



HONG KONG
SPORTS INSTITUTE
香港體育學院

INSPIRE · TRAIN · EXCEL

激發潛能 · 突破界限





As the Government's designated organisation to provide the high performance training system for eligible sports, the Hong Kong Sports Institute (HKSI) is committed to providing an environment in which sports talent can be identified, nurtured and developed to pursue excellence in the international sporting arena. In addition to world-class training facilities, a comprehensive range of support is provided for athletes, comprising elite training programmes formulated by professional coaches, financial support, sports science and sports medicine services, as well as educational, social and personal support to cater for the athletes' whole-person development.



The Path to Sporting Excellence



World Class

In addition to talent, it usually takes 8 to 12 years of full-time systematic training to nurture a world champion.

Elite Athletes

Raise standards through training and competition.

Junior Athletes

Receive systematic training.

Potential Athletes

Under the recommendations of National Sports Associations, athletes with potential are given training opportunities at the HKSI for further development to enable them to join the ranks of junior and elite athletes.

Sports Supported by the HKSI

Tier A & Tier B Sports

Under the Government's Elite Vote Support Scheme (EVSS), the achievements of athletes in different sports at major international competitions are reviewed every two years to identify the high performance sports to be supported by the HKSI for a four-year period aligning with the Asian Games and Olympic Games cycles. The EVSS adopts a three-tier structure, with sports categorised into Tier A*, Tier A and Tier B.

Tier A* Sports

These are Tier A sports whose athletes have consistently performed at the highest international level and have the potential to achieve medals at the Olympic Games. They receive the same full support provided to Tier A sports as well as additional resources to enhance preparation for the Olympic Games.

- ▶ Badminton
- ▶ Cycling
- ▶ Fencing
- ▶ Swimming
- ▶ Table Tennis
- ▶ Windsurfing



Tier A Sports

Sports with an EVSS score of 10 points or above, whose athletes have competed in at least three previous Asian or Olympics Games since 1997, are identified as Tier A. They are provided with dedicated coaching teams, funding for elite training programmes, full sports science and sports medicine support, and athlete development programmes.

- ▶ Athletics
- ▶ Billiard Sports
- ▶ Equestrian
- ▶ Gymnastics
- ▶ Karatedo
- ▶ Rowing
- ▶ Rugby Sevens
- ▶ Sailing
- ▶ Skating
- ▶ Squash
- ▶ Tennis
- ▶ Tenpin Bowling
- ▶ Triathlon
- ▶ Wushu



Tier B Sports

These are sports, including non-Asian and Olympic Games sports, with an EVSS score between 7.5 and 10 points. The funding and support level is worked out with the respective National Sports Associations depending on individual circumstances.

- ▶ Contract Bridge
- ▶ Dance Sports
- ▶ Dragon Boat
- ▶ Golf
- ▶ Judo
- ▶ Kart
- ▶ Lawn Bowls
- ▶ Life Saving
- ▶ Mountaineering
- ▶ Orienteering
- ▶ Roller Sports
- ▶ Shuttlecock
- ▶ Taekwondo



Para Sports

Under the EVSS for para sports, achievements of athletes at international competitions are used to identify Tier A and Tier B sports to be supported by the HKSI for a period of four years. Review aligning with the Asian Para Games and Paralympic Games cycles will be conducted every two years.

Tier A Sports

These are para sports with an EVSS score of 4 points or above, whose athletes have competed or will compete in recent Paralympic Games. Supports include funding for the elite training programmes to the National Sports Associations concerned, full sports science and medicine support, and athlete development programmes.

- ▶ Para Badminton (Physical Disability)
- ▶ Boccia (Physical Disability)
- ▶ Para Table Tennis (Physical Disability)
- ▶ Wheelchair Fencing (Physical Disability)
- ▶ Para Swimming (Intellectual Disability)
- ▶ Para Table Tennis (Intellectual Disability)

Tier B Sports

Para sports with an EVSS score of 3 points or above, whose athletes have competed or will compete in recent Asian Para Games or Paralympic Games, are identified as Tier B. The funding and support level is worked out with the respective NSAs depending on individual circumstances.

- ▶ Para Athletics (Intellectual Disability)
- ▶ Para Lawn Bowls (Physical Disability)
- ▶ Para Tenpin Bowling (Physical Disability)



Team Sports

Additional funding is provided to eight Asian Games/ Asian Winter Games team sports with team sizes of five or above which meet the funding criteria under the “Five-year Development Programme for Team Sports 2018-2022”. Supported sports include baseball, basketball, handball, hockey, ice hockey, softball, volleyball and water polo, which receive additional resources to enhance the training programmes of the Hong Kong representative teams and provide funding support to the team members.

Athlete-centred Elite Training System

The HKSI's athlete-centred elite training system provides holistic support targeting all aspects of the athletes' physiological, psychological, social and personal development needs.



Sports Scholarship Scheme

The backbone of the HKSI's elite training system is the Sports Scholarship Scheme, which comprises a comprehensive support system for high performance athletes to pursue international success. The Scheme offers different levels of support to eligible athletes in Tier A sports (including secondary disciplines), as well as to outstanding individual athletes in Olympic Games and Asian Games sports, and athletes with disabilities who meet the funding criteria, based on their past performance. Currently, over 1,200 Scholarship Athletes are supported by the HKSI in three categories: Elite Athletes, Junior Athletes and Potential Athletes.



Systematic Elite Training Programme

The success of athletes depends on a systematic training approach, in which expert coaching is one of the key elements. The HKSI works in close collaboration with the Tier A sports in employing international-standard, high performance coaches. Led by a head coach, each coaching department comprises a team, who plans, designs, implements and evaluates the elite training programme to bring out athletes' full potential.



Diversified Financial Support

Sustained funding support plays a pivotal role in providing elite athletes with a financially stable environment to facilitate an uninterrupted focus on training and international competition. The Elite Athletes Development Fund provides the HKSI with a stable, long-term source of funding. Financial support is provided for Scholarship Athletes and other athletes who meet the eligibility criteria under different schemes: the Elite Training Grant, the Elite Training Grant for Athletes with Disabilities, the Sports Aid Grant, the Sports Aid Grant for Athletes with Disabilities, and the Individual Athletes Support Scheme. In addition, competition incentives, education subsidies and retirement grants are provided through other programmes.

Six Centres Specialising in Elite Training Science & Technology

The HKSI's Elite Training Science & Technology Division comprises six centres. They work as a team to identify any training issues or concerns, and develop evidence-based solutions with the coaches to optimise the athletes' performance.



Scientific Conditioning Centre

Optimises athletes' performance by improving their cardiovascular system, power, strength, speed, agility and mobility, thus enabling them to perform to their fullest potential through science-based strength and conditioning programmes.

The Centre also organises talent identification programmes in partnership with National Sports Associations to identify and verify potential talent.

Sport Biomechanics & Technology Centre

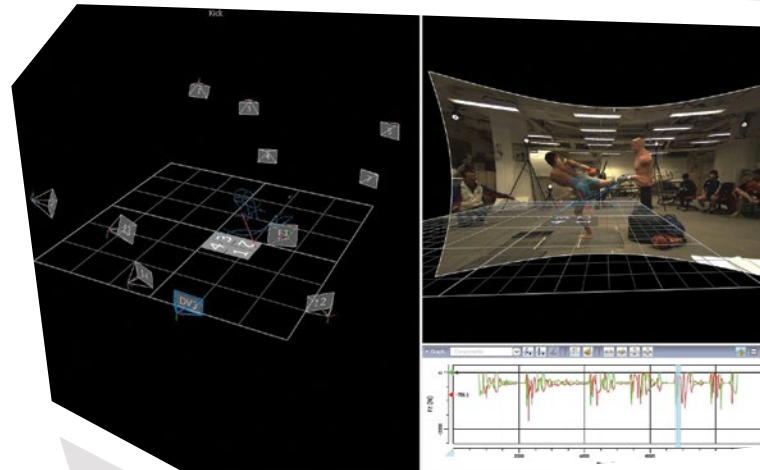
Provides measurement and analysis of sporting skills, as well as evidence-based feedback to coaches and athletes on technique improvement to enhance the athletes' skills.

Sport Nutrition Monitoring Centre

Optimises athletes' performance through the application of the latest nutrition research to ensure they are fuelled optimally for training, recovery and competition.

Sport Psychology Centre

Cooperates with coaches to facilitate athletes' performance in both training and competition from a psychological perspective. Both group and individual services are provided, including on-field support.





Sports Medicine Centre

Provides Scholarship Athletes with a range of medical support services, such as physical examinations, general clinic services, orthopaedic consultations, physiotherapy, Chinese manual therapy, rehabilitative training, therapeutic exercise and sports massage.



Sports Information & External Affairs Centre

Collects, collates and analyses current trends and developments, both local and overseas, to support the planning and implementation of elite training programmes and initiatives.

**Scientific
Conditioning**

**Sport
Psychology**

**Sport
Biomechanics
& Technology**

Elite Training Science & Technology

The HKSI provides comprehensive, science-based support in sports science, sports medicine, psychology, nutrition, and strength and conditioning to formulate elite training programmes for athletes and improve their performance.

**Sport
Nutrition**

**Sports
Medicine**

**Sports
Information**

Whole-Person Development of Athletes

In addition to elite training and financial assistance, the HKSI's integrated support system caters for all aspects of the athletes' academic, vocational, social and personal development needs.



Dual Career Development

To foster dual career pathway opportunities for the athletes, the HKSI collaborates with partnership secondary schools and tertiary institutions to provide the athletes with flexible study programmes.



Lifestyle Support & Personal Development

The HKSI provides athletes with free accommodation, nutritious meals, hostel activities, tutorial support, coaching apprenticeship and overseas exchange opportunities. It also offers assistance in handling media interviews, and activity and sponsorship invitations from the public and commercial organisations.



International Exchanges

The HKSI works in close collaboration with governments, sports leaders and counterpart institutions from around the world to stay at the forefront of global trends in elite sports development, athlete training, coaching science and sports management.



Collaboration with Counterpart Institutions

The HKSI has been working in partnership with many of its overseas and Mainland counterparts in recent years to enhance its elite training and support system, in order to provide athletes with an environment in which they can develop to pursue excellence in the international sporting arena.

International Representation

To drive elite sports development, HKSI staff participate as members of committees, consultants, etc. in various international bodies, and are invited to lectures, workshops and training sessions by their international academic and institutional counterparts.



Coach Education

The HKSI's Coach Education Department is responsible for implementing the Coach Education Programme in Hong Kong on behalf of the Hong Kong Coaching Committee. Funded by The Hong Kong Jockey Club Charities Trust since November 2015, the Programme encompasses the following three main components:

Elite Coaching Development Programmes

Provides an academic, conferencing and seminar platform to drive international sports exchange to ensure that elite coaches develop the latest skills they need.

Coaching Accreditation Programmes

Offers professional training to coaches at all levels, from community to elite, including certification programmes accredited by the Qualifications Framework, as well as workshops, seminars and other short-term coach education and recognition programmes.

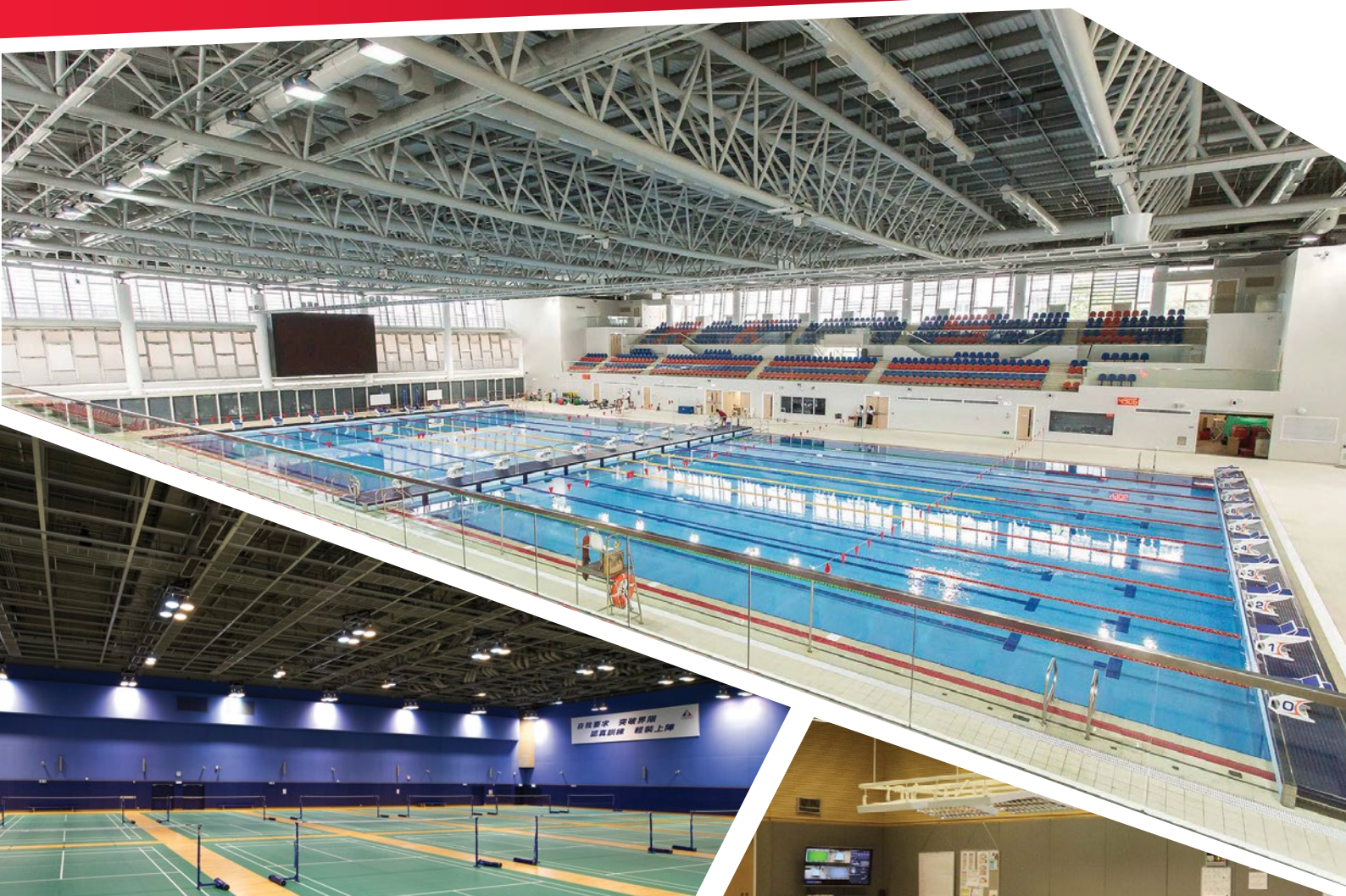
Community Education and Coach Recognition Programme

Organises seminars for public participation to promote coaching as a professional career in the community, and annual award presentations to recognise the contribution of coaches to developing sports at the elite, community and school levels.



World Class Training Venues

The HKSI Headquarters in Fo Tan are equipped with an array of world-class, barrier-free elite training facilities. Off-site training venues are also provided for some of the sports to cater for their specific needs.





Quotes from Hong Kong Athletes

Lee Lai-shan

Gold medallist in windsurfing at the Atlanta 1996 Olympic Games

“ Always try your best at what you do. Don't rely on talent alone; you should always try very hard, so you have no regrets. ”



Ko Lai-chak, Li Ching

Silver medallists in table tennis at the Athens 2004 Olympic Games

“ Ko: Confidence cannot guarantee success; but without it, you will end up in failure.

Li: Don't chase vanity, don't give up. ”

Lee Wai-sze

Bronze medallist in cycling at the London 2012 and Tokyo 2020 Olympic Games; Cycling world champion

“ Your wholehearted effort will definitely lead to success! ”



Ng Ka-long

Hong Kong badminton representative at the Rio 2016 and Tokyo 2020 Olympic Games

“ Never surrender to setbacks, and opportunity will arise. ”





Ng On-ye

Billiard sports world champion

“ If you believe it, you can achieve it. ”

Cheung Ka-long

Gold medallist in fencing at the Tokyo 2020 Olympic Games

“ You only fail when you stop trying. ”



Wong Chun-ting

Hong Kong table tennis representative at the Rio 2016 and Tokyo 2020 Olympic Games

“ Standing still means falling behind. Progression reflects your own value. ”

Wu Siu-hong

Tenpin bowling world champion

“ Once the goal is set, strive for it and never give up even encountering difficulties. ”



Yu Chui-ye

Winner of seven Paralympic gold medals

“ Win with exuberance, but embrace defeat with serenity! ”





Route to the HKSI

MTR Fo Tan Station (Exit A) ▶ Fo Tan Railway House

▶ Covered Footbridge (about 5 minutes' walk)



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