

拔尖田徑 青苗

培訓計劃2013-14

2013/14 Young Athletes Athletics Training Scheme



亞洲第一名 - 香港田徑隊男子4 X 100接力(左起：徐志豪、吳家鋒、黎振浩、鄧亦峻)
Asian Champion - Hong Kong Athletic Team - 4 X 100M RELAY (From left: TSUI Chi Ho, NG Ka Fung, LAI Chun Ho, TANG Yik Chun)

主辦機構



香港業餘田徑總會
Hong Kong Amateur Athletic Association

資助機構



康樂及文化事務署
Leisure and Cultural
Services Department

主辦機構
Organised by



香港業餘田徑總會
Hong Kong Amateur Athletic Association

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資助機構
Subvented by



目標:

加強培訓已完成基礎訓練的青少年運動員，在有系統及持續性的訓練過程中，發掘具潛質的學員，推薦他們加入屬會或香港青少年潛質隊，接受進一步的專業培訓，表現突出的運動員，更有機會被輸送至『香港田徑隊』，代表香港參加國際賽事。

香港體育學院田徑總教練莊志恆博士(Dr Anthony Giorgi)將以客席顧問的形式，透過運動科學的層面為本計劃提供意見。目的是希望配合適當的測試項目及參考數據，讓教練能在甄選日中客觀地選材，並且能透過定期的“測試”，讓教練能適當地安排訓練，以更有效發揮學員的潛能。

Objectives:

This course aims at providing systematic and continuous training to those young athletes who have been completed basic training, nurturing and promoting them to join the member clubs or the "Hong Kong Athletic Youth Potential Team" for further professional training. Outstanding athletes will have chance to promote to the "Hong Kong Athletic Team" and represent Hong Kong to participate in international competitions.

Dr Anthony Giorgi, Head Athletics Coach of Hong Kong Sports Institute, will act as guest consultant and provide opinions on the scheme through science of sport. The aim is to provide and combine suitable tests with reference data for coaches to select the athletes objectively. Also, through testing with regular time intervals, make coaches arranging trainings more suitable in order to explore potential of trainees more effectively.

甄選日:

參加者必須出席甄選日接受甄選，達標者將獲接納進入第一階段的循序漸進式訓練。

Selection Day:

All participants are required to attend the selection, participants fulfill the standard requirement will be invited to participate in the first phase of training course.

日期(Date)	時間(Time)	地點(Venue)
2013年9月28日(星期六) 28/9/2013(Saturday)	上午9時至下午1時 09:00-13:00	將軍澳運動場(副場) Tseung Kwan O(Secondary)Sports Ground

比賽:

完成第一階段訓練，出席紀錄及表現良好的學員，將被挑選加入「青苗田徑隊」，參加十二月份舉行的「香港青少年分齡田徑賽」。

Competition:

Participants who complete the first phase with good performance and attendance records, will be invited to join the "Young Athletes Athletics Team" to participate in the "Hong Kong Junior Age Group Athletic Meet." which will be held on December 2013.

晉升:

第三階段訓練完結前，會安排學員接受香港體育學院的技術測試，成績達標者，將獲推薦參加「青少年潛質隊」或各屬會的定期訓練，達致“階梯培訓”的目標。

Promotion:

Hong Kong Sports Institute will provide a talent identification test at the end of third phase, participant who reach the standards will be recommended to join the member clubs or the "Hong Kong Athletic Youth Potential Team" for further professional training, with the hope to reach the progressive requirement of "Ladder Training".

年齡:

9至19歲青少年 (1994至2004年出生)

Age:

Youngster from 9 to 19 years old (born between 1994 and 2004)

訓練課程:

(1)本訓練計劃共分為三個階段:

小學組 - 跑項、跳項、擲項

中學組 - 短跑、中長跑、跨欄、跳遠及三級跳、跳高、鉛球、鐵餅、標槍

(教練會評核學員的上課表現及出席紀錄，決定是否推薦繼續參加下一階段的訓練。)

(2)學員完成整個訓練課程(共三個階段)及出席率達80%，將獲頒發證書乙張。

Training Course:

(1)The training scheme is divided into 3 phases:

Primary school includes: run, jump and throw events

Secondary school includes: sprint, middle & long distance running, hurdles, high jump, long jump & triple jump, shot put, discus throw and javelin throw.

(Coaches will depend on the performance and attendance of participants, to determine whether the participant can participate in the next phase or not.)

(2)A certificate will be awarded to participants who have attended at least 80% of the whole training scheme (total 3 phases).

課程(Lessons)	日期(Date)
第一階段 (共24課) First Phase (total 24 lessons)	2013年10月至2014年1月 from Oct 2013 to Jan 2014
第二階段 (共24課) Second Phase (total 24 lessons)	2014年1月至4月 from Jan 2014 to Apr 2014
第三階段 (共24課) Third Phase (total 24 lessons)	2014年4月至7月 from Apr 2014 to Jul 2014



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訓練時間表： Training Schedule:

地點 (Venue)	星期 (Day)	時間 (Time)
將軍澳運動場 Tseung Kwan O Sports Ground	逢星期二及四 Every Tue & Thu	晚上六時至八時 18:00- 20:00
沙田運動場 / 馬鞍山運動場 Sha Tin Sports Ground / Ma On Shan Sports Ground	逢星期一及六 Every Mon & Sat	逢星期一晚上六時至八時 Mon(18:00-20:00) 逢星期六下午二時至四時 Sat(14:00-16:00)

報名辦法： Entry Method:

郵寄報名：將已填妥報名表格，連同港幣\$350支票及回郵信封交收或寄回香港業餘田徑總會
Entry by mailing: Please send the completed form, cheque with HK\$350 and a self-addressed envelope to Hong Kong Amateur Athletic Association by hand or mail

1. 支票抬頭請寫「香港業餘田徑總會有限公司」，切勿郵寄現金。
2. 本會在開課前 5 天以電郵形式確認閣下之報名。
3. 參加者必須出席「甄選日」，成功通過測試者，本會將於「甄選日」後兌現訓練班費用支票；「甄選日」落選者，本會將寄回訓練班費用支票。
1. Crossed cheque should be payable to "Hong Kong Amateur Athletic Association Limited". Please DO NOT send cash.
2. A confirmation e-mail will be sent to successful applicants 5 days before the course starts
3. Participants must attend the "Selection Day", the cheque will be bank-in accordingly for those who successfully enroll after the selection, otherwise it will be returned by post.

報名費用： Entry Fee:

"甄選日"費用全免
"Selection Day" is free of charge

訓練課程每階段港幣\$350(包括訓練課程\$300 及紀念T恤\$50)。
entry fee of the training course HK\$350 per phase(include HK\$300 for the course and HK\$50 for the souvenir T-shirt).

截止報名日期：2013年9月13日(星期五)
Deadline: 13/9/2013(Friday)

報名查詢：

 **2504 8215**

Enquiry:

 **inquiry@hkaaa.com**

詳情請瀏覽香港業餘田徑總會網頁

www.hkaaa.com

『青少年田徑發展計劃』 運動員晉升表

