

# 壁球生力軍招募計劃

## SQUASH TALENT FOUNDATION PROGRAMME 2024/25

歡迎6至17歲青少年參加  
Youngsters of aged 6-17

查詢詳情 ENQUIRIES: 2869 0053



## 技術進階班

11/2024 - 02/2025

## REFINEMENT TRAINING COURSE

主辦機構  
Organized by:



中國香港壁球總會  
SQUASH ASSOCIATION OF HONG KONG, CHINA

資助機構  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department



政府資助計劃  
Government-funded  
programme

## 計劃目的 Aim

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、技術進階班、技術深造班及新秀賽，培育有潛質的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.

## 參加資格 Entry Requirements

歡迎6至17歲青少年參加。

Youngsters of aged 6 – 17.

\*\* 完成中國香港壁球總會舉辦之「壁球生力軍招募計劃2024/25 – 中級訓練班」並獲教練推薦的6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 aged 6 – 17 who completed the Squash Talent Foundation Programme 2024/25 – Intermediate Training Course organized by Squash Association of Hong Kong, China and nominated by the coach, will get priority in the enrolment at the Refinement 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，本會將以抽籤形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.

## 計劃簡介 Programme

### 技術進階班

Refinement Training Course (11/2024 – 2/2025)

費用 Entry Fee: **HKD\$220** | 名額 Course Quota: **每班12人 12 students per class**

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進階改良及基本比賽技巧訓練，以提高技術水平。完成此階段及獲教練推薦者將獲得優先考慮參加技術深造班。

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. Participant who completed the course with nomination will get priority in the enrolment at the Advanced Training Course.

報名表格 Enrolment Form:

技術進階班報名表格將於中級訓練班上課期間派發給學員，亦可於中國香港壁球總會網址下載：[www.hksquash.org.hk](http://www.hksquash.org.hk)

Enrolment form for Refinement Training Course will be distributed during the Intermediate Training Course or can be downloaded from the website of Squash Association of Hong Kong, China: [www.hksquash.org.hk](http://www.hksquash.org.hk)

### 技術深造班

Advanced Training Course (2/2025 – 5/2025)

費用 Entry Fee: **HKD\$220** | 名額 Course Quota: **每班12人 12 students per class**

本階段專為進一步改良學員的壁球技術而設。透過共二十小時的技術深造改良，發掘及培育出更多有潛質的青少年。凡完成此階段的學員必須參加於2025年5月份舉辦的壁球新秀賽。

Outstanding participants in the Refinement Training Course will be invited to take part in this stage. A twenty hours training will be scheduled to cultivate and explore more potential participants. All advanced training course participants are required to join the novice competition which will be held in May 2025.

報名表格 Enrolment Form:

技術深造班報名表格將於進階訓練班上課期間派發給學員，亦可於中國香港壁球總會網址下載：[www.hksquash.org.hk](http://www.hksquash.org.hk)

Enrolment form for Advanced Training Course will be distributed during the Refinement Training Course or can be downloaded from the website of Squash Association of Hong Kong, China: [www.hksquash.org.hk](http://www.hksquash.org.hk)

# 壁球新秀賽 Novice Competition (5/2025)

費用全免 Free of charge



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中國香港壁球總會地區培訓隊作進一步訓練。

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

## 報名手續 Application Procedure

有興趣者只須填妥此報名表格，連同報名費同HK\$220的劃線支票【抬頭請寫上：中國香港壁球總會】寄回香港紅棉路23號香港壁球中心地下中國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\$220 (payable to : Squash Association of Hong Kong, China) to Squash Association of Hong Kong China, G/F Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.

## 注意 Remarks

- 所有技術進階班的截止報名日期為二零二四年十一月八日(星期五)。逾期報名，一概恕不接納。  
Deadline for entries: 8 November 2024 (Friday) Late application will not be accepted.
- 取錄結果將於二零二四年十一月十八日(星期一)於中國香港壁球總會網頁公佈。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2869 0053查詢。  
Successful applicants list will be announced on the Squash Association of Hong Kong, China website on 18/11/2024 (Monday). The enrolment form and cheque will be sent back to those who have not been selected. Once an application is accepted, any change for 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 application. If applicants DO NOT receive any notification 3 days before the class starts, please contact our staff at 2869 0053.
- 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 Squash Association of Hong Kong, China.
- 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.



## 查詢詳情 Remarks

中國香港壁球總會  
Squash Association of Hong Kong, China

電話 Telephone: 2869 0053

傳真 Fax: 2869 0118

網址 Website : [www.hksquash.org.hk](http://www.hksquash.org.hk)

課程編號 Course Code	地點 Venue	日期 Date	時間 Time	
<b>港島區 Hong Kong Island</b>				
24HK201	灣仔 Wan Chai	港灣道體育館 Harbour Road Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 11am – 1pm
24HK202	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2024年12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1, 8	六 Sat 4:30 – 6:30pm
24HK203	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2024年12月8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2, 9	日 Sun 10am – 12nn
24HK204	西區 Western District	士美非路體育館 Smithfield Sports Centre	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 2 – 4pm
24HK205	北角 North Point	渣華道體育館 Java Road Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 2 – 4pm
<b>九龍區 Kowloon</b>				
24KN201	九龍塘 Kowloon Tong	歌和老街壁球及乒乓球中心 Cornwall St. Squash & Table Tennis Centre	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 5 – 7pm
24KN202	九龍塘 Kowloon Tong	歌和老街壁球及乒乓球中心 Cornwall St. Squash & Table Tennis Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 4 – 6pm
24KN203	深水埗 Shum Shui Po	北河街體育館 Pei Ho Street Sports Centre	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 4 – 6pm
24KN204	旺角 Mong Kok	花園街體育館 Fa Yuen Street Sports Centre	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 12nn – 2pm
24KN205	佐敦 Jordan	官涌體育館 Kwun Chung Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 11am – 1pm
24KN206	黃大仙 Wong Tai Sin	蒲崗村道體育館 Po Kong Village Road Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 10am – 12nn
<b>新界區 New Territories</b>				
24NT201	屯門 Tuen Mun	賽馬會屯門蝴蝶灣體育館 The Jockey Club Tuen Mun Butterfly Beach Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 1 – 3pm
24NT202	元朗 Yuen Long	元朗賽馬會壁球場 Yuen Long Jockey Club Squash Courts	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 3 – 5pm
24NT203	元朗 Yuen Long	天水圍體育館 Tin Shui Wai Sports Centre	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 12nn – 2pm
24NT204	荃灣 Tsuen Wan	荃灣西約體育館 Tsuen Wan West Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 12nn – 2pm
24NT205	大埔 Tai Po	大埔運動場壁球場 Tai Po Sports Ground Squash Courts	2024年11月30 12月7, 14, 21, 28 2025年 1月4, 11, 18, 25 2月1	六 Sat 11am – 1pm
24NT206	沙田 Shatin	源禾路體育館 Yuen Wo Road Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 1 – 3pm
24NT207	西貢 Sai Kung	將軍澳體育館 Tseung Kwan O Sports Centre	2024年12月1, 8, 15, 22, 29 2025年 1月5, 12, 19, 26 2月2	日 Sun 11am – 1pm

# 技術進階班

## 報名表格



姓名：\_\_\_\_\_ (中文) \_\_\_\_\_ (英文)

出生日期：\_\_\_\_\_ (年) \_\_\_\_\_ (月) \_\_\_\_\_ (日) 性別：男 / 女

香港身份證/護照/出生證明書/簽證身份書(首4個數字)：\_\_\_\_\_

就讀學校：\_\_\_\_\_

家長/監護人姓名：\_\_\_\_\_ 聯絡電話：\_\_\_\_\_

電郵地址(如有)：\_\_\_\_\_

通訊地址：\_\_\_\_\_

緊急聯絡人(如非監護人)：\_\_\_\_\_ 緊急聯絡電話：\_\_\_\_\_

課程編號：\_\_\_\_\_ (第一選擇) \_\_\_\_\_ (第二選擇)

請連同劃線支票(HK\$220)寄回香港紅棉路23號香港壁球中心地下中國香港壁球總會辦事處收「支票抬頭請寫上：“中國香港壁球總會”」

### 教練推薦書 (此部份由教練填寫)

以上學員完成中國香港壁球總會舉辦之「壁球生力軍招募計劃2024/25 - 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：技術進階班。

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傷亡，主辦機構則無須負責。

家長簽署：\_\_\_\_\_ 日期：\_\_\_\_\_

你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，可與本會職員聯絡。

取錄通知：取錄結果將於18/11/2024(一)於中國香港壁球總會網頁公佈。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2869 0053查詢。

# Refinement Training Course

## Enrolment Form



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

Date of Birth: \_\_\_\_\_ (DD) \_\_\_\_\_ (MM) \_\_\_\_\_ (YY) Sex: M/F

HKID/Passport/Birth Certificates/Document of Identity for Visa Purposes (First 4 digits): \_\_\_\_\_

School: \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_ Contact No.: \_\_\_\_\_

Email (if any): \_\_\_\_\_

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

Emergency Contact Person (If not Guardian): \_\_\_\_\_ Emergency Contact no.: \_\_\_\_\_

Course Code: \_\_\_\_\_ (1st Choice) \_\_\_\_\_ (2nd Choice)

Please fill in the form and send it with a crossed cheque HK\$220 (payable to "Squash Association of Hong Kong, China") to Squash Association of Hong Kong, China, G/F Hong Kong Squash Centre, 23 Cotton Tree Drive, Hong Kong.

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

The above player has completed the Squash Talent Foundation Programme 2024/25 – Intermediate Training Course (Course Code: \_\_\_\_\_) organized by Squash Association of Hong Kong, China, with satisfactory performance.

Here I would like to nominate this player to join 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 organization. For correction of or access to personal data after submission of this form, please contact staff of the Association.

Notification: Successful applicants list will be announced on the Squash Association of Hong Kong, China website on 18/11/2024 (Monday). 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 in 2869 0053.