Hong Kong Women’s Squash Team aims for a breakthrough in the Asian Games

Luk Chun Yin and Tang Chun Yin skateboard their way to the Asian Games

Panasonic Sports Scholarships support Hong Kong athletes to success
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This is a time to pause and reflect upon the redeeming powers of sport to permit fierce competition and yet promote peace among nations. We witnessed this at the Winter Olympics in PyeongChang during which sworn enemies sought to examine and explore their common heritage as their athletes joined hands. The same occurred at the recent World Cup to which has fans converged from every corner of the globe to support for their national teams and celebrate the games, however their sides fared. Our nationalities might different but our humanity is the same.

This edition of our signature journal permits us to contemplate the feats of our sporting heroes, the arduous courses they took to reach the summit and the work that such a quest entailed. We sometimes suffer a deficit of inspiration in our daily lives and need exemplary people to affirm to us that among us are those that strive to succeed often in lonely perseverance. This gives us encouragement to try to be the best in what we do with a winning attitude. It makes us want to excel with the sole motivation of resting our physical and mental limitations whether or not there are immediate gains. This is really the stuff of champions. It makes identity with them and appreciate their grit and endeavours.

在早前舉行的平昌冬季奧運會，我們見證各國運動員即使在運動場上猶如死敵，但仍可一同探索彼此的共同價值，藉著體育競技促進各國和平友好的同時，亦讓我們停下想想體育帶來的正能量。同樣在世界盃，來自世界每一角落的球迷為自己支持的球隊打氣，為賽事喝采，即使大家來自不同國家，但感受是一樣的。

我們希望透過今期《奧訊》，讓大家感受到體育英雄為達至高峰和目標，當中所付出的努力和艱辛旅程。當我們在生活感到不如意或欠缺生氣時，正可以這些榜樣作借鏡，提醒每人也是憑自己的毅力爭取成功，從而鼓勵我們以爭勝的決心去做到最好。不論最終的得益或成功是即時或暫未可見，我們都應專注地全力以赴，突破自己極限，這才是冠軍的風範。在每人的深深處，其實同樣擁有那份真正的勇氣，就讓我們仿傚運動員的努力，一同前進。

Timothy T. T. Fok
霍震霆
President, Sports Federation & Olympic Committee of Hong Kong, China
中國香港體育協會暨奧林匹克委員會會長
Honorary Member, International Olympic Committee
國際奧林匹克委員會榮譽委員
WHAT IS YOUTH OLYMPIC GAMES?
★ The Youth Olympic Games (YOG) is an event that combines high-level sport, cultural activities and the learning of key skills, through Olympic Education, team building activities, forum etc, to build up a youth community, to provide a healthy lifestyle, with the aim of making each athlete and young participant an ambassador of Olympism.

★ The YOG was created in 2007 initiated by Count Jacques ROGGE, Former President of International Olympic Committee and is seen as a catalyst within the Olympic Movement. It is a unique event, for youth and by youth.

★ YOG gathers young athletes aged between 15 and 18. It is held every four years.

★ The 3rd YOG will be held from 6 to 18 October 2018 in Buenos Aires, Argentina.

BUENOS AIRES 2018, 6-18 OCTOBER 2018
Total 32 sports including 4 new sports: Karate, Roller Speed Skating, Sport Climbing and Breaking

New Sports
Karate  Roller Speed Skating  Sport Climbing  Breaking

Buenos Aires 2018 will be the first Olympic event to have the same number of male and female athletes, fostering gender equality.

MASCOT
The jaguar named #Pandi, with a “hashtag” at the beginning to demonstrate its strong online profile, will be the mascot of the 3rd Youth Olympic Games to spread the Games’ message and the Olympic values of friendship, respect, and excellence among different audiences, especially young fans and athletes.

SPORTS EVENTS

For more details of the upcoming YOG, please visit www.buenosaires2018.com
The 18th Asian Games will be held from 18 August to 2 September 2018 in the two cities, Jakarta and Palembang, Indonesia. Athletes from over 45 National Olympic Committees will compete in 40 sports. In addition, Esports and Canoe polo will make their debut as demonstration sports in the Games.

With the efforts of the sports community, the Federation will send the largest number of participating athletes to compete in the Games. Lead by Mr. Herman S. M. Hu, SBS, JP Chef de Mission around 800 delegates will participate in the Games, including new inclusion sports of paragliding, sport climbing and contract bridge. A Flag Presentation Ceremony was held on 29 July 2018 to send off the delegation with warm wishes for their success in the Games.
New Inclusion Sports

Bridge

Contract bridge is one of the most famous mind sports in the world. It is a four-player game with a deck of normal poker cards. Players need to exchange information by limited the number of bidding cards. Logical thinking, partnership communication, probability calculation and even psychological analysis are all important elements for this game. Scores are assigned according to the contract and number of tricks. Obviously, higher-level contract provides better scores but also higher risk. All participants would play exactly the same hands, and the final ranking depends on the relative scores among players.

Hong Kong will compete in the Men’s and Women’s team and pair events

There are mainly two formats for the tournament: team or pairs. In the coming Asian Games, there are six events in the bridge category. The Hong Kong Contract Bridge Association will send players to participate in the Men’s team, Men’s pair and Women’s pair. The men’s team has just finished second in the 3rd Asia Cup and the Women’s teams finished first runner-up in the Women’s pair. Also, one of the best men’s pair won the event in the 2017 “Road-to-Asian Games” held in Indonesia.

Paragliding

Paragliding is a recreational, competitive and professionally-trained adventure sport. A paraglider is a lightweight, non-motorized glider aircraft with no rigid primary structure. Paragliding started to grow in Hong Kong from 1990s with the formation of the Hong Kong Paragliding Association, and gained popularity in recent years as the sport may become a mainstream event.

The Team aims at medals in two disciplines

Hong Kong will send a delegation of five men and two women to participate in two paragliding disciplines, namely accuracy and cross-country racing. The accuracy competition emphasizes stability, accurate judgment and skilled landing techniques. Athletes take off, fly and land accurately onto a target with the winner being the athlete landing nearest to the target after multiple rounds of competition.

The cross-country racing competition emphasizes flying skills, strategy and teamwork. Similar to sailing regattas and road cycling competitions, athletes race in the sky with the winner being the fastest athlete in the race after multiple rounds of competition.

Sport Climbing

Climbing is a primary human skill and an easy-to-understand sport. It offers a spontaneity and fun to participants and gives them the opportunity to exercise, to improve their relationship with the environment and perhaps also to combat a sedentary life-style. Climbing not only demands athletes’ strength, body control and athleticism, it challenges the mind and has a social value. It attracts more and more athletes to join the vertical challenges, both indoor and outdoor.

A Team of Four athletes will compete in three disciplines

Four athletes will have their debut in the disciplines of Lead, Boulder and Speed. Lead - Height, endurance and strategy. Athletes climb secured by a rope, one at a time, on an overhanging route with a 6-minute time limit. The one who climbs highest wins. Boulder - Power and technique for an explosive performance of a maximum of 10 movements. Spectacular and intense gestures, maximum height 4 meters and a fall back on mats. Speed - 15 meters in less than 6 seconds! Secured from above, climbers run up parallel walls. The fastest wins!
Demonstration Sports

Canoe Polo

Canoe polo is a discipline of kayaking in which a team of 5 kayakers compete with other teams in ball games. Each half lasts for 10 minutes. This requires both manoeuvring skills and ball control.

Athletes are ready for the 18th Asian Games

Canoe polo has been practiced in Hong Kong for several decades. Hong Kong was a strong team in Asia back to 1990s. After the retirement of core players in the 2000s, there was a succession problem which led to stagnation in the development of the sport. Therefore the Hong Kong Canoe Union established a systematic hierarchy to ensure sustainability. Team Hong Kong has been set up only recently with intensive professional training but without too much tournament experience at the international level. However, with the effort of every single member the athletes and the coaches gained their first international exposure in the Asian Canoe polo Championships held in 2017 in Malaysia. In 2018, they will demonstrate their skill for the first time in the Asian Games.

Esports

Electronic sports (Esports) will be included as a demonstration sport of the 18th Asian Games co-organized by the Olympic Council of Asia (OCA), Asian Electronic Sports Federation (AESF) and the Indonesia Asian Games Organizing Committee (INASGOC). The sport was until recently generally regarded as a leisure activity but has now evolved to a competitive sport emphasizing on intelligence, strategy, reaction and teamwork.

The selected games for the demonstration are League of Legends, Hearthstone, Starcraft II, Pro Evolution Soccer, Clash Royale and Arena of Valor. Other than an automatic berth for host country Indonesia in each contest, seven qualified Esports national teams in each contest are decided by an Asia Qualifier. Qualifier winners from the five regions (East Asia, South Asia, Central Asia, West Asia and Southeast Asia) can then compete for the medals.

Esports become official in 2022 Asian Games

As Esports will be an official sport in the 2022 Asian Games in Hangzhou, China, the demonstration of the sport in the 18th Asian Games will establish a unique experience to audiences around the world and will be a milestone on the way to possibly bringing Esports to the Olympic Games in the future.

The Asian Qualifier is commissioned by the AESF, the sole competent authority for electronic sports throughout Asia and recognized by OCA. Mr. Kenneth Fok has been elected as the President of AESF in September 2017.
若說女子壁球隊是香港於亞洲運動會的獎牌希望絕不為過，近20年人材輩出，過往5屆賽事合取1金4銀4銅。球隊今屆雅加達亞運會將在新教練指導、球員以老帶新下力爭再寫佳績，以連續6屆賽事登上領獎台為目標。

上任壁球港隊主教練蔡玉坤於2016年尾升任香港體育學院副院長，其職位由英國名宿羅啟思（Chris Robertson）接任，在過去的球季帶領港隊打出不俗成績。來港剛好1年，羅啟思直言對新工作感到滿意：「我很喜歡香港的文化及天氣，港隊在過往一年亦取得不少好成績，雖然部份比賽結果令人失望，但整體而言仍滿意球員的進步。」

主教練羅啟思新思維「以老帶新」出征亞運

提及即將來到的第18屆亞運會，羅啟思認為是上任以來最大挑戰：「這項4年一度的大型賽事，是球員證明港隊實力的機會，我期望他們有最好的發揮，贏得獎牌。」他亦讚揚一眾港將具備經驗及熱情，在剩下的備戰時間會集中於協助她們調整心態及處理壓力。

陣容方面，今次將有兩位「三朝元老」陳浩鈴（Joey）及歐詠芝（Annie）出戰個人賽，並聯同首戰亞運會的李嘉兒及何子樂等組成的李嘉兒與何子樂等組成的賽事，第三度踏上亞運會舞臺，Joey指自己較過去兩次成熟，但期待及興奮感覺不比以往少：「壁球不是奧運會項目，所以亞運會對香港球員是最大型的比賽，亦是香港壁球界爭取資源的最佳機會，而且代表香港比賽給球員職業賽更有歸屬感。」Joey及Annie已把目標放在爭取獎牌，後者謂：「獎牌是甚麼顏色要視乎比賽時的狀態及表現，始終不想給自己和隊友太大壓力，最重要表現出日常練習的成果。」談到兩位「師妹」，Annie希望她們能放鬆心態上場，笑謂「師姐」會在背後支持她們。

趙詠賢球員變教練薪火相傳

除了Joey和Annie外，港隊亦有昔日猛將趙詠賢（Rebecca）在背後撐腰。這位2002年釜山亞運會個人金牌得主，自2010年「掛拍」後轉任教練，換了角色在場外指導，今次將以教練身份出戰第二次亞運。她謂經過幾年積累經驗，今次對球員及教練員方面更有信心，更覺完善，並於過程中喜見港隊的薪火相傳：「2010年亞運會時Joey和Annie開始接我棒，現在她們累積了經驗，可成為新小花的榜樣。」

首度出戰亞運會的李嘉兒及何子樂已預備好接棒，雖然在經驗上或稍不及「師姐」，但兩人均表示會盡力克服壓力及緊張感覺，發揮應有水準，體現對亞運會的印象，何子樂指對教練Rebecca的金牌最深刻：「當時初接觸壁壇，覺得能在亞洲大型比賽奪得金牌好厲害。」李嘉兒亦指期待能親身感受這項盛事的氣氛，並以今屆賽事作練習，希望下屆可代表港隊出戰個人賽。

亞運會壁球賽事將於8月23日至9月1日上演，香港女子隊方面，歐詠芝被列為2號種子，陳浩鈴為5至8號種子，團體賽的種子排名則要視乎個人賽的成績來決定。
A Mix of Fresh Blood and Veterans
Hong Kong Women's Squash Team
Strike for Breakthrough in Asian Games

The women's squash team is a main medal hope of Hong Kong in the 18th Asian Games since they captured 1 gold, 4 silver and 4 bronze in the past five Games. A team with a mix of fresh blood and veterans will be led by their new coach Chris Robertson to strive for the victory podium for the sixth consecutive time.

Chris Robertson took over the team after former head coach Tony Choi Yuk Kwan was promoted to Deputy Chief Executive of the Hong Kong Sports Institute one year ago. He considers the 18th Asian Games his biggest challenge so far and says, 'I hope my team can snatch some medals in this quadrennial tournament. It is a great opportunity to prove themselves. We did well in the past year. The players have passion and experience. Now, we need to focus on managing our stress and mentality before the Games.'

Players and New Coach aim for Medals

The Asian Games' squash events will be held from 23 August to 1 September. Veteran players Joey Chan Ho Ling and Annie Au Wing Chi will participate in the individual event as well as the team event, along with the young players Lee Ka Yi and Ho Tze Lok. 2002 Busan gold medalist Rebecca Chiu Wing Yin will attend the Games as a coach for the second time. She is pleased to see the succession of the team and said, 'Joey and Annie have gained enough experience in the previous Asian Games since 2010. They can lead the young players to fight for good results.'

Both veterans aim for medals in the upcoming Asian Games as seed 5 to 8 in the individual events, Joey looks for a good result in order to get more resources for the sport as squash is a non-Olympic event. Asian Games is their best opportunity. Seed no. 2 Annie would like to focus on her performance and not think too much about the colour of the medal. She said, 'I don't want to give myself and the team too much pressure. The young players, Lee Ka Yi and Ho Tze Lok, can't wait to feel the atmosphere of the Asian Games and hope to play at their best.'
曾在香港紅極一時的滑板文化始於80年代末，走上街頭不難找到年輕人「踩板」的蹤影。雖然近年本地滑板熱潮有所冷卻，但仍有一眾滑板發燒友對這項運動情有獨鍾，包括在2014年亞洲沙灘運動會分別於極限運動－滑板花式個人比拚，以及滑板公園賽項目雙雙奪金的港將陸俊彥（俊仔）及鄧俊彥（Johnnie）。初中時本著「玩」的心態開始接觸滑板，卻因熱愛及堅持，二人終在十多年後的今天，即將首次代表香港到印尼雅加達，踏足亞運會這個大舞台一展所長。
在過去多年，「俊仔」與Johnnie幸得家人支持，讓他們放心追夢，先後獲得贊助商支持成為全職滑板運動員，多年來一直到世界各地比賽爭取佳績。34歲的Johnnie於滑板界頗有名望，其拍攝的滑板影片在網上獲得大量觀眾支持。雖然征戰多年的Johnnie近年飽受傷患困擾，但亦因熱愛滑板的「多變」堅持至今：「我比較多傷患，韌帶又試過半月板撕裂，曾有兩、三次想過放棄。」但最終還是放不下對滑板的熱愛，既當全職運動員，也任教練培育後輩。訪問當天，Johnnie正於滑板場上遇上學生，一起在滑板場上飛馳。

初戰亞運參加「街式」項目

第18屆亞運會將至，滑板首次成為正式比賽項目，並分為「街式」及「碗池」兩大競技賽事。「俊仔」與Johnnie將代表香港參加前者，需在指定時間1分鐘內表演連串花式，以高難度動作爭取高分。Johnnie笑言，「街式」種類繁多，每項運動都有受傷機會，相比其他有身體碰撞的球類活動，滑板的意外更見輕微。

香港欠缺「踩板後浪」

「俊仔」與Johnnie十多年來於香港滑板界見盡冷暖，於外比賽時眼見其他國家都「長江後浪推前浪」，許多年紀輕輕的滑板小將已把花式玩得出神入化，香港卻「青黃不接」，亞運代表仍然是兩位已年過30歲的港將。
推出「Panasonic運動獎學金計劃」

蒙德揚博士：從「輸」到「贏」

每位運動員在運動舞台上的勝負得失，除了獲得寶貴經驗外，亦為人生注入難得的磨鍊。港協暨奧委會自2010年起與信興集團推出「Panasonic運動獎學金計劃」，正是希望更多有潛質的香港運動員獲得機會及視野，為未來的運動生涯及人生「磨利劍」。信興集團主席及行政總裁蒙德揚博士更盼香港運動員憑著機會堅強信念，學懂從「輸」走到「贏」外，也學懂做人的道理。
「Good enough is not good enough」是蒙德揚博士的座右銘，一直熱愛運動的蒙博士也認為這句話與香港運動員有着共通之處。蒙博士於2010年開始與港協暨奧委會推行「Panasonic運動獎學金計劃」，希望香港運動員踏上更高層次：「過去我們一直與港協暨奧委會關係密切，了解到香港運動員需要更多的資源，例如儀器、設備、營養補充劑等，去幫助他們有更好表現，所以當時我與時任港協暨奧委會的義務秘書長彭冲先生商討並推出這計劃。」

2010年成立 石偉雄最深刻

計劃自2010年開始，分別為備戰2012年倫敦奧運會、2014年仁川亞運會、2016年里約奧運會及2018年印尼亞運會的獲選運動員，由信興集團捐出資助，協助他們在加強專業教練指導、本地和海外訓練，以及使用定期醫療服務和運動科學得到支援，專心備戰為港爭取好成績。

走過8年以來，計劃資助了數十位香港運動員，當中讓蒙博士留下最深刻印象的是香港體操代表石偉雄：「除了因為他在我們獎學金計劃的支持下，於2014年為香港奪下歷史性首面亞運金牌外，亦在與他溝通的過程中，也覺得他是個很謙虛的年輕人，加上他克服昔日受傷低潮，跌倒再爬起來的經歷很不容易，希望他能為更多年輕人做個好榜樣。」

平日喜愛長跑的蒙博士，也愛欣賞體育比賽，他指工作與運動一樣，要有長遠的計劃，過程中心態、腳步等：「運動令人不斷堅持，不易言棄，人生所有事也與運動場上一樣，冠軍只有一個，但從競賽當中，教曉了運動員如何面對失敗，我相信每個人不會第一天就獲勝，都從失敗開始，給予他們動力去追求更高的舞台。」
眾星雲集推廣「全民運動」

港協暨奧委會會長霍震霆先生GBS、JP、康樂及文化事務署署長李美嫦女士JP、三星電子香港有限公司資訊科技及電訊產品部市務總監張雅樂女士、體育節籌備委員會主席郭志樑先生MH、副主席湯徫掄先生BBS、JP及康樂及文化事務署副署長(康樂事務)李碧茜女士一同主持開幕典禮。此外，港協暨奧委會更邀得本屆體育節大使楊文蔚小姐(田徑)、方誠義先生(籃球)及李厚賢先生(滑冰)出席典禮，分享他們的運動經驗之餘，並呼籲市民支持「全民運動」。

霍震霆會長於致辭時表示，「推動『全民運動』一直是港協暨奧委會的使命之一，希望透過體育節大使的正面形象及香港運動員的傑出表現，帶動香港市民一同身體力行投入運動的樂趣之中。」同時，他希望藉著體育節嘉年華活動，讓市民選擇自己喜愛的運動及興趣，培養健康的生活習慣。

多項運動首次現身嘉年華

港協暨奧委會不斷推陳出新，多項運動首次出現在今屆嘉年華的運動試玩區，包括賽車、劍道、健美、橋牌、板球等，各個攤位均大排長龍，除了設有運動試玩、示範、講座、體適能挑戰站(「奧夢成真」計劃)及香港奧林匹克運動展覽外，嘉年華更首次與Fitness First合作推出多項運動體驗班，廣受市民歡迎。另外，大會更在場舉行兩輪幸運大抽獎，送出總值超過港幣18萬元的獎品，增添嘉年華的歡樂氣氛。
運動共融：
中國香港慶祝奧運日70週年紀念

奧林匹克日（奧運日）是一項全球慶祝的年度盛事，而6月23日更為國際奧運日。每年參與奧運日相關活動的人數以千萬計，他們來自不同年齡層及生活背景——透過活躍參與和運動、教育及文化相關的活動，鼓勵大眾享受運動並從中獲得不同益處。本會由1987年開始，於每年6月下旬均舉辦相關活動來慶祝國際奧委會的成立，並推動「全民運動」。

為慶祝奧運日70週年紀念，本年度的主題為運動共融，旨在帶出如何透過運動的力量達至社會共融，不論年齡、性別、宗教、國籍及能力差異，統一宣揚並慶祝奧林匹克的精神與價值。

2018奧運日假香港體育學院順利舉行，本會十分榮幸邀請到港協暨奧委會會長霍震霆先生GBS, JP及康樂及文化事務署署長李碧茜女士為活動主持典禮。此外，民政事務局體育專員楊德強先生JP、立法會議員馬逢國先生SBS, JP及多位政府官員、港協暨奧委會義務委員亦一同主持起跑儀式。

今年奧運日的歡樂跑共有超過2,500人報名參加，其中包括23支工商機構隊伍，參加5公里、3公里組別，各體育總會、政府部門及贊助商亦組隊參加，身體力行，支持一年一度的奧運日。本會今年度繼續設有親子歡樂跑項目，讓家長與小朋友一同參與其中，達至「掀動、學習、體驗」的目的。與此同時，本會非常高興能邀請不同項目的運動員到場為各參加者打氣及分享心得，當中包括陳銘泰先生(田徑)、佘繉姍小姐(劍擊)、吳芷柔小姐(羽毛球)及劉紹宇先生(游泳)，希望藉此鼓勵市民投入健康人生及享受做運動的樂趣。

除歡樂跑外，大會亦安排了一連串的奧運日活動，包括體育示範及攤位遊戲，為現場增添奧運及嘉年華的歡樂氣氛。遠東第18屆亞運會將於8月舉行，會場內亦擺放以亞運會為主題的展示板，藉以推廣亞運會知識及加強大眾對體育運動的關注。有見及此，本會亦安排了一個跟亞運會有關的問答遊戲。
香港運動員就業及教育計劃
「星星伴轉型」學長計劃啟動禮

香港運動員就業及教育計劃（HKACEP）首次舉辦「星星伴轉型」學長計劃，旨在讓新退役的香港運動員與著名的退役運動員建立亦師亦友關係，透過為期約兩年的互動和分享，為新退役運動員提供難能可貴的交流及學習機會。

首期計劃成功邀請八名來自不同行業並累積豐富工作經驗的著名退役運動員擔任「星級學長」，包括港協暨奧委會「奧夢成真計劃」項目發展幹事暨學長召集人黃金寶先生SBS、MH、香港賽馬會賽馬培訓發展委員會高級經理暨見習騎師學校校長陳念慈女士JP、屈臣氏集團集團首席營運總監及董事張文玲女士JP、新華集團旗下新華匯富金融服務有限公司董事總經理李一強博士、合和項目拓展有限公司高級業務發展經理鄧家豪先生MH、資本體育節目組合及TVB藝員崔錦棠先生、動力國際體育商業顧問有限公司創辦人李穎詩女士及香港警務處高級督察余心怡先生。另外，首期計劃共招募十六名學員，分別來自11個不同運動項目，報名情況熱烈，名額迅速爆滿。

為隆重其事，HKACEP於5月10日假希慎廣場舉行啟動禮，並邀請港協暨奧委會會長霍震霆先生GBS、JP、民政事務局體育專員楊德強先生JP、港協暨奧委會副會長劉掌珠女士BBS、JP、副會長郭志樑先生MH、義務秘書長及香港運動員就業及教育計劃委員會主席王敏超先生JP、副秘書長楊祖賜先生PDSM、利希慎基金總裁何宗慈女士、前奧運游泳代表及歌影視明星方力申先生及七名「星級學長」為「星星伴轉型」學長計劃揭開序幕。

香港運動禁藥委員會成立十週年

香港運動禁藥委員會自2008年成立，一直秉承為香港締造一個無運動禁藥的公平競賽環境的宗旨。我們深信有效的運動禁藥管制計劃必須兼備預防及制止政策，因此，委員會向來在藥物檢測及教育兩方面投入大量精力。過去十年，我們為運動員、運動支援人員，以及公眾人士舉辦了近300場講座及展覽活動，更為本地及國際運動員進行了超過3,000次藥物檢測。經過多年來的努力及堅持，我們樂見香港運動員及大眾對運動禁藥管制工作的關注和支持與日俱增。

為確保運動禁藥管制計劃及條例能在世界各地及各運動項目中一致及有效地實行，世界運動禁藥機構(WADA)於2018年4月1日推出了《簽署機構符合世界運動禁藥法規國際標準》，作為其中一個簽署機構，香港運動禁藥委員會將繼續保持我們的運動禁藥管制計劃符合世界運動禁藥法規及相關國際標準，並時刻緊貼國際打擊運動禁藥活動的發展，以保障清白運動員的權利及維護正直廉潔的體育操守。

運動員祝賀HKADC 10歲生日！
SF&OC Hall of Fame

In recognition of Hong Kong outstanding sports leaders, the SF&OC Hall of Fame has been set up on the 2/F of Olympic House. On 22 June 2018, Mr. Timothy Fok, GBS, JP, Honorary Member of International Olympic Committee and President of SF&OC unveiled the Hall of Fame and announced the two inaugural inductees: The Hon. Arnaldo de Oliveira Sales, GBM, JP and Dr. the Hon. Henry Fok Ying Tung, GBM. The Hon. A. de O. Sales was the SF&OC President from 1967 to 1998 while Dr. Henry Fok was the President of the Hong Kong Football Association from 1970 to 1997. Both of them played a very important role in Hong Kong sports over the decades of 1970s to 1990s.

The 15th Asiania Sport for All Association Congress ‘Achieving “Sport for All” through Olympic Education’

The 15th Asiania Sport for All Association (ASFAA) Congress was a great success with over 200 participants from 20 countries attending the three-day congress held from 22 to 24 June 2018. Sport professionals, government officials, academics, businessmen, teachers and students discussed ways in which to bring about the most positive impact for the community at large.

In the Opening Ceremony on 22 June, the Congress was honored to have the presence of Mr. Timothy Fok, GBS, JP, President of SF&OC, and seven guests — Mr. Pun Weng Kun, President of Asiania Sport For All Association, Dr. Juho Chang, President of The Association For International Sport for All, Ms. Ida Lee, JP, Acting Director of Leisure and Cultural Services Department, Mr. Yeung Tak Keung, JP, Commissioner for Sport of Home Affairs Bureau, Mr. Ma Fung Kwok, SBS, JP, Legislative Councillor, Mr. Ronnie Wong, JP, Hon. Secretary General of SF&OC and Mr. Wong Po Kee, MH, Chairperson of the 15th ASFAA Congress Organizing Committee.

To mark the 15th version of the Congress, this year’s theme was “Achieving Sport for all through Olympic Education”. Six prominent speakers presented their ideas and latest thinking on the subject during the plenary sessions. The Congress also arranged attractive booths and sport demonstrations for participants.
Management Company of Olympic House Ltd.
The MCOHL provides different type of meeting facilities, promotion channels and other auxiliary services to Hong Kong sports community to organize various events.

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Tree Planting Day
The Hong Kong Tree Planting Day 2018 was held on Saturday, 25 March 2018 at Tai Tong, Yuen Long. This event was organized by the Hong Kong Tree Planting Day Organizing Committee and was the largest annual tree planting event in Hong Kong. It aimed to promote public awareness of nature conservation, hill fire prevention and tree preservation. A total of 45 participants from SF&OC, MCOHL, NSAs and Kwik Park Limited joined this “green” event.

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Baseball Gets funding from Five Year Development Programme for Team Sports

The Hong Kong Baseball Association is glad to be included in the newly launched Five Year Development Programme for Team Sports that commented in 2018. The Programme provides funding support from the Arts and Sport Development Fund for eligible National Sports Associations to prepare for and achieve better results in major international tournaments, with a view to improving performance in the Asian Games.

In addition to programme funding, this is the very first time the Association has received Athlete Funding. This allows a maximum of 28 players to receive a training allowance of $4,000 per head per month if the attendance reaches 80%. Info at www.hkbaseball.org.

Tom Valcke (left), a visiting coach from Canada, is to lead the Hong Kong team to prepare for and participate in the 18th Asian Games.
To encourage and promote rowing as a life-long sport, the Hong Kong, China Rowing Association (HKCRA) has organized the International Masters Rowing Regatta for consecutive three years. This was concluded successfully at the Shing Mun River Regatta Course on 22 April. Masters rowing events are divided into 6 categories ranging from minimum age of 27 years in category A to an average age of 60 years or more in category F. The race targets rowers aged 27 or above for a race distance of 1000m.

This year, the oldest male rower was 68 years old for Mr. Brownlee Ian Thomas (Category D) from the Royal Hong Kong Yacht Club (RHKYC). The oldest female rower was Ms. Cheung Suk Mei Carmen, from Deaf Power who is aged 51 (Category D). After intensive races, RHKYC won 15 gold medals and became the biggest winner overall! Some ex-Hong Kong representatives, So Sau Wah and Chow Kong Wing also actively took part in rowing and won gold medals in the Men's Masters A Double Sculls.

Hong Kong Gymnastics For All Festival 2018

Hong Kong Gymnastics For All Festival 2018 was successfully held on 3 June 2018 at Queen Elizabeth Stadium. The festival has been held for more than two decades. It is one of our most spectacular annual events where all participants enjoying a day at the Stadium together. This year’s Festival attracted a total of 37 teams from kindergartens, primary schools and other gymnastics clubs. All 2,900 seats in the Stadium were filled with performers and audiences.

We were delighted to have Dr. Choi Yuk Lin, JP, Under Secretary for Education, Hon. Ma Fung Kwok, SBS, JP, Member of the HKSAR Legislative Council, Mr. Leo Wong Man Kin, Senior Leisure Manager (Sports Funding) of Leisure and Cultural Services Department and Prof. Cheung Siu Yin, MH, Chairperson of the Gymnastics Association of Hong Kong, China, as our Guests of Honour.

3rd International Masters Regatta

To encourage and promote rowing as a life-long sport, the Hong Kong, China Rowing Association (HKCRA) has organized the International Masters Rowing Regatta for consecutive three years. This was concluded successfully at the Shing Mun River Regatta Course on 22 April. Masters rowing events are divided into 6 categories ranging from minimum age of 27 years in category A to an average age of 60 years or more in category F. The race targets rowers aged 27 or above for a race distance of 1000m.

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亞洲盃 (抱石) 2018

「亞洲盃 (抱石) 2018」已於3月10日至11日假九龍公園廣場完滿舉行，今次比賽首次於香港舉辦，共有73名來自10個國家及地區的男子及女子運動員參加，包括中國、香港、印尼、日本、韓國、澳門、菲律賓、新加坡、泰國及中華台北。男子組及女子組冠軍分別由菲律宾代表Verosil Feral和日本代表Kotake Mei奪得。香港代表游嘉俊亦於賽事中取得男子組第5名。詳情可瀏覽http://www.facebook.com/AsianCupBouldering2018/videos/150876958940328

WPB殘疾人保齡球巡迴賽2018 - 香港站

由香港殘疾人奧委會暨傷殘人士體育協會主辦之WPB殘疾人保齡球巡迴賽2018 - 香港站在3月27日至31日假沙田富豪保齡球場舉行，超過110名來自中華台北、日本、韓國、馬來西亞、新加坡及泰國的運動員、教練及隨隊職員參與賽事。香港隊奪得3銀1銅佳績，其中黃美蘭分別以957分及累積三個項目成績共2,466分、奪得女子TPB8級個人賽及個人全能賽銀牌。周培堅及陶志生則以2,370分取得混合TPB10級雙人賽銅牌，周培堅同時於男子TPB10級個人賽打出1,343分奪銀。詳情可瀏覽http://www.hkparalympic.org/web/index.php?id=1064

Sheffield 2018 World Para Swimming World Series

Sheffield 2018 World Para Swimming World Series was held in Sheffield, United Kingdom from 31 May to 3 June 2018. Led by HKPC & SAPD, the HKSAPID Team comprising 2 coaches, 1 member of staff and 8 athletes (5 male and 3 female) participated in this competition. The athletes gained valuable opportunities to enhance their skills and enrich their competition experiences. Tang Wai Lok won a silver medal in the Male 200M Freestyle. Info at http://hksapid.org.hk/news-co.php?id=407
Both under-16 teams finished in the Top 4 at the Asia/Oceania Qualifying event with last gasp victories in the deciding doubles to book their respective spots in this year’s World Finals in Budapest from 25 to 30 September.

In the Junior Davis Cup, Hong Kong beat Kazakhstan and New Zealand in the group stage to advance to the quarterfinals against Korea. After splitting the singles with the score even at 1-1, Lam Chun and Coleman Wong combined to win the match-clinching doubles, 7-6(3), 6-2, to secure a 2-1 victory. The team eventually placed 4th following a playoff against Uzbekistan.

In the Junior Fed Cup, Cody and Jenny Wong trailed Korea in the quarterfinals, 6-2, 5-4, overnight in the deciding doubles before the girls made a stirring comeback to triumph, 2-6, 7-6(5), [10-5], to seal another close encounter, 2-1. Hong Kong then defeated No. 4 seed Japan 2-1 to place third overall. Cody Wong, world ranked No. 73, went undefeated at number one singles against India, New Zealand, Australia, and Korea. Info at www.tennishk.org.
The Inaugural Hong Kong, Macau & Singapore Universities Inter-port Sports Competition was held in Hong Kong from 22 to 24 June 2018. Hong Kong swept all 5 gold medal events.

Four Hong Kong universities including The University of Hong Kong (HKU), The Hong Kong Polytechnic University (Poly U), City University of Hong Kong (City U) and The Chinese University of Hong Kong (CUHK) competed against the universities from Macau and Singapore in the Men’s and Women’s Handball event. Poly U and City U won the Men’s and Women’s gold respectively.

In Table Tennis, two more Hong Kong universities — Hong Kong Baptist University (HKBU) and The Hong Kong University of Science and Technology joined the event. City U, Poly U and HKBU were crowned Men’s, Women’s and Mixed Champions. Info at www.usfhk.org.

In Table Tennis, two more Hong Kong universities — Hong Kong Baptist University (HKBU) and The Hong Kong University of Science and Technology joined the event. City U, Poly U and HKBU were crowned Men’s, Women’s and Mixed Champions. Info at www.usfhk.org.

「中國人壽（海外）FIVB世界女排聯賽2018 - 香港」日本及意大利獲勝為賽事劃上完美句號

今次賽事的個人獎項頒獎典禮由多位貴賓主持，當中包括香港排球總會會長吳守基SBS太平紳士、國際排聯終身名譽主席魏紀中先生、中央人民政府駐香港特別行政區聯絡辦公室宣傳文體部部長朱文先生、民政事務局副局長陳積志JP、中國香港排球總會總幹事黃伟基、中國香港體育協會暨奧林匹克委員會會長霍震霆GBS太平紳士、中央人民政府駐香港特別行政區聯絡辦公室宣傳文體部部長朱文先生、民政事務局副局長陳積志JP、中國香港體育協會暨奧林匹克委員會會長霍震霆GBS太平紳士、中國人壽（海外）市場策劃部總經理唐秀珊女士、陽明山莊黃潘潔慧女士及安全貨倉有限公司助理總經理黃慧如先生。大會並向球員及教練頒發個人獎項，各隊最受歡迎球員包括阿根廷隊長娜絲簡露(Julieta Constanza Lazcano)、中國隊長朱婷(Ting Zhu)、意大利接應伊干奴(Paola Ogechi Egonu)及日本主攻後愛(Ai Kurogo)；而最受歡迎教練由中國隊教練朗平(Ping Lang)奪得，中國同時獲得最受歡迎球隊。
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<td>Windsurfing</td>
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<td>SF&amp;OC</td>
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<td>SF&amp;OC</td>
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<td>40th Hong Kong Rowing Championships</td>
<td>Hong Kong, China</td>
<td><a href="http://www.rowing.org.hk">http://www.rowing.org.hk</a></td>
</tr>
<tr>
<td>Badminton</td>
<td>13 – 18 November 2018</td>
<td>YONEX-SUNRISE Hong Kong Open Badminton Championships 2018 part of the HSBC BWF World Tour Super 500</td>
<td>Hong Kong, China</td>
<td><a href="http://www.hkopenbadminton.org/">www.hkopenbadminton.org/</a></td>
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<tr>
<td>Squash</td>
<td>19 - 25 November 2018</td>
<td>Everbright Sun Hung Kai Hong Kong Squash Open 2018</td>
<td>Hong Kong, China</td>
<td><a href="http://www.hksquash.org.hk">http://www.hksquash.org.hk</a></td>
</tr>
<tr>
<td>Golf</td>
<td>22 - 25 November 2018</td>
<td>UBS Hong Kong Open</td>
<td>Hong Kong, China</td>
<td><a href="http://www.ubs.com">http://www.ubs.com</a></td>
</tr>
<tr>
<td>Sport Climbing</td>
<td>2 December, 2018</td>
<td>30th Hong Kong Open Sport Climbing Competition</td>
<td>Shek Kip Mei Park Sports Centre, Hong Kong, China</td>
<td><a href="http://www.chlmcu.org.hk">www.chlmcu.org.hk</a></td>
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</tbody>
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