

中國香港賽艇協會

HONG KONG ROWING

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第一屆香港海岸
賽艇錦標賽
Inaugural HKCRA
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Championships

從室內賽艇到
水上賽艇
From Indoor to
Water Rowing

不一樣的堅持 —
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Law Hui Fung

The Hong Kong
Water Sports Council



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

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2013對於香港賽艇發展是別具意義的一年，因為不同的國際賽事將陸續在香港舉行。打響頭炮的是剛於3月16及17日舉行的「亞洲室內賽艇錦標賽」已連同一年一度的「香港公開室內賽艇錦標賽」假九龍公園舉行。比賽當日雲集了11個國家及地區，包括印尼、日本、韓國、哈薩克斯坦、科威特、卡塔爾、泰國、越南、中華台北、中國澳門及中國香港，近百名的賽艇精英一較高下！

自從香港於2001年首辦亞洲室內賽艇錦標賽，該賽事現已於國際賽艇賽事中為人所熟悉並愈見規模，同時，室內賽艇這項運動亦普及於本地及其他亞洲地區。自首次舉辦後，亞洲室內賽艇錦標賽已是第三次在香港舉行，賽事更是一年比一年激烈！協會將繼續與亞洲賽艇總會及其他國家的賽艇總會保持緊密合作，希望能推動室內賽艇成為每四年一度舉行的亞洲室內運動會及武術運動會的其中一個比賽項目。憑著每年舉行的亞洲室內賽艇錦標賽及主辦國際賽事的經驗，室內賽艇勢必能爭取成為國際性運動會的重點運動項目之一，從而進一步推動此運動更蓬勃發展。

經過兩天激烈的「亞洲室內賽艇錦標賽賽事」，要數最精采的項目，不得不提是公開組混合四人500米接力賽事。此賽事由每隊四位賽艇運動員組成，隊員各自在賽艇機上進行合共2000米之賽事，而四位隊員的平均時間便為該隊的總時間。

當中的比賽進展以及最終結果均會顯示於屏幕上。

身形較魁梧的哈薩克斯坦運動員在賽前被看高一線，同時韓國隊亦不遑多讓，靠著他們的賽艇技巧被視為大熱之選。兩隊在比賽開首時已爭持不下，在最後200米時更一直並排而行，讓場館內各隊的支持者看得血脈沸騰，結果兩隊均以1分28秒的成績完成500米的賽事，雙雙擲下冠軍的寶座，過程可謂相當刺激。在旁的觀眾無一不讚嘆兩隊運動員的精彩表現！

總結兩日的賽事，日本隊以大熱的姿態奪得8金、1銀、2銅得獎牌榜的第一位，韓國則以6金7銀1銅奪得第二位，而香港就以2金5銀2銅屈居第三位。

亞錦賽賽事亦包括肢體或智力殘障的展能賽艇運動員。而展能項目的賽事亦得到香港及海外賽艇隊的大力支持，再次證明了賽艇的確是一項適合所有界別人士參與。

匆匆兩天的賽事，我們可能來不及與認識這批來自海外的賽艇精英，就讓HK ROWING為大家分享一下他們來港參賽的感受吧！

2013 is a spectacular year in the local rowing calendar, as different international rowing events will be hosted in Hong Kong throughout the year! The first one is the Asian Indoor Rowing Championships (AIRC) which was held together with the annual Hong Kong Open Indoor Rowing Championships on 16th & 17th March. The Association was proud to welcome nearly a hundred rowers from 11 Asian countries/regions, namely Japan, Kazakhstan, Indonesia, Korea, Kuwait, Macau China, Vietnam, Qatar, Thailand, Chinese Taipei and Hong Kong, China to fight for the title of Asian Champion in each event.

The Asian Indoor Rowing Championships are now well established, having developed strongly since Hong Kong hosted the inaugural event here in 2001, at the time indoor rowing was growing strongly in popularity locally and around the region. Since that first event, the Asian Indoor Rowing Championships have returned three times to Hong Kong and each has been more competitive than the last. Hong Kong continues to work closely with the Asian Rowing Federation and national rowing federations throughout Asia to have indoor rowing admitted

as a sport in the Asian Indoor and Martial Arts Games, held each 4 years. With a well established Asian Championships now held every year and a strong track record of successful events, indoor rowing can stake a solid claim to being a part of such an important continental multi-sport Games, and admission would give even more impetus to this already thriving sport.

There were many close races over the two-day event. Perhaps the most exciting race was the Asian Open Mixed Fours Sprint 500m, where each of the four rowers in each competed on their own rowing machine. The output from the four rowers in each team was combined to a single boat for that team to show the race progress on

the screen and determine the final result. The Kazakhstan crew and the Korean crew quickly showed they were favourites for this event and from the start raced neck and neck. By the last 200 meters the attention of every spectator was on the two crews as they battled side by side with nothing to separate them. Approaching the finish line all rowers made a supreme final effort and were rewarded with a very rare dead-heat between the two crews, both clocking a race time of 1m28s. for the 500 metres. The big crowd showed its full appreciation for the wonderful efforts of the two crews.

Over the two days of racing, Japan won the Asian Champion title with 8 Gold, 1 Silver and 2 Bronze medals, followed by Korea with 6 Gold, 7 Silver and 1 Bronze medals, while Hong Kong ranked 3rd in the medal tally with 2 Gold, 5 Silver and 2 Bronze medals.

The Asian Championships included events for adaptive rowers with physical or intellectual disabilities. These events were





Phuttaraksa Neegree Rodenburg
泰國 Thailand

Thi Hai Pham
越南 Vietnam



Mari Ohtake
展能賽艇運動員 Adaptive rower
日本 Japan



Joo Hee Park
韓國 Korea



Wang Ming Hui
中華台北 Chinese Taipei



**你的賽艇年資有多久？
How long have you been rowing?**

很長的時間了，我自 1997 開始賽艇，至今已 16 年了。
Very long time. I started rowing since 1997. I have been rowing for more than 16 years.

“我 7 年前開始賽艇。
I have been rowing for 7 years”

我參與賽艇大約 3 年。
I have been rowing for 3 years.

我參與賽艇已有 20 年了，現在我已退役並擔任教練的工作。
I have been rowing for 20 years. Now I am retired from rowing and I serve as a coach.

我參與賽艇已經 11 年了。
I have been rowing for 11 years.

**是甚麼吸引你成為賽艇運動員？
What motivated you to become a rower?**

賽艇是一項很好的運動，而賽艇運動員大多是很友善的，並絕少有打架爭吵的事情發生。在海上賽艇時，我感覺到很自由自在。
It is a nice sport. Rowers are all naturally nice people. No rowers fight physically with each other. Besides, as I row in the sea, I can get a sense of freedom from rowing.

我喜愛賽艇是因為被四周美麗的天然環境所吸引，我平常訓練的湖泊真是非常優美。
I love rowing because I am surrounded by the beautiful nature. I row in a lake which is absolutely breathtaking. Beautiful nature inspires me to become a rower.

“我以前是一直接受游泳訓練的，直至朋友的介紹下，我開始認識並接觸賽艇，然後不知不覺便愛上了。此外，我發現這項運動確實有助我的康復過程。總括而言，這項運動對我很有益處。
Before joining rowing, I trained for swimming. Then, my friend introduced rowing to me. That's how I started to understand this sport. After I tried it, I really like this sport and I become engaged in that. Besides, I found that this sport did help my rehabilitation process. As a whole, this sport is very good for myself.”

20 年前確實不太普遍，但透過政府的推動及支持下，賽艇在韓國算是普及起來。
It wasn't in 20 years ago but now it is more popular because our government has been very supportive in this sport.

最初，我是在中華台北接受田徑的專門訓練。但我的教練認為我在賽艇上會較有潛力。然後我便開始賽艇的訓練，最後成為了我的運動。
At the beginning, I was specifically trained for track and field in Chinese Taipei. However, my coach believed that I had the potential in rowing. I trained for that and it became my sport.

**賽艇在你的國家算是普遍嗎？
Is rowing popular in your home country?**

“開始越來越普遍了。其實泰國已有 30 年賽艇歷史，因此對比其他的亞洲國家這不算是新興的運動。
It is getting more and more popular. In fact, Thailand has rowing activity for more than 30 years. Compared to other Asian countries, it is not a very young sport.”

以前不算普遍。7 年前只有一個賽艇協會在越南成立。現在賽艇開始廣為人知，並漸漸傳遍 12 個省市。
Not so popular in the past. In Vietnam, there was only one rowing club 7 years ago. Now, rowing is getting more and more popular and it spreads to 12 provinces.

在日本不算是十分流行，不是太多日本人了解這項運動。
Not really when compared with other sports in Japan. Not many people in Japan know this sport.

當然，政府非常支持賽艇運動。我們的訓練設施有很大的改善，而投資的結果亦很明顯的，今年我們在世界賽艇錦標賽取得亞軍的成績，實在令人鼓舞。
Absolutely! The government is very supportive to the sport of rowing. I see a lot of improvement in its facilities for training. The result of investment in sports can be seen. This year, we became the first-runner up in a World Rowing Championships event and the result is so encouraging.

“現在越來越流行了，並發展迅速。
It is getting more and more popular and developing fast.”

**你對這次在香港舉辦的第十屆亞洲賽艇錦標賽感覺怎樣？
How do you feel about the 10th Asian Indoor Rowing Championships in Hong Kong?**

太好了！十年前，我也曾來過香港參與此比賽，我看到這次有很大的進步。非常好的安排！
It is amazing. As I came here 10 years ago, I saw that there were a lot of improvements this time. Wonderful preparation and organisation!

非常緊張刺激！我遇到很多來自亞洲各地的賽艇選手，互相學習。另外，我非常喜歡香港。
I get very excited and I see many rowers from different parts of Asia. I learn a lot from them. Besides, I like Hong Kong very much.

整體來說，這是非常好的。所有運動員均盡力創出他們的佳績。此外，我也有興趣來年到香港參與一些戶外的賽艇項目。
Overall speaking, it is very good. All athletes can perform at their best? I will also come next year if there is any chance. Besides, I am also interested to come to Hong Kong for some outdoor rowing events.

“一流的設施及地理環境非常方便。大家亦很友善，此賽事很不錯。
Facilities are excellent and the location is convenient. People are very friendly and the event itself is nice.”

不錯，場地和設施也很好。食物方面十分滿意。
So far so good. The venue is nice and facilities are excellent. The food is perfect.





The Hong Kong Water Sports Council

“ Hong Kong has long and historical connections with the water. A superb harbour, lengths of beautiful coastline and beaches, quiet bays, challenging open waters. ”

香港公開室內賽艇錦標賽 Hong Kong Open Indoor Rowing Championship

除了亞洲室內賽艇錦標賽，我們同時亦舉辦了一年一度的本地公開賽—「香港公開室內賽艇錦標賽」，好讓本地賽艇運動員一睹亞洲頂級賽艇手的厲害，同時讓各亞洲隊的賽艇手感受到香港賽艇的熱情和實力。香港公開室內賽艇錦標賽每年均吸引超過一千名來自不同屬會的賽艇隊伍、紀律部隊、工商機構、政府部門及大專生的參與。今年亦不會例外，當中的賽事不但是相當緊張刺激，而且更充分表現出各隊的團隊精神，令各參賽者及觀眾留下難忘的體驗。

而最備受矚目的賽事—「30分鐘慈善長途接力賽」更多達24隊參加。此比賽的特別之處是由10名隊員輪流划行賽艇機3分鐘，於30分鐘內距離最多的隊伍為冠軍。香港大學A隊發揮其高水準的表現，划行9012米的距離，遠遠拋離亞軍的城市大學A隊320米之多，可見實力非凡。而另一焦點則落在青少年男子個人（18歲或以下組別）2000米項目，港隊新星楊嘉煒以6分25.3秒打破Christopher Brewer 2008年創下的香港室內賽艇的紀錄。

詳細的比賽結果已上載於協會網頁。此錦標賽得以成功，全賴贊助商、工作人員及嘉賓的全力支持，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行。

協會特別鳴謝亞洲賽艇聯合會的會長、副會長及秘書長的蒞臨並擔任頒獎嘉賓，同時亦藉此機會於錦標賽期間安排與亞洲賽艇聯合會執行委員會的進行會議。緊接下來，協會將會再一次聯同亞洲賽艇聯合會於11月在港舉辦「亞洲盃II」的盛事，協會在此預祝賽事舉辦成功！

Alongside the Asian Rowing Championships, Hong Kong's Own Open Indoor Rowing Championships was taking place, providing an excellent opportunity for our local rowers to watch the top Asian crews and at the same time for the Asian teams to see the enthusiasm and competitiveness of the Hong Kong events. The annual Hong Kong Open Indoor Championships attracts over 1,000 rowers from clubs, schools, post-secondary institutes, disciplinary forces, corporate groups, government departments and the community to compete. This year was no exception with exciting racing and great teamwork combining to provide an outstanding experience for all participants.

As has become traditional, the Championships finished with the 30-minute Charity Rowathon, where teams of up to 10 rowers, race for 30 minutes in relays with each athlete required to row at least three minutes continuously in each race. The winning team will be the one rowing the longest distance in the 30 minutes. This year the Hong Kong University A Team took a surprise victory, leading all the way to win the Rowathon with a distance of 9,012 metres, 320 metres ahead of the 1st runner up, the City U A Team.

Another focus of the Championships was on the Men's Junior 2000m (Aged 18 or under), where Yeung Ka Wai became the new Hong Kong Junior Champion, recording a time of 6m 25.3s, breaking the previous Hong Kong Junior record of 6m 29.8s by Christopher Brewer and which had stood since 2008.

The full results of the events are available on the Association's website. The event was well supported by the generosity of our sponsors and by official guests and supporters. The event was subvented by the Home Affairs Bureau (Arts and Sports Development Fund) and supported by the Leisure and Cultural Services Department.

The Association was very pleased to welcome the President, Vice President and Secretary-General of the Asian Rowing Federation (ARF) who attended the event and presented the medals and took the opportunity to arrange a meeting of the ARF Executive Committee during the Championships. The Association will next join hands with the ARF to organize the Asia Cup II in November in Hong Kong.

香港本是一個小漁村，歷史上與水一直有著緊密的連繫。寧靜的海灣、遼闊的公開水域、整個城市被美麗的海岸線和海灘所環繞著，使香港的海港一直享負盛名。但令人意想不到的是水上活動在香港仍未成為主流運動讓公眾參與。新成立的 Hong Kong Water Sports Council (HKWSC) 便就此提供了一個平台，讓各個本地的水上運動體育會聯手合作，共同定立統一的水上運動政策和發展計劃。

毫無疑問，水上運動近年在香港變得備受關注，但一直也欠缺具代表性的機構去了解相關的體育總會或團體的需求，協助他們充分利用公共設施及實施水上運動的政策發展。而 HKWSC 將就上述的政策，發揮其舉足輕重的作用。

HKWSC 於今年五月正式成立為註冊公司，成員包括香港獨木舟總會、中國香港賽艇協會、香港龍舟協會及香港帆船協會的代表，HKWSC 旨在促進水上運動的發展及推動水上運動的設施能更廣泛地在休閒、康體和比賽中使用。HKWSC 將本着各水上運動體育總會的合作為宗旨，共同管理公共的水上運動設施。

HKWSC 仍有很多計劃有待實行。事實上 HKWSC 早在未正式成立前，已帶領相關的體育總會，提議在舊啟德機場興建國際水上運動中心。當中以啟德體育城為主題的多用途體育館仍然在規劃中，在規劃並持續向政府爭取當中；但最重要的是能夠運用啟德明渠，把運動融入社區，因為很少城市能有一個現成的水道，貫穿這個城市的心臟地帶。這個難得及絕佳的地理優勢將可為附近的社區及成千上萬的居民提供日常各式各樣的體育設施及休閒活動。

體育在香港變得越來越受歡迎，水上運動亦同時肩負起責任，幫助提高社區對運動及健康的重視。HKWSC 定必繼續為香港的水上運動發聲，為大家爭取一切有利水上運動發展的事宜。Hong Kong Rowing 亦將定期為大家報告有關的消息。

It is surprising to many people that water sports are not amongst the major sports activities available to the community. The recent establishing of the Hong Kong Water Sports Council (HKWSC) provides an opportunity for the various water sports associations in Hong Kong to present a unified approach to water sports policy and development.

There is no doubt that in recent years water sports have become more prominent in Hong Kong, but there has been no representative body to coordinate the needs of the different associations and groups to facilitate them to take advantage of common requirements and opportunities for sharing facilities and giving input to policy on the development of water sports. The HKWSC will be in a strong position to do this.

Formally registered under the Companies Ordinance in May this year with foundation members the Hong Kong Canoe Union, the Hong Kong, China Rowing Association, the Hong Kong Dragon Boat Association and the Hong Kong Sailing Federation, the wide ranging objects of the HKWSC include promoting the development of water sports, the provision of facilities for water sports and participation in water sports for all purposes, including recreation, health and competition. The HKWSC will promote cooperation between water sports organisations in pursuit of its objects and will also have the ability to manage water sports facilities.

There is a lot that can be done. In its provisional form the HKWSC has already been leading the proposal to establish an international water sports centre at Kai Tak. It will continue to pursue this project. Such a facility will compliment the sports hub theme of the Kai Tak multi-purpose stadium which is now under planning. But most importantly it will make good community use of the sheltered water of the old Kai Tak Approach Channel. Very few cities have the opportunity of a ready-made body of water such as this right in the heart of the city. The amenity value of this water area to the community is huge and in future it could see thousands of people using it every day in a variety of well-planned sports and recreation activities.

There are other pressing issues as sports generally have become more and more popular in Hong Kong, and water sports want to share in the responsibility for raising the profile of sport for health and community fitness. The HKWSC will give water sports a single voice where this is beneficial to Hong Kong and to the sports involved. Hong Kong Rowing will report regularly on projects and issues under discussion.

“ The Hong Kong, China Rowing Association (HKCRA) has marked another first in its efforts to develop rowing in Hong Kong with the first Hong Kong Coastal Rowing Championships staged in January in Repulse Bay and Deep Water Bay. ”

Hosted and co-organised by the Royal Hong Kong Yacht Club (RHKYC), the 1st Hong Kong Coastal Rowing Championships attracted around 100 competitors from affiliated clubs to compete on a 6.5 km course in conditions which saw strong winds and rough seas, ideal for coastal rowing and exciting for competitors and spectators alike.

Coastal rowing in its current form is relatively new to the international sport of rowing. The International Rowing Federation (FISA) established World Rowing Coastal Championships 5 years ago and at the same time specified measurements for standard coastal boats. The design of these boats makes them suitable to row in almost all water conditions. Safety is of course a high priority in the organisation and management of coastal rowing events and was carefully planned for these championships with the strong support of the RHKYC's sailing resources and experience.

With the rapid development of coastal rowing internationally, the HKCRA has been keen to take advantage of Hong Kong's plentiful attractive coastal waters and support the development of coastal rowing here. The RHKYC acquired Hong Kong's first coastal boats several years ago and has developed a strong core of coastal rowers, as well as providing plentiful opportunities for rowers from other clubs to try out this new and exciting type of rowing. They were followed by the Hong Kong Sea School and the Lantau Boat Club acquiring their own boats, all of which were made available by these clubs for the Coastal Rowing Championships, a generous move which the HKCRA greatly appreciated.

With coastal rowing activity growing rapidly, and coastal rowers participating in regular competitions, many in cooperation with the Hong Kong Outrigged Canoe Clubs, which use similar courses and require similar back-up support, the HKCRA felt it was a good time to introduce an annual championships for this discipline of rowing. RHKYC was invited by the HKCRA to host the inaugural championships because of the club's established activity and existing fleet of boats. Happily the invitation was accepted enthusiastically and the date was set for January 2013..

A championships programme of seven events was scheduled - coxed quadruple sculls (C4x+), double sculls (C2x) and solos (C1x) each for men and women, plus a mixed C4x+ event. The race format had the three boat types all racing together which allowed a streamlined programme on the one hand and produced exciting racing on the other.

Strong winds on the day led to some difficulties on the start in several races. In coastal racing, crews are responsible to line themselves up and the main requirement is for them to ensure they are not over the start line when the start signal is given. Crews found to be over the start line can be given a time penalty. This is a very different approach from the rules of Olympic style flat-water racing which is practised at Sha Tin where crews are carefully aligned. Crews also have to pay attention to the wind and should decide themselves where they can be best placed on the start line to get a good start.

Experienced coastal rowers enjoyed the rough water conditions, but these were challenging for some of the newer rowers. Nonetheless, everyone agreed that the races were fun and were a great experience and promotion for the sport.

Many thanks are due to the RHKYC organisers and all the competitors for supporting this new event and also to the umpires, marshals, safety boat drivers and other volunteers for making it happen. The full results are on the website of the HKCRA. Coastal rowers are looking forward to the 2nd Hong Kong Coastal Rowing Championship in 2014.

There is discussion about Hong Kong hosting a future Asian Coastal Rowing Championships and in due course maybe a World Championships for coastal boats. At the same time, the HKCRA is working closely with the Asian Rowing Federation on efforts to have coastal rowing included in the Asian Beach Games, which would give a further big boost to the development of coastal rowing in Asia.

Whatever the outcomes, coastal rowing has an assured future as a challenging and exciting sport in Hong Kong.

香港海岸賽艇錦標賽

Hong Kong's Inaugural Coastal Rowing Championships

中國香港賽艇協會於一月份假淺水灣和深水灣舉辦首屆的香港海岸賽艇錦標賽，為香港的賽艇發展揭開新的一頁！

協會連同香港遊艇會舉辦的首屆海岸賽艇錦標賽，共吸引近 100 名的來自不同屬會的賽艇手參與。整條環島的賽道共長 6.5 公里，賽艇手除要挑戰強風外，還要在波濤洶湧的大海爭取最佳位置。此緊張刺激的海岸賽艇，獲得所有參賽者及觀眾一致好評。

目前海岸賽艇在國際性的賽艇運動上是相對較新的項目。國際賽艇聯合會 (FISA) 於 5 年前成立世界海岸賽艇錦標賽，並同時釐定測量海岸賽艇的艇隻標準。這些艇隻經過特別的設計，適合於大部分的水域划行。當然，安全絕對是組織和管理海岸賽艇最優先的考慮條件，而是次錦標賽有仔細的策劃，確實是有賴香港遊艇會提供的資源及豐富的海岸活動經驗。

隨著海岸賽艇在國際上的迅速發展，中國香港賽艇協會亦希望能好好利用香港既美麗又吸引的沿海水域來支持海岸賽艇的發展。香港遊艇會在數年前購入香港首批的海岸賽艇的艇隻後，成功培育出不少海岸賽艇運動員，並提供充足的機會讓不同的屬會和賽艇運動員嘗試這個嶄新又令人興奮的賽艇運動。另外，協會亦感謝香港航海學校及大嶼山划艇會在比賽當日慷慨地提供海岸賽艇的艇隻予各屬會使用，可使其他屬會的賽艇手可以一同參與海岸賽艇錦標賽。

因應海岸賽艇活動的需求迅速增長及越來越多海岸賽艇選手參與比賽，賽艇和其他水上活動的屬會亦因此達成很多的合作機會，共同使用相同的水域以提供足夠的支援。協會認為這正是好時機來介紹

每年海岸賽艇錦標賽。更令人高興的是香港遊艇會接受協會的邀請一同合作舉辦首屆海岸賽艇錦標賽；透過他們舉辦海岸賽艇活動的經驗及所提供器材的支持，使首屆錦標賽能於本年度一月順利舉行。

此比賽共設有七個項目，包括男子及女子四人雙槳，雙人雙槳和單人雙槳，加上男女子混合四人雙槳艇。比賽以所有單人、雙人及四人雙槳共三場比賽一起進行，使整個比賽程序縮短。

比賽當日一開始，由於受到強風的影響，各艇隻難以在起點線保持同一位置，如有艇隻在比賽信號開始時超越起點線，便會給予一次處罰。此規則與我們平常在靜水狀態的城門河比賽是很不同。海岸賽艇的選手需要注意風向，憑經驗自行決定最有利的起點位置，爭取最好的成績。

這種惡劣的天氣和環境對經驗豐富的海岸賽艇選手來說是最喜歡不過，但對新的賽艇選手，這無疑是一個很大的挑戰。儘管如此，相信當日每一位參加者也有著很寶貴及難忘的經驗，並且樂在其中！

在此，非常感謝協會與香港遊艇會的所有工作人員、參賽者、裁判、救生艇駕駛員及其他義工來支持這一次嶄新的賽事，同時亦為這錦標賽劃上完滿的句號！詳細的比賽的結果可參閱協會網頁。各海岸賽艇手十分期待下一屆的香港海岸賽艇錦標賽的來臨！

關於香港將來會否舉辦亞洲海岸賽艇錦標賽或世界海岸賽艇錦標賽的討論，現在還是言之尚早，但中國香港賽艇協會已密切地與亞洲賽艇聯合會合作，並致力把海岸賽艇加入亞洲沙灘運動會的運動項目之一，相信這將會是海岸賽艇在亞洲地區發展的重要一步。

無論結果如何，海岸賽艇必定能在香港普及發展成一個具有挑戰性的運動！



從室內賽艇到水上賽艇 From Indoor to Water Rowing

賽艇運動於本港體育界一直都未能如跑步、單車或其他球類活動般普及，主要原因是因為地方及器材的限制，使其普及發展受到一定影響；這亦是眾多學校過往未能真正接觸賽艇運動的原因之一。賽艇有別於室內賽艇，室內賽艇只需要有室內賽艇機就可以練習或比賽；水上賽艇訓練則需要有賽道、艇隻及槳等設備；同時亦需要天氣及地理環境的配合才可進行。然而，這亦是許多學校以往未能接觸水上賽艇的原因。

水上賽艇有別於室內賽艇，因為室內賽艇機可以放置在任何場地上進行訓練或學習，但參與水上賽艇則必需有合適的賽艇訓練班、艇隻和艇槳，以及加倍注意天氣和地理環境的限制。不過，一旦當你接觸到水上賽艇，你便會被這獨特的運動所吸引！

上年便有 56 間中學的學生打破水上賽艇的限制，親嘗水上賽艇的滋味，參與首屆的「2012 香港青少年及校際賽艇錦標賽」。其實要「從室內划到水上」一點也不困難，因為協會每年也會巡迴港九新界各區的中小學，為大家介紹及推廣室內賽艇的運動。學員經過室內賽艇的訓練，便能掌握基本的賽艇技巧，然後下一步便可以來到賽艇中心一嘗水上賽艇的滋味。

水上賽艇是一項極富挑戰性及刺激的運動。參加者除需要較大體能外，還要有技巧地將槳葉調較至準確的角度放入水中，並要運用全身的动作，包括腿和胳膊的配合和力量，使艇隻能夠保持穩定地前進。對初學者而言，賽艇技巧比肌肉的力量更為重要。然而，當參加者能夠充分掌握當中的技巧之時，那份滿足感和成功感真的是不能言喻。賽艇運動是可以組成四人雙槳艇 (Quad Scull 4x)、四人單槳無舵手艇 (Coxless Four 4-)、

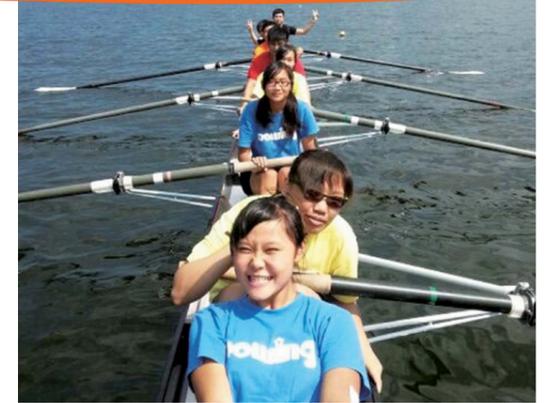
四人單槳有舵艇 (Coxed Four 4+) 以及八人單槳有舵艇 (Figit 8+)，因此當中的趣味性亦大大提升。這項講求合作性、體能及技巧的運動，絕對適合時下青少年和學生的參與，對他們的身心成長皆有莫大裨益。

「博愛醫院八十週年鄧英喜中學」便是「從室內划到水上」的最佳的例子！鄧英喜中學的室內賽艇隊於 2005 年成立，並於多個大小不同的室內賽艇比賽屢獲殊榮。但除了室內賽艇，他們還想嘗試更多更具挑戰的運動！直至 2012 年暑假，該學校便參加了由協會舉辦的水上賽艇訓練課程，正式從室內賽艇轉到水上賽艇，同學們取得三星賽艇資格後便繼續參與聯校的賽艇訓練。經過短短五個月，每星期三天的訓練，他們的努力很快獲得回報。該校學生於上年首屆舉辦的「2012 香港青少年及校際賽艇錦標賽」中獲得全場總冠軍，稱霸於賽艇學界中！

其中，該校的梁瓊允同學的賽艇天份亦因此而被發掘。經過協會設定合適的訓練計劃，梁同學最後更入選成為香港青年賽艇代表隊的一份子。

中國香港賽艇協會將繼續為學校舉辦不同的水上賽艇訓練班，讓更多學生接觸到水上賽艇之餘亦認識更具挑戰性的賽艇技術，從而提升他們的體能和增加團隊精神。2013 年香港青少年及校際賽艇錦標賽的準備工作正在進行中，誠意邀請你成為的賽艇手的一份子！

假如各中小學或你希望於室內賽艇以外有更大的突破，歡迎隨時聯絡本會。是時候挑戰自己，從室內划到水上了。



The sport of rowing in Hong Kong might not be as popular as some other sports, such as running, cycling or ball games, but this is mainly due to geographical challenges, with flat water rowing being limited at present to the Shing Mun River in Sha Tin, and the difficulties of equipment arrangement. This is also one of the reasons why many schools have been unable to access the sport of rowing previously.

Water rowing is different from indoor rowing, because with indoor rowing you can just take part anywhere with a rowing machine. However, when practicing water rowing, you need to have a suitable training course, boat and oars, as well as paying close attention to the constraints from the weather and geographical location. But once you come into contact with water rowing, you will be attracted by a very unique experience!

Last year, there were altogether 56 secondary schools breaking through the weather and environmental constraints, having a taste of water rowing and participating in the inaugural 2012 Hong Kong Youth and Schools Rowing Championships.

In fact, the path "from Indoor Rowing to Water Rowing" is not so difficult. Each year, the Association has organised many school visits to introduce indoor rowing to primary and secondary schools in Hong Kong. Through various indoor rowing training programs, students can learn basic rowing skills. Their next step is going to the Sha Tin Rowing Centre and tasting the excitement of rowing on water!

Rowing on water is much more challenging and exciting. It requires more technical skill to put the oar in the water in the right way and to propel the boat using the oar with the whole body, legs and arms being used to provide the strength required, whilst keeping the boat steady and moving forward. Technique is much more important than strength in the learning stages of rowing, and once a rower has mastered the skills to row smoothly it is a wonderful feeling of achievement. Rowing boats include crew boats such as quadruple sculls (4 rowers each with 2 oars), coxed four (4 rowers each with one oar and carrying a coxswain who steers the boat)

or coxed eight (8 rowers each with one oar and a coxswain), which greatly enhance the team spirit of rowing. This sports requires teamwork, physical fitness and good technique, and is ideally suited for young people today. It also provides great help to physical and mental growth.

Pok Oi Hospital 80th Anniversary Tang Ying Hei College (TYH) is an excellent example of a school team moving "from Indoor Rowing to Water Rowing". Its indoor rowing team has already swept up many of the medals in different Indoor Rowing Competitions since it began entering competitions in 2005. But they needed more of a challenge! Up to the summer of 2012, the school has participated in rowing training courses organized by the Association in which the students have been given a taste of water rowing instead of just indoor rowing. After qualifying through to the Star Three level, students continued their rowing by joining the inter-school students training program. After five months of training 3 days per week, their efforts were rewarded with Tang Ying Hei College capturing the overall Champion in the Hong Kong Youth and Schools Rowing Championships 2012.

In addition, Leung King Wan, a student of the college, has been selected to join the Hong Kong Junior Rowing Team after her talent was identified by the Association's coaches during the past few months training.

Rowing Courses will continue to be held by the Association so that more students can experience the fun, challenge and achievement of water rowing, thereby improving their skills, as well as raising their physical fitness and building team spirit. The 2013 Hong Kong Schools Rowing Championships are now under planning. Be a part of them!

If your school or you would like to have a breakthrough from indoor rowing to water rowing, you are welcome to contact the Association. ! Now is the time - "Step Out To the Water Now".



不一樣的堅持 — 羅曉鋒

“ 一日不練艇自己知道，兩日不練艇教練知道，三日不練艇全世界知道。 ”

羅曉鋒的生活一直圍繞著賽艇，由中學時參加賽協會舉辦的青苗計劃，每天上學前及放學後均要到沙田賽艇中心進行密集式訓練，直至被選入成為港隊，當上全職運動員，現在退役了仍然擔任賽艇教練工作，阿鋒好像從來沒有離開過賽艇。

到底是甚麼吸引阿鋒一直堅持賽艇這項運動呢？在眾多運動中，為什麼他會選擇賽艇呢？阿鋒竟回答：「不是我選擇賽艇的，而是『賽艇』選擇沒有離開的我。」原來，當初阿鋒在青苗計劃時並不是最出色的一個。「那時與我同期受訓的同學很多都比我優秀，而我只是靠近邊緣入選的其中一個，不過這更促使我加倍努力練習，希望自己的賽艇成績有一天能與同伴看齊。」可是賽艇的訓練實在太刻苦，當中長時間的訓練及體力的消耗真的不是每一個人能夠接受。當時阿鋒看見身邊的戰友一個又一個離開，有的因為受不住艱辛的訓練，有的是因為兼顧不到學業或前途而被迫選擇離開賽艇，但阿鋒沒有因此而氣餒，亦無礙他對賽艇的堅持。

相反他繼續努力練習，終於他的賽艇成績越來越好，最後還成功躋身港隊之列。但與此同時，阿鋒卻因為每星期密集式訓練，導致學業成績相應退步了。當時他的家人亦因此勸喻他放棄賽艇，幸好當時教練看準了阿鋒的賽艇潛質，立刻與他的家人商討，最後阿鋒得到家人和教練的支持，才可繼續留下來，成就他日後豐富的賽艇生涯。

「鋒」芒畢露

1997年的加拿大訓練及聯賽正是阿鋒漸露「鋒」芒的時候。當時他在加拿大的訓練營接受到海外的專門的技術訓練，使他的賽艇技術有顯著的進步，因而大大提升了他比賽前的信心。最後，阿鋒當然不負所望在該聯賽上取得第一個國際賽的獎牌。隨後他便相繼於亞青賽取得金牌、兩次於亞運會取得銀牌和銅牌、兩次代表香港參與奧運會，並成為首位以男子單人艇項目位列首二十名。當時阿鋒每年在不同的海外比賽中報捷，為香港賽艇增添一個又一個的獎牌，不少的傳媒亦爭相報導他為新一代的賽艇新星。正當大家都認為阿鋒的賽艇生涯簡直是一條光明大道的時候，原來這卻是他經歷低潮的開始。在京奧過過後的一段時間，他感到自己的成績停滯不前，好像無論如何努力練習，總是難找到突破點，很難讓自己的技術再進一步提升。「那時的心理素質真的很差很差，終於有一次練習時因為壓力太大向教練亂發脾氣，還將水樽大力拋向教練腳邊，所有隊員和教練也被我的行為嚇倒！但當時教練並沒有怪我，相反還於即日晚上主動找我傾談，還鼓勵我拋開一切憂慮去專注努力練習。看到教練的容忍和體諒，我立刻對自己的衝動感到非常內疚。這次之後我的訓練態度有著180度的轉變，同時亦令我變得更成熟，真正踏入開竅的階段。」

開竅階段

經歷過當時的低潮，使他無論在技巧或心理上亦變得更成熟。阿鋒重新調整自己，不再視比賽成績為成功的唯一目標，他變得冷靜謹慎，並懂得細心分析自己每一個賽艇動作。阿鋒甚至表示在他退役前的兩年，才是他真正在賽艇運動上開竅的時間。「經過這麼多年的訓練和

比賽，我現在才能說看「透」賽艇的技術，因為對於整個艇隻的結構，我已經瞭然於心；甚至我已拆解到如何利用當中的槳桿原理去配合運動員的每個動作細節。這對我的教練工作非常重要，因為這有助我去掌握運動員們的不同特質，從而調教他們的賽艇動作，爭取最佳成績。」

問到大師兄有甚麼秘訣傳授給現役的運動員，他說專注是非常重要的。現在的運動員在資源上比以前豐富，退役後的生活也較有保障。但同時運動員亦越來越懂得為自己打算，不知不覺卻帶來無形的障礙。「有些運動員只是剛剛接受訓練，便開始想著退役後的生活，擔心未來，抱著這樣的心態訓練，是不可能做到好成績的。」阿鋒認為賽艇是一項需要極高專注力的運動，而賽艇訓練向來亦以刻苦見稱，運動員每天按訓練時間表獨自在相同的河道上，不停重複賽艇單一的動作，當中所承受和的壓力和孤單感，實在不足為外人道。但只要專注於自己的內心、感受自己身體與速度的變化、感受每一槳的水感和力量，便能夠讓你堅持和投入的能量！

薪火相傳

要經歷以上種種一點也不容易，阿鋒決定把他多年來累積得來的體會和賽艇經驗傳承至年青的運動員，讓賽艇運動能夠薪火相傳。憑著他對賽艇運動的堅持、熱情及純真，讓他贏得「賽艇大師兄」的稱號。「在賽艇運動上付出十多年，最令我值得回味不單是獎牌上的風光或是傳媒的報導，因為這些風光的歲月最終也會過去，唯獨能夠在賽艇界上給別人留下心目中正面的形象，才是令我最值得安慰和自豪的地方。」

後記

與阿鋒訪問之前，以為他是不苟言笑，看似很酷的運動員。但訪問後便發覺他其實是很隨和健談的。由他的賽艇生涯說到賽艇運動員的特質、再分享他對新一代賽艇運動員的寄望，以及他對香港賽艇發展的抱負等等，他都一一娓娓道出。他所表露的眼神就是賽艇運動員那股踏實、真誠、永不言敗的體育精神！

訪問接近尾聲，問到阿鋒的前路，現正為香港賽艇隊執教並同時兼顧讀書會否太辛苦？他毫不猶豫地說：「賽艇有一日用得著我，我完全樂意留係度。」旁人聽落，極為感動；佩服他那種既純真又剛強，喜愛為賽艇付出的性格。阿鋒，祝福你以教練的身份繼續為香港賽艇拼搏下去！



Committed To Rowing — Law Hiu Fung

“No training on one day, you know it. No training on two days, your coach knows it. No training on three days, all will know it.”

But it didn't ever happen to our rowing master - Law Hiu Fung. Law has taken his commitment to rowing and made rowing a part of his life since his secondary school days. He started training regularly before and after school since joining the Youth Development Programme (YDP) organized by the Hong Kong, China Rowing Association, when he was 15 years old. He was selected in the Hong Kong Rowing Team as a Junior and became a full time rower from his late teens until his retirement a year ago. Fung has since taken up a coaching position with the Association and it seems that he has never put down his oars.

So why has rowing attracted him for such a long time? Why did he choose rowing over other sports and exercise? The answer is surprising. "Rowing chose me, it was not chosen by me," Fung explained. Actually Fung was not the top among those junior athletes when he first joined the sport of rowing. "Those students who trained with me at the same time were excellent, and their rowing skills were better than mine. I was just close to the edge of the selected group."

But year after year, his teammates left one by one because of the hard training and concerns about their school studies and academic results. But it didn't discourage Fung from his training. He kept putting all his effort into his rowing and dedicated himself to improvement, and finally succeeded in establishing his place in the Hong Kong Rowing Team. However, his academic performance was not high at that time and his family advised him to give up rowing. Fortunately, his coaches had spotted

Fung's rowing potential and discussed with his family about his situation. Finally he obtained the support from his family and his coach, and continued rowing with us and established his very successful rowing career.

Talent starts to show

Fung started showing his rowing talent in the Canada Training Camp and Open Regatta in 1997. In this first overseas training camp, he learnt some new techniques which improved his rowing skills and allowed a significant progression. It definitely raised his confidence to capture his first medals in international competition. During his subsequent rowing career, Fung went on to represent Hong Kong at over 30 world-level events and many more in Asia. He won a Gold medal in the Asian Rowing Championships; silver and bronze medals in the Asian Games; and represented Hong Kong twice at the Olympic Games where he ranked in the top twenty in the Men's Single Sculls event. Fung brought medals home continuously in those years, attracting the press and media to report on this new rowing star. His rowing career seemed to be on a bright path, but it was the time to step into a dark period as well. After the Beijing Olympic Games, he felt he was going in circles, he felt he could not find a breakthrough no matter how hard he trained.

Opening my mind

"My psychological confidence was really low at that time. I felt very stressed and finally lost my temper in training one day. I shouted and threw a water bottle on the floor just next to the foot of my coach. All teammates and coaches were shocked

by my action. But the coach didn't blame me, on the contrary he approached me to talk that evening. He also encouraged me to put all my worries aside and just focus on my training." Fung said.

Having experienced and passed through that difficult period, it made Fung become more mature in the rowing skills and psychological approach to rowing and to his life. Fung started to adjust himself and no longer focused solely on the competition result to consider this is an only goal. He turned to be more calm and thoughtful on his own rowing. "After so many years of training and competition, I can say that I have a clear understanding of rowing now, I can certainly know the structure of the whole rowing boat and have been able to grasp the principles of leverage with different rowing boats and to optimise each rowing action. This is very important to the coaching work I am doing now, because it helps me to grasp the different characteristics of the athletes, thus fine-tuning their rowing action to strive for the best results."

Passing the torch

Asking Fung to give some tips to our current athletes, he said concentration is very important. The athletes nowadays have more resources and are more secure after retirement than ever before. But this also causes the athletes to consider their own plans and future too early. It will be an invisible barrier for them to make progress. "Some athletes just train but start to think about their life after retirement and worry about their future. If the athletes hold this attitude in rowing, they cannot get a good result at the end." Fung knows that rowing is a sport requiring extreme concentration, and its training is known to be very hard. The athletes need to follow the routine training schedule day by day alone, and keep repeating the single action. It is hard to imagine their stress and loneliness in training if you haven't ever been a rower. But as long as you can focus on your body movement and the speed change

with the boat, to feel the sense of power in each stroke, you can challenge and extend your own limits!

To overcome and experience this feeling is not easy at all. Fung achieved this through his years of accumulated experience and has decided to pass the torch to the younger rowers and to pass on those rowing experiences to the youth through his coaching. Fung has earned a reputation for his passion and sincerity in the sport of rowing. "I have been rowing for more than a decade, but all the medals and media coverage were not the most important part of my rowing life, because that will all fade out eventually, what has made the greatest impression on me is the positive image towards rowing that can be imprinted on peoples' mind."

Before this interview with Fung, the impression he gave was a cool athlete. But we found that he is very friendly and talkative and actually he loves sharing everything about rowing, all about his rowing life, the characters of the rowers, his hopes for a new generation of rowers, rowing development in Hong Kong as well as his vision.

We saw in his eyes the spirit of the sport of rowing - steadfastness, honesty, and determination to never give up!

When the interview came to an end, we asked Fung his future plans. He is now a coach of the Hong Kong Rowing Team, also a student in Sports Management and he did not hesitate to say: "If rowing needs me, I am always right here!" It is really impressive that Fung has such a strong and steadfast passion for rowing. Fung, we look forward to your continued role in the future of rowing.



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