



## Diving Trampoline Coach Refreshment Course 2005 二 五年跳水彈網教練進修班

(Organized by HKASA and supported by HKCC/由香港業餘游泳總會主辦 香港教練培訓委員會資助)

### Course Objectives/ 課程目標:

1. To train and enrich interested diving coach in diving trampoline coaching skill. / 訓練及加強本地跳水教練對跳水彈網教學技巧
2. To further promote diving in Hong Kong. / 推廣香港跳水運動

### Date / 日期:

### Time / 時間:

星期日/Sunday	Date	Time
	24,31/July	13:00-15:00
	7,14/ August	18:00-20:00
	28/ August	13:00-15:00
	4,18/ September	13:00-15:00

### Venue / 場地:

Kowloon Park Swimming Pool – Gym Room  
九龍公園游泳池—健身室(彈網室)

### Lecturer/ 講師:

Mr. Lam Yuk Leung 林旭亮先生(資深二級跳水教練)

### Medium of Instruction / 語言:

Mainly in Cantonese / 以廣東話為主

### Course Content / 課程內容:

Date 日期	Contents 課程內容
24,31 July	Basic Diving Trampoline Coaching Skill(Course content of Refinement Course (Phase1 and 2)) 初級跳水彈網教學技巧(改良班 1 期及 2 期課程內容)
7,14 August	Application of Protection Belt 保護帶實習及應用
28 August 4 September	Application of Diving Trampoline 跳水彈網實習及應用
18 September	Assessment 測試

**Requirements/ 參加資格:** All Qualified and Registered Diving Coaches of HKASA 2005-2006 (HKASA Diving Trampoline Certificate holders)  
所有合資格並已於香港業餘游泳總會註冊之 2005-2006 年度跳水教練 (必須持有跳水彈網教練證書)

或

“Tsui Yat Ming, Former-China National Coach,—Diving Trampoline Course” Certificate/(Certificate of attendance) holder  
“前中國國家隊徐益明教練彈網課程”(出席)證書持有人

**Course Fee / 訓練班費用 :** Free/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  
測試合格及達到 80%的出席率者，將獲發證書

**Remarks / 備註:** 1. Only Certificate holders of Diving Trampoline Coach Refreshment Course 2005 will eligible to reserve KPSP Gym room in 2005-2006.  
  
本會只接受二 五年跳水彈網教練進修班證書持有人於二零零五至二零零六年期間租用九龍公園健身室(彈網室)。

**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. Incomplete 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。

**In person 親身報名**

- Completed application form. Incomplete 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。

**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 及 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:**

**20 July 2005 (Wednesday/ 星期三)**

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。

# Diving Trampoline Coach Refreshment Course 2005

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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: \_\_\_\_\_ 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 arise from participating in this activity.

本人(申請人姓名) \_\_\_\_\_ 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。

**Endorsement by respective ASA Member Club / Affiliated Club 由所屬泳總會員/屬會批核**

\_\_\_\_\_  
#Chop of Club  
#屬會印章

\_\_\_\_\_  
#Club's Authorized Signature  
#屬會授權人簽署

\_\_\_\_\_  
Name & Title  
姓名及職銜

**#Only previously provided " Authorized Signature " (s) & " Club Chop " will be accepted.**

#本會祇接受屬會資料表提交之簽名樣本及會印式樣。