

Organised by the Hong Kong Squash (HKS)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Squash
Event Information

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
Target Group	Primary and secondary students	Primary students	Students of primary 4 or above and secondary students		Primary and secondary students who have participated in the Outreach Coaching Programme (Squash) – School Team or Non-school Team Training will have priority. Those who have bronze awards of the HKS Junior Squash Award Scheme and are aged 11 or above will have higher priority.
			Non-school team training	School team training	
Content	VCD on squash, skills demonstration and Q&A session	The training covers forehand and backhand, service, basic skills, boundary lines, scoring method and competition rules of mini squash. Coaches will assess participants' skills regularly.	Based on the HKS Junior Squash Award Scheme, the training is divided into the following 2 types of badge courses: - Bronze award (Non-school team training) - Silver award (School team training) Each school can apply for continuous school team training for a maximum of 12 students. The list of school team members should be submitted to the LCSD at the start of the school term. Coaches will assess participants' skills regularly.		Those who have participated in the Outreach Coaching Programme (Squash) and obtained the recommendation of coaches can participate in this course to enhance their skills and knowledge of the sport.
Venue Requirement	School hall on the ground floor or covered playground	The LCSD squash courts (2 – 3 courts) (The number of squash courts depends on the number of participants (See Note 5) and the venue is to be arranged by school)		The venue is to be fixed by the LCSD. Please refer to the separate event information for details.	
Fee	\$410 for the first session (\$110 per 1-hour extension session on the same day)	\$420 per course	\$492 per course	\$984 per course	\$180 per stage per participant
Equipment to be Provided by	VCD player, screen, loudspeaker,	12 mini squash rackets and	12 squash rackets and 12 balls		Participants should bring their own squash rackets and

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Schools	relevant sports equipment and parking space for lorry	12 mini balls			goggles
Other Sports Equipment	Rackets, balls, and mobile squash courts (To be provided by the HKS)	Not applicable			
Course Arrangement	1 hour per session	2 hours per lesson, 12 hours in total (6 lessons)	2 hours per lesson, 12 hours in total (6 lessons)	2 hours per lesson, 20 hours in total (10 lessons)	2 hours per lesson per stage, 40 hours in total (20 lessons), altogether 4 stages
Estimated No. of Participants per Class / Session	70-200 persons (subject to the venue) (20 students can be arranged to join the play-in session)	12 persons	12 persons		12 persons
Proposed Date / Time	Monday to Friday: 10 am - 5 pm	To be fixed by schools			Dates and venue of the course will be fixed by the LCSD. Please refer to the separate event information and enrolment form for details.
Badges Award scheme	Not applicable		The LCSD will organise skills tests regularly for participants of the Outreach Coaching Programme (Squash) and Joint Schools Sports Training Programme (Squash) under the School Sports Programme. Those who reach certain squash standard and obtained the recommendation of coaches may participate in the Assessment Day of the Junior Squash Award Scheme organised by the LCSD or the HKS at their own expense and take the tests for the respective badges. Please refer to the "School Sports Programme – Handbook on Junior Squash Award Scheme" for details.		
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form	Joint Schools Squash Training Centre Enrolment Form	
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate cheque for \$410 for each session applied and \$110 for each 1-hour extension session on the same day) payable to the "Hong	<ol style="list-style-type: none"> Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course / activity, together with a cheque (payable to the "Hong Kong Squash" 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. Should any school cancel the activity after the HKS has arranged coaches according to its application, the HKS will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 			Please refer to the separate event information for details.

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	Kong Squash” and with the school name marked clearly on the back’ should be sent to the following address by post.			
	<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 deadlines, otherwise their applications may not be processed on time. ● If the activity cannot be arranged, 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			

- Notes:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 2. Please specify whether it is for school team or non-school team when applying for training courses under the Outreach Coaching Programme.
 3. To encourage students’ active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) for the same group of students in accordance with the set-up of the courses so that coaches can assess students’ progress regularly.
 4. Students should put on appropriate sportswear, sports shoes and goggles during lessons.
 5. The proposed court-to-student ratio is: 1 squash court for 6 students for the Easy Sport Programme; 1 squash court for 4 students for the Outreach Coaching Programme.
 6. The “Inter-school Easy Sport Competition – Squash Competition” and the “Inter-school Teams Squash Competition” are held annually under this programme. Participants receiving training under this programme are welcome to participate in the competitions. Schools can achieve the aim of training up students and enhancing their interest and skills in squash by exposing them to contests and exchanges in the competitions. Enrolment details will be announced later.