

拔尖田徑 青苗

培訓計劃2016-17

2016-17 Young Athletes Athletics Training Scheme



f Amateur Athletic Association



主辦機構
Organized by



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

資助機構
Subvented by



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

贊助機構
Sponsored by



拔尖田徑 青苗

培訓計劃2016-17

2016-17 Young Athletes Athletics Training Scheme

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。

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.

甄選日: 參加者必須出席甄選日接受技術測試，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)
2016年9月25日(星期日) 25/9/2016 (Sunday)	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」，參加由本會舉辦的賽事。
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 competition which organized by HKAAA.

分區挑戰日: 於第二階段的訓練結束後舉行，測試學員彼此的訓練成果，詳情將於課堂內公佈。

District Challenge Day: It will be held after the second phase training, to provide a platform to test and review the training result of each other. Details will be announced in the course.

晉升: 表現良好的學員將會獲邀參加香港體育學院的「菁英選材計劃(TTP)」，成績達標者，體院將提供為期一年的訓練支援，務求讓學員達至香港田徑隊的培訓標準。

Promotion: Participants who complete the programme with good performance, will be invited to go "Talent Testing Programme(TTP)" which is organized by Hong Kong Sports Institute. HKSI will provide a whole year training support for participants who perform well in the test and nurture them reach the standard of Hong Kong Athletic Team.

年齡: 9至19歲青少年(1997至2007年出生)

Age: Youngster from 9 to 19 years old (born between 1997 and 2007)

訓練內容: (1)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(共兩個階段與分區挑戰日)及出席率達80%，將獲頒發證書乙張。

Training Course: (1)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 2 phases training and district challenge day).

本訓練計劃共分為兩個階段:

The training scheme is divided into 2 phases:

課程(Lessons)	日期(Date)
第一階段(共36課) First Phase (total 36 lessons)	2016年10月至2017年3月 From Oct 2016 to Mar 2017
第二階段(共36課) Second Phase (total 36 lessons)	2017年3月至8月 From Mar to Aug 2017

每名入選學員將獲贈PUMA訓練T-shirt乙件

A PUMA training T-shirt will be awarded to all selected participants



拔尖田徑 青苗

培訓計劃2016-17

2016-17 Young Athletes Athletics Training Scheme

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\$450支票及回郵信封交往或寄回香港業餘田徑總會

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓2015室

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。

Entry by mailing: Please send the completed form, cheque with HK\$450 and a self-addressed envelope to Hong Kong Amateur Athletic Association by hand or mail

Address: Room2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

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\$450(訓練課程共2個階段，每階段36堂)。

Entry fee of the training course HK\$450 per phase

(Total 2 phases, 36 lessons per phase).

截止報名日期：2016年9月12日 (星期一)
Deadline : 12/9/2016 (Monday)

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



f Amateur Athletic Association

**『青少年田徑發展計劃』
運動員晉升表**

香港
田徑隊

香港青少年
潛質隊

屬會/體院訓練

拔尖田徑(青苗)培訓計劃
(9-19歲)

香港青年田徑進階訓練計劃
(9-19歲)

外展(聯校)田徑訓練課程
(9-19歲)

簡易運動計劃(IAAF-兒童田徑課程)
(6-8歲)

