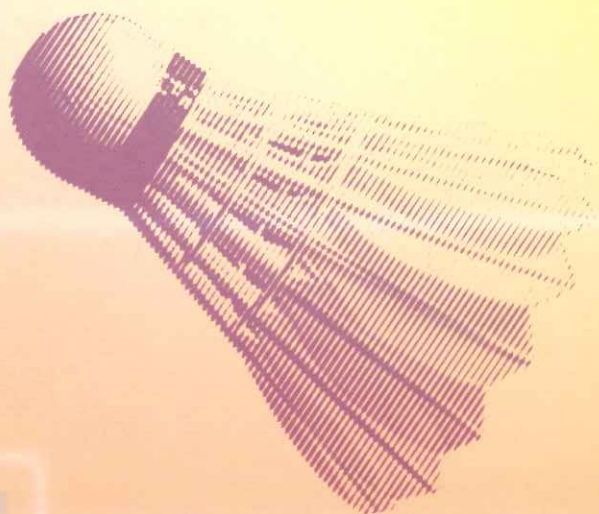




羽毛球通訊

BADMINTON NEWS

二〇〇四年十月 October, 2004 第184期 Vol.184



"中國人的驕傲 - 奧運金牌精英顯風采"

國家奧運金牌運動員示範表演 - 羽毛球

Chinese Olympic Gold Medallists' Visit - Badminton Demonstration

「中國人的驕傲—奧運金牌精英顯風采：羽毛球示範表演」於2004年9月8日下午3時至4時半在灣仔伊館舉行。

活動隨2004雅典奧運會中國金牌羽毛球運動員選手，包括女單冠軍張寧、女雙的楊維及張潔雯，混雙的張軍及高峻隨著輕快的音樂和觀眾熱烈的掌聲進場揭開序幕。

當日出席的主禮嘉賓包括：中國銀行（香港）李永鴻財務總監兼營運總監、中聯辦辦公廳主任楊建平先生、香港體育協會暨奧林匹克委員會副會長馮劉掌珠女士、康樂及文化事務署助理署長胡偉民太平紳士及香港羽毛球總會會長湯恩佳博士。湯會長代表大會致歡迎辭後，隨即進行握手禮及大合照，大會更安排香港羽毛球小將獻花予金牌運動員。

入場觀眾除獲贈紀念品外，大會更即場抽出8名幸運兒與金牌選手較量，當然，香港羽毛球分區青年軍也切磋一番。當日最精彩處肯定是國家羽毛球隊的奧運女雙金牌得主楊維及張潔雯與女單金牌得主張寧及混雙金牌得主高峻進行女雙精彩表演賽，以及港隊代表楊禮豐和李詠梅加入的混雙賽，比賽激烈，全場觀眾吶喊歡呼。



"Chinese Olympic Gold Medallists' Visit - Badminton Demonstration" was held between 3:00 pm to 4:30 pm on 8 September 2004 at Queen Elizabeth Stadium, Wanchai.

It opened up with the entrance of Chinese Olympic Gold Medallists of badminton including Zhang Ning in Women's Singles, Yang Wei/Zhang Jiewen in Women's Doubles, Zhang Jun and Gao Ling in Mixed Doubles. They were accompanied by march-in music and the welcome applause of the spectators. The VIP guests of the Day were: Mr Lee Wing Hung, Chief Financial Officer and Chief Operating Officer of BOCHK, Mr Yang Gian Ping, Director General of

General Office, Liaison Office of the Central People's Government in the HKSAR, Mrs Vivien Fung JP, Vice President of Sports Federation & Olympic Committee of Hong Kong, China, Mr. Johnny W.M. Woo, JP, Assistant Director of LCSD, and Dr Tong Yun Kai, our President. Our President, on behalf of HKBA, addressed the opening speech, followed with the shaking hands and group photos. Elite Squad were arranged to send flowers to the Gold Medallists.

On that Day, every spectator was given a present. Furthermore, 8 persons were drawn to play with the Gold Medallists. Needless to say, the Elite Squad also emulated with them. There was the demonstration in Mixed Doubles by the Gold

Medallists of Yang Wei/Zhang Jiewen (Women's Doubles), Zhang Ning (Women's Singles) and Gao Ling (Mixed Doubles), as well as participated by Hong Kong players Albertus Susanto Njoto and Li Wing Mui. It was definitely the climax of the Day when spectators shouted with happiness all the way through.

2004中銀香港全港青少年羽毛球錦標賽

Bank of China (Hong Kong) Hong Kong Youth Badminton Championships 2004

由中國銀行（香港）贊助，康樂及文化事務署資助及香港羽毛球總會主辦的

「2004中銀香港全港青少年羽毛球錦標賽」已於2004年8月8日假蒲崗村道體育館舉行決賽及頒獎典禮。大會邀得康樂及文化事務署

（體育資助）康樂事務經理傅昌源先生、香港羽毛球總會名譽副會長張國強先生、香港羽毛球總會名譽副會長兼行政總監金國芳小姐及執委曾醒華先生主持頒獎禮。中銀香港送出港幣2萬3千元現金書券予各優勝者，以作鼓勵。



The "Bank of China (Hong Kong) Hong Kong Youth Badminton Championships 2004" sponsored by the Bank of China (Hong Kong) and subsidised by the Leisure & Cultural Services Department, was organized by HKBA. Its finals and award presentation was held on 8 August 2004, at Po Kong Village Road Sports Centre. VIP guests were invited by HKBA to present the awards. The guests were: Mr. Fu Cheong Yuen, Leisure Manager of LCSD, Mr. Cheung Kwok Keung, Honourable Vice President of HKBA, Ms Kam Kwok Fong, Honourable Vice President and Executive Director of HKBA, Mr Tsang Sing Wah, Executive Committee Member of HKBA. BOCHK offered book coupon of HK\$23,000 as recognition to the winners.

The Championships has always been welcomed by the youth who are eager to compete in the matches. This year, registrations increased by 12.9%, and there were 1,829 participants that made a peak record over the years. The Final was exciting as each player performed equally well. Especially when it came to the final game between the 10-year-old players of Yip Pui Shan and Ng Wing Yung in Women singles under the Year Group of 94. They were of even skill levels and it was only until the 3rd game that a result could be made.

After several exciting matches, there came the winners with the following results:

是項賽事為每年青少年爭相報名參加的熱門比賽，所以，本屆賽事反應非常熱烈，報名人數比去年上升12.9%，高達1829人，乃歷年之冠。決賽當日，場面十分熱鬧，參賽者的技術旗鼓相當，特別是94年組女單決賽，年僅10歲的葉沛珊及吳詠瑤實力接近，比賽至第3局才分出勝負。

經過多輪激戰之後，優勝者順利誕生，各項賽事成績如下：

組別 Division	項目 Event	冠軍 Champion	亞軍 1 st Runner-up	季軍 2 nd Runner-up
85 年組 Year 85	男子單打 Men's Singles	許偉浩 Hui Wai Ho	朱銘翊 Chu Ming Yih	彭震宇 Pang Chun Yu
	女子單打 Women's Singles	葉婉延 Yip Pui Yin	關焯瑩 Kwan Cheuk Ying	李芍凝 Lee Cheuk Ying
	男子雙打 Men's Doubles	朱銘翊 / 許偉浩 Chu Ming Yih/Hui Wai Ho	蔡宇飛 / 彭震宇 Choi Yu Fai/Pang Chun Yu	董慶麟 / 韓永耀 Tung Hing Lun/Hong Wing Yiu
	女子雙打 Women's Doubles	林倩盈 / 葉婉延 Lam Sin Ying/Yip Pui Yin	關焯瑩 / 吳靈恩 Kwan Cheuk Ying/Ng Ling Yan	李晉穎 / 李芍凝 Lee Chun Wing/Lee Cheuk Ying
	混合雙打 Mixed Doubles	朱銘翊 / 葉婉延 Chu Ming Yih/Yip Pui Yin	彭震宇 / 林倩盈 Pang Chun Yu/Lam Sin Ying	許偉浩 / 高子媚 Hui Wai Ho/Ko Tsz Mei
	男子單打 Men's Singles	黃書棋 Wong Shu Ki	唐天祐 Tong Tin Yau	吳仲恩 Ng Chung Yan
	女子單打 Women's Singles	陳祉嘉 Chan Tsz Ka	潘樂恩 Poon Lok Yan	胡泳彤 Woo Wing Tung
	男子雙打 Men's Doubles	黃書棋 / 蔡倫 Wong Shu Ki/Cai Lun	唐家誠 / 唐天祐 Tong Ka Shing/Tong Tin Yau	梁浚豪 / 洪彥堂 Leung Chun Ho/Hung Yin Tong
89 年組 Year 89	女子雙打 Women's Doubles	陳祉嘉 / 胡泳彤 Chan Tsz Ka/Woo Wing Tung	簡穎琛 / 蕭翰琳 Kan Wing Sum/Siu Hon Lam	王映彤 / 楊熾旂 Wong Ying Tung/Yeung Yik Kei
	混合雙打 Mixed Doubles	陳祉嘉 / 唐天祐 Chan Tsz Ka/Tong Tin Yau	王映彤 / 蔡倫 Wong Ying Tung/Cai Lun	胡泳彤 / 鄭建文 Woo Wing Tung/Cheng Kin Man
	男子單打 Men's Singles	錢嘉浩 Chien Ka Ho	張罡誠 Cheung Kong Shing	蔡賢名 Choi Yin Ming
	女子單打 Women's Singles	楊熾旂 Yeung Yik Kei	張雁宜 Cheung Ngan Yi	謝演冰 Tse Yin Ping
92 年組 Year 92	男子雙打 Men's Doubles	錢嘉浩 / 陳澤受 Chien Ka Ho/Chan Chak Man	李晉熙 / 何偉昌 Lee Chun Hei/Ho Wai Cheong	李健朗 / 唐智朗 Li Kin Long/Tong Chi Long
	女子雙打 Women's Doubles	石曉瑤 / 楊熾旂 Shek Hiu Yiu/Yeung Yik Kei	張雁宜 / 郭道翹 Cheung Ngan Yi/Kwok Tao Kiu	毛楚希 / 謝演冰 Mo Chor Hei/Tse Yin Tung
	男子單打 Men's Singles	李晉熙 Lee Chun Hei	沈覺坤 Shum Kok Kwan	朱善恆 Chu Shin Hang
	女子單打 Women's Singles	葉沛珊 Yip Pui Shan	吳詠瑤 Ng Wing Yung	鄭穎儀 Cheng Wing Yee
94 年組 Year 94	男子單打 Men's Singles	李晉熙 Lee Chun Hei	沈覺坤 Shum Kok Kwan	朱善恆 Chu Shin Hang
	女子單打 Women's Singles	葉沛珊 Yip Pui Shan	吳詠瑤 Ng Wing Yung	鄭穎儀 Cheng Wing Yee



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2004第二十六屆會長盃全港羽毛球混合團體錦標賽

26th President Cup Hong Kong Badminton-Team Championships 2004

由香港羽毛球總會主辦，康樂及文化事務署資助，「2004第二十六屆會長盃全港羽毛球混合團體錦標賽」已於2004年8月21日至9月19日舉行。比賽項目包括中級、初級男子、女子及混合組。參賽隊伍共84隊，乃歷年之冠。

決賽及頒獎禮於2004年9月19日在石硤尾公園體育館舉行。出席之頒獎嘉賓包括康樂及文化事務署康樂事務經理傅昌源先生及香港羽毛球總會執委及會長盃主委吳金泉先生。賽果如下：



項目 Event	冠軍 Champion	亞軍 1 st Runner-Up	季軍 2 nd Runner-Up
中級男子組 Men Intermediate	佳成 Carlson Dyestuffs & Co. Ltd	飛燕球會 Sky Lark	葵青羽毛球會 Kwai Tsing Badminton Club
中級女子組 Women Intermediate	佳成 Carlson Dyestuffs & Co. Ltd		
中級混合組 Mixed Intermediate	佳成 Carlson Dyestuffs & Co. Ltd	飛燕球會 Sky Lark	尚青會 Green Power Club
初級男子組 Men Junior	康怡體育會 Hong Yee Society	孔教何郭佩珍中學 Confucian Ho Kwok Pui Chun College	屯門羽毛球會 Tuen Mun Badminton Club
初級女子組 Women Junior	孔教何郭佩珍中學 Confucian Ho Kwok Pui Chun College	分區男女仔 Regional Squad	屯門羽毛球會 Tuen Mun Badminton Club
初級混合組 Mixed Junior	康怡體育會 Hong Yee Society	峰盈球拍運動用品總匯 ESL Racquets & Sports Mega Shop	元朗 Yuen Long

會長盃每年舉辦一次，香港羽毛球總會屬會及非屬會均可報名參加。它為男女混合團體賽，每年八至九月份舉行。如有興趣人士，可寄回郵信封到本會索取表格。

The "26th President Cup Hong Kong Badminton - Team Championships 2004" held between 21 August and 19 September 2004, was organised by HKBA and subsidized by LCSD. There were the events of Men's, Women's and Mixed, each classified as Elementary and Intermediate respectively. There were a total number of 84 teams, which was the biggest number in record.

The Final and award presentation was held on 19 September 2004 at Shek Kip Mei Park Sports Centre. The VIP guests including Mr. Fu Cheong Yuen, Leisure Manager of LCSD, and Mr Ng Kam Chuen, Executive Committee Member and Convenor of the President Cup, HKBA presented the awards. Results were as follow:

The President Cup Championships is held between August and September yearly with mixed doubles. Members and non-members of HKBA may register to attend. Interested persons please send us self-addressed envelopes for registration forms.

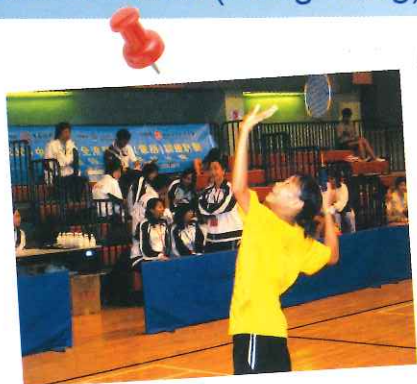
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Bank of China (Hong Kong) Hong Kong Badminton (Award) Training Scheme



銀章單打比賽

第二階段銀章單打比賽已於10月10日於北河街體育館舉行，是次比賽的參賽人數接近150人。比賽成績如下：

Silver Award Competition

The second stage Silver Award Competition, had took place on 10 October at Pei Hoi Street Sports Centre, attended by almost 150 participants. The results were as follows:

組別 Division	冠軍 Champion	亞軍 1 st Runner up	季軍 2 nd Runner up
16歲以下女單 Women's Singles Aged below 16	盧沛儒 Lo Pui U	吳穎彤 Ng Wing Tung	林文蕙 Lam Man Yee
16歲以下男單 Men's Singles Aged below 16	陳均肇 Chan Kwan Siu	葉曉暉 Ip Hiu Fai	吳佳希 Ng Kai Hei, Boaz
16歲或以上女單 Women's Singles Aged above 16	林瑞春 Lam Sui Chun	李愛玲 Lee Oi Ling	
16歲或以上男單 Men's Singles Aged above 16	盧洛棋 Lo Lok Kei	強頌浩 Keung Chung Ho	劉俊文 Lau Chun Man

金章訓練班

第三階段金章訓練班已於10月4日正式展開。是次金章訓練班的報名人數達68人，報名人數超出該訓練班的名額48人。本年金章訓練共開設2班，每班名額24人，穿著整齊制服的小將們現分別於荔枝角公園體育館（有部份課程在長沙灣及保安道體育館上課）及石硤尾公園體育館進行訓練，他們正積極訓練，12月中旬完成金章課程，為即將舉行的金章考試努力練習。



Gold Award Training Course

The third stage Gold Award Training Course had officially commenced on 4 October. There were 68 applications for the course, which far exceeded the enrolment quota of 48. This year, the course consisted of 2 classes of 24 students each. Young students in tidy uniforms are having progressive training at Lai Chi Kok Park Sports Centre (some courses take place at Cheung Sha Wan and Po On Road Sports Centre) and Shek Kip Mei Park Sports Centre respectively. Training will be completed in the middle of December and they work hard to prepare for the Gold Award Assessment to be held shortly.

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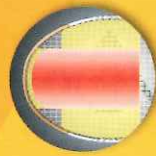
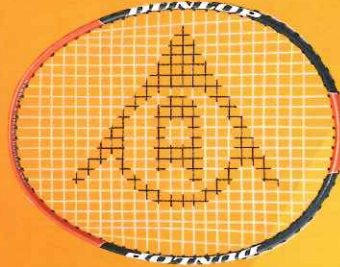
200G LITE

Max 1000 Ti

Max 900 Ti

Max 700 Ti

Max 450 Ti



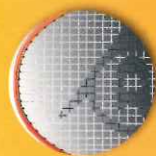
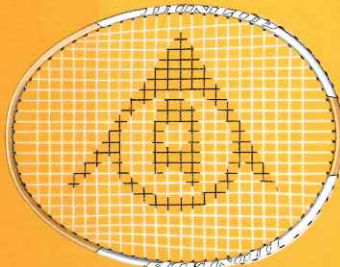
Power Grommet System

- Frame design combining two types of construction in a single frame:
- High Stringing Tension strength
 - Larger hitting area
 - Anti-Twist cross-section designed for big hitting players



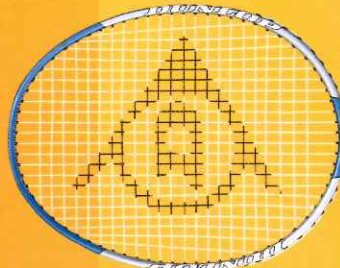
Hot Melt Technology

- Heat-reactive, thermoplastic liquid process:
- Strong, durable and responsive frame
 - Greater shot accuracy
 - Consistent touch and feel



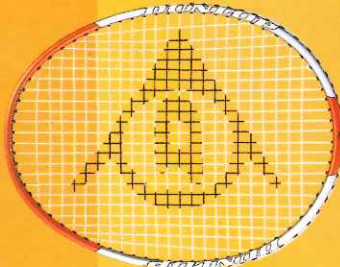
Isometric High Tension Frame

- Enables the racket to be strung tighter:
- Faster shot speed
 - Reduced reaction time for opponents



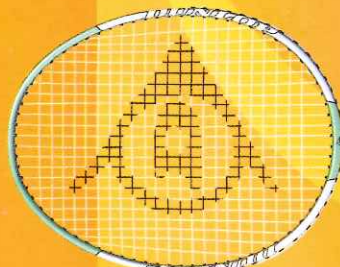
Control Flex System

- Delivers awesome power:
- 20% more flexibility & power
 - More powerful & speedy shots



Vertical Stringing Guide

- Easy and convenient stringing process:
- Accurate stringing
 - Reduce stringing time



FEATURES

- Premium Hi Modulus Graphite Construction
- Power Grommet System
- Isometric High Tension Frame
- Hot Melt carbon construction
- Vertical Stringing Guide
- Superb flexibility

BENEFITS

Exceptional power for the ultimate precision attacking shot and lightning quick defence.

PLAYER TYPE

- Doubles Players
- Game Improvers
- Club Players/Top Juniors

FEATURES

- Premium Hi Modulus Graphite Construction
- High Tension Frame
- Control Flex System
- Vertical Stringing Guide

BENEFITS

A superlight racket providing optimum control and speed.

PLAYER TYPE

- Singles Players
- Young Game Improvers
- Continuous Game Improvers
- Club Players

FEATURES

- Premium Titanium Construction
- High Tension Frame
- Control Flex System
- Vertical Stringing Guide

BENEFITS

A racket with fine balance and speed.

PLAYER TYPE

- Doubles Players
- Young Game Improvers
- Continuous Game Improvers
- Club Players

FEATURES

- Premium Graphite Ti Construction
- Isometric Headshape
- High Tension Frame
- Control Flex System
- Vertical Stringing Guide

BENEFITS

Excellent control power.

PLAYER TYPE

- Singles & Doubles Players
- Young Game Improvers
- Continuous Game Improvers

FEATURES

- Premium Carbon Construction
- Isometric Headshape
- High Tension Frame
- Vertical Stringing Guide

BENEFITS

Good balance of power and control.

PLAYER TYPE

- Singles & Doubles Players
- Young Game Improvers



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國際賽消息

News for International Championships

新加坡衛星賽 Cheer Asian Satellite Badminton Championships 2004

港隊共派出9名球員參加在9月6日至12日假新加坡舉行的新加坡衛星賽，參加項目及球員名單如下：

男單：張揚、陳仁傑、洪昱煌
女單：葉婉延、黃曉儀、伍家信
男雙：譚樂天/藍凱德、陳仁傑/洪昱煌
女雙：黃曉儀/葉婉延、伍家信/黃文靜
混雙：譚樂天/黃文靜、藍凱德/伍家信
陳仁傑/葉婉延、洪昱煌/黃曉儀

各球員均有出色的表現，尤其女子單打及女子雙打方面，葉婉延及伍家信/黃文靜分別取得前八名的佳績。經過今次比賽，各球員都能從中體會到個人在技術上的優點及缺點，有助日後的訓練及提高個人技術。

9 players from the Hong Kong Badminton Team were sent to play in the Cheer Asian Satellite Badminton Championships, held between 6 and 12 September in Singapore. List of events and participants was as follow:

Men's Singles: Zhang Yang, Chan Yan Kit, Hung Yuk Wong
Women's Singles: Yip Pui Yin, Wong Sin Yee, Ng Ka Shun
Men's Doubles: Tam Lok Tin/Lam Hoi Tak, Chan Yan Kit/Hung Yuk Wong
Women's Doubles: Wong Sin Yee/Yip Pui Yin, Ng Ka Shun/Wong Man Ching
Mixed Doubles: Tam Lok Tin/Wong Man Ching, Lam Hoi Tak/Ng Ka Shun, Chan Yan Kit/Yip Pui Yin, Hung Yuk Wong/Wong Sin Yee

Each player had outstanding performance, and in particular, Yip Pui Yin in Women's Singles and Ng Ka Shun/Wong Man Ching in Women's Doubles, won the joint 5th respectively. After the Championships, players shared their respective merits and demerits in skill. It improved their personal proficiency and was a benefit to their future trainings.

2004雅典奧運會 Athens Olympic Games 2004

港隊在本屆奧運會共有5名球員取得入場券，參加項目如下：

男單：吳蔚 女單：王晨、凌婉婷 女雙：官惠慈/李詠梅

香港隊雖然在是屆奧運會羽毛球項目未能為香港取得獎項，但仍能達到預定目標，在女單項目取得前八的成績，亦是港隊在歷屆奧運會取得最佳的成績。

王晨在整個比賽都發揮得相當不錯，在首輪賽事贏得比較輕鬆，而在第二輪賽事就面對前中國隊球員荷蘭球員姚潔時，在一比一的情況下要打至決勝局才定勝負，王晨雖然能夠順利過關，但在第三輪賽事時對著今次賽事的第二號種子張寧，在實力方面張寧在王晨之上，而在過往的戰績王晨均處於下風。但王晨憑著個人的努力在首場賽事先以11:9領先一局，到了第二局則以6:11負給對方。在決勝局在開始一直領先的王晨，其後感到體力有問題及要求太高而導致一些失誤，最後以7:11負給張寧，結果無緣再晉級。

而其他球員雖然都能發揮其水準，但與其他球員的水平有一定的差距而未能首輪賽事晉級。

5 players from the Hong Kong Badminton Team were qualified to played the Games in the following events:

Men's Singles: Ng Wei Women's Singles: Wang Chen, Ling Wan Ting
Women's Doubles: Koon Wai Chee/Li Wing Mui

Although they could not get any medals in the Games, they had already achieved their best to meet the aim of winning the joint 5th in Women's Singles. It was also the best result Hong Kong Badminton Team had ever had in the Olympic Games over the years.

Wang Chen performed comparatively well in her matches. She won easily at the 1st round. Then in the 2nd round, she met Yao Jie, the former Chinese player, now delegate of the Dutch Team. The score was 1-1 and therefore had to fight to the last game for a result. Fortunately, Wang Chen won and promoted to play in the next round. However, when the 3rd round came, Wang Chen faced with the No.2 seed player Zhang Ning who was at higher-ranking. Despite the fact that Wang Chen's performance had always been behind Zhang Ning in the past competition, Wang Chen fought hard and won the 1st game by 11:9, but was then defeated in the 2nd game by 6:11. Wang Chen took the lead initially in the following game. As she was too keen to win and in addition to her fatigue, she made some mistakes and was beaten by Zhang Ning by 7:11. Unfortunately, Wang Chen could not advance further.

Although all other Hong Kong players achieved with standards, their abilities were still far behind their opponents. They loss in their 1st round and could not promote to compete.

運動通論與教練

Sports General Theory Course for Coaches

由匯豐銀行慈善基金贊助、香港教練培訓委員會主辦的「匯豐銀行慈善基金教練培訓計劃」運動通論課程，為各體育總會的新晉及現在擔任教練工作的人士提供運動學專門訓練。

運動通論課程分為一級、二級和三級，課程內容切合各項體育運動教練的實際訓練需要，如動作機動學入門、有效的教練法、體適能的概念等。完成該課程的教練可以獲頒發證書。

一級運動通論課程證書更是成為所有體育總會初級教練必須具備的要求條件。二級及三級運動通論課程證書亦是中級及高級教練必須具備的要求條件。但凡獲得任何級別通論證書者，並非一定為本會相應各級教練，唯凡本會教練則必須通過通論課程。

運動通論課程每月均在香港體育學院舉辦課程，詳情可瀏覽下列網址 www.hksi.org.hk 或致電26816129香港體育學院教練培訓部查詢。

"Hongkong Bank Foundation Coach Education Programme - Sports General Theory Course", sponsored by Hongkong Bank Foundation, is organised by the Hong Kong Coaching Committee. It provides expertise training to the new and existing coaches of the National Sports Association. The course is classified into Levels I, II and III, contents of which are to fulfil the practical requirements of the coaches of various sports. For example, basic knowledge of biomechanics of movement, coaching effectiveness and overview of fitness etc. Upon completion of the course, certificates will be granted to the coaches.

Elementary coaches of the National Sports Association must obtain the Sports General Theory Course Level I Certificate. Whereas Levels II and III Certificates are also required for the intermediate and senior coaches. Certificate holders of any levels may not means they are registered coaches. But alternatively, the coaches of HKBA must pass the Sports General Theory Course.

Sports General Theory Course is held at the Hong Kong Sports Institute available monthly. Please visit the website at www.hksi.org.hk or call the Coaching Committee, Hong Kong Sports Institute at 2681 6129 for enquiries.

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羽總消息

HKBA NEWS

羽總快訊：2005年活動預告

- **2005中銀香港全港羽毛球章別訓練計劃 - 銅章訓練班**
報名日期：2004年11月中旬
訓練日期：2005年1月至3月
- **2005全港羽毛球雙打聯賽**
報名日期：2004年11月中旬
比賽日期：2005年1月至5月
- **2005青苗羽毛球培訓計劃**
報名日期：2004年12月
訓練日期：2005年4月至2006年3月

二零零四年週年同人大會

香港羽毛球總會有限公司二零零四年週年同人大會已於2004年9月24日晚上7時30分假尖沙咀星光行翠園酒家舉行。

大會先由湯恩佳會長作會務報告，隨後通過2003年週年大會會議記錄、財政報告及核數報告。

湯會長代表羽總於會上獎勵一年來在國際賽中取得優良成績之香港運動員，包括：

吳蔚、林光毅、楊禮峰、廖國華、魏仁君、陳楊、譚樂天、殷震宇、王偉康、陳仁傑、洪昱煌、藍凱德、王晨、凌婉婷、官惠慈、李詠梅、蕭靜雯、伍家信、葉婉延、黃瞻儀及黃文靜。由湯會長頒發總會獎金總額共七萬六千五百八十五元。

另外，湯會長為獎勵雅典奧運羽毛球代表隊成績理想，贊助獎金共四萬五百元予王晨、吳蔚、官惠慈、凌婉婷及李詠梅。本會榮譽會長林建名先生亦贊助五萬五千元獎金予2003中國公開賽及2004雅典奧運表現卓越的球員。



初級羽毛球裁判訓練班2004

一年一度之初級羽毛球裁判訓練班將於10月5日至11月5日舉行，反應非常熱烈，報名人數高達73人。參加者需通過筆試並考列前32名才開始接受訓練。

羽毛球規則研習/溫故知新班

為了提高本港裁判水準，使各註冊裁判更能深入了解和運用羽毛球規則，本會於2004年9月18、19、26及27日舉行羽毛球規則研習/溫故知新班，希望藉此講解及互相深入探討羽毛球規則並交流經驗。參加之裁判達62人。

News at a glance: Activities Preview 2005

- **Bank of China (Hong Kong) Hong Kong Badminton (Award) Training Scheme - Bronze Award Training Course**
Registration Date: Mid-November 2004
Training Date: January to March 2005
- **Hong Kong Badminton Doubles League 2005**
Registration Date: Mid-November 2004
Competition Date: January to May 2005
- **Young Badminton Athletes Training Scheme**
Registration Date: December 2004
Training Date: April 2005 to March 2006

Annual General Meeting 2004

Annual General Meeting of Hong Kong Badminton Association Ltd had been held at 7:30 pm on 24 September 2004, at Jade Garden Restaurant, Star House, Tsim Sha Tsui.

Following the report by Mr. Tong Yun Kai, our President, Minutes of the 2003 AGM, Financial Report and Audited Report were then passed.

Our President praised the Hong Kong badminton players who obtained merit results in the international matches. They were: Ng Wei, Agus Hariyanto, Albertus Susanto Njoto, Liu Kwok Wa, Yohan Hadikusumo Wiratama, Chen Yang, Tam Lok Tin, Yan Chun Yu, Wong Wai Hong, Chan Yan Kit, Hung Yuk Wong, Lam Hoi Tak, Wang Chen, Ling Wan Ting, Koon Wai Chee, Li Wing Mui, Siu Ching Man, Ng Ka Shun, Yip Pui Yin, Wong Sin Yee and Wong Man Ching. Our President on behalf of HKBA, presented cash prizes in the sum of HK\$76,585.

Furthermore, our President sponsored another cash prizes in the sum of HK\$40,500 in recognition of the exceptional results of the players at the Athens Olympic Games. They were Wang Chen, Ng Wei, Koon Wai Chee, Ling Wan Ting and Li Wing Mui. Mr. Lam Kin Ming, our Honorable President also sponsored HK\$55,000 for the outstanding performances of the athletes in Athens Olympic Games 2004 and in China Open 2003.

Elementary Badminton Umpire Course 2004

The yearly Elementary Badminton Umpire Course will be held between 5 October and 5 November. There is a very well feedback with 73 registrations. Only the best 32 persons passed in the paper test will become eligible for the training.

Study of Badminton Rules/Revision Class

"Study of Badminton Rules/Revision Class" organized by HKBA, had been held on 18, 19, 26 and 27 September 2004. It was attended by 62 umpires. The Class was to boost the levels of umpires in Hong Kong, as well as to let the registered umpires to have further knowledge and practical of badminton law. It was also expected to have thorough discussion, mutual study of badminton rules and experiences shared among the umpires.

教練工作坊(B)及教練工作坊(C)

由香港體育學院(前香港康體發展局)教練培訓部資助、香港羽毛球總會主辦的2004年教練工作坊(B)及教練工作坊(C)分別於9月19日及30日完成。

教練工作坊(B)在石硤尾公園體育館舉行,主題為「羽毛球創傷簡易自我治療的運用」,由前福建省羽毛球隊隊醫鄭傳鴻醫學雙學士講授有關運動創傷的概念、羽毛球運動員經常遇到的傷患如「網球肘」的病理、成因、診斷及自我治療的方法。



現場氣氛熱烈,鄭傳鴻先生更多次示範各種傷患的按摩推拿方法,教練亦不時發問,令這次工作坊更加「互動」,不只是一般講授形式。課程完結後,更有愛好羽毛球的市民得知該工作坊的內容,感到興趣非常,更來電本會,希望將來能舉辦類似講座予市民參加。

為使各擔任「地區羽毛球隊訓練計劃」的教練能增加對球隊帶領及羽毛球雙打訓練的了解,本會特意在香港城市大學舉行教練工作坊(C),並由香港羽毛球總會教練組主委周日光先生講授有關帶領羽毛球隊的要點及由前香港羽毛球隊成員丘梓郁先生現場講授有關羽毛球最新雙打戰術及體能訓練方法,教練反應良好。



康樂及文化事務署—學校體育推廣計劃

由各體育總會合辦、康樂及文化事務署資助、教育統籌局、香港中文大學及香港浸會大學合辦「學校體育推廣計劃」自2001年推出以來,深受學校歡迎。申請「簡易運動計劃」及「外展教練訓練計劃」羽毛球訓練班的數目不斷上升,本會安排近50名教練到各中、小學任教,把羽毛球運動推廣至全港中、小學校。

本會更於暑假期間,合辦「學校體育推廣計劃-運動領袖計劃」。運動領袖羽毛球裁判班共開四班於2004年7月30日,8月2、3及23日舉行。羽毛球指導員班共開三班於2004年8月4至19日舉行,參與學生達200人。

羽毛球教練預備班

專為有意加入羽毛球運動行列教練工作及有興趣參加「初級羽毛球教練班」人仕而設。零五年將會開設12班(每月1班),分別於康樂及文化事務署轄下體育館上課,每班名額24人,最近之開課日期為2004年12月2日至30日,報名日期至10月15日和11月15日止。如報名人數過多,將以抽籤形式決定入選名單,有興趣人士可致電2504 8318香港羽毛球總會查詢。

有關本會最新活動資料,可瀏覽本會網頁。網址:
www.hkbadmintonassn.org.hk

Coach Workshop (B) and Coach Workshop (C)

Coach Workshop (B) and Workshop (C) 2004, subsidized by the Coaching Committee, Hong Kong Institute of Sports (formerly Hong Kong Sports Development Council), was organised by HKBA. The Workshops completed on 19 and 30 September respectively.

Coach Workshop (B) was held at Shek Kip Mei Park Sports Centre, with the topic of "Practical of Simple Self Care to Badminton Injuries". Dr. Cheng Chuen Hung, (combined degrees), formerly Fujian Province Badminton Team Doctor, delivered the talks about the concept of sports injuries, symptoms, reasons, diagnose and self care methods for the popular "Tennis Elbow".

The Workshop (B) was warmly received by the attendees. Dr. Cheng Chuen Hung demonstrated repeatedly, ways of massage to relieve different types of injuries. The Workshop was not only presenting tutorial talks, but was even more "dynamic" when the coaches raised questions from time to time. Upon completion of the course, and after knowing the contents of it, badminton lovers were interested in it. They rang us to request for similar talks to be made in public in future.

Coach Workshop (C) was set up to allow those coaches responsible for the "District Badminton Team Training Scheme" to better their knowledge in respect of team leading and training in doubles. Coach Workshop (C) was held at the City University of Hong Kong, when there were talks by Mr. Chau Yat Kwong, Chief of the Coaching Subcommittee of HKBA, regarding the significant in leading teams. Mr. Yau Tsz Yuk, formerly member of the Hong Kong Badminton Team, made speech on the latest strategies of playing doubles and the ways of physical training. It was well acknowledged by the coaches.

Leisure and Cultural Services Department - School Sports Programme

"Leisure and Cultural Services Department - School Sports Programme", subsidized by Leisure & Cultural Services Department, has been launched since 2001, jointly by National Sports Association, Education & Manpower Bureau, Chinese University of Hong Kong and Hong Kong Baptist University. The Programme was indeed well commented by the schools. Applications for "Easy Sports" and "Outreach Coaching" courses soared up consistently. HKBA has arranged almost 50 coaches to teach in various primary and secondary schools, in order to promote badminton to all primary and secondary schools in Hong Kong.

"School Sports Programme - Sports Captain Scheme" was jointly held by HKBA during the summer vacation. There were 4 Badminton Umpire Courses on 30 July, 2, 3 and 23 August and 3 Badminton Assistant Instructor Courses between 4 and 19 August 2004, with a total number of 200 students.

Pre - level 1 Coaching Course

"Pre-level 1 Coaching Course" is held especially for those who are interested in joining the coach services in badminton field as well as attending the "Level 1 Coaching Course". 12 classes (1 class every month) will be set up in 2005 at the sports centres of the LCSD. Each class has 24 students. The most recent class will be held between 2 and 30 December 2004. Dates for registration will be between 15 October and 15 November. If applications are in excess of the scheduled quota of 24, they will be chosen by lot. Interested persons please call HKBA at 2504 8318 for enquiries.

For latest news, please visit our website at: www.hkbadmintonassn.org.hk.

訂閱「羽毛球通訊」

查詢電話: 2504 8318

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