



**Celebration of the 20th Anniversary of the Establishment of the HKSAR –
Hong Kong Schools Rowing Championships 2017
School Rowing Team Training Programme Details**

Date	: July to November 2017
Time	: 28 hrs will be the basic training course. Details arrangement will be discussed with the schools later.
Venue	: Sha Tin Rowing Centre OR Jockey Club Shek Mun Rowing Centre
Eligibility	: Secondary school students (2017-2018) who can swim at least 50 meters in light clothing and are physically fit and capable to participate in basic training. For those students who have Star 3 level would take part in the “Youth Rowing Athletes Training Scheme” in order to have continuous training. (Details would contact our Programme Executive/Senior Development Coach - Mr. WONG Chi Wing.)
No. of participants	: Maximum 8 students (Teachers can be the leader in the team)
Transportation	: Self-arranged
Dress Code	: Sport shoes and sporty wear (Life jacket will be provided at venue)
Course Contents	: Basic knowledge, strategies and techniques on the water rowing and safety are included. Training will be conducted by the qualified and professional coaches
Deadline of application	3 July 2017 (Mon)
Application Method	: Application should be done under the name of School. Please complete the Application Form and Declaration Form respectively and fax to 2601-4477 or e-mail to eabby.l@rowing.org.hk or mail to Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin. (Please state “School Rowing Team Training Programme” on the envelope.)
Course Fee	: \$50/person
Important Notes	: 1. Participants cannot change or replace after the course starts. 2. Each participant (signature from parent or adult guardian is also required for those participants aged below 18 years old) must sign on the declaration. The application will NOT be accepted without participants’ and parent’s or adult guardian’s signature where applicable, on the Declaration Form.
Remarks	: We will confirm your enrollment and inform schools by 10 July 2017 (Mon) . Should you do not receive any feedback by that day, please feel free to contact us.
Enquiries	: - Mr. WONG Chi Wing, Program Executive/Senior Development Coach - Ms. LAW Sze Man, Eabby, Assistant Sports Officer (Tel: 2696 2337 or 2699 7271)

Training Schedule

Type of boats	Months	Training arrangements		Location
Sculling Boat	Jul-Nov	28 hrs	3 hrs per lesson (Mon-Fri)	Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre
			4 hrs per lesson (Sat)	

Remarks:* Schools can only choose the above course schedule. The HKCRA will arrange the training venue and coaches with the respective schools after deadline of application.