主題：Boyce 分享如何在訓練及學業之間取得平衡

A. 內容撮要：

- **訓練強度高，時間管理是挑戰：**
    - 作為運動員，每天需要進行兩課訓練，每課約 3 小時。
    - 訓練佔據了早晚大量時間，加上全日制上學，很難安排時間兼顧兩者。
- **多方支持與配合是關鍵：**
    - 幸好得到田徑教練、香港體育學院、大學及中學的配合。
    - 各方給予了足夠的空間，讓他能夠同時在學業和運動兩方面發展。
- **高度的自律與堅持：**
    - 一星期訓練六天，每天放學後都會去練習，週末也會繼續。
    - 在長假期（如聖誕假），教練更會安排集訓，需要投入大量時間。

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B. 家長反思題：

1. 如果我的孩子希望投入高強度的專業體育訓練，面對每週密集的訓練和假期的集訓，我該如何協助他/她調適心態，並建立良好的時間管理技巧，以免在學業與運動的雙重壓力下感到崩潰？
2. 影片提到學校和教練的配合非常重要。作為家長，我是否準備好成為孩子最強的後盾，主動且積極地與學校老師、教練進行溝通，為孩子爭取並協調出一個能讓他們「雙線發展」的友善空間？

Topic: Boyce Shares How to Balance Training and Schoolwork

A. Content Summary:

- **Hard training makes time management a challenge:**
    - As an athlete, he needs to train twice a day. Each session takes about 3 hours.
    - Training takes up a lot of time in the morning and evening. Because he also goes to school full-time, it is very hard to find time for both.
- **Support from others is key:**
    - Luckily, he gets help from his track coach, the Hong Kong Sports Institute, his university, and his high school.
    - They all give him enough time and space so he can do well in both school and sports.
- **Strong discipline and hard work:**
    - He trains six days a week. He practices every day after school and continues on the weekends.
    - During long holidays (like Christmas), his coach plans training camps, which takes up a lot of his time.

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B. Parent Reflection Questions:

1. If my child wants to do hard, professional sports training, how can I help them manage their time and their feelings? How can I help them so they do not feel too stressed by the pressure of both school and sports?
2. The video says support from the school and coaches is very important. As a parent, am I ready to be my child's biggest supporter? Am I ready to talk to teachers and coaches to help make a good plan so my child can succeed in both school and sports?