

Organised by the Hong Kong, China Rowing Association (HKCRA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Rowing
Event Information

Type of Activity Brief Information	Sport Demonstration and Visit to Rowing Centre	Outreach Coaching Programme		Joint Schools Sports Training Programme
		Indoor Rowing Training Course	Rowing Training Course (Applications must be made through schools)	Continuous Training Course (Minimum skill level of Star 3)
Target Group	Secondary students			
Content	<p>Sport demonstration includes video show on rowing, skill demonstration, play-in session and fitness tests for students, etc. Schools may contact staff of the HKCRA at 2699 7267 to fix the dates of activities.</p> <p>After sport demonstration, the HKCRA will recommend 20-25/ 40-45 students to participate in a 4-hour play-in session for recreational sculling and indoor rowing. Participants who complete the play-in session <u>will be awarded attendance certificates by the HKCRA</u> and encouraged to apply for stars 2 and 3 combined rowing course.</p> <p>It is recommended that schools should apply for indoor rowing training courses after rowing demonstration to enable students to continue their rowing training at school. Application for indoor rowing training courses can be submitted to the LCSD together with this application.</p>	<p>Indoor rowing machines have been used as supplementary equipment for rowing training. With increasing number of participants and development of the sport events, indoor rowing has become an internationally recognised sport.</p> <p>The HKCRA will give training on skills in the first two lessons, and schools are required to arrange their own physical education teachers or qualified indoor rowing instructors recognised by the HKCRA to provide training for the remaining lessons.</p> <p>Schools should sign the undertaking when the activity is confirmed and follow the HKCRA's course instructions to arrange indoor rowing training for students.</p> <p>Participating schools will be invited to join a School Indoor Rowing Competition. Details of the Competition will be announced later. Besides, schools should encourage participants to take part in the events organised by the HKCRA, such as the Hong Kong Indoor Rowing Championships and the Hong Kong Youth Indoor</p>	<p>Stars 2 and 3 comprehensive course (for students who have visited the rowing centre and have been issued with attendance certificates)</p> <p>Coaches will assess participants' skills at the end of the training course. Those who meet the requirements for attendance rate and skills will be awarded certificates by the HKCRA as certification and encouragement. After completion of the training course, participants who possess good skills and pass the assessment will be recommended by coaches for continuous training course.</p>	<p>1. Continuous training course (<u>School team</u>)</p> <p>Schools can set up school teams of students who have completed Star 3 comprehensive course and arrange 4 to 6 months' training for them. Coaches will assess students' skills and physical ability regularly to let students and their teachers know about their progress.</p> <p>Each school can arrange continuous training for a maximum of 16 participants and must submit the name list when applying for the first course.</p> <p>2. Continuous training course (<u>individual</u>)</p> <p>Students who have completed Star 3 comprehensive course and obtained recommendation from the HKCRA coaches can enrol for continuous training course in their own</p>

Type of Activity Brief Information	Sport Demonstration and Visit to Rowing Centre	Outreach Coaching Programme		Joint Schools Sports Training Programme
		Indoor Rowing Training Course	Rowing Training Course (Applications must be made through schools)	Continuous Training Course (Minimum skill level of Star 3)
		Rowing Championships to be held in March and July 2008 respectively. Details will be announced by the HKCRA later.		capacity.
Venue Requirement	School hall or covered playground / Rowing centre	Covered playground or activity room	Rowing centre	
Fee	<u>Sport demonstration:</u> \$1,020 for 1st session (6 hours) (\$630 for a 6-hour extension session each day after 1st session) (schools are advised to arrange a minimum of 2 consecutive sessions, i.e. demonstrations for 2 days) <u>Visit to rowing centre:</u> Type (1): \$620 per session for 20-25 persons Type (2): \$1,240 per session for 40-45 persons (Schools should arrange their own transport to and from the rowing centre for students)	24 hours in total per course	Stars 2 and 3 comprehensive course: \$1,280 per course	School team: \$1,208 per course Participants enrol in their own capacity: \$151 per person
		Type (1): <u>First application</u> \$800 per course Type (2): <u>Application for continuous training course</u> \$500 per course		
Equipment to be Provided by Schools	Wireless microphone, TV set, VCD player, audio equipment, computer and projector	Schools may provide their own indoor rowing machines (at least 2 sets) (Schools which cannot provide the necessary equipment in time may borrow it from the LCSD. Each school can borrow a maximum of 2 sets of rowing machines free of charge from the LCSD for not more than 2 courses in the same academic year (i.e. 48 training hours for a duration of not more than 6 months). Schools are advised to purchase their own indoor rowing machines for long-term training.		Not applicable

Type of Activity Brief Information	Sport Demonstration and Visit to Rowing Centre	Outreach Coaching Programme		Joint Schools Sports Training Programme
		Indoor Rowing Training Course	Rowing Training Course (Applications must be made through schools)	Continuous Training Course (Minimum skill level of Star 3)
Course Arrangement	<u>Sport Demonstration</u> - Each demonstration lasts for 6 hours (i.e. 1 day) and is conducted in 3 sessions - Schools are advised to arrange students to take part in different sessions. Each student takes part in the demonstration for about 35 minutes. <u>Visit to rowing centre</u> - 4 hours per session	12 lessons per course, 2 lessons per week, 24 hours in total During the course, the HKCRA will assign coaches to visit the schools twice (a total of 4 hours) to give training on skills and collect assessment records for the Indoor Rowing Badges Award Scheme for the issue of certificates and give the students a conclusion of the course. The dates for coaches to visit schools and arrangements for self-practice by students should be coordinated by the HKCRA and the teacher-in-charge.	20 hours for Stars 2 and 3 comprehensive course	15 hours per course The HKCRA will liaise with interested schools or participants. Participants who have obtained a recommendation letter signed by the HKCRA coaches after proving their skills have reached Star 3 level in the assessment can enrol through schools or in their own capacity.
Estimated No. of Participants per Course / Session	<u>Sport demonstration and plan-in :</u> Each demonstration lasts for 6 hours and is conducted in 4 sessions of 1.5 hours each. The total no. of participants is about 120-200 with about 30-50 persons per session. <u>Visit to rowing centre:</u> 20-25/40-45 persons per session	16-20 persons	8 persons per group, each school with not more than 2 groups	8 persons per group, each school with not more than 2 groups
Proposed Date / Time	<u>Sport demonstration:</u> Monday to Friday 9 am – 4 pm <u>Visit and play-in session:</u> Monday to Saturday 9 am – 1 pm	(The time for coaches to give coaching at school should be agreed with the HKCRA)	Monday to Friday 4 pm – 6:30 pm (training time will be finally decided by coaches)	Monday to Friday: 4 pm – 6:30 pm (training time will be finally decided by coaches)
Enrolment Form	Rowing Demonstration, Visit to Rowing Centre and Play-in Session Enrolment Form (Application for sport demonstration must be submitted together with school timetable)	Outreach Coaching Programme (Rowing) Enrolment Form		Joint Schools Sports Training Programme (Rowing) Enrolment Form
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCS D homepage.	1. Fill in the enrolment form, which can be downloaded from the LCS D homepage. The duly		1. Students who wish to participate in the Joints

Type of Activity Brief Information	Sport Demonstration and Visit to Rowing Centre	Outreach Coaching Programme		Joint Schools Sports Training Programme
		Indoor Rowing Training Course	Rowing Training Course (Applications must be made through schools)	Continuous Training Course (Minimum skill level of Star 3)
	The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate cheque for full payment of the fee for each session applied) payable to the “Hong Kong, China Rowing Association” and with the school name marked on the back, should be sent to the following address by post.	<p>completed form for each course/activity, together with a cheque (payable to the “Hong Kong, China Rowing Association” and with the school name marked clearly on the back) for full payment of the course/activity fee, should be sent to the following address by post.</p> <p>2. Should any school cancel the activity after the HKCRA has arranged coaches according to its application, the HKCRA will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct.</p>	<p>Schools Sports Programme must be assessed and proved by the HKCRA coaches that their skills have reached Star 3 level or above and obtained a recommendation letter signed by coaches. They can enrol through schools or in their own capacity.</p> <p>2. Schools or students should send their application, together with a cheque for the respective amount payable to “Hong Kong, China Rowing Association” and the recommendation letter, to the following address by post 1.5 months before the start of the course.</p>	
	<ul style="list-style-type: none"> • Please send the completed form(s) together with the cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. • Schools should submit their enrolment forms before the respective application deadlines; otherwise their applications may not be processed on time. • If the activity cannot be arranged, the cheque(s) for payment for the enrolment fee will be returned to the school concerned. 			
Enquiries / Website	2601 7602 / http://www.lcsd.gov.hk			

- Notes:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 2. Students who take part in rowing training courses must be able to swim 50 metres with clothes on.

3. To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous indoor rowing training covering a school term (about 6 months) for the same group of students in accordance with the set-up of the course. Coaches will assess students' performance regularly. Please set training objectives for students to join the "School Sports Programme – School Indoor Rowing Challenge" to exchange skills and experience with other participants.
4. As rowing training courses can only be conducted in the HKCRA rowing centres, the training time will have to be agreed between the HKCRA and schools.
5. After completion of the Star 3 rowing course, each school can recommend a maximum of 16 students to form a school team and receive 4 to 6 months' continuous training. During the course, coaches will assess students' skills regularly to know about their progress.
6. Coaches will assess students' skills according to the requirements of the HKCRA's current star badge programme. For details of the skills test, please ask coaches in the first lesson.
7. Students should put on appropriate sportswear and sports shoes during lessons / activities.
8. The HKCRA will also organise the Elementary Indoor Rowing Trainer cum Event Organisers Workshop for teachers and students. Please contact the HKCRA for details.
9. For details about the Youth Rowing Development Programme, please visit the HKCRA's website (www.rowing.org.hk) or contact their staff at 2699 7267.