



2009年度香港青年田徑訓練計劃 (技術改良課程)

Hong Kong Youth Athletics Training Scheme 2009 (Refinement Course)

詳細資料 Details

目標 Objectives	本課程是青年田徑訓練計劃的延續，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，培育青年運動員，藉此提高本地田徑水平及挑選有潛質的青年運動員加入「香港田徑隊」。	This scheme is the extension of Youth Athletics Training Scheme, aims to raise youth interest in athletics and nurture a pool of talents. Through receiving a systematic training from professional coaches, for the purpose of enhancing the level of Hong Kong Athletics and select potential youths for the "Hong Kong Athletic Team"
資格 Eligibility	凡於1989至1997年出生之男女青少年均可報名參加曾參加香港青年田徑訓練計劃初級班或由田總各屬會所舉辦之初級田徑訓練班或曾接受學校田徑訓練並由學校推薦者，均獲優先取錄	The scheme is open to all boys and girls who were born in 1989-1997. Applicants have participated in elementary training programmes organized by HKAAA, HKAAA affiliated clubs, schools or nominated by their schools will enjoy priority entry.
訓練課程 Training	共10堂，訓練項目分為短跑、中長跑、跨欄、跳高、跳遠、三級跳、推鉛球、擲鐵餅、擲標槍及競走。每名學員可選擇參加其中一個項目	10 sessions in total. Training programme include sprint, middle & long distance running, hurdles, high jump, long jump, triple jump, shot put, discus, javelin and race walking Participants can join one event only.
費用 Fee	港幣110元正〔已包括\$80訓練費，\$30制服費〕請注意，報名一經接納，已繳費用恕不退回。	HK\$110. (Entry Fee HK\$80, Uniform HK\$30) If the application is accepted, the course fee will not be refunded.
報名辦法 Application Procedure	電郵報名：(以電郵形式預留學額) 1. 填妥上載在田總網頁www.hkaaa.com內的報名表格 2. 電郵至 e_entry@hkaaa.com 3. 將完成的報名表連同支票及回郵信封交往或寄回香港業餘田徑總會，地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓2015室	Reservation by e-mail: 1. Complete the application form that posted on the HKAAA Official Website www.hkaaa.com 2. E-mail to e_entry@hkaaa.com 3. Send the completed application form with a cheque, a self-stamped-addressed envelope to Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
	郵寄報名： 填妥報名表格後，請連同支票及回郵信封交往或寄回香港業餘田徑總會，地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓2015室	By post: Complete the application form, with a cheque, a Self-stamped addressed envelope and send to Rm. 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
	1. 支票抬頭請寫「香港業餘田徑總會有限公司」，切勿郵寄現金。 2. 本會收到報名表格後於10個工作天內以電郵形式確認閣下之學位 3. 制服、課程資料及學生證將於第一課時由教練派發	1. The cheque should be made payable to "Hong Kong Amateur Athletic Association Limited". Cash should not be sent by post. 2. A reply e-mail will be sent to you for confirmation of your application within 10 working days 3. Training Uniform, details of the training and a student card will be issued to participants by coach in the first lesson
截止報名日期 Deadline：沙田運動場 20/01/2010 九龍灣運動場 25/01/2010 灣仔運動場 25/02/2010		
查詢 Enquiry	香港業餘田徑總會 網址：www.hkaaa.com 電話：25048215 傳真：25775392	Hong Kong Amateur Athletic Association Website: www.hkaaa.com Tel: 25048215 Fax: 25775392
備註 Remarks	你所提供的資料只用於本會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。	The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organizing parties. For correction of or access to personal data after submission of this form, please contact the staff of HKAAA.

訓練時間表 Training Schedule

	地點 Venue	星期 Week	時間 Time	1月		2月		3月		4月	
				日	日	日	日	日	日		
A	沙田運動場 Shatin Sports Ground	星期一 (Mon)	18:00-20:00	1月	25	2月	1, 8, 22	3月	1, 8, 15, 22, 29	4月	12
B	九龍灣運動場 Kowloon Bay Sports Ground	星期四 (Thu)	18:00-20:00	2月	4, 11, 25	3月	4, 11, 18, 25	4月	1, 8, 15	/	
C	灣仔運動場 Wan Chai Sports Ground	星期六 (Sat)	10:00-12:00	3月	6, 20, 27	4月	17, 24	5月	8, 15, 22, 29	6月	5

如有更改，將另行通知 Any alternation will be informed by notice