

Organised by The Cycling Association of Hong Kong, China (CAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme—Track Cycling
Prospectus

Type of Activity Brief Information	Outreach Coaching Programme			
	Non-School Team Training			
	Elementary	Intermediate I	Intermediate II	Cycling Trainer Programme
Target Group	Secondary school students (aged 12 or above, at least 146cm (4ft 9inches) in height and able to manage 2-wheeled bikes)	Secondary school students (aged 12 or above, at least 146cm (4ft 9inches) in height and able to manage 2-wheeled bikes) Passed the Skills Test of Track Cycling Elementary Course	Secondary school students (aged 12 or above, at least 146cm (4ft 9inches) in height and able to manage 2-wheeled bikes) Passed the Skills Test of Track Cycling Intermediate I Course	Secondary school students (aged 12 or above, at least 146cm (4ft 9inches) in height and able to manage 2-wheeled bikes)
Content	<p>Adhere to the prevailing track cycling training programme of the CAHK.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> 1. Size and materials of venue 2. Lanes of venue 3. Rules and regulations of venue 4. Basic cycling theory 5. Safety checking (M-shaped checking) <p>Practical lessons:</p> <ol style="list-style-type: none"> 1. Starting technique 2. Speed down practice and stopping skill 3. Blue band trial and practice for measuring line 4. Practice for speed handling and distance control 5. Practice for sprinters line and blue band 6. Practice for crossing obstacles 	<p>Adhere to the prevailing track cycling training programme of the CAHK.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> 1. Run-down of local competition 2. Warm-up technique (including time and method) <p>Practical lessons:</p> <ol style="list-style-type: none"> 1. Riding across obstacles 2. Flying lap 3. Changing position on stayer's line in a group 4. Staying start 5. Flying start 6. Technique of speed up and slow down <p>Skills Test: Students who pass the skills test are qualified to apply the Track Cycling Intermediate II Course.</p>	<p>Adhere to the prevailing track cycling training programme of the CAHK.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> 1. Rule and regulation of Hong Kong Velodrome <p>Practical lessons:</p> <ol style="list-style-type: none"> 1. Riding across obstacles 2. Flying lap 3. Changing position on stayer's line in a group 4. Practice for individual time trial (500m, 1km, 2km) 5. Mock racing <p>Skills Test: Students who pass the skills test are qualified to apply the Track Pass of Hong Kong Velodrome.</p>	<p>Cycling trainer is accessible and easily to be set u Student can build up their cycling skills more efficiently through using the cycling trainer to practice full speed training and mock racing.</p> <p>Theory lessons:</p> <ol style="list-style-type: none"> 1. Introduction of cycling trainer 2. Safety rules and regulations for using cycling trainer 3. Introduction of "cycling trainer" competition <p>Practical lessons:</p> <ol style="list-style-type: none"> 1. Proper posture and movement for riding on cycling trainer 2. Long and short distance training 3. Mock racing

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	Non-School Team Training			
	Elementary	Intermediate I	Intermediate II	Cycling Trainer Programme
	Skills Test: Students who pass the skills test can apply for Track Cycling Intermediate I Course and the pass to use Whitehead Velodrome.			
Venue Requirement	Whitehead Velodrome (to be arranged by the CAHK) (See Note 3 for details)		Hong Kong Velodrome (to be arranged by the CAHK) (See Note 3 for details)	Activity room, covered playground or school hall
Fee	\$1,280 per course	\$1,280 per course	\$1,550 per course	\$2,380 per course
Equipment to be Provided by Schools	Not applicable			Computer, projector and screen
Other Sports Equipment	20 Track Bikes (To be provided by the CAHK)			4 Cycling trainers with track bikes (To be provided by CAHK)
Course Duration	4 hours per course			12 hours per course
Estimated No. of Participants per Course/ Session	20 persons			
Proposed Date/ Time	Monday to Friday: 9 am to 6 pm		Monday to Sunday: 9 am to 6 pm	
Enrolment Form	Outreach Coaching Programme – Enrolment Form (153)			
Enrolment Method	<p>1. School should mail the completed enrolment form, together with a crossed cheque payable to the “The Cycling Association of Hong Kong, China Limited” with the school name marked clearly on the back, to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.</p> <p>2. Should any school cancel the activity after the CAHK has arranged coaches for the Easy Sport Programme and Outreach Coaching Programme according to its application, the CAHK will deduct an administrative fee of \$320 from the payment of the enrolment fee and return the balance to the school directly.</p> <ul style="list-style-type: none"> • Please refer to the Enrolment Method (6) for the dates of application. • If the activity cannot be arranged by the CAHK or the LCSD, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 			
Enquiries/ Website	2601 7602 / http://www.lcsd.gov.hk/			

- Note: 1. **Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.**
2. Participants are requested to put on proper sportswear and sports shoes during lessons.
3. Schools are required to arrange for their own transportation to and from the venues.