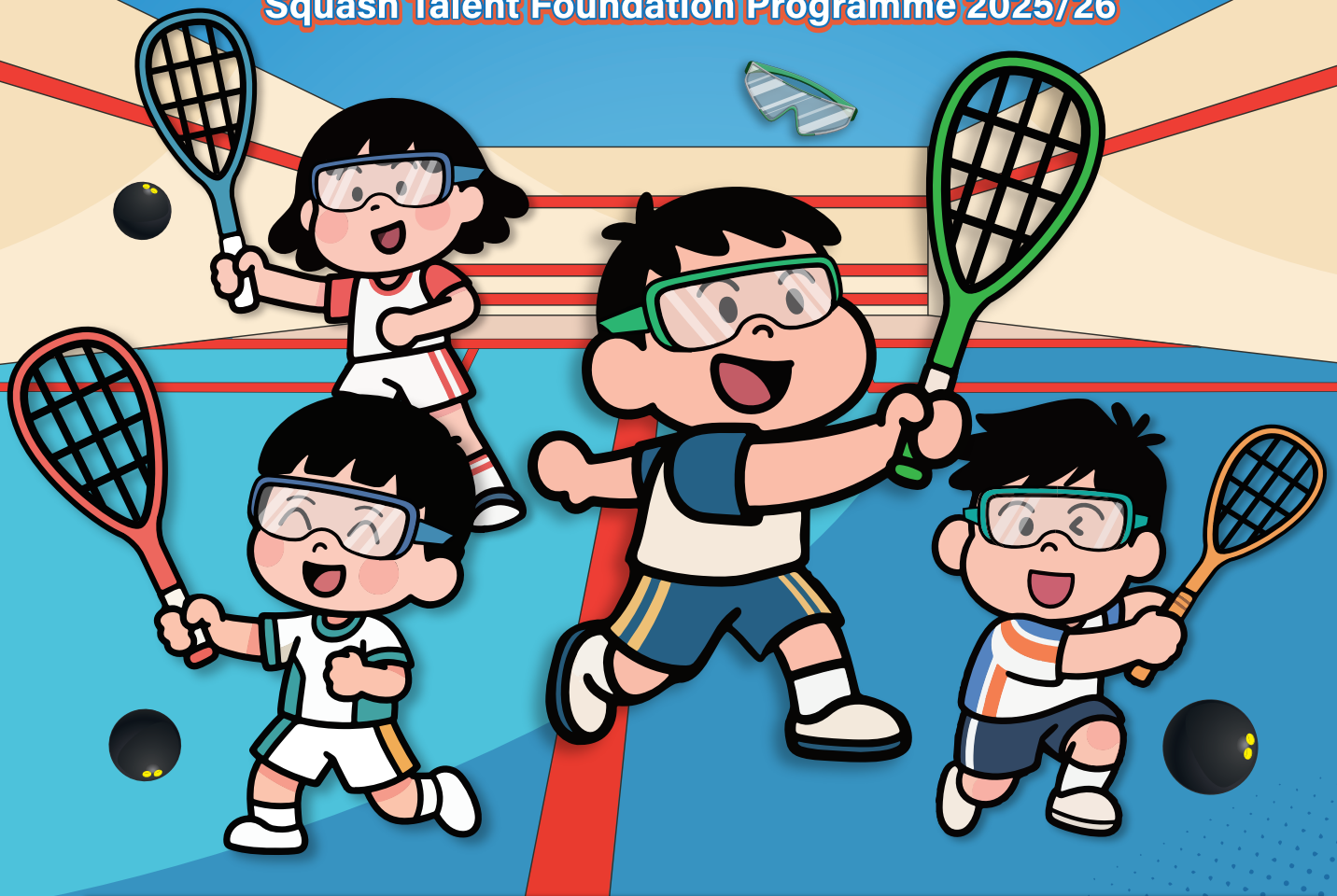


壁球生力軍 招募計劃

Squash Talent Foundation Programme 2025/26



★ 中級訓練班

Intermediate Training Course

08/2025 - 11/2025

查詢詳情 Enquiries: 2869 0053

歡迎6至17歲青少年參加 Youngsters of aged 6-17

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

★ ★ 完成康樂及文化事務署分區康樂事務辦事處於二零二五年七月至八月期間舉辦之初級壁球訓練班或中國香港壁球總會舉辦之「富士菲林小型壁球計劃2025/26 – 小型壁球訓練班」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 Elementary Training Course organized by the LCSD Districts Leisure Services Offices in July / August 2025 or the Fujifilm Mini-squash Scheme 2025/26 – Mini-squash Training Course organized by Squash Association of Hong Kong, China 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



中級訓練班

Intermediate Training Course

08/2025 - 11/2025

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

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。完成此階段及獲教練推薦者將獲得優先考慮參加技術進階班。

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 participant who completed the course with nomination will get priority in the enrolment at the Refinement Training Course.

報名表格 Enrolment Form:

報名表格可於康樂及文化事務署各區康樂事務辦事處或舉辦訓練班的體育館索取，

亦可親臨中國香港壁球總會辦事處索取或於中國香港壁球總會網址下載：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 Office of Squash Association of Hong Kong, China. Form can also be downloaded from the website of Squash Association of Hong Kong, China: www.hksquash.org.hk



技術進階班

Refinement Training Course

11/2025 - 02/2026

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

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



技術深造班 Advanced Training Course

02/2026 - 05/2026

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需參加於2026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 2026.

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 website of Squash Association of Hong Kong, China: www.hksquash.org.hk

壁球新秀賽 Novice Competition (5/2026)

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

注意 Remarks

- 所有中級訓練班的截止報名日期為二零二五年八月十五日(星期五)。逾期報名，一概恕不接納。
Deadline for entries: 15 August 2025 (Friday) Late application will not be accepted.
- 取錄結果將於二零二五年八月二十二日(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 22/8/2025 (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.
- 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

中級訓練班

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)

以上學員完成康樂及文化事務署分區康樂事務辦事處於二零二五年七、八月舉辦之壁球初級訓練班或中國香港壁球總會舉辦之「富士菲林小型壁球計劃2025/26 – 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22/8/2025(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。

Intermediate 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 elementary training course organized by the LCSD District Leisure Services Offices in July/Aug 2025 or the Fujifilm Mini-squash Scheme 2025/26 – Mini-squash Training Course organized by Squash Association of Hong Kong, China, with satisfactory performance.

Here I would like to nominate this player to join 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 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 22/8/2025 (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.

課程編號 Course Code	地點 Venue		日期 Date	時間 Time
25HK101	灣仔 Wan Chai	港灣道體育館 Harbour Road Sports Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 4:30pm – 6:30pm
25HK102	灣仔 Wan Chai	港灣道體育館 Harbour Road Sports Centre	2025年9月21	日 Sun 10am – 12nn
			2025年9月28 10月5, 12, 19, 26 11月2, 9, 16, 23	日 Sun 11am – 1pm
25HK103	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 4:30pm – 6:30pm
25HK104	金鐘 Admiralty	香港壁球中心 Hong Kong Squash Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 10am – 12nn
25HK105	西區 Western District	士美非路體育館 Smithfield Sports Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 2pm – 4pm
25HK106	北角 North Point	渣華道體育館 Java Road Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 2pm – 4pm
25KN101	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9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8, 15	六 Sat 5pm – 7pm
25KN102	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9月7, 14, 21 10月5, 12, 19, 26 11月2, 9, 16	日 Sun 4pm – 6pm
25KN103	深水埗 Shum Shui Po	北河街體育館 Pei Ho Street Sports Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 4pm – 6pm
25KN104	深水埗 Shum Shui Po	北河街體育館 Pei Ho Street Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 2pm – 4pm
25KN105	旺角 Mong Kok	花園街體育館 Fa Yuen Street Sports Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 12nn – 2pm
25KN106	佐敦 Jordan	官涌體育館 Kwun Chung Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 11am – 1pm
25KN107	黃大仙 Wong Tai Sin	蒲崗村道體育館 Po Kong Village Road Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 10am – 12nn
25NT101	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9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 1pm – 3pm
25NT102	元朗 Yuen Long	元朗賽馬會壁球場 Yuen Long Jockey Club Squash Courts	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 3pm – 5pm
25NT103	元朗 Yuen Long	天水圍體育館 Tin Shui Wai Sports Centre	2025年9月6, 13, 20, 27 10月4, 11, 18, 25 11月1, 8	六 Sat 12nn – 2pm
25NT104	荃灣 Tsuen Wan	惠荃體育館 Wai Tsuen Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 12pm – 2pm
25NT105	青衣 Tsing Yi	長發體育館 Cheung Fat Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 11am – 1pm
25NT106	大埔 Tai Po	大埔運動場壁球場 Tai Po Sports Ground Squash Courts	2025年9月6, 13, 20, 27 10月11, 18, 25 11月1, 8, 15	六 Sat 11am – 1pm
24NT107	沙田 Shatin	源禾路體育館 Yuen Wo Road Sports Centre	2025年8月31 9月7, 14, 21, 28 10月5, 12, 19, 26 11月2	日 Sun 1pm – 3pm
25NT108	西貢 Sai Kung	寶林體育館 Po Lam Sports Centre	2025年9月7, 14, 21, 28 10月5, 12, 19, 26 11月2, 9	日 Sun 12nn – 2pm