

# 壁球生力軍

# 招募計劃

Squash Talent Foundation Programme

• 2009/10 •



查詢詳情 Enquiries : 2337 6202  
[www.hksquash.org.hk](http://www.hksquash.org.hk)

“歡迎7-17歲青少年參加” “Youngsters of Age 7-17”



## 技術深造班

Refinement Training Course  
11/2009 - 2/2010

主辦機構

Organized by :



資助機構

Subvented by :



贊助機構

Sponsored by :

**prince**



## Aim 計劃目的

為了提供機會給完成中級壁球訓練班的學員可以接受更進一步的訓練，本計劃旨在透過在全港各區舉辦技術深造班及新秀賽，培育有潛質青少年成為新一代的壁球生力軍。

To provide more opportunity for those participants, who completed the Intermediate Training Course to go for further training, this programme aims to cultivate the squash talent over the territory through refinement training courses and novice competition.



## Entry Requirements 參加資格

歡迎7至17歲青少年參加。  
Youngsters of age 7 - 17.

\*\* 完成壁球生力軍招募計劃中級訓練班並獲教練推薦的7至17歲青少年，將獲得優先考慮。如獲推薦的人數多於班別的限額，取錄之人選將會以抽籤形式決定。

\*\* Youngsters of age 7 - 17 who completed the Intermediate Training Course of Squash Talent Foundation Programme and nominated by the coach will get priority in the enrolment at the next stage. Participants will be decided by balloting if the recommended players exceed the quota.



## Programme 計劃簡介

### 技術深造班 Refinement Training Course (11/2009 - 2/2010)

本階段專為進一步改善學員的壁球技術而設。學員可透過共二十小時的技術深造改良及基本比賽技巧訓練，以提高技術水平。凡完成此階段的學員必須參加壁球新秀賽。

Outstanding participants in the Intermediate Training Course will be invited to take part in this stage. Skills and competition technique can be improved through twenty hours intensive training. All refinement training course participants are required to join the novice competition which will be held in February 2010.

### 壁球新秀賽 Novice Competition (20,21,27 & 28/2/2010)

地點：九龍塘歌和老街壁球及乒乓球中心  
Venue: Cornwall St. Squash & Table Tennis Centre, Kowloon Tong

透過比賽形式，讓學員可以互相切磋球技及提高對壁球比賽規則的認識，凡表現出色者將有機會獲挑選加入香港壁球總會地區培訓隊作進一步訓練。

Participants of the Refinement Training Course are required to take part and gain experience in this Novice Competition. Those participants with outstanding performance may be selected to Hong Kong Squash district squad for further training.



## Entry Fee 費用

技術深造班 Refinement Training Course : HK\$200

壁球新秀賽 Novice Competition : 費用全免 Free of charge



## Enquiries 查詢詳情

香港壁球總會 Hong Kong Squash

地址：香港紅棉路23號香港壁球中心地下香港壁球總會辦事處

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

網址 Website : [www.hksquash.org.hk](http://www.hksquash.org.hk) 電話 Telephone: 2337 6202 傳真 Facsimile: 2869 0118



## Enrolment 報名方法

報名表格 Enrolment Form

### 技術深造班 Refinement Training Course

報名表格將以郵寄方式寄至所有中級訓練班學員，另外有興趣者亦可於香港壁球總會辦事處索取或於此網址下載：[www.hksquash.org.hk](http://www.hksquash.org.hk)

Enrolment form will be sent by mail to the Intermediate Training Course participants, or can be collected at the Hong Kong Squash Office or download from this website: [www.hksquash.org.hk](http://www.hksquash.org.hk)

### 報名手續 Application Procedures

有興趣者只須填妥此報名表格，連同報名費用HK\$200的劃線支票【抬頭請寫上：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。

Interested participants are required to fill in this enrolment form and send it with a crossed cheque HK\$200 (payable to : Hong Kong Squash) to Hong Kong Squash Office, G/F Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.



## Remarks 注意

所有技術深造班的截止報名日期為二〇〇九年十一月四日(星期三)。逾期報名，一概恕不接納。  
Deadline for entries : 4 November 2009 (Wed) Late application will not be accepted.

取錄結果將於開班前7天內以郵寄方式通知各參加者。未被取錄者，所有報名表格及支票將一併退回。所有報名一經接納，不得更改或轉讓名額，如有要求退出，所有費用概不退還。若開班前3天仍未收到任何通知，可致電23376202查詢。

Successful applicants will be notified within one week prior to the beginning of the course. The enrolment form and cheque will be sent back to those who have not been selected. Once an application is accepted, any change in the course location or transfer of enrolment to another party will NOT be permitted. Also NO refund will be granted should a successful applicant wishes to withdraw his/her applications. If applicants DO NOT receive any notification 3 days before the class starts, please contact our staff on 23376202.

技術深造班參加者上課出席率達八成或以上，並參加二〇一〇年二月舉行之新秀賽，可獲頒發證書乙張。證書將於新秀賽時頒發。

Participants can only obtain certificates of attendance if their attendance rate is 80% or above and participate in the Novice Competition held in Feb 2010. Certificates will be distributed at Novice Competition.

如參加者於二〇〇九/二〇一〇年於香港壁球總會地區培訓隊（青苗或聯校訓練中心）或地區精英隊受訓，不得參加此計劃之壁球新秀賽。

Participants who are / have once been training in either Yung Athletes Squash Training Scheme or Joint School Training Center or Regional Squad of Year 2009/2010, are not allowed to take part in the Novice Competition.

主辦機構保留一切決策之權利。

All decisions made in this programme are rightfully under the discretion of the Hong Kong Squash.

參加者請自備壁球拍及必須於上課時佩帶護眼罩。

Participants are required to provide their own squash racket and wear protective eyewear during the training.



# 報名表格 2009/10



## 技術深造班

姓名：\_\_\_\_\_ (中文) \_\_\_\_\_ (英文)  
課程編號：\_\_\_\_\_ (第一選擇) \_\_\_\_\_ (第二選擇)  
出生日期：\_\_\_\_\_ (年) \_\_\_\_\_ (月) \_\_\_\_\_ (日) 性別：男 / 女 家長姓名：\_\_\_\_\_  
聯絡電話：\_\_\_\_\_ (日間) \_\_\_\_\_ (晚間)  
電郵地址(如有)：\_\_\_\_\_  
通訊地址：\_\_\_\_\_  
就讀學校：\_\_\_\_\_ 就讀班別：\_\_\_\_\_

請連同劃線支票(HK\$200)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  
「支票抬頭請寫上：“香港壁球總會”」

截止日期為二〇〇九年十一月四日（星期三）。逾期報名，一概恕不接納。

### 教練推薦書 (此部份由教練填寫)

以上學員完成壁球生力軍招募計劃2009/2010 - 中級訓練班（課程編號：\_\_\_\_\_），表現良好。

本人推薦此學員參加此計劃之技術深造班。

教練姓名：\_\_\_\_\_ 教練簽署：\_\_\_\_\_

### 家長同意書

未滿十八歲參加者須由家長 / 監護人簽署同意

本人同意 \_\_\_\_\_ (參加者姓名) 參加上述活動，並聲明他 / 她健康良好，適宜參加有關活動。如果上述參加者因他 / 她的疏忽或健康或體能欠佳，而引致於參加這項活動時傷亡，主辦機構則無須負責。

家長簽署：\_\_\_\_\_ 日期：\_\_\_\_\_

您所提供的資料只用於本會與資助機構的康體活動報名事宜及活動宣傳之用。  
在遞交報名表格後，如欲更改或查詢您的個人資料，可與香港壁球總會職員聯絡。

取錄通知：取錄結果將於開班前7天內以郵寄方式通知各參加者。未被取錄者，所有報名表格及支票將一併退回。所有報名一經接納，不得更改或轉讓名額，如有要求退出，所有費用概不退還。若開班前3天仍未收到任何通知，可致電2337 6202查詢。

### 回郵地址

姓名：\_\_\_\_\_

地址：\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# Enrolment Form 2009/10



## Refinement Training Course

Name : \_\_\_\_\_ (English) \_\_\_\_\_ (Chinese)  
Course Code : \_\_\_\_\_ (1st Choice) \_\_\_\_\_ (2nd Choice)  
Date of Birth : \_\_\_\_ (DD) \_\_\_\_ (MM) \_\_\_\_ (YY) Sex : M / F Parent's / Guardian's Name : \_\_\_\_\_  
Contact No : \_\_\_\_\_ (Day) \_\_\_\_\_ (Night)  
Email (if any): \_\_\_\_\_  
Postal Address : \_\_\_\_\_  
School : \_\_\_\_\_ Class : \_\_\_\_\_

**Please fill in the form and send it with a crossed cheque HK\$200 (payable to "Hong Kong Squash") to Hong Kong Squash Office, G/F Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.**

**Deadline for entries: 4 November 2009 (Wed) Late application will not be accepted.**

### **Coach's Nomination** (Completed by Coaches)

The above player has completed the Intermediate Training Course (Course Code: \_\_\_\_\_) of Squash Talent Foundation Programme 2009/2010, with satisfactory performance.

Here I would like to nominate this player to the Refinement Training Course of this programme.

Coach's Name : \_\_\_\_\_ Coach's Signature : \_\_\_\_\_

### **Parental Consent**

For applicants aged below 18, this part should be completed by his/ her parent or guardian.

I declare that \_\_\_\_\_ (applicant's name) is physically fit and he/ she is suitable to participate in the above activity. The organization is not responsible for any injuries suffered by participants, except for those required by law.

Parent/ Guardian's signature : \_\_\_\_\_ Date : \_\_\_\_\_

The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by the organizer and the subvented organisation. For correction of or access to personal data after submission of this form, please contact staff of the Hong Kong Squash.

Notification: Successful applicants will be notified within one week prior to the beginning of the course. The application form with cheque will be sent back to those who have not been selected. Once an application is accepted, any change in the course location or transfer of enrolment to another party will NOT be permitted. Also NO refund will be granted should a successful applicant wishes to withdraw his/ her applications. If applicants DO NOT receive any notification 3 days before the class starts, please contact our staff on 23376202.

### **Postal Address**

Name : \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

# Squash Talent Foundation Programme 2009/10

## Refinement Training Course 技術深造班

地區 Region	課程編號 Course Code	地點 Venue	日期 Date	時間 Time
 <b>香港西區 HK West</b>	09HKW201	港灣道體育館 Harbour Road Sports Centre	28/11/09 - 6/2/10	Sat 六 3 - 5 pm
	09HKW202		29/11/09 - 31/1/10	Sun 日 12 - 2pm
	09HKW203		29/11/09 - 31/1/10	Sun 日 4 - 6pm
	09HKW204	士美菲路體育館 Smithfield Sports Centre	29/11/09 - 7/2/10	Sun 日 4 - 6pm
 <b>香港東區 HK East</b>	09HKE201	香港仔網球及壁球中心 Aberdeen Tennis & Squash Centre	7/11/09 - 6/2/10	Sat 六 2 - 4pm
	09HKE202	西灣河體育館 Sai Wan Ho Sports Centre	29/11/09 - 31/1/10	Sun 日 1 - 3pm
	09HKE203	渣華道體育館 Java Road Sports Centre	28/11/09 - 6/2/10	Sat 六 5 - 7pm
 <b>九龍西區 KLN West</b>	09KNW201	歌和老街壁球及乒乓球中心 Cornwall Street Squash & Table Tennis Centre	28/11/09 - 6/2/10	Sat 六 5 - 7pm
	09KNW202		29/11/09 - 31/1/10	Sun 日 1 - 3pm
	09KNW203	花園街體育館 Fa Yuen St. Sports Centre	29/11/09 - 31/1/10	Sun 日 1 - 3pm
	09KNW204	北河街體育館 Pei Ho St. Sports Centre	29/11/09 - 31/1/10	Sun 日 2 - 4pm
	09KNW205	官涌體育館 Kwun Chung Sports Centre	28/11/09 - 6/2/10	Sat 六 2 - 4pm
 <b>九龍東區 KLN East</b>	09KNE201	藍田(南)體育館 Lam Tin South Sports Centre	29/11/09 - 31/1/10	Sun 日 2 - 4pm
	09KNE202	蒲崗村道體育館 Po Kong Village Road Sports Centre	29/11/09 - 31/1/10	Sun 日 12 - 2pm
	09KNE203		28/11/09 - 6/2/10	Sat 六 2 - 4pm
 <b>新界西區 NT West</b>	09NTW201	友愛體育館 Yau Oi Sports Centre	28/11/09 - 6/2/10	Sat 六 2 - 4pm
	09NTW202	元朗賽馬會壁球場 Yuen Long Jockey Club Squash Courts	29/11/09 - 31/1/10	Sun 日 1 - 3pm
	09NTW203	天水圍體育館 Tin Shui Wai Sports Centre	29/11/09 - 31/1/10	Sun 日 3 - 5pm
	09NTW204	大窩口體育館 Tai Wo Hau Sports Centre	29/11/09 - 31/1/10	Sun 日 2 - 4pm
	09NTW205	青衣體育館 Tsing Yi Sports Centre	28/11/09 - 6/2/10	Sat 六 2 - 4pm
 <b>新界東區 NT East</b>	09NTE201	上水龍琛路體育館 Lung Sum Avenue Sports Centre	29/11/09 - 31/1/10	Sun 日 2 - 4pm
	09NTE202	大埔運動場壁球場 Tai Po Sports Ground Squash Courts	29/11/09 - 31/1/10	Sun 日 4 - 6pm
	09NTE203	沙田賽馬會公眾壁球場 Shatin Jockey Club Public Squash Courts	28/11/09 - 6/2/10	Sat 六 11am - 1pm
	09NTE204	源和路體育館 Yuen Wo Road Sports Centre	28/11/09 - 6/2/10	Sat 六 11am - 1pm
	09NTE205	翠林體育館 Tsui Lam Sports Centre	6/12/09 - 7/2/10	Sun 日 11am - 1pm