



赤柱居民會有限公司
Stanley Residents Association Ltd.

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赤柱龍舟協會技術訓練班 2013

(TT) Dragon Boat Technical Training Scheme

引言：

(Scroll down for English version)

本會將重舉辦技術訓練班，令更多人可以享受龍舟運動帶來的樂趣。這樣不但能令本來無入門門路的個別人士有機會湊合在一起組隊參賽，也為一些本已跟隨其他隊伍練習，但想加操的人士提供額外練習、吸收新知識，和提升技術水平的機會。如報名踴躍，將加開一兩班，及分拆為初學組與競賽組。此計劃也可幫助初次嘗試組隊的學校及社團盡快開展訓練和招募，提前為明年春季的比賽作準備。

目的及內容：

1. 推廣龍舟運動；
2. 令學員能盡快掌握比賽技巧(包括不同風格的比賽起步、衝刺、變速、變頻、船上口令、長短途技術、調頭、橫划、伸展運動、體能訓練等) 及規則
3. 令學員能在短時間內達到競賽水平 (包括技術、體能、心理)；
4. 發掘人材 (包括划手及鼓手)；

日期： 2013 年 9 月 3 日(二)至 10 月 29 日

(逢星期二晚 7:30 至 8:30 時，星期六早上 10-11:00 共 17 節)

收費：每人每月 500 港元，或每次付 80 港元。學生半價(必須出示有效學生證)。付月費者必需事前辦妥手續。

地點：赤柱正灘・赤柱龍舟協會訓練基地

授課語言：廣東話為主、英語為副。

參加資格：

1. 必須年滿 12 歲
2. 能在 4 分鐘內穿輕便衣服游泳 100 米 (參加者首課會有游泳測試，或呈交游泳拯溺等證明文件可免考水試)
3. 必須身體及心理狀態適合參加隊際體育運動

報名方法：

1. 平日辦公時間郵寄以下報名表予本會秘書處 (地址：赤柱大街 96 號赤柱居民會)，或於週末日間練習時段「親身」交來赤柱正灘本會龍舟訓練基地，即場面試及辦理手續。
2. 支付現金或支票均可，劃線支票抬頭請書「赤柱居民會有限公司」或 "Stanley Residents Association Ltd."
3. 相片 2 張。

注意事項：

1. 資料不全或填寫錯誤，恕不接受。
2. 報名一經取錄，不接受轉讓，如退出，所繳學費恕不發還。
3. 如活動當日天文台於活動前兩小時發出紅色、黑色暴雨警告訊號，懸掛三號或以上颱風訊號，當日課程即告取消，補課日期則視乎場地安排而決定。活動前兩小時有雷暴警告、黃色暴雨警告訊號或一號風球，各學員可致電本會查詢安排。(此等訊號有分地區性，留意是否本區受影響。)
4. 延續活動：課程後，教練會挑選個別人士自行組隊或推薦到其他隊伍參加赤柱龍舟協會主辦的多個賽事 (熱賽事、端午赤柱國際賽、香港短途賽，及赤柱長途/拉力賽，小龍或中龍)。教練將以技巧、體能、EQ 及出席率四方面評估。

Stanley Dragon Boat Association

(TT)Technical Training Class 2013 (Project Red)

Preamble:

To promote the sport of dragon boating, SDBA has been thinking of a new series of technical training schemes. As there are increasing enquiries, after last year's trial run and recent discussion on the web, we are now introducing the programme for individuals to pool up for training and racing. Not only is it valuable for novices who do not find a chance to join the sport, but also for paddlers or steerers who have already joined a club but eager to increase training hours, or go deeper to improve techniques. The course is also enable schools or youth agencies kick off recruitment and training programme early to prepare for next year's races.

Aim and content:

1. to promote the sport of dragon boating;
2. to enable participants quickly pick up racing techniques and gear up to racing standard (course contents including stroke and cadence change, depth, power start, side strokes, verbal commands, stretching, fitness training methods, and racing rules)
3. to discover new talents for the sport (paddlers and drummers)

Date and time: 3 Sep – 29 Oct, 2013 –

Tuesday night: 7:30 – 8:30pm; Saturday: 10-11:00am (total 17 sessions)

Fee: HK\$500 per month , or HK\$80 per session. (Half price for full-time students, valid student card is required.)

(Note: those opt for monthly fee should complete all application and have payment settled before training)

Language: Bilingual (Cantonese and English)

Requirement: Must be 12 years old or above, and able to swim 100m within 4 minutes; physically and mentally fit for the sport. (There will be water test in 1 training)

Note:

1. Applications forms should be handed to our Stanley Main Street office during office hours .
2. Can be paid in cash or cheques (payable to "Stanley Residents Association Ltd.")
3. Should hand in 2 photos.
4. Activity will be cancelled if 2 hours in advance there is Red or Black Rain Storm warning , or Typhoon Signal number 3 or above is hoisted; But as for Amber Rain Storm warning or Thunderstorm warning, please ring our office for confirmation.
5. After the course, the coaching team may select or recommend some participants to form a team or join other teams so as to take part in the coming races at Stanley Main Beach.

赤柱龍舟協會技術訓練班- (TT)報名表

Stanley DBA Technical Training Class– Application Form

每份表格只限一人使用 Each form for one person only 請以正楷填寫 Please write in Block letters

姓名	(中文)	
Name	(英文)	
出生日期 Born		年齡 Age
國籍 Nationality		聯絡電話 Tel
電郵地址 email		
通訊地址		
Address		

photo
近照
(攝於一年內)

相關水上活動或健身經驗或資歷資料 Your experience in water sports and physical training :

日期 date	賽事 event name / cert 證書名稱	詳情 details

推薦機構 / 人 : _____

簽署 Sign : _____

Recommended by _____

聯絡電話 Tel : _____

蓋章 Chop : _____

日期 Date : _____

參加者聲明：本人明白以上表格及章程內容，謹此聲明一切本人填寫及提供之資料正確無誤，符合參加資格，且身體健康及體能良好，適宜參與有關活動，並明白活動時一切財物損失及身體損傷之責任概與主辦單位及相關機構和人士無關。I declare that I understand the content of the constitution and application form of this activity and the above information I fill in is accurate and comply with requirements of the activity, and I am fit for taking part. I also declare that I myself take sole responsibility for any loss and/or damages of personal belongings, or physical or mental health of myself during the activity.

參加者簽署 signature : _____ 日期 date : _____

職員專用 staff use only

收表日期	支票號碼	入賬編號
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