

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





亞洲盃 II 暨第 35 屆香港賽艇錦標賽 Asian Rowing Cup II and 35th Hong Kong Rowing Championships



由中國香港賽艇協會主辦，民政事務局（藝術及體育發展基金）資助的亞洲賽艇盃 II 暨第 35 屆香港賽艇錦標賽已於 11 月 9 日及 10 日在沙田賽艇中心及賽馬會石門賽艇中心舉行。每年的錦標賽競爭激烈，而今年最為特別的是獲亞洲賽艇聯會承認的亞洲盃 II 首次在香港舉行，為一連兩日、精彩萬分的賽事添上色彩。

亞洲盃舉辦的起源是希望在亞洲區內推動及發展更多的國際賽艇比賽，同時透過申辦亞洲盃，香港可以藉此展示舉辦大型本地賽事的能力，從而吸引更多國家在未來幾年參與並成為亞洲盃的主辦單位。另一方面，為慶祝香港賽艇錦標賽踏入第 35 屆，多支經驗豐富、身經百戰的本地及海外隊伍亦藉著這個機會一同參與這項賽事，競逐殊榮。

雖然一連兩日的天氣持續不穩，令賽艇選手於激烈的賽事中特別艱辛，但卻無損他們的投入程度。錦標賽的焦點落在男子公開組八人艇，兩隊的八人艇均集合香港賽艇隊的最強組合，包括樂趣划艇會 A 隊的羅曉鋒、蘇秀華等，樂趣划艇會 B 隊的梁俊碩、關騏昌及鄧超萌等。他

們與中華台北的中華南投隊在比賽中爭持激烈，最後由樂趣划艇隊 B 隊勝出奪得金牌，中華南投隊獲得銀牌，而樂趣划艇會 A 隊取得銅牌。最後，賽協特別鳴謝 Alris 科技有限公司、Adidas 眼鏡公司、香港迪士尼樂園、Kiehl's、屈臣士、果汁先生、撒隆巴斯、中石化、李錦記、Ocean Portion、Concept 2 & Rowsport Asia 有限公司的贊助及支持，使今屆賽事得以順利舉行。

亞洲盃是一項為亞洲賽艇持續發展的重要計劃，其重要性將隨著國際賽艇聯會（FISA）計劃從 2017 年起把世界盃賽艇系列的賽事直接引進各大洲而提升。計劃內容包括把世界盃 I 賽事定於各大洲舉行，而世界盃 II 及 III 的賽事將一如以往於歐洲舉行。成績達標的隊伍將可以參與世界盃系列的賽事。同時，亞洲賽艇聯會將有可能獲國際賽艇聯會的邀請協辦世界盃賽艇系列的賽事，並融合亞洲盃 I 及世界盃 I 的部份賽事，為國際及亞洲賽艇發展帶來更大鼓舞，同時亦為各個賽艇運動員提供更多參與國際賽事的新機會。



The 35th Hong Kong Rowing Championships was a special occasion for the sport of rowing in Hong Kong. The Championships is the highlight of the annual rowing calendar, but the addition of the Asian Rowing Cup II made it a unique event. Sanctioned by the Asian Rowing Federation (ARF), the Asian Cup is an initiative to develop more international competitions in Asia. Hong Kong bid to host this event in order to demonstrate the feasibility of hosting the Asian Cup as part of another major local event in the hope of attracting more countries to take up the organisation of the Asian Cup in the coming years.

At the same time, the Hong Kong Rowing Championships was celebrating its 35th anniversary of bringing together strong teams from local clubs and also representative crews from other Asian countries, with both club level and national level crews competing in the event over many years.

Organized by the Hong Kong, China Rowing Association and subvented by the Home Affairs Bureau (Arts & Sport Development Fund), the Asian Rowing Cup II and 35th Hong Kong Rowing Championships was held on 9th and 10th November at the Shing Mun regatta course in Sha Tin. Although the weather conditions were not always favourable over the two competition days, the competitive atmosphere was high and all athletes raced strongly and enthusiastically.

The highlight of the Hong Kong Championships was the Men's Eight event, with two strong teams from local club Lok Tsui

Rowing Club, each including two squad rowers - Law Hiu Fung and So Sau Wah were in the Lok Tsui A crew and Leung Chun Shek and Tang Chiu Man in the Lok Tsui B crew. The Final saw these two crews battling it out for the medals with the crew from Chinese Taipei. In the end, Lok Tsui A narrowly took the gold medal from Chinese Taipei in second place and Lok Tsui B in third.

The Association would like to express our thanks to the Alris Technology Limited, Adidas Eyewear, Hong Kong Disneyland, Kiehl's, Watsons Water, Mr. Juicy, Salonpas, Sinopec, Lee Kum Kee, Ocean Portion, Rowsport Asia Limited and Concept2 for their generous support to the event.

The Asian Rowing Cup is a major initiative in the ongoing development of rowing across Asia. It will become even more important in the coming years, as the International Rowing Federation (FISA) is currently planning to bring their World Rowing Cup series directly into each of the Continents from 2017 onwards. The first of the 3 World Cup regattas each year could be held at continental level, earning crews full points towards the World Cup series, with the second and third regattas returning to Europe as usual. The ARF is likely to be invited by FISA to incorporate the World Cup I into the current Asian Rowing Cup I. That will be a big boost for both Asian and World rowing and will provide new opportunities for our rowers to compete on the international stage.



香港校際賽艇錦標賽 Hong Kong Schools Rowing Championships

由中國香港賽艇協會主辦、康樂及文化事務署資助的第一屆香港校際賽艇錦標賽已於2013年11月順利舉行。比賽共有50支學校隊伍參與，並由東華三院甲寅年總理中學獲得全場總冠軍。

過往參與這項比賽的選手部份來自大學或剛接觸賽艇的健兒，並以屬會名義參與青年級別的賽事，而為了提高這項賽事的認受性及鼓勵更多由學校組成的賽艇隊伍參與水上賽艇運動，協會計劃由以往的香港青少年及校際賽艇錦標賽合併成為香港校際賽艇錦標賽，允許全港的學校賽艇隊伍報名參與這項賽事。

協會與香港學界體育聯合會合辦的香港學界室內賽艇錦標賽，在過往兩年取得驕人成績，每年獲得3000多名健兒參與。有鑑於賽事的成功，協會正積極計劃發展校際水上賽艇錦標賽，預料這項錦標賽的模式將會參考歷史悠久的大學水上賽艇錦標賽，以吸引更多的學校隊伍參與水上賽艇。而各項賽事及組別是根據香港學界體育聯合會年齡分組而定，並符合其他體育項目在學界賽事中分組的要求，以提供一套更加清晰的比賽指引。

同時，協會希望透過這項比賽鼓勵更多的同學參與，作為發展學校賽艇運動的起點。香港校際賽艇錦標賽的舉行，將會成為發展整個校際水上賽艇的關鍵部分。協會將會與香港學界體育聯合會緊密合作，使賽艇成為香港學界體育聯合會的運動項目之一。

第二屆香港校際賽艇錦標賽暫定於2014年12月14日舉行，預期將會有更多高水平的選手參與，有興趣參與的學校稍後可留意協會的最新資訊。

The 1st Hong Kong Schools Rowing Championships took place in November 2013, organised by the Hong Kong, China Rowing Association and subvented by the Leisure and Cultural Services Department. In previous years this event had been run as the Hong Kong Youth Rowing Championships, with junior rowers entering under club names, as well as having university crews falling within the youth category. The new format of Hong Kong Schools Championships accepts entries only from school teams and is part of a revised strategy to give a much better focus for the development of school rowing in Hong Kong.

Following the outstanding success of the two annual regional Schools Indoor Rowing Championships, organised in conjunction with the Hong Kong Schools Sports Federation (HKSSF), and which now attract nearly 3,000 competitors between them each year, the Association was keen to establish a stand-alone Schools Rowing Championships on the water. This is a similar model to the long-established Universities Rowing Championships and will be targeted at bringing more school teams to water rowing.

In the 2013 inaugural Schools Rowing Championships, crews from 50 schools competed, with TWGHs Kap Yan Directors' College becoming the Overall Champion. Event categories were based on the established HKSSF age groupings to achieve alignment with other sports and to provide a clear structure for the competition in the future.

The 2nd Hong Kong Schools Rowing Championships is already under planning with a tentative date set for 14th December 2014. It is already anticipated that higher entries and improving standards of rowing will mark significant progress in this event year by year.

The Association will work closely with the HKSSF to move towards rowing being included as a full sport in the HKSSF programme. The Hong Kong Schools Rowing Championships is a key part of this development direction.



香港公開室內賽艇錦標賽 暨慈善長途接力賽 Hong Kong Open Indoor Rowing Championships & Charity Rowathon

眾賽艇健兒在2014年香港室內賽艇錦標賽這項既緊張又刺激的比賽中，見證著四項新香港紀錄的產生。在各項賽事中，參賽者憑藉其高昂的士氣，展示出無比的鬥志，令彼此之間的技術交流不斷。香港公開室內賽艇錦標賽暨慈善長途接力賽已於3月15及16日假九龍公園體育館舉行，該場地亦成為多年來香港室內賽艇比賽的大本營。一連兩日的錦標賽和長途接力賽超過1000多名來自香港及其他亞洲國家和地區的人士積極參與，競逐各項賽事。學校、公司、政府部門、各個賽艇屬會和其他組織團體紛紛踴躍參與，爭逐室內賽艇的榮譽。除比賽外，為提高市民對體能水平的認識，協會更鼓勵到場觀看賽事的市民、兒童及老年人士參與場區外的一分鐘室內賽艇測試，一同感受室內賽艇比賽的氣氛。隨著今年的錦標賽順利舉行，協會將繼續加強活動的發展，為社會各界人士提供機會參與這項競爭激烈的運動。同時，協會希望藉著慈善長途接力賽履行社會機構的責任，為香港樂施會出一份力，幫助社會有需要人士。

Four Hong Kong records were broken at the 2014 Hong Kong Open Indoor Rowing Championships, further demonstrating the growing competitive spirit and rising standards in this unique and exciting sport aspect of our. The Championships was held on 15th and 16th March at Kowloon Park Sports Center which has over the years come to be recognized as the "home" of indoor rowing competitions in Hong Kong. The Championships and Rowathon were this year a true carnival of sport, with more than 1,000 participants from Hong Kong and other Asian countries and regions competing, demonstrating very positive support for this event. Over 2 days of the Championships, rowers from schools, companies, government departments, clubs and other organisations and groups competed for indoor rowing honours. Visitors and members of the public were also encouraged to try their hand at indoor rowing in a 1-minute test for people of all ages, from children to the elderly, in a display and demonstration area outside the competition venue. With the successful staging of the Championships this year, the Association will continue to further expand this event, providing opportunities for people from all sections of the community to participate in this competitive sport and at the same time to improve their physical fitness level. As has now become the tradition with this event, in an acknowledgement of our social responsibility, the Association has donated proceeds from the Charity Rowathon to Oxfam Hong Kong.





九龍東中學室內賽艇錦標賽 Kowloon East Secondary Schools Indoor Rowing Championships

在戴麟趾爵士康樂基金及賽艇運動亞洲有限公司的支持下，協會自2010年起推出「學校室內賽艇發展計劃」，免費向學校借出室內賽艇機，目的是鼓勵學校的老師及學生參與不同形式的室內賽艇運動及訓練計劃，以提升體能及健康水平。計劃推出至今非常成功，自2013年起，已有六間參與的學校開設室內賽艇訓練中心，為六個不同地區的學校提供室內賽艇訓練的基地，從而令學生更容易在該區參與持續性的賽艇訓練並提升水平。去年，圓玄學院第三中學作為其中一個訓練基地，舉辦首個九龍東校際室內賽艇錦標賽，並於2013年12月21日圓滿結束。比賽得以順利舉行，有賴19間中學的老師及同學鼎力支持及參與，並在校內積極推廣室內賽艇運動。今年的比賽除個人項目外，亦包括師生接力賽事。在接力賽事舉行期間，在場所有參賽者及觀眾均熱血沸騰，當中老師與學生更是合作無間，令比賽氣氛推向高峰。本會恭喜各得獎運動員，並衷心感謝各學校、老師及同學的積極參與，令到賽事增添不少色彩，同時亦感謝圓玄學院第三中學舉辦是次室內賽艇錦標賽，為其他學校及地區樹立良好的榜樣。至於其他區際室內賽艇錦標賽，包括港島中學室內賽艇錦標賽及九龍西中學室內賽艇錦標賽亦於今個學年內圓滿舉行，希望能夠令更多學校可以參與室內賽艇的比賽，以及鼓勵學校自行籌組各種室內賽艇活動，將室內賽艇融入校園生活當中。

Using equipment provided with the support of the Sir David Trench Fund for Recreation and Rowing Asia Ltd., the Association launched the Indoor Rowing for Schools Programme in 2010. The programme aims to encourage active participation from schools and students in the sport of indoor rowing through the free loan of indoor rowing machines to schools for an establishment period of up to a school year. Schools are also being strongly encouraged to make wider use of the indoor rowers for curriculum-related activities as well as to see them as opportunities to improve and measure the physical fitness of students through challenging and motivational programmes.

As a further enhancement to the Indoor Rowing for Schools Programme, and to allow students in other nearby schools to participate in regular training activities and to enhance their skill levels, Indoor Rowing Training Centres have now been set up in six participating schools in different regions. The Yuen Yuen Institute No.3 Secondary School hosts one of these Training Centres and the school was instrumental in organising the Kowloon East Secondary Schools Indoor Rowing Championships on 21st December 2013. With full support from teachers and students, a total of 19 schools participated in the event. In addition to the individual events, a combined teachers-and-students relay was also included in the Championships, creating great excitement amongst supporters watching this extreme demonstration of teamwork and co-operation between teachers and students.

The Association congratulates all winners and thanks all the participating schools, teachers and students who have made the event such a success. And special thanks to Yuen Yuen Institute No.3 Secondary School for organising and running this event as a wonderful model for other schools and regions.

Various indoor rowing competitions in different districts were carried out by the end of this academic year by other Indoor Rowing Training Centres, such as the Hong Kong Island Secondary School Indoor Rowing Championships and the Kowloon West Secondary School Indoor Rowing Championships. It is hoped that more schools could take part in different forms of indoor rowing competition in order to bring the sport into schools.

香港海岸賽艇錦標賽 Hong Kong Coastal Rowing Championships



attracted over 100 rowers, with crews from the Chinese University of Hong Kong, Hong Kong Sea School, the Hong Kong University of Science & Technology, Lantau Boat Club, Lion Rock Rowing Club and the Yacht Club. Conditions were good in the morning with light winds and calm water giving small waves – a comfortable coastal rowing environment. But in the afternoon, stronger winds and difficult conditions, particularly on the exposed eastern side of Round Island, encouraged the Race Officials to take a decision to switch to a slightly shorter course in the interests of crew safety. The revised course was still challenging and the Championships were recognised as a very successful and exciting event by all involved.

由香港遊艇會主辦的第二屆香港海岸賽艇錦標賽於3月2日圓滿舉行，比賽合共超過100名賽艇運動員於淺水灣及深水灣之間全長達6.5公里的比賽航道競逐獎項。參賽者分別來自香港中文大學、香港航海學校、香港科技大學、大嶼山賽艇會、獅子山划艇會及香港遊艇會。最終，賽事由大嶼山賽艇會位列獎牌榜首位！當天早上的天氣及水流是最為適合海岸賽艇的比賽，但由於下午的風勢轉趨強烈，為確保參賽選手的安全，賽事籌委會建議下午舉行的總決賽會以較短的路程完成，以避開島外不穩定的水流。經過修正後的比賽航道仍甚具挑戰性，但卻無損各參賽者的鬥志，他們的熱烈支持使整個比賽非常成功。

大嶼山賽艇會的Jonny Rodda成功衛冕男子單人雙槳艇，而男子雙人雙槳艇冠軍則由香港遊艇會A隊奪得。公開組男子四人雙槳艇的項目分別有香港科技大學、香港中文大學、以及香港遊艇會參賽。最終，香港中文大學亦不負眾望奪得金牌！香港科技大學賽艇隊亦於賽事中表現突出，並於男子雙人雙槳艇勇奪銀牌。由於科大早前在海岸賽艇發展方面投入資源，並在校內的水上體育中心添置了海岸賽艇，因此預料他們能夠在未來的海岸賽艇賽事中取得更佳的成績。至於女子四人雙槳艇項目方面，在嚴峻的比賽環境下，成為大嶼山賽艇會以及香港遊艇會之爭，經過一輪激烈拼搏，及分別相繼交換領先位置後，大嶼山賽艇會女子隊最終獲勝！

錦標賽亦首次加入了青少年四人雙槳艇項目，當中的戰況相當激烈，最後香港航海學校以少過半隻艇的距離險勝香港遊艇會B隊，成為當天最激烈的賽事之一。較為可惜的是由於馬爾代夫的青少年代表隊伍未能趕及參與今年的錦標賽，本會非常期待他們能夠出席下一屆的賽事。

經過一輪龍爭虎鬥，第二屆的香港海岸賽艇錦標賽亦宣告圓滿結束，今年參與人數較去年增加，多間大學的賽艇隊亦積極參與。籌委會衷心感謝所有的參賽者及運動員的投入參與，以及工作人員努力不懈的配合，令賽事圓滿結束！

協會對於推動海岸賽艇運動發展一直給予最大的支持，除了舉辦香港海岸賽艇錦標賽外，亦正積極考慮舉辦一個亞洲級別的海岸賽艇賽事，更計劃在港申辦世界賽艇海岸錦標賽，以響應國際賽艇聯會（FISA）對海岸賽艇的發展及推廣。

Lantau Boat Club (LBC) topped the medal table at the 2nd Hong Kong Coastal Rowing Championships held on 2nd March on a 6.5km course in Repulse Bay and Deep Water Bay, hosted by the Royal Hong Kong Yacht Club. The regatta

LBC's Jonny Rodda successfully defended his title in the men's solo, while the Men's double sculls were won by RHKYC A crew. The Open Quadruple Sculls event attracted strong entries from HKUST, CUHK and RHKYC and it was the CUHK crew which eventually took the gold medal. The entries from HKUST were significant as they have recently purchased their own coastal rowing boats to equip the new HKUST Water Sports Centre on their campus at Clearwater Bay and they performed well to earn medals in the double sculls event. We will see much more from them in future.

The final of the Women's Quadruple Sculls was raced in challenging conditions and became a hard-fought battle between Lantau Boat Club and the Yacht Club, with the Lantau crew emerging as the winners after an exciting race with several lead changes.

This second year of running the Hong Kong Coastal Rowing Championships marked promising progress, attracting an increased entry from last year, with a particularly strong turn out from university rowers. The programme included a Junior Quadruple Sculls event for the first time and this turned out to be one of the most hotly contested events of the day with Hong Kong Sea School just edging out RHKYC B by less than half a boat length. It was unfortunate that the planned participation by a Junior team from the Maldives had to be cancelled at the last minute because of travel difficulties. We look forward to welcoming them next year.

The Organising Committee would like to thank all the participants and the many volunteers who worked tirelessly to make the event a huge success.

The Hong Kong Coastal Rowing Championships is part of a strategy to strongly support the initiatives of the International Rowing Federation (FISA) to promote coastal rowing and the Association is actively considering the possibility of hosting an Asian level event in the near future and potentially making a bid for a future full World Rowing Coastal Championships to be held in Hong Kong.



香港遊艇會 — 學校賽艇計劃 Royal Hong Kong Yacht Club - Schools Rowing Programme

過去多年來，協會一直致力推廣青少年賽艇發展計劃，目的是集中培訓年青的賽艇選手，並發掘極具潛質的運動員，最終可以代表香港參與國際性的比賽。此計劃的內容包括學校探訪，以利用室內賽艇機讓學生參與一分鐘的測試及收集其他體適能數據。所收集到的數據會經過分析，並挑選運動員到賽艇中心接受更有系統的訓練。青少年賽艇發展計劃推行多年，每年均有超過兩萬名的學生參與及接觸基本的賽艇知識。過去，香港多名的精英賽艇選手都是透過此計劃被發掘及加以培訓而誕生，亦見證此計劃的成功。與此同時，協會更與香港體育學院攜手合作，為有潛質的青少年提供一站式的進升及訓練，以使他們能夠躋身至國際級的精英賽艇手之列。

與協會目標一致，致力於本港青少年運動發展的香港遊艇會（遊艇會），在過去的 20 多年，均以斐波洲賽艇基地為中心，積極為國際學校的年青賽艇選手提供訓練。計劃初期雖然較為側重於賽艇選手的個人的發展，但有鑑於近年培訓年青賽艇運動員的重要性日漸提高，遊艇會早於五年前重新組織，並推出嶄新的學校賽艇計劃，目的是為學生從林林總總的課外活動中提供另類選擇。在三年前，遊艇會更特別聘請了青少年賽艇教練，提供課堂後的訓練，並組成一隊年輕的賽艇隊伍，進行一星期約兩至三次的訓練，代表遊艇會參賽。直至本年為止，大約有 50 名學生逢星期一至四下午於斐波洲賽艇基地進行訓練。當中參與的學校包括南島中學 (SIS)，西島中學 (WIS)，啟歷學校及滙江維多利亞學校。在本年更得到哈羅香港國際學校及漢基國際學校參與此計劃。為了讓同學能夠進一步了解賽艇運動，每星期的訓練計劃由原來一節增加至兩節。同時為避免九龍區的學生因交通不便而錯過訓練機會，計劃亦在賽馬會石門賽艇中心增設每星期三節的訓練。

項目發展經理 Sarah GARNER 指出：「這項計劃的目的是希望將賽艇運動的知識帶給青少年，讓他們接觸並了解賽艇這項奧運運動。除教育外，我們亦希望給予他們更多機會熟習賽艇器材、裝備的運用及相關設施的知識，使他們更投入賽艇運動。現時，大部份參與的學校都進行每星期兩節的訓練，而我們正準備將訓練次數提升至五至六次。此外，我們亦希望計劃可以作為賽艇運動員的搖籃，使一眾受訓的年輕的賽艇選手成為香港體育學院甄選的運動員，最終代表中國香港出戰國際及不同地區的賽艇項目。」

現時，約有 80 名年齡介乎 10 至 19 歲的青少年在學期間參與該計劃每星期的訓練。

協會對於遊艇會擴展其歷史悠久的學校賽艇計劃表示支持，希望令更多國際學校的學生認識賽艇運動。同時，協會亦將焦點放在學校賽艇比賽，改變了以往青少年錦標賽的比賽轉型，轉形為每年一度的香港校際賽艇錦標賽，選手需以學校名義參與，籍以鼓勵更多青少年及學校參與水上賽艇運動。

遊艇會現時的訓練主要集中於四人有舵艇的項目，隨著發展，計劃亦引入單人雙槳艇，雙人雙槳艇和八人艇的訓練。

計劃現時包括兩名全職教練及一名兼職教練，而遊艇會亦需要招募更多優質的教練，以維持計劃的發展。

計劃起步初期，預料參與的人數能夠維持在總人數的一半或以上。長遠來說，計劃的目標是維持每間參與學校約 10-12 名的男女子賽艇運動員（總共 20-25 名）。此外，計劃亦著重訓練學生成為舵手，帶領其他隊員進行訓練。

Sarah 解釋：「計劃其中一個目標是把賽艇運動推廣成為主流體育運動項目之一（如足球和籃球），我們希望這項計劃不但能讓學生了解賽艇運動相關的技能和知識，更希望藉此計劃使學生明白賽艇背後的理念價值 - 團結和團隊精神。賽艇運動當中的紀律及團隊合作有利日後他們在升學及就業方面的成就。雖然，這些明日之星能否成為香港代表隊仍言之尚早，但透過此計劃，遊艇會希望使家長亦能感受賽艇背後的理念，對於青少年的成長、升學以至建立長久友誼和價值觀有著莫大幫助。」

如需要更多香港遊艇會學校賽艇計劃的資料，請瀏覽以下網址：
<https://www.facebook.com/RHKYCschoolsrowing/>
<http://www.rhkyc.org.hk>



The Hong Kong, China Rowing Association has for many years conducted a Youth Development Programme (YDP), which has focused on the development of young rowers, finding those with high potential and developing them to eventually represent Hong Kong at international events. This programme involves school visits, using indoor rowing machines, where all students have the opportunity to “test” themselves in a 1-minute rowing test. Together with other analysed data these results will be used as a basis to invite talented students to attend further rowing sessions at the Association’s rowing centres. The YDP has been running for many years and each year over 20,000 students are involved in the very basic levels of this programme. The success of the programme is evidenced by the fact that almost all of Hong Kong’s very successful elite rowing team over the years have been identified and developed through the YDP. The Association works hand in hand with the Hong Kong Sports Institute to provide a seamless development pathway from initial school visits right up to full international elite status rower.

The Royal Hong Kong Yacht Club (RHKYC) has recently taken a decision to place more emphasis on schools development, using its resources to support a new schools rowing programme. The Yacht Club has a history in developing youth sport in Hong Kong and has been actively supporting junior rowers from a range of international schools over the past 20 years at its Middle Island rowing base, but the programme has been supported more on an individual basis rather than a structured strategy.

This approach changed about five years ago, when the Club began a small but active programme to introduce students to rowing as an extra-curricular activity. And three years ago, the Yacht Club employed a dedicated junior coach, who expanded the after school extra-curricular rowing program and launched a junior racing team, which undertook training 2 - 3 times per week and which races in Yacht Club colours. Up until this year, about 50 students have been rowing at Middle Island on Monday through Thursday afternoons from regional schools including South Island School, West Island School, Kellett School and Victoria Shanghai Academy. This year the program has been expanded to add two new schools, Harrow International School and Chinese International School. The programme has also been expanded geographically this year by adding as a training centre of the Jockey Club Shek Mun Rowing Centre in Sha Tin to accommodate schools on the Kowloon side who cannot travel to Middle Island. Three afternoon sessions take place there each week.

“The purpose (of this programme) is to introduce students to rowing and give them the opportunity to try a unique and international Olympic sport. It is important for them to become familiar with the use of equipment, technique and training,

which is a step to get them involved in rowing”, according to Sarah Garner, Rowing Manager of RHKYC. “There are now two sessions of training per week for most schools involved in the programme, and we plan to slowly increase this to 5 or 6 sessions a week for each school”, Sarah added. “The programme will also provide opportunities for talented rowers to be considered for selection in the Hong Kong Sports Institute programme which could lead to representation in the Hong Kong team at regional or international competitions, subject to meeting all the training and other commitments which that would entail.”

Approximately 80 students, aged between 10 and 19 years, are now engaged in training sessions every week in school term under Club’s programme.

The HKCRA is supporting this programme to bring rowing to international schools as an extension to its long-established schools rowing programme, the YDP. The Association has modified the previous Youth Championships format to establish the annual Hong Kong Schools Rowing Championships, restricted to entries from school crews only.

The Yacht Club programme currently does most of its training and racing in coxed fours. However, in line with much of the Association’s development activities, this is likely to change over time to also use single sculls, double sculls and coxed eights.

There are now two full-time coaches and one part-time coach to support the programme and the Yacht Club is keen to recruit more quality coaches to sustain the programme development. Their target number of rowers for each school team is around 10-12 girls and 10-12 boys, although they will be happy to recruit half that number in the beginning. Coxwains are also being recruited and trained to lead and steer the crews rowing in coxed boats.



Sarah explained, “What we are trying to introduce in this programme is not only the specific technical skills and knowledge needed for rowing, but the values which rowing brings, and which people admire – rowing as a sport represents unity and teamwork. Not surprisingly, rowing also signifies discipline and teamwork skills to university admissions personnel, resulting in increased recruitment opportunities for potential rowers. We would also like to offer a sport option and alternative among the major sports like football and basketball when our rowers are applying to university.” While not many rowers will meet the talent or other selection requirements to be selected to compete internationally, the Yacht Club feels it is important to get the message out to parents that rowing can help their child attend good universities and develop lifelong friendships and valuable networks.”

Further information on the Royal Hong Kong Yacht Club Schools Rowing Programme can be found at <https://www.facebook.com/RHKYCschoolsrowing/> www.rhkyc.org.hk

香港賽艇隊 — 邁向 2014 仁川亞洲運動會 Hong Kong Rowing Team - The Road to Incheon 2014 Asian Games

近年，大型體育項目在亞洲區內發展蓬勃，當中最為人矚目的莫過於每四年舉辦一次的亞洲運動會（亞運會）。追溯其歷史發展，第一次的亞運會在 1951 年印度新德里舉行。始後，亞運會已發展成為一個國際大型綜合體育競技的盛事，規模僅次奧運會。而新德里於 1982 年再次成為亞運會主辦單位，巧合的是賽艇運動亦於當時首次被列入成為亞運會比賽項目，香港賽艇運動員亦有參與當年亞運會的比賽。自此之後，香港賽艇運動員未曾缺席任何一屆亞運會的賽事，更在過往多年的賽事之中屢次獲獎。

今年，第 17 屆亞運會將於韓國仁川市舉行，比賽由 9 月 19 日開始至 10 月 4 日完結，預料參與的運動員、教練及隨隊官員將超過 13,000 名，競逐 36 個體育項目。而賽艇項目將於韓國忠州的 Tangeum 湖賽艇中心展開（2013 世界賽艇錦標賽亦曾於該處舉辦），每個參與國家最多可派出 10 名選手參與，競逐 14 項賽艇比賽項目。

香港賽艇代表隊（代表隊）在過往賽事中屢創佳績。在 2010 年廣州亞運會中，代表隊於男子輕量級雙人雙槳艇及男子輕量級四人雙槳無舵艇的賽事中分別奪得一面銀牌及一面銅牌的佳績。而在剛過去的 2013 年，隊員亦參與世界及不同地區的比賽項目，目的是為了讓新隊員及組合建立默契，累積經驗。

此外，他們更有機會參加在韓國忠州舉行的世界賽艇錦標賽，令運動員對即將舉行亞運會的比賽場地及環境更為熟悉。在世界賽艇錦標賽的賽事之中，以男子輕量級四人雙槳艇的復活賽最為激烈，香港隊與美國隊爭持不下；最終，他們以些微之差力壓美國隊，並首次為香港取得世界錦標賽 A 級別的決賽席位，總成績排

名第六，亦為他們在瑞士盧塞恩取得的佳績錦上添花。同時，女子賽艇選手李嘉文在忠州 B 級別的賽事中亦取得決賽席位，並以全球總成績排名第 12 位完成賽事。

世錦賽後，代表隊移師到中國的六安參與 2013 年亞洲錦標賽，參與 10 項競爭激烈的賽事。最終，他們不但順利取得決賽席位，更以 1 金 3 銀 1 銅的成績，進佔獎牌榜的第二位，排名僅次中國隊。在亞洲錦標賽中值得注意的是李嘉文的表現日趨成熟，在女子輕量級單人雙槳艇及女子公開單人雙槳艇賽事中有著出色表現，分別奪得一面金牌及一面銀牌的成績，相信定能為即將來臨的亞運會打下良好的基礎。

代表隊於多個月來接受多元化訓練的同時，亦正一步一步邁向今年的亞運會。在去年的十二月至今年的一月，他們身處寒風凜凜、海拔超過 2000 米並滿佈雪地的雲南省營地進行一連五星期嚴格的訓練。接著，他們前往曾舉辦 2000 年悉尼奧運會賽艇比賽項目的彭里斯，參與三月份的國際賽艇世界盃賽事，並於男子四人雙槳艇中取得一面銅牌，其他隊員表現亦算不俗，均在這個國際性的賽事中取得頭六名。

艱辛的訓練接踵而來，但仍無損代表隊的意志，積極投入各項賽事及訓練。在剛過去的四月和五月，他們參與由山東省主辦、一連四週的訓練營。其後隊員轉戰日本戶田舉行的亞洲盃。李嘉文在輕量級女子單人雙槳艇中成功奪得一面金牌；而駱坤海則於男子輕量級單人雙槳艇中奪得銅牌。

六月中旬開始，代表隊將再次出發，前往歐洲參與一系列的比賽，作為邁向仁川亞運前的準備。協會在此祝願他們凱旋而歸，再次取得優異成績！



Held every four years, the Asian Games is the most important event in the region's sporting calendar. The first Games were held in New Delhi, India in 1951 and, since then, they have grown into a major international multi-sport event, second only in size to the Olympic Games. Coincidentally, New Delhi was also the host when rowing was first included in the Asian Games in 1982. Hong Kong rowers competed in 1982 and have been present at all Asian Games since, winning a significant number of medals over the years.

This year, the Korean city of Incheon will host the 17th edition of the Games from 19th September to 4th October, welcoming over 13,000 athletes and officials, competing in 36 different sports. The rowing competition will be hosted by the nearby city of Chungju, at the Tangeum Lake Rowing Center, which hosted the 2013 World Rowing Championships. A total of 14 rowing events will be offered, with each participating nation permitted to enter a maximum of 10.

The Hong Kong Rowing Team has a strong record of winning medals at the Games and at the 2010 Asian Games in Guangzhou, Hong Kong crews won a silver medal in the men's lightweight double sculls and a bronze medal in the men's lightweight coxless fours.

During 2013, our team took part in a wide range of regional and world competitions in order to build up new crew combinations and gain further racing experience. In particular, Hong Kong athletes had the opportunity to race at the World Rowing Championships in Chungju and thus familiarize themselves with the race venue and conditions they will face again this year. At the World Championships, after winning a spectacular photo-finish with USA in the repechage of the men's lightweight quadruple sculls, our crew became the first-ever Hong Kong men's crew boat to reach a World Championship A Final, placing 6th overall. Women's sculler Lee Ka Man reached the B Final in Chungju, placing 12th overall in the World.

Following the World Championships, the team went on to compete at the 2013 Asian Championships in Lu'An, China. Hong Kong crews reached the finals in 10 events and recorded a medal tally of 1 gold, 3 silver and 1 bronze medals, to place second behind China in the overall medal table. Of special

note at the Asian Championships was the performance of Lee Ka Man who won gold in the lightweight women's single sculls and silver in the open event. The strong performance of the Hong Kong crews at these Asian Championships has provided a good foundation for the 2014 Asian Games squad.

The current year will be just as busy for our top athletes, as an extensive preparation programme has been planned to ready crews for the Games.

In December and January, the team completed a 5-week, high-altitude camp in Yunnan Province. Here the athletes experienced tough conditions training on a mountain lake at over 2000m above sea level, often in cold and snowy conditions! In March the rowers traveled to Australia to take part in the Sydney International Regatta and the World Rowing Cup I, on the Penrith course used for the 2000 Olympic Games. The LM4x crew won a bronze medal at the SIR event and several crews reached the top 6 in the World Cup competition.

In April and May, a 4-week training camp was organized in Shandong Province following which crews travelled to Toda in Japan to race at the Asian Cup. Here Lee Ka Man won a gold medal in the lightweight women's single sculls and Lok Kwan Hoi took bronze in the lightweight men's event.

From the middle of June, the team will travel again to Europe to take part in a number of events as part of the continuing road to Incheon. The Association takes this opportunity to wish them every success as they strive to achieve outstanding results once again.



訪問展能賽艇運動員 — 仁川 2014 亞洲殘疾人運動會 Interview with Para-rowing Athletes - Incheon 2014 Asian Para Games

施杰浩
Samuel, Ajmal Victor



呂鎧如
Lui Hoi Yu



黃婉貞
Wong Yuen Ching, Elisa



你參與賽艇運動有多久？
How long have you been rowing?

4年
4 Years

2年
2 Years

9個月
9 Months

對賽艇運動的印象如何？
How do you feel about the sport of rowing?

我十分喜歡賽艇運動，有助保持身體良好狀況，亦可以對於每日繁重的工作作出平衡。
I love rowing! It helps maintain general fitness and balance in work.

賽艇能夠強身健體，很享受賽艇帶來的速度感。
Rowing can keep our body in the best condition. I also enjoy very much the speed on water.

雖然賽艇比其他運動如單車、跑步較辛苦，但非常刺激，亦可以有助我鍛練身體。
It is a harder sport when compare rowing with other sports such as cycling and running, but it is very exciting and it helps to maintain good health.

若有機會代表香港參與亞殘運，心情如何？
How do you feel if you were selected to represent Hong Kong in the Asian Para Games?

覺得既興奮又緊張，我期待能夠參與亞殘運。現在需要加強技術及體能水平，以挑戰來自中國及韓國的全職專業運動員。
I feel excited and a bit nervous, but I look forward to participating in the Asian Para Games. Now I have to increase the level of training and skill in order to compete with other full time and professional athletes from China and Korea.

感到興奮，因為四年只有一次，假若有機會參與，希望能夠發揮自己水準。而為了應付即將來臨的比賽，我們已經加緊技術及體能的訓練。
Excited, as it is a four years multi-sports Games. I will do my best in every single race. Right now, to cope with the upcoming Games, we have to boost up the technical and physical training.

假若有機會參與比賽，必定會盡全力嘗試。不介意從零開始，每次訓練過後，會反省自己的訓練過程的不足之處，並希望能夠彌補團隊的不足。
If there is an opportunity to participate in the Games, I will definitely make every effort to do my best. I don't mind starting from scratch. After each session of training, I will review my performance with my teammate to further improve our performance.

展能賽艇運動相對其他運動無論在訓練及體能要求上都特別辛苦，什麼因素令你選擇展能賽艇運動，並堅持訓練？
Para-rowing required high physical fitness levels and hardship in training. What reason(s) motivate you to continue with this training?

我相信紀律是賽艇運動的價值，它有助保持工作上的平衡。而年輕的賽艇運動員應該要了解自己參與賽艇的目標，並視為一生奮鬥的目標。同時亦幫助我們建立良好健康的生活。
Discipline is the value in rowing and it helps to maintain work balance. Young rowers should know what they want to achieve and the goal in this life-time sport which in return helps you to be mature physically and mentally.

每個參與賽艇的運動員都不應輕易放棄，對自己的目標應該要堅持。
Every participating athlete should not give up easily. We should adhere to the target and goal.

要平衡家庭、工作及訓練真的不容易，特別在比賽前要增強技術及體能，對運動員的意志的確是一大考驗。
It is not easy to balance family, work and training. Especially when the Games is closer, we have to increase the level and time of training, which is a challenge for most of the athletes.

賽艇是一項適合不同人士參與的水上體育運動。為了讓更多人參與賽艇運動，協會多年前已獲香港賽馬會慈善信託基金的資助，積極發展展能賽艇計劃。計劃除了在社區層面推廣展能賽艇運動外，更作為發掘具潛質的展能運動員成為香港展能賽艇代表隊的基礎，藉此培訓他們以代表香港出戰 2014 仁川亞洲殘疾人運動會的賽事。

最近他們更積極備戰參與今年將於韓國仁川舉行的亞洲殘疾人運動會，希望藉此為香港爭取最好的成績。協會特此訪問部份香港展能賽艇代表隊成員，分享他們對參與賽艇運動的感受，以及如何面對每日的艱苦訓練，以進一步了解他們在大賽前的感受。

Rowing is an ideal water sport for different groups of people. To allow more participation in the sport of rowing,

丘志財
Yau Chi Choi, Daniel



18個月
18 Months

賽艇是一項考驗意志力和體力的運動。初初接觸的時候會感到吃力，但在賽艇運動上能夠取得成就感，對於推動及改善體能有重大幫助。
Rowing is a test of willpower and physical exercise. At the very beginning you will feel difficulties, but when you get a sense of accomplishment, it will be tremendous for you to improve.

完全沒預料自己有機會參與大型的運動會，非常難得。接下來我們需要努力完成每日的訓練，即使未能奪得任何獎牌，亦會為比賽爭取好成績作為目標，突破自己。
I did not expect to participate in this Games and it will be a valuable experience for me in my life. We target to record a good result, even if we might not have a chance to win any medal in this time. And in the coming months, we need to strive our best to complete daily training.

於天氣不穩定時，與隊友進行室內訓練。自己亦要增加體力耐力及爆發力。同時，賽艇運動就像我們在健身房訓練時一樣，當接近完成一組練習時，最尾數下是最難應付的，但果我們不克服，永遠只能停在同一個層次，沒有進步。
Under bad weather, we train in the gym room with our teammates to increase our physical endurance and explosive power. No matter what kind of training we receive, it will be the most difficult part when you nearly finish the last training session in the gym room.

鄭竣元
Cheng Chun Yuen



3年
3 Years

對賽艇運動深感興趣，而且是一項要求高，忍耐，並需要紀律，聽從教練指導進行訓練的運動。
I am interested in rowing, though it requires high level of physical abilities, patience and discipline.

有點緊張，但會保持冷靜，遵守教練指導。
A bit nervous, yet I will listen to the instruction of my coach and stay calm.

從拉機到水上賽艇，每部份能夠進一步提升身體以及改善體能。
From indoor training to water rowing, it further enhances and improves physical fitness.

何雋彥
Ho Chun Yin

4年
4 Years

賽艇運動是一項體力、紀律訓練及聽從教練指導的運動。
Rowing is full of strength and disciplined training, and high demand of discipline.

心情緊張之餘，希望藉此次參與仁川亞殘運的機會，爭取更多參與賽艇或室內賽艇的參賽機會。
I feel tense, but I hope for more opportunities in the future Games after finishing the competition in the Asian Para Games.

於賽艇比賽中增取好成績，有一大滿足感。
Satisfaction comes when you obtain good results from the rowing competitions.

廖宏倩
Liu Wang Sin

8年
8 Years

我很喜歡賽艇運動，亦喜歡接受訓練，不論是拉機或是水上賽艇訓練。
I love rowing and enjoy training, no matter it is in the form of indoor or water rowing.

最緊要做好自己，同時要保持良好態度，增加自己體能及技術，並於各項比賽中得到好成績。
To attain the best result, it is important to do our best with a positive attitude, together with regular training on physical ability and skill.

其他運動如籃球及保齡球，對於我並不太合適。
Other sports options are not appropriate for me, such as basketball and bowling.

李惠宜
Lee Wai Yi

3年
3 Years

本身不太熟悉游泳，對水上運動感到有點害怕，但參與賽艇運動後，除了克服對水上運動的恐懼，更沒想到自己能夠有機會參與比賽。
I didn't know how to swim until I learned rowing! At the beginning I felt a bit nervous, but now I enjoy rowing and never dreamed that I can be part of the team.

應付功課讀書外，希望能夠配合訓練，為比賽加緊練習。
Time management between training and school work will be necessary.

得到老師、家人及各方面的支持才能繼續。
With the support from my parents and teachers it drives me to continue in rowing.

協會在此預祝各運動員於比賽場上爭取佳績，發揮自己最高水準，為香港展能賽艇創出新的里程碑。
The Association wishes all of them to strive for their best results and bring home the glory!

賽艇運動的支援組織 — 基督教香港信義會靈愛中心 Supporting Organisation - Interview with ELCHK, Ling Oi Centre

賽艇比賽，無論是室內還是水上，都是非常緊張刺激！

熟識賽艇運動的你都知道每年香港賽艇比賽的賽季，都是由每年三月的香港室內賽艇錦標賽開始，直到每年十一月的香港賽艇錦標賽才會完結。但身為運動員、教練或觀眾的你，又可知籌辦如此大型比賽及活動的背後，有甚麼團體或機構支持及協助呢？

基督教香港信義會靈愛中心（靈愛中心）與協會合作已超過十年，一直為協會的大型賽事提供寶貴的人力資源，可謂合作無間！靈愛中心於1970年創辦，主要為完成戒毒療程的青年人提供中途宿舍服務。靈愛中心為戒毒人士提供全面的復康服務：包括外展探訪、與不同單位聚會、中途宿舍等服務以協助他們融入社會等等。透過參與服務賽艇活動的工作（包括：住院式戒毒服務、中途宿舍、家庭輔導、外展探訪、與不同團體合辦福音/音樂分享聚會等服務，以協助他們融入社會。），印證著他們融入社會及服務社會。

透過訪問，知道弟兄都喜歡於賽艇會工作，因為相對其他工作如搬屋等，有著太多未知之數，所以弟兄們若知道可以於賽艇會工作，都會「爭住黎做」。

學兄一彥龍曾多次於賽艇會進行賽前預備工作，他表示：「賽艇中心會好有規律同規矩，中心有一定的工作時間表，會有一定的規律同規矩，活動及作息時間都早已安排……賽艇會工作則感覺好新鮮、好有趣！莫說是接觸艇隻，平時亦未能有機會到賽艇中心，所以能夠到賽艇協會工作，感覺實在不錯。」

弟兄主要工作

協會主要的大型比賽	所需弟兄人數	工作種類
3月香港室內賽艇錦標賽	8-10人	搬移器材、賽艇機；於場館內協助佈置；賽後清理及執拾
11月香港賽艇錦標賽	8-10人	清潔及維修艇隻、搬移器材、協助場地佈置；賽後清理及執拾

彥龍這位學兄已在艇會工作數年，累積了一定經驗；今年，他已經能夠帶領其他弟兄在兩個賽艇中心工作，他還稱現在指派其他弟兄工作，自己未能落手落腳，其實相對比較悶！彥龍還建議協會可安排更多的工作給他們，好讓弟兄時間更充實！總括而言，彥龍表示靈愛中心很多的弟兄可以於不同的機構或團體中工作，令他們更容易融入社會，有助他們完成中途宿舍的住宿計劃後，可以更快適應重投入社會工作。

另一位弟兄亞仁（假名），27歲，尚餘一個月時間便會從靈愛中心畢業，但這位年輕人已有一切安排，計劃重新讀書裝備自己，亦會從事地產行業。亞仁於2014年3月初次來賽艇中心工作，原來事前他從來不知道香港有賽艇會！

「因為知道自己文化水平較低，我們對其他外人的態度都好敏感，我覺得其他人的態度對於我們好重要。」而亞仁更大讚協會的職員好有禮貌，令到自己以及所有弟兄感覺很舒服！他很高興可以認識到協會，亦從艇會資訊對賽艇有了基本的認識，知道賽艇原來有很多不同比賽及活動，同時亦認為協會的課程價錢相對其他運動較便宜，一定會向親戚朋友介紹！

對於在賽艇中心的工作，亞仁表示並不複雜，非常容易處理：「我覺得唔夠工作，有時要等安排，反覺有點悶。我完全唔介意太多工作，甚至加班都無所謂！不過一定要有飯食……哈哈！」靈愛中心每月都有活動日，他提議如時間許可，可以安排弟兄做做運動，到協會上星際課程，說不定日後還可參加比賽呢！

協會很高興能夠與靈愛中心一同工作，他們的團隊精神及無私的付出，整合了整個團隊並成為其中一分子。這種團隊精神猶如在賽艇比賽中的隊員互相合作的精神一樣，使每年的重大賽艇賽事都得以順利舉行。協會衷心感謝靈愛中心的支持及參與，亦感謝曾於賽艇中心參與工作的所有弟兄及同工，並同時多謝他們安排今次的訪問，令大家對靈愛中心有更多認識。在此祝願靈愛中心所有弟兄能夠重整生命，重投社會，重新過一個健康美滿的生活！

在2014年4月1日「基督教信義會芬蘭差會靈愛中心」已名為「基督教香港信義會靈愛中心」。

Rowing, whether indoors or on the water, should be very exciting!

As a rower or a fan of rowing, you should be familiar with the rowing competition season in Hong Kong, from the Hong Kong Open Indoor Rowing Championships in March to the Hong Kong Rowing Championships in November with a large number of competitions in between.

But as rowers, coaches or spectators, what do you know about the organisations which support and assist the Association in organizing such big events?

ELCHK, Ling Oi Centre is one such organisation, providing valuable manpower to support our Association in big events for more than 10 years! Ling Oi Centre was founded in 1970, and aims to help drug abusers to build a new drug-free life through a Christian rehabilitation program. The Centre provides comprehensive drug rehabilitation services including outreach visits, gathering with various parties, halfway houses into community services, etc.

Their involvement in rowing events is an example of integration of social services – it includes preparatory work carried out before the competitions at both the Sha Tin Rowing Centre and the Jockey Club Shek Mun Rowing Centre.

It is apparent through our interviews that they would rather like to work in the rowing centres, as compared to other work, such as home removal, etc., as there are too many unknowns in those other types of work. So if they know that there is a chance to work in the rowing centres, they will “fight to work.”

Fellow brother - Yin Lung has already participated in several event preparation works at the rowing centres, saying “Working in the Centre with a regular schedule which has set certain activities and work schedules, I was feeling fresh, IT’S FANTASTIC! Not to mention having contact with the boats, but because there is normally little chance to visit the rowing centres, so he felt really good to work in our Association when the chance arises.”

Examples of the Main Duties Carried Out

Major Event	Number of helpers	Type of work
Hong Kong Open Indoor Rowing Championships in March	8-10	Moving equipment and rowing machines; assist in the arrangement of the venue; clearing and tidying up after the event
Hong Kong Rowing Championships in November	8-10	Washing, cleaning and maintenance of the boats, moving equipment, assist decoration, clearing and tidying up after the event

Lin Yung has already worked with our events for several years, and has accumulated good experience. This year, he has been able to lead others working at both Rowing Centres. He also

claimed that by assigning the work to others and not doing it himself, in fact, made him relatively bored! He also suggested that the Association could arrange more work for them next time, so the team could have a more fulfilling schedule.

In conclusion, Yin Lung said many of the brothers could take turns to work. Helping in different organizations or groups, it is easier for them to integrate back into society and help them complete the halfway house service, making them better adapted to join society again.

Another interviewee named Ah Yan (not his real name), aged 27, and is just one month from graduation in Ling Oi Centre. This young man has all the arrangements ready for his graduation, and is planning to study at night to improve his opportunities. He would like to have a job in the property industry.

He just worked in the rowing center in March 2014 for the first time, before which he never realised there is a Rowing Association in Hong Kong!

“Knowing that our cultural and educational level is low, we are very sensitive to those outsiders’ attitudes, and I think the attitude of people is important to us.”

“All of us feel very comfortable to work in the rowing centres as the staff are polite!” he added.

He was pleased to know the Association; also he could have a basic understanding and know much about the sport of rowing, such as many different rowing competitions and activities all year around. He thought the rowing course is relatively cheap when compared to the other sports, and that he would introduce his relatives and friends to rowing!

About working in the rowing center, Ah Yan said it was simple and very easy to handle. “Well, I think the work is not enough, sometimes we need to wait for the arrangement, ...We don’t mind if we do a lot of work, we even don’t care about working overtime! But there must be meals provided…… ha ha ha”

There are various activities held by Ling Oi Centre every month, and Ah Yan proposed that the Association could arrange rowing courses for the brothers to do some exercises, enjoy the fun of rowing; may be they could even participate in the competition in the future!

The Association is very pleased to be able to work with Ling Oi Centre to become part of the team making our major events successful – as with rowing itself, teamwork is the key to success in organizing events, and every member of the team plays an important part. We would like to thank Ling Oi Centre for their support and participation. We would also like to thank all the workers from the Centre for arranging this interview, so all of us know more about Ling Oi Centre. Here, we would like to wish all the brothers in the Centre success in their efforts to rejoin society, also enjoying a healthy and happy life again soon!

In the 1st April, 2014, “The Finnish Evangelical Lutheran Mission Ling Oi Centre” has been renamed as “ELCHK, Ling Oi Centre.”

