

Organised by the The Boxing Association of Hong Kong, China Limited (BAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Boxing
Prospectus

Key Information	Sport Demonstration		Easy Sport Programme – Junior Fit Boxing	Outreach Coaching Programme	
	At School	At Contact Sports Centre		Non-School Team Training	School Team Training
				At School	
Target Participants	Secondary school students		Students of Primary 3 to 6	Secondary school students	
Outline	<ul style="list-style-type: none"> - Introduction to BAHK - Introduction to the basics of boxing - Introduction to boxing equipment - Briefing on basic skills with demonstration - Briefing on the basic rules of competition and demonstration of skills used in competitions - Play-in session [for demonstration sessions held at the Contact Sports Centre] - Introduction to facilities at the Contact Sports Centre (such as speed ball and punching bag) and hands-on use (such as boxing ring and personal gear) 		<ul style="list-style-type: none"> - Introduction to BAHK - Introduction to the background and development of boxing - Introduction to boxing equipment and its use - Briefing on boxing moves with demonstration - Practice of basic skills - Briefing on the basic rules of competition and relevant practice - Basic fitness training 	<ul style="list-style-type: none"> - Introduction to BAHK - Introduction to the basics of boxing - Introduction to boxing equipment - Briefing on and practice of basic skills - Briefing on the basic rules of competition and relevant practice - Fitness training 	<ul style="list-style-type: none"> - Briefing on the rules of competition - Practice of skills - Fitness training - Mock competitions
Venue	Indoor or outdoor venue with a smooth floor surface	Contact Sports Centre, 6/F, Pei Ho Street Sports Centre, Sham Shui Po (see Remark)	Indoor or outdoor venue with a smooth floor surface	Indoor or outdoor venue with a smooth floor surface	
Fee	\$720 per session (\$565 for each extended session on the same day)	\$640 per session	\$1,530 per course	\$2,190 per course	\$3,760 per course
Equipment to be provided by the school	Public address system	Not applicable	Public address system	Public address system	Not applicable (Participants may prepare their own hand wraps.)

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Duration	2 hours per session		Each course comprises 4 lessons of 1.5 hours each (6 hours in total)	Each course comprises 8 lessons of 2 hours each (16 hours in total)	Each course comprises 12 lessons of 2 hours each (24 hours in total)
Estimated No. of Participants per Session/ Course	40		30	30	20
Proposed Time of Activity	To be scheduled by the school				
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)		Easy Sport Programme Enrolment Form (P. 200)	Outreach Coaching Programme Enrolment Form (P.203-204)	
How to Enrol	<ol style="list-style-type: none"> Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. For enrolment on training courses under the Outreach Coaching Programme, please specify on the enrolment form whether the training is intended for a school team or a non-school team. 				
Points to Note	<ol style="list-style-type: none"> A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. Participants should wear proper sportswear and sports shoes. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$204 per Sport Demonstration; \$408 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 				
Enquiry Phone No./ Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html				

Remark: While the venue of the Contact Sports Centre is to be arranged by LCSD, the school shall arrange for its own transportation to and from the venue.