



Empower Hour with Siobhán HAUGHEY HKSI X HKGSA Seminar 專題研討會

(Organized by HKGSA / 由中國香港游泳總會主辦)



Seminar Objectives /

專題研討會目標:

The seminar aims to provide participants with insights into WORLD CLASS SWIMMING and their implications for HKG Swimming. TWO Olympic Medallists will be invited to lead sharing experiences and ideas on perseverance with participants.

本研討會旨在讓參加者深入了解世界級游泳運動，並探討其對香港游泳發展的啟示。將邀請兩位奧運獎牌得主分享其運動歷程，與參加者交流在體育道路上堅持與突破的經驗與理念。

Speakers and Guests:

嘉賓講者:

Siobhán HAUGHEY, SBS (Olympic Medallist Swimmer)

奧運獎牌泳員: 何詩蓓

Arno KAMMINGA (Olympic Medallist Swimmer)

奧運獎牌泳員: 荷家明

Requirement/ 參加資格:

- Each HKGSA Affiliated members may recommend a minimum of one 25-26 registered coach.
 - Preference will be given to those coaches who have represented Hong Kong, China Swimming Team in international competitions (including Open Water Voluntary Squad Coaches) and HKGSA Regional Squad coaches.
 - Swimmers who have represented Hong Kong, China Swimming Team in multi-sport games or world championship in both long and short course swimming within the past four years.
 - Swimmers specifically recommended by the head coach.
 - Availability is limited and only coaches and swimmers will be accepted.
- 每個泳總屬會可最少推薦一個泳總 25/26 註冊教練。
 - 曾經代表中國香港游泳隊參加國際賽（包括公開水域游泳隊義務教練）和泳總區隊教練優先
 - 四年內曾代表中國香港游泳隊參加綜合運動會、長短池世錦賽運動員
 - 總教練特別推薦泳員
 - 名額有限，只接受教練和泳員參加。

Medium of Instruction / 語言: Mainly in Cantonese / 以廣東話為主，輔以英語。

Venue 地點	Date 日期	Time 時間
Hong Kong Sports Institute: Lecture Theatre 香港體育學院 -演講廳 Address / 地址: Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T., Hong Kong 香港新界沙田源禾路 25 號 香港體育學院	20-02-2026 (Friday/星期五)	10:00am – 12:00pm

活動流程 Rundown:

Time 時間	Content 內容
10:00am - 10:30am	Registration 登記
10:30am - 11:00am	Preparation for Major Sports Events (Mental) / 重大賽事備戰 (心理) Speakers and Guests/ 嘉賓講者: Siobhán HAUGHEY, SBS (Olympic Medallist Swimmer) 奧運獎牌泳員: 何詩蓓
11:00am - 11:20am	Experience Sharing in Sports Warm-up/ 運動熱身經驗分享 Speakers and Guests/ 嘉賓講者: Arno KAMMINGA (Olympic Medallist Swimmer) 奧運獎牌泳員: 荷家明
11:20am – 11:30am	Break 休息時間
11:30am - 11:40am	Dialogue with Olympic Medallist 與奧運獎牌泳員對話 Speakers and Guests: 嘉賓講者 ➢ Siobhán HAUGHEY, SBS (Olympic Medallist Swimmer) 奧運獎牌泳員: 何詩蓓 ➢ Arno KAMMINGA (Olympic Medallist Swimmer) 奧運獎牌泳員: 荷家明
11:45am – 11:55am	Q&A 問答環節
12:00 pm	End 活動結束

No. of Participants / 參加人數: 250 (First-come-first-served/先到先得)

Closing Date for Application / 10-02-2026 (Tuesday/星期二) 12:00pm

截止報名日期:

Application Procedure /

報名程序:

By Mail 郵寄 or 或 In Person 親身報名

- Completed application form / 已填妥之申請表格

Enquiry / 查詢:

Tel. 電話: (852) 2572 8594 Fax. 傳真: (852) 2591 0792

E-mail / 電郵: info@hkgswimming.org.hk

Web-site / 網址: www.hkgswimming.org.hk

HKGSA Office Address /

本會地址:

Hong Kong China Swimming Association

Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Kowloon

中國香港游泳總會-九龍觀塘海濱道 133 號萬兆豐中心 9 樓 L 室

Office Hours / 辦公時間:

Mon – Fri (10:00-12:00; 1300-1700)

Except Sat, Sun and Public Holidays

星期一至星期五 (10:00-12:00; 1300-1700)

星期六、日及公眾假期休息

Remarks / 備註:

Should any dispute arise therein, decision of the HKGSA shall be final. 如有任何爭議，以中國香港游泳總會最後決定為準。