



# Regional Squads 2020 Training Program

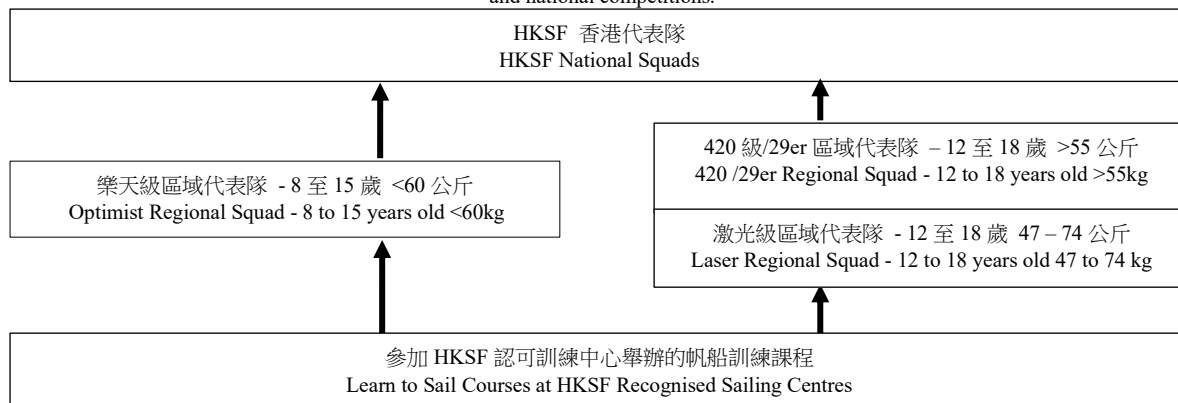


## 區域代表隊 - 2020 訓練計劃

康樂及文化事務署資助 及 香港帆船運動總會主辦

Subvented by the LCSD and organized by the Hong Kong Sailing Federation

香港帆船運動總會區域代表隊以培訓發展新晉選手成為國際級賽事賽員。訓練以培育運動員參加本地及國際性帆船賽事為主要目的。  
HKSF establishes Regional Squad to develop young novice racers into national level competitors. Training will be targeted to prepare sailors for regional and national competitions.



區域代表隊參加資格 Regional Squad Eligibility	參加者需完成 HKSF 青少年樂天四級課程 (樂天級代表隊) 或 HKSF 風帆證書訓練計劃第三級課程 (420 級代表隊) 或同等經驗。考慮現役區域代表隊隊員的申請時, 將考慮其過往表現及出席紀錄。 Applicants should have completed HKSF Youth Opti 4 (for Optimist Squad) or HKSF Level 3 courses (for 420 Squad) or have equivalent experience. Applications from existing Regional Squad sailors will be considered based on past performance and attendance records.	
訓練日期 Training Schedule	樂天級區域代表隊 (8 人) Optimist Squad (8 sailors)	逢星期六 Every Saturday
注意: 訓練日期會根據訓練要求變更 Note: Training date is subject to change due to training requirements	420/29er 級區域代表隊 (8 人) 420/29er Squad (8 sailors)	逢星期六 Every Saturday
	激光級區域代表隊 (8 人) Laser Squad (8 sailors)	逢星期日 Every Sunday
訓練時間 Training Hours	0900-1700 (午膳時間: 1 小時 - 隊員須自備午餐及清水) 0900-1700 (Lunch time: 1hr - sailors shall bring their own lunch and water)	
地點 Venue	樂天級區域代表隊 - 香港青年協會, 大尾督 / 小棕林, 杭口永隆路, 清水灣 Optimist Squad - HKFYG, Tai Mei Tuk/ Little Palm Beach, Hang Hau Wing Lung Rd, Clear Water Bay	
注意: 訓練地點會根據訓練要求變更 Note: Training Venue is subject to change due to training requirements	420 級/29er 區域代表隊 - 小棕林, 杭口永隆路, 清水灣 420/29er Squad - Little Palm Beach, Hang Hau Wing Lung Rd, Clear Water Bay	
	激光級區域代表隊 - 小棕林, 杭口永隆路, 清水灣 Laser Squad - Little Palm Beach, Hang Hau Wing Lung Rd, Clear Water Bay	
訓練費用 Training Fee	每日\$70, 每次需繳交一個月的訓練費用, 並於每月第一次訓練前交到總會, 6 月的訓練費用如下: 樂天級區域代表隊 - \$280(首日評估免費參與) 420/29er 級區域代表隊 - \$280(首日評估免費參與) 激光級區域代表隊 - \$280(首日評估免費參與) \$70/day, need to submit training fee for whole month, and send it to HKSF before the first training of that month, April training fee is as follow: Optimist Squad - \$280(first day assessment free of charge) 420/29er Squad - \$280(first day assessment free of charge) Laser Squad - \$280(first day assessment free of charge)	
申請程序 Application Process	請填妥報名表遞交本會, 本會將為報名人土安排評估, 請留意電郵 (由於四月第一堂為評估, 報名人土可於成功通過評估後, 於第 2 堂訓練前遞交訓練費用到總會) Please complete the application and return as per the instructions in the Notes of Application form, we will arrange an assessment for the applicant, all notice and arrangement will be announced by email (As first training day for April will be assessment, applicant can send us the training fee after they pass the assessment but before the second section.)	
申請截止日期 Application Deadline	Always available to apply	

### 惡劣天氣安排:

如天文台於上午七時宣佈紅色暴雨警告信號、黑色暴雨警告信號、三號或以上颱風信號課程將會取消

如天文台上午七時宣佈強烈季候風信號或雷暴警告, 請如常到達訓練場地, 教練將會另作安排

### Arrangement under Inclement Weather:

Activity will be cancelled if the Hong Kong Observatory issues at 7 am, RED or BLACK rainstorm warning signal, typhoon signal No. 3 or higher.

For strong monsoon signal or thunderstorm warning, please go to the course venue, our course instructor will arrange lecture on the ground.

聯絡查詢 Enquiry:

電話 Tel : 2504 8159

電郵 Email: sa@sailing.org.hk

# 區域代表隊 2020 報名表

## Regional Squad Training Application Form

申請人所提供的資料只作報名、統計、日後聯絡、宣傳本會與合辦機構的康體活動之用，所有個人資料將列作機密，除獲本會授權人士外，不會提供予其他人士。如欲查詢或更改申請人的個人資料，可與本會職員聯絡。

All information provided by the applicant will only be used for the enrollment, compilation of statistics, future correspondence and promotion of the activities organised by the Federation and co-organisers. All personal data will be treated as confidential and except authorized personnel of the Federation, no one will be given access to this information. If applicant wants to make access to and correction of any data, please contact the Federation's staff.

本人申請加入 I am applying for  
(請選擇一項 Select one option only)

- 樂天級代表隊 Optimist Squad  
 420 級代表隊 420 Squad  
 激光級代表隊 Laser Squad

申請人中文姓名: \_\_\_\_\_ 性別 Sex: 男 M / 女 F

Applicant's Name in English: \_\_\_\_\_ 出生日期 Date of Birth: \_\_\_\_\_

地址 Address: \_\_\_\_\_

聯絡電話: \_\_\_\_\_ 香港身份證/護照號碼: \_\_\_\_\_

Contact Phone No. HKID Card No. / Passport No.

電郵地址 Email Address: \_\_\_\_\_

本會以電郵通知申請人 Successful applicants will be notified by Email.

是否持有特區護照: 是 Yes / 否 No (請圈出 please circle) 居港年期 \_\_\_\_\_

Holder of HK SAR Passport No. of years resident in HK

學校 School Name: \_\_\_\_\_

**聲明 Declaration:** 本人明白此活動存在一定的危險性。本人答允遵守中心一切有關安全的指引及服從訓練班教練及中心職員的指示及中心的附例 I am clearly aware that there is an element of danger in the sport. I promise to observe all safety requirements and obey the Centre Rules as well as all instructions given by the Course Instructors and centre staff.

本人 I  能游泳最少 50 公尺 can swim at least 50m  身體健康 am in good health  
 有特殊健康情況 \_\_\_\_\_  
have special medical condition (please specify)

過去帆船及有關經驗簡述 (請附上證書或訓練紀錄)  
Brief description of past sailing experience (Attach copies of certificates and logbook)

日期 Date: \_\_\_\_\_ 簽署 Signature: \_\_\_\_\_

Parent / Guardian's Consent

申請人家長或監護人聲明:

I, \_\_\_\_\_  
Parent/Guardian of the applicant hereby express my consent to this application. I am clearly aware that there is an element of danger in the sport of sailing and will instruct the applicant to follow the instructions as given by the course instructor/centre staff.

本人 \_\_\_\_\_  
乃申請人之家長/監護人，現同意申請人參加上述課程，本人明白參加風帆活動存在一定的危險，本人會指示申請人遵從中心職員及教練的指示及遵守中心的一切守則

日期

簽署

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

附註

Notes:

- 繳交課程費用，請用支票抬頭寫“香港帆船運動總會”
- 填妥之報名表連同支票，寄回:

- Payment of course fee should be in cheque payable to the “Hong Kong Sailing Federation”
- Completed application form should be mailed with cheque to:

香港帆船運動總會

地址: 香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室

Hong Kong Sailing Federation, Rm 1009, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.