

# 第十二屆教練研討會, 教練週年聚餐 暨 香港壁球總會優秀教練選舉2007

## (一) 教練研討會

日期 / 時間 : 21 / 3 / 2008(五)上午十時至下午五時及 22 / 3 / 2008(六)下午二時至六時半

地點 : 九龍塘歌和老街壁球及乒乓球中心

內容 / 講者 :

前新西蘭國家隊總教練韋特先生

1. 餵球技巧及進階練習

2. 後牆步法技巧

3. 兒童壁球遊戲

香港壁球總會總教練蔡玉坤先生

1. 香港壁球總會青少年發展架構

2. 如何全方位鼓勵運動員?

香港體育學院物理治療師陸國恆先生

1. 壁球常見的運動創傷: 預防與治療

語言 : 中/英文

費用 : 全免

## (二) 教練週年聚餐

日期 / 時間 : 22 / 3 / 2008(六)下午七時半至十時

地點 : 九龍木球會

內容 : 自座晚餐 (闔府統請), 抽獎等等

費用 : 教練每位\$150 / 嘉賓每位\$180 / 小童(12歲以下)每位\$90

## (三) 香港壁球總會優秀教練選舉 2007

得獎名單將於教練週年聚餐中公佈

報名方法 : 請填妥報名表格並連同劃線支票(抬頭 "香港壁球總會") 寄回香港金鐘紅棉路 23 號  
香港壁球中心香港壁球總會辦事處收

截止日期 : 7 / 3 / 2008 (星期五)

查詢電話 : 23376202

## 第十二屆教練研討會, 教練週年聚餐 暨 香港壁球總會優秀教練選舉 2007

### 報名表格

姓名 : \_\_\_\_\_ (中文) \_\_\_\_\_ (英文)  
聯絡電話 : \_\_\_\_\_ (手提) \_\_\_\_\_ (公司)  
地址 : \_\_\_\_\_  
傳真號碼 : \_\_\_\_\_ 電子郵件 : \_\_\_\_\_

\* 請於適當的空格內加上 "☑" 號

☛ 教練資格 :                       第一級       第二級       第三級

☛ 你會否參加教練研討會 ?       會               不會

☛ 你會否參加是次教練聚餐 ?       會               不會

☛ 若會參加聚餐, 出席人數 ? 教練(包括你本人) [    位]      嘉賓 [    位]      小童 [    位]

# 12th National Coaching Seminar, Coaches Annual Dinner cum Hong Kong Squash Coaching Awards 2007

## **(1) National Coaching Seminar**

**Date / Time** : 21 March, 2008 (Fri) 10.00am – 5.00pm, 22 March, 2008 (Sat) 2.00pm – 6.30pm

**Venue** : Cornwall St. Park Squash & Table Tennis Centre, Kowloon Tong

### **Speaker / Content:**

Mr. Paul Wright, Former New Zealand National Team Coach

1. Feeding Skills and Progressions
2. Footwork into and out of the back corners
3. Fun Games for kids

Mr. Tony Choi, National Coach, Hong Kong Squash

1. Hong Kong Squash Junior Development Structure
2. Ways to motivate athletes

Mr. Alex Luk, Sports Physio, Hong Kong Sports Institute

1. Common Sports Injuries in Squash : Prevention and Rehabilitation

**Language** : English/Chinese

**Fee** : Free of Charge

## **(2) Coaches Annual Dinner**

**Date / Time** : 22 March, 2008 (Sat) 7.30pm – 10.00pm

**Venue** : Kowloon Cricket Club

**Content** : Buffet Dinner (families are welcomed), Lucky Draw, etc.

**Fee** : Coach \$150 each / Guest \$180 each / Child (Aged under 12) \$90 each

## **(3) Hong Kong Squash Coaching Awards 2007**

The list of award recipients will be announced at the Coaches Annual Dinner

**Enrollment** : Please complete the following form and send it with a cheque of the appropriate amount (Payable to Hong Kong Squash) to the Hong Kong Squash Office, Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.

**Deadline of Enrollment : 7 March 2008 (Fri) Enquiries : 2337 6202**

### **12th National Coaching Seminar, Coaches Annual Dinner cum Hong Kong Squash Coaching Awards 2007**

#### **Enrollment Form**

**Name** : \_\_\_\_\_ (Chinese) \_\_\_\_\_ (English)

**Contact No.** : \_\_\_\_\_ (Mobile) \_\_\_\_\_ (Office)

**Address** : \_\_\_\_\_

**Fax No.** : \_\_\_\_\_ **Email** : \_\_\_\_\_

#### **\* Please tick the appropriate**

Coaching Qualification attained :  Level One  Level Two  Level Three

Would you be interested to attend the **National Coaching Seminar**?  Yes  No

Would you be interested to attend the **Coaches Annual Dinner**?  Yes  No

If you would like to attend the **Coaches Annual Dinner**, please indicate the **no. of people** in your party?

Coaches (including yourself) [ ] Guest [ ] Child [ ]