

Level I Diving Coach Course 2004 (Complementary Course)

二 四年跳水初級教練訓練班(補充課程)

(Organized by HKASA and supported by HKCAP/由香港業餘游泳總會主辦及香港教練培訓委員會贊助)

Course Content / 課程內容:	A. Diving Session 跳水課程 1. Elementary Diving Promotion Scheme Course Content / 初級跳水訓練班課程內容 2. Pool Side & 1m Springboard Dive / 池邊及 1 米板動作 B. Physical & Stretching Session / 體能及伸展課程 C. Warm Up & Stretching Exercise and Basic Physical Training Knowledge / 熱身及伸展運動, 基本體適能訓練知識
Lecturers / 講師:	Mr. Kwan Ying Chee, Diving Coach, HKASA 跳水教練關應熾先生 Mr. Leung Yu Kwong, Diving Coach, HKASA 跳水教練梁裕光先生 Mr. Lam Yuk Leung, Diving Coach, HKASA 跳水教練林旭亮先生 Mr. LEE Chi Ming, Triathlon Level II Coach 二級三項鐵人教練李子明先生
Guest Lecturer / 客席講師:	Ms Agnes Tsang, Hon. Treasurer, HKASA / 香港業餘游泳總會義務司庫曾坤鈺女士
Requirements/ 參加資格:	1. Level – 1 Coach Certificate Holder / 初級跳水教練 2. For all participants of Level –1 Diving Coach Certificate Course 2002 & 2003 attendance are compulsorily / 所有初級跳水教練訓練班的學員 <u>必須</u> 報讀
Medium of Instruction / 語言:	Mainly in Cantonese, partly in English / 以廣東話為主, 輔以英語
Course Fee / 訓練班費用:	Fee of Charge / 費用全免
Award of Certificate / 證書:	Certificate will be awarded to those who have passed the assessment and attained 80% attendance of total course hour 測試合格和達到 80%的出席率者, 將獲發證書。
Enquiry / 查詢:	Tel. 電話: (852) 2572 8594 Fax. 傳真: (852) 2591 0792 E-mail/ 電郵: hkasa@hkasa.org.hk Web-site/ 網址: www.hkasa.org.hk
Remark	1. Priority will be given to qualified diving coaches who have passed the assessment in coming recruitment of coach or assistant coach in diving promotion scheme 所有測試合格的初級跳水教練班合格教練均可獲優先考慮受聘為初級跳水訓練班教練或助教 2. Priority will be given to candidates of Level –1 Diving Coach Certificate Course who have passed the assessment in coming recruitment of coach trainee in diving promotion scheme 所有測試合格的初級跳水教練班學員均可獲優先考慮受聘為初級跳水訓練班實習教練 3. Please bring your own sports & swim wear during the respective training session 請自備運動服及游泳服上課

Course Schedule 課程時間表:**Briefing Session 簡報會**

Date 日期	Time 時間	Venue 地點	Lecture 講師	Content 內容
22/2/2004 (日/SUN)	1400 - 1500	Kowloon Park Swimming Pool Function Room 九龍公園泳池活動室	Ms. Agnes Tsang 曾坤鈺女士	Course Introduction 課程簡介

Physical & Stretching Session 體能及伸展課程

Date 日期	Time 時間	Venue 地點	Lecture 講師	Content 內容
22/2/2004 (日/SUN)	1500 - 1700	Kowloon Park Swimming Pool Trampoline Room 九龍公園泳池彈網室	Mr. LEE Chi Ming 李子明先生	Warm Up & Stretching 熱身及伸展運動
12/3/2004 (五/FRI)	1900 - 2100	Kowloon Park Swimming Pool Trampoline Room 九龍公園泳池彈網室	Mr. LEE Chi Ming 李子明先生	Warm Up & Stretching 熱身及伸展運動

Diving Session 跳水課程

Date 日期	Time 時間	Venue 地點	Lecture 講師	Content 內容
6/3/04 (六/SAT)	1900 - 2200	Kowloon Park Swimming Pool – Diving Pool 九龍公園泳池跳水池	Mr. Leung Yu Kwong 梁裕光先生	Coaching of Feet Entry Diving on Pool Side 池邊腳入水動作教學法
7/3/04 (日/SUN)	1900 - 2200	Kowloon Park Swimming Pool – Diving Pool 九龍公園泳池跳水池	Mr. Kwan Ying Chee 關應熾先生	Coaching of Feet Entry Diving on 1m Springboard 一米板腳入水動作教學法
14/3/04 (日/SUN)	2000 - 2200	Kowloon Park Swimming Pool – Diving Pool 九龍公園泳池跳水池	Mr. Leung Yu Kwong 梁裕光先生	Coaching of Diving on Pool Side 池邊頭入水動作教學法
21/3/04 (日/SUN)	1700 - 1900	Kowloon Park Swimming Pool – Diving Pool 九龍公園泳池跳水池	Mr. Kwan Ying Chee 關應熾先生	Coaching of Diving on 1m Springboard 一米板頭入水動作教學法

Assessment 測試

Date 日期	Time 時間	Venue 地點	Lecture 講師	Content 內容
8/4/04 (四/THU)	1900 - 2200	Lai Chi Kok Park Swimming Pool – Diving Pool 荔枝角公園泳池跳水池	Mr. Dicky Lam Yuk Leung 林旭亮先生	Part 1: Diving Demonstration 第一部份: 跳水示範
				Part 2: Diving Coaching 第二部份: 跳水教學

Assessment Content / 測試內容:

Diving Session **跳水課程**

1. Elementary Diving Course Content / 初級跳水訓練班課程內容
2. Pool Side & 1m Spring Board Dive / 池邊及 1 米板動作

Result Announcement/ 測試結果公佈:

1. Assessment result will be announced at the HKASA website (www.hkasa.org.hk) on **20 April 2004**
測試成績將於二零零四年四月二十日於香港業餘游泳總會網頁內公佈
2. No supplementary assessment. / 本課程不設補考

Application Procedure / 報名程序:

By Post 郵寄報名 (郵寄申請以郵戳日期為準, 本會將不處理未附上回郵信封之申請。)

Please post the following to the HKASA office 請將下列資料郵寄至香港業餘游泳總會辦事處: -

- Completed application form. Incompleted applications will not be accepted. 已填妥之申請表格。所有資料不足的申請表將不獲處理。
- One(1) self-addressed envelope with stamp 貼有足夠郵資的回郵信封 1 個, 信封面請填上申請人之姓名及地址。
- A copy of coach certificate or course fees receipt of Level -1 Diving Coach Certificate Course / 跳水教練證書或初級跳水教練班學費收據

In person 親身報名

- Completed application form. Incompleted applications will not be accepted. 已填妥之申請表格。所有資料不足的申請表將不獲處理。

All application will be disposed that are rejected due to incomplete information or disqualification. / 資料不足或未符合要求而未被取錄之申請表將會被自動銷毀。

Enquiry / 查詢:

Tel. 電話: (852) 2572 8594

Fax. 傳真: (852) 2591 0792

E-mail/電郵: hkasa@hkasa.org.hk

Web-site/網址: www.hkasa.org.hk

HKASA Office Hour

香港業餘游泳總會辦事處辦工時間

Monday – Friday / 星期一至星期五

10:00am–1:00p.m. 2:00p.m.–5:00p.m. 上午十時至中午一時 下午二時至五時

Closed on Sat, Sun & Public Holiday 星期六、日及公眾假期休息

Closing date for application /

截止報名日期:

13 February 2004 (Friday/ 星期五)

We reserve the right to amend, correct this information without prior notice. 主辦機構保留修改本章程的權利, 參加者不得異議。

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APPLICATION FORM 報名表

Note: The information provided by you will only be used for the enrolment and promotion of recreation and sports activities organized by our Association and co-organising parties. For correction of or access to personal data after submission of this form, please contact our staff.

備註: 你所提供的資料只供本會或有關機構作紀錄及呈報之用。如欲更改或查詢你申報的個人資料, 可與本會職員聯絡。

Please fill in "BLOCK LETTERS" 請以 "正楷" 填寫

Personal Information 個人資料

Name 姓名: (English) _____ (中文) _____

Affiliated Club 屬會(if any,如有): _____ Sex 性別: _____

Date of Birth 出生日期(DD/MM/YY): _____ - _____ - _____ Age 年齡: _____

HKID 身份証號碼: _____ () Coach Level 教練級別: _____

Contact Tel 聯絡電話: (1) _____ (2) _____

Fax 傳真: _____ E-mail 電郵: _____

Address 地址(英文): _____

In case of Emergency, please contact 如有任何緊急事情, 請代通知:

Name 姓名: (English) _____ (中文) _____

Contact Tel 聯絡電話: (1) _____ (2) _____

Fax 傳真: _____ Relationship 與參加者關係 _____

Declaration 責任聲明

I, _____ (Applicant's name), am physically fit without any physical defect, and suitable to participate in the above activity. Organizer shall not be liable for any injury that may suffer in this activity.

本人(參加者姓名)_____的健康及體能良好並適宜參與上述訓練課程。若因健康及體能欠佳而引致受傷, 主辦機構則無需負任何責任。

Name of Applicant
申請人姓名

Date
日期

Applicant's Signature / 申請人簽署