲取獎牌。有關項目可獲提供額外資助，以優化直至二零二零年兩屆奧運會的備戰計劃。

### 「B級」支援精英體育項目

另有13個項目獲列入「B級」支援精英體育項目，包括體育舞蹈、龍舟、馬術、高爾夫球、柔道、小型賽車、草地滾球、攀山、野外定向、滾軸運動、滑冰、跆拳道及三項鐵人。這些項目的運動員均在「精英資助」評核準則通用計分表中獲取高於六點五分但低於九分，每個項目最高可獲150萬港元的撥款，用以資助其精英訓練計劃。

### 殘障精英運動員培訓

年度內，體院提供213萬港元資助傷殘運動員精英培訓計劃，有關資助分別給予香港殘疾人奧委會暨傷殘人士體育協會及香港智障人士體育協會，用作聘請教練、購置器材，以及舉辦運動員訓練營及比賽。

### Tier A\* Sports

In March 2014, the Sports Commission confirmed that four Tier A sports – badminton, cycling, table tennis and windsurfing – whose athletes had consistently performed at the highest level and had the potential to win medals at the Olympic Games, were selected as Tier A\* sports. They receive additional resources required to enhance specific areas of their Olympic preparation programmes for two Olympic Games cycles up to the year 2020.

### Tier B Sports

Another 13 sports – dance sports, dragon boat, equestrian, golf, judo, karting, lawn bowls, mountaineering, orienteering, roller sports, skating, taekwondo and triathlon – whose athletes had achieved a score over 6.5 but below 9 points according to the Elite Vote Generic Scoring Table, were selected as Tier B sports. Each sport was allocated a maximum of HK\$1.5 million to support its elite training programme.

### Sports for Athletes with Disabilities

The HKSI provided HK\$2.13 million during the reporting period to support the Elite Training Programme for sports for athletes with disabilities. Funding was provided to the HKPC&SAPD and the HKSAPID for hiring elite coaches, purchasing equipment, and organising athletes' training camps and competitions.

## 體育總會撥款

體院為「A級」支援精英體育項目所屬運動員參與在香港以外舉行的國際賽事，及其香港代表隊/青少年代表隊訓練計劃提供支援。於二零一六/一七年度內，體院向體育總會提供2,163萬港元，支援有關項目。

## 賽馬會優秀運動員獎勵計劃

「賽馬會優秀運動員獎勵計劃」共頒發超過584萬港元，獎勵於里約2016奧運會及殘疾人奧運會（殘奧運）表現優秀的香港運動員。

獲嘉許的包括25位在奧運會取得前十六名及18位在殘奧運取得前八名的香港運動員，當中六位殘奧運硬地滾球、游泳、乒乓球及輪椅劍擊獎牌得主合共獲頒148萬港元。

體院與香港賽馬會慈善信託基金於二零一六年十月十九日及十一月三日攜手舉行「賽馬會優秀運動員獎勵計劃」頒獎典禮，分別向兩項運動會表現傑出的香港運動員頒發獎勵。

體院於一九九四年推出「優秀運動員獎勵計劃」，旨在向於大型運動會獲獎牌的本地運動員提供現金獎勵。香港賽馬會慈善信託基金於二零一六年三月成為計劃的冠名贊助，獎勵在二零一六年至一八年六大運動會包括奧運會、殘奧運、亞洲運動會、亞洲殘疾人運動會、全國運動會及世界大學生運動會中表現傑出的香港運動員，表揚和肯定他們的努力和貢獻。

## Funding for NSAs

The HKSI supports Tier A sports for international events held outside Hong Kong and their national/junior squad training programmes. In 2016/17, a total of HK\$21.63 million was provided to support these initiatives.

## Jockey Club Athlete Incentive Awards Scheme

Hong Kong's outstanding Olympic and Paralympic Games athletes were awarded with cash bonuses totalling more than HK\$5.84 million in recognition of their achievements at Rio 2016.

The awards went to 25 Olympians who placed in the top 16 or better, and 18 Paralympians who ranked top-eight or better, including HK\$1.48 million to the six Paralympic medallists in boccia, swimming, table tennis and wheelchair fencing.

The HKSI and The Hong Kong Jockey Club Charities Trust jointly presented the awards at the Jockey Club Athlete Incentive Awards Scheme ceremonies held on 19 October and 3 November 2016 respectively.

The Athlete Incentive Awards Scheme was initiated by the HKSI in 1994 to provide cash incentives to local medal winners at various Major Games. The Hong Kong Jockey Club Charities Trust became title sponsor in March 2016 to recognise outstanding performances at six Games from 2016 to 2018, including the Olympic Games, the Paralympic Games, the Asian Games, the Asian Para Games, the National Games and the World University Games.



賽馬會優秀運動員獎勵計劃向在二零一六年至一八年六大運動會中表現傑出的運動員提供現金獎勵。

The Jockey Club Athlete Incentive Awards Scheme presents cash rewards to athletes who have outstanding performances at six Major Games from 2016 to 2018.

## 香港賽馬會精英運動員基金

香港賽馬會精英運動員基金（信託基金）於二零零四年成立，以支援香港的精英運動員。

於二零一五/一六年度內，信託基金的資助項目獲優化重組，透過一系列新推出的「賽馬會精英運動員教育支援計劃」及「賽馬會精英運動員發展計劃」，讓體院更有效地回應近年對支援精英運動員全人發展方面的殷切需求。此外，為表揚體院獎學金運動員在體壇的卓越表現，基金亦撥款資助「賽馬會世界錦標賽獎勵計劃」，嘉許在世界錦標賽勇奪佳績的運動員。

於二零一六/一七年度內，信託基金撥出600萬港元予體院為運動員提供直接財政資助，另提供389萬港元資助精英運動員的教育支援及個人發展計劃，同時額外撥出258萬港元向參加大型運動會及世界錦標賽的運動員提供現金獎勵。有關信託基金的詳情，請參閱第91至第103頁的財務報告。

## 香港運動員基金

體院由一九九七年起負責管理香港運動員基金，為修讀專上院校課程的運動員提供學費資助。在二零一六/一七年度內，基金共批出逾258萬港元，資助20名運動員直至二零二零/二一學年的學費開支及生活津貼。獲資助的運動員包括：

- 袁倩滢（羽毛球）
- 陳浩源（羽毛球 - 香港殘疾人奧委會暨傷殘人士體育協會）
- 梁民鎧（桌球）
- 溫家琪（桌球）
- 何宛淇（硬地滾球 - 香港殘疾人奧委會暨傷殘人士體育協會）
- 胡樂馬（單車）
- 何迪琳（劍擊）
- 廖恩尉（劍擊）
- 楊子加（劍擊）
- 詹文軒（體操）
- 石偉雄（體操）
- 馬嘉敏（空手道）
- 俞灝章（空手道）
- 馬栢康（滾軸運動）
- 鄭芷婷（欖球）
- 黃祉謙（壁球）
- 周浩榮（游泳 - 跳水）
- 吳鎮男（游泳）
- 譚凱琳（游泳）
- 蔡欣妍（三項鐵人）

## The Hong Kong Jockey Club Elite Athletes Fund

The Hong Kong Jockey Club Elite Athletes Fund (the Trust Fund) was established in 2004 to support elite athletes in Hong Kong.

In 2015/16, usage of the Trust Fund was restructured to recognise the HKSI's growing needs in supporting the whole-person development of elite athletes through a new series of the Jockey Club Elite Athlete Education Support Programmes and Jockey Club Elite Athlete Development Programmes. In addition, the Jockey Club World Championships Performance Scheme was established to incentivise Scholarship Athletes' high performance outcomes by recognising their sustained success at senior world championships events.

In 2016/17, the Trust Fund contributed HK\$6 million to the HKSI for its Direct Financial Support to athletes, HK\$3.89 million for elite athletes' education support and development programmes, and a further HK\$2.58 million as incentive payments for participation in Major Games and world championships. Further details of the Trust Fund are presented in the financial statements on pages 91 to 103.

## Hong Kong Athletes Fund

Tuition fee subsidies for undergraduate studies have been granted to athletes since the inception of the Hong Kong Athletes Fund in 1997. In 2016/17, over HK\$2.58 million was approved to cover the tuition fees and subsistence allowances of 20 athletes up to the 2020/21 academic year. The recipients were as follows:

- Yuen Sin-ying (Badminton)
- Chan Ho-yuen (Badminton, HKPC&SAPD)
- Leong Man-hoi (Billiard Sports)
- Wan Ka-kai (Billiard Sports)
- Ho Yuen-kei (Boccia, HKPC&SAPD)
- Wu Lok-chun (Cycling)
- Ho Tik-lam (Fencing)
- Liu Yan-wai (Fencing)
- Yeung Chi-ka (Fencing)
- Jim Man-hin (Gymnastics)
- Shek Wai-hung (Gymnastics)
- Ma Ka-man (Karatedo)
- Yu Ho-cheung (Karatedo)
- Ma Pak-hong (Roller Sports)
- Cheng Tsz-ting (Rugby)
- Wong Chi-him (Squash)
- Chow Ho-wing (Swimming - Diving)
- Ng Chun-nam (Swimming)
- Tam Hoi-lam (Swimming)
- Choi Yan-yin (Triathlon)

此外，香港運動員基金於二零一五年推出「精英運動員優秀表現嘉許計劃」，以支援運動員退役後開展人生中的第二事業。在二零一六/一七年度內，嘉許計劃撥出逾297萬港元，資助下列合資格的退役運動員：

- 陳仁傑（羽毛球）
- 郭灝霆（單車）
- 陳伽彰（空手道）
- 鄒廣榮（賽艇）
- 關騏昌（賽艇）
- 謝嘉俊（乒乓球）
- 鄭國輝（滑浪風帆）
- 鄭仲恒（武術）
- 梁家瑋（武術）
- 梁文駿（武術）

The Elite Athletes Performance Recognition Scheme was set up in 2015 under the Hong Kong Athletes Fund to support athletes' pursuit of a second career after retirement from high-level sporting competition. In 2016/17, HK\$2.97 million was distributed to the following eligible retired athletes:

- Chan Yan-kit (Badminton)
- Kwok Ho-ting (Cycling)
- Chan Ka-man (Karatedo)
- Chow Kwong-wing (Rowing)
- Kwan Ki-cheong (Rowing)
- Tse Ka-chun (Table Tennis)
- Cheng Kwok-fai (Windsurfing)
- Cheng Chung-hang (Wushu)
- Leung Ka-wai (Wushu)
- Leung Man-chun (Wushu)

## 科研支援 Scientific Support

體院採用生物、心理、社會學三者結合的跨學科模式來制訂支援策略，提供以科學為本、以運動員為中心的精英培訓支援服務。精英訓練科技科設有六個中心，包括體能科學訓練中心、運動生物力學及科技中心、運動營養監控中心、運動心理中心、運動醫學中心及體育資訊中心。各中心的團隊緊密合作，識別不同的訓練問題，然後與教練研究以數據為本的解決方案，以及透過持續監控、討論並以最新研究數據作基準分析，定期修訂各項科研支援服務的程序。精英訓練科技科每年亦為運動員、教練、體育總會、本港與海外專上學院及體育機構，以及合作夥伴舉辦不同主題的研討會、講座及工作坊，並編製刊物作教育用途，藉此促進體院與其他精英體育專才在運動科學及醫學應用經驗上的交流。

### 體能科學訓練中心

#### 體能科學訓練服務

體能科學訓練中心與運動醫學中心及其他中心緊密合作，制訂和執行以科學為基礎的體適能訓練計劃，透過改善運動員的心血管系統、爆發力、肌肉力量、速度、靈敏性、耐力及機動能力，充份發揮他們的潛能。中心利用科學測試（包括實驗室及臨場）來量化和監控訓練，確保教練能更準確地判斷有效的負荷量度及強度周期訓練計劃，從而調整訓練計劃，達至最佳預期效果。

In order to provide science-based, athlete-centred support for elite training, the HKSI uses the multi-disciplinary biopsychosocial model to formulate its support strategy. There are six centres in the Elite Training Science & Technology Division: the Scientific Conditioning Centre, Sport Biomechanics & Technology Centre, Sport Nutrition Monitoring Centre, Sport Psychology Centre, Sports Medicine Centre and Sports Information Centre. They work as a team to identify any training issues or concerns, and develop evidence-based solutions with coaches. The support procedures are regularly updated through continuous monitoring, discussion and benchmarking against the latest research data. Each year, the Division organises seminars, lectures and workshops for athletes and coaches, NSAs, local and overseas tertiary and sports institutes, and collaborative partners. It also produces publications to educate and promote exchange between the HKSI and other elite sport professionals in applied sports science and medicine.

### Scientific Conditioning Centre

#### Scientific Conditioning Services

The Scientific Conditioning Centre works closely with the Sports Medicine Centre and the other centres to develop and implement science-based strength and conditioning programmes designed to optimise athletes' performance by improving their cardiovascular system, power, strength, speed, agility, endurance and mobility to enable them to perform to their fullest potential. This is done through the use of scientific testing (both laboratory-based and field-based) to quantify and monitor training. This ensures a more precise determination of effective periodisation programmes on training load and intensity, which enables coaches to adapt training programmes to maximise their desired outcomes.