

中國香港賽艇協會

HONG KONG ROWING

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08

香港首個海岸賽艇協會
FIRST COASTAL
ROWING CLUB IN
HONG KONG

賽艇教練於2010滙豐銀行慈善基金
優秀教練選舉再獲殊榮
ROWING COACHES HONORED
IN COACHING AWARDS

國際水上活動中心在香港?
AN INTERNATIONAL
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展能賽艇大豐收
MEDAL HAUL FOR
HONG KONG ROWERS



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

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第25屆兩大賽艇錦標賽

THE 25TH HONG KONG INTERVARSITY ROWING CHAMPIONSHIP





香港首個海岸賽艇協會 - 大嶼山賽艇協會 Lantau Island Rowing Club - The First All-Coastal Rowing Club in Hong Kong

如果你是賽艇愛好者，又喜愛追尋更具挑戰性的水上運動，海岸賽艇肯定是你的不二之選！此活動採用特別設計的艇隻，能讓參加者尋找到前所未有的賽艇新樂趣。

中國香港賽艇協會(協會)很高興大嶼山賽艇會(LIRC)於今年三月正式成為協會首個海岸賽艇的屬會。LIRC於2010年12月成立，讓一眾居住於愉景灣的賽艇愛好者不用每次舟車勞動前往沙田賽艇中心或深水灣的香港遊艇會亦可享受賽艇的樂趣。LIRC一直積極參與眾多的海上賽艇比賽活動，如今年五月中旬在南大嶼山一帶舉辦的海岸賽艇賽事，共吸引了17名賽艇愛好者冒著風雨參加。

LIRC的發展亦漸趨蓬勃，並聯同香港遊艇會及香港航海學校添置了八艘新艇，並整裝待發計劃今年於秋季舉辦一連串的賽事，如11月便會舉辦大嶼山際環島遊的賽事，此賽事更歡迎協會的各屬會參與。

另外，LIRC正不斷探索愉景灣附近的海域，希望找到更多海岸賽艇的航道。當中有些會員亦參與過坪洲環島賽艇，並計劃在添置多艘新艇隻後，發掘更多環繞大嶼山的賽艇好地方。

LIRC歡迎各賽艇愛好者前來愉景灣親身體

驗海岸賽艇的樂趣，有興趣的人士可透過電郵: coastalrowing@rowing.org.hk 與該會負責人Martin Reynolds聯絡。

If you are a rowing enthusiast and you are looking for new challenges and adventure in your water sport activity, coastal rowing will probably be your choice! With boats specially designed for use in the open sea, coastal rowing has opened up many new areas of Hong Kong waters to serious as well as casual rowers.

The Royal Hong Kong Yacht Club was the first club to introduce coastal rowing boats to Hong Kong and organise coastal rowing activities. And now the Association is pleased to welcome the Lantau Island Rowing Club (LIRC) as the first rowing club in Hong Kong to be dedicated purely to coastal rowing. LIRC was formed in December 2010 by a group of rowers living in Discovery Bay who wanted to row there, instead of having to travel to existing facilities in Sha Tin or Deep Water Bay. LIRC is already actively involved in practice and competition. They most recently joined with Yacht Club rowers in rowing from Middle Island to South Lantau, with total of 17 rowers sharing the effort in two quadruple sculling boats.

Coastal rowing is growing quickly in popularity and an order for eight new coastal boats has recently been placed by a number of clubs, including LIRC and the Yacht Club. This will triple the size of the fleet in Hong Kong and will give this aspect of our sport a healthy boost. There are a number of coastal races planned for the Autumn, most of which will be organized together with the Outrigger Canoe Clubs of Hong Kong. The final race of the season is the Around Hong Kong Island Race in November. The rowing will be run as a team event and open to all clubs.

LIRC crews are already exploring the waters around Discovery Bay and Peng Chau and will venture further afield when the new boats arrive. Outings to Mui Wo and the south side of Lantau are planned and the possibility of rowing round Lantau is being considered.

Lantau Island Rowing Club welcomes potential members and also welcomes visiting rowers who would like to row at Discovery Bay. Anyone interested in coastal rowing and the development of new coastal venues or the addition of coastal rowing to existing water sports clubs may contact Martin Reynolds at coastalrowing@rowing.org.hk.

賽艇教練於2010滙豐銀行慈善基金優秀教練選舉再獲殊榮 Rowing coaches Honored in 2010 Hongkong Bank Foundation Coaching Awards

近年代表香港出戰的賽艇運動員在各大海外賽事表現卓越，他們不但屢創佳績，更為香港的體壇增添不少獎牌。當各精英運動員踏上頒獎台接受最高榮譽的一刹那，我們看到的不是運動員的榮耀，我們同時見證在他們的獎牌背後有著一班勞苦功高的教練。教練，我們怎會忘記你呢？

為表揚及嘉許教練們的努力和貢獻，香港體育學院的香港教練培訓委員會每年均會舉辦一年一度的「滙豐銀行慈善基金優秀教練選舉」。今年的選舉共收到155份來自不同體育總會之提名，經過一輪評審後，協會很高興共有五位傑出賽艇教練獲獎，包括是獲得「精英教練獎」的蔣潤權、Rick Van Hooydonk、林漢傑和黃志偉，以及獲得「社區優秀教練獎」的李蔚琳。值得一提的是過去20多年一直致力投身賽艇運動的黃志偉教練更同時榮獲當中最最高榮譽的「優秀服務獎」。此獎項是為了獎勵過去十年在培訓本地精英及香港代表隊有傑出貢獻的人士而設，而且一位教練更是十年內只可獲獎一次；因此能夠在眾多教練中脫穎而出，實在是對黃志偉教練多年來對賽艇運動的貢獻予以肯定。

在此，除了恭賀各獲獎的賽艇教練外，更感謝各位協會教練多年來在賽艇發展上默默耕耘，不斷致力培訓具潛質的運動員，讓他們

們於各海外大賽中爭取佳績，協會謹此向各賽艇教練致以最崇高的敬意！

The Hong Kong Rowing Team has achieved excellent results in Asian and international competitions in recent years. Their successes not only bring glory to Hong Kong, but also demonstrate the strong progress of our rowing development. But while we are applauding the achievements of our elite athletes, we should not overlook the tremendous support and contribution from their coaches who devote their time and effort to train and prepare our athletes for competition.

It was therefore very gratifying to hear that the 2010 Hongkong Bank Foundation Coaching Awards included six awards to our own rowing coaches.

Organized by the Hong Kong Coaching Committee of the Hong Kong Sports Institute, the annual Hongkong Bank Foundation Coaching Awards is an opportunity to pay tribute to the essential part played by coaches in the development and success of their respective sports.

This year a total of 155 nominations were received from the various National Sports Associations in Hong Kong. Out of this total, the Association is pleased to announce that Chiang Yun Kuen, Rick Van Hooydonk, Lam Hon Kit and Sam Wong Chi Wai each had the honour of receiving "Coaching Excellence Awards". Li Wai Lam caught the eyes of the judges to be awarded the "Community Coach Recognition Award". The prestigious, "Distinguished Services Award for Coaching" went to Sam Wong Chi Wai in recognition of his skill, experience and 20 years of dedication to coaching rowers and the development of rowing. Sam is Coaching Director of the Association and has been responsible over many years for our highly successful Youth Development Programme. This special award is only awarded once each year.

Congratulations to Sam and to all the awardees. The Association is grateful not only to the awardees, but also to all those who contribute so much to nurture our potential athletes in achieving outstanding performances over the years at all levels of our sport.



國際水上活動中心在香港？ An International Water Sports Centre for Hong Kong?

協會已聯同香港獨木舟總會及香港龍舟協會，一同爭取於舊啟德機場興建國際水上活動中心，為發展更多可提供賽艇、獨木舟及龍舟的比賽及訓練場地。

全長共2,500米，沿著舊啟德機場跑道的啟德明渠進口道總會令人聯想到渾濁的污水和難聞的氣味，但啟德明渠進口道位處香港中心地帶，並鄰近現正草擬興建的大型體育館及體育中心，正是發展水上活動中心的好地方！在獨特的地理優勢下，定必吸引更多市民參與水上運動，有助發展他們對賽艇運動的興趣。

事實上，發展水上活動中心能充分呈現本港對綠化工業區的能力和決心。用於水上運動在土地使用的需求上相對於陸上運動較少，因此在寸金尺土的香港發展漸趨普及的水上運動絕對是明智之選。加上水上運動在港的認受性日漸提升，在進行賽艇、獨木舟及龍舟等不同國際水平的運動賽事時，對香港申辦亞運亦是非常有利的籌碼。草擬中的水上活動中心位處國際知名的維多利亞港旁，在優美的維港景色襯托下，絕對是舉辦水上運動的好地點。除此之外，此場地亦能定期舉辦不同大型國際性的賽

艇、獨木舟及龍舟等大賽，能促進本地運動發展的同時，亦能刺激香港的旅遊業，為香港的經濟帶來正面的增長。

此草擬的水上活動中心不但能有效地在城市的中心帶來綠化環境及生態上的效益，更同時提供一個休憩及康樂的空間讓大眾、屬會、學校及大專院校等青少年進行日常的訓練及比賽。

水上活動中心的發展建議書已於上年提交給政府，協會亦已就此議提與獨木舟總會及龍舟協會召開多次的會議。今年四月，國際賽艇聯合會項目總監Ms. Svetla Otzetova更親臨舊啟德機場，實地考察建議興建水上活動中心的場地，當中提供了不少寶貴的意見，有助水上活動中心的往後發展。

儘管政府到目前為止仍未能就興建水上活動中心的建議作出最後的決定或承諾，但協會仍會聯同兩會繼續向政府爭取，為香港賽艇及水上運動發展帶來長遠的效益。



The Association has joined with the Hong Kong Canoe Union and the Hong Kong Dragon Boat Association to press for the development of an International Regatta Centre for rowing, canoeing and dragon boating on the site of the old Kai Tak Airport.

The Kai Tak Approach Channel, running for about 2,500 metres along the inside of the old runway, is probably best known for its polluted water and bad smell. However, it is providing a unique opportunity to develop a water sports centre in the heart of Hong Kong within easy reach of a vast number of potential users and right next door to the proposed new stadium and sports hub.

The development of the water sports centre would demonstrate Hong Kong's ability and determination to take a polluted former industrial area and turn it into an attractive green lung in the heart of the city. With the growing popularity of

water sports in Hong Kong, coupled with the relatively small land requirement per athlete for water sports compared with land-based sports, it is an opportunity too good to miss. The high value of this still-water area within the harbour for water sports has been well recognised and an international standard rowing, canoeing and dragon boating course is a pre-requisite if Hong Kong is to bid to host a future Asian Games. There are few alternatives in Hong Kong and there are few more exciting venues around the world than the backdrop of Hong Kong harbour. Apart from Asian Games, an international standard competition venue will allow major international events to be held in each of the three sports, benefitting the development of local sports, tourism and the economy.

The proposed Regatta Centre would bring significant environmental and ecological benefits. With the surrounding areas landscaped it can become the

centrepiece of an attractive park for passive and active recreation throughout the year. The Centre itself would be used on a daily basis by the public, clubs, schools and universities for training and competition.

A proposal was submitted to the Government last year for the proposed development and a number of meetings involving all three Associations have been held since then. In April this year, Ms. Svetla Otzetova, the Events Director of FISA, the International Rowing Federation, visited the Kai Tak site and her recommendations will form the basis of further discussions on the way forward.

No final commitment has been given at this stage by the Government, but the Association will continue to work hard with its sports partners to bring this project to fruition for the long-term benefit of Hong Kong.





展能賽艇於2010亞洲殘疾人士運動會大豐收 Medals Haul For Hong Kong Rowers At 2010 Guangzhou Asian Para Games



“ 賽艇選手可謂
越戰越勇
Adaptive rowers become
more competitive ”

在賽馬會慈善信託基金的資助下，協會在2003年開始已積極發展展能賽艇，並一直致力發掘及培育不少極具潛質的展能運動員代表香港出賽。近年展能賽艇選手可謂越戰越勇，在剛過去的2010亞洲殘疾人士運動會中更大放異彩，是次比賽我們共派出八名精英展能賽艇選手參賽，無一空手而回。

- 曹萍在女子單人雙槳艇項目中奪得銅牌
- 畢熾揚在男子單人雙槳艇項目中奪得銅牌
- 年紀輕輕的呂曉茹和邱德興在雙人雙槳艇項目取得銅牌的佳績
- 首次於海外大賽合作的陳嘉敏、陳婉華、郭永及鄭士隆更在四人單槳有舵艇項目摘下歷史性的銀牌。其中一名隊友陳婉華表示在比賽前已知道勁敵中國隊的實力相當之高，問鼎金牌是有一定的難度，因此能取得銀牌的佳績已相當滿意。

原來在亞殘會前14個星期，各位展能運動員已定下一個從早到晚密集式的訓練，由於他們並非全職運動員，各隊員也各自面對不少困難。鄭士隆說：「那時為了迎戰亞運，很多隊友也要放下原本的全職工作來全心全力訓練，並且犧牲了很多陪伴家人的時間。其實有不少殘疾人士對展能賽艇亦感

興趣，但無奈很多現實環境的因素，令他們「有心無力」，難以維持訓練。」。他們均期望能有更多的資源投放發展展能賽艇，從而吸引更多新血加入，令展能賽艇項目得以持續發展。另外，郭永亦表示四人單槳有舵艇是一項非常獨特及能充分體現傷健共融的運動，因為沒有一項展能運動能融合不同殘障情況的人士，無論是肢體殘缺或是視障的人士也能在同一艘賽艇上共同參與；同時，他亦希望有更多殘疾人士能認識展能賽艇，一同享受賽艇運動的樂趣。

在此，我們先預祝各展能賽艇運動員能發揮他們的最高水準，為香港展能賽艇創下更多佳績。

* (圖片由香港殘疾人士奧委會暨傷殘人士體育協會提供。)

The Association has been committed to identify and train potential adaptive rowers to represent Hong Kong in international rowing competitions since the Adaptive Rowing Development Scheme was introduced in 2003 with financial support for the project from the



Hong Kong Jockey Club Charities Trust.

Rowing is an ideal sport for athletes with a disability, but as with able-bodied athletes, it requires a very high level of dedication and commitment at international level. The previous FESPIC Games have now given way to the Asian Para Games and rowing was included for the first time as a para sport in Asian competition in the inaugural Asian Para Games hosted by Guangzhou in December 2010. The Association was proud to be able to put forward a full rowing team in this important event.

With the support of the Hong Kong Paralympic Committee and the dedicated efforts of our adaptive rowers, we were able to send a team of eight rowers to the Games, to contest the LTA Mixed Coxed Four, the TA Mixed Double Sculls, the AS Womens Single Sculls and the AS Mens Single Sculls.

The final results of the Hong Kong Team demonstrated the commitment of these athletes to their sport: -

- Cho Ping captured the bronze medal in AS Women's Single Sculls
- Puk Chi Yeung captured the bronze medal in the AS Men's Single Sculls
- the young adaptive rowers Lui Hiu Yu and Yau Tak Hing took the bronze medal in TA Mixed Double Sculls; and
- Chan Ka Man, Chan Yuen Wah,



Kwok Wing, joined by new team member Cheng Sze Lung returned home with their first silver medal in LTA Mixed Coxed Fours (LTAMix4+). Knowing the China Team in this event was very strong, particularly in the LTAMix4+ event, Chan Yuen Wah added that she felt quite satisfied with the silver medal as her team had already achieved their best.

Preparation for the Games involved day-to-day intensive training for the 14 weeks leading up to the competition. Our rowers are not full time athletes, and all had their own difficulties to face in making the required commitment to training. 'To be well prepared for the Asian Para Games, we had to put down our own job and sacrifice our time with family members in order to devote our best efforts to

focus on training.' Cheng Sze Lung said. He said that he knew some people with disabilities who had interest in rowing, but they couldn't devote their time to it for some practical reasons. Notwithstanding that they were eager to row, they just can't row. He further commented that to attract more potential adaptive rowers, more resources should be allocated for the adaptive rowing programme. Kwok Wing added that rowing the LTAMix4+ is a unique sport event that best reflects the integration of the people in different communities, as there is no other sport which can be participated with different disabilities such as physically disabled or blind rowers combining to race together.

* (Photos by HKRC & SAPD)



賽事回顧：2011港九中學校際室內賽艇錦標賽
Event Review: 2011 Inter-School Indoor Rowing Championships Hong Kong Schools Sports Federation - Hong Kong and Kowloon Regional Sub-Committee

別以為室內賽艇不用日曬雨淋，就會比傳統海上賽艇較輕鬆舒服。剛於五月舉行的2011港九中學校際室內賽艇錦標賽，各參賽的中學生均施展渾身解數，挑戰自己的體能極限！他們於比賽結束後無一不汗流浹背，氣喘吁吁，有的更出現腳痛、抽筋及嘔吐的情況，真的是有苦自己知。雖然如此，他們從沒有一刻想放棄的念頭，依然全力以赴，誓要為學校爭奪全場總冠軍的寶座！

今年的錦標賽共吸引超過1000名中學生來自48間中學參與，報名人數更是歷年之冠！由此可見學校室內賽艇發展計劃已漸趨成熟，並且在學界比賽中佔一重要位置。由於參加人數眾多，今年的競爭可謂相當激烈。各校於首天的個人項目賽事已鬥得難分難解，得分相當接近。因此取勝關鍵就在於壓軸的接力賽，亦是整個錦標賽的高潮！

在一眾隊友及觀眾的歡呼聲下，余振強紀念中學果然不負眾望，最終以大比數拋離喇沙書院，連奪男子全場總冠軍三年霸的寶座。眾所周知拔萃女書院一直視德望學校為強勁的競爭對手，因此，女子項目方面亦毫不遜色；經過一輪的激戰，拔萃女書院

最終成功衛冕女子全場總冠軍的獎項。雖然是次比賽經已完滿結束，但各校在學界賽艇運動上的較量仍然繼續，期望各同學繼續努力，為你們的學校爭取最佳成績！

承接今次錦標賽的佳績，協會將繼續與香港學界體育聯會及各中學保持緊密的合作，並期望將明年的錦標賽拓展至全港九新界，令更多的中學生有機會參與此項運動比賽，發揮他們的體育細胞，同時能有效地改善他們的體適能水平。



Indoor rowing is a more relaxing sport than the traditional water rowing as the rowers are not exposed to the sun or rain for hours'. It might be your first thought of indoor rowing. However, once you have watched rowers competing, you will without any doubt change your mind! In this year's Inter-School Indoor Rowing Championships, all participating students pushed themselves to the limit of their physical abilities to fight to be champions with single-minded determination to bring honour to their schools.

This year, the number of entries reached a new record, attracting over 1,000 participants from 48 secondary schools in the Hong Kong Island and Kowloon region. The overwhelming response demonstrates how indoor rowing activity is gaining positive support from local secondary schools.

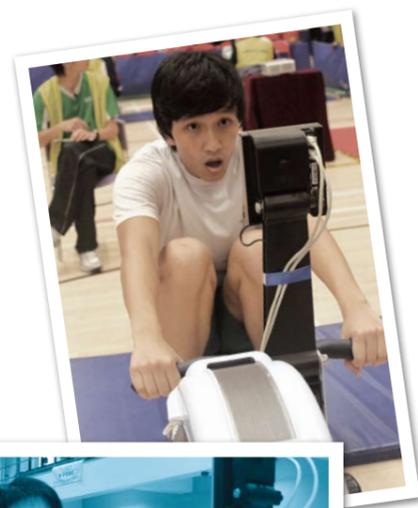
The competition was divided into two days, with individual

races on the first day where younger age group students raced 1,000m and older age groups 2,000m. The Team relay events were the highlight of the second day.

Strong and vocal support was provided throughout the two days by school cheering teams and teammates of the rowers. For the boy's events, Yu Chun Keung Memorial College lived up their reputation against a strong La Salle College team to capture the championships for a third consecutive year. In the girl's events, the team from Diocesan Girls' School beat the Good Hope School to defend their title won last year. Congratulations to the winning teams. Our hearty congratulations also to all participating rowers and schools!

With the successful staging of the Championships this year, the Association will continue to work closely with the Hong Kong Schools Sports Federation

and with schools to further expand this exciting event in the coming year, providing students across Hong Kong with new opportunities to participate in competitive sport and at the same time to improve their physical fitness.



「知己知彼，百戰百勝」
knowing your competitors'
strengths as well as your own
is the key to victory



經驗分享：與日本賽艇隊的交流計劃 Experience Sharing : Exchange Trip With Japanese Team

香港與日本的賽艇代表隊在亞洲及世界各大賽也視對方為強勁的競爭對手，儘管今年兩隊並未在賽事中碰頭，但他們仍把握每一個較量的時機，在訓練當中仍不忘互相分享賽艇的經驗。正所謂「知己知彼，百戰百勝」。香港賽艇代表隊深明這個道理，因此於年初與日本賽艇代表隊安排了兩地的集訓交流。適逢冬季，日本的天氣較為寒冷，並不適宜賽艇集訓。因此，作為東道主的我們首先於今年二月邀請日本隊來港進行交流；日本隊此行共派出12名賽艇運動員及兩位教練同行，並於沙田賽艇中心及香港體育學院進行訓練。其後，香港賽艇代表隊亦派出13名運動員及三位同行教練往名古屋川邊市與日本隊進行集訓及交流賽艇心得。很高興，協會能邀請香港賽艇總教練白勵先出席了一個專訪，與我們分享此交流計劃的點滴。

香港賽艇：這次兩地集訓的交流計劃提供了一個很好的平台讓兩地的運動員交流彼此的賽艇經驗和技巧。可否分享一下他們的集訓形式，可以如何增強他們之間的交流呢？

Chris Perry：集訓前我們會跟日本隊的教練先商討並制定一套訓練計劃，我們的想法是讓兩隊的運動員在同一條賽河，甚至同一艘艇上進行訓練，共同感受對方的賽艇速度和節奏，並不只是在同一條賽河上各自進行訓練。因此，無論是教練或是運動員之間，我們與日本隊之間也是充滿互動和交流的。

香港賽艇：在是次的交流計劃當中，香港隊最主要學習到甚麼？

Chris Perry：無可否認，日本隊的技術和在亞洲的賽艇排名也比我們高。我們首要透過觀察他們的訓練，從而學習如何提升我們的賽艇速度。另外，香港隊的運動員亦告訴我，日本隊的訓練比他們想像中刻苦和艱辛，但當中並沒有一位運動員表現鬆懈和想過放棄。我相信香港隊假以時日也能訓練出此堅毅不屈的精神！

香港賽艇：日本和香港的兩地文化及語言並不一樣，這會造成彼此交流的障礙嗎？

Chris Perry：集訓開始首數天，日本隊其實是表現得較為被動，隊員亦不太表達自

己。相反，香港隊則表現得十分好動和外向。不過經過數天的訓練，他們的友誼很快便建立起來，現在他們亦有透過社交網絡 - Facebook保持緊密的聯繫呢。

其實這樣社交聯繫對我們來說是非常重要的。很多亞洲國家都慣常地將他們的訓練過程保密，不願對外公開任何的秘技。但賽艇是不存在秘技的！公平的競爭才是最重要！本著此信念，我們希望把香港隊的賽艇水平繼續提高，並視中國國家隊為競爭目標。

香港賽艇：透過一系列的集訓，相信賽艇運動員定必更能了解自己的實力，亦有助教練作出適當的培訓，從而提升他們的個人潛能。哪香港隊的長處和需要改進的地方又是甚麼呢？

Chris Perry：本地的運動員，特別是年輕的一輩，除了要加倍鍛鍊他們的毅力外，還要改善他們的紀律性。眾所周知，日本的運動員有著極強的紀律性，他們作息定時，嚴謹控制飲食及準時出席訓練。本地運動員在這方面確實需要向日本隊學習。但另一方面，我們的隊員同時讓日本隊看

到我們的靈活性，除了聽取教練的指導外，隊員還會勇於提出自己的想法。反之日本隊則較為傳統，服從性強，反而限制了他們接受新事物的能力。我認為這是非常好的文化體驗，讓我們看到文化上的差異形成了不同賽艇手的特性。

香港賽艇：香港隊在日本集訓期間，剛巧遇著日本大地震，那有影響是次交流計劃的行程嗎？

Chris Perry：是的，港隊在日本的最後數天，我們感受到非常強烈的地震，不過幸好所住的地方並沒有太大的損毀。但有數位日本隊員卻跟災區的家人失去聯絡，當時整個團隊的氣氛頓然低沉下來，幸好他們的家人最後也安然無恙，我們才放心頭大石。地震後數天，釋放幅射的消息不斷流出，我們擔心情況會惡劣下去，因此決定提前兩天離開。

香港賽艇：來年將會有更多的交流計劃嗎？

Chris Perry：我們和日本隊已計劃來年會有更多技術交流及集訓的機會，預計明年冬天他們會再到訪香港一趟，而我們亦

會再前往日本進行集訓。至於今年，我們亦把握機會相約在世界錦標賽前夕於歐洲會面。

除此之外，我們會尋找更多的海外集訓及比賽的機會，讓一眾年輕及有經驗的賽艇選手參與，無論任何形式，只要對他們有利的，我們也會嘗試安排。

In Asian and world rowing competitions, crews from Hong Kong and Japan often find themselves in close battles against each other. There is a great deal of respect between the two teams and although in competition neither team gives any quarter to the other, both teams are keen to share experience in training.

Such an opportunity arose this year and the Association was able to arrange a joint training programme between Hong Kong and Japan at the beginning of the year. Coinciding with winter in Japan, where the cold weather is not suitable for training, we invited the Japan Team

with 12 rowers and two coaches to train with the Hong Kong team at the Sha Tin Rowing Centre and the Hong Kong Sports Institute in February. Following this, the Hong Kong Rowing Team took 13 rowers and three coaches to train in Nagoya in Japan. We were pleased to invite Chris Perry, the Head Coach of the Hong Kong Rowing Squad to share his views of the exchange programme with Hong Kong Rowing readers:

HK Rowing: This exchange programme provided a very good platform for both teams in terms of training and technical sharing. Would you like to share the concepts and format of the joint training? How could the rowers have more interaction?

Chris Perry: The coaches from Hong Kong and Japan had sat down together and made the training plans beforehand. Our ideas for the joint training were not just two teams at the same location and doing their own training. Sometimes we mixed the team members in the same boat, so



第25屆兩大賽艇錦標賽
The 25th Hong Kong Intersvarsity Rowing Championship

時光飛逝，今年的「兩大賽艇錦標賽」不經不覺已踏入第25個年頭。在八十年代中期，賽艇運動在香港並未完全普及，當時的賽艇運動員多數是來自香港中文大學和香港大學，這兩所於香港歷史最悠久的大學。為促進兩校之間的友誼及提升彼此的賽艇水平，兩所大學便效法牛津大學和劍橋大學於1987舉行一年一度的賽艇錦標賽，同時亦為大學賽艇奠定重要的根基。一如以往，今年的錦標賽將於9月4日舉行，賽事共分為男子八人3,500米及女子四人1,500米兩項。歷年來兩校的實力均不相伯仲，到底今年誰勝誰負，屆時自有分曉。

今天，大學賽艇不再是中港大的專利，現時全港八間大專院校均各建立了自己的屬會，並培養出不少具潛質的賽艇健兒參與一年一度的全港大學賽艇錦標賽。

無論你是歷屆的參賽者還是畢業生，歡迎你在9月4日前來城門河為你所屬的隊伍打氣，並與我們一同慶祝這兩大賽艇錦標賽的銀禧活動。

This year marks 25 years since the first Hong Kong Intersvarsity

Championship was held on the Shing Mun River in 1987. In the middle of the 1980's rowing was still at an early stage of development in Hong Kong. The majority of university rowing at this time took place at the Chinese University of Hong Kong (CUHK) and the University of Hong Kong (HKU). To promote friendship and improve the standard of rowing, the two universities agreed to follow the most famous rowing model of Oxford and Cambridge Universities to host an annual rowing race, which subsequently laid a solid foundation for the further development of university rowing. Now in its 25th year, the combination of history and tradition gives the Intersvarsity Championship a special status. This year, the Championship will include the main event, the Men's Coxed Eight over a distance of 3,500m and the additional Women's Coxed Four over 1,500m. The long-standing rivalry between CUHK and HKU will be seen again this year. We will have to wait until 4th September to see which team will prevail.

In the past 25 years, the development of University Rowing has made significant progress. Eight universities have established active rowing clubs, nurturing many athletes to compete in the annual Hong Kong Universities Rowing Championships as well as overseas.

For Hong Kong's own "Boat Race", the Intersvarsity Championship, we hope that many former competitors will come to celebrate this silver jubilee and support their team on 4th September. Come along and share your own stories of when you rowed in the Hong Kong Intersvarsity Championship.



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