

Organised by the Hong Kong Basketball Association
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Basketball
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme Basketball Specific Position Training Course
Target Group	Primary and secondary students	Primary students	Primary and secondary students		School team members recommended by school: - Primary and junior secondary school section (aged 10 to 13) - Secondary school section (aged 14 to 16)
			Non-School Team Training	School Team Training	
Content	<p>Skill demonstration, individual skill, 3 man defence, slam dunk demonstration, free throw, friendly match and experience sharing among players.</p> <p>A match may be arranged for the student of secondary school and the demonstrators.</p>	<p>Training includes pass, dribbling, shooting, attack and defence, lay-up shot and game rules.</p> <p>For the competition arrangements, please refer to Note 6.</p>	<p>Coaches assigned by the Hong Kong Basketball Association will give training to students in school. Schools can identify potential students through the Programme to form school teams for training so as to enhance students' skill level.</p>	<p>Each school can arrange school team training of 6 months for 20 students at most. Coaches will assess team members' skill levels regularly. The list of the team members should be submitted to the LCSD at the beginning of the school term.</p>	<p>Participants will enhance their specific skills and team tactics through specific training courses includes to raise the standard of basketball sport among schools.</p> <p>Basketball Specific Training includes: specific training on point guard, forward and center. Each specific training also includes training on tactics for specific positions. The course will end with a marathon basketball match to give participants an opportunity to put the theory into practice.</p>
			For the competition arrangements, please refer to Notes 7 and 8.		

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme Basketball Specific Position Training Course
Venue Requirement	1 basketball court	1 to 2 basketball courts	1 to 2 basketball courts		Training venue to be fixed by the LCSD. Please refer to the separate enrolment form for details.
Fee	\$340 per session	\$640 per course	\$1,440 per course	\$1,800 per course	\$180 per person for the whole course
Equipment to be Provided by Schools	15 basketballs, 12 vests marked with numbers, 20 traffic cones and broadcasting equipment or loudspeaker	15 basketballs (size 5), 12 vests marked with numbers and 20 traffic cones	15 basketballs, 12 vests marked with numbers and 20 traffic cones		Equipment provided by the LCSD
Course Duration	Minimum of 2 hours per session	2 hours per lesson, 4 lessons per course (8 hours in total)	1.5 hours per lesson, 12 lessons per course or 2 hours per lesson, 9 lessons per course (18 hours in total)		6 hours per course (2 lessons, 3 hours per lesson) [a total of 3 courses per year, 18 hours in total]
Estimated No. of Participants per Course / Session	80-120 persons	20 persons (Maximum of 40 persons per course) (If there are between 21 and 40 participants, a teacher should be assigned to assist in the activity. Provision of 2 courts is most desirable.)			32 persons per centre
Proposed Date / Time	Monday to Saturday: 9 am – 6 pm				Tentatively fixed in May to July 2010. Details will be announced later.
Badges Award Scheme	Not applicable	Gold, Silver and Bronze Badges available (See Note 5 for details)	Not applicable		Not applicable
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)		Joint Schools Basketball Specific Training Programme Enrolment Form

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme Basketball Specific Position Training Course
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the "Hong Kong Basketball Association" and with the school name marked clearly on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the "Hong Kong Basketball Association" and with the school name marked clearly on the back) should be sent to the following address by post. Should any school cancel the activity after the association has arranged coaches according to its application, the association will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 		Please refer to the Joint Schools Basketball Specific Training Programme Enrolment Form for details.
	<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. Please refer to the Enrolment Method (P.7) for the dates of application 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:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - Application under the Outreach Coaching Programme must specify whether it is for school team or non-school team.
 - To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) so that coaches can assess the students' progress regularly.
 - The Sport Captain Programme is also available for basketball. Please refer to the respective prospectus and introduction for details.
 - Participants of the Easy Sport Programme – Basketball Training Course under the School Sports Programme will be assessed by coaches at the end of the course according to the test items. Those who meet the required standard will be awarded certificates and badges by the LCSd free of charge. Please refer to the "School Sports Programme – Handbook on Basketball Badges Award Scheme" for details.
 - Schools who have joined the Easy Sport Training programme have priority to participate in the Easy Sport Competition – 3 on 3 Basketball Competition. Enrolment details will be announced later.
 - Primary schools which join the school team training under the Outreach Coaching Programme between September 2008 and August 2009 may participate in the Outreach Coaching Programme-Basketball Competition for Primary Schools to be held in November 2009. Details will be announced later.
 - Secondary schools which join the school team training under the Outreach Coaching Programme between September 2008 and December 2009 may participate in the Outreach Coaching Programme-Basketball Competition for Secondary Schools to be held between February and March 2010. Details will be announced later.

Organised by the Hong Kong Cricket Association (HKCA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Cricket
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
Target Group	Primary and secondary students	Primary students	Primary and secondary students	
			Non-School Team Training	School Team Training
Content	VCD on cricket, catching games, batting games, rocket cricket and diamond cricket	<p>The Programme is based on the training course of Crick-kid in Action Cricket Skill Awards - Bronze conducted by the HKCA. The training includes batting, interception, bat holding, bowling, catching and game rules.</p> <p>Participants who pass the skill assessment conducted by coaches will be awarded the Bronze Medal and certificate free of charge by the HKCA as a token of encouragement.</p>	<p>The training programme is based on the Crick-kid in Action Cricket Skill Awards currently implemented by the HKCA. The training courses include: (1) Silver Medal training course; and (2) Gold Medal training course.</p> <p>If participants are beginners, they should join the Silver Medal training course first. Only those who pass the skill assessment conducted by coaches can take the progressive Gold Medal training course.</p> <p>Participants who pass the skill assessment conducted by coaches will be awarded the Silver Medal or the Gold Medal as well as the certificate free of charge as a token of encouragement.</p> <p>Each school can recommend 20 students at most for continuous school term training. The list of the team members should be submitted to the LCSD at the beginning of the school term. Coaches will assess the skill levels of school team members regularly.</p>	
Venue Requirement	Indoor or outdoor venue about the size of a basketball court			
Fee	\$295 per session	\$480 per course	\$976 per course	\$1,230 per course
Equipment to be Provided by Schools	20 tennis balls, 20 traffic cones, TV set, VCD player and public address system	<ul style="list-style-type: none"> – Schools should provide 50 tennis balls and 20 small traffic cones. – Schools may purchase 2 or 3 sets of cricket equipment. Each set of equipment includes 1 pair of wickets and 2 cricket clubs. – If schools cannot provide students with the required equipment in time, they may borrow it from the LCSD for a school term (about 6 months). 		
Other Sports Equipment	Wickets and cricket clubs (provided by the LCSD)	Not applicable		
Course Duration	2 hours per session	1.5 hours per lesson, 6 hours in total (4 lessons) or 2 hours per lesson, 6 hours in total (3 lessons)	1.5 hours per lesson, 12 hours in total (8 lessons) or 2 hours per lesson 12 hours in total (6 lessons)	
Maximum No. of Participants per Course / Session	40-100 persons (30 students can be arranged to join the play-in sessions)	20 persons	20 persons	

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Proposed Date / Time	Monday to Sunday: 9 am – 6 pm		
Badges Award Scheme	Not applicable	Crick-kid in Action Cricket Skill Award – Bronze (See Note 4 for details)	Crick-kid in Action Cricket Skill Award – Silver and Gold (See Note 4 for details)
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Cricket Association ” and with the school name marked clearly on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> 1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Hong Kong Cricket Association” and with the school name marked clearly on the back) should be sent to the following address by post. 2. Should any school cancel the activity after the HKCA has arranged coaches according to its application, the HKCA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 	
	<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. • Please refer to the Enrolment Method (P.7) for the dates of application. • 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. Application under the Outreach Coaching Programme must specify whether it is for school team or non-school team.
 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. Participants of the Easy Sport Programme / Outreach Coaching Programme – Cricket Training Course under the School Sports Programme will be assessed by coaches at the end of the course according to the test items of different badges. Those who meet the required standard will be awarded badges and certificates under the “Crick-kid in Action Cricket Skill Awards Scheme” by the Hong Kong Cricket Association. Please refer to the “School Sports Programme – Handbook on Cricket Badges Award Scheme” for details.
 5. The “Easy Sport Competition – Cricket Competition” is held annually under this programme. Students who have joined 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 cricket by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.

Organised by the Hong Kong Shuttlecock Association (HKSA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Shuttlecock
Prospectus

Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
Brief Information				
Target Group	Primary and secondary students	Primary students	Students of primary 4 to 6 and secondary students	
			Non-school team training	School team training
Content	To introduce the shuttlecock through VCD Demonstration: - 4 basic skills - rules of competition - aggressive skills Play-in session	Training covers the use of palm, hand, knee and leg, various actions, 4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, movement and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, movement, skill improvement, tactics and rules of competition.
Venue Requirement	Basketball court / covered playground / school hall		Covered playground or hall (indoor)	
Fee	\$195 per session	\$510 per course	\$1,380 per course	\$1,760 per course
Equipment to be Provided by Schools	30 shuttlecocks, badminton net with net stand, loudspeakers and audio-visual equipment for playing video or VCD (Shuttlecocks can be purchased from the HKSA)	30 shuttlecocks and badminton net with net stand (Shuttlecocks can be purchased from the HKSA)	50 shuttlecocks and 2 badminton net with net stand (Shuttlecocks can be purchased from the HKSA)	
Course Duration	1.5 hour per session	4 lessons per course, 1.5 hours per lesson (6 hours in total)	8 lessons per course, 2 hours per lesson (16 hours in total)	
Estimated No. of Participants per Course/Session	100 persons	30 persons (Schools are advised to arrange a teacher to provide assistance)	20 persons	
Proposed Date/Time	Monday to Friday: 9 am – 6 pm			
Badges Award Scheme	Not applicable	See Note 5	Not applicable	

Brief Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)	
Enrolment Method	<p>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Shuttlecock Association Limited” and with the school name marked clearly on the back) should be sent to the following address by post.</p>		<p>1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Hong Kong Shuttlecock Association Limited” and with the school name marked clearly on the back) should be sent to the following address by post.</p> <p>2. Should any school cancel the activity after the HKSA has arranged coaches according to its application, the HKSA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.</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. ● Please refer to the Enrolment Method (P.7) for the dates of application. ● 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 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) so that coaches can assess the students’ progress regularly.
 4. Students should put on appropriate sportswear and sports shoes during lessons.
 5. Badges Award Scheme:
 - 5.1 At the end of the training course of the Easy Sport Programme under the School Sports Programme, coaches will assess participants’ skills. Those who meet the standard can obtain certificates and badges from the HKSA coaches at their own expense. (\$30 for gold badge, \$20 for silver badge and \$10 for bronze badge)
 - 5.2 Two open assessment days will be held by the HKSA every year. Participants who are unable to attend the school’s assessment may take part in these open assessment days. For details, please visit the HKSA website (<http://www.hkshuttlecock.org>).

Organised by the Hong Kong Baseball Association (HKBA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Baseball
Prospectus

Type of Activity Brief Information	Sports Demonstration	Easy Sport Programme	Outreach Coaching Programme	
Target Group	Primary and Secondary students	Primary students	Primary and secondary students	
			Non-school Team Training	School Team Training
Content	Introduction of baseball and equipment, demonstration of basic skills and play-in	Training covers batting tee, base running, pitching, catching and game rules of Tee Ball. Tee ball and batting tee will be used for training.	Training covers batting, base running, pitching, catching and game rules. C ball or Kenko World Ball, batting tee will be used for training.	Training covers base running, pitching, catching, game rules and tactics. Remarks: The same school team must at least complete 3 courses each year.
Venue Requirement	Hall, covered playground or basketball court		Outdoor venue or pitch (Not smaller than the size of 2 basketball courts)	
Fee	\$225 per session	\$1,470 per course	\$2,280 per course	\$2,670 per course
Equipment to be Provided by Schools	Loudspeakers and microphone	Schools may purchase Tee ball, Tee bat, batting tee, throwdown base and gloves on their own.	Schools may purchase C ball/Kenko World Ball, bat, helmet, batting tee, throwdown base, gloves and protective gear for the catchers on their own.	Schools must purchase C Ball / Kenko World Ball, bat, helmet, throwdown base, gloves and protective gear for the catchers on their own.
Other Sport Equipment	Baseball equipment (provided by the LCSD)	If schools cannot provide the required equipment in time, the LCSD can lend the equipment to schools for a school term (about 6 months).		
Course Duration	2 hours per session	2 hours per lesson, 10 hours in total (5 lessons)	2 hours per lesson, 16 hours in total (8 lessons)	
Estimated No. of Participants per Course	40-100 persons (Play-in session: 40 persons only)	30 persons		
Proposed Date / Time	Monday to Friday: 9 am – 6 pm Saturday: 8 am – 1 pm			
Enrolment Form	Sports Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)	

Type of Activity Brief Information	Sports Demonstration	Easy Sport Programme	Outreach Coaching Programme
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Baseball Association Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post.	1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course/activity (payable to the “Hong Kong Baseball Association Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post. 2. Should any school cancel the activity after the HKBA has arranged coaches according to its application, the HKBA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.	
	<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. • Please refer to the Enrolment Method (P.7) for the dates of application. • 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. To encourage students’ active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) so that coaches can assess the students’ progress regularly.
 3. Students should put on appropriate sportswear and sports shoes during lessons.

Organised by the Hong Kong China Gateball Association (HKCGA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Gateball
Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Target Group	Students of Primary 3 to 6 and secondary students	Primary students	Secondary students Non-school Team Training
Content	Gateball history, demonstration of basic techniques, introduction of gateball equipment, practice of basic techniques and play-in session.	Training covers: How to grip the stick; aiming; stroking; touching; sparking; and game rules.	Training covers: How to grip the stick; aiming; stroking; touching; sparking; game rules, tactics and exercises on comprehensive techniques.
Venue Requirement	Grass field or indoor / outdoor venues with smooth surface		
Fee	\$380 for the first session (3 hours in total) (Each demonstration session is divided into 2 sub-sessions of 1.5 hours. If a school applies for a demonstration of more than 3 hours, it is \$100 per sub-session starting from the third sub-session.)	\$320 per course	\$540 per course
Equipment to be Provided by Schools	Wireless microphones and public address system	One piece of whiteboard (3 feet by 6 feet), including 3 whiteboard markers in different colours and an whiteboard eraser.	
Equipment to be Provided by NSA	Gateball equipment such as gateballs, sticks, goal-poles, etc.		
Course Duration	1.5 hours each sub-session and a minimum of 2 sub-sessions each time	2 hours per lesson, 2 lessons per course (4 hours in total)	2 hours per lesson, 4 lessons per course (8 hours in total)
Estimated No. of Participants per Course / Session	50-100 persons per sub-session (50 students can be arranged to participate in the play-in session)	20 persons	20 persons
Proposed Date / Time	To be fixed by schools		
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong China Gateball Association Co. Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Hong Kong China Gateball Association Co. Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post. Should any school cancel the activity after the HKCGA has arranged coaches according to its application, the HKCGA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 	
	<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. Please refer to the Enrolment Method (P.7) for the dates of application. 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:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - Students should put on appropriate sportswear and sports shoes during lessons / the activity.

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

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
			Non-School Team Training	School Team Training
Target Group	Primary and secondary students	Primary students	Students of primary 4 to 6 and secondary students	
Content	Rules of handball and its basic techniques, demonstration and play-in session	Easy and basic handball techniques such as passing and catching, shooting, movement with pass or shoot, game rules, etc.	Progressive easy handball techniques such as passing and catching, shooting, movement with pass or shoot, game rules, tactics, etc.	Basic training is reinforced and participants' skill level is raised through progressive training. Training also covers game rules, tactics and team training.
Venue Requirement	Handball court or basketball court			
Fee	\$265 for the first session (2 hours) (\$205 for a 2-hour extension session on the same day)	\$1,090 per course	\$1,260 per course	\$1,750 per course
Equipment to be Provided by Schools	20 handballs (size 1), 20 traffic cones or wooden bottles, 10 hula hoops (about 18 inches in diameter), wireless microphones and loudspeakers	10 handballs (size 1 for primary students; size 2 for secondary students), 8-10 traffic cones, 10 vests or ribbons marked with numbers, handball goal posts or mats	20 handballs (size 1 for primary students; size 2 for secondary students), 8-10 traffic cones, 10 vests or ribbons marked with numbers, handball goal posts or mats	
Course Duration	2 hours per session	2 hours per lesson, 16 hours in total (8 lessons)		
Estimated No. of Participants per Course / Session	70-100 persons	20 persons		

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
			Non-School Team Training	School Team Training
Proposed Date / Time	Monday to Friday: 8 am – 6 pm Saturday: 8 am – 1 pm			Monday to Friday: after 3:30 pm Saturday: after 9 am
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P. 105)	Outreach Coaching Programme Enrolment Form (P. 109)	
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Handball Association of Hong Kong, China Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Handball Association of Hong Kong, China Ltd.” and with the school name marked clearly on the back, should be sent to the following address by post. Should any school cancel the activity after the HAHKC has arranged coaches according to its application, the HAHKC will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 		
		<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. Please refer to the Enrolment Method (P.7) for the dates of application. 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:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - Please specify whether it is for school team or non-school team when applying for training courses under the Outreach Coaching Programme.
 - Students should put on appropriate sportswear and sports shoes during lessons.
 - The “Easy Sport Competition - Handball 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 handball by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.

Organised by the Hong Kong Netball Association (HKNA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Netball

Prospectus

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme
Target Group	Primary and secondary students	Students of primary 4 to 6	Secondary students
Content	Introduction to the skills of netball, explanation of netball rules, friendly matches and play-in session.	Training covers catching and passing skills, movement, attack, shoulder pass, defence techniques, shooting and rules of the game.	Progressive netball techniques training including catching and passing skills, movement, attack, shoulder pass, defence techniques, shooting, rules of the game and tactics.
Venue Requirement	Indoor or outdoor venue of about the size of a volleyball court, with a minimum ceiling height of 12 feet		Basketball court or netball court
Fee	\$250 per session (\$205 for a 2-hour extension session on the same day)	\$600 per course	\$730 per course
Equipment to be Provided by Schools	Video or VCD player or computer, and public address system	10 netballs, 1 pair of netball posts and 2 sets of netball bibs (If schools cannot provide students with the required equipment in time, the LCSD can lend the equipment to schools for a school term (about 6 months).)	10 netballs, 1 pair of netball posts and 2 sets of netball bibs (If schools cannot provide students with the required equipment in time, the LCSD may lend the equipment to schools for a school term of about 6 month.) Presentation by computer and provision of public address system in the first half hour of the first lesson
Course Duration	2 hours per session	1 hour per lesson, 8 hours in total (8 lessons)	1.5 hours per lesson, 9 hours in total (6 lessons)
Estimated No. of Participants per Course/ Session	30-70 persons	20 persons	20 persons
Proposed Date / Time	Monday to Friday: 8 am – 6 pm Saturday: 8 am – 1 pm		Monday to Friday: 3 pm – 6 pm Saturday: 8 am – 2 pm
Badges Award Scheme	Not applicable	Gold, silver and bronze badges (See Note 4 for details)	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form (P. 120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Netball Association Ltd.” 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. ● Please refer to the Enrolment Method (P.7) for the dates of application. ● If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 	1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Hong Kong Netball Association Ltd.” and with the school name marked clearly on the back) should be sent to the following address by post. 2. Should any school cancel the activity after the HKNA has arranged coaches according to its application, the HKNA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.	
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) so that coaches can assess students’ progress regularly.
 3. Students should put on appropriate sportswear and sports shoes during lessons.
 4. For participants who have enrolled in the netball training course of the Easy Sport Programme under the School Sports Programme, coaches will assess their skills at the end of the course. The LCSD will award badges and certificates free of charge to those who meet the required standard. For details, please refer to the “School Sports Programme – Handbook on Netball Badges Award Scheme”.

Organised by the Hong Kong Hockey Association (HKHA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Hockey
Prospectus

Type of Activity Brief Information	Sport Demonstration	Outreach Coaching Programme
Target Group	Primary and secondary students	Secondary students
Content	Video on basic hockey activities, rules of the game and equipment, demonstration of basic techniques and mini hockey play-in session	Training covers holding the stick, catching, passing, and rules of competition.
Venue Requirement	Outdoor venue (about the size of a basketball court to a 7-a-side soccer pitch)	1. Outdoor venue (about the size of a basketball court to a 7-a-side soccer pitch) 2. King's Park Hockey Pitch 3. Happy Valley Hockey Pitch (Schools can apply through the LCSD's Free-Use Scheme for the training to be conducted at King's Park and Happy Valley Hockey Pitches.)
Fee	\$223 per session	\$1,540 per course
Equipment to be Provided by Schools	TV set, VCD player, public address system and 20 small traffic cones	20 balls and 20 sticks (If schools cannot provide students with the required equipment in time, the LCSD can lend the equipment to schools for a school term (about 6 months)).
Course Duration	1.5 hours per session	1. Training at a basketball court or 7-a-side soccer pitch: 6 lessons per course, 2 hours per lesson (12 hours in total) 2. Training at King's Park or Happy Valley Hockey Pitches: 8 lessons per course, 1.5 hours per lesson (12 hours in total)
Estimated No. of Participants per Course / Session	30-40 persons	20 persons (Schools are advised to arrange a teacher to provide assistance)
Proposed Date / Time	Monday to Saturday: 9 am – 6 pm	
Badges Award Scheme	Not applicable	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form(P.120)	Outreach Coaching Programme Enrolment Form (P. 109)
Enrolment Method	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the "Hong Kong Hockey Association – P&D Section" and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). Please refer to the Enrolment Method (P.7) for the dates of application. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the "Hong Kong Hockey Association – P&D Section" and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). Should any school cancel the activity after the HKHA has arranged coaches according to its application, the HKHA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.
Enquiries / Website	2601 7602 / http://www.lcsd.gov.hk	

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) so that coaches can assess the students' progress regularly.
 - Students should put on appropriate sportswear and sports shoes during lessons.

Organised by the Hong Kong Rugby Football Union (HKRFU)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Rugby
Prospectus

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	Secondary students		Secondary students aged 16 or below
			Non-School Team Training	School Team Training	
Content	<p>Demonstration covers:</p> <ul style="list-style-type: none"> - rules of “TRY Rugby” - history of rugby, - group activity for play-in session. <p>(“TRY Rugby” is a type of preparatory competition for the sport.)</p>	<p>TRY Rugby is the basic training specified by the HKRFU for promoting the sport in school. TRY Rugby is similar to the conventional Rugby Football – Contact Rugby.</p> <p>Training covers basic skills including running, defence, team organisation and rules of the game.</p> <p>Schools are advised to formulate their long-term development plan for the sport, with TRY Rugby as basic training. Coaches will assess students’ skills at the end of the third stage of training. Those who pass the assessment will be awarded the certificate and the badge under the Easy Sport Badges Award Scheme as a token of encouragement.</p>	<p>Training covers basic skills, basic tactics, defence and attack, individual and team organisation, position.</p> <p>This training is suitable for all ages to play.</p> <p>Students with potential can be identified through the course so as to form school-team and to be trained for long-term development as well as to upgrade the standard of the sport among students.</p>	<p>School team training adopts “Contact Rugby” as basic training. Advanced competition skills, tactics, defence and attack, individual and team skills are included in the courses.</p> <p>(If grass pitches can be arranged for the activity, training will focus on Contact Rugby.)</p>	<p>Joint Schools Rugby Training Programme aims at coordinating all schools which are active in promoting the sport for their students to receive Contact Rugby training at the LCSD venues.</p> <p>The HKRFU provides systematic and progressive training for students to improve their skills and team tactics so as to upgrade the standard of the sport among schools.</p>
			HKRFU advised all students who play Contact Rugby should wear mouth guard.		

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
Venue Requirement	Outdoor basketball court or hall in school	Outdoor or indoor basketball court in school		Outdoor or indoor basketball court in school (grass field is preferable)	LCSD grass fields. Please refer to the separate enrolment forms for details.
Fee	\$215 per session	\$600 per course	\$840 per course	\$1,040 per course	1 st phase: \$1,560 2 nd phase: \$2,860
Equipment to be Provided by Schools	Equipment provided by HKRFU	Schools may provide: 4 to 6 rugby balls (size 4 for primary students or size 5 for secondary students), and 24 marker discs or cones. [If schools cannot provide the required equipment, the LCSD can lend the equipment to schools for about 6 months.]			To be provided by the LCSD
Course Duration	1.5 hours per session (schools are advised to arrange more than 1 demonstration session on the same day)	2 hours per lesson, 8 hours in total (4 lessons)	2 hours per lesson, 10 hours in total (5 lessons)		Two phases are organised annually. 1.5 hours per lesson <u>1st phase:</u> 12 hours in total, 8 lessons <u>2nd phase:</u> 22.5 hours in total, 15 lessons
Estimated No. of Participants per Course / Session	80-120 persons	20 persons per course			4 teams per centre 20-25 persons per team
Proposed Date / Time	Monday to Friday: 9 am – 12 noon and 2 pm – 6 pm (except March)				<u>1st phase:</u> runs from April to May; and <u>2nd phase:</u> runs from October to February of the following year.
Badges Award Scheme	Not applicable	Participants will be assessed by coaches at the end of the course according to the test items of different badges. Those who attain grade C or above will be awarded badges and certificates free of charge by the LCSD as encouragement. Please refer to the “School Sports Programme – Handbook on Rugby Badges Award Scheme” for details.			Not applicable

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)	Joint Schools Rugby Training Programme Enrolment Form (Please refer to the separate enrollment form)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the "Hong Kong Rugby Football Union" and with the school name marked clearly on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course/activity (payable to the "Hong Kong Rugby Football Union" and with the school name marked clearly on the back) should be sent to the following address by post. Should any school cancel the activity after the HKRFU has arranged coaches according to its application, the HKRFU will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 	<ol style="list-style-type: none"> School team with the recommendation signed by the HKRFU coaches can apply for the training. The recommendation attached to the duly completed form, together with a cheque for payment of the enrolment fee (payable to the "Hong Kong Rugby Football Union" and with the school name marked clearly on the back) should be sent to the following address by post. Upon fixing the dates and time of the courses, the LCSD will send the separate prospectus and enrolment form to schools. 	
	<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. Please refer to the Enrolment Method (P. 7) for the dates of application. 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:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) so that coaches can assess the students' progress regularly.
 - Students should put on appropriate sportswear and sports shoes during lessons.
 - The "Easy Sport Competition – TRY Rugby 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 rugby by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.

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
Prospectus

Type of Activity Brief Information	Easy Sport Programme	Outreaching Coaching Programme		Joint Schools Sports Training Programme	
		Non-School Team	School Team	Volleyball Training Programme	Beach Volleyball Training Programme
Target Group	Primary students	Secondary Students	Secondary Students (With Bronze Award or above)	Secondary school team members (aged 14 or above)	School team members from secondary schools (aged 12 or above)
Content	Training covers starting posture, movement, properties of volleyball, overarm pass, forearm pass, rolling, spiking and game rules.	Training covers the skills under <u>bronze</u> level of the badge award scheme of the VBAHK. Schools can identify promising students to form school teams. Coaches will teach the basic rules and skills with application to enhance students' performance in volleyball. The same group of students should apply for at least 3 courses as a completed session.	Training covers the skills under <u>silver</u> level of the badge award scheme of the VBAHK. Coaches will provide a systematic training to enhance students' skills and team competition strategies. Through the programme, it fosters the development of volleyball under the schools sport.	The course focuses on the skills of 3 specific positions: (1) setter (2) attacker (3) libero and defense Participants can put the learnt skill or theory into practice at the concluding competition. Through various intensive and specific training, participants can have a better grasp of their specific skills and application of team tactics, so that the overall standard of volleyball in school can be raised. * The Joint Schools Progressive Training Course is also provided. Please refer to the separate prospectus for details.	The course covers: – 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	1 to 2 volleyball courts		LCSD sports centre or Designated School Please refer to the separate enrolment form for details.	
Fee	\$600 per course (1 coach per class)	\$1,100 per course	\$1,400 per course	\$100 per person per course	\$90 per person per course
Equipment to be Provided by Schools	10 soft volleyballs	10 volleyballs		To be provided by the LCSD	
Course Duration	2 hours per lesson, 8 hours in total (4 lessons)	3 hours per lesson (4 lessons) or 2 hours per lesson (6 lessons) 12 hours in total		9 hours of training (3 sessions) and 3 hours of competition 12 hours in total	8 hours of training (4 sessions) 8 hours in total
Maximum No. of Participants per Class	15 persons (One coach per class)	15 persons		20 persons	20 persons

Type of Activity Brief Information	Easy Sport Programme	Outreaching Coaching Programme		Joint Schools Sports Training Programme	
		Non-School Team	School Team	Volleyball Training Programme	Beach Volleyball Training Programme
Proposed Date / Time	Monday to Friday: 8 am – 6 pm Saturday: 8 am – 1 pm (Easier to arrange coaches on Saturday.)	Only on Saturday 8am – 6pm		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)	Platinum, Gold, silver and bronze badges (See Note 4 for details)			Not applicable
Enrolment Form	Easy Sport Programme Enrolment Form (P. 105)	Outreach Coaching Programme Enrolment Form (P.109)		Joint Schools Volleyball Training Programme Enrolment Form	Joint Schools Beach Volleyball Training Programme Enrolment Form
Enrolment Method	<ol style="list-style-type: none"> The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Volleyball Association of Hong Kong, China” and with the school name marked clearly on the back) should be sent to the following address by post. Should any school cancel the activity after the HKVBA has arranged coaches according to its application, the HKVBA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. <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. Please refer to the Enrolment Method (P.7) for the dates of application. 		<ol style="list-style-type: none"> Individual participants should obtain the recommendation signed by a coach or school teacher to certify their skills reached school team level or above and apply for the course at their own capacity. The recommendation attached to the duly completed form, together with a cheque for payment of the enrolment fee: <u>Volleyball Training Programme: \$100</u> <u>Beach Volleyball Training Programme: \$90</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) should be sent to the following address by post. Upon fixing the dates and time of the courses, the LCSD will send the separate prospectus and enrolment form to schools. 		
Enquiries / Website	2601 7602 / http://www.lcsd.gov.hk				

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 - 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 according to the set-up of the course so that coaches can assess the students’ progress regularly.
 - The “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.
 - Participants of Soft Volleyball Training Course under the Easy Sport Programme and the Volleyball Training Course under the Outreach Coaching Programme of the School Sports Programme will be assessed according to the test items of various badges by registered coaches from the VBAHK at the end of the course. Participants who reach the required standard may obtain badges and certificates of their level from the VBAHK at their own expense. 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 “Handbook on Volleyball Badges Award Scheme”, or visit the LCSD website at <http://www.lcsd.gov.hk>.
 - The Sport Captain Programme is also available for volleyball. Please refer to the respective prospectus and introduction for details.
 - Students should put on appropriate sportswear and sports shoes during lessons.

Organised by the Hong Kong Football Association (HKFA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Football
Prospectus

Type of Activity Brief Information	Outreach Coaching Programme Mini-Soccer Training	
Target Group	Primary and secondary students	
	Non-school team training	School team training
Content	Coaches assigned by HKFA will conduct football training for students and assist school to set up school team. Schools can train up potential students and form school teams through this programme to upgrade the standard of this sport among students.	Training mainly covers skills and tactics, with emphasis on the abilities of individuals and groups. The purpose is to train up students to form school teams for participation in mini-soccer competitions. Each school can apply for continuous school team training for a maximum of 16 students. The list of school team members should be submitted to the LCSD at the start of the school term. Coaches will assess their skills regularly.
Venue Requirement	Basketball court / 5 or 7-a-side hard surface soccer pitch	
Fee	\$1,072 per course	\$1,344 per course
Equipment to be Provided by Schools	20 footballs (size 4), 30 discs or traffic cones, 2 sets of ribbon or vests marked with numbers (8 pieces for each set)	
Course Duration	12 hours per course 2 hours per lesson (6 lessons) or 1.5 hours (8 lessons)	
Estimated No. of Participants per Class	16 persons (Schools are advised to delegate a teacher to provide assistance.)	
Proposed Date / Time	Monday to Saturday: 9 am – 6 pm	
Enrolment Form	Outreach Coaching Programme Enrolment Form (P.109)	
Enrolment Method	<ol style="list-style-type: none"> 1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to “The Hong Kong Football Association Ltd.” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). 2. Please refer to the Enrolment Method (P.7) for the dates of application. 3. Should any school cancel the activity after the HKFA has arranged coaches according to its application, the HKFA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly. 4. 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 the training course.
 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 according to the set-up of the course so that coaches can assess the students' progress regularly.
 4. Students should put on sportswear and sports shoes during lessons.
 5. The Sport Captain Programme is also available for football. Please refer to the respective prospectus and introduction for details.