



中國香港籃球總會 主辦



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

資助



贊助



# 地區籃球隊 訓練計劃 District Basketball Team Training Scheme 2025-26

截止日期 Deadline : 31 Aug 2025  
(以郵戳為準 based on postmark)



## 宗旨 Aims

- 提高地區青少年參與籃球運動的興趣及加強他們對地區的歸屬感  
Promote teenagers' interest in basketball and increase their sense of belonging to local district.
- 在全港18區組織地區球隊，代表地區參加「地區籃球隊國際賽」  
Organize district basketball teams in 18 districts for participating in "Inter-District Competition".
- 發掘有潛質的學員作進一步培訓  
Identify talents for further trainings.

## 參加資格 Requirements

- 13–17歲 (2008年1月1日 至 2012年12月31日出生) 及  
具備基本籃球技術的男女子青少年 (本計劃並不適合初學者)  
Male and female teenagers aged 13–17 (DOB 1 Jan 2008 – 31 Dec 2012)  
With basic basketball skills (Not suitable for beginners).
- 居住或就讀於香港  
Live or study in Hong Kong.
- 參加者必須出席甄選日，參與籃球技術測試，入選名單將於本會網頁公佈。  
Participants must attend Selection Day, to participate in basketball skills test. Selected participants list will be announced in BAHKC official website.
- 參加者必須於甄選日出示以下文件，否則參加資格會被取消。  
Participants must present below documents on Selection Day. Those who failed to comply would be disqualified.
  - 身份、年齡證明：  
含有個人照片及出生年月日的證明文件 (例如身份證、學生手冊、回鄉證或護照)  
Personal identification document with date of birth and photo, must be presented on Selection Day, such as HKID card, student handbook, home return permit or passport.
  - 所屬地區證明  
District identity proof
    - \* 如選擇以居住地區作為訓練地區 If choice of district is based on home address:
      - 父母住址證明 – 須三個月內由政府部門或機構、或銀行、或流動電話機構發出，並清楚列明收件者為參加者之父母；及  
Proof of residence of parents – must be issued with 3 months, by a government department or agency, or bank, or mobile service provider, with parent's name on it.
      - 參加者出世紙 – 父母一欄 (任何一位) 必須與 (i) 之收件人名稱相同  
Birth certificate of participant – to show the person indicated in residential proof is parent of the participant.
    - \* 如選擇以就讀學校地區作為訓練地區 If choice of district is based on school address:
      - 學生手冊 或 學生證 – 必須包括學校名稱、校址、學生名字和相片，方為有效  
Student handbook or Student ID card – must include school name, school address, name and photo of participant.
- 甄選日期及地點 Selection date and venue

a. 東區、灣仔、南區、中西區、九龍城、黃大仙、油尖旺、深水埗、觀塘/西貢  
Eastern, Wan Chai, Southern, Central and Western, Kowloon City, Wong Tai Sin, Yau Tsim Mong, Sham Shui Po, Kwun Tong/Sai Kung

日期及時間 Date and Time : 7 Sep 2025 09:00 – 19:00  
地點 Venue : 港島東體育館 Island East Sports Centre

沙田、大埔、北區、葵青/離島、荃灣、屯門、元朗、九龍/新界區–女子組、九龍/香港區–女子組  
Sha Tin, Tai Po, North, Kwai Tsing/Islands, Tsuen Wan, Tuen Mun, Yuen Long, Kowloon/New Territories – Female,  
Kowloon/Hong Kong – Female

日期及時間 Date and Time : 14 Sep 2025 09:00 – 19:00  
地點 Venue : 源禾路體育館 Yuen Wo Road Sports Centre

## 課程內容 Programme Details

- 階段 1 – 參加者必須出席甄選日，參與籃球技術測試，入選名單將於本會網頁公佈。  
Stage 1 – Participants must attend Selection Day, to participate in basketball skills test. Selected participants list will be announced in BAHKC official website.  
  
階段 2 – 提高攻防戰術運用的概念 及 加強全隊攻防戰術運用及比賽的訓練  
Stage 2 – Improve concept on offense and defense strategies. & reinforce offense and defense strategies and competition trainings.
- 注意事項 Remarks
  - 訓練計劃分為兩個階段，以廣東話授課。學員在籃球方面的潛質、在訓練期間的技術進度、上課表現、紀律及出席率將作為晉升下一階段的評核因素。  
The training program is divided into two stages and will be conducted in Cantonese. Advancement to the next stage will be evaluated based on participants' basketball potential, skill development during training, in-class performance, discipline, and attendance.
  - 能晉升第二階段訓練的學員將組成區隊，並由教練帶領參加上述的「地區籃球隊國際賽」。  
Participants made through to stage II, will be arranged as a team by tutor and join the "Inter-District Competition" mentioned above.

## 階段1 訓練詳情 Stage 1 Training

分區 District	訓練日期 Date	時間 Time	訓練場地 Venue
東區 Eastern	(Mon) 13,20,27/10 ; 3,10/11 (*Sat) 18,25/10 ; 1,8,15/11	9pm – 11pm *1pm – 3pm	西灣河體育館 Sai Wan Ho Sports Centre
南區 Southern	(Wed) 8,15,22/10 ; 5/11 (*Sat) 4,11,18,25/10 ; 1,8/11	8pm – 10pm *7pm – 9pm	黃竹坑體育館 Wong Chuk Hang Sports Centre
灣仔 Wan Chai	(Tue) 14,21,28/10 ; 4,11,18/11 (*Sat) 11,25/10 ; 1,8/11	8pm – 10pm *2pm – 4pm	港灣道體育館 Harbour Road Sports Centre
屯門區 Tuen Mun	(Fri) 3,10,17,24,31/10	7pm – 9pm	兆麟體育館 Siu Lun Sports Centre
	(*Sun) 5,12,19,26/10 ; 1/11	6pm – 8pm	良田體育館 Leung Tin Sports Centre

分區 District	訓練日期 Date	時間 Time	訓練場地 Venue
九龍/香港區 (女) KLN/ H.K. (Female)	(Thu) 2,9,16,23,30/10 (Tue) 28/10 (Sat) 4,11,18,25/10	8pm – 10pm	九龍灣體育館 Kowloon Bay Sports Centre,
九龍城區 Kowloon City	(Mon) 6,13,20,27/10 ; 3/11 (Sat) 4,11,18,25/10 ; 1/11	7pm – 9pm	紅磡市政大廈體育館 Hung Hom Municipal Services Building Sports Centre
黃大仙區 Wong Tai Sin	(Fri) 3,10,17,24,31/10 ; 7, 14/11 (*Sat) 18,25/10 ; 15/11	7pm – 9pm *1pm – 3pm	彩虹道體育館 Choi Hung Road Sports Centre
荃灣區 Tsuen Wan	(Mon) 20,27/10 ; 3,10,17/11 (*Fri) 17,24,31/10 ; 7,14/11	8pm – 10pm *7pm – 9pm	楊屋道體育館 Yeung Uk Road Sports Centre
九龍/新界區 (女) KLN/ N.T. (Female)	(Mon) 13,20,27/10 ; 3,10/11 (Sat) 18,25/10 ; 1,8,15/11	7pm – 9pm	荃景圍體育館 Tsuen King Circuit Sports Centre



## 名額 Quota

## 教練 Coach

## 獎勵及 修畢證明 Prize and Certificate

## 費用 Fees

## 繳費方法 Payment Method

## 報名表格索取處 Application form Collection

## 備註 Remarks

分區 District	訓練日期 Date	時間 Time	訓練場地 Venue
葵青/離島區 Kwai Tsing/ Island	(Tue) 14,21,28/10 ; 4,11/11 ; (*Sat) 11,18,25/10 ; 1,8/11	8pm — 10pm *4pm — 6pm	大窩口體育館 Tai Wo Hau Sports Centre
北區 North	(Fri) 2,9,16,23,30/10 *尚有二課稍後公布	7pm — 9pm	龍琛路體育館 Lung Sum Avenue Sports Centre
深水埗區 Sham Shui Po	(Wed) 8,15,22/10 ; 5,12,19/11 (*Sat) 18/10 ; 1,8,15/11	7pm — 9pm *1pm — 3pm	石硤屋公園體育館 Shek Kip Mei Park Sports Centre
沙田區 Shatin	(Wed) 8,15,22/10 ; 5,12/11 (*Sun) 12,19,26/10 ; 2,9/11	8pm — 10pm *4pm — 6pm	美林體育館 Mei Lam Sports Centre
大埔區 Tai Po	(Wed) 8,15,22/10 ; 5,12/11 (*Sat) 11,18,25/10 ; 1,8/11	7pm — 9pm	富亨體育館 Fu Heng Sports Centre

分區 District	訓練日期 Date	時間 Time	訓練場地 Venue
觀塘/西貢區 Kwun Tong/ Sai Kung	(Mon) 6,13,20,27/10 ; 3,10/11 (*Sat) 4,18/10 ; 1,15/11	8pm — 10pm *3pm — 5pm	坑口體育館 Hang Hau Sports Centre
油尖旺區 Yau Tsim Mong	(Mon) 20,27/10 ; 3,10,17/11 (Thu) 16,23,30/10 ; 6,13/11	7pm — 9pm	大角咀體育館 Tai Kok Tsui Sports Centre
元朗區 Yuen Long	(Wed) 8,15,22/10 ; 5/11 (Fri) 3,10,17,24,31/10 ; 7/11	7pm — 9pm	元朗體育館 Yuen Long Sports Centre
中西區 Central and Western	(Mon) 6,13,20,27/10 ; 3,10/11 ; (Sun) 12,26/10 ; 9,16/11	7pm — 9pm	上環體育館 Sheung Wan Sports Centre

階段 1 – 每區 30 人  
Stage 1 – 30 people/ district

階段 2 – 每區 15 人  
Stage 2 – 15 people/ district

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

- 第一階段入選者可獲贈贊助商Ozone 送出訓練球衣一件  
· A practice jersey from our sponsor, Ozone, will be given to all selected participants for stage I.
- 成功入選第二階段的參加者，可獲贈比賽球衣一件  
· A jerseys suit will be given to selected participants for stage II.
- 完成兩個級別的訓練且出席率達80%及經評核合格的學員將獲頒證書  
· A certificate will be issued to participant who:  
completed both stages with over 80% participation rate, and passed the assessment.

- 第一階段訓練 – 港幣\$160元正 Stage I training – HK\$ 160
- 第二階段訓練 – 港幣\$200元正 Stage II training – HK\$ 200

申請者須填妥報名表格連同回郵信封（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。辦公時間：星期一至五（09:30 – 13:00；14:00 – 17:30），星期六（09:30 – 13:00）本會將於 2025 年 9 月 19 日在本會網頁公佈入選名單，恕不另函通知。

Each applicant is required to complete the application form with 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. Office Hour: Mon to Fri (09:30 – 13:00；14:00 – 17:30), Sat (09:30 – 13:00). Results will be posted on our official website on 19 Sep 2025. Applicants will not be notified.

1. 支票 Cheque  
於遞交報名表格時，連同劃線支票港幣壹佰陸拾元正(HK\$160) 抬頭：「中國香港籃球總會有限公司」 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。  
Crossed cheque HK\$160.00 made payable to “Basketball Association of Hong Kong, China Limited”. You should send together with the application form. Please do not send cash by mail.
2. 銀行轉帳 Bank Transfer  
入選者必須於 2025 年 9 月 25 日或之前完成轉帳並填妥指定網上表格(有關連結請瀏覽本會網頁)，否則該名額將由後補人士補上。（本會不會另函通知）  
Selected applicants must settled the payment and complete the online form (link and step will be post on our official website) on or before 18 Sep 2024. Selected applicants who fail to pay the required fees within the specified period will be regarded as waiving their rights without prior notice. The remaining quota will go to the applicants on the waiting list.

1. 康樂及文化事務署各分區康樂事務辦事處及體育館  
Sports Centers and District Leisure Services Offices under Leisure and Cultural Services Department
2. 香港銅鑼灣掃桿埔大球場徑1號奧運大樓1006室中國香港籃球總會  
Basketball Association of Hong Kong, China  
Room 1006, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong.
3. 於 <http://www.basketball.org.hk> 下載  
Download at <http://www.basketball.org.hk>
4. 查詢電話 Enquiry：2504 8181/ 2504 8179 網址 Website：website: <http://www.basketball.org.hk>

1. 參加者必須穿著贊助商提供之服裝上課及比賽
2. 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
3. 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
4. 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交有效的證明文件，本會可能因無法處理有關申請而取消其參加資格
5. 參加者所提供的個人資料，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
6. 若要求更改或索取你申報的個人資料，可與本會職員聯絡
7. 第二階段的入選名單將於本會網頁公佈，請各學員自行參照及下載，入選學員將不獲另行通知。如有需要，因應課程編排、場館維修或其他原因影響，本會有權修改上課時間及地點，並於本會網頁公佈
8. 本會保留修改章程的權利，參加者不得異議
9. 參加者請保留本章程作日後參考之用  
1. Participant must wear jersey/ T-shirt sponsored at class and competition. 2. 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. 3. If any participant is found as not fitting our requirements, BAHKC reserve all rights to cancel his or her eligibility. 4. Applicant must fill in all fields in this application form, with requested supporting documents. Those who failed to comply may be disqualified. 5. 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. 6. Please contact BAHKC if you want to revise your personal data provided. 7. Selected participants list will be announced in BAHKC website. Please check it on time, we will not contact each participant separately. We reserve all rights to revise venue or time of all classes or competitions if necessary. If so, we will announce at BAHKC website. 8. BAHKC reserve all rights to revise this prospectus. 9. Please keep this prospectus for future reference.



# 2025-26地區籃球隊訓練計劃報名表格

## District Basketball Team Training Scheme 2025-26 Application Form

編號 No:

由主辦單位填寫  
To be filled by organizer

請選擇訓練地區（必須為參加者居住/就讀之地區）  
Please select a district to participant (based on home address or school address)

- |   |  |                                       |  |  |
|---|--|---------------------------------------|--|--|
| <input type="checkbox"/> 觀塘/西貢 Kwun Tong/Sai Kung               | <input type="checkbox"/> 中西區 Central and Western |                                       |  |  |
| <input type="checkbox"/> 大埔 Taipo                               | <input type="checkbox"/> 北區 North                | <input type="checkbox"/> 屯門 Tuen Mun  | <input type="checkbox"/> 深水埗 Sham Shui Po                  | <input type="checkbox"/> 九龍城 Kowloon City  |
| <input type="checkbox"/> 東區 Eastern                             | <input type="checkbox"/> 沙田 Shatin               | <input type="checkbox"/> 元朗 Yuen Long | <input type="checkbox"/> 黃大仙 Wong Tai Sin                  | <input type="checkbox"/> 油尖旺 Yau Tsim Mong |
| <input type="checkbox"/> 南區 Southern                            | <input type="checkbox"/> 灣仔 Wanchai              | <input type="checkbox"/> 荃灣 Tsuen Wan | <input type="checkbox"/> 葵青/離島 Kwai Tsing/ Islands         |  |
| <input type="checkbox"/> 九龍/香港區-女子組 Kowloon/ Hong Kong - Female |  |                                       | <input type="checkbox"/> 九龍/新界區-女子組 Kowloon/ N.T. - Female |  |

\*請於適當的方格內加✓號 \*Please put ✓ in appropriate area

中文姓名

Name in Chinese

英文姓名

Name in English

出身年份

Year of Birth

性別

Gender

男 M / 女 F

聯絡電話

Telephone No.

居住地區

District of Residence

住址

Home Address

學校名稱

Name of School

所屬地區

District of School

學校地址

School Address

參與籃球活動的年期

How many years have you been playing basketball?

年 Years

慣常位置

Position



控球後衛 Point Guard



得分後衛 Shooting Guard



小前鋒 Small Forward



大前鋒 Power Forward



中鋒 Center

有沒有參加籃球訓練班或比賽？

Have you been attending basking classes or competitions?



沒有 No



有 Yes

請列出球隊名稱、比賽名稱

Please state team name, competition name

### 家長 / 監護人聲明 Guardian Declaration

1. 本人 (家長/監護人姓名) 為 (參加者姓名) 的家長/ 監護人，聲明本報名表格的資料均正確無誤，本人明白，如有發現誤報資料，申請人可以被取消資格，而不會有任何退款安排。

2. 本人知悉並同意遵守中國香港籃球總會的一切規定。本人聲明申請人健康並適合參與這些訓練和比賽，本人明白參與中國香港籃球總會的運動可能造成的身體損傷，對此，本人豁免中國香港籃球總會及其員工的一切責任。

1. I, (Name of parent/ guardian), the parent/ guardian of (name of applicant), a minor, declare that all the information filled in this form is correct. I understand applicant will be disqualified without any refund, if incorrect information is provided.

2. I agree and will abide by all the rules of BAHKC. I declare the applicant is physically healthy and fit for these trainings and competitions. I recognize the possibility of physical injury associated with participating in these activities with BAHKC, and release BAHKC and its staff members from all liability for any injuries caused.

家長簽署

Signature of Parent

日期

Date