



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

青苗籃球培訓計劃

Young Athletes Basketball Training Scheme

2026-2027

截止日期：30 Nov 2026



立即網上報名
Register Online Now



你提供的資料，只作中國香港籃球總會舉辦的活動報名事宜、統計、日後聯絡及活動意見調查之用，有關資料亦只限獲本會授權人員方可查閱作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。
The information provided by you will only be used for enrolment of sports activities organised by the Basketball Association of Hong Kong, China, statistical reviews, future contact purpose and opinion survey. Only those who are authorised by this Association will have access to such information for the aforesaid purposes. For correction of or access to personal data collected by means of this form, please contact staff of the Association.

宗旨 Aims 參加資格 Requirements

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 (1/1/2016 - 31/12/2019) Aged 8-11	女子C組 Girls Group C	12-15歲 (1/1/2012 - 31/12/2015) Aged 12-14
男子B組 Boys Group B	12-14歲 (1/1/2013 - 31/12/2015) Aged 12-14	女子D組 Girls Group D	8-11歲 (1/1/2016 - 31/12/2019) Aged 8-11

甄選 Selection

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 Date	甄選地點 Venue
2026年12月13日 (星期日) 13 Dec 2026 (Sun) 後備日 Fallback Date: 20 Dec 2026 (Sun)	官涌體育館 / 九龍灣體育館 Kwun Chung Sports Centre / Kowloon Bay Sports Centre

各階段 訓練時期 及 課程內容

Training Period of each stage and Content

第1階段：2027年1月至3月 — 改進及提高籃球基本技術 (名額:每班30人)
Stage I: Jan - Mar 2027 - Improve basic basketball skills (Quota: 30 people/ class)

第2階段：2027年3月至5月 (其中包括分區挑戰賽) — 加強籃球基本技術及比賽戰術運用 (名額:每班24人)
Stage II: Mar - May 2027 (Including Inter-District Competition) - Reenforce basic basketball skills and competition strategies (Quota: 24 people/ class)

第3階段：2027年6月至8月 (其中包括強者之戰) — 加強比賽戰術運用及比賽的訓練 (名額:每班15人)
Stage III: Jun - Aug 2027 (Including Final Competition) - Reenforce offense and defense strategies and competition trainings (Quota: 15 people/ class)

訓練營：2027年8月
Training Camp: Aug 2027

訓練分三個階段進行，學員完成每個階段訓練後，須經評核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.

教練 Instructor

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

修畢証明 Certificate

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 all stages with over 80% participation rate and (ii) passed the assessment.

報名辦法 Application

- 本次活動一律採用 Google Form 網上報名。
- All registrations must be submitted online via Google Form.
- 報名者須於截止日期前，如實填寫並提交 Google 報名表單。
- Applicants must complete and submit the Google Form truthfully before the deadline.
- 提交表單後即表示報名者同意遵守本章程所有條款。
- Submission of the form indicates agreement to abide by all terms in these guidelines.

繳費方法 Payment Method

只接受銀行轉帳，入選者必須於2026年12月23日或之前完成轉帳並填妥指定網上表格，沒有轉帳或沒有填妥指定網上表格提交轉帳證明亦會當作放棄該名額，而後將由後補人士補上。(本會不會另函通知)

Bank transfer only. Selected participants must complete the bank transfer and submit the google form on or before 23 December 2026. Failure to complete the transfer or failure to submit the google form with proof of transfer will be regarded as forfeiture of the place, and the place will be offered to the waitlisted candidates. (No separate notification will be sent by the organisers.)

甄選名單及 成績公佈 Announcement of Selection Name List and Results

請於2026年12月3日瀏覽本會網頁有關甄選名單及詳情。
入選名單將於2026年12月15日日在本會網頁公佈，恕不寄函通知。
Please visit our website for the name list and details of selection on 3 December 2026.
The qualified name lists for training will be announced on 15 December 2026 on our website. No correspondence will be sent.

費用
Fees

訓練球衣
Training Jersey

第一階段
訓練時間
Stage I
Training
Schedule

第一階段：HK\$220
Stage I training : HK\$220

第二及第三階段：各 HK\$300 元
Stage II & III training - HK\$300 for each Stage

訓練營: HK\$400
Training Camp : HK\$400

選擇性購買 Not Compulsory
尺寸表(參考)size chart (For Reference):

上身	5XS	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL
衫長	52	56	60	64	68.5	71	73.5	76	78.5	81	83.5
衫長	35	38	41	44	46.5	49	51.5	54	56.5	59	61.5

班別 Class	訓練場地 Training Venues	訓練日期 Training Dates	星期 Days	時間 Time
A1	良田體育館	5,*9,*10,12,*16,*17,19,*23,*24,	二/*六/^日	19:00 - 20:30
B1	Leung Tin Sports Centre	26,*30,*31/1/2027 2,*13/2/2027	Tue/*Sat/^Sun	20:30 - 22:00
A2	荃灣西約體育館 Tsuen Wan West Sports Centre	9,16,23,30/1/2027 13,20,27/2/2027	六 Sat	18:00 - 19:30
	大窩口體育館 Tai Wo Hau Sports Centre	6, 13, 20, 27/1/2027 3, 17, 24/2/2027	三 Wed	
B2	荃灣西約體育館 Tsuen Wan West Sports Centre	9,16,23,30/1/2027 13,20,27/2/2027	六 Sat	19:30 - 21:00
	大窩口體育館 Tai Wo Hau Sports Centre	6, 13, 20, 27/1/2027 3, 17, 24/2/2027	三 Wed	
D1	荔枝角公園體育館 Lai Chi Kok Park	4,*8,11,*15,18,25,*29/1/2027	一/*三/^五	18:00 - 19:30
C1	Sports Centre	1,*12,15,*17,*19,22,*26/2/2027	Mon/*Wed/^Fri	19:30 - 21:00
D2	石硤尾公園體育館 Shek Kip Mei Park Sports Centre	9,16,30/1/2027 13,20,27/2/2027	六 Sat	18:00 - 19:30
	牛頭角道體育館 Ngau Tau Kok Road Sports Centre	*8, *15, *22, *29/1/2027 1, 12, 19, 26/2/2027	一/^五 Mon/^Fri	19:00 - 20:30
B3	石硤尾公園體育館 Shek Kip Mei Park Sports Centre	9,16,30/1/2027 13,20,27/2/2027	六 Sat	19:30 - 21:00
	牛頭角道體育館 Ngau Tau Kok Road Sports Centre	*8, *15, *22, *29/1/2027 1, 12, 19, 26/2/2027	一/^五 Mon/^Fri	20:30 - 22:00
D3	摩士公園體育館	4,*6,11,*13,18,*20,25,*27/1/2027	一/*三	19:00 - 20:30
C2	Morse Park Sports Centre	1,*3,15,*17,22,*24/2/2027	Mon/*Wed	20:30 - 22:00
A3	美林體育館	6, #10, 13, #17, 20, #24,	三/#日	18:00 - 19:30
B4	Mei Lam Sports Centre	27, #30/1/2027 3, #14, 17, #21, 24, #28/2/2027	Wed/#Sun	19:30 - 21:00
D4	將軍澳體育館	5,*9,12,*16,19,*23,26,30/1/2027	二/*六	18:00 - 19:30
B5	Tseung Kwan O Sports Centre	2,*13,16,*20,23,*27/2/2027	Tue/*Sat	19:30 - 21:00
A4	黃竹坑體育館	*2,4,*9,11,*16,18,*23,25,*30/1/2027	一/*六	19:00 - 20:30
B6	Wong Chuk Hang Sports Centre	1,*13,15,*20,22/2/2027	Mon/*Sat	20:30 - 22:00

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及C2班只接受12至15歲女子青少年參加；D1至D4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-C2 are suitable for teen girls aged 12-15; Class D1-D4 is suitable for teen girls aged 8-11.

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

查詢
Enquiry

備註
Remarks

- 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。
- 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。
- 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。
- 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份之用。除獲本會授權職員外，將不會提供予其他人士。
- 若要求更改或索取你申報的個人資料，可與本會職員聯絡。
- 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。
- 入選學員報名之課程或班別不得更改、延期或轉讓，已繳費用一概不會發還。
- 本會保留修改章程的權利，參加者不得異議。
- 參加者請保留本章程作日後參考之用。

- 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.
- If any participant is found as not fitting our requirements, BAHKC reserve all rights to cancel his or her eligibility.
- Applicant must fill in all fields in this application form, with requested supporting documents. Those who failed to comply may be disqualified.
- 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.
- Please contact BAHKC if you want to revise your personal data provided.
- 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.
- No refund once the applicant has been selected and paid. Fees and places on course cannot be transferred from one applicant to another.
- BAHKC reserve all rights to revise this prospectus.
- Please keep this prospectus for future reference.