

# INDOOR ROWING FOR SCHOOLS

Application Form 2023-2024



## PROGRAMME INTRODUCTION

Objective	<ul style="list-style-type: none"> <li>Through the support from the Hong Kong, China Rowing Association (HKCRA), indoor rowing machines will lease to the schools, which are encouraged and facilitated to incorporate the sport of Indoor Rowing in Physical Education lessons and organize variety of indoor rowing activities, e.g., regular fitness training, indoor rowing competitions, award scheme for regular participation, fitness test, and sports talent identification, etc. in order to develop the interest of students in indoor rowing activities.</li> <li>To encourage Schools to be self-sustained in conducting and promoting indoor activities and training after the completion of the programme.</li> </ul>
Support Offered	<ul style="list-style-type: none"> <li>Provide 4 sets of indoor rowing machines for school activities and trainings</li> <li>Arrange INRS Workshop for school teachers, staffs and/or senior students (eg. Student leader) to learn about the equipment maintenance, operation of indoor rowing machines, organization of competitions</li> <li>Provision of technical advice on training programme and indoor rowing development</li> </ul>

## APPLICATION

Application Method	<ul style="list-style-type: none"> <li>Please submit the completed application form and proposal by email to <a href="mailto:ling.l@rowing.org.hk">ling.l@rowing.org.hk</a> <b>on or before 13 July 2023</b>. Acknowledgement will be given once the application is received. Please ensure the email is correct. Late application will NOT be accepted.</li> </ul>
Notification of Result	<ul style="list-style-type: none"> <li>Result will be announced to respective school by email by 4 <b>August 2023</b>.</li> </ul>
Enquiries	<ul style="list-style-type: none"> <li>Should you have any enquiries, please contact our Head of Coaching &amp; Development Ms. Ling LO at 3841 7353 or e-mail to <a href="mailto:ling.l@rowing.org.hk">ling.l@rowing.org.hk</a></li> </ul>

## PROGRAMME FEE

Included borrowing of 4 indoor rowing machines, one-time inspection fee (upon request by school), one-time maintenance fee included the change of parts (caused by non-human damage only) and transportation fee:

HKD \$4,500 ( for Half-Year Programme)

HKD \$5,500 ( for One-Year Programme)

## Indoor Rowing for Schools 2023-2024

### Reply Slip

**\*\*Please put a “✓” in the appropriate box and attach separate sheets if the space provided is insufficient.**

Please select from the below plan:

<input type="checkbox"/>	A: 1 <sup>st</sup> September 2023 – 29 <sup>th</sup> February 2023 (Fee: HKD \$4,500)
<input type="checkbox"/>	B: 1 <sup>st</sup> March 2024 – 31 <sup>st</sup> July 2024 (Fee: HKD \$4,500)
<input type="checkbox"/>	C: 1 <sup>st</sup> September 2023 – 31 <sup>st</sup> July 2024 (Fee: HKD \$5,500)

#### 1. Information of School

Name of School : \_\_\_\_\_

Address : \_\_\_\_\_

Tel No. : \_\_\_\_\_

Fax No. : \_\_\_\_\_

#### 2. Contact person

Contact person(1)

Contact Person(2)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Position: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

Mobile No.: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail: \_\_\_\_\_

#### 3. Does your school have qualified rowing coach or Indoor Rowing Instructor (IRI) registered under to HKCRA to teach the indoor rowing and supervise the activities?

Yes, Rowing Coach (Name : \_\_\_\_\_ Year of obtaining : \_\_\_\_\_)

Yes, IRI (Name : \_\_\_\_\_ Year of obtaining : \_\_\_\_\_)

No

4. Is your school interested to join any IRI Course organized by the HKCRA? If no, please explain how your school promotes the appropriate knowledge of indoor rowing and offers the training to students / teachers?

Yes       No

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5. Please provide photos for the storage place of indoor rowing machines.

May either attach here or submit as independent file(s)

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6. Does your school have any indoor rowing machines?

Yes, Model of Machines: \*Model C / D / E Qty: \_\_\_\_\_

No

\* Please delete if inapplicable

7. Did your school take part in the following indoor rowing activities / competitions in the past?

Yes, Inter-School Indoor Rowing Competition (Year of Participation: \_\_\_\_\_)

Hong Kong Rowing Indoor Championships (Year of Participation: \_\_\_\_\_)

Festival of Sport – Rowing Challenge (Year of Participation: \_\_\_\_\_)

LCSD SSP School Visit (Year of Participation: \_\_\_\_\_)

LCSD SSP Outreach Programme (Year of Participation: \_\_\_\_\_)

No

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