

Organised by the Hong Kong Weightlifting and Powerlifting Association (HKWPA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Weightlifting and Powerlifting

Prospectus

Type of Activity Brief Information	Sport Demonstration		Outreach Coaching Programme	
			Non-School Team Training	
			Weightlifting and Powerlifting	Powerlifting
Target Group	Secondary school students (Students who join the play-in sessions must be aged 14 or above)		Secondary school students (aged 14 or above)	
	(See Note 6 for details)			
Content	<ul style="list-style-type: none"> – Introduction to weightlifting and powerlifting including bench press, dead lift, squat, snatch, clean & jerk, equipment and competition events – Demonstration and play-in session 		<ul style="list-style-type: none"> – Brief introduction to history, development and techniques of weightlifting and powerlifting – Initial understanding of basic concepts of weightlifting and powerlifting, and master the basic moves 	
Venue Requirement	Covered playground or hall or activity room or fitness room		Wan Chai Sports Ground Weightlifting Room (See Note 3 for details)	Covered playground or hall or activity room or fitness room
Fee	\$550 per session (\$300 for an extension session on the same day)	\$480 per session (\$215 for an extension session on the same day)	\$170 per person	\$1,725 per course
Equipment to be Provided by Schools	Soft or hard mat, loudspeaker, computer, computer projector and screen		Not Applicable	Soft or hard mat
Other Equipment	The HKWPA can provide 5kg standard barbells, collars and weight plates of 0.5 kg, 1.25 kg, 2.5 kg, 5 kg and 10 kg. Demonstrations of dead lift, squat, snatch and clean & jerk are arranged. Demonstration of bench press may also be conducted if schools provide powerlifting squat stands/benches.		Weightlifting Room equipment at Wan Chai Sports Ground; basic personal safety equipment can be provided by the HKWPA	School should arrange 5kg or 20kg standard barbells, collars and weight plates of 0.5 kg, 1.25 kg, 2.5 kg, 5 kg, 10 kg, 15 kg and 20 kg. Demonstration of bench press may also be conducted if schools provide powerlifting squat stands/benches.
Course Duration	2 hours per session		6 sessions per course, 2 hours per session (12 hours in total)	
Estimated No. of Participants per Course/ Session	60 persons	30 persons	10 persons	15 persons
Proposed Date/ Time	Monday to Friday: 9 am to 5:30 pm		Monday to Friday: 4 pm to 6pm (Training schedules to be arranged by the HKWPA)	Monday to Friday: 9 am to 5 pm
Enrolment Form	Sport Demonstration Enrolment Form (P.137)		Outreach Coaching Programme Enrolment Form (P.151)	

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Enrolment Method	1. School should mail the completed enrolment form, together with a crossed cheque payable to the "Hong Kong Weightlifting and Powerlifting Association" with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 2. Should any school cancel the activity after the HKWPA has arranged coaches for the Easy Sport Programme according to its application, the HKWPA will deduct an administrative fee of \$304 from the payment of the enrolment fee and return the balance to the school directly.		
	<ul style="list-style-type: none"> ● Please refer to the Enrolment Method (P.7) for the dates of application. ● If the activity cannot be arranged by the HKWPA or the LCSD, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 		
Enquiries/ Website	2601 7602 / http://www.lcsd.gov.hk		

- Note:
1. **Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.**
 2. Students are requested to put on sports shoes and proper sportswear during lessons.
 3. Schools are required to arrange for their own transportation to and from the venue.
 4. To encourage students' active and persistent participation in sports, schools are recommended to draw up training schedules for an academic term so that coaches can assess the students' progress regularly.
 5. Schools may visit the HKWPA website (<http://www.hkwpa.org.hk>) to view the different types of equipment required for weightlifting and powerlifting.
 6. **A participant who takes part in the play-in session of Sport Demonstration or Outreach Coaching Programme must be aged 14 or above as at the event date. If any participant whose age is found under 14, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.**