

中國香港賽艇協會

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中國香港賽艇協會
HONG KONG, CHINA ROWING ASSOCIATION



香港賽艇運動員征奧夢成真！ OLYMPIC ROWERS!

夏日賽艇溫馨提示及賽艇之友活動 Safety Tips for Rowing in Summer - Coming Rowing Activities

正值炎夏，暑假又開始喇！眾大學隊亦開始他們日以繼夜的訓練，預備他們最重要的比賽 - 成龍挑戰盃 2012 年全港大學賽艇錦標賽！不過在大家努力訓練的同時，亦要注意酷熱的天氣提示。

在此提提大家盡量避免在早上 11 時至下午 3 時這段時間於城門河上練習，因為這正是陽光最猛烈的時候。記緊在落艇前塗上防曬油，免得曬傷。在運動服飾上，你也要花點心機！穿上最少量的衣服，不要太緊繃，同時要避免棉質等會吸水的質料，因為這只會讓你更熱。盡量穿上舒適、輕便的排汗衣褲，能讓你於練習時保持乾爽。

在熱天下進行賽艇練習最重要的就是維持身體水分，重點是在練習前，必須要確保自己水分充足。不要在感到口渴時才喝水，因為，在你口渴之前，汗水就已迅速蒸發而容易導致脫水。脫水會讓你暈眩、痙攣、疲憊或是中暑。

平日訓練時，要注意觀察自己的身體狀況，了解水分需求量，才能在比賽時適當地補充，發揮實力。

另外，兩個賽艇中心亦開始了夏令時間，加長了中心開放時間 - 早上 8 時至下午 9 時 30 分 - 希望能讓您爭取更多練習時間。

各位賽艇的愛好者，請密切留意下半年賽季的活動及比賽，一齊 Row, Attention Go!

1. 成龍挑戰盃 2012 年全港大學賽艇錦標賽

日期：4-5.8.2012
時間：09:00-17:00
地點：沙田城門河
簡介：令人期待的全港大學賽艇錦標賽將於 8 月初舉行！這比賽為七所大學主辦，每年均吸引到不少舊生或大學校友前來觀戰，熱愛賽艇的你又豈能錯過如此緊張刺激的賽事，歡迎你當日親臨城門河，一同為各參賽者打氣！

2. 2012 工商機構運動會 - 室內賽艇比賽

日期：12.8.2012
時間：12:00-18:00
地點：大埔體育館
簡介：「工商機構運動會」是康樂及文化事務署特別為本港的工商/公營機構及其僱員每兩年舉辦一次的大型綜合運動會；你也聯同你的同事一齊來參加吧！

3. 青少年賽艇分齡賽 3 (室內賽艇 2000 米) / 青少年賽艇分齡賽 4 (單人艇 2000 米)

日期：17.8.2012 / 24.8.2012
時間：09:00-13:00
地點：沙田賽艇中心 / 沙田城門河
簡介：一年一度的暑假開始喇！又是「同陽光玩遊戲」的時候！想知道自己練習有否進步？快向有關的教練查詢分齡賽的報名詳情，測試一下自己的實力啦！

4. 翠河賽艇賽 III

日期：30.9.2012
時間：待定
地點：沙田城門河
簡介：如你於上月舉行的翠河賽艇賽 II 中未能發揮水準，或想再次擊敗對手，再嘗冠軍滋味，請密切留意翠河賽艇 III 的報名時間！值得一提的是此比賽適合所有初學賽艇人士參加，請火速報名一嘗比賽滋味！

5. 第四屆全港大學舊生賽艇邀請賽

日期：14.10.2012
時間：09:00-17:00
地點：沙田城門河
簡介：全港大學舊生賽艇邀請賽已踏入第四個年頭，今年將會由香港浸會大學賽艇會舊生會主辦。那些年，曾經是大學隊的你又或是現任大學隊的你，想保持比賽的動力，重拾那些年的熱情，切勿錯過此邀請賽！

6. 第 34 屆香港賽艇錦標賽

日期：3-4.11.2012
時間：09:00-18:00
地點：沙田城門河
簡介：每年最矚目的賽艇盛事「第 34 屆香港賽艇錦標賽」。此錦標賽的比賽項目分為本地、海外、工商機構及紀律部隊項目，所有賽艇朋友都歡迎參加，記得預留時間呀！

7. 青少年賽艇分齡賽 5 (室內賽艇 2000 米)、青少年賽艇分齡賽 6 (單人艇 2000 米)

日期：10.11.2012、17.11.2012
時間：09:00-13:00
地點：沙田賽艇中心、沙田城門河
簡介：本年度最後一次青少年賽艇分齡賽將於 11 月中舉行，希望您能於這次比賽發揮最佳水準，測試一下自己整年練習的成果吧！每站每個年齡組別總積分領先的男女第一名將獲得分齡賽戰衣一件；而每站累積總分數最出色的賽艇手，更可獲得一年免費會籍！

8. 香港青少年賽艇錦標賽

日期：25.11.2012
時間：09:00-17:00
地點：沙田城門河
簡介：賽事給予全港 23 歲或以下青少年賽艇愛好者共聚一堂的機會，在賽艇運動中一較高下。歡迎大家踴躍參與，切勿錯過報名日期。

Together we shine in this stunning summer! All the University teams have been in their daily intensive training programmes for some time to be well-prepared for their most important race - The Jackie Chan Challenge Cup 2012 Hong Kong Universities Rowing Championships! And there are many other competitions in the coming months, designed to challenge all rowers and share the joy of our sport!

But hard training in this hot summer needs special care, and we would like to share some important tips with you, hoping to help you to perform at your best in the coming competitions.

Try to avoid water training during the sunniest time of the day from 11:00 to 15:00 on the Shing Mun River. Please also be reminded to use ample sunscreen before outdoor training to protect against sunburn and prevent harmful UV rays from damaging your skin.

Wearing the right clothing is also important. Wearing light breathable clothing, without unnecessary clothes and accessories, will help you stay dry and comfortable during the training. Avoid clothing which is too tight. Cotton or other absorbent t-shirts will make you feel hotter as they will not so easily release body heat generated from exercise.

The most important thing for training in hot weather is to stay hydrated. You should ensure that you drink plenty of water before training. Current sport recommendations are that athletes drink 400-550 ml two hours before training and then 200-300 ml proportionally about 15 minutes before training. Don't just drink when you are thirsty, because your sweat has already evaporated quickly before you feel thirsty, which may easily cause dehydration. Dehydration will make you dizzy and may result in cramps, exhaustion or even heatstroke. Observe your physical condition carefully and know the water demands of your body during your regular training, so that you can train and compete safely and put the maximum effort into your race.

During Summer time, both Rowing Centres have prolonged the Centre opening hours - from 8:00 to 21:30 hrs - hoping that you have more time to enjoy rowing in summer in the cooler parts of the day!

Coming Rowing Activities and Competitions
All Rowing lovers, please stay tuned to the coming activities and competitions in the rest of rowing season. Let's Row - Attention Go!

1. Jackie Chan Challenge Cup 2012 Hong Kong University Rowing Championships

日期：4-5.8.2012
時間：09:00-17:00
地點：Shing Mun River Regatta Course, Sha Tin
Summary: Exciting Hong Kong Universities Rowing Championships will be held in the beginning of August. This Championships is organized by the seven local Universities. Each year, it attracts many students and alumni to come and watch the battle. How can you miss for this wonderful event?! You are welcome to visit it around the Shing Mun River, with all the cheers to the participants!

2. Corporate Games 2012 - Indoor Rowing Competition

日期：12.8.2012
時間：12:00-18:00
地點：Tai Po Sports Centre
Summary: The Corporate Games is a major multi-sport event specially organized by the Leisure and Cultural Services Department for participation by industrial and commercial organizations/public sectors in Hong Kong and their employees on a biennial basis. You, together with your colleagues, should come and participate!

3. Age Group Time Trial III (Indoor Rowing 2000m) / Age Group Time Trial IV (Single Scull 2000m)

日期：17.8.2012 / 24.8.2012
時間：09:00-13:00
地點：Sha Tin Rowing Centre / Shing Mun River Regatta Course, Sha Tin
Summary: What will you do in the summer holiday? It's time to row with the sun!! Let take the time trial to know your progress after training and get the enrollment details of the Age Group Time Trial from your coach. Let's enroll two trials together!

4. Verdant River Regatta III

日期：30.9.2012
時間：TBC
地點：Shing Mun River Regatta Course, Sha Tin
Summary: If you have failed to achieve your targets in the Verdant River Regatta II in July, or you would like to battle with your opponent and become the champion again, please stay tuned to the registration time of the Verdant River Regatta III! It should be highlighted that this regatta is suitable for all novices to try their first race in rowing. Don't be hesitated to register it!

5. 4th Inter-Universities Alumni Invitation Regatta

日期：14.10.2012
時間：09:00-17:00
地點：Shing Mun River Regatta Course, Sha Tin
Summary: Inter-Universities Alumni Invitation Regatta is in its fourth year. This year, the Regatta will be organized by the Hong Kong Baptist University Rowing Club Alumni Association. For those who have rowed in Shing Mun River, no matter you are the Alumni or the current University Team member, let lighten up your passion and motivation of rowing of those years. You can't miss this Invitation Regatta!

6. 34th Hong Kong Rowing Championships

日期：3-4.11.2012
時間：09:00-17:00
地點：Shing Mun River Regatta Course, Sha Tin
Summary: Our biggest annual rowing gala - the 34th Hong Kong Rowing Championships has attracted the participants diversely from the local, overseas, corporate and disciplinary forces, else in every year. All Rowing friends are welcome to join, please reserve the time for the Championships.

7. Age Group Time Trial III (Indoor Rowing 2000m) / Age Group Time Trial IV (Single Scull 2000m)

日期：10.11.2012 / 17.11.2012
時間：09:00-13:00
地點：Sha Tin Rowing Centre / Shing Mun River Regatta Course, Sha Tin
Summary: Last stage of the Age Group Time Trial will be held in mid-November, wishing you could do the best standards in this game to test the results of your trainings throughout the year! The winner of each age in each stage will receive a special suit. Whilst the rower with the highest score in all stages will get a FREE annual Centre User status.

8. Hong Kong Inter-School Rowing Championships

日期：25.11.2012
時間：09:00-17:00
地點：Shing Mun River Regatta Course, Sha Tin
Summary: It provides an opportunity to all junior rowers who aged under 23 to compete with each other and make new friends. Let's invite you to get ready for this championships!



香港賽艇運動員征奧夢成真 Rowing To the Olympics!

“經過兩次奧運的經驗，心裡確實沒有以往的緊張，相反現在是一心想測試自己單人艇的實力及挑戰師兄羅曉鋒過往的成績。”

2012年倫敦奧運會即將於7月27日揭幕。世界各地的精英運動員亦正密鑼緊鼓準備為這件體育盛事作最後的準備。是次奧運會共有42名港將取得奧運會的資格，而賽艇亦佔了其中三張奧運會入場券。奧運會是全球頂尖運動健兒雲集的盛事，亦是每個精英運動員的夢想。國際奧委會為奧運會設下了參與人數的限制及參賽資格，各地的選手必須在一年內參與世界各地不同的巡迴賽再經過遴選，並要在國際賽上取得前數名才有資格入選奧運；這無疑是對港隊非常大的挑戰，而三位香港賽艇隊的成員蘇秀華、駱坤海及梁俊碩亦已經歷了重重的考驗，成功躋身奧運會的舞台，為香港征戰奧運。

香港賽艇隊自1992年巴塞隆那奧運會已是連續六次參與奧運比賽。賽艇大師兄蘇秀華已是第三次參與奧運會，他分別於雅典及北京奧運參與男子輕量級雙人雙槳艇項目，今年是他首次轉戰男子單人雙槳艇項目。雖然這次是孤身作戰，但經驗老到的他坦言比前兩次輕鬆得多：「經過兩次奧運的經驗，心裡確實沒有以往的緊張，相反現在是一心想測試自己單人艇的實力及挑戰師兄羅曉鋒過往的成績。」蘇秀華說。

能夠三次出征奧運會確實是不多的香港運動員能夠做到，他亦寄語兩位首次征奧的同伴要盡量享受整個比賽，當然成績對運動員來說是一個成功的指標，但亦不要忘記享受運動員的生涯亦是重點。

首次憑「男子輕量級雙人雙槳艇」征奧的駱坤海及梁俊碩則表示默契十足，有信心表現出最佳水準。「我們合作雙人雙槳艇有六年之多，由最初因雙方技術不一及性格不同而常有爭執，甚至因未做出好成績而有氣餒的時候。但經過不斷的練習和一同經歷多個海外比賽，我們亦找到磨合點，而且越來越合拍，最後我們更在亞洲區奧運會資格賽擊敗其他國家的頂尖賽艇手，成功取得銀牌及參與奧運的資格！」梁俊碩說時亦難掩興奮的心情。「我們會繼續嘗試一些新的訓練方法，希望能讓我們的技術更上一層樓。」駱坤海補充。

這三位運動員都是土生土長並接受本地培訓的香港運動員。他們的賽艇潛質都是透過協會的「青少年賽艇發展計劃」而發掘出來。他們由學校推廣開始接觸賽艇，繼而被挑選加入青少年代表隊，參戰本地及國際的比賽。經過日復日年復年的練習及專項特訓，他們最後成功晉身為香港賽艇代表隊的成員。另外透過香港體育學院提供世界運動科學器材及專門技術的支持，讓我們的運動員能享有優質的訓練，為奧運作好準備！

能夠成功踏上奧運會的舞台並非一朝一夕的事，在過往的歲月，他們經歷過運動員的逆境及低潮，背後一直承受着比賽的壓力和現實的掙扎，但他們沒有因此放棄，繼續堅持自己的理想，最終夢想成真。

今天三位的賽運動員代表香港並肩出征奧運，我們相信他們定必全力以赴，在倫敦伊頓多尼河上表現出最佳水準，繼續挑戰自己！



“The Olympics experience helps me to keep focus on my own performance in the single sculls event and I wish to challenge the past record set for Hong Kong by Law Hiu Fung.”



The London 2012 Olympic Games begins as this edition of Hong Kong Rowing goes to print and the whole world waits with bated breath for the Opening Ceremony on 27th July. The world's top athletes are in their final preparation for this biggest sport event in the world! A total of 42 Hong Kong athletes have qualified for the London Olympic Games, and three of our rowers are included in this team representing Hong Kong.

The Olympic Games is the pinnacle of sport and it is the dream of all athletes to compete at the Games. With the IOC's limitation on the total number of athletes in each sport, including rowing, qualification for a place at the Games is already a very significant challenge for the Hong Kong Rowing Team. It is a great honour of our three rowers, So Sau Wah in the Mens Single Sculls (M1x) and Leung Chun Shek and Lok Kwan Hoi in the Lightweight Mens Double Sculls (LM2x), to secure the qualification to London and represent Hong Kong with their high level of dedication and sheer hard work.

Hong Kong rowers have taken part in the Olympics for six consecutive Games since 1992 in Barcelona. It is a great achievement in London for So Sau Wah to contest his third Olympic Games. So competed in the LM2x event in Athens and Beijing and will change to the M1x event for his third appearance. This is his first time to compete alone in the Olympics, but he feels less stressful than before. "The Olympics experience helps me to keep focus on my own performance in the single sculls event and I wish to challenge the past record set for Hong Kong by Law Hiu Fung," said So.

Only a few athletes can make their third Olympic Games, but So Sau Wah has reached that achievement. Of course, the final result is the main target of all athletes, but at the same time he wishes Leung and Lok in their first Olympic Games experience can fully enjoy this fantastic and unforgettable event as the highlight of an athlete's competitive life.

Leung Chun Shek and Lok Kwan Hoi will race in the Men's Lightweight Double Sculls event. Leung said that he has full understanding with his partner and both are ready to perform their best in their first row at the Olympic Games. "We have been rowing together for six years. We argued a lot in the beginning as we were totally different in our skills and character. Over these years we did a lot of training and rowed in many international competitions together. Now, we have a better partnership and are closely synchronised in rhythm and paddling. We were surprised and very pleased to get the Olympics ticket by winning the Asian Olympics Qualifications Regatta!" Leung said. "We are now working with the new training program and hope that it will bring us to a higher level!" Lok added.

All three of our Olympics rowers are home grown, having been identified and trained through the Association's comprehensive Youth Development Programme (YDP) which continues to seek out and identify potential Hong Kong rowers while they are still at school. Since the time they each took up rowing they have been through junior training and competition, locally and internationally, to eventually become senior full-time athletes under a tough

training and competition programme. Together with the support of the Hong Kong Sports Institute in sports science and other specialist areas, and their own dedication and hard work, all this preparation has now brought them to the Olympic Games.

And it must always be remembered, it is not an easy road for athletes to reach the stage of the Olympic Games. They have get through the dark times which are full of struggles and pressures in their life of being full time athletes. They are wonderful examples to everyone - adhere to your goal and don't easily give up! You can also make your dream come true!

Having earned the honour to row for Hong Kong at the Olympic Games, we are sure that all three athletes will dedicate themselves to reach new heights in their performances at the London Olympics Regatta Course at Eton Dorney. We wish them good racing!





2012 年香港公開室內賽艇錦標暨慈善長途接力賽

Hong Kong Open Indoor Rowing Championships & Charity Rowathon 2012

香港公開室內賽艇錦標暨慈善長途接力賽至今已踏入第 13 年頭，今年更突破性超過 1100 人參加，近年室內賽艇愈趨普及，參加者除了是一直支持及參與室內賽艇運動的大學隊、屬會、工商機構及紀律部隊外，當中更不乏小朋友和年長人士參與。因此，今年賽事特別加開了兒童個人組及親子組接力項目。讓更多的小朋友及家長一同享受室內賽艇的樂趣，達至普及運動，建立健康的生活態度。

一連兩日的室內賽艇錦標賽，不只是各賽艇好手的比賽場地，更是香港賽艇運動員一展身手的好地方。今年錦標賽人才輩出，一眾香港精英賽艇運動員包括羅曉鋒、李嘉文、蘇秀華、駱坤海、梁俊碩、鄧超萌及關騏昌亦一同參與，好讓市民及賽艇愛好者一睹他們的風采。

當日賽事的焦點便落在包辦冠亞軍的「李氏姊妹」身上。賽艇大師姐李嘉文狀態大勇，她於女子組公開 A 組個人 2000 米 (19-29 歲) 以 7 分 16 秒打破她五年前以 7 分 17 秒創下的香港及大會室內賽艇紀錄，奪得冠軍寶座，實至名歸；至於其妹李婉賢則落後近 23 秒，奪得亞軍的成績。

另一賽事焦點就是男子公開 A 組個人 2000 米 (19-29 歲) 的項目。一直被視為大熱的羅曉鋒一起首便遙遙領先其他賽艇手，可惜到尾段 500 米時開始放緩，澳洲籍選手 Toby Dankbaar 突然發力，雙

“一連兩日的室內賽艇錦標賽，不只是各賽艇好手的比賽場地，更是香港賽艇運動員一展身手的好地方。”

方的距離越拉越近，在場的觀眾呼喊聲更越來越強，場面非常熱鬧。最後 Toby 憑著他凌厲的後勁以五秒之差成功超越羅曉鋒，勇奪金牌。

至於男子輕量級 A 組個人 2000 米 (19-29 歲) 項目，更是有如香港賽艇運動員的比試場地。當中的選手都是最新掘起的賽艇新星，包括亞洲賽艇錦標賽的金牌得主鄧超萌及關騏昌，三屆的香港賽艇奧運代表蘇秀華，以及今屆出戰倫敦奧運的孖賽駱坤海及梁俊碩，單看此陣容已知賽事競爭得異常激烈。師兄蘇秀華開首時一馬當先拋離其他賽艇手，但料不到師弟鄧超萌的爆發力十分驚人，他在尾段以 0.001 秒後上反勝，最終由鄧超萌取得冠軍，蘇秀華及駱坤海分別奪得亞軍及季軍的獎項。

協會在此特別鳴謝賽艇運動亞洲有限公司、Concept2、曼富圖 (香港) 有限公司、Stream Trail、屈臣氏蒸餾水、NIVEA、撒隆巴斯及、碌柚葉 (香港) 有限公司的贊助及支持，並有賴民政事務局 (藝術及體育發展基金) 的資助及康樂及文化事務處的協助舉辦，使今屆賽事得以順利舉行。

The Hong Kong Open Indoor Rowing Championships & Charity Rowathon this year celebrated 13 years of success as a major participation event. This year, the Championships attracted over 1100 competitors to participate. Rowers from clubs, universities, corporate and disciplinary forces teams have been solid and continuous supporters of the Championships from the beginning. But with the increasing popularity of the sport of indoor rowing among the younger children and also older people in recent years, the Kids Individual Event and Family Mixed Team Relay Event were introduced in the Championships this year so that all members of a family can experience the fun and excitement of indoor rowing, as well as benefiting from the associated fitness and healthy lifestyle which accompanies regular exercise.

Hong Kong's top rowers, Law Hui Fung, Lee Ka Man, So Sau Wah, Lo Kwan Hoi, Kwan Ki Cheong, Tang Chiu Mang, Chow Kwong Wing and Leung Chun Shek were the major drawcards at the Championships in this Olympics year. This two-days Indoor Rowing Championships was not only the platform for the rowers to compete with each other, it's also a good place to feature our Hong Kong Rowing Team and show off their rowing skills to the public.

The outstanding performance of the Championships was by Lee Ka Man in capturing the gold medal in the Women's Open Individual A 2000m event and establishing a new Hong Kong and Official Indoor Record of 7m16s, just 1 second better than her own previous record. The silver medal went to Ka Man's sister, Lee Yuen Yin.

The next focus of the day was projected to the event of the Men's Open Individual A 2000m.

“This two-days Indoor Rowing Championships was not only the platform for the rowers to compete with each other, it's also a good place to feature our Hong Kong Rowing Team and show off their rowing skills to the public.”



The most experienced Hong Kong Team Member, Law Hui Fung had led the race comfortably in the beginning, but Toby Dankbaar from Australia steadily pulled back the difference over the last 500 metres, finally taking the gold medal in an exciting sprint finish, with Law settling for silver.

In the Men's Lightweight Individual A 2000m event, another exciting battle for medals developed within the Hong Kong Rowing Team. The gold medallist of the 2011 Asian Rowing Championships, Tang Chiu Mang and the

Hong Kong Rowing Olympians in London Olympic Games, So Sau Wah and Lok Kwan Hoi eventually captured the gold, silver, and bronze medals in that order.

This year's Championships were subvented by the Home Affairs Bureau (Arts and Sports Development Fund) and supported by the Leisure and Cultural Services Department. The Association would like to express our heartfelt thanks to the RowSport Asia Limited, Concept2, Manfrotto Distributions (Hong Kong) Ltd, Stream Trial, Watsons Water, NIVEA, Salonpas and Pomeloleaf (HK) Ltd for their continuous and generous support to the Championships.





中學室內賽艇錦標賽 Inter-school Indoor Rowing Championships



學界體育的比賽一直是本地體育發展及提拔體育人才的重要平台。學界體育比賽就如給予一班充滿體育細胞的中學生發揮運動潛能的機會，讓他們透過比賽認清自己的實力，使他們的技術在競賽中得以進步。

香港島及九龍地域的中學室內賽艇錦標賽已踏入第四年，室內賽艇的比賽亦漸見規模，參與的中學由最初的44間遞增至50間，參與的中學生由900人現已增加至逾一千人。今年新界區亦已舉辦了首屆的中學室內賽艇錦標賽，反應非常熱烈。室內賽艇在學界能備受重視，實在是賴協會的「學校室內賽艇計劃」的積極推廣，以及香港學界體育聯會的大力支持。另外室內賽艇比賽

的現場熾熱氣氛亦是吸引各中學生參與的原因之一。試想像20多台室內賽艇機連接專屬的電腦程式，透過場館內的大螢幕同步顯示出各賽艇機的戰況，畫面就好像電玩遊戲機一樣非常緊張刺激，各同學也全情投入為參加者歡呼打氣，特別是4X500米接力時更為熱烈，這亦是室內賽艇比賽的特別之處。

雖然今年是新界地域首屆的中學室內賽艇錦標賽，但室內賽艇對於新界區的學校來說卻一點也不陌生，協會近年一直在新界區致力推行學校推廣，亦因地利環境的關係，不少中學更會親臨沙田賽艇中心參觀及嘗試陸上及水上賽艇。相信來年的中學室內賽艇錦標賽在新界地域定必更具規模，又有一番新景象。

除此之外，近年越來越多學校把室內賽艇列入為體育課的項目之一，香港學界體育聯會的中學理事會的會員李慶堯老師表示室內賽艇是一項非常適合現時中學生的運動，它是非常好的帶氧運動，並能有效提升心肺功能。另外，賽艇需動用全身的肌肉，包括上下手臂、背肌、腹股及大腿等。現時很多的學校球隊更利用室內賽艇來進行體能訓練，加強他們各種肌肉的強度，從而提升他們於各項運動的表現。李慶堯老師表示香港很多中學生也因為長期對著電腦及坐姿不正確，以致脊椎側彎及其他肌肉的問題，室內賽艇可有效減低此症狀，甚至可作醫學治療的作用。「早年我便接觸一位學生，他患有

嚴重的脊椎側彎疾，醫生知道他在學校可以接觸室內賽艇時便鼓勵他多做此運動，強化他背部的肌肉，果然經過數月的訓練，他的脊椎側彎疾大大改善。」

李慶堯老師表示室內賽艇的優點是可於學校及其他室內場地進行，不受天雨或其他租借場地的因素影響。學校只需在校內添置數部賽艇機，同學們便可在課餘的時間，全天候進行訓練，毋需舟車勞動，省卻額外的交通費用。但同樣這亦是推行室內賽艇的阻力，因為很多學校也未能負擔購買賽艇機的費用，幸好在「戴麟趾爵士康樂基金」的部分資助下，協會成功推出「學校室內賽艇發展計劃」，向各學校提供器材上及技術上的支援。另外，中銀香港慈善基金亦資助香港體育聯會引入了10部室內賽艇機，讓各有學校於需要時提供充足的器材。



中學室內賽艇錦標賽龍處榜 (香港島及九龍地域)

	女子團體組 (第一名)	男子團體組 (第一名)
2012年	拔萃女書院	余振強紀念中學
2011年	拔萃女書院	余振強紀念中學
2010年	拔萃女書院	余振強紀念中學
2009年	東華三院呂潤財紀念中學	余振強紀念中學

中學室內賽艇錦標賽龍處榜 (新界地域)

	女子團體組 (第一名)	男子團體組 (第一名)
2012年	東華三院馮黃鳳亭中學	東華三院馮黃鳳亭中學

“學界體育比賽就如培養皿給予一班充滿體育細胞的中學生發揮運動潛能的機會，讓他們透過比賽認清自己的實力，使他們的技術在競賽中得以進步。”



“ Inter-Schools Sports competition is a leading driver in fostering and developing young sports talent in the community and provides an important platform for students who are talented in sports to further develop their sports potential. ”

Inter-Schools Sports competition is a leading driver in fostering and developing young sports talent in the community and provides an important platform for students who are talented in sports to further develop their sports potential. These young athletes can recognize their own skills and strengths through competition, as well as improve their sport technique.

Indoor Rowing has become a popular and easily accessible sport in many schools through the joint efforts of the Association's actively promoted "Indoor Rowing for Schools Programme" and the strong support from the Hong Kong Schools Sports Federation.

Organised in conjunction with the Hong Kong Schools Sports Federation, the Inter-Schools Indoor Rowing Championships in Hong Kong Island and Kowloon District has this year celebrated its fourth year, with the scale of the event growing in terms of the number of participating schools increased from 44 to 50 and the number of competing students from 900 to over 1000.

Having worked hard to establish this very successful event for urban area schools, the Federation and the HKCRA cooperated this year to organise the inaugural New Territories Region Inter-Schools Indoor Rowing Championships for secondary schools in the New Territories. The event received an overwhelming response and produced some very exciting competition from 1400 students of the 34 schools participating.

One of the reasons why many students are attracted to indoor rowing is the enthusiastic atmosphere of the competition! You can imagine more than 20 indoor rowing

machines all connected through a dedicated computer program, fighting on the big screen which simultaneously displays the racing results by time and position throughout the race. It is an amazing spectacle and for the spectators and supporters, it is as much fun as playing electronic games! It is very different for the rowers, who are exhausting themselves in their efforts to win the race, their extraordinary efforts showing clearly in their faces for all to see. During the competition, all students become big fans of the rowers, cheering wholeheartedly for their teams, particularly in the 4X500 metre relay event which involves "hot" changes of team members during the race.

Although this year is the first New Territories Region Inter-Schools Indoor Rowing Championships, indoor rowing is already well-known among the schools in the New Territories. In recent years, the Association has been working to promote indoor rowing to schools in the New Territories and with the convenient geographic location, many secondary schools have shown their interest in visiting the Sha Tin Rowing Centre and trying both indoor and water rowing. It is certain that the next Inter-School Indoor Rowing Championships in the New Territories Region will be on a larger scale.

In the meantime, more and more schools have included indoor rowing in their physical education lessons. Mr. Lee Hing Yiu, a secondary school teacher and a member of the Hong Kong Schools Sports Federation notes that Indoor Rowing is very suitable for secondary school students. It is a very good aerobic exercise which effectively improves the cardiopulmonary function of students. In addition, rowing uses the whole body muscles, including upper and lower arm, back and legs.

At present, many school teams use the rowing machine for fitness training, enhancing their muscle strength, thereby improving their performance in other sports. Lee Hing Yiu said that most of the youngsters in Hong Kong spend a lot of time sitting in front of the computer with the wrong posture, and that causes spine and other muscle problems. Indoor rowing could effectively reduce these symptoms and even be used in the recovery treatment.

Mr. Lee also indicated that indoor rowing can take place flexibly in school or any other indoor venue regardless of the bad weather conditions or the restrictions of venue rental. It is a big benefit for the development of sports in schools! Schools only need to acquire some rowing machines and students could then feel free to exercise or train in their spare time, without travelling, saving the cost of transportation.

The Association has recognised the initial difficulties encountered by some schools in acquiring rowing machines to begin their indoor rowing programmes. To address this problem, and with the partial support by the Sir David Trench Fund for Recreation, the Association has successfully launched the "Indoor Rowing for Schools Programme" to provide a start-up period loan of equipment and technical support to schools. In addition, the BOCHK Charitable Foundation also funded the Hong Kong Schools Sports Federation for 10 indoor rowing machines, providing adequate equipment to schools when necessary.

Results of the Inter-school Indoor Rowing Championships (for the HK Islands & Kowloon)

	Women's Overall Champions	Men's Overall Champions
2012	Diocesan Girls' School	Yu Chun Keung Memorial Secondary School
2011	Diocesan Girls' School	Yu Chun Keung Memorial Secondary School
2010	Diocesan Girls' School	Yu Chun Keung Memorial Secondary School
2009	Tung Wah Group of Hospitals Lui Yun Choy Memorial College	Yu Chun Keung Memorial Secondary School

Results of the Inter-school Indoor Rowing Championships (for the New Territories)

	Women's Overall Champions	Men's Overall Champions
2012	Tung Wah Group of Hospitals Mrs. Fung Wong Fung Ting College	Tung Wah Group of Hospitals Mrs. Fung Wong Fung Ting College

“ 透過運動生物力學，教練可根據多個科學測試及分析出的數據，更清晰地分析出運動員的表現，並可以多角度展示出運動員的優點及需要改善的地方 ”



Boat Variables		09/01/12										Page 1
This page shows mechanics of whole boat at various stroke rates												
Names	Stroke Rate (strokes/min)	Stroke Length (m)	Stroke Time (s)	Stroke Rate (strokes/min)	Stroke Length (m)	Stroke Time (s)	Stroke Rate (strokes/min)	Stroke Length (m)	Stroke Time (s)	Stroke Rate (strokes/min)	Stroke Length (m)	
1. 2000 m	20.7	6.04	0.4032	2.78	4.32	90.2%	0.52					
2. 2000 m	24.1	4.76	0.2724	2.08	4.86	90.2%	0.49					
3. 2000 m	23.5	4.79	0.2833	2.17	4.57	90.2%	0.57					
4. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
5. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
6. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
7. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
8. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
9. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					
10. 2000 m	23.2	5.09	0.2833	2.17	4.57	90.2%	0.57					

前言

無論你是賽艇教練或是賽艇運動員，會否覺得賽艇的表現很難分析呢？事實上賽艇受到天氣條件和不同的環境影響，而且它要求較高的體能、高效率的技術、心理韌性以及運動員生活和訓練的管理，所以要分析賽艇運動員表現的確需要更科學化的理論。

當兩位教練在觀察同一隊賽艇運動員訓練時，每次可能都會有不同的觀點。一位教練喜歡以隊中的團隊精神作為觀察，而另一位則偏向觀察賽艇運動員的力量應用。一位會觀察船艙運動，而另一位會觀察槳葉划行的運動。究竟什麼才是正確的技術？這是主觀的決定嗎？

“最快的賽艇等如最好的技術嗎？”

上述問題其實是與賽艇運動生物力學的應用有關。生物力學是透過科學與物理學的應用去研究人類運動模式。根據物理定律以及精確測量分析，有助於建立一個穩定的賽艇技術與生物力學相關的知識。

賽艇生物力學的主要旨在改善技術。主要分析有兩個：第一 - 賽艇運動員的技能怎樣可以分析而發展為最優秀的技術？第二 - 有什麼生物力學的變數需要測量從而提供數據作分析？今期，讓我們一同了解更多賽艇的生物力學，了解更多自己身體的運作，幫助你的隊員於賽艇比賽上有更好的成績！

賽艇運動生物力學 - 測量

賽艇運動生物力學的主要會從三個方面去了解，分別是測量、分析及表現。測量會透過感應器收集的數據作出處理（包括校準、篩選、平均等），然後儲存並進行分析。在測量方面，有三組非常基本並與力學相關的變數：時間（槳頻），間距（划幅 - 賽艇角度）及力量（運動員力的應用）。三個變數加起來會產生第四種力學 - 能量（賽艇功率），這明顯地與賽艇的平均速度，即成績，是息息相關的。

賽艇運動生物力學 - 分析

在分析過程中，我們結合各種數據，計算衍生變數（例如從量度和槳角的功率等）和數值（例如最大和平均力量），最後得到一些資料於兩個不同的方面作為分析，包括理論及實踐。理論，即一些常見 / 普通的知識，例如運動員成績的平均值、相關性、規範標準等。

在實踐中，會與規範標準及所獲得的數據進行比較並製作一個特定建議予運動員，然後再到另一個方面 - 表現。

賽艇運動生物力學 Rowing Biomechanics



賽艇運動生物力學 - 表現

在表現方面，教練會設法從分析中得到的指引去糾正運動員的賽艇技術，一般於訓練後的即時反饋如不同技術練習及調整器材。適當的更正後，應測量和分析運動員賽艇技術的變化，以評估他們的適應性。

在剛過去的冬季，香港賽艇隊的教練為部分的運動員進行了一連串有關賽艇運動生物力學的測試。從測試中，我們不難發現一些運動員儘管經過近十年的賽艇訓練，亦有相當多的比賽經驗，他們的動作表面上看來近乎完美，然而通過精密的運動生物力學測量，數據分析後，部份的運動員亦有進步的空間。

首先，在控制艇槳上的技巧，特別在槳葉的運用上，槳葉於水中活動的模式是類似長方形的軌跡，即由入水開始一直平拉向身體直至出水，再以水平推離身體，期間不會有任何推高或低於水平的距離，稱為飛槳。精英運動員於肉眼上觀察是完美的，可是經過不同儀器於賽艇運動測量後所得的數據發現他們亦有少許飛槳的情況出現。此外，亦發現運動員於拉槳時均出現了「食水不足」的情況，表示運動員於前止點後，需要較長時間把槳葉完全入水及後止點前槳葉過早開始離開水面。

另外，在整個賽艇運動模式上，無論是單槳艇或是雙槳艇，任何情況都要保持平衡狀態才可以令艇隻順滑於賽道上，即是由後至前至點均要保持左右平衡，尤其於雙槳艇上更要保持平衡。從賽艇生物力學數據得知，運動員於前至點時普遍仍有少許失衡的情況出現。再者，賽艇運動非常注重節奏，每一下的划艇動作皆有一定的節奏，即回槳時間與拉槳時間的比例。經過測量後，檢測到運動員亦未能做出理想比例。

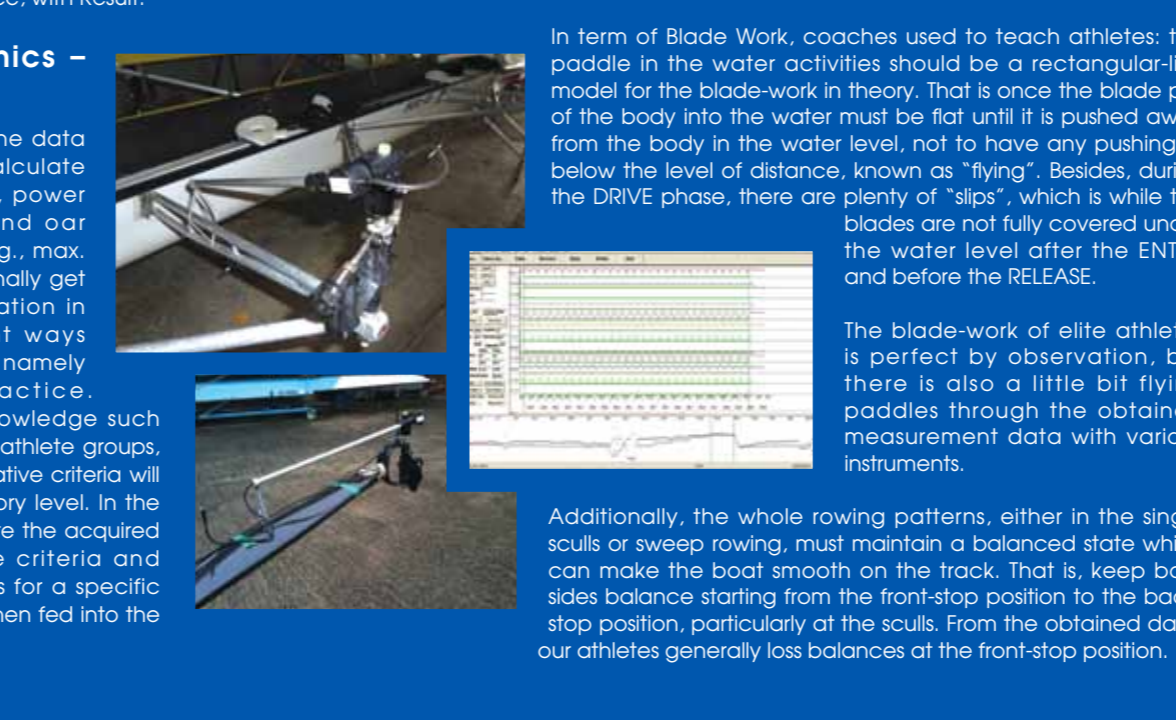
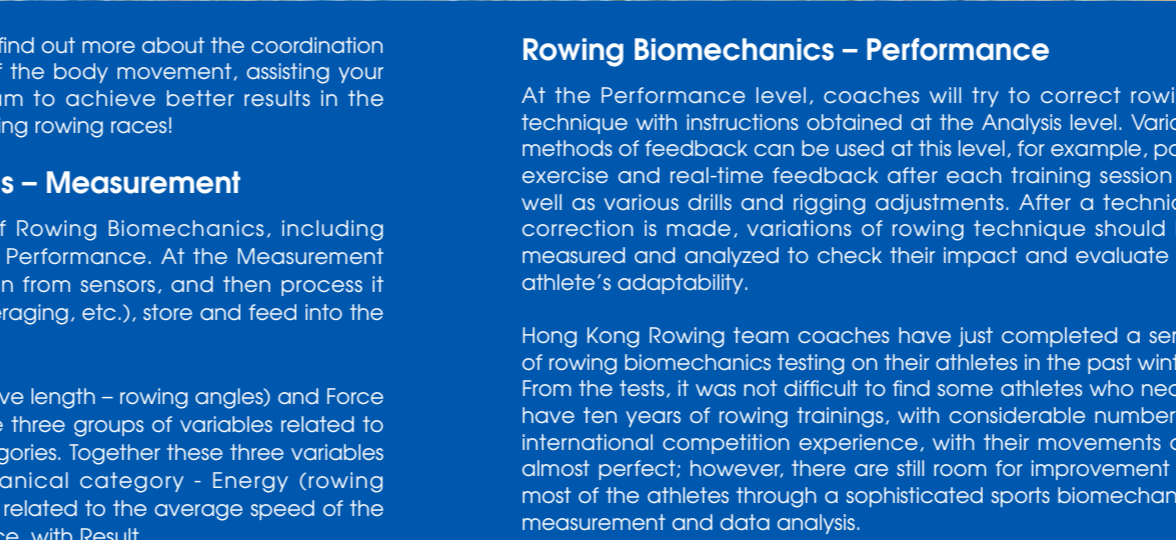
在身體的同步及協調性方面，教練都必定會指導運動員於回槳時先推手、壓身、後摺腳；於拉槳時，則先用力蹬腳、挨身、拉手。透過生物力學的系统，能夠將運動員的動作以圖像化地顯示出來，從而作出比較。

各教練亦了解到划幅的重要性，因此，教練可以透過這個系統更準確地量度每個運動員個別入水及出水的角度。同樣地，這亦可把個別運動員身體的協調性與不同艇種的頂尖運動員以作比較。

結尾

雖然賽艇運動會受到天氣條件和不同環境因素影響，但對於運動員的表現好壞不可能只是關乎運氣。透過運動生物力學教練可根據多個科學測試及分析出的數據，更清晰地分析出運動員的表現，並可以多角度展示出運動員的優點及需要改善的地方，讓運動員易於掌握自己的身體、運動模式及技術運用，從而好好發揮，令他們的賽艇成績再上一層樓！





Preface

Performance in rowing is difficult to analyze as it is significantly affected by weather conditions and differences over the race courses. It also requires high physiological power production, effective technique, mental toughness and wise management of an athlete's lifestyle and training.

When two coaches observe a rowing crew, each of them may have different view and comment. One coach likes to observe the power application by the crews, while the other tends to observe their teamwork. One coach observes the body movements, and the other looks into the movement of the blades. The reason why the coaches do not have same focus point on coaching, as there is no model answers on what is the correct technique. What is the best technique? Is it a subjective task?

“The fastest racing time is equal to the best technique?”

The above questions are fundamental and directly related to Biomechanics. Biomechanics is the science that explores the human patterns of movement with application to physics. Analysis based on physical laws as well as exact measurements have helped develop a stable base of biomechanical knowledge on rowing technique.

The main purpose of Biomechanics in Rowing is the improvement of technique. The main questions including what are the components of rower's skills can be analyzed to develop optimal technique? And what biomechanical variables need to be measured to provide data for the analysis? In this issue, let us understand more Rowing Biomechanics so as to



find out more about the coordination of the body movement, assisting your team to achieve better results in the coming rowing races!

Rowing Biomechanics – Measurement

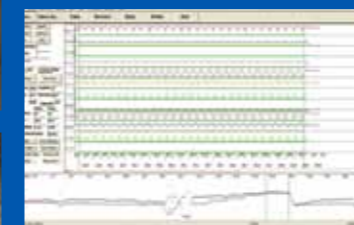
There are three aspects of Rowing Biomechanics, including Measurement, Analysis and Performance. At the Measurement level, we collect information from sensors, and then process it (apply calibration, filters, averaging, etc.), store and feed into the next analysis level.

Time (stroke rate), Space (drive length – rowing angles) and Force (applied by a rower) are the three groups of variables related to very basic mechanical categories. Together these three variables produce the fourth mechanical category - Energy (rowing power), which is very closely related to the average speed of the rower-boat system and, hence, with Result.

Rowing Biomechanics – Analysis

During Analysis, we combine data from various variables, calculate derivative variables (e.g., power from measured force and oar angle, etc.) and values (e.g., max. and average force), and finally get some information in two different ways as the analysis, namely theory and practice.

Some common knowledge such as average values in athlete groups, correlations, and normative criteria will be produced in the Theory level. In the Practice area, we compare the acquired data with the normative criteria and produce recommendations for a specific athlete or crew, which are then fed into the next Performance level.



Rowing Biomechanics – Performance

At the Performance level, coaches will try to correct rowing technique with instructions obtained at the Analysis level. Various methods of feedback can be used at this level, for example, post-exercise and real-time feedback after each training session as well as various drills and rigging adjustments. After a technical correction is made, variations of rowing technique should be measured and analyzed to check their impact and evaluate an athlete's adaptability.

Hong Kong Rowing team coaches have just completed a series of rowing biomechanics testing on their athletes in the past winter. From the tests, it was not difficult to find some athletes who nearly have ten years of rowing trainings, with considerable number of international competition experience, with their movements are almost perfect; however, there are still room for improvement for most of the athletes through a sophisticated sports biomechanics measurement and data analysis.

In term of Blade Work, coaches used to teach athletes: the paddle in the water activities should be a rectangular-like model for the blade-work in theory. That is once the blade pull of the body into the water must be flat until it is pushed away from the body in the water level, not to have any pushing or below the level of distance, known as “flying”. Besides, during the DRIVE phase, there are plenty of “slips”, which is while the blades are not fully covered under the water level after the ENTRY and before the RELEASE.

The blade-work of elite athletes is perfect by observation, but there is also a little bit flying paddles through the obtained measurement data with various instruments.

Additionally, the whole rowing patterns, either in the single sculls or sweep rowing, must maintain a balanced state which can make the boat smooth on the track. That is, keep both sides balance starting from the front-stop position to the back-stop position, particularly at the sculls. From the obtained data, our athletes generally loss balances at the front-stop position.

Furthermore the rhythm in rowing is a great concern. Each Stroke rate should have a certain rhythm, which is the ratio of the Recovery time with the Drive time. However, it is found that some of the elite rowers were hard to make this Golden Ratio under the testing of the Rowing Biomechanics.

In term of Body Synchronization, we all coach our athletes the recovery sequence should be “Arm Extend, Body Rocks forwards and then Slide”; the sequence of drive phase should be “Legs, Body and then Arms”. The system can illustrate this synchronization in graphical pictures, which can be compared the movements with top international athletes.

Last but not the least, all coaches know that stroke length/ arc angle is extremely important. Now we can accurately measure individual athlete's “Catch” & “Finish” angles. Again, these could be for synchronization purpose and for comparison with top athletes of every boat types.

Conclusion

While rowing will be subjected to weather conditions and different environmental factors, but the performance of athletes is not only related to luck as well. According to a number of scientific tests and analysis of data through the Rowing Biomechanics, coaches should analyze the performance of athletes more clearly with multiple perspectives. Knowing the athlete's strengths and areas for improvement, they are easy to control their body coordination, rowing patterns and technique, thus achieving a better performance by making good use of their strength!

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