

青苗籃球培訓計劃 2023-2024

Young Athletes Basketball Training Scheme 2023-2024

編號：
(由主辦單位填寫)



中國香港籃球總會 主辦



康樂及文化事務署 資助



贊助

報名表格 Application Form

填寫報名表格前請詳閱章程內容 | *每人限交一份報名表格 | 截止日期：2023年12月2日 (以郵戳為準)
Please read through the prospectus before submitting your application.

*Each person could only send one application form. Application deadline: 2 Dec 2023 (based on postmark)

報讀班別：請於適當的方格內加上✓號 (只可選擇一個班號)

Please select a class to participant. Please put ✓ in appropriate area. (Choose ONE class only)

A組 – 男子8–11歲： Group A – Boys Aged 8–11: (1/1/2013 – 31/12/2016)	<input type="checkbox"/> A1 屯門 A1 Tuen Mun	<input type="checkbox"/> A2 荃灣 A2 Tsuen Wan	<input type="checkbox"/> A3 西貢 A3 Sai Kung	<input type="checkbox"/> A4 南區 A4 Southern District
B組 – 男子12–14歲： Group B – Boys Aged 12–14: (1/1/2010 – 31/12/2012)	<input type="checkbox"/> B1 屯門 B1 Tuen Mun	<input type="checkbox"/> B2 荃灣 B2 Tsuen Wan	<input type="checkbox"/> B3 葵青 A3 Kwai Tsing	<input type="checkbox"/> B4 深水埗 B4 Sum Shui Po
	<input type="checkbox"/> B5 沙田 B5 Sha Tin	<input type="checkbox"/> B6 黃大仙 B6 Wong Tai Sin	<input type="checkbox"/> B7 西貢 B7 Sai Kung	<input type="checkbox"/> B8 南區 B8 Southern District
C組 – 女子12–15歲： Group C – Girls Aged 12–15: (1/1/2009 – 31/12/2012)	<input type="checkbox"/> C1 深水埗 C1 Shum Shui Po	<input type="checkbox"/> C2 沙田 C2 Sha Tin	<input type="checkbox"/> C3 黃大仙 C3 Wong Tai Sin	
D組 – 女子8–11歲： Group D – Girls Aged 8–11: (1/1/2013 – 31/12/2016)	<input type="checkbox"/> D1 葵青 D1 Kwai Tsing			

中文姓名 Name in Chinese	<input type="text"/>	英文姓名 Name in English	<input type="text"/>
出身年份 Year of Birth	<input type="text"/>	性別 Gender	<input type="text" value="男 M / 女 F"/>
住址 Address	<input type="text"/>		

球衣：請於適當空格內加上✓號 (*如有訂購，球衣將於上課時由教練派發)

胸圍尺寸：兩側腋下1寸(英寸)之間的水平距離 (衣服尺寸有5%偏差)
Jerseys Size (Please ✓ in the appropriate box.) *Jerseys will be distributed by the instructor in class if ordered.

尺碼：☐ 5 ☐ 6 ☐ 2XS ☐ XS ☐ S ☐ M ☐ L ☐ XL
(尺寸參考 Size Guide (In Inches) Chest : 5 : 16.5"; 6 : 17.5"; 2XS : 18.5"; XS : 19.5"; S : 20.5"; M : 21.5"; L:22.5"; XL:23.5")

家長 / 監護人聲明 Guardian Declaration

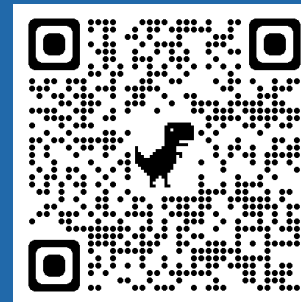
本人 (家長/監護人姓名) 為參加者之 (關係)，現同意他/她報名參加上述活動。他/她身體現況良好，亦無任何健康問題，功能受損或殘障情況，並適宜參與該活動，若因健康或體能欠佳而引致受傷或其他意外，概與中國香港籃球總會及教練無關。參加者並無權向中國香港籃球總會或任何相關教練或工作人員提出索償或追討責任。

I (Name of parent/ guardian), am the (relationship) of the above applicant, I agree him/her to attend the above training scheme. He/She is physically fit without any physical defect, and suitable to participate in the above mentioned training scheme. The Basketball Association of Hong Kong, China and instructor(s) shall not be liable for any injury that may arise from participating the training scheme.

家長姓名 Name of Parent	<input type="text"/>	家長/監護人聯絡電話 Telephone No.	<input type="text"/>
家長簽署 Signature of Parent	<input type="text"/>	日期 Date	<input type="text"/>
支票號碼 Cheque No.	<input type="text"/>	銀行名稱 Name of Bank	<input type="text"/>

青苗籃球培訓計劃 2023-2024

Young Athletes Basketball Training Scheme 2023-2024



截止日期 Deadline : 02 Dec 2023

宗旨

參加資格

甄選

課程內容

各階段訓練時期

第一階段名額

教練

報名日期

修畢証明

報名辦法

透過有系統的循序漸進式訓練，發掘有潛質的學員接受進一步培訓。
Identify talents for further training through systematic and progressive training.

歡迎以下年齡及具備基本籃球技術的青少年參加（本計劃不適合初學者參加）：
All teen boys and girls (aged as listed below) with basic basketball skills are welcomed to join. (NOT suitable for beginners):

男子A組 Boys Group A	8–11歲 (1/1/2013 — 31/12/2016) Aged 8–11	女子C組 Girls Group C	12–15歲 (1/1/2009 — 31/12/2012) Aged 12–15
男子B組 Boys Group B	12–14歲 (1/1/2010 — 31/12/2012) Aged 12–14	女子D組 Girls Group D	8–11歲 (1/1/2013 — 31/12/2016) Aged 8–11

參加者必須出席甄選日，並於當天出示有個人照片的證明文件（例如身份證、學生手冊、回鄉證或護照，證件上必須有出生年、月、日），無法提供有效身份證明文件者或將喪失參加資格。被接納甄選的參加者將被安排接受籃球技術測試，請於網上自行瀏覽及下載有關甄選日安排及名單、入選名單、入選家長信。
Selection Day must be attended. Please bring along personal identification document with photo and date & year born on it (such as HKID card, school student handbook or passport). Those who failed to show proper ID document would be disqualified. Accepted applicant would take a basketball skills test. Details, including arrangement and participants lists of selection day, selected participants list, notices to parents, will be posted on our website. Parents should check and download them by yourself.

甄選日期及時間 Date & Time	甄選地點 Venue
2023年12月17日 (星期日) 09:00 — 20:00 17 Dec 2023 (Sun) 09:00 — 20:00	大埔墟體育館 / 蒲崗村道體育館 Tai po Hui Sports Centre / Po Kong Village Road Sports Centre

- 第 I 階段 —— 改進及提高籃球基本技術
Stage I — Improve basic basketball skills
- 第 II 階段 —— 加強籃球基本技術及比賽戰術運用
Stage II — Reenforce basic basketball skills and competition strategies

- 第 III 階段 —— 加強比賽戰術運用及比賽的訓練
Stage III — Reenforce offense and defense strategies and competition trainings

訓練分三個階段進行，學員完成每個階段訓練後，須經評核合格方可晉升較高階段的訓練。評核內容以學員在籃球方面的潛質、技術和位置、上課表現、紀律及出席率為主。
There will be three stages of trainings, assessment and selection will be made before proceed to next stage. Assessment and selection, will be based on talent, skills, position, behavior, discipline and attendance of the participant.

- 第 I 階段：2024年1月至3月
Stage I: Jan — Mar 2024
- 第 II 階段：2024年3月至5月（其中包括分區挑戰賽）
Stage II: Mar — May 2024（Including Inter–District Competition）

- 第 III 階段：2024年6月至8月（其中包括強者之戰）
Stage III: Jun — Aug 2024（Including Final Competition）

- 訓 練 營：2024年8月
Training Camp: Aug 2024

每班30人
30 people/ class

由中國香港籃球總會安排資深教練任教
Experienced tutor will be arranged by Basketball Association of Hong Kong, China

由即日起至2023年12月2日（星期六）（以郵戳為準）
From today till 2 Dec 2023 (based on postmark)

完成三個階段課程且出席率達80%及經評核合格的學員將獲頒證書
A certificate will be issued to participant who (i) completed both stages with over 80% participation rate and (ii) passed the assessment.

申請者須填妥報名表格，連同劃線支票港幣貳佰圓正（HK\$200）抬頭：「中國香港籃球總會有限公司」及回郵信封（請貼上HK\$2.2郵票）寄到「香港銅鑼灣大球場徑1號奧運大樓1006室」中國香港籃球總會”收”或親臨本會遞交。切勿郵寄現金。
辦公時間： 星期一至五 (09:30 – 13:00，14:00 – 17:30)，星期六 (09:30 – 13:00)
Each applicant is required to complete the application form with crossed cheque HK\$200.00 made payable to “Basketball Association of Hong Kong, China Limited” and a hk\$2.2 stamped self-addressed envelope. You may either mail the above documents to Room 1006, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong, specifying “Basketball Association of Hong Kong, China” or bring required documents to our office. Please do not send cash by mail.
Office Hour: Mon to Fri (09:30 – 13:00，14:00 – 17:30), Sat (09:30 – 13:00)

費用

第一階段訓練時間

查詢

備註

- 第一階段 — HK\$200 *另加收乙件T恤費HK\$40（選擇性購買）
- Stage I training — HK\$ 200 *The fee for uniform is \$40 (not compulsory).

必須在遞交報名表時以支票形式繳交第一階段費用，落選者支票將以回郵信封退回
Please submit the application form with cheque for Stage I Training. Cheque will be returned to unsuccessful applicants with return envelope

- 第二及第三階段 — 各HK\$280元
- Stage II & III training — HK\$ 280 for each Stage

地區 District	訓練場地 Training Venues	班別 Class	訓練日期 Training Dates	星期 Day	時間 Time
屯門 Tuen Mun	良田體育館 Leung Tin Sports Centre	A1	5,*7,12,*14,19,*21,26,*28/1/2024 2,*4,16,*18,23,*25/2/2024	五/*日 Fri/*Sun	6:00pm — 7:30pm *5:00pm — 6:30pm
		B1			7:30pm — 9pm *6:30pm — 8pm
荃灣 Tsuen Wan	荃灣西約體育館 Tsuen Wan West Sports Centre	A2	6,13,20,27/1/2024 3,*6,17,24/2/2024	六/*二 Sat/*Tue	6pm — 7:30pm
		B2			7:30pm — 9pm
	青衣體育館 Tsing Yi Sports Centre	A2	4,11,18,25/1/2024 1*2/2/2024	四/*五 Thu/*Fri	7:00pm — 8:30pm
		B2			8:30pm — 10pm
葵青 Kwai Tsing	大窩口體育館 Tai Wo Hau Sports Centre	D1	2,*7,9,*14,16,*21,23,*28,30/1/2024 *4,6,*18,20,27/2/2024	二/*日 Tue/*Sun	7:00pm — 8:30pm *4:00pm — 5:30pm
		B3			8:30pm — 10pm *5:30pm — 7pm
深水埗 Sham Shui Po	石硤尾公園體育館 Shek Kip Mei Park Sports Centre	C1	2,*6,9,*13,16,*20,23,30/1/2024 *3,6,*17,20,*24,27/2/2024	二/*六 Tue/*Sat	7:00pm — 8:30pm
		B4			8:30pm — 10pm
沙田 Sha Tin	美林體育館 Mei Lam Sports Centre	C2	3,*7,10,*14,17,*21,24,*28,31/1/2024 *4,*18,21,*25,28/2/2024	三/*日 Wed/*Sun	6:00pm — 7:30pm
		B5			7:30pm — 9pm
黃大仙 Wong Tai Sin	摩士公園體育館 Morse Park Sports Centre	C3	*2,7,*9,14,*16,21,*23,28,*30/1/2024 4,*6,18,*20,25/2/2024	日/*二 Sun/*Tue	1:00pm — 2:30pm *7:00pm — 8:30pm
		B6			2:30pm — 4pm *8:30pm — 10pm
西貢 Sai Kung	將軍澳體育館 Tseung Kwan O Sports Centre	A3	2, 9,*13,#14,16,*20,23,*27,#28,30/1/2024 6,*17, 20,*24/2/2024	^二/#日/*六 Tue/#Sun/*Sat	^#6:00pm — 7:30pm *7:00pm — 8:30pm
		B7			^#7:30pm — 9pm *8:30pm — 10pm
南區 Southern District	黃竹坑體育館 Wong Chuk Hang Sports Centre	A4	6,*8,13,*15,20,*22,27,*29/1/2024 3,*5,17,*19,24,*26/2/2024	一/*六 Mon/Sat	7:00pm — 8:30pm
		B8			8:30pm — 10pm

本會有權就活動場地、教練、上課日期及時間等作出調配，參加者不得異議。
We reserve all rights to revise venue or time of all classes or instructor list if necessary.

備註：
Remark: A1至A4班只接受8至11歲男子青少年參加；B1至B6班只接受12至14歲男子青少年參加；C1至C3班只接受12至15歲女子青少年參加；D1班只接受8–11歲女子青少年參加。
Class A1 — A4 are suitable for teen boys aged 8–11; Class B1 — B6 are suitable for teen boys aged 12–14; Class C1 — C3 are suitable for teen girls aged 12–15; Class D1 is suitable for teen girls aged 8–11.

電話 Telephone：2504 8181 / 2504 8179
網址 Website：http://www.basketball.org.hk

1. 每人只可填交一份報名表格；如有重複遞交申請或虛報資料者，將被取消參加資格，所繳費用概不發還。2. 如發現申請者資格不符合該班的要求，本會有權取消其申請資格。3. 你所提供的個人資料，只作報名、統計、日後聯絡、宣傳本會活動及當取消活動後處理退款時作為核實身分之用。除獲本會授權職員外，將不會提供予其他人士。4. 若要求更改或索取你申報的個人資料，可與本會職員聯絡。5. 參加者必須在本報名表格提供所需的個人資料。如你未能提供所需的個人資料及附有有效的證明文件，本會可能因無法處理有關申請而取消其參加資格。6. 入選學員報名之課程不得更改、延期或轉讓，已繳費用一概不會發還。支票未能兌現者，其資格將由後補替之，落選者支票會於成績公佈兩星期後，憑閣下之回郵信封退回。7. 如訓練班因天氣或其他因素被迫取消，本會不作另行安排及退款。8. 本會保留修改章程的權利，參加者不得異議。1. Each person could only send one application form. Participants who duplicated their applications or filled incorrect personal data will be disqualified, and fees paid will not be refunded. 2. If any participant is found as not fitting our requirements, BAHKC reserve all rights to cancel his or her eligibility. 3. Personal data collected will only be used for enrolment, statistics, follow up contact,

promotion of events of BAHKC, identification for possible refund. These data will be assessed by authorised staffs of BAHKC. BAHKC will not provide these data to other person or entity. 4. Please contact BAHKC if you want to revise your personal data provided. 5. Applicant must fill in all fields in this application form, with requested supporting documents. Those who failed to comply may be disqualified. 6. There is no refund of cheque once the applicant has been selected. Fees and places on course cannot be transferred from one applicant to another. If the applicant presented dishonored cheque, the applicant should be disqualified and reserved applicant will substitute to the class. The cheque of unsuccessful applicant will be sent you by mail after 7 days of posting the result. Basketball Association of Hong Kong, China will not be responsible for any loss of receipt, if there is any, due to mail delivery failure. 7. If classes must be cancelled due to irresistible reasons such as weather, BAHKC will not arrange made up class nor refund. 8. BAHKC reserve all rights to revise this prospectus.