

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

Type of Activity Key Information	Sport Demonstration		Outreach Coaching Programme
			Non-School Team Training
Target Participants	Secondary school students (Students who join the play-in sessions must be aged 14 or above)		Secondary school students (aged 14 or above)
Outline	<ul style="list-style-type: none"> – Introduction to weightlifting and powerlifting including bench press, dead lift, squat, snatch, clean & jerk – Introduction of weightlifting and powerlifting equipment and competition events – Demonstration and play-in session 		<ul style="list-style-type: none"> – Brief introduction to history, development and techniques of weightlifting and powerlifting – Introduction of basic concepts of weightlifting and powerlifting, and master the basic moves, including bench press, dead lift, squat, snatch, clean & jerk
Venue	Covered playground or hall or activity room or fitness room		
Fee	\$860 per session (\$420 for each extended session on the same day)	\$568 per session (\$261 for each extended session on the same day)	\$1,900 per course
Equipment to be provided by the school	<p>Soft or hard mat, loudspeaker, computer, computer projector and screen.</p> <p>Demonstrations of dead lift, squat, snatch and clean & jerk are arranged. Demonstration of bench press may also be arranged if schools provide powerlifting squat stands/benches.</p>		<p>Soft or hard mat, loudspeaker, computer, computer projector and screen.</p> <p>Training of bench press may be included only if the schools could provide appropriate powerlifting squat stands/benches for the training.</p>
Other Sport Equipment	HKWPA provide 5kg standard barbells, collars and weight plates of 0.5 kg, 1.25 kg, 2.5 kg, 5 kg and 10 kg.		
Duration	2 hours per session		6 sessions per course, 2 hours per session (12 hours in total)
Estimated No. of Participants per Session/Course	60	30	15
Proposed Time of Activity	Monday to Friday: 11 am to 5 pm Saturday: 11am to 1pm		
Enrolment Form	Sport Demonstration Enrolment Form (P.180)		Outreach Coaching Programme Enrolment Form (P.194)

How to Enrol	<ol style="list-style-type: none"> 1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Schools may visit the NSA website (http://www.hkwpa.org.hk) to view the different types of equipment required for weightlifting and powerlifting. 4. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under 14, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded. 5. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school. 6. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 7. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html