

2009年度香港青年田徑訓練計劃 (初級班)

詳細資料

目標	本計劃希望提高本港青少年對田徑運動的興趣，為他們提供有系統的田徑訓練，培育具潛質的青年運動員成為“新一代田徑之星”，藉此達到提高本港田徑水平。
日期	2009年11月 至 2010年2月
資格	凡於1989至1997年出生之男女青少年均可報名參加
訓練課程	<ol style="list-style-type: none"> 課程分為基本體能訓練、田徑技術訓練及評核 訓練項目包括：短跑、中長跑、跨欄、跳高、跳遠、三級跳、推鉛球、擲鐵餅、擲標槍。(每名運動員只可報名參加1個項目) 訓練出席率達80%之學員將獲發證書乙張
預留學位	以電郵/傳真 <ol style="list-style-type: none"> 將已填妥的報名檔案電郵至e_entry@hkaaa.com 或傳真至25775392 預留學位後，請依照報名程序辦理正式報名手續
報名程序	<ol style="list-style-type: none"> 章程、報名表格及報名檔案可在田總網頁www.hkaaa.com下載 支票抬頭請書明「香港業餘田徑總會有限公司」，切勿郵寄現金。 將已填妥報名表格後，連同支票及回郵信封交收或寄回香港業餘田徑總會 香港業餘田徑總會地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓2015室 本會將於收到報名表格後10個工作天內以電郵形式確認閣下之學位
費用	港幣110元正 (報名費港幣80元正，制服費港幣30元正)
查詢	電話： 2504-8215 電郵： e_entry@hkaaa.com

初級班訓練時間表

運動場	截止報名日期	上課日期					
		星期	時間	11月	12月	1月	2月
A 沙田	22-10-2009	—	18:00-20:00	2, 9, 16, 23	14, 21, 28	4, 11, 18	
B 九龍灣	22-10-2009	四	18:00-20:00	5, 12, 19, 26	3, 17	7, 14, 21, 28	
C 大埔	30-10-2009	三	18:00-20:00	11, 18, 25	16, 23, 30	6, 13	3, 10
D 小西灣	30-11-2009	—/三/五	18:00-20:00		16, 18, 25, 30	18, 20, 22, 29	19, 26

技術改良班訓練時間表

完成初級班及表現優異的學員，將有機會被挑選參加技術改良班，接受更高水平的訓練。技術改良班將於2010年1月開始接受報名，有關詳情將刊登於本會網頁。訓練時間表如下：

運動場	星期	時間	1月	2月	3月	4月	5月	6月
A 沙田	—	18:00-20:00	25	1, 8, 22	1, 8, 15, 22, 29	12		
B 九龍灣	四	18:00-20:00		4, 11, 25	4, 11, 18, 25	1, 8, 15		
C 灣仔	六	10:00-12:00			6, 20, 27	17, 24	8, 15, 22, 29	5

*如有任何更改，將另行通知

Hong Kong Youth Athletics Training Scheme 2009 (Elementary Course)

Information

Objective	This scheme aims to raise the youth interest in athletics and nurture a pool of talents to be Athletics Star of the future through receiving a systemic training from professional coaches, for the purpose of enhancing the level of Hong Kong Athletics.
Date	From Nov 2009 to Feb 2010
Qualification	For youngster who was born in between 1989 and 1997
Training Course	<ol style="list-style-type: none"> The course consists of basic physical training, athletics skill enhancement and performance assessment. The training programme includes training of sprint, middle & long distance running, hurdle, high jump, long jump and triple jump, shot put, discus throw, javelin and throw. (Participants can join one event only) Participants who attend at least 80% of the training sessions will be awarded a certificate.
Reservation	Reservation by e-mail or by fax <ol style="list-style-type: none"> Please send the completed entry file or form to HKAAA via email address at e_entry@hkaaa.com or fax at 25775392 After completed the reservation, please follow the application procedures for enrollment
Application Procedure	<ol style="list-style-type: none"> The information, entry file and form are being published at HKAAA official website: www.hkaaa.com Crossed cheque should be made payable to "Hong Kong Amateur Athletic Association Limited". Please DO NOT send cash. Please send the completed form with a cheque and a self-stamped-addressed envelope to HKAAA by hand or by mail HKAAA Address: Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong Participant will receive a confirmation one week before the first lesson of training course
	HK\$110 (Entry Fee HK\$80, Uniform HK\$30)
Enquiry	Tel : 2504-8215 Fax : e_entry@hkaaa.com

Elementary Course Training Schedule Entry

Sports Ground	Closing date	Training Schedule					
		Weekdays	Time	November	December	January	February
A Shatin	22-10-2009	Mon	18:00-20:00	2, 9, 16, 23	14, 21, 28	4, 11, 18	
B Kowloon Bay	22-10-2009	Thu	18:00-20:00	5, 12, 19, 26	3, 17	7, 14, 21, 28	
C Taipo	30-10-2009	Wed	18:00-20:00	11, 18, 25	16, 23, 30	6, 13	3, 10
D Siu Sai Wan	30-11-2009	Mon/Wed/Fri	18:00-20:00		16, 18, 25, 30	18, 20, 22, 29	19, 26

Refinement Course Training Schedule

Participants who complete the elementary course and has a good performance may select for participating in the "Refinement Training Course". The enrollment of the refinement course will be commenced in January 2010. The details will be published at HKAAA official website: www.hkaaa.com.

Training Schedule of Refinement Course

	Sports Ground	Weekdays	Time	January	February	March	April	May	June
A	Shatin	—	18:00-20:00	25	1, 8, 22	1, 8, 15, 22, 29	12		
B	Kowloon Bay	四	18:00-20:00		4, 11, 25	4, 11, 18, 25	1, 8, 15		
C	Wan Chai	六	10:00-12:00			6, 20, 27	17, 24	8, 15, 22, 29	5

* If there are any amendment, notice will be given.