

# 香港業餘田徑總會主辦

## 二零零九年度教師競走訓練班

**目 標** : 培訓教育工作者認識和掌握基本競走的技術及訓練方法來指導學生，從而在學校推廣競走運動

**資 格** : 本港註冊中、小學教師、課程助理或有興趣推廣競走之教育工作者

**授課語言** : 粵語

**上課日期** : 二零零九年十月二十七、二十九及十一月三日

**訓練時間** :

	星期二	星期四	時間
十月	27	29	19:00 – 21:00
十一月	3		19:00 – 21:00

**導師資格** : 國際田徑聯合總會四級競走教練

**訓練內容** : 1 基礎競走技術; 2 基本競走教授; 3 基本競走訓練; 4 基本競走規則。

**上課地點** : 將軍澳運動場

**費 用** : 港幣二百元正

**名 額** : 二十人

**証書** : 出席率達八成者，可獲頒發証書乙張

**報名表格** : 從田總網頁下載 ([www.hkaaa.com](http://www.hkaaa.com)) 及自行影印

**報名辦法** : 填妥報名表格後，連同**貼郵票的回郵信封及劃線支票**，支票抬頭請寫「**香港業餘田徑總會有有限公司**」，郵寄或交往銅鑼灣掃桿埔大球場徑一號奧運大樓2015室「香港業餘田徑總會」。切勿郵寄現金。

**截止報名日期** : 二零零九年十月二十日 (星期二)

**查 詢** : 電話：2504-8215 電郵：inquiry@hkaaa.com

你所提供的資料只用於與合辦機構的康體活動報名事宜及活動宣傳之用。在遞交申請表後，如欲更改或查詢你申報的個人資料，可與本會職員聯絡。

# Race Walking Training Course 2009 (Teacher)

## Organized by Hong Kong Amateur Athletic Association

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- Objective** : To nurture the teaching staff who can learn and know the Race Walking Technique and Training Method to teach student; and to promote the Race Walking at School.
- Eligibility** : **Local districted teachers in Primary or Secondary School, Programme Assistant or Teaching Staff who are interested in Race Walking**
- Language** : Cantonese
- Date** : 27 – 29 October & 3 November 2009 (Every Tuesday & Thursday)

	Tue	Thu	Time
Oct	27	29	19:00 – 21:00
Nov	3		19:00 – 21:00

Lecturer qualifications : Coach of IAAF Level IV Race Walking

**Content** : (1) Basic race walking skills; (2) Basic teaching methods; (3) Basic training methods; (4) Rules and regulations;

**Venue** : Tseung Kwan O Sports Ground

**Entry Fee** : **HK\$200**

**Quota** : **20 persons**

**Certificate** : **Over 80% of attendances, certificate will be awarded**

**Application Form** : Application form can be downloaded from [www.hkaaa.com](http://www.hkaaa.com)

**Procedure** : Please return the completed application form together with a self-addressed and stamped envelope, and a crossed cheque made payable to “*Hong Kong Amateur Athletic Association Ltd.*” to HKAAA, Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong”. Cash must not be sent by post.

**Application Deadline** : **20 OCT 2009 (Tuesday)**

**Enquires** : Tel: 2504-8215 Email: [inquiry@hkaaa.com](mailto:inquiry@hkaaa.com)

The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organised by our association and co-organising parties. For correction of or access to personal data after submission of this form, please contact the staff of our Association.

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# 二零零九年度教師競走訓練班報名表

## Race Walking Training Course 2009 – (Teacher) Application Form

截止報名日期: 二零零九年十月二十日(星期二)

註: 如有需要, 請自行影印報名表格

Entry Deadline: 20 Oct 2009 (Tuesday)

Remark: Please copy the application form if necessary

中文姓名

Chinese Name \_\_\_\_\_

Official Use Only.

英文姓名

English Name \_\_\_\_\_

出生日期

Date of Birth \_\_\_\_\_ 日 D/月 M/年 Y

性別

Gender \_\_\_\_\_ (M/F)

學校名稱

Name of School \_\_\_\_\_

職位

Position \_\_\_\_\_

地址

Address \_\_\_\_\_  
\_\_\_\_\_

聯絡電話 (日間)

Contact Tel. No. (Day) \_\_\_\_\_

(晚間)

(Night) \_\_\_\_\_

電子郵箱

E-mail Address \_\_\_\_\_

支票號碼

Cheque No. \_\_\_\_\_ (抬頭請填「香港業餘田徑總會有限公司」)  
(Payable to “Hong Kong Amateur Athletic Association Ltd)

聲明: 謹此聲明本人是在完全明瞭上述活動的性質及體適能要求情況下報名參加, 並願意遵守有關活動規則。同時, 聲明本人身體健康及有能力參與上述活動, 並願意承擔自身的意外風險及責任, 及無權向香港業餘田徑總會(及其他直接或間接與此活動有關人士/工作人員/組織)對本人參與上述活動而發生或引致之自身意外, 死亡或任何形式的損失索償或追討責任。

Declaration: I hereby declare that I have entered the above course in full awareness of its nature and physical demands and I agree to abide by the rules and conditions laid down by the HKAAA in connection with the course. I hereby also confirm that I am physically fit and capable of participating in such a course, and that I do so at my own risk and responsibility and irrevocably discharge and hold harmless the HKAAA (as well as other individuals/ officials/ organizations directly or indirectly involved with the course) from any claim or responsibility for personal injury, death, or loss if whatever nature resulting during or as a consequence of my participation.

參加者簽署 Participant's Signature \_\_\_\_\_

家長/監護人簽署 Parent's/ Guardian's Signature \_\_\_\_\_

日期 Date \_\_\_\_\_

(未滿 18 歲人士使用 For person age under 18)

通訊地址 Correspondence	通訊地址 Correspondence
姓名 Name	姓名 Name
地址 Address	地址 Address