

香港業餘田徑總會主辦

二零零九年度競走初級訓練班

目 標 : 推廣競走運動

資 格 : 於一九九七年 至 一九六九年出生之人士

授課語言 : 粵語

上課日期 : 二零零九年 十月十日 至 十一月十四日

訓練時間 :

	星期六	時間
十月	10, 17	19:00 – 21:00
十月	24, 31	14:00 – 16:00
十一月	7, 14	14:00 – 16:00

訓練內容 : 〈1〉基礎競走技術; 〈2〉基本競走訓練; 〈3〉競走規則。

訓練場地 : 九龍灣運動場

費 用 : 港幣一百元正

名 額 : 四十人

報名表格 : 請從田總網頁下載 (www.hkaaa.com.)

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, 切勿郵寄現金。

截止報名日期 : 二零零九年十月二日 (星期五)

查 詢 : 電話: 25048215 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 Elementary Training Course 2009

Organized by Hong Kong Amateur Athletic Association

Objective : To promote Race Walking
Eligibility : **Born between 1969 and 1997**
Language : Cantonese
Date : October 10 to November 14, 2009

Day	Saturday	Time
Oct	10, 17	19:00 – 21:00
Oct	24, 31	14:00 – 16:00
Nov	7, 14	14:00 – 16:00

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

Venue : Kowloon Bay Sports Ground

Entry Fee : **HK\$100**

Quota : **40 persons**

Application Form : Application form can be downloaded from www.hkaaa.com

Procedure : Please return the completed application form 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 : **2 Oct 2009 (Friday)**

Enquires : Tel: 25048215 e-mail: 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.

二零零九年度競走初級訓練班報名表

(Ref. Jul 2009)

Race walking Elementary Training Course 2009 Application Form

截止報名日期: 二零零九年十月二日(星期五)

註: 如有需要, 請自行影印報名表格

Entry Deadline: 2 Oct 2009 (Friday)

Remark: Please make copies of 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)

地址

Address _____

聯絡電話

(日間)

(晚間)

Contact Tel. No. (Day) _____ (Night) _____

電子郵箱

e-mail Address _____

支票號碼

(抬頭請填「香港業餘田徑總會有限公司」)

Cheque No. _____ (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