

Introduction of the “Talent Development Programme” in Hong Kong Sports Institute



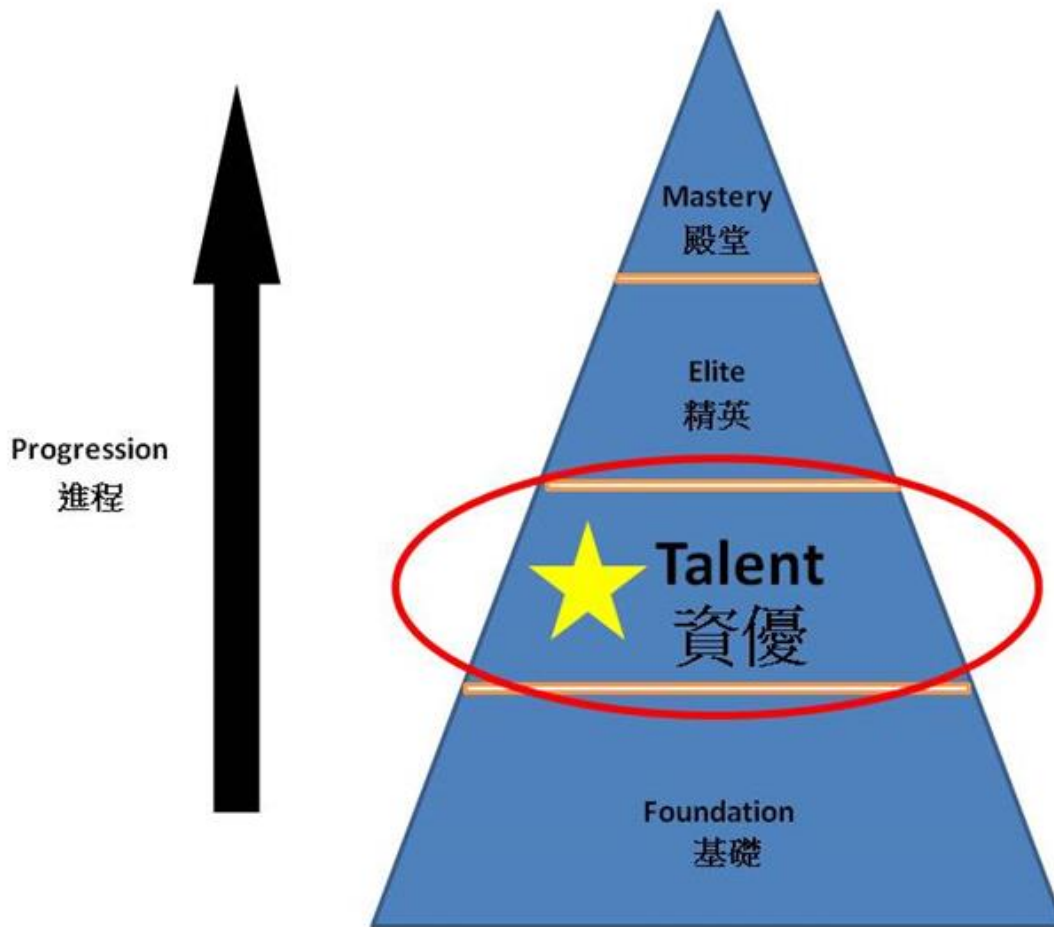
Background Information

- Talent Identification & Development (TID) Team was established in 2013.
- Benchmarking global sports institutes, the programme is based on the FTEM (Foundation, Talent, Elite and Mastery) model of long-term athlete development and underlying the principle of Bio-Psycho-Social aspects of elite athlete development.
- The essence of FTEM is to create an environment that allows junior athletes to build multi-disciplinary understanding of their talent, and to retain and nurture them in the programme.

Objective

Aims to verify and nurture potential athletes to be the next sport stars in Hong Kong

FTEM Model

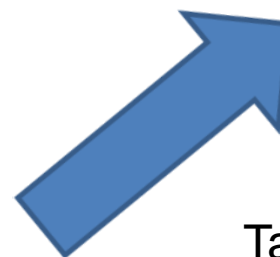
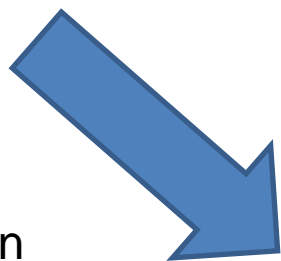


What is Talent Identification & Talent Development





Talent
Identification



Talent
Development

Talent Identification Programme



Talent Testing Programme

- Assisting Tier A NSAs to verify potential junior athletes through scientific test

Sport Specific Programme

- Providing fund with technical support for the 3 months talent verification programme to ascertain if identified physically gifted athletes have the technical, emotional and tactical abilities characteristic of elite performers

Talent Development Programme



Current situation of youth sport development in HK

- Lack of sport science knowledge
- Lack of strength and conditioning training
- Lack of support

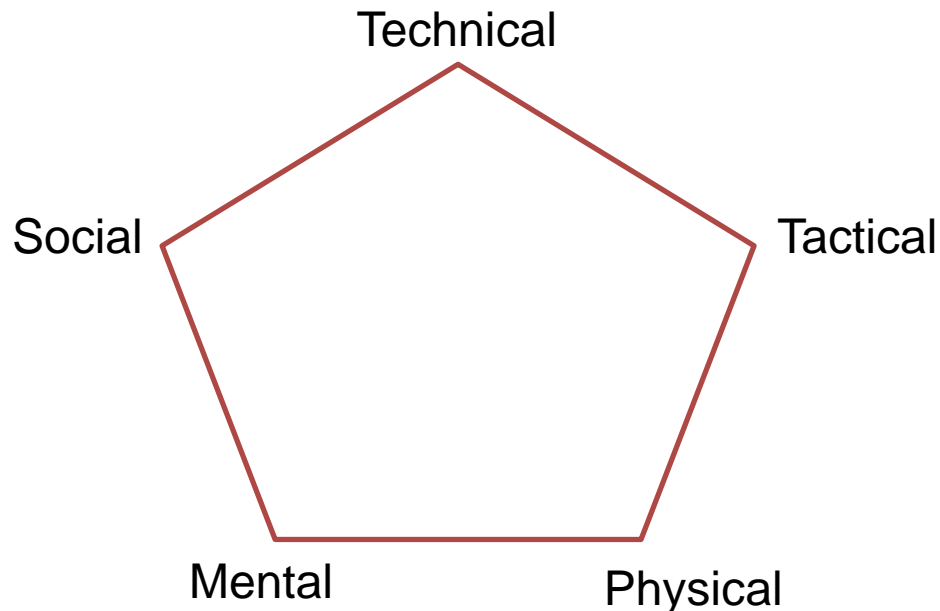


Elite Athlete

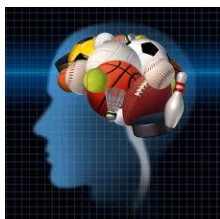
Talent Development Programme

Aims to

1. Assist young athlete in preparing for their professional athletic careers
2. Develop their physical fitness, individual skills, and general sport science knowledge
3. Monitor the athletes' performance and physical fitness



Programme Curriculum



Sports Psychology

TID test



Sports Nutrition



Adventure Programme



Sports Medicine

Strength & Conditioning Training

Principles of Physical Fitness

Sports Nutrition Workshop

- Dehydration problem, Nutrition Supplements
- Cooking class
- Supermarket tour



Sports Medicine Workshop

- Common injury
- Injury prevention

Sports Psychology Workshop

- Pressure handling
- Relaxation method



Principles of Physical Fitness

- Introduction of body structure

Adventure Programme

- Goal setting
- Time management
- Team building

TID testing (3 stages to monitor the athlete training progress)

- Pre
- Mid
- Post

Strength & Conditioning Training

- Speed
- Coordination
- Power
- Endurance
- Agility
- Cardio training

Be careful on how to approach athletic development at the early ages

Our target

1. Meet developmental aims
2. Challenging
3. Confidence building
4. Out of the comfort zone
5. Multi environmental

 **Fun**



Multi-sport Programme

1. Step out their routine training zone
2. One exposure every 4 weeks
3. Provide an opportunity to taste the other sport
4. Team sport

 **Fun**



The most importance is bring back the happiness to the youngest athletes

Case Study

	Gymnastics	Cycling	Tenpin Bowling
Characteristics of sport/ athlete	1. Some athletes are young	1. Physical demanding	1. Fitness requirement is relative low
	2. large age range in squad	2. Morale is good	2. No clear target and goal
	3. Physical demanding	3. Most athletes have 3-4 years training experience before joining the TDP	3. Most athletes have 1-2 years training experience before joining the TDP
	4. Serious injury problem in squad		
	5. No clear target and goal		
	6. Most athletes start the training in 3 yrs old, they have at least 5 years training experience before joining the TDP		

Case Study

What we are doing

	Artistic Gymnastics		Rhythmic Gymnastics		Cycling	Tenpin Bowling
	Age 8-13	Age 14-20	Age 8-13	Age 14-20	Age 14-20	Age 14-20
Strength and Conditioning Training	Body Weight Training	Resistance Training (very high intensity)	Body Weight Training	Resistance Training (medium intensity)	Resistance Training (high intensity)	Resistance Training (low intensity)
Programme Design	1. Fun and game oriented	1. Systemic Training	1. Fun and game oriented	1. Systemic Training	1. Systemic Training	1. Systemic Training
	2. General fitness training	2. Specific training (eg. Upper limb power, core, etc...)	2. General fitness training	2. Specific training (eg. Lower limb power and endurance etc...)	2. Specific training (eg. Lower limb power and Cardio, etc...)	2. Specific training (eg. Lower limb power and endurance etc...)
Nutritionist Support (Monitoring)	No	Yes (including blood test, Dexa scan, body fat measurement)	No	No	No	No
Multi sport training day	Yes					
Adventure day	Yes (twice pre year)					

Thank You



**HONG KONG
SPORTS INSTITUTE**
香港體育學院

25 Yuen Wo Road
Sha Tin, N.T., Hong Kong
+852 2681 6888
www.hksi.org.hk