

會訊

NEWSLETTER

二零一七年十一月
November 2017

香港康樂管理協會
Hong Kong Recreation Management Association

第120期
Issue 120



香港康樂管理協會
Hong Kong Recreation
Management Association

網址 website:
<http://www.hkrma.com.hk>

Editorial Board 會訊編輯小組

主編: 李世琛博士 Dr Sam Li
編輯: 何詠嘉小姐 Miss Ho Wing Ka
余顯穎小姐 Miss Yue Hin Wing
王詩韻小姐 Miss Muse Wong

CONTENTS

News from the Association
最新消息
-1-

2017-18 Organisation and
Office Bearers
2017-18 年度組織及職員表
-2-

HKRMA New Executive Committee
Member - Crystal Vut
-3-

2017 Residential Clubhouse
Management Award Briefing Session
-4-

香港網球公開賽
-6-

運動裝備對運動員表現的影響
-8-

Attention and Concentration -
Afterthought from enjoying
"M" mark events
-10-

News from the Association 最新消息

Announcement

**2018 HKRMA AGM
cum Annual Dinner**

Date: 5 May 2018 (Saturday)
Time: 6:00 pm - 11:00 pm
Venue: Hong Kong Football Club

本會會訊已由2015年5月起全面轉為電子會訊，並將以電郵形式傳送予所有會員，如各會員想更新你的電郵地址以接收本會會訊，請將閣下的最新電郵、會員姓名或編號電郵至 admin@hkrma.com.hk 確認更新。各會員現在亦可透過本會網頁: <http://www.hkrma.com.hk> 瀏覽本會過往及最新的會訊。

香港康樂管理協會新郵箱地址: 香港郵政總局郵政信箱9044號
PO Box 9044, General Post Office, Hong Kong



香港康樂管理協會 (Hong Kong Recreation Management Association) 的 facebook 經已成立，請各會員多多支持，日後所有本會新辦活動及課程均會在本會網頁: <http://www.hkrma.com.hk/> 及 facebook 內公佈，敬請留意。

郵箱: 香港郵政總局郵政信箱9044號
Mail Box: PO Box 9044, General Post Office,
Hong Kong
傳真: 2319-5834
Fax
電子郵件: admin@hkrma.com.hk
E-mail

Hong Kong Recreation Management Association 香港康樂管理協會

2017 - 18 Organisation and Office Bearers 二〇一七至一八年度組織及職員表

Patron 贊助人	霍震霆 GBS, 太平紳士 <i>The Honourable Timothy Fok Tsun Ting, GBS, JP</i>
Hon. President 名譽會長	林建名博士 <i>Dr. Lam Kin Ming</i>
President 會長	容德根博士 <i>Dr. Dicken Yung</i>
Hon. Legal Adviser 名譽法律顧問	王寶榮大律師 <i>Mr. Wong Po Wing, Barrister</i>

Executive Committee 執行委員會

Chairman 主席	胡偉民先生 BBS <i>Mr. Johnny Woo Wai Man, BBS</i>
Vice Chairman 副主席	張國基先生 <i>Mr. Paul Cheung Kwok Kee</i>
Secretary 秘書	黃達明先生 <i>Mr. Richard Wong Tat Ming</i>
Treasurer 司庫	黃令陶先生 <i>Mr. Lester Huang Ling To</i>
Member 委員	陳敏璇女士 <i>Ms Joyce Chan</i>
	鄭文龍先生 <i>Mr. Arthur Kwong Man Lung</i>
	林鈞琛博士 <i>Dr. Michael Lam Huen Sum</i>
	劉永松教授 <i>Prof. Patrick Lau Wing Chung</i>
	梁景法先生 <i>Mr. Kelvin Leung King Fat</i>
	李世琛博士 <i>Dr. Sam Li Sai Sum</i>
	屈旨盈小姐 <i>Miss Crystal Vut Tsz Ying</i>
	黃嘉儀博士 <i>Dr. Allison Wong Ka Yee</i>

Sub-committees 小組委員會

Academic 學術小組	劉永松教授 <i>Prof. Patrick Lau Wing Chung</i>
	林鈞琛博士 <i>Dr. Michael Lam Huen Sum</i>
	陳敏璇女士 <i>Ms Joyce Chan</i>
	鄭浩杰先生 <i>Mr. Calvin Cheng Ho Kit</i>
Marketing 市場推廣小組	鄭文龍先生 <i>Mr. Arthur Kwong Man Lung</i>
	黃啟雄先生 <i>Mr. Patrick Wong Kai Hung</i>
	屈旨盈小姐 <i>Miss Crystal Vut Tsz Ying</i>
	鄭浩杰先生 <i>Mr. Calvin Cheng Ho Kit</i>
Membership 會員小組	黃嘉儀博士 <i>Dr. Allison Wong Ka Yee</i>
	陳愷晴小姐 <i>Miss Chan Hoi Ching</i>
	游家騰先生 <i>Mr. Yau Ka Tang</i>
Newsletter 會訊編輯小組	李世琛博士 <i>Dr. Sam Li Sai Sum</i>
	何詠嘉小姐 <i>Miss Ho Wing Ka</i>
	余顯穎小姐 <i>Miss Yue Hin Wing</i>
	王詩韻小姐 <i>Miss Muse Wong</i>
Social and Recreation 社交及康樂小組	梁景法先生 <i>Mr. Kelvin Leung King Fat</i>
	屈旨盈小姐 <i>Miss Crystal Vut Tsz Ying</i>
	黃曉盈小姐 <i>Miss Angel Wong Hiu Ying</i>
Finance	黃令陶先生 <i>Mr. Lester Huang Ling To</i>
	林思源先生 <i>Mr. Lam Sze Yuen</i>

HKRMA New Executive Committee Member –

Crystal Vut

Hello, I am Vut Tsz Ying (Crystal). I am now working in Hong Kong Baptist University as Assistant Lecturer. It is my honour to be nominated as a committee member in HKRMA. I am now in the Marketing Sub-committee as well as the Social & Recreation Sub-committee. The focus of this year will be the Residential Clubhouse Management Award 2017 (RCMA) and HKRMA Annual Dinner. In 2014, I was one of the Timothy Fok Scholastic Awardees. I attended the EC meetings regularly and found that I am interested in Social & Recreation Sub-committee. I helped with the Annual Dinner preparation work and be the master of ceremony (MC) of the Dinner. It was my first time to be MC and the experience was memorable. It is my pleasure to being selected to be a committee member for the Association now. I hope to serve with the Association for a prosperous future of recreation management in Hong Kong.



FITNESS EQUIPMENT SUPPLIES

FUNCTIONAL FLOORING

Member Experience
Total Solution To Enhance

MASTER TRAINING PROGRAM

COMPREHENSIVE MAINTENANCE SERVICES

ELECTRONIC LOCKER SYSTEM



ME Fitness Limited
2/F Olympian City One, 11 Hoi Fai Road, Kln.

T: +852 2271 4144 E: info@mefitness.com.hk
F: +852 3544 7892 W: www.mefitness.com.hk

專供世界 頂級運動及康樂設備

The Professionals in Sports, Recreational & Landscaping Facilities

Tel: +852 2390 6833 | Fax: +852 2390 6866 | www.parks-supplies.com



Kellett School Skypitch Sports Ground,
Kowloon Bay, KLN



The Repulse Bay "Play Street",
101 Repulse Bay Road, HK



Fu Hong Street Sitting Out Area,
Siu Sai Wan, HK



The Repulse Bay "Waterscape",
Island South, HK



知我名者 齊來建基

Our Branding Your Foundation



Our VISION

- ❖ Cultivating "Sport For All" and "Play For All"
- ❖ Playgrounds as Second Classrooms for Children



栢溢名基康體設備有限公司

Parks Supplies Company Limited

地址: 香港上環皇后大道中208號勝基中心11樓A室

Address: Rm A, 11th Floor, Winbase Centre,
208 Queen's Road Central, Sheung Wan, Hong Kong

Email: hq@parks.com.hk

Our MISSION

- ❖ Introducing Sports and Recreational Facilities of the Best Quality from all over the world
- ❖ Providing Professional Customer Service



2017 住宅會所管理大獎 簡介會

Launching of 2017 Residential Clubhouse Management Award

Date: 7 October 2017

Same as 2015, the Residential Clubhouse Management Award has been launched this year. The brochures for this event have been sent to the property management companies managing clubhouses for their reference and a soft copy has been posted on the Hong Kong Recreation Management Association (HKRMA) website. This event has all along been welcoming by these companies as they can take the opportunity to do an internal analysis with a view to upgrading their services, and also they can benchmark themselves with other companies on managing clubhouses. In order to enable them to have a better understanding of the competition and the criteria for assessing their performances, a briefing session was held on 7 October at Chinese YMCA of Hong Kong (Kowloon Centre).

A number of property management companies sent their staff to attend the briefing session. During the briefing, we explained to them the requirements of the nine criteria and encourage them to join the competition. This competition could enable the participants to review what they had been doing, to identify their strengths and weaknesses and also what they could do to excel their services. In addition, if they enter into the competition, this will also give members of the Owners' Committee (OC) to realise what they have done in all these aspects concerning the management of the clubhouses.

During the briefing session, the essence of each criterion was explained and the areas that were overlooked by previous participants were highlighted. Because of oversight, some participants failed to provide the required information for assessment by the Reviewing Committee. As a matter of fact, the nine criteria could be grouped into three major areas: (1) hardware; (2) software; and (3) foresight. The "hardware" part covers the quality of environment, security, maintenance and sanitation conditions. Irrespective of the number of households, the hardware is more or less the same and this is of great concern to residents. If any of this part is being neglected, this could cause complaints from residents as well as affecting the market value of the property. The "software" covers the management team, the activities organised, the utilization of the facilities being provided in the Clubhouse and customer service. This software part is of utmost importance for the management to provide a variety of activities and facilities to meet the needs of residents. All these services need a strong management team with dedication and passion. The last but not least is "foresight". The management should devise sustainable plans for the development of the facilities in the Clubhouse and keep the facilities updated to meet the needs and expectations of residents. Without plans for the future, the residents would feel bored after using the facilities for some years. However, whatever plans are being formulated, they should be practicable and viable.

Notwithstanding whether the participants would win the awards in the end, a "health check" has been carried out on the current situation in preparing the written submissions. Moreover, their act would hopefully create a "WOW" effect to members of OC as they can understand the achievements being made by the management company on managing the Clubhouse. In the event they can win the competition, they will realise that their performances are fully recognised and this would give a good motivation to staff to continue to perform the best.

Before the briefing session was closed, Mr Johnnie Chan, the Chairman of Education and Training Committee of The Hong Kong Association of Property Management Companies joined hands with Mr Johnny Woo, the Chairman of HKRMA encouraged the attendees to bring home the message the benefits of entering the competition. This is a good opportunity to enable their colleagues to assess their services and identify ways for further improvements. We look forward to receiving applications from the property management companies. The deadline for receiving written submissions is 30 November 2017 and any late submission will not be accepted.



多位會所經理及代表留心聽取大會講解比賽要點



香港康樂管理協會主席及評審解答參賽單位的問題

住宅會所管理大獎評審流程



香港網球公開賽

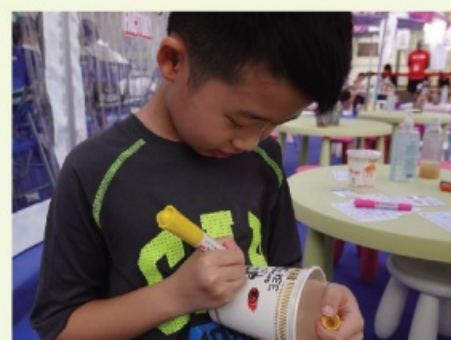


轉眼間，今年已是香港網球公開賽重辦後的第四年，賽會於賽事級別及網球同樂區活動都有所提升，從而吸引更多觀眾入場參與觀賞賽事。是屆賽事總獎金由去年25萬美元增加一倍至50萬美元，這更能吸引頂級球星來香港參與此項盛事。

值得一提的是本屆賽事的網球同樂區比以往幾年多了很多互動的攤位及娛樂節目，例如免費瑜伽堂及街頭樂隊表演等，既能增加賽事的觀賞性，又能吸引附近的居民或遊客來消遣。



同樂區遊戲



除了飲食和拍照的攤位外，今年多了一些DIY的攤位，例如最受歡迎的日清合味道攤位，可以DIY屬於自己的杯麵，大人小孩都好開心；除此之外，大會今年亦和Snaptee合作，讓人們DIY獨一無二的T-shirt，收益扣除成本後更會捐給香港網球總會，為有特殊學習需要的兒童提供免費網球課程，希望能透過運動，能提升他們的專注力及學習能力，既能DIY自己的T-shirt，又能做善事，一舉兩得。

除了飲食和拍照的攤位外，今年多了一些DIY的攤位，例如最受歡迎的日清合味道攤位，可以DIY屬於自己的杯麵，大人小孩都好開心；除此之外，大會今年亦和Snaptee合作，讓人們DIY獨一無二的T-shirt，收益扣除成本後更會捐給香港網球總會，為有特殊學習需要的兒童提供免費網球課程，希望能透過運動，能提升他們的專注力及學習能力，既能DIY自己的T-shirt，又能做善事，一舉兩得。



值得一提的是決賽當日天文台懸掛八號風球，令原來下午2:30PM的賽事延至晚上九時才開始，兩位決賽球員更打至決勝局，最後由A. Pavlyuchenkova在先失一局的情況下連贏兩局以5:7 6:3 7:6(3)擊敗D.Gavrilova取得勝利，整個賽事於10月16日凌晨二時正式落幕。香港舉辦世界級賽事的人材及能力不容置否，但若希望於國際舞台上更上一層樓，場地配套設施上仍需努力，如香港有一個能容納大量觀眾的室內網球場，便不需要望天打卦。



工作人員正努力把場地弄乾
Photo credited by HKTO Facebook

運動裝備對運動員表現的影響

現今社會中，運動越趨流行，而運動員亦追求自己可以發揮更好的表現。各種運動的裝備更是隨著社會的改變而得到很大的改進，直接影響運動員表現。其中有3項運動的成績有明顯進步，有單車、游泳及網球，紀錄不停創新。

以下會利用這3項運動裝備說明裝備技術可以如何提升運動表現。

在單車方面，一直認為最影響速度的是空氣帶來的阻力，包括單車上的水瓶架、把手、車輪，就連運動員必須戴上的頭盔都是影響阻力的主要因素。有工程師發現只要將水瓶架設置於自行車下半部車架中，已經可以令自行車減少風阻及更加呈流線型，而把手亦有一個更利運動員發揮的位置，將把手的高度設計在較低的水平使運動員在訓練及比賽中把手肘擱置在上方，這樣可以減少車身的風阻和運動員的身體水平亦更接近車身，把身體和車身接觸空氣的面積減少，減少阻力增加速度。而頭盔在經過多年的研究和改良，發現如果將頭盔設計成有「尾巴」蓋著運動上衣，而減少了頸部的凹位亦會減少風阻。另外，車輪和車架的重量方面對提升車速亦有很大幫助，例如比賽用的車輪在現階段改良得愈來愈幼，使車輪與地面的接觸面積減少，從而減少摩擦力，使車速變得更快。而製造車架的物料更是愈來愈輕，車架愈輕速度便可提升至更快水平，但車架越輕亦帶來了車身穩定性這個問題，車身愈輕運動員越難控制單車，所以在可見的將來研究人員應在這方面作出研究。



另外，令網球成績不斷創新紀錄要把功勞給予網球拍。以前的球拍因為受物料的限制，只可用木板而且其面積不可太大，因為木板容易受天氣影響，木板愈大而濕度過高會令木球拍容易爆裂，所以以前的木球拍只有一個大小，而且重量較重。隨著時代變化，網球拍的物料變得多元化，近年較新的物料有碳纖維和石墨等，這些物料相對木板更輕更堅固，而且更有多種不同重量不同大小的網球拍供運動員選擇。運動員可以跟據自己的喜好去選擇一塊適合自己的球拍，從而達到自己的要求。雖然以前木球拍面積相對較細，可以令運動員更容易控制球速及方向，但相反球拍可接觸距離亦會減少，即運動員需踏多一步來擊球，使運動員體能消耗得更快。但近年來球拍不斷改變，球拍



面積可因個人喜好選擇，而其物料亦相對較輕，所以運動員不會因為球拍變大而覺得太重。球拍面積大了，運動員可以更容易擊中網球，而且雖然球拍變得輕身但擊球力度卻上升，只要用輕輕力度，網球便可打到底線，有一部分原因是因為球拍的支撐點更接近手掌不再是球拍的中心點，所以在揮動球拍時，拍頭會變得更有力量。但球拍越輕亦會帶來一定壞處，球拍輕擊球力度細但網球卻飛得更遠，運動員會更難控制力度，網球變得更容易出界。不過近年除了不斷改良普通球拍使其變得更完善，一些高級比賽已經開始採用智能球拍，只要把晶片放入網球拍手握位中，運動員打網球時的資料便會自動記入晶片裏，例如：力度、球速及反應等。但因為智能球拍價錢相對較貴，所以現時並不普及，相信不久將來可以使用智能球拍的比賽會越來越多。

第三項運動項目是游泳，游泳運動員所穿著的比賽泳衣更是改良了不少，其物料可限制水份的吸收和更輕身。近年的游泳運動員所穿的高科技泳衣「LZR」是用尼龍貼片製造的，因為這種物料具有極強彈性，可以壓縮運動員身上的脂肪和肌肉，亦可緊緊包裹著臀部令臀部不會因下垂而增加水阻，所以這種高科技泳衣可以使運動員的身體變得更平滑更呈流線型，令全身變得更「去水」。而且尼龍貼片這種物料十分輕而且泳衣的接駁位更是用超星波焊接固定，不用縫線的方法更可減低水阻令運動員的速度提升，所以即使運動員需要用20分鐘的時間把身體完全擠入泳衣中他們也是願意的。但在2008年的奧運會後，奧委會更改了比賽規則，也開始限制運動員穿著這種高科技泳衣進行比賽，因為在該年的奧運會中有42個游泳項目打破了世界紀錄，而當中有30個打破紀錄的運動就是穿著了這種泳衣。所以人們會質疑科技越進步可能會令比賽帶來不公平。



可見不同裝備的技術越趨進步，因應不同需要而作出相應改善，高科技裝備可以為運動界再創高峰，但同時亦有可能會帶來一些不公平的因素，所以高科技可為人類帶來進步但同時亦帶來矛盾。

參考資料:

Photo:

https://www.google.com.hk/search?safe=strict&biw=1032&bih=567&tbn=isch&sa=1&ei=E1YSWo3qApHX0gTUjD4Cg&q=LZR+%E6%B3%B3%E8%A1%A3&oeq=LZR+%E6%B3%B3%E8%A1%A3&gs_l=psy-ab.3...70995.84926.0.85281.3.3.0.0.0.0.91.229.3.3.0...0...1.1.64.psy-ab.0.2.158...0j0i30k1j0i19k1.0.Jsc_wl3rMdm#imgsrc=ehVau1crlcjTM
https://www.google.com.hk/search?safe=strict&biw=1032&bih=567&tbn=isch&sa=1&ei=UFQSWo7vM4e60gTX45zwbQ&q=%E7%A2%B3%E7%BA%96%E7%B6%AD%E7%B6%B2%E7%90%83%E6%8B%8D&oeq=%E7%A2%B3%E7%BA%96%E7%B6%AD%E7%B6%B2%E7%90%83%E6%8B%8D&gs_l=psy-ab.3...0i24k1.246786.246786.0.24707.1.1.1.0.0.0.98.98.1.1.0...0...1.1.64.psy-ab.0.1.97...0.7Un2Y9CUg8g#imgsrc=w64a_VnSU1XS1M
https://www.google.com.hk/search?safe=strict&biw=1032&bih=567&tbn=isch&sa=1&ei=SFUSWoLSE4vo0gTG8o2wAQ&q=%E7%9F%B3%E5%A2%A8%E7%B6%B2%E7%90%83%E6%8B%8D&oeq=%E7%9F%B3%E5%A2%A8%E7%B6%B2%E7%90%83%E6%8B%8D&gs_l=psy-ab.3...18559003.18559003.0.18559668.1.1.0.0.0.0.39.39.1.1.0...0...1.1.64.psy-ab.0.0.0...0.JWrf6Q3YzG8#imgsrc=Xae-Gc3ULVQCPM

https://www.google.com.hk/search?safe=strict&biw=1032&bih=567&tbn=isch&sa=1&ei=yJOSWqXcOcTN0gSN0KW4Ag&q=%E7%A2%B3%E7%BA%96%E7%B6%AD%E5%92%8C%E7%9F%B3%E5%A2%A8%E7%B6%B2%E7%90%83%E6%8B%8D&oeq=%E7%A2%B3%E7%BA%96%E7%B6%AD%E5%92%8C%E7%9F%B3%E5%A2%A8%E7%B6%B2%E7%90%83%E6%8B%8D&gs_l=psy-ab.3...24344.27857.0.28987.3.3.0.0.0.0.40.113.3.3.0...0...1.1.64.psy-ab.0.0.0...0.gfZ8U2QTKQ#imgsrc=iCNYrUjZPB GIRM
https://www.google.com.hk/search?safe=strict&biw=1032&bih=567&tbn=isch&sa=1&ei=5p0SWo39LIPX0gTF9bi4CQ&q=%E5%85%AC%E8%B7%AF%E5%96%AE%E8%BB%8A&oeq=%E5%85%AC%E8%B7%AF&gs_l=psy-ab.1.2.0i10.39281.42481.0.4370.6.3.3.0.0.0.86.194.3.3.0...0...1.1.64.psy-ab.0.2.156.0...0.KftDu02xrgY#imgsrc=mH_L njkT12PckM
<http://dujs.dartmouth.edu/wp-content/uploads/2012/11/technology-in-sports-equipment.pdf>

Attention and Concentration - Afterthought from enjoying “M” mark events

Yue

For an athlete, attention and concentration is very important to them.

An elite athlete peak performance is associated with being “absorbed in the present” and having no thoughts about past or future. Also, it is associated with being mentally relaxed and having a high degree of concentration and control. Moreover, being in a state of extraordinary awareness of both the body and the external environment associate with their peak performance. It is important to focus on only the relevant cues in the athletic environment and to eliminate distractions.

Experts as compared to novice performers can make faster decisions and better anticipate future events. Experts can attend more to movement patterns and search more systematically for cues. Besides, they can selectively attend to the structure inherent in sport, and they are more skillful in predicting ball flight patterns.

Indeed, there will be some reasons making internal distractions, like attending to past events and attending to future events. Moreover, over analysis of body mechanics, fatigue as well as inadequate motivation are also the reasons. Furthermore, choking under pressure will make internal distraction.

Choking is an attentional process that leads to impaired performance and the inability to retain control over performance without outside assistance. Choking usually appear in important competition, critical plays in a competition and evaluation by coaches, peers and parents. Then, they would have attentional changes, such as internal focus, narrow focus and reduced flexibility. In addition, they would have physical changes, such as increased muscle tension, increased breathing rate and racing heart rate. After that, they would have performance impairment like timing and coordination breakdown, muscle tightness and fatigue, rushing, and inability to attend to task-relevant cues.

As a result, there are some tips for improving concentration on-site. They could use simulations in practice and practice with distractions present, use cue words to focus like instructional and motivational words. Also, they could employ nonjudgmental thinking and establish routines before and during the event. Moreover, they could develop competition plans, practice eye contact, self-monitor and overlearn skill. All above tips can help you to concentrate and perform better in competition.



References:

<http://www.stack.com/a/mental-movies>

<http://www.oeregister.com/2016/04/13/kobe-bryants-fiercely-competitive-drive-defined-him-from-day-one-of-his-20-year-lakers-career/>

<http://btecl2outdoorccat.blogspot.hk/2013/02/psychological-factors-that-effect.html>

<https://sportsperformanceblog.wordpress.com/2012/12/02/sport-psychology-highly-evident-in-snooker-uk-championship-2012-concentration-the-difference/>