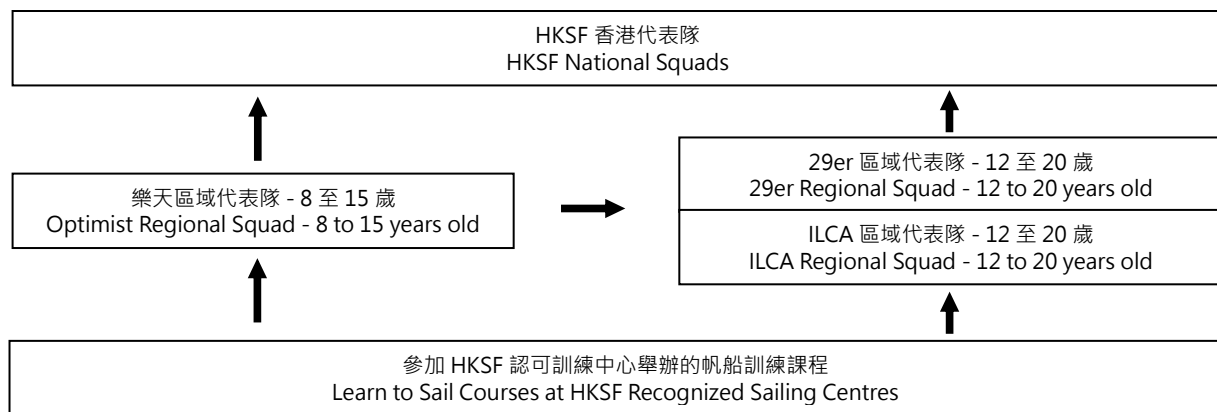


## HKSF Regional Squads 2023 Training Program

### 香港帆船運動總會區域代表隊 - 2023 訓練計劃

康樂及文化事務署資助 及 香港帆船運動總會主辦  
Subvented by the LCSD and organized by the Hong Kong Sailing Federation

香港帆船運動總會區域代表隊致力培訓年輕及新晉帆船運動員至香港代表隊水平。訓練以培育運動員參加本地及國際性帆船賽事為主要目的。  
HKSF establishes Regional Squad to develop young novice racers into national level competitors. Training will be targeted to prepare sailors for regional and national competitions.



<p>參加資格及要求 Eligibility and Requirement</p>	<ol style="list-style-type: none"> <li>1) 持有 HKSF 少年帆船第四級 (樂天代表隊) 或 HKSF 小帆船第三級 (29er/ILCA 代表隊) 證書或同等資歷。 Holder of HKSF Junior Sail 4 (for Optimist Squad) or HKSF Level 3 (for 29er and ILCA Squad) certificate or equivalent experience.</li> <li>2) 3 個月之平均出席率須達八成以上。若未能符合要求將被考慮要求退隊。 80% attendance is required over a 3-month period. Member who fail to meet the requirement may be asked to withdraw from regional squad.</li> <li>3) 考慮現役區域代表隊隊員的申請時，將考慮其過往表現及出席紀錄。 Applications from existing Regional Squad sailors will be considered based on past performance and attendance records.</li> <li>4) 如現役區域代表隊於每年 4 月人數達到上限，將根據隊員過往表現及出席率騰空一半名額給予新申請人，甄選準則將在隊內公布。 If the current regional squad is full in April, half of the places will be vacated for new applicants based on the past performance and attendance of the current members. Selection criteria will be announced in the team.</li> </ol>	
<p>訓練日期 Training Schedule (注意：訓練日期會根據訓練要求變更 Note: Training date is subject to change due to training requirements)</p>	<p>樂天區域代表隊 (16 人) Optimist Squad (16 sailors)</p>	<p>逢星期六 Every Saturday (小棕林 Little Palm Beach) 或 or 逢星期日 Every Sunday (大尾篤 Tai Mei Tuk)</p>
	<p>29er 區域代表隊 (8 人) 29er Squad (8 sailors)</p>	<p>逢週末 (星期六及/或日) Every weekend (Saturday and/or Sunday)</p>
	<p>ILCA 區域代表隊 (8 人) ILCA Squad (8 sailors)</p>	<p>逢週末 (星期六及/或日) Every weekend (Saturday and/or Sunday)</p>
<p>訓練時間 Training Time</p>	<p>0900-1700 午膳時間：1 小時 - 隊員須自備午餐 Lunch time: 1hr - sailors shall bring their own lunch</p>	

<p>地點 Venue (注意：訓練地點會根據訓練要求變更 Note: Training Venue is subject to change due to training requirements)</p>	<p>樂天區域代表隊 - 香港青年協會(大尾督) 或 小棕林 (清水灣坑口永隆路) Optimist Squad - HKFYG, Tai Mei Tuk or Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay</p> <p>29er 區域代表隊 - 小棕林 (清水灣坑口永隆路) 29er Squad - Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay</p> <p>ILCA 區域代表隊 - 小棕林 (清水灣坑口永隆路) ILCA Squad - Little Palm Beach, Hang Hau Wing Lung Road, Clear Water Bay</p>
<p>費用 Fee</p>	<p>訓練費：每日\$70 · 每次需繳交一個月的訓練費用 · 並於上月 25 日前交到總會。 Training Fee: \$70/day, monthly training fee is required to settle on or before 25<sup>th</sup> of the previous month.</p> <p>評估日費用 Assessment fee : \$280</p>
<p>申請程序 Enrolment Method</p>	<p>請填妥報名表連同證書、訓練記錄、身份證明文件副本及支票(評估日費用)遞交本會 · 本會將為合資格人士安排評估 · 請留意電郵。資料不全的申請 · 將一概不予受理。 Please complete the application form and submit together with copies of certificates, training logs, HKID and a cheque (fee for assessment) to HKSF office. Assessment day will be organized for the successful applicant. All notice and arrangement will be announced by email. Applications with incomplete information will not be processed.</p>
<p>申請截止日期 Application Deadline</p>	<p>2023 年 4 月 24 日 · 餘下名額將全年接受申請。 24 April 2023, remaining quotas are accepted all year round.</p>

**惡劣天氣安排:**

如天文台於上午七時發出紅色暴雨警告信號、黑色暴雨警告信號、三號或以上颱風信號訓練將會取消。

如天文台於上午七時發出強烈季候風信號或雷暴警告 · 請如常到達訓練場地 · 教練將因應天氣作出合適安排。

**Arrangement under Inclement Weather:**

Training will be cancelled if the Hong Kong Observatory issued RED or BLACK rainstorm warning signal, typhoon signal No. 3 or higher at 7am.

For strong monsoon signal or thunderstorm warning, training will be held as usual. Instructor will arrange suitable training according to the weather.

聯絡查詢 Enquiry: 電話 Tel : 2504 8463 電郵 Email: [sa@sailing.org.hk](mailto:sa@sailing.org.hk)

# 香港帆船總會區域代表隊 2023 報名表

## HKSF Regional Squad 2023 Training Application Form

申請人所提供的資料只作報名、統計、日後聯絡、宣傳本會與合辦機構的康體活動之用，所有個人資料將列作機密，除獲本會授權人士外，不會提供予其他人士，如欲查詢或更改申請人的個人資料，可與本會職員聯絡。

All information provided by the applicant will only be used for the enrolment, compilation of statistics, future correspondence and promotion of the activities organized by the Federation and co-organizers. All personal data will be treated as confidential and except authorized personnel of the Federation, no one will be given access to this information. If applicant wants to make access to and correction of any data, please contact the Federation staff.

本人申請加入 I am applying for  
(請選擇一項 Select one option only)

- 樂天代表隊 Optimist Squad  
 29er 代表隊 29er Squad  
 ILCA 代表隊 ILCA Squad

申請人中文姓名: \_\_\_\_\_ 性別 Gender: 男 M / 女 F 身高 Height: \_\_\_\_\_ 體重 Weight: \_\_\_\_\_

Applicant's name in English: \_\_\_\_\_ 出生日期 Date of Birth: \_\_\_\_\_

是否持有特區護照: 是 Yes / 否 No 居港年期: \_\_\_\_\_

Holder of HKSAR Passport No. of years resident in HK

聯絡電話: \_\_\_\_\_ 香港身份證號碼: \_\_\_\_\_

Contact Phone No. HKID Card No.

地址 Address: \_\_\_\_\_

電郵地址 Email Address: \_\_\_\_\_

(本會將以電郵通知申請人 Successful applicants will be notified by Email)

學校 School Name: \_\_\_\_\_

聲明: 本人明白此活動存在一定的危險性。本人答允遵守中心一切有關安全的指引及服從教練及中心職員的指示及中心的附例。

Declaration: I am clearly aware that there is an element of danger in the sport. I promise to observe all safety requirements and obey the Centre Rules as well as all instructions given by the Instructors and centre staff.

本人  能游泳最少 50 公尺  身體健康

I can swim at least 50m am in good health

有特殊健康情況 (請注明):  
have special medical condition (please specify) : \_\_\_\_\_

緊急聯絡人電話: \_\_\_\_\_ 緊急聯絡人姓名 (關係): \_\_\_\_\_ (\_\_\_\_\_)

Emergency contact phone number Emergency contact name (Relationship)

過去帆船及有關經驗簡述 (請附上證書及訓練紀錄，可另紙書寫)

Brief description of past sailing experience (Please attach copies of certificates and training logs, use separated sheet if needed)

日期 Date: \_\_\_\_\_ 申請人簽署 Applicant Signature: \_\_\_\_\_

申請人家長或監護人聲明 Parent or Guardian's Consent

本人 \_\_\_\_\_ 乃申請人之家長/監護人，現同意申請人參加上述課程，本人明白參加風帆活動存在一定的危險，本人會指示申請人遵從中心職員及教練的指示及遵守中心的一切守則。

I, \_\_\_\_\_, parent/guardian of the applicant hereby express my consent to this application. I am clearly aware that there is an element of danger in the sport of sailing and will instruct the applicant to follow the instructions as given by the instructor or centre staff.

日期 Date: \_\_\_\_\_ 簽署 Signature: \_\_\_\_\_

### 附註

- 支票抬頭請寫“香港帆船運動總會”
- 請寄回填妥之報名表到：  
香港帆船運動總會  
香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇〇九室

### Notes

- Cheque payable to “Hong Kong Sailing Federation”
- Completed application form should be returned to:  
Hong Kong Sailing Federation  
Rm 1009, Olympic House, 1 Stadium Path, So Kon Po,  
Causeway Bay, Hong Kong.