

**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**  
**Prospectus**

Type of Activity  Key Information	Sport Demonstration		Outreach Coaching Programme		Joint Schools Sports Training Programme
	School Venue	Sha Tin Rowing Centre (Star 1 Rowing Course)	Non-School Team Training		Rowing
			Indoor Rowing Training Course	Rowing Training Course (Star 2 and Star 3 Rowing Course)	
Target Participants	Secondary school students		Secondary school students (For students who completed Star 1 Rowing Course)	Secondary school students –Students must equip with minimum skill level of Star 3 –Coaches’ recommendation is required	
Outline	<ul style="list-style-type: none"> <li>–Video show on rowing.</li> <li>–Skill demonstration on indoor rowing.</li> <li>–Play-in session.</li> <li>–Indoor rowing and fitness tests.</li> </ul>	<p>The programme covers the skills of ‘Star 1 Rowing Course under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> <li>–Introduction of the facilities and the equipment at Sha Tin Rowing Centre.</li> <li>–Introduction of warm-up exercise and safety rules of rowing.</li> <li>–Learning of basic skills through using indoor rowing machines and, mock sculling rowing machines.</li> </ul>	<p>Coach will arrange students to undertake a 8-hour systematic training using indoor rowing machines. The training includes:</p> <ul style="list-style-type: none"> <li>–Basic rowing posture and skills.</li> <li>–Physical training.</li> <li>–Skills for relay.</li> </ul>	<p>The training covers the skills of ‘Star 2 and Star 3 Rowing Courses’ under the HKCRA. The training includes:</p> <ul style="list-style-type: none"> <li>–Warm up exercise and safety rules of rowing.</li> <li>–Basic skills of rowing and undergone a physical training exercises through using indoor rowing machines.</li> <li>–More practical skills for rowing through using mock sculling rowing machine.</li> <li>–Intensive training on outing, rowing, turning, holding water (break), backing, spin turn and parking by using recreational boat.</li> </ul> <p>Coaches will assess students’</p>	<p>Veteran coaches from the HKCRA will conduct continuous and systematic training to talented students for enhancing their skill level.</p> <p>Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be selected for further training.</p>

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	School Venue	Sha Tin Rowing Centre (Star 1 Rowing Course)	Non-School Team Training		Rowing	
			Indoor Rowing Training Course	Rowing Training Course (Star 2 and Star 3 Rowing Course)		
				skills at the end of the training course. Those who pass the assessment will be awarded 'Star 3' certificate by the HKCRA. Student with coach's recommendation can apply for Joint School Sports Training Programme.		
Venue	School hall or covered playground	Sha Tin Rowing Centre (Address: No. 27 Yuen Wo Road, Sha Tin)	Covered playground or activity room to be arranged by school	Sha Tin Rowing Centre (Address: No. 27 Yuen Wo Road, Sha Tin)		
Fee	\$1,460 for 1 <sup>st</sup> 4-hour session (\$820 for each extended session after 1 <sup>st</sup> session)	\$630 per session	\$1,536 per course	\$2,350 per course	\$285 per person	
Equipment to be provided by the school	Wireless microphone, TV set, DVD player, audio equipment, computer and projector	Not applicable	2 to 4 sets indoor rowing machines (If school cannot provide the required equipment for students, they may borrow it from the LCSD.)	Not applicable		

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			Indoor Rowing Training Course	Rowing Training Course (Star 2 and Star 3 Rowing Course)		
Duration	4 hours per session (Total of 3 sub-sessions, 1 hour and 20 minutes per sub-session, not more than 16 hours in total)	4 hours per session	4 lessons per course, 2 hours per lesson, (8 hours in total)	20 hours per course (Can be divided into 5 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 5 consecutive weeks.)	15 hours per course (Can be divided into 6 sessions of 2.5 hours each according to the activity arrangement. Students are advised to complete the training course within 6 consecutive weeks.)	
Estimated No. of Participants per Session/Course	180 per session  (60 per sub-session)	10 per session	16	8 per group		
				(Maximum 2 quotas for each school in the same school year)	(Maximum 2 quotas for each student in the same school year)	
Proposed Time of Activity	Monday to Friday: 9 am to 4 pm	Monday to Saturday: 9 am to 1 pm	Monday to Friday: 4 pm to 7 pm Saturday and Sunday: 9am to 5pm	Monday to Friday: 4 pm to 6:30 pm Saturday and Sunday: 9am to 6pm		
Skill Assessment	Not applicable		Badges Award Scheme	Not applicable		

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				Non-School Team Training		
	School Venue	Sha Tin Rowing Centre (Star 1 Rowing Course)	Indoor Rowing Training Course	Rowing Training Course (Star 2 and Star 3 Rowing Course)	Rowing	
Enrolment Form	Sport Demonstration – Archery/Rowing/RowKids Scheme/Sailing Enrolment Form (P.185-186) (Please submit the enrolment form with school timetable for the demonstration in school ) (Please submit the enrolment form with name lists of participating students for the demonstration at Sha Tin Rowing Centre)		Outreach Coaching Programme – Rowing/RowKids Scheme Enrolment Form (P.199)		Joint Schools Rowing Training Programme Enrolment Form  (Please refer to the respective prospectus for details)	
How to Enrol	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: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.				The respective prospectus will be sent to schools by the LCSd in due course.	
Points to Note	<ol style="list-style-type: none"> <li>A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>Participants are able to swim with clothes for 50 metres when participating in rowing training activities.</li> <li>Participants should wear proper sportswear and sports shoes.</li> <li>As rowing training courses can only be conducted at the Sha Tin Rowing Centre under the NSA, the training schedules have to be agreed between the NSA and schools.</li> <li>The school shall arrange for its own transportation to and from the venue.</li> <li>Participants of the indoor rowing training course under the Outreaching Coaching Programme are required to record down the rowing distance onto a record form verified by teachers or coaches. Those who meet the required standard will obtain Gold, Silver or Bronze badges and certificates from the NSA free of charge. Please refer to the “School Sports Programme – Handbook on Indoor Rowing Badges Award Scheme” for details.</li> <li>If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, 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.</li> <li>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.</li> <li>If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>					
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>					

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**School Sports Programme—Rowing**  
**RowKids Scheme**  
**Prospectus**

Type of Activity  Key Information	Sport Demonstration		Outreach Coaching Programme		Joint Schools Sports Training Programme
	School Venue	Sha Tin Rowing Centre (Star 1 Rowing Course)	Non-School Team Training		Rowing
			Elementary Training Course (Star 2 Rowing Course)	Intermediate Training Course (Star 3 Rowing Course)	
Target Participants	Students of primary 4 to 6				Students of primary 4 to 6 –Students must equip with minimum skill level of Star 3 –Coaches’ recommendation is required
Outline	<ul style="list-style-type: none"> <li>–Video show on rowing.</li> <li>–Skill demonstration on indoor rowing</li> <li>–Play-in session.</li> <li>–Indoor rowing and fitness test</li> </ul>	The programme covers the skills of ‘Star 1 Rowing Course’ under the HKCRA. The training includes: <ul style="list-style-type: none"> <li>–Introduction of the facilities and the equipment in Sha Tin Rowing Centre.</li> <li>–Introduction of warm-up exercise and safety rules of rowing.</li> <li>–Learning of basic skills through using indoor rowing machines and mock sculling rowing machines.</li> </ul>	The training covers the skills of ‘Star 2 Rowing Course’ under the HKCRA. The training includes: <ul style="list-style-type: none"> <li>–Warm up exercise and safety rules of rowing.</li> <li>–Basic skills of rowing and undergone a physical training exercises through using indoor rowing machines.</li> <li>–More practical skills for rowing through using mock sculling rowing machine.</li> <li>–Intensive training on outing, rowing, turning, holding water (break), backing by using recreational boat.</li> </ul>	The training covers the skills of ‘Star 3 Rowing Course’ under the HKCRA. The training includes: <ul style="list-style-type: none"> <li>–Basic skills for spin turn and parking through using recreational boat.</li> <li>–Practicing and strengthening the skills learned in “Star 2 Rowing Course”</li> </ul> Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be awarded ‘Star 3’ certificate by the HKCRA. Student with coach’s recommendation can apply for Joint School Sports Training Programme.	Veteran coaches from the HKCRA will conduct continuous and systematic training to talented students for enhancing their skill level. Coaches will assess students’ skills at the end of the training course. Those who pass the assessment will be selected for further training.

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			Elementary Training Course (Star 2 Rowing Course)	Intermediate Training Course (Star 3 Rowing Course)	
Venue	School hall or covered playground	Sha Tin Rowing Centre (Address: No. 27 Yuen Wo Road, Sha Tin)			
Fee	\$1,750 for 1 <sup>st</sup> 4-hour session (and \$258 for 1-hour extended session after 1st session)	\$1,790 per session	\$1,250 per course	\$2,050 per course	\$625 per person
Equipment to be provided by the school	Wireless microphone, TV set, DVD player, audio equipment, computer and projector	Not applicable			
Duration	4 hours per session (Total of 3 sub-sessions, 1 hour and 20 minutes per sub-session, not more than 16 hours in total)	5 hours per session	12 hours per course (Can be divided into 3 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 3 consecutive weeks.)	20 hours per course (Can be divided into 5 sessions of 4 hours each according to the activity arrangement. Students are advised to complete the training course within 5 consecutive weeks.)	32 hours per course (Can be divided into 16 sessions of 2 hours each according to the activity arrangement. Students are advised to complete the training course within 2 consecutive months.)
Estimated No. of Participants per Session/Course	180 per session (60 per sub-session)	30 per session	6 per group		(Maximum 2 quotas for each student in the same school year.)
			(Maximum 2 quotas for each school in the same school year.)		
Proposed Time of Activity	Monday to Friday: 9 am to 3:30 pm	Monday to Sunday: 8:30 am to 1:30 pm	Monday to Friday: 4 pm to 6:30 pm Saturday and Sunday: 9 am to 6 pm		

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Enrolment Form	Sport Demonstration – Archery/Rowing/RowKids Scheme/Sailing-Enrolment Form (P.185-186)  (Please submit the enrolment form with school timetable for the demonstration in school ) (Please submit the enrolment form with name lists of participating students for the demonstration at Sha Tin Rowing Centre)		Outreach Coaching Programme – Rowing / RowKids Scheme Enrolment Form (P.199)  (Please submit the Outreach Coaching Programme the enrolment form with name lists of participating students)		Joint Schools Rowing Training Programme (RowKids Scheme) Enrolment Form (Please refer to the respective prospectus for details)	
How to Enrol	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: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.				The respective prospectus will be sent to schools by the LCSD in due course.	
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants are able to swim with clothes for 50 metres when participating in rowing activities.</li> <li>3. Participants should wear proper sportswear and sports shoes.</li> <li>4. As rowing training courses can only be conducted in the Sha Tin Rowing Center under the NSA, the training schedules have to be agreed between the NSA and schools.</li> <li>5. The school shall arrange for its own transportation to and from the venue.</li> <li>6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, 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.</li> <li>7. 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.</li> <li>8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>					
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