

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



技術深造班

02/2025 - 05/2025

ADVANCED 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



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 – 技術進階班」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 – Refinement 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

Enrolment form for Advanced Training Course will be distributed during the Refinement Training Course or can be downloaded from the Squash Association of Hong Kong, China's website: 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.

Competition date 比賽日期: 18, 24, 25/5/2025

Venue 地點: Cornwall Street Squash & Table Tennis Centre 歌和老街壁球及乒乓球中心



壁球新秀賽參加資格 Qualification for Novice Competition



此計劃2024/25年度技術深造班學員將會自動參加壁球新秀賽，以下學員除外：

All the participants of Advanced Training Course 2024/25 will be automatically entered into Novice Competition, except the followings:

1. 但凡參加者於(2024/25年度及2025/26第一階段)於中國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，不得參加此新秀賽。

Participants who are/have once been training in either Young Athletes Squash Training Scheme or Joint School Training Centre or Regional Squad of Year 2024/25 and 2025/26 Phase 1, are not allowed to take part in the Novice Competition.

2. 所有過往三年內(2021/22 – 2023/24年度)於此新秀賽主要賽事勝出之頭四名得獎者亦不可再次參加其曾勝出之分齡組別。

All the past Top 4 winners of this novice competition within 3 years (2021/22 – 2023/24) may not contest for his/her winning age category again.

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.

本會將定於2025年4月23日上午11時30分在中國香港壁球中會辦事處進行公開抽籤，賽程表將於2025年5月9日在本會網頁公佈。(請各參加者自行於www.hksquash.org.hk下載相關賽程，本會將不會另函通知)

The open ballot of draw fixture will be held at the association office at 11:30am on 23 Apr 2025(Wed). The competition draws will be released via the Association website (www.hksquash.org.hk) on 9 May 2025(Fri). Participants please download the draws from the website directly, there will be no further notice.

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

■ 所有技術深造班的截止報名日期為二零二五年一月二十七日(星期一)。逾期報名，一概恕不接納。

Deadline for entries: 27 January 2025 (Monday) Late application will not be accepted.

■ 取錄結果將於二零二五年二月七日(星期五)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 7/2/2025 (Friday). 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.

■ 以上資料中英文版本如有歧義，一律以中文版本為準。

In case of discrepancy between the English and Chinese version in respect of all or any part of the contents, the Chinese version shall prevail.

■ 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
Enquiries

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

課程編號 Course Code	地點 Venue	日期 Date	時間 Time
港島區 Hong Kong Island			
24HK301	灣仔 Wan Chai	港灣道體育館 Harbour Road Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 11am – 1pm
24HK302	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2025年 2月22 3月1, 8, 15, 29 4月5, 12, 26 5月3, 10 六 Sat 4:30 – 6:30pm
24HK303	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2025年 2月23 3月2, 9, 16, 30 4月6, 13, 27 5月4, 11 日 Sun 10am – 12nn
24HK304	西區 Western District	士美非路體育館 Smithfield Sports Centre	2025年 2月15, 22 3月1, 8, 15, 29 4月5, 12, 26 5月3 六 Sat 2 – 4pm
24HK305	北角 North Point	渣華道體育館 Java Road Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 2 – 4pm
九龍區 Kowloon			
24KN301	九龍塘 Kowloon Tong	歌和老街壁球及乒乓球中心 Cornwall St. Squash & Table Tennis Centre	2025年 2月15, 22 3月1, 8, 15, 29 4月5, 12, 26 5月3 六 Sat 5 – 7pm
24KN302	深水埗 Shum Shui Po	北河街體育館 Pei Ho Street Sports Centre	2025年 2月15, 22 3月1, 8, 15, 29 4月5, 12, 26 5月3 六 Sat 4 – 6pm
24KN303	旺角 Mong Kok	花園街體育館 Fa Yuen Street Sports Centre	2025年 2月15, 22 3月1, 8, 15, 29 4月5, 12, 26 5月3 六 Sat 12nn – 2pm
24KN304	黃大仙 Wong Tai Sin	蒲崗村道體育館 Po Kong Village Road Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 10am – 12nn
新界區 New Territories			
24NT301	屯門 Tuen Mun	賽馬會屯門蝴蝶灣體育館 The Jockey Club Tuen Mun Butterfly Beach Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 1 – 3pm
24NT302	元朗 Yuen Long	元朗賽馬會壁球場 Yuen Long Jockey Club Squash Courts	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 3 – 5pm
24NT303	大埔 Tai Po	大埔運動場壁球場 Tai Po Sports Ground Squash Courts	2025年 2月15, 22 3月1, 8, 15, 29 4月5, 12, 26 5月3 六 Sat 12nn – 2pm
24NT304	荃灣 Tsuen Wan	楊屋道體育館 Yeung Uk Road Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 1 – 3pm
24NT305	沙田 Shatin	源禾路體育館 Yuen Wo Road Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月6, 13, 27 5月4 日 Sun 1 – 3pm
24NT306	西貢 Sai Kung	將軍澳體育館 Tseung Kwan O Sports Centre	2025年 2月16, 23 3月2, 9, 16, 30 4月13, 20, 27 5月11 日 Sun 11am – 1pm

技術深造班

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)

紀念T-shirt尺碼：

4XS (L- 55, W- 40)

3XS (L- 57, W- 42)

2XS (L- 59, W- 44)

XS (L- 61, W- 46)

S (L- 63, W- 48)

M (L- 65, W- 50)

L (L- 67, W- 52)

XL (L- 69, W- 54)

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 – 技術進階班」(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, 可與中國香港壁球總會職員聯絡。

取錄通知：取錄結果將於7/2/2025(五)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。

Advanced 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)

Event T-shirt size:

<input type="checkbox"/> 4XS (L- 55, W- 40)	<input type="checkbox"/> 3XS (L- 57, W- 42)	<input type="checkbox"/> 2XS (L- 59, W- 44)	<input type="checkbox"/> XS (L- 61, W- 46)
<input type="checkbox"/> S (L- 63, W- 48)	<input type="checkbox"/> M (L- 65, W- 50)	<input type="checkbox"/> L (L- 67, W- 52)	<input type="checkbox"/> XL (L- 69, W- 54)

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 – Refinement 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 Advanced 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 Squash Association of Hong Kong, China.

Notification: Successful applicants list will be announced on the Squash Association of Hong Kong, China website on 7/2/2025 (Friday). The application form with cheque will be 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.