



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

致各跳水屬會

敬啟者:

二零零六至零七年度
香港業餘游泳總會跳水訓練組時間表

由於場地關係，跳水訓練組在二零零六年四月及五月只有陸上訓練，水上訓練會在二零零六年六月恢復。

香港業餘游泳總會啟

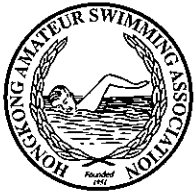


香港業餘游泳總會跳水訓練組 NST Diving Training Schedule 2006

April 四月						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	4	5 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	6	7	8
9	10 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	11	12 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	13	14	15
16	17 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	18	19 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	20	21	22
23	24 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	25	26 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	27	28	29
30						

香港業餘游泳總會跳水訓練組 NST Diving Training Schedule 2006

May 五月						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	2	3 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	4	5	6
7	8 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	9	10 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	11	12	13
14	15 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	16	17 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	18	19	20
21	22 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	23	24 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	25	26	27
28	29 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練	30	31 17:00-19:00 KPSP Squash Court 九龍公園壁球室 Land Training 陸上訓練			



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

傳真及郵寄

致各跳水屬會

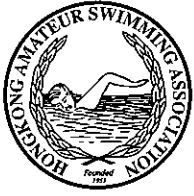
敬啟者:

二零零六至零七年度 香港業餘游泳總會跳水訓練組運動員申請

二零零六至零七年度香港業餘游泳總會跳水訓練組將於現在開始接受申請。每月的訓練費用為港幣三百五十元正，運動員必須於每月向屬會繳訓練費，有關屬會必須在每月的二十五日或以前繳交其運動員每月的訓練費用，逾期繳交的運動員將會被取消訓練資格。現通知各跳水屬會可向本會推薦合資格參加本會跳水訓練組的運動員，隨函附有跳水訓練組報名表格、參加資格、報名程序及一般守則。

香港業餘游泳總會跳水訓練組入隊要求如下:

- 年齡由八至十六歲(年齡以 2006 年 12 月 31 日計算)。如運動員超過十六歲必須連同屬會教練的推薦信一同遞交，待本會跳水委員會再審核及決定。
- 運動員必須在本會舉辦的任何跳水錦標賽(包括香港分齡跳水錦標賽、香港公開跳水錦標賽、香港跳水計分賽、香港新秀跳水錦標賽)中獲得全套動作平均分達 4.5 分或以上。
- 現役的跳水訓練組運動員成績達標者、品行及出席率皆優異者會獲得優先考慮。
- 名額為二十五人，本會將根據申請者成績以作考慮其優先次序。
- 如有空缺，本會會考慮收取平均分未達 4.5 分的運動員，但運動員必須於每半年的評核或比賽中達標。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

現役訓練組成員如欲繼續參加 2006-07 年的訓練，仍須向本會遞交已填妥之申請表。本會將另行發信通知申請獲接納之運動員屬會。

有意參加者請連同已填妥之申請表，屬會推薦信及過去之成績(須附上官方成績副本)遞交至本會。

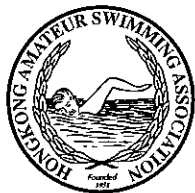
如有疑問，請致電 2572 8594 與本會職員陳小姐聯絡。

香港業餘游泳總會
跳水委員會主席

王敏超啟

二零零六年三月二十二日

副本呈： 義務秘書、義務司庫、副義務秘書、
跳水委員會副主席、義務秘書



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

HKASA DIVING TRAINING SQUAD

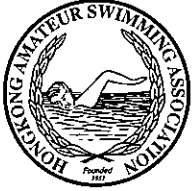
香港業餘游泳總會跳水訓練組

SQUAD MEMBER ENTRY REQUIREMENT, PROCEDURE & GENERAL RULES AND REGULATIONS

跳水訓練組運動員參加資格、程序及一般守則

Basic Requirements / 基本資格：

1. Must be 2006-2007 registered diving members of HKASA.
必須為香港業餘游泳總會 2006-2007 年度跳水組之註冊運動員。
2. Age from 8 to 16 (as at December 31st of 2006). If the athlete aged over 16, He/She must have recommendation letter by HKASA club coach and to be confirmed by the Diving Committee.
年齡由八至十六歲(年齡以 2006 年 12 月 31 日計算)，如運動員超過十六歲必須遞交由屬會教練發出的推薦信，香港業餘游泳總會跳水委員會再審核及決定。
3. Must have written nomination by HKASA club and selected by the Diving Committee.
必須由屬會書面推薦，經香港業餘游泳總會跳水委員會審核。
4. Fulfill the General Residency Requirement of the HKASA.
合乎香港業餘游泳總會一般性居留條件。
5. Must be healthy and physically fit to participate in training activities.
健康及體能良好並適宜參與訓練。
6. Have actively taken part in HKASA's diving competitions.
積極參與香港業餘游泳總會舉辦的跳水比賽。
7. Should have good attitude and discipline.
有良好的態度、品行、操守。
8. Have taken part in HKASA's sanctioned diving competitions and achieved the admission requirements.
曾參加香港業餘游泳總會舉辦或認可的跳水比賽，並達到入伍認可條件。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

Admission / 入隊要求:

1. Athlete must taken part in HKASA's diving competitions (include Hong Kong Age Group Diving Championships, Hong Kong Open Diving Championships, Hong Kong Diving Series, Hong Kong Novice Diving Championships) and score average 4.5 or above in their dive. Qualified Hong Kong Diving Training Squad members will be given priority.

運動員必須於香港業餘游泳總會舉辦的任何跳水錦標賽(包括香港分齡跳水錦標賽、香港公開跳水錦標賽、香港跳水計分賽、香港新秀跳水錦標賽)中獲得全套動作平均分達 4.5 分或以上成績，現役的香港跳水組運動員而成績達標者獲優先考慮。

2. Quota of diving squads is 25. If over 25 persons apply, HKASA use result to identify who will be first concerned.

名額為二十五人，本會將根據申請者的成績以考慮其優先次序。

3. If there is vacancy, HKASA may consider athlete result achieved who scores below 4.5. However, Athlete must score average 4.5 or above in the competition will be held on half year later.

如有空缺，本會會考慮收取平均分未達 4.5 分的運動員，但運動員必須於半年後的比賽中達標。

Assessment / 評核:

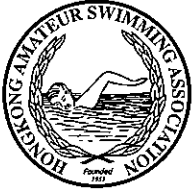
1. All squad members must pass the requirements of assessment or competition held half year in order to continue.

所有隊員必須通過半年一次的評核或比賽方能繼續參與。

Entry Procedure / 報名程序:

1. Complete the Diving Training Squad Member Application Form.
填妥跳水訓練組運動員申請表格。
2. Athlete must pay training fee \$350 of each month to respective clubs. Affiliated clubs must pass on their athlete's training fee to HKASA before 25 of every month. HKASA will cancel athlete's training if their respective clubs pass on their training fee behind time. The training fee will not be refunded after HKASA accepted.

每月的訓練費用為港幣三百五十元正，運動員必須每月向屬會繳交訓練費，屬會亦必須在每月的二十五日或以前代運動員到本會轉交其每



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

月的訓練費，逾期繳交的運動員將會被取消訓練資格。訓練費一經收取，概不發還。

3. Successful applicant will receive a written notification and training schedule from HKASA through their respective clubs.

泳總將透過屬會通知合資格的運動員取錄與否及訓練時間表。

4. Club representative should send the following items to HKASA office either by mail or in person:

屬會須以郵寄方式或親身遞交以下資料到香港業餘游泳總會辦事處：

- i) Completed application form
填妥的申請表格。
- ii) Athletes Record Sheet with supporting official results copy
運動員比賽紀錄表連同有關比賽之成績副本。
- iii) The Copies of identification documents
出世身份證明文件副本乙份。

5. Late application will not be accepted.

逾期遞交的申請表格將不獲受理。

6. Late training fees will not be accepted and athletes are deemed to withdraw from the Hong Kong Diving Training Squad.

逾期遞交訓練費將不獲受理並視為放棄香港跳水訓練組成員資格。

General Rules & Regulations / 一般守則：

1. For those who have less than 80% attendance per month without reason and prior approval from HKASA will be expelled from the squad.

如學員每月出席率低於八成，而沒有提出合理解釋及於事前得到批准，將被取消訓練資格，並被要求退隊。

2. Must submit the Leave Application Form to Coach one class in advance for temporarily leave for whatever reasons. In case of emergency, Leave Application Form should be handed to Coach in the following class. Parent / Guardian's signature is necessary if squad member aged below 18.

隊員如因任何理由，不能上課，請於請假前一堂遞交請假申請表予訓練組教練。如因特殊情況不能出席，必須在下一堂日內補交訓練組教練。18歲以下的運動員須由父母或監護人簽署。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

3. HKASA reserved rights to penalize members who were absent without any acknowledgment.

隊員無故缺席，香港業餘游泳總會有權作出適當的處分。

4. Leave will only be granted to members for the reasons listed below and will not be counted as absence in attendance:

- Public Exam i.e. HKCEE and HKAL and school exam.
- Sick leave with medical certificate.

本會只批准以下所列的假期申請而不會當作缺席處理：

- 公開考試(如：香港中學會考及香港高級程度會考)及校內考試。
- 有醫生證明書的病假申請。

5. Appointed Coach has right to conduct scheduled or unscheduled evaluation on each member. If the performance of a member is consistently unsatisfactory, HKASA reserves right to request that diver to leave the squad and release the vacancy to other eligible divers. New application for any re-entry is required.

授權教練有權定期或不定期評估隊員程度，如隊員長期表現未如理想，香港業餘游泳總會有權隨時要求隊員退出，將有關資源讓給其他合資格者。如要歸隊訓練，必須重新申請。

6. Members are not allowed to transfer to the Squad Coach's respective club (if any) when they enter the squad unless the following conditions are fulfilled:

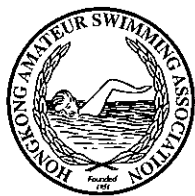
隊員不得轉會到訓練組教練所屬之泳會(如有)，否則必須符合以下條件：

- Complete the club transfer procedures.
完成泳總之轉會程序。
- Members are required to leave Squad for 6 months.
隊員需要離隊6個月。
- Members are required to make new application after 6 months suspension period by their respective new club.
隊員必須於停止訓練六個月後再由新屬會重新提名。

7. Members should record their training progress including:

隊員須紀錄自己訓練進度，包括：

- Training time, venue, coach.
訓練時間、地點、教練。
- Training programme (warm-up, physical training, dives etc.)
訓練動作(熱身、體能、動作)。



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

- Any others.
其他特殊事項。

8. Squad members are not allowed to attend any non-ASA organized overseas competitions and training programs. Squad members who have any outside squad competitions and trainings shall inform the Association a week prior. If squad members had any injury during outside training and competitions, they should report to the Association through their respective clubs within 24 hours after injury. Medical certificate & overseas training report (please see attachment) should be submitted to HKASA to prove their fitness before they are allowed to return to the squad.

未得本會同意，隊員不應參予任何並非由泳總舉辦的比賽及海外訓練。如跳水組運動員須進行任何比賽或訓練，必須於進行或出發一星期前填交運動員請假申請表予泳總，並於歸隊時填寫及交回健康申報表和海外訓練報告(詳見附頁)。隊員如在非泳總安排的訓練時有任何受傷，必需於受傷後二十四小時內經屬會通知泳總並填交受傷報告表並攜同醫生發出的健康證明書予泳總方能繼續歸隊練習。

9. Unless prior approval is sought from the Association, squad members shall not engage in any advertisement, TV commercials production or activities competitions in relation to diving sports or performance in the name of Hong Kong Diving Team or Diving Training Squad Team.

未經本會同意，跳水組運動員不可以香港跳水隊隊員名義出席任何涉及跳水動作的商業活動、公開表演的活動或參與比賽。

10. Members will receive all correspondences from HKASA through their respective clubs.

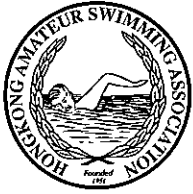
泳總將透過隊員所屬的屬會將有關文件通知或寄送至隊員。

11. Members should follow strictly the related Rules & Regulations for Athletes and FINA Rules.

隊員必須遵守泳總所有有關運動員的規則及國際泳聯的條例。

In case of inclement weather / 天氣惡劣時的處理：

1. In case Yellow/Red rainstorm, Typhoon Signal No.3 or below or Thunderstorm Warning is hoisted, athletes are still required to



HONG KONG AMATEUR SWIMMING ASSOCIATION

Room 1003 Queen Elizabeth Stadium, 18 Oi Kwan Road, Wanchai, Hong Kong

Tel: (852) 2572 8594 Fax: (852) 2591 0792 E-mail: hkasa@hkasa.org.hk Web-site: www.hkasa.org.hk

attend training.

如遇黃色或紅色暴雨警告信號，三號或以下風球，雷暴警告而泳池照常開放時，運動員必須到達泳池。

2. In case Typhoon Signal No. 8 or above or Black Rainstorm Warning is hoisted 2 hours before the scheduled time of the training, the training will be cancelled.
若在上課前兩小時已發出黑色暴雨警告、八號或以上風球，當日訓練將自動取消。

Athletes may raise their enquiry through their clubs.

運動員如有任何疑問，請透過所屬泳會向本會查詢。

Organizer has jurisdiction over all matters not assigned by the rules above, participants have no objection right on this issue.

主辦機構保留修改本章程的權力，參加者不得異議。



HKASA DIVING TRAINING SQUAD

香港業餘游泳總會跳水訓練組

Diving Squad Member Application Form 跳水訓練運動員申請表格

New Application 新申請 Renewal / 續期 Registration No. 註冊編號:

Personal Information 個人資料

Name in block letters (surname first) 英文姓名：請以正楷填寫 (先寫姓氏)

Name in Chinese 中文姓名：

Sex 性別：

Age 年齡：

Date of birth 出生日期：

HKID Card / Passport no. 香港身份證 / 護照號碼：

D 日 M 月 Y 年

Contact Tel no. 聯絡電話號碼：

Club 屬會：

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

Name in English：

中文姓名：

Tel no. 電話號碼：

Relationship 關係：

Remark: 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-organizing parties. For correction of or access to personal data after submission of this form, please contact our staff.

備註：所提供的資料只供本會作紀錄及比賽呈報之用。如欲更改或查詢申報的個人資料，可與本會職員聯絡。

Declaration 責任聲明

I, _____ (Applicant's full name), am physically fit without any physical defect, and suitable to participate in the above activity / training. Organizer and Co-organizer shall not be liable for my injury that may suffer from this activity / training. I have completely understood and agreed to abide by rules & regulations of Diving Squad Athlete Menu, HKASA and FINA, violation of any rules set here will be subject to penalty as decided by the Association.

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，主辦及協辦機構則無需負任何責任。本人清楚明白並願意遵守有關上述活動/訓練課程之運動員守則、泳總及國際泳聯規，並明白如違反守則紀律，香港業餘游泳總會有權作出適當的處分。

Applicant's Signature (Signed by Parent if Age under 18)
申請者簽署 (18歲以下人仕由父母簽署)

Name (Signature Person) in Block Letter
簽署人姓名 (請用正楷填寫)

Date
日期

* ASA Club's Authorized Signature & Club Chop:

* 屬會授權人簽署並蓋章:

Name 姓名: _____

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

*本會祇接受已提交之屬會資料表中的簽名樣本及會印式樣。