

Organised by the Hong Kong, China Rowing Association (HKCRA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme

Joint Schools Rowing Training Programme (Galaxy Star 4-5)

2024/25 Prospectus

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| Purpose | Provide continuous and systematic training for students with potential and aspiration to develop in rowing by enhancing their rowing skills. |
| Eligibility | (a) Participants should be able to swim 50 metres with clothes on; and (b) Participants should join in their own capacity, with recommendation from HKCRA's coach(es) to certify that the students have reached a skill level of Star 3 or above. |
| Target Participants | Secondary school students |
| Course Outline | (a) Stretching and warm-up exercises for rowing: Students will learn and fully master the skills involved in stretching and warm-up exercises specifically for rowing. (b) Use of indoor rowing machines: Students will improve their rowing skills with the use of indoor rowing machines, and participate in the age group competition of indoor rowing. (c) Rowing skills: Students will learn to use advanced equipment (special boats for competitions), improve and fully master the basic skills of rowing, and participate in the age group competition of rowing. (d) Small group activities: Conducted in small groups (e) Before the end of the course, the coach(es) will conduct a skill test for the students. Students who pass the test will have the opportunity to be selected by the HKCRA for further training. |
| Training Venue | Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre |
| Fee | \$320 per person |
| Duration | 15 hours per course (Can be divided into 6 sessions of 2.5 hours each according to activity arrangement. Students are advised to complete the training course within 2 consecutive months.) |
| Quota | 8 per group |
| | A maximum of 2 training courses for each student in the same school year |
| Proposed Time of Activity | Monday to Friday: 4 pm to 6:30 pm or Saturday and Sunday: 9 am to 6 pm |
| | For details, please refer to the attached course schedule. In case participants cannot make it to such courses, other time slots may be made available by the HKCRA. |

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| Enrolment Form | <p>Participants can obtain the form from schools or download it from the following website: LCSD's website: http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8 HKCRA's website: http://www.rowing.org.hk/youth-development-programme/</p> |
| Notes of Enrolment | <p>(a) The applicant should apply <u>in his/her own capacity</u> and have the enrolment form stamped by the school.</p> <p>(b) The rowing training course will be conducted at the Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre under the HKCRA. The practice date and time will be arranged by the HKCRA or co-ordinated with the students. If you have enquiries about the activity date, please contact the staff of the HKCRA on 2696 2337 or 3841 7351.</p> <p>(c) Students must submit the applications, each with recommendation from the coach (in the lower part of the enrolment form) and a cheque of the relevant amount (made payable to "Hong Kong, China Rowing Association"), by post to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. one and a half months before the commencement of the activity. Please mark on the envelope "Joint Schools Rowing Training Programme (Galaxy Star 4-5)".</p> <p>(d) The organiser reserves the right to cancel the course in case of insufficient enrolment.</p> <p>(e) The activity will be cancelled in the event of school suspension announced by the Education Bureau or the following severe weather conditions:</p> <p>(1) The Hong Kong Observatory issues the Strong Monsoon Warning Signal, Thunderstorm Warning Signal, Tropical Cyclone Warning Signal No. 1 or above, or Amber Rainstorm Warning Signal or above two hours before the activity; or</p> <p>(2) If the Environmental Protection Department announces that the Air Quality Health Index recorded by general stations reaches the "serious" level (i.e. 10+), outdoor activities in the affected areas must be stopped immediately.</p> <p>(f) There is no refund for all cancelled classes. Subject to the availability of the venue, the HKCRA will arrange make-up lessons as far as possible.</p> |
| Remarks | Participants should wear proper sportswear and sports shoes for the training course. |
| Enquiry Phone No. | 2601 7609 or 2601 7648 (School Sports Programme Unit, LCSD) 2696 2337 or 3841 7351 (HKCRA) |

School Sports Programme
Joint Schools Rowing Training Programme (Galaxy Star 4-5)

Official Use Only

Enrolment Form

(Please return the completed enrolment form together with (1) recommendation from the coach (in the lower part of this form) and (2) a crossed cheque for the payment of enrolment fee to the office of the Hong Kong, China Rowing Association (HKCRA) one and a half months before the commencement of the activity.)

Particulars of Applicant

Name(English): _____ Gender: _____ * Male / Female

Date of Birth: _____ Enrolment Fee: \$ _____ Cheque No.: _____

Contact/Mobile No.: _____ Fax No. /Email: _____

In case of emergency, please call _____ Contact Person: _____

Level of Star: Star _____ Date of acquiring the Star: _____

Course Code (as detailed in the attached course schedule): _____

In case you cannot make it to such courses, please put a tick in a box below to indicate your availability of time slots.

● Morning

Saturday Sunday

● Afternoon

Monday Tuesday Wednesday Thursday Friday

Saturday Sunday

Parental Consent (To be completed by the parent or guardian)

I hereby declare that all the information given above is true and correct and that I agree to enrol _____ (name of applicant) in the captioned programme, and that the participant are not suffering from any illness that renders him/her unfit for the captioned programme; and he/she is able to swim 50 metres with clothes on.

Signature of Parent/Guardian: _____ Name of Parent/Guardian: _____

Contact No. of Parent/Guardian: _____ Date: _____

School Information

Name of School: _____

Name of Teacher-in-charge: _____

Contact No. of Teacher-in-charge: _____ School Chop: _____

(The school is aware that parental consent has been sought for the student's participation in the programme.)

* Please delete as appropriate

Recommendation from the Coach

I hereby certify that the above-mentioned student possesses the rowing skills equivalent to the holder of Star _____ certificate and the development potential after evaluation through skill tests. Therefore, the student is recommended to participate in the Joint Schools Rowing Training Programme.

Signature of
Coach: _____

Name of
Coach: _____

Contact No.: _____

Date: _____

Points to note:

1. Students recommended by their coach and certified to have met the skill requirements may send the application form together with a cheque for the payment of enrolment fee (made payable to the "Hong Kong, China Rowing Association", with the participant's name written on the back) to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. by post. Please mark on the envelope "Joint Schools Rowing Training Programme (Galaxy Star 4-5)". If the application is not accepted, the cheque submitted will be returned to the applicant.
2. The staff of the HKCRA will inform participants of the training arrangements.
3. The information provided by the applicant will only be used by the Organiser and the Leisure and Cultural Services Department (LCSD) for the purposes of enrolment in recreation and sports programmes, future contact, compilation of statistics and opinion survey. Only those authorised by the Organiser and the LCSD can have access to such personal data. For correction of or enquiries about the personal data you have submitted in application forms, please contact the staff of the LCSD on 2601 7609 or 2601 7648.

To be completed by the HKCRA: Course Code _____ Signature of Officer (in block letters): _____