

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

Brief Information	Type of Activity	Easy Sport Programme	Joint Schools Sports Training Programme	
			Volleyball Training Programme	Beach Volleyball Training Programme
Target Group		Primary students	Secondary school team members aged 14 or above	Secondary school team members aged 12 or above
Content		Training covers starting posture, movement, properties of volleyball, overarm pass, forearm pass, rolling, spiking and game rules.	<p>The course focuses on the skills of 3 specific positions, namely:</p> <p>(1) setter (2) attacker (3) libero and defence</p> <p>The course concludes with a competition to apply the skill of playing volleyball so that participants have the opportunity to put the theory they have learnt into practice. Through various intensive training programmes for the skills of specific positions, participants can have a better grasp of their special skills and application of team tactics so that the overall standard of volleyball in school can be raised.</p> <p>* Progressive training under the Joint Schools Sports Training Programme is also available. Please refer to the separate event information for details.</p>	<p>The course covers:</p> <ul style="list-style-type: none"> – development of beach volleyball in Hong Kong – rules of beach volleyball competition – beach volleyball tactics in competitions
Venue Requirement		1 to 2 indoor or outdoor badminton courts	To be fixed by the LCSD. Please refer to the separate enrolment form for details.	
Fee		\$600 per course (1 coach per class)	\$100 per course per person	\$90 per course per person
Equipment to be Provided by Schools		10 soft volleyballs	To be provided by the LCSD	

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Course Arrangement	2 hours per lesson, 8 hours in total (4 lessons)	Each course includes 9 hours of volleyball training (3 sessions) and 3 hours of competition for application of tactics 12 hours in total	Each course includes 8 hours of training (4 sessions), 8 hours in total
Maximum No. of Participants per Class	15 persons (One coach per class)	20 persons	20 persons
Proposed Date / Time	Monday to Friday: 8 am – 6 pm Saturday: 8 am – 1 pm (It is easier to arrange coaches on Saturday.)	To be fixed by the LCSD. Please refer to the separate enrolment form for details.	
Badges Award Scheme	Gold, silver and bronze badges (See Note 4 for details)	Gold, silver and bronze badges (See Note 5 for details)	Not applicable
Enrolment Form	Easy Sport Programme Enrolment form	Joint Schools Volleyball Training Programme Enrolment form	Joint Schools Beach Volleyball Training Programme Enrolment form
Enrolment Method	<ol style="list-style-type: none"> Fill in the 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 “Volleyball Association of Hong Kong, China” 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. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. Should any school cancel the activity after the VBAHK has arranged coaches according to its application, the VBAHK will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 	<ol style="list-style-type: none"> All participants of the <u>Joint Schools Volleyball Training Programme</u> should join the programme in the name of the individual with the recommendation signed by a coach or school teacher to certify that they have attained the standard of school team or above. The recommendation attached to the duly completed form, together with a cheque (<u>\$100 for Volleyball Training Programme</u> and <u>\$90 for Beach Volleyball Training Programme</u>; payable to the “Volleyball Association of Hong Kong, China” and with the names of the school and the students marked clearly on the back) for payment of the enrolment fee, should be sent to the following address by post. Upon fixing the dates and time of the courses, the LCSD will issue the separate event information and enrolment form to schools. Please look out for the LCSD publicity information. 	

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		<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. • School should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. 		
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. 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 participating in the Easy Sport Programme in accordance with the set-up of the course. Coaches will assess the students' performance regularly.
 3. The "Inter-school Easy Sport Competition – Soft Volleyball Competition" is held annually under this programme. Participants receiving training under this programme are welcome to participate in the Competition. Schools can achieve the aim of training up students and enhancing their interest and skills in soft volleyball by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.
 4. For participants who have enrolled in soft volleyball training courses of the Easy Sport Programme under the School Sports Programme, coaches will assess their skills according to the test items at the end of the course. The LCSD will award badges and certificates free of charge to those who meet the required standard.
 5. The LCSD and the VBAHK will hold the Badges Assessment Day annually, and the date will be announced later. For details, please refer to the "School Sports Programme – Handbook on Soft Volleyball Badges Award Scheme" or visit the LCSD website at <http://www.lcsd.gov.hk>.
 6. The Sport Captain Programme is also available for volleyball. Please refer to the respective event information and introduction for details.
 7. Students should put on appropriate sportswear and sports shoes during lessons.