

LCSD PILOT FUNDING SCHEME FOR YOUTH SPORTS EXCHANGE

Selection for Youth Exchange Training Program 2023

INTRODUCTION

The Hong Kong Leisure and Cultural Services Department (LCSD) has approved funding to HKCRA under its “*Funding Scheme for Youth Sports Exchange*”. The scheme aims to promote international sport exchange programmes for Hong Kong youth squads with counterparts on the Mainland or in other countries. Such exchanges aim to broaden the horizons of youth athletes, develop networks, enhance training and technical skills, and promote cultural understanding.

Looking ahead to the next Olympic Games, we wish to promote to potential athletes, athletes can enhance athletes' vision and self-confidence, HKCRA is planning to arrange an exchange visit to the New Taipei Municipal Luh Jiang Junior High School base in New Taipei City, Tai Pei from 27th March to 3rd April 2024. Participants will have the opportunity to train with the New Taipei Youth Development group and to visit local sports facilities.

A total of 18 athletes will be selected to take part in the exchange and the group will be accompanied by two coaches.

SELECTION TESTING INFORMATION

Test	Date	Time	Venue
Ergometer 2km	23 December 2023 (Sat)	0900 - 1200	Jockey Club Shatin Rowing Centre
Single Scull 4.3km (1-lap)	30 December 2023 (Sat)	0700 - 1000	

ELIGIBILITY REQUIREMENTS

To be considered for the programme, candidates must meet the following eligibility requirements:-

- Shall be a member of the following youth training squads/groups recognized by the HKCRA – Development Squad (including HKSI Potential Athletes), or Young Athlete Training Scheme (YATS). (HKSI Scholarship Athletes, and athletes who have already officially represented Hong Kong, are NOT eligible to take part).
- Shall be under 18 years old as at 31st December 2023.
- Shall have resided in Hong Kong for a continuous period of not less than 3 years and holding a valid HKSAR Passport.
- Shall be capable of meeting the swimming requirement, as set out in the HKCRA Code of Conduct for Water Safety.
- Shall be able and willing to comply with all training, testing and anti-doping requirements.

SELECTION CRITERIA

The following criteria may be taken into consideration: -

- Length of prior rowing experience and weekly training commitment. (In general, 12 hours per week of training would be considered as a minimum).
- Performance on a Concept 2 rowing ergometer over 2000m, compared against local age-group records/norms.
- Individual performance in a single scull over a 4.3km (One Lap) time trial.
- Basic skill and safe handling assessment in single scull.
- Anthropometric characteristics, e.g. height to weight ratio etc.
- Any medical, injury or health issues that might adversely affect participation.

TRAINING REQUIREMENTS

- All athletes will be expected to join training sessions run under designated coaching/technical staff. Training will be based at the Hong Kong, China Rowing Association and/or Hong Kong Sports Institute in Shatin.
- The Technical Director will use objective assessment results in making selections. He may however also use his own professional experience and judgment in assessing components such as technical development, responsiveness to coaching, interaction with team-mates and coaches, psychological strengths, and crew compatibility.
- Attendance, attitude and overall commitment to training will be taken into consideration.
- Rowers failing to make themselves available for assessments/testing do so in the knowledge that they may jeopardize their chances of selection.
- Unless prior notification is given, it will be assumed that athletes are able to perform optimally during all tests and time-trials. If an athlete cannot participate due to medical reasons, certification from an approved doctor is required.

PARENTAL CONSENT AND CHILD PROTECTION


All participants must have the full consent of a parent or legal guardian to take part in the programme. All activities will be conducted within the Association's guidelines and codes for child protection and unacceptable conduct.

APPEALS

Any appeals relating to selection will be handled in accordance with the Association's published Appeals Procedure.

REGISTRATION

Complete the registration via below link or scan QR code **on or before 21th December 2023 ,12nn.**

<u>Link</u>	<u>QR Code</u>
https://forms.gle/D4Uny9fdM8WgXcCz5	

Should you require any further information, please feel free to contact our Head of Coaching & Development, Ling Lo on 3841 7353 or Technical Director, Kenny Wu.