

# 14th Hong Kong Squash Coaching Seminar, Coaches Annual Dinner cum Hong Kong Squash Coaching Awards 2009

## **(1) Hong Kong Squash Coaching Seminar**

Date / Time : 28 March 2010 (Sun) 10.00am – 6.00pm

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

Content:

1. **Feeding Progression** (Mr. Faheem Khan, Squash Coach of HK Sports Institute & Former HK Champion)

2. **Trendy Fitness Training for Racket Games** (Mr. Sam Li, Senior Lecturer, Sports Management & Training Science, HK Institute of Vocational Education)

3. **Diagnosing and Managing Muscle Fatigue in Athletes** (Mr. Alex Luk, Registered Physiotherapist)

4. **Nutrition Strategies to Excel in Sports** (Ms. Susan Chung, Sports Nutritionist of Hong Kong Sports Institute)

Language: Cantonese / English (for Topic 1 only)

Fee : Free of Charge

*(Registered coach who had attended and completed the seminar can get a souvenir t-shirt for free)*

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

Date / Time : 28 March 2010 (Sun) 7.00pm – 9.30pm

Venue : Kowloon Cricket Club

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

Fee : Coach \$160 each / Guest \$200 each / Child (Aged under 12) \$100 each

## **(3) Hong Kong Squash Coaching Awards 2009**

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, G/F, Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.

**Deadline of Enrollment : 19 March 2010 (Friday) Enquiries : 2337 6202**

### 14th Hong Kong Squash Coaching Seminar, Coaches Annual Dinner cum Hong Kong Squash Coaching Awards 2009

#### Enrollment Form

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

Contact No. : \_\_\_\_\_ (Mobile) HKS Memberships no.: \_\_\_\_\_

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 [    ]

# 第十四屆香港壁球總會教練研討會, 教練週年聚餐 暨 香港壁球總會優秀教練選舉2009

## (一) 香港壁球總會教練研討會

日期 / 時間 : 28 / 3 / 2010(日)上午十時至下午六時

地點 : 九龍塘歌和老街壁球及乒乓球中心

內容 :

1. 餵球(香港體育學院壁球教練及前香港男單冠軍簡化謙先生)
2. 拍類運動的體能訓練趨勢(香港專業教育學院運動管理及訓練學高級講師李世琛先生)
3. 運動員肌肉疲勞的診斷及處理(香港註冊物理治療師陸國恆先生)
4. 提升運動員表現的營養策略(香港體育學院運動營養主任鍾素珊女士)

語言 : 廣東話 / 英語(餵球)

費用 : 全免 (出席並完成研討會的認可教練均會獲贈紀念品 T-shirt 乙件)

## (二) 教練週年聚餐

日期 / 時間 : 28 / 3 / 2010(日)下午七時至九時半

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\$160 / 嘉賓每位\$200 / 小童(12歲以下)每位\$100

## (三) 香港壁球總會優秀教練選舉 2009

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") 寄回香港紅棉路 23 號香港壁球中心地下香港壁球總會辦事處收

截止日期 : 19 / 3 / 2010 (星期五)

查詢電話 : 23376202

## 第十四屆香港壁球總會教練研討會, 教練週年聚餐 暨 香港壁球總會優秀教練選舉 2009

### 報名表格

姓名 : \_\_\_\_\_ (中文) \_\_\_\_\_ (英文)  
聯絡電話 : \_\_\_\_\_ (手提) 香港壁球總會會員號碼 : \_\_\_\_\_  
地址 : \_\_\_\_\_  
傳真號碼 : \_\_\_\_\_ 電子郵件 : \_\_\_\_\_

\* 請於適當的空格內加上 "☑" 號

☞ 認可教練資格 :                       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]