



2020-21 拔尖田徑(青苗)培訓計劃

Young Athletes Athletics Training Scheme 2020-21

目標 : Objectives :	<p>加強培訓已完成基礎訓練的青少年運動員，在有系統及持續性的訓練過程中，發掘具潛質的學員，推薦他們加入屬會或香港青少年潛質隊，接受進一步的專業培訓。表現突出的運動員更有機會被輸送至『香港田徑隊』，代表香港參加國際賽事。</p> <p>This course aims at providing systematic and continuous training to those young athletes who have been completed basic training, nurturing and promoting them to join the member clubs or the "Hong Kong Athletic Youth Potential Team" for further professional training. Outstanding athletes will have chance to promote to the "Hong Kong Athletic Team" and represent Hong Kong to participate in international competitions.</p>		
甄選日 : Selection Day :	<p>參加者必須出席甄選日接受技術測試，達標者將獲接納報名。</p> <p>All participants are required to attend the selection, participants fulfill the standard requirement will be invited to participate in the training course.</p>		
	<p>沙田運動場：2021 年 6 月 28 日(星期一) 下午 6 時至下午 8 時</p> <p>將軍澳運動場：2021 年 6 月 29 日(星期二) 下午 6 時至下午 8 時</p>		<p>Sha Tin Sports Ground 28/6/2021 (Monday) 18:00-20:00</p> <p>Tseung Kwan O Sports Ground 29/6/2021 (Tuesday) 18:00-20:00</p>
訓練內容 : Training Course :	<p>(1) 訓練計劃包括： 小學組 - 跑項、跳項、擲項 中學組 - 短跑、中長跑、跨欄、跳遠及三級跳、跳高、鉛球、鐵餅、標槍</p> <p>(2) 學員完成訓練課程出席率達80%，將獲頒發證書乙張。</p> <p>(1) The training scheme includes : Primary school : Run, Jump and Throw events Secondary school : Sprint, Middle & Long Distance Running, Hurdles, Long Jump & Triple Jump, High Jump, Shot Put, Discus Throw and Javelin Throw.</p> <p>(2) A certificate will be awarded to participants who have attended at least 80% of the training scheme.</p>		
訓練時間表 : Training Schedule :	<p>2021 年 7 月至 9 月 共 24 課</p>		<p>From Jul to Sep 2021 Total 24 lessons</p>
	<p>地點 Venue</p>	<p>星期 Day</p>	<p>時間 Time</p>
	<p>將軍澳運動場 Tseung Kwan O Sports Ground</p>	<p>逢星期二及四 Every Tue & Thu</p>	<p>逢星期二 下午六時至八時 Tue (18:00 - 20:00) 逢星期四 下午五時至七時 Thu (17:00 - 19:00)</p>
	<p>沙田運動場 Sha Tin Sports Ground (由於沙田運動場將於課程期間進行草地保養， 本場地將不設擲項、鐵餅及標槍項目) (Due to the turf maintenance at Sha Tin Sports Ground during the training scheme, Throw Event, Discus Throw and Javelin Throw will be suspended)</p>	<p>逢星期一及四 Every Mon & Thu</p>	<p>逢星期一 下午六時至八時 Mon (18:00 - 20:00) 逢星期四 下午七時至九時 Thu (19:00 - 21:00)</p>

晉升： Promotion：	表現良好的學員將會獲邀參加香港體育學院的「菁英選材計劃(TTP)」，成績達標者，體院將提供為期十二個月的訓練支援，務求讓學員達至香港田徑隊的培訓標準。 Participants who completed the programme with good performance, will be invited to participate the "Talent Testing Programme(TTP)" which is organized by Hong Kong Sports Institute. HKSI will provide 12-month training support for participants who perform well in the test and nurture them to reach the standard of Hong Kong Athletic Team.
比賽： Competition：	出席紀錄及表現良好的學員，將被挑選加入「青苗田徑隊」，參加由本會舉辦的賽事。 Participants who complete the training scheme with good performance and attendance records, will be invited to join the "Young Athletes Athletics Team" to participate in the competition which organized by HKAAA.
年齡： Age：	2001 至 2011 年出生 Born between 2001 and 2011
報名費用： Entry Fee：	<div> 每名入選學員將獲贈 PUMA 訓練 T-shirt 乙件 A PUMA training T-shirt is given to all selected participants </div> "甄選日"費用全免 "Selection Day" is free of charge 訓練課程港幣\$300。 Entry fee of the training course HK\$300.
報名辦法： Entry Method：	郵寄報名：將已填妥報名表格及港幣\$300支票交往或寄回香港田徑總會 Entry by mailing: Please send the completed form and cheque with HK\$300 to Hong Kong Association of Athletics Affiliates by hand or mail 1. 支票抬頭請寫「香港田徑總會有限公司」，切勿郵寄現金。 2. 本會在開課前 5 天以電郵形式確認閣下之報名。 3. 參加者必須出席「甄選日」，成功通過測試者，本會將於「甄選日」後兌現訓練班費用支票；「甄選日」落選者，本會將銷毀訓練班費用支票。 1. Crossed cheque should be payable to "Hong Kong Association of Athletics Affiliates Limited". Please DO NOT send cash. 2. A confirmation e-mail will be sent to successful applicants 5 days before the course starts 3. Participants must attend the "Selection Day", the cheque will be bank-in accordingly for those who successfully enroll after the selection, otherwise it will be destroyed.
截止報名日期： Deadline：	2021年6月18日 (星期五) 18/6/2021 (Friday)
備註： Remarks：	1. 課程安排將有機會因應疫情及政府最新政策，適時檢討及調整相關的安排，請密切留意本會網頁之「最新消息」。 2. 如收生不足，課程將會取消。 3. 由於場地編排緊密，如課程因天氣或其他因素取消，不設補課。 1. The course arrangement will be updated according to the latest government policy & situation of the pandemic, please stay tuned to the HKAAA website for the latest update. 2. If the course is under-enrollment, the course will be cancelled. 3. Due to tight schedule of the venue, there is no supplementary lesson for the course in case of cancellation under inclement weather or other factors.
查詢： Enquiry：	電話 Tel：2177 2600 電郵 Email： inquiry@hkaaa.com 網址 Website： www.hkaaa.com 地址 Address：香港銅鑼灣邊寧頓街 18 號廣旅集團大廈 24 樓 24/F, Guangdong Tours Centre, 18 Pennington Street, Causeway Bay, Hong Kong