

壁球生力軍 招募計劃 2010 / 2011

Squash Talent Foundation Programme



● 查詢詳情 Enquiries : 2337 6202 www.hksquash.org.hk ● “歡迎7-17歲青少年參加 Youngsters of Age 7-17”



中級訓練班

Intermediate Training Course
09/2010 - 11/2010

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初級壁球訓練班或富士菲林小型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中級訓練班、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 Elementary Training Course or Fujifilm Mini-squash Training Course to go for further training, this programme aims to cultivate the squash talent over the territory through training courses of higher levels 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.

** 完成康樂及文化事務署分區康樂事務辦事處於二〇一〇年七月至八月期間舉辦之初級壁球訓練班或香港壁球總會舉辦之「富士菲林小型壁球計劃2010/11 - 小型壁球訓練班」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 Elementary Training Course organized by the LCSD Districts Leisure Services Offices in July / August 2010 or the Fujifilm Mini-squash Scheme 2010/11 - Mini-squash Training Course organized by Hong Kong Squash and nominated by the coach, will get priority in the enrolment at the Intermediate Training Course. Accepted participants will be decided by balloting if the recommended players exceed the quota.

** 如訓練班於取錄獲優先考慮之參加者後尚有餘位，本會將以抽籤方式決定其餘取錄之人選。

** If the course(s) is (are) not fully occupied after accepting all nominated participants, the remaining quota will be decided by balloting.

Programme 計劃簡介

中級訓練班 Intermediate Training Course (9/2010 - 11/2010)

本階段專為改進學員的基本壁球技術而設。學員將接受共二十小時的技術深造訓練。完成此階段後有一項技術測試，合格者可獲教練推薦參加技術深造班。

Participants in the Elementary Training Course who show great potential will be nominated to join this stage. A twenty hours training will be scheduled and a skills assessment will be designed at the end of this stage. Participant who passes the assessment will be recommended to go for the next stage - Refinement Training Course.

技術深造班 Refinement Training Course (11/2010 - 2/2011)

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 2011.

壁球新秀賽 Novice Competition (2/2011)

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

中級訓練班 Intermediate Training Course : HK\$200

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

電話 Telephone: 2337 6202

傳真 Facsimile: 2869 0118



Enrolment 報名方法

報名表格 Enrolment Form

中級訓練班 Intermediate Training Course

報名表格可於康樂及文化事務署各區康樂事務辦事處或於舉辦訓練班的體育館索取，亦可親臨香港壁球總會辦事處索取或於此網址下載：www.hksquash.org.hk

Enrolment form for Intermediate Training Course can be collected at the LCSD District Leisure Services Offices, the Sports Centre where the Intermediate Training Course will be held or Hong Kong Squash Office. Form can also be downloaded from Hong Kong Squash website：www.hksquash.org.hk

技術深造班 Refinement Training Course

技術深造班報名表格將於中級訓練班上課期間派發給學員，亦可於香港壁球總會網址下載。

Enrolment form for Refinement Training Course will be distributed during the Intermediate Training Course or download from Hong Kong Squash website：www.hksquash.org.hk

報名手續 Application Procedure

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.

Course Quota 名額

每班12人

12 Students per class

Remarks 注意

所有中級訓練班的截止報名日期為二〇一〇年八月十一日(星期三)。逾期報名，一概恕不接納。
Deadline for entries : 11 August 2010 (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.

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 2010/11

中級訓練班

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”」

您從何得知這個招募計劃？

- 香港壁球總會網頁 體育館宣傳/海報
 朋友 學校 教練 其他 (請註明) _____

教練推薦書 (此部份由教練填寫)

以上學員完成康樂及文化事務署分區康樂事務辦事處於二〇一〇年七至八月期間舉辦之壁球初級訓練班或香港壁球總會舉辦之「富士菲林小型壁球計劃2010/11 — 小型壁球訓練班」，表現良好。

本人推薦此學員參加此計劃之：中級訓練班。

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 2010/11

Intermediate 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.

How did you know this programme ?

- Hong Kong Squash Website Promotional Materials at Sports Centre
 Friends Schools Coaches Others (please specify) _____

Coach's Nomination (Completed by Coaches)

The above player has completed the elementary training course organized by the LCSD District Leisure Services Offices in July / August 2010 or the Fujifilm Mini-squash Scheme 2010/11-Mini-squash Training Course organized by Hong Kong Squash, with satisfactory performance.

Here I would like to nominate this player to the Intermediate 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 2010/11

Intermediate Training Course 中級訓練班

地區 Region	課程編號 Course Code	地點 Venue	日期 Date	時間 Time
灣仔 Wan Chai	10HKW101	港灣道體育館 Harbour Road Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 12nn - 2 pm
	*10HKW102		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 4 - 6pm
金鐘 Admiralty	10HKW103	香港壁球中心 Hong Kong Squash Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 4:30 - 6:30pm
	10HKW104		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
西區 Western District	10HKW105	士美非路體育館 Smithfield Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 5 - 7pm
香港仔 Aberdeen	10HKE101	香港仔網球及壁球中心 Aberdeen Tennis & Squash Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 2 - 4pm
北角 North Point	10HKE102	渣華道體育館 Java Road Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 4 - 6pm
	10HKE103		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
	10HKE104		4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 1 - 3pm
九龍塘 Kowloon Tong	**10KNW101	歌和老街壁球及乒乓球中心 Cornwall Street Squash & Table Tennis Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 5 - 7pm
	10KNW102		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
	10KNW103		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 10am - 12nn
旺角 MongKok	10KNW104	花園街體育館 Fa Yuen Street Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 1 - 3pm
	10KNW105		4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 12nn - 2pm
佐敦 Jordan	10KNW106	官涌體育館 Kwun Chung Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 3 - 5pm
	10KNW107		4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 1 - 3pm
藍田 Lam Tin	10KNE101	藍田(南)體育館 Lam Tin South Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
黃大仙 Wong Tai Sin	10KNE102	蒲崗村道體育館 Po Kong Village Road Sports Centre	4/9/10 - 20/11/10 (30/10, 6/11 除外)	Sat 六 2 - 4pm
	10KNE103		4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 12nn - 2pm
屯門 Tuen Mun	10NTW101	友愛體育館 Yau Oi Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 2 - 4pm
元朗 Yuen Long	10NTW102	元朗賽馬會壁球場 Yuen Long Jockey Club Squash Courts	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
	10NTW103	天水圍體育館 Tin Shui Wai Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 1 - 3pm
	10NTW104	大窩口體育館 Tai Wo Hau Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 4 - 6pm
葵涌 Kwai Chung	10NTW105		5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 2 - 4pm
	10NTW106	蕙荃體育館 Wai Tsuen Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 1 - 3pm
荃灣 Tsuen Wan	10NTW107	青衣體育館 Tsing Yi Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 1 - 3pm
上水 Sheung Shui	10NTE101	龍琛路體育館 Lung Sum Avenue Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 12nn - 2pm
大埔 Tai Po	10NTE102	太和體育館 Tai Wo Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 1 - 3pm
	10NTE103	大埔運動場壁球場 Tai Po Sports Ground Squash Courts	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 11am - 1pm
	10NTE104	沙田賽馬會公眾壁球場 Shatin Jockey Club Public Squash Courts	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 12nn - 2pm
沙田 Shatin	10NTE105	源禾路體育館 Yuen Wo Road Sports Centre	5/9/10 - 21/11/10 (7/11, 14/11 除外)	Sun 日 1 - 3pm
	10NTE106	將軍澳體育館 Tseung Kwan O Sports Centre	4/9/10 - 20/11/10 (6/11, 13/11 除外)	Sat 六 2 - 4pm
西貢 Sai Kung				

*10HKW102 17/10, 24/10, 31/10 改於香港壁球中心上堂 **10KNW101 30/10 改於花園街體育館上堂